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At Cannington Village Hall

[www.canningtonpanto.com](http://www.canningtonpanto.com)



The Village Magazine FREE to each household in CANNINGTON  
Issue No. 147 February 2025

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Emergencies 999 – Non Emergency 101  
Crimestoppers – 0800 555 111

**PCSO OFFICER**

8561 Jeremy Pidgeon 07563 466199  
[8561@avonandsomerset.pnn.police.uk](mailto:8561@avonandsomerset.pnn.police.uk)

**MEMBER OF PARLIAMENT**

Ashley Fox  
[ashley@ashleyfox.org.uk](mailto:ashley@ashleyfox.org.uk)

**SOMERSET COUNCIL** – 0300 123 2224

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Brian Bolt – [bbolty@hotmail.com](mailto:bbolty@hotmail.com)

**PARISH COUNCILLORS**

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[dyerfarm@aol.com](mailto:dyerfarm@aol.com)

John Addison - (Vice Chair) 07527 120220

Tina Gardener (Clerk to Council) 01278 653 322  
Aly Prowse (Deputy Clerk)

**Cannington Parish Council, Community  
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[Canningtonparishcouncil@cannington.org.uk](mailto:Canningtonparishcouncil@cannington.org.uk)  
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Although I have tried to be as accurate as possible, can you contact me if you see an error or if you think there is another number that would be useful.

(Shaun, Editor)

**CANNINGTON HEALTH CENTRE**

Mill Lane, Cannington, TA 2HB  
Reception: 01278 652 335 – if closed, NHS 111  
Repeat prescription number: 01278 655 464  
[somccg.canningtonhc-reception@nhs.uk](mailto:somccg.canningtonhc-reception@nhs.uk)

**ST.MARY'S CHURCH,**

Revd. Alison Waters—Tel: 01278 652 953  
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[cannington.benefice@gmail.com](mailto:cannington.benefice@gmail.com)

**UNITED REFORMED CHURCH**

49 High Street, Cannington, TA5 2HF  
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Cannington URC Secretary:  
[CanningtonSecretary@westcan.co.uk](mailto:CanningtonSecretary@westcan.co.uk)

**EDUCATION****Cannington C of E Primary School**

01278652 368  
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[office@cannington.somerset.sch.uk](mailto:office@cannington.somerset.sch.uk)

**Cannington Pre-school** – 01278 652 720

[canningtonpreschool1@yahoo.co.uk](mailto:canningtonpreschool1@yahoo.co.uk)  
**Brymore Academy** – 01278 652 369  
Brymore Way, High Street, Cannington, TA5 2NB  
[office@brymore.somerset.sch.uk](mailto:office@brymore.somerset.sch.uk)

**CANNINGTON VILLAGE HALL**

Brook Street, Cannington, TA5 2HP  
Rose Morgan – Booking Secretary:01278 652 102

**CANNINGTON PANTOMIME SOCIETY**

[www.canningtonpanto.com](http://www.canningtonpanto.com) – 07500 150 640  
[canningtonpanto@gmail.com](mailto:canningtonpanto@gmail.com)

**CANNINGTON IN BLOOM**

Steve Pettit (Chair)  
[pett508418@aol.com](mailto:pett508418@aol.com)

**Somerset Community and Village Agents**

CCS, Viney Court, Viney Street, Taunton TA 3FB  
01823 331 222 - [info@somersetcc.org.uk](mailto:info@somersetcc.org.uk)

**If you suspect a vehicle has been fly-parked in the village, please contact the Hinkley Point C Enquiries team on 0333 009 7070**

**For more information, please visit Cannington's website, where there is a large directory of all of Cannington's businesses and activities:**

[www.cannington.org.uk](http://www.cannington.org.uk)



Once again we start off with congratulations to Cannington in Bloom on achieving the Gold award in the 2024 National RHS Britain in Bloom competition. This is the perfect example of a community having pride in their village and pulling together with one objective in mind.



Another example of the community spirit was the response to the Big Hero Campaign which was raising money for three children who each needed a bionic arm. Finn Jarvis received his just before Christmas so you can only begin to imagine how his life is going to change thanks to all those who helped to raise the necessary money. (see page 12 for a full report).

Finally, on New Year's Day, despite the atrocious weather, many people attended the annual football match which has been running since 1984. Their efforts raised over £1,600 on the day and over the years over £50,000. This money has helped local groups and charities and this year a cheque for £5,000 was presented to Children's Hospice South West at the Friendly Spirit which has hosted the event for many years. (see page 4 for more details).

With the new year well under way, our thoughts turn to Spring and, despite the very cold weather, there are already snowdrops poking their heads above the ground and the nights are very gradually opening out.



The next event to look forward to will be Valentine's Day, also called Saint Valentine's Day. It originated as a Christian feast day honouring a martyr named Valentine, and through later folk traditions it has also become a significant cultural, religious and commercial celebration of romance and love in many regions of the world.

You will probably have noticed a plethora of Easter Eggs in the shops already, so that will be the next occasion to look forward to.

I'll finishing by wishing you all a happy and peaceful new year and many thanks to those who brave the elements to deliver this Target.

**Shaun, Editor**

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## **THE ORIGINS OF NEW YEARS DAY FOOTBALL (NYDFC)**

In 1983, Cannington FC was re-affiliated to the Bridgwater Sunday League for the 1983/84 season. Success was instant having gained promotion in the first season and a cup final appearance at Castlefields on Boxing Day (Bridgwater Town's old ground).

It was after this game a group of 'Old Boys' challenged the young Cannington team to a charity match which was to be played on New Years Day 1984. With the exception of two cancelled games, a match has taken place at the playing fields every year since. A countless number of locals, many who are no longer with us, have played and supported the event over the years helping to raise well over £50,000.

In 1995, the '*Den Lush Charity Shield*' awarded to the *player of the match* was introduced giving the game additional impetus and a platform to grow. This led to the formation of the New Years Day Fundraising Committee (NYDFC) where other events have been subsequently organised including an annual golf tournament, a cricket match, ladies rounders, darts and eucre.

Various organisations and clubs have benefited from the events including the School, Church, Brownies & Cubs, Breast Cancer Research, the original Xmas lights in the jubilee gardens along with numerous village causes in need of a little help. One of the main beneficiaries has been the Childrens Hospice South West (CHSW) who have received a sum in the region of £40,000 over the past 20 years.

This years football game was incredibly well supported considering the awful weather. A total of £1,600 was raised on the day which includes donations made directly to the CHSW as a result of our football match. A cheque for £5,000 was presented to the CHSW at the Friendly Spirit who have kindly hosted the event for many years.

The reason the group is still going strong after 40+ years is the fundraising occasions provide an opportunity to get together and spend time with friends and like-minded people of our community. Everyone is welcome to join in.

Neil Lush and Colin Allen , who have been involved in organising the events from the beginning, would like to thank all of our supporters who have generously contributed not only their money, but their time and effort in making NYDFC a continued success.





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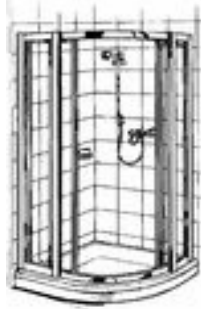
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## St Mary's Church, Cannington

### Regular Sunday Services

- 8.00am Holy Communion  
*A quiet, shorter service of communion.*
- 9.30am Parish Communion and Sunday Club  
*With Sunday Club for children.*

### 2<sup>nd</sup> Sunday of the Month

- 9.30am Family Service  
*A service of story and song for all ages.*

### 5<sup>th</sup> Sunday

- 10.00am United Benefice Service  
*Held at one of the Churches in the Benefice.*

### Weekday Services

- 6.00pm Tuesdays  
9.00am Fridays

For dates and times of other services and events, please see the notice in the Church porch. *Additional Services will be held during Lent.*

### Holy Week and Easter

Holy Tuesday	7.00pm	Tenebrae <i>Reflective service of light &amp; shadow</i>
Holy Wednesday	7.00pm	Agape Meal
Maundy Thursday	7.00pm	Holy Communion
Good Friday	12.00pm	Prayer and Reflection
Easter Sunday	6.00am	Dawn Eucharist at Steart Chapel
	8.00am	Eucharist
	9.30am	Family Service & <i>Easter Egg Hunt</i>

All enquiries to the Rector, Revd Alison Waters. Tel: 01278 652953.

Email: [cannington.benefice@gmail.com](mailto:cannington.benefice@gmail.com).

*Like our page on Facebook for details of events or visit our website:  
[www.achurchnearyou.com/cannington-the-blessed-virgin-mary](http://www.achurchnearyou.com/cannington-the-blessed-virgin-mary).*



Sadly, due to software issues, there will be no weather report this quarter. It must be very frustrating for David who is very meticulous in his recording and always gives a comprehensive and interesting report. Normal service will soon be resumed.



**To stay warm in cold weather, you can:**

- ◆ **Wear layers:** Wear several loose layers of warm clothing, including a hat, scarf, gloves, and mittens
- ◆ **Choose the right materials:** Wear wool or fleecy synthetic fibres, and thermal underwear
- ◆ **Stay dry:** Wet clothing can make you lose heat quickly
- ◆ **Protect your extremities:** Wear warm shoes or boots, and mittens instead of gloves
- ◆ **Cover your mouth:** Protect your lungs from the cold
- ◆ **Take breaks:** If you're going outside, take breaks in a warm place
- ◆ **Heat your home:** Heat the rooms during the day to around 65–70°F (18–21°C)

*When driving in cold weather, be extra careful and allow more time for your trip.*

- ◆ **Check your car:** Make sure your tires have enough tread and are properly inflated. Also, check your lights and wiper blades.
  - ◆ **Prepare your vehicle:** Remove snow and ice from your car, and check that your washer fluid is full.
  - ◆ **Dress appropriately:** Wear warm, dry clothing and sturdy boots.
  - ◆ **Brake gently:** If your wheels lock, ease off the brakes.
  - ◆ **Accelerate gradually:** Use low revs and change gears quickly
  - ◆ **Be prepared:** Keep an emergency kit with non-perishable food, water, and a torch.
- DRIVE CAREFULLY AND STAY SAFE***



Blimey, how big is their trampoline?





## **CANNINGTON UNITED REFORMED CHURCH** **High Street TA5 2HF**

Our worship has evolved as “hybrid,” so you can join us either from home on Zoom most Sundays or on our premises. We are excited about this new concept to move church into modern life and have invested in technology to enable us to do so.

### **Sunday Service 9.30am**

Rev. Richard Pope was inducted on Saturday 12th October as our minister. We are now a group of three churches under his ministry together with Westfield (Bridgwater) and Minehead.

Richard can be contacted at the church office at  
Westfield 01278 447153 or [Richard@weston.co.uk](mailto:Richard@weston.co.uk)

### **Lunch Club**

Most Tuesdays at 12.30pm - £6 per person

**All are welcome - Contact: Gina Bryant, Tel 01278 652796**

#### **Time Out**

An informal gathering at lunch time every **alternate** Friday 12 noon to 2pm

**We** will provide the space plus teas and coffees.

**You** bring your friends and your own snack lunch

**Join** us for a social time to chat with friends or meet new ones

**Contact: Margaret Boyd 01278 653214**

#### **Cannington Food Pantry**

For those struggling to feed themselves and their family, food can be collected from the church foyer on Monday 2.00pm - 4.00pm, Tuesday 9.00 - 2.30,

Thursday 10.30 - 11.30 and Sundays 9.00 - 11.30

**For more information – Contact Gina Bryant 01278 652796**

**Toast Church** - Saturday 8th February - 1st March - 5th April - games activities, crafts and toast and a time of worship for all the family

**For Church information please contact:**

Gina Bryant [bryant76@btinternet.com](mailto:bryant76@btinternet.com) or Tel: 01278 652796

Karen Langford [Cannington Secretary@westcan.co.uk](mailto:Cannington Secretary@westcan.co.uk)

Church Office [admin@westcan.co.uk](mailto:admin@westcan.co.uk) or Tel: 01278 447153

**For Church bookings please contact:**

Joy Deakin [joydeakin149@gmail.com](mailto:joydeakin149@gmail.com) or Tel: 01278652728





## Tales from the Tower

Happy New Year from Cannington Bellringers!



We have been busy in the tower, as I reported in the last Target. O

On the Tuesday evening in November, instead of meeting in the tower to practise we hired the village hall and had an evening preparing decorations for the Ringers Christmas tree. It was a great fun evening, although the paper nativity figures came in a variety of shapes, sizes and with a variety of facial expressions!

We had a very enjoyable Christmas Dinner together at The Cottage Inn in Keenthorne at the beginning of December. Lovely food and good company.

Some of the ringers met together on New Years Eve for a social gathering followed by a visit to the tower to ring the New Year in.

We meet on Tuesday evenings from 7:30 until 9 pm for practice nights and would welcome anyone who is interested in joining us to learn the art of bell ringing  
**Angela Underwood**



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*Do you know of someone who deserves recognition for their efforts? It may be a sporting achievement, public service, charity work or helping in the community. If so, let me know the details, with picture if possible, and I will highlight their efforts in the Target.*

*Shaun (Editor). My details are on page 75.*





CANNINGTON IN BLOOM **GOLD MEDAL WINNERS**

# CANNINGTON IN BLOOM 2025



*"We'd far rather see everyone in the community volunteering just for one hour every now and then, than a small team of enthusiasts taking on all the tasks."*

BRITAIN IN BLOOM JUDGE 2024

Britain in Bloom inspires communities to make positive changes to their neighbourhoods, with all the social and environmental benefits that follow... cleaner, greener streets, great community spirit and a place we're proud to call home.

## **THERE'S LOADS OF WAYS TO GET INVOLVED...**

- \* **SUPPORT:** events, social media, buy produce, encourage others
- \* **DONATE:** raffle prizes, plants/seeds, vouchers
- \* **SPONSOR:** materials/goods in kind, money
- \* **MAKE:** wreaths, stars, planters, wildlife habitats, signs
- \* **VOLUNTEER:** as much or as little as you have time for
- \* **TOGETHER PROJECTS:** annual one-off dig, plant, sow projects
- \* **ADOPT:** a plot, a patch, a planter near you!

**LET'S GROW TOGETHER**  
**CONTACT US ON 07734 1138800**



Three children were left overjoyed after receiving 'the best Christmas present in the world' - bionic arms. Zoey Hampton-Pigeon, 8, Finn Jarvis, 11 and Ettie Baker, 8, were given their new 'life-changing' Hero Arms yesterday (12 December) thanks to The Big Hero 3 campaign.

The campaign, launched by mother Sarah Lockey, helps families of children with missing limbs to fundraise for bionic arms.

The Open Bionics Foundation, which provides financial support to people who need multi-grip upper limb prosthetics, The Worshipful Company of The Glovers, Foresight Group and an anonymous donor had all contributed £40,000 towards the children's new bionic arms. The last £20,000 was raised by all three families working together and through the generosity and efforts of individuals and local communities holding a series of fund raising events the target was reached.

The last £20,000 has been raised by all three families working together.

Finn's Dad, Ben, said: "Finn is a happy go lucky boy - he is kind, fearless and extremely switched on. He is now 11 and about to attend Brymore Academy secondary school - an agricultural school. With this opportunity of a Big Hero Arm the possibilities for him to excel are endless.

Finn has always been encouraged to see things as a challenge when his lack of limb has posed a problem. This he has always embraced and conquered, although at times having to compromise, where others have not had to. Finn is so excited to be given this opportunity and to see where and how this is going to change his life."

Back in the early 70's, it was considered the height of sophistication to take your young lady to a Berni's Inn for dinner. It was usually a prawn cocktail, steak and Black Forest Gateau enjoyed with a bottle of Mateus Rose. Those were the days!! (77p in 1974 is worth about £10)

#### Aperitifs before your meal

Dry Fino Sherry Glass 12p Schooner 18p  
 Bristol Mtd. Sherry Glass 72p Schooner 18p  
 Chilled Fruit Juice or Tomato Juice 10p

#### Prime Rump Steak 77p

(Half pound approximate uncooked weight)

Served with french fried potatoes, tomato, roll and butter, and to follow, ice cream or cheese and biscuits.

#### Half an Oven Roasted Chicken 68p

Served with baked jacket or french fried potatoes, tomato, roll and butter, and to follow, ice cream or cheese and biscuits.

#### Golden Fried Fillets of Plnice 58p

(Half pound approximate uncooked weight)

Served with tartare sauce, french fried potatoes, lemon, roll and butter, and to follow, ice cream or cheese and biscuits.

Freshly made coffee is available at the bars  
 Enjoy one of our international coffee specialities

#### Wines with your meal

By the glass (one-fifth of a bottle)

Spanish Red or White 17p  
 Yugoslav Riesling 20p

By the carafe (approx. one-third of a bottle)

Spanish Red or White 28p  
 Yugoslav Riesling 34p

#### Red

	Bottle	Half
1. Spanish: Burgundy	84p	47p
2. Bordeaux: Medoc	£1.04	57p
3. Burgundy: Beaujolais	£1.14	62p
4. Rhone: Chateaufou du Pape	£1.20	65p
5. Italian: Chianti (Large Flask)	£1.45	77p

#### Rose

11. Loire: Anjou Rose	99p	55p
12. Portuguese: Mateus Rose	£1.35	72p

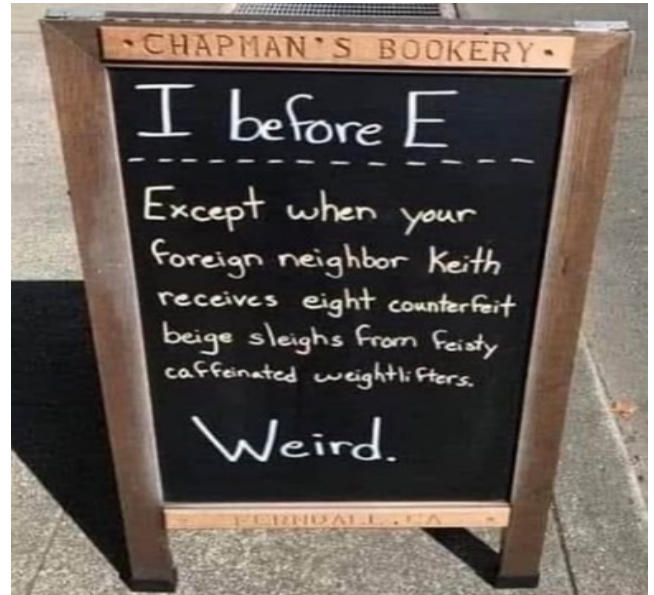
#### White

21. Spanish: Sauternes	84p	47p
22. Yugoslav: Riesling	£1.00	55p
23. Bordeaux: Sauternes	£1.25	68p
24. Hock: Liebfraumilch	£1.20	65p

#### Champagne

25. Champagne: N.V.	£2.35	£1.23
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## Why I Like Retirement

Q: how many days in a week? - 6 Saturdays and 1 Sunday.

Q: when is it a retiree's bedtime? - Two hours after falling asleep on the sofa.

Q: how many retirees does it take to change a lightbulb? - Only one, but it might take all day

Q: what's the biggest gripe of retirees? - There is not enough time to get everything done.

Q: why don't retirees mind being called Seniors - The term comes with a 10% discount

Q: among formal retirees, what is considered formal attire - Tied shoes.



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1. Never park down hill of a tree you are cutting.
2. When in doubt, park twice as far from the tree as the tree is tall.
3. Just because you live within driving distance of a forest, does not make you a Lumber Jack.
4. Always use the neighbors truck.

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Information correct on: 10/08/2023      Registered Charity No: 1015900




**Somerset's wildlife**

**needs you**

**Can you spare a few minutes to tell us how nature matters to you?**

Somerset Council is working on a Local Nature Recovery Strategy for Somerset. It will map the locations of our most precious habitats and wildlife and identify the priorities and places most suitable for nature restoration. This work is fully funded by Defra.



**Take part in our survey to help shape the strategy.**



Scan the QR code to take part in the survey or find out more at [www.somerset.gov.uk/lnrs](http://www.somerset.gov.uk/lnrs)



# Bereavement support

The Somerset Bereavement Support Service is here if you've been bereaved and need emotional support or someone to talk to.



Call **0800 304 7412**

9am to 5pm, Monday to Saturday.

In partnership with



## Quantock Lodge Pool

*Closed - 20/08/23  
Re-opens - 06/09/23*



<b>Sunday</b>	<b>Family Swim</b>	<b>10.30am to 12.30pm</b>
<b>Monday</b>	<b>Lanes Swim</b>	<b>6.30pm to 8.15pm</b>
<b>Tuesday</b>	<b>Adult Swim</b>	<b>7.45am to 10.00am</b>
<b>Wednesday</b>	<b>Adult Swim</b>	<b>7.45am to 10.00am</b>
<b>Thursday</b>	<b>Adult swim</b>	<b>7.45am to 10.00am</b>
<b>Thursday</b>	<b>Lanes Swim</b>	<b>6.30pm to 8.15pm</b>

**Check our Facebook Page for updates**

Quantock Lodge Leisure Ltd, Overstowey, Bridgwater TA5 1HD

Tel: 01278 733375 [info@quantocklodge.co.uk](mailto:info@quantocklodge.co.uk)

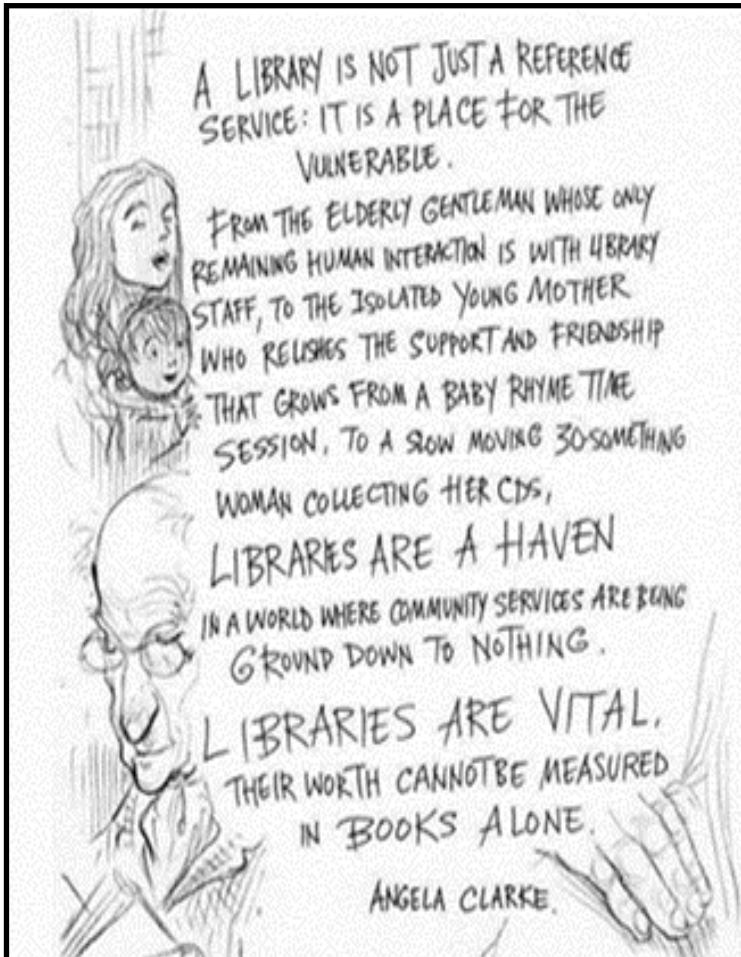


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**Veteran Clinics**

The Royal British Legion can help with a huge range of things, from pensions and money advice, to housing and PTSD support.

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**Opening Times**

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Wednesday 10.00 – 13.00  
Thursday 10.00 – 13.00

Clinics held at:  
RBL Touchpoint, County Court Chambers,  
Queen St. Bridgwater TA6 3DA  
or call 07834 594 344

**No appointment necessary**





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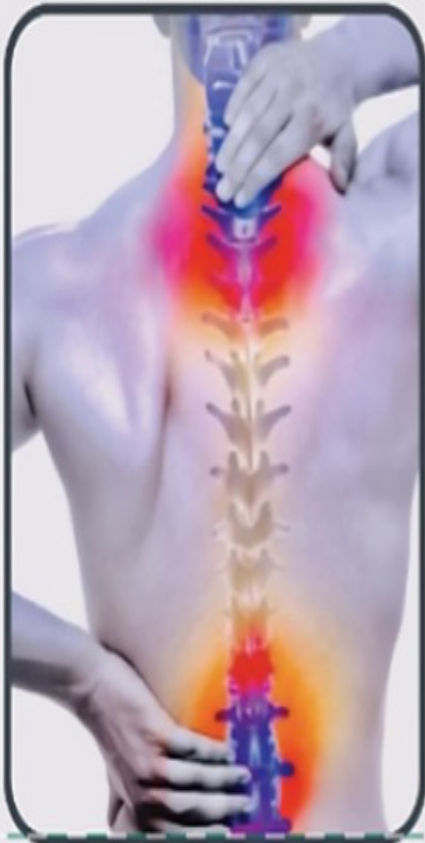
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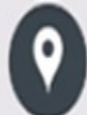
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The brownies had a very busy time leading up to Christmas, the girls have filled jars with ingredients to make gingerbread men to sell at Cannington Christmas. The Cannington in Bloom volunteers kindly attended a Brownie meeting to help the brownies make lanterns in the shape of stars to carry in the lantern parade at Cannington Christmas. Unfortunately, this event was cancelled due to the storms, although the girls were disappointed, they were delighted with the cookie jars and lanterns that they were able to take home.



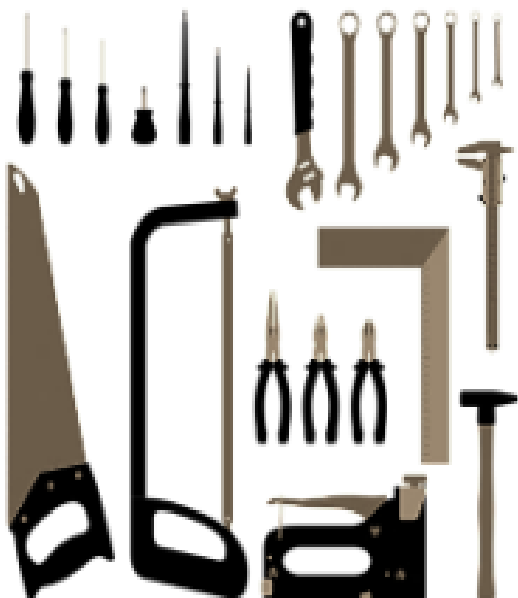
We spent two evenings making Christmas decorations to decorate our Christmas tree at the church. We enjoyed making our decorations and were very proud of our efforts. We hope you enjoyed the Christmas tree festival.

The brownies enjoyed a visit to Scott Cinemas in Bridgwater along with the rainbows, brownies, guides, and rangers from the district to watch Moana 2, we had a great time.

We celebrated the end of the year with a party in the upper hall, we had a great time playing traditional party games such as musical chairs, reindeer racing, pass the parcel and several other modern games as well. We ate hot dogs and our home-made reindeer puddings. This was all made possible with the help of a very generous donation for which we were all grateful, the brownies would like to say a big thank you.

Sadly, we've had to say good-bye to some of our older brownies but are looking forward to welcoming some new girls.

***Brown Owl and the Owls.***



## **BONE'S PROPERTY MAINTENANCE**

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## Spring 2025 is almost here... and it's a bitter sweet season for Cannington in Bloom

For the very first time Cannington in Bloom were awarded **GOLD** in the 2024 **NATIONAL RHS Britain in Bloom** competition. We were judged in the 'large village' category – 1 of only 8 villages across the UK that were invited to the nationals. In celebration, we invited all those that help make positive changes to our village to an evening at Cannington Court. We share in the belief that being a part of the 'in Bloom' movement isn't just about flowers.....many social and environmental benefits follow... we enjoy cleaner, greener streets, great community spirit and a place we're proud to call home.

**Neighbourhood gardening** In 2024 Cannington was recognised by South West in Bloom for 5 'It's Your Neighbourhood' projects!! RHS (IYN) is a unique scheme for volunteer led community gardening projects/groups who are focused on improving their local environment through community gardening.

**Cannington WI Sensory Garden (in St Mary's garden of rest): Level 1: Establishing** *Judges comments: "The garden is in its infancy, plants are being collected from donations. A camomile path is a good idea."*

**School Path (AKA Anne's Avenue) Cannington: Level 5: Outstanding** *Judges comments: "A wonderful horticultural delight from one end to the other. All designed and created by Anne. At only a year old, the impact of the display is to be applauded"*.

**Cannington Walled Gardens Volunteers' Border: Level 5: Outstanding** *Judges comments: "It is really a delightful sight, very prominent and seen by everyone driving or walking by. 7 volunteers meet once a week and should be applauded for the overall village display"*.

**Cannington Pre-School: Level 5: Outstanding** *Judges comments: "A wonderful garden run by Katherine and her staff. The team is dedicated to outdoor learning and we were greeted by the children in colourful raincoats who showed us around their fruit and vegetable raised beds. Great dedication to the importance of outdoor learning and food growing"*.

**The Snicket Cannington: Level 5: Outstanding** *Judges comments: "This well used alleyway is an excellent example of residents taking ownership. Filled with imaginative containers of all shapes and sizes and planted so that there's always colour and interest"*.

**Cannington Woodland Wildlife Project: Level 3: Advancing**

**'It's Your Neighbourhood' 2025** If you have an idea for a neighbourhood project in 2025, please call Tina on 07734113880.





**Cannington Christmas** was scuppered by Storm Darragh and left us with an over-supply of Christmas gingerbread, (donated by EDF Energy Campus Cannington Court) wild seed parcels, mulled wine, chutney and buckets of bulbs! However thanks to local businesses, Bridgwater Mowers, Blackmore Farm, The Rose & Crown and LinPop's café, we've managed to sell most of our locally made produce. There may still be some Buckets of bulbs left at Blackmore Farm (£8 per bucket/3 for £20) and we will continue to sell our wild seed parcels and chutney throughout spring. Funds raised go towards next year's planting.



The Cannington in Bloom pub quiz as always, was as popular as ever – thank you to The Friendly Spirit for hosting and to all you quizzers.

***It really helps to keep Cannington blooming in 2025.***

**Call to action 2025** Cannington in Bloom, alongside other village organisations are making plans for 2025, building on the success in both the regional and national competitions. However, we're a very small team and we need more hands!! You don't need to be a gardener, just a few hours week, a month, or even occasionally will help. Please call Tina on 07734113880 if you want to hear more about our 'blooming' plans.

**Last word** The 'bitter sweet' aspect of this article is the sad news that one of our team, Fiona Palmer has passed away after braving a long illness. Fi's humour, kindness and smile will be missed by us all and we send our condolences to her husband Richard whose dedication to her care has been unwavering. **Fiona Palmer: 7 July 1955 – 18 December 2024**



**NEWS/EVENTS: Facebook: Cannington in Bloom (scan the QR code)**  
**NEW MEMBERS WELCOME: Phone/message 07734 113880**

**FIRST PLACE**



**THIRD PLACE**



**SECOND PLACE**

**Christmas  
Lights  
Competition**

**St Mary the Virgin Church - Cannington  
Thursday Men's' Club**

1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month  
at St Mary the Virgin Church

From 11am for coffee and chat

Occasional outings, speakers, activities and meals out

Everyone welcome

Phone Steve on 07747 127334 for more information or just come along.



**Somerset Health Walks  
Cannington Health Walk**

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month at 10am

Meet near the telephone box at Jubilee Gardens

Walk of about 1.5 miles (could be shortened to suit) ideal for those who wish to get fit and are able to walk for about 45 minutes

Optional coffee afterwards at The Walled Gardens of Cannington

All abilities welcome on this very social walk

Phone Steve or Vicki on 07747 127334



Please support the environment and donate your unwanted good quality clothing, soft toys, shoes, belts and bags. Your donations will be re-used and raise funds for the children of

**Cannington Pre-School &  
Cannington Primary School**

You can find our green clothing bank



Located near  
The Friendly Spirit Pub

Please do not donate

Wet Clothing

Soiled or Ripped clothing

Curtains or Bedding

**CLOTHING BANK**

Please use bags

**No Thanks**

**X**

**Pillows & Duvets**

**X**

**Bric-a-brac**

**X**

**Waste**

**X**

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**✓**

**Clothes**

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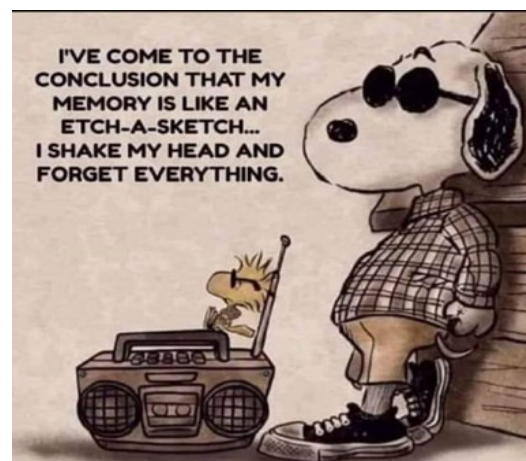
**Cost: £4**

For more information or to sign up please call Age UK Somerset on

Please check class is running prior to attending

**01823 345624**

email: [ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)  
visit our website: [www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)







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If you would like to know more about joining our friendly team, please contact us on 01823 333818 or email: [admin@somersetsight.org.uk](mailto:admin@somersetsight.org.uk)

**Head Office Address:**  
Northfield House, 51 Staplegrove Road, Taunton, Somerset, TA1 1DG.

**Tel: 01823 333 818 | [www.somersetsight.org.uk](http://www.somersetsight.org.uk)**

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*More tree  
pictures on  
page 33*





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Revd Alison Waters (Rector)  
652953

Linda Anniss (Clerk)  
653256

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A SELECTION OF THE CHRISTMAS TREES ON DISPLAY IN THE CHURCH



SEE PAGE 27 FOR A FEW MORE TREES



# BRIDGWATER TIDAL BARRIER

Creating a community resilient to flooding and coastal change



The Bridgwater Tidal Barrier scheme has been developed by the Environment Agency and Somerset Council due to the increasing tidal flood risk to Bridgwater town centre and the surrounding area. The scheme will deliver a tidal barrier and improvements to downstream defences on the River Parrett near Chilton Trinity, and will reduce tidal flood risk to 11,300 homes and 1,500 businesses.

The whole scheme comprises:

- Constructing a tidal barrier on the River Parrett, next to Express Park, Bridgwater
- Improving existing downstream riverside banks and constructing new secondary flood banks
- Improving fish and eel passage at 12 upstream sites on the rivers Parrett and Tone



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## ***Target submission from Cannington Parish Council.***



### **Parish Precept**

After increasing the precept last year by 25% councillors unanimously agreed not to increase it again this year. There will be a slight decrease in the parish precept you pay as there are more occupied homes in Cannington this year.

### **Pump Track**

The pump track has been very well used since it was completed last Autumn, which is very encouraging. There have been issues with parking at Rodway. From Monday to Friday, it is for the exclusive use of EDF as a park and ride facility for Cannington Court. Not only does it keep parked cars away from the centre of the village it also provides an annual income of £14,400 to the Parish Council which helps to keep our Precept at a low figure. ***The car park will now be left open at weekends for public use and will close on Sunday at 6.00pm in the winter and 9.00pm in the summer.***

### **20 mph**

The implementation of the 20mph limit hasn't gone to plan. At present there are both 20mph and 30mph signs on the same stretch of road and it is very confusing for motorists. Somerset Highways has been informed and they are shocked at the poor service provided by their contractor. These schemes should normally be carried out in one or two consecutive days. We are hoping it will be remedied as soon as possible.

### **Allotments**

At the time of writing, we have one vacant allotment. If you are interested in an allotment, please contact the Clerks for an application form.

### **Children's Play Area**

Last autumn the tunnel in the toddlers play area was vandalised and has been out of action. The cost to repair the tunnel is approximately £9,400. The Parish Council thought this was a lot of money for a tunnel and we are hoping to replace it with other equipment that might be more appreciated. We would like your ideas on the type of equipment you think your children would enjoy using. Please send your suggestions to the Clerks.

### **Planning application 13/23/00032 for 160 dwellings off Brymore Way**

The applicant has submitted new information and plans to Somerset Council for consideration. The Parish Council will be reviewing these plans and our decision will be made at our next meeting to be held on Tuesday 11<sup>th</sup> February in the Village Hall.

### **Cannington Neighbourhood Plan (NHP)**

The NHP is progressing through the stages. The Regulation 16 consultation has closed and the plan is now with an independent examiner. If all goes to plan the NHP should be going to referendum in May 2025.

### **Bleed kit**

The college has secured a bleed kit from the Avon and Somerset Bleed Kit Partnership and it is placed on the side of the High Street Bus Shelter next to the defibrillator.



These kits are easily accessible to help anyone respond quickly in life-threatening situations.

**As in every emergency the first step is to call 999.**







## Emergency Contact Numbers

For all emergencies including flooding  
(emergency flood line no longer in use).



Please contact; Colin Allen 07799 451577 Ian Dyer 07740 076675,  
David Greenslade 07850 367994, Mike Phillips 07746 973419  
Or Jack Popham 07471 774087

<https://www.fixmystreet.com> to report Highway Issues

Tel: 01823 345687 to report street lights not working  
(have the number found on the lamp post to hand)

<https://roam.somerset.gov.uk/roam/map> to report issues on  
public rights of way

Report a pothole - Contact Highways England if the pothole  
is on a motorway or an A road that they manage in England

[info@highwaysengland.co.uk](mailto:info@highwaysengland.co.uk)

or phone 0300 123 5000 (24-hour service )

Finally, it would be appreciated if you have any non-emergency matters  
that you wish to report or discuss to contact the clerks in the first instance  
by email or phone (answer machine checked twice a week).

Tina Gardener, Clerk and Aly Prowse, Deputy Clerk

Mondays and Thursdays 10am to 12pm

Community Room, Cannington Village Hall, Brook Street, Cannington,  
TA5 2HP, 01278 653322

[canningtonparishcouncil@cannington.org.uk](mailto:canningtonparishcouncil@cannington.org.uk)

<https://www.cannington.org.uk>



# No fouling

The Parish Council have received an increasing number of complaints regarding dog fouling in and around the village.

Please be aware the local Dog Warden has been informed and will be carrying out extra patrols, and if you are caught, it will be a £100 fine.

Please can you be a responsible dog-owner and use one of the 10 bins provided, which cost nearly £1,400, (you pay for this through your council tax), to dispose of your dog waste, or take it home with you.

**There is no excuse for this irresponsible behaviour.**



WOW!! What a response and what a creative lot you are. Thank you for your efforts and apologies if I haven't mentioned your caption.

I've dropped the only toilet roll - **Colin Regan**  
 Oh No! We've got visitors now - **Claire Ridgment**  
 What are you reading? Wuthering Heights - **Joan Salmon**  
 Is that a Macdonald's down there - **Nicki Berridge**  
 Keir Starmer finally solves the housing crisis - **Jane Maunder**  
 Looks like they both got high - **Michael Hill**  
 I know, I should have gone at the bottom - **Charlie Pulling**

I'm sure it's fine, but I'll just check my book of knots - **Nicki Berridge**

(singing) You keep me hanging on - **Pippa Moore**

When you want adventure - but you could also have a book club deadline - **Clarky AV**

I suppose a bit of hanky panky is out of the question - good I'll read instead - **Kim Cook**

Noooooo! I've just dropped my book mark - **Murray O'Shea**

On the edge of?? - **Cheryl Trevor Holdom**

The aftermath of storm Darragh and the affects on the local campsite business as they now sell pitches with a more scenic view of Somerset - **Matt Davies**

Look out down there! I need a pee - **Michael Hill**

There were 2 in the bed and the little one said, "roll over" - **Leanne Evans and Nikie Duddridge**

What have you been doing today? Oh, just hanging around - **Suzanne Selway**

You call it dangerous, I call it multitasking - **Clarky AV**

It's a long way down, do you think we used enough ropes/clips - yes dear it'll be fine. Chill, I'm reading - **Antony James Nickolls**

My parents snore - **Carole Taylor**

Just dropping off - **Lindsey Stone**

Hanging out - **Lindsey Stone**

I know it said strap the pole to the vertical, but are you sure this is what they meant? - **Nicki**

**Vivian**

Pity we left the crisps at home - **Zoe Van Zwanenberg**

It wasn't a dream then? - **Mike Radford**

Airbnb - **Dahlene Rood and Mary Ryall**

My beanie has just become a parachute for my reading glasses - **Nicki Vivian**

That must have been one hell of a storm to get here, we were only trying it for one night - **Jane**

Living life on the edge - **Jane Bryant**

**Tarr**

Last time I let you book the room - **Nicholas Crocker**

Hey Charlie, I'm feeling as high as a kite - **Barry Lukins**

Hungry? Luckily Deliveroo have just arrived and are on their way up - **Steve Clifton**

Nice to see the kids hanging out together - **Steve Pettitt**

Pop out to Spar and get milk (if they're open) - **Colin Regan**

I won't be buying that best camping sites book LOL - **Delyth Drew**

Well, that book looks a cliff-hanger - **Jo N Ron Campbell**

Do you think we've taken this game of hide and seek a bit too far - **Clive Boucher**

Oh no Ethel someone's stolen the flipping ladder - **Liz Harfield**

That was a 42 count for the toilet roll drop ..... is that high? - **Paul Carney**

- ◆ How much deeper would the ocean be if sponges didn't live there? (Steven Wright)
- ◆ I have an inferiority complex, but it's not a very good one.
- ◆ If people from Poland are called Poles, why aren't people from Holland called Holes?
- ◆ If at first you don't succeed, then skydiving definitely isn't for you.
- ◆ Shin: a device for finding furniture in the dark.
- ◆ If your car could travel at the speed of light, would your headlights work?





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**SHAUN IS LOOKING FOR SOME SIMPLY, STUNNING, STUPENDOUS, SCINTILLATING SOLUTIONS TO THE QUARTERLY QUIZ**

Thank you to everybody who took part in this quiz. Congratulations to Geoff Parle who is the winner of the November quiz and wins a £10 cash prize (**Answers P69**). The first correct answer drawn out of the hat will win a cash prize of £10.

**Entertainment Trivia**

1. George Lazenby played James Bond only once- in which film?
2. Nick Hancock, Paul Merton and Frank Skinner have all hosted which TV show?
3. In a famous film, where was Rick's Café?
4. The Pop Master quiz was a regular feature on whose radio show?
5. How many "Road" films did Bing Crosby and Bob Hope make – 5,7 or 9?
6. What nationality is singer song-writer Paolo Nutini?
7. In the film "Grease", what is the name of the girls' gang?
8. What was the name of the puppet sidekick of Philip Schofield?
9. The musical "Fiddler on the roof" is set in which country?
10. With what would you associate the name Michael Eavis?

Answers to: shaunryall@talktalk.net or by post or carrier pigeon to  
The Editor, Target Magazine, 14, Court Orchard, Cannington. TA5 2QH

**HAVE A GO! GOOD LUCK**

**Locations of Defibrillators in the village of Cannington:**

**Public Accessible Defibrillators – 24h Access**

Cannington Bus Shelter – High Street

Telephone Box – Brook Street

National College for Nuclear – Bridgwater and Taunton College

**Restricted Access Defibrillators (details included)**

BTC Cannington College Reception – Restricted to college opening times

BTC Rodway Agricultural Innovation Centre – Restricted to college opening times

BTC Cannington Golf Club – Restricted to golf club opening times

**Defibrillator Information Update**

The radius in which someone who calls 999 will be sent to your defibrillator has increased from 200m to 400m. This will mean more people who call 999 will be advised that there is a defibrillator nearby and therefore, hopefully lead to more lives being saved and better outcomes from out of hospital cardiac arrest.



## ***Cannington Yarn Bombers***

We continue to meet on Tuesday mornings 10-12 upstairs at the URC. We welcome new members and may sometimes do more chatting than knitting or crochet.

Our recent projects involved decorating the village bollards and the old phone box for Christmas and those who shop in Morrisons may have seen our Christmas post box topper.

Last year we made a knitted Christmas tree of squares for the church Christmas Tree festival. This was then remade into blankets which were donated to the village agents. This year we decorated a tree with woolly hats, gloves & scarves. These were left in the church for anyone to take who needed a bit of extra warmth. Any hats left over will again be donated to a charity.



Our next project is to work on 2 panels for The Longest Yarn 2 - Britain at War. The work we did last year depicting the US535th AAA in the village prior to D Day is now touring the UK before going to the USA and back to Normandy in 2026 to a permanent exhibition space. The success of that project has led to the sequel which will tour this country from April 2025, including cathedrals in SW England.

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## Tell us how we should respond to automatic fire alarms

We responded to an average of 16 false alarms every day last year due to automatic fire alarms.

Read about our proposed changes and complete a short survey by visiting [www.dsfire.gov.uk/about-us/AFA-consultation](http://www.dsfire.gov.uk/about-us/AFA-consultation) or scanning this code.



The consultation closes at midday on **Wednesday 9 April 2025**

Need information in a different format?  
Please call us on **01392 261287** or  
email [rightresponse@dsfire.gov.uk](mailto:rightresponse@dsfire.gov.uk)



Thank you to all the local businesses and schools in Cannington and Combwich and the good people of these villages who supported this years poppy appeal. With your help we raised £2,261.68p

*Andrew Taylor (Poppy Appeal Organiser)*







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## Fitness Classes with Sian Cannington Village Hall



**Tuesday - 7pm - Ball Fit - £6** - an all-round fitness class that includes balance, core, strength, flexibility and cardio work. *Please bring a mat and body ball.*

**Wednesday – 2:30pm - 50+ Dance Aerobic - £6** - a movement to music (mostly 60's and 70's) class with fun, simple, mostly low impact routines followed by some chair exercises.

**Thursday – 2pm - Balance and Spinal Mobility - £6** - a gentle class for those who want to improve their stability, posture and leg strength and reduce the risk of falling. Mostly standing and chair exercises.

\*\*\*\*\*

**OUTDOOR FITNESS - Thursday 7pm** - a circuit training class in the open air (except when weather is very wet or frosty!) where you can work at you own level. **NOT** Boot Camp. **£5.** At Cannington Sports Field (next to EDF drop off)

Enquiries ring Sian (qualified and experienced instructor) on **01278 652411**  
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Alternatively, email [gemma.ruffle@somerset.gov.uk](mailto:gemma.ruffle@somerset.gov.uk) or call **07855 285464** to make a difference in your community.

## ***SOMERSET MOBILE LIBRARY 2025 – THURSDAYS -EVERY 4 WEEKS***

THESE ARE THE MOBILE LIBRARY'S STOPS IN OUR AREA – FOR MORE INFORMATION ABOUT THE SERVICE, CONTACT SOMERSET DIRECT 03001232224 OR VISIT [WWW.SOMERSET.GOV.UK/LIBRARIES](http://WWW.SOMERSET.GOV.UK/LIBRARIES)

<b>CANNINGTON</b> – Brook Street	09.30 – 10.00	
<b>COMBWICH</b> – Harbour	10.15 – 10.50	Post Office - 10.55 – 11.20
<b>STOCKLAND</b> – Sports Club	11.30 – 11.55	
<b>SHURTON</b> – Babbling Brook	12.05 – 12.30	
<b>STOGURSEY</b> – Greyhound Inn	13.10 – 13.40	30, Town Close 13.45 – 14.10

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**Somerset  
Wildlife Trust**

## **Somerset Wildlife Trust - Volunteers Needed**

The Trust is one of 46 Wildlife Trusts working across the UK. We are a science-led movement focused on restoring habitats to support a wide range of wildlife and restore natural processes that are essential for healthy landscapes, and provide vital services such as clean air and water, food, carbon absorption and flood alleviation.

We've been protecting and preserving Somerset's wildlife and wild places for over 50 years. With over 21,000 members, we are the largest conservation charity in the county. With the invaluable support of volunteers and members we manage over 1700 hectares of land for wildlife and people in Somerset. We also work with other organisations and landowners to protect and connect wildlife sites across the county and inspire local communities and young people to care for wildlife where they live.

Our landholding incorporates a diverse range of habitats from wetlands to woodlands, grasslands and meadows, and provide secure environments for a diverse range of wildlife such as dormice, otters, hedgehogs, barn owls and many other species.

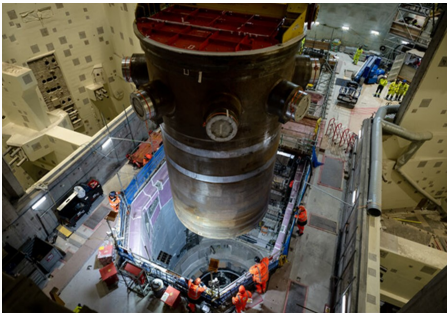
Alongside our members and volunteers, we work year-round to protect wildlife, transform landscapes and put nature back into people's lives. If you are interested in the work done by the Trust and would like to volunteer, contact us at:

[volunteering@somersetwildlife.org](mailto:volunteering@somersetwildlife.org)

## First nuclear reactor for a generation is fitted to Hinkley Point C

We are pleased to share a significant milestone for our project as Hinkley Point C's reactor has been successfully installed.

This moment marks an important step in delivering the UK's first new nuclear power station in over 30 years and comes less than 12 months after the huge steel dome was lifted into place.



The “reactor pressure vessel” is a 500-tonne steel container that holds the nuclear fuel used to make heat that in turn produce steam for the world's largest turbine. The RPV was manufactured by Framatome in France, arrived at Hinkley Point C in February last year and has been in store until the installation. It will also be flanked by four 25m high steam generators due to be fitted next year.

In a precision operation that has been months in the making, the RPV was lifted onto rails and inserted through a

19.5m high equipment hatch, before being rotated by the large internal polar crane and lowered onto a support ring with just 40mm clearance on either side.

The installation marks another step forward in the fit out of the power station with equipment, including 360km of pipes and 10,000km of cable. Once operational, each unit will contribute significantly to the UK's energy security. The power station will help Britain achieve net-zero by providing enough reliable low-carbon electricity to power 6 million homes.

Energy Secretary Ed Miliband said:

*“Installing the first reactor pressure vessel at Hinkley Point C is a significant feat of engineering and a major step forward for the UK’s most advanced nuclear project. Getting Hinkley up and running to produce clean power for six million homes will be a win for our long-term energy independence, protecting bill payers as we accelerate to net zero.”*

**Andrew Cockcroft - Head of Stakeholder Relations and Social Impact**







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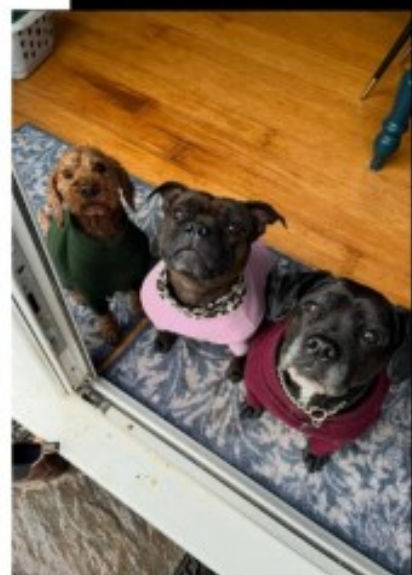
Regular dog walking, adhoc walks or just a drop in 'stay and play' can really ease your dogs anxieties and keep their minds occupied whilst you are working.

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## Private Fostering

Is your child living with another family?

Have you been looking after someone else's  
child for 28 days or more?

Do you know a child that's being looked  
after outside their close family?

If so, the child may be living in a private fostering arrangement.

The law says you must tell Children's Social Care if you know about any private fostering arrangements. This is so we can make sure the children are well looked after and to give support to their carers.

fostering  
in Somerset

Call Somerset Direct: **0300 123 2224**  
or email: [childrens@somerset.gov.uk](mailto:childrens@somerset.gov.uk)

## What is private fostering?

Private fostering is when a child or young person under 16 years old - or under 18 if they have a disability - lives with someone for 28 days or more who is not a close relative, guardian or person with parental responsibility. A close relative would be a parent, step-parent, aunt, uncle or grandparent.

People become private foster carers for all sorts of reasons. They might be a friend of the child's family. They could be someone who is willing to look after a child they do not know, for example if that child is on an exchange trip or have parents who live overseas.

If Children's Social Care has made the arrangement, or the person who is caring for the child is an approved foster carer, this is not private fostering.

## What to do if you know of a private fostering arrangement

The law says you must tell Children's Social Care if you know about any private fostering arrangements.

If you think you are privately fostering a child or know about a child who is being privately fostered, then don't worry, it is allowed. But you do need to tell us - we have a legal duty to ensure that all children who are privately fostered are cared for in a safe and suitable environment.

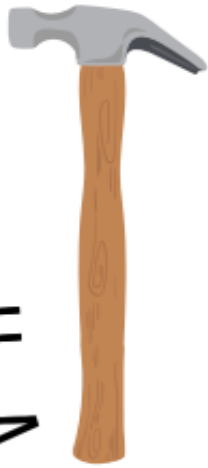
To report a private fostering arrangement, please call our Contact Centre in confidence on **0300 123 2224** or email [childrens@somerset.gov.uk](mailto:childrens@somerset.gov.uk)

For general enquiries please email:  
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**Want to be part of an outstanding volunteer service? Then Route1 is looking for you!**

Route1 Advocacy and Independent Visitors service supports children and young people who are in care or have a social worker. They do this by matching volunteers with young people as either short term Advocates, or longer term Independent Visitors.

The service recently had an independent internal review and was graded as Outstanding; and was shortlisted to the final 3 in the Frontline National Award

2024 'Team of the Year'

Route1 helps children have happy childhood memories, and ensures their views are listened to and acted upon.

- Independent Visitors: These volunteers make a long term commitment to one child in care. They visit the child once or twice each month to build a trusting, supportive relationship and friendship that can sometimes last many years. This can bring life-changing experiences and opportunities to the child or young person – and their Independent Visitor!
- Advocates: volunteers work alongside individual children to ensure their voices are heard, and their wishes and feelings are taken into account when decisions are being made which affect them. Each child's support is usually short term and there is no expectation of a long term commitment to any particular child.



A recent trainee volunteer said "I started out thinking 'what on earth can require 5 days of training?' I now know why and think you have it just right."

Your life experience will be highly valued and you will be trained and supported in developing key skills. Your volunteering can be arranged to suit your availability.



For more information about Route 1 Advocacy and Independent Visitors you can contact us by emailing: [route1advocacy@somerset.gov.uk](mailto:route1advocacy@somerset.gov.uk), calling 01749 822801 and our website is [www.route1advocacy.co.uk](http://www.route1advocacy.co.uk)



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## Cathy's Gardening Tips

Recently Alan Titchmarsh extolled the virtues of gardening and how he loves the frost as a good frost kills pests and is an important part of plant dormancy. Like me he went for a walk on Christmas Day and just loved the fact that it was so quiet with only the sounds of the various birds. He remembered seeing frost on the inside of his bedroom window and how beautiful the feathers of ice were in the sunlight and how lovely the bare branches of trees look. Seasonal weather at the right time of year has its place.



**February** brings snowdrops, lighter nights and preparations for spring. If you want to start an organic veg garden from scratch then pull up and hoe every weed. Then spread with 5cm (2") of compost. Where there are persistent weeds, lay thick, unprinted brown cardboard (with sellotape removed), over the weeds. Then add 10cm (4") of organic matter such as decomposed horse or cow manure. Ask our local farmers or stables, they may be able to supply some. Then sprinkle compost on top. It's Ok to start sowing seeds right away. With dense, persistent weeds, including couch grass, spread with a thin layer of organic matter. Then cover with very, very thick black polythene (not the thin kind, as this becomes an environmental hazard when it breaks down). Or use weed suppressing fabric available from Monkton Elm Garden Centre near Taunton or try our local garden shop on Main Road. At Easter add another layer of cardboard. In late May, see that the weeds have died then planting can start. If weeds are still there and are yellow or white, replace the cover and make holes to place your plants. Put organic seed potatoes on a window sill in egg boxes to chit. Soak Sweet Pea seeds for a week, then put 4 seeds to a small pot of seed compost (vermiculite, sharp sand, perlite and compost mixed). Sow marigold seeds.



**March** - Allow the grass, nettles & thistles to grow long in your scruffy corner; build a log pile. Scrub bird tables early in day with very weak disinfectant solution to protect from disease and bird flu. Clean out bird boxes. Bury some wood for stag beetle larvae. Keep bird baths clean and filled daily with fresh water for the wild birds. Use a compost bin and fill with vegetable & fruit peelings, egg shells, coffee grounds, plastic free tea bags, pet rabbit & guinea pig waste. Sow your organic flower and vegetable seeds. Involve your children and grandchildren to get the next generation inspired to garden.



**April** - Cut some bamboo into 5cm (4") pieces and slot together cut side showing, in your insect hotel. Leave out pine cones and straw. Place these at ground level for the spiders as they eat bees, but they do such a good job catching flies. First cut for grass keep blade high & go for longer grass on lawns to create world for beetles and insects. Even just mow a path, mower width around your patch. It will surprise you how many more insects and butterflies will visit your garden when the grass is left to grow. Install a water butt to a downpipe and hoeing and hand removal of annual weeds is a good investment of time as you don't give those weeds chance to set seed. Companion plant vegetables with herbs to encourage insects and pollinators for organic style gardening.

**Catherine Nightingale 11.1.25**

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In November we had a speaker from The War Graves Commission who gave us a talk about the landscaping and planting in the numerous War Graves throughout the world. The work that goes into each site is extraordinary with a format which is duplicated as far as possible with the planting of shrubs etc. making the most of the relevant conditions. It is good to know that those who gave their futures for us are being so respectfully cared for.



At the beginning of December we had our annual Christmas Lunch at Blackmore Farm. Ian and Ann made us extremely welcome and as always the food was delicious - really getting us in the mood for the festive season.

At our regular December meeting we played Bingo (who thought it could be so competitive!) and enjoyed cake and tea.

In January we celebrated our birthday and had a talk by Ursula Franklin about the Quantocks.

#### **Upcoming Events:-**

**February** - our meeting will be held at lunchtime when we will be serving "Soup & Pud"

**March** - Glyn Legge Of Bridgwater Street Pastors will be giving us a talk.

**April** - We have our AGM and our speaker will be Ian Williamson talking about "My Travels"

The ladies of Cannington Women's Institute continue to meet on the second Monday of each month in the upper Village Hall at 2.30pm and there is a lift available if required. Like all organisations we are always looking for new members and would welcome all newcomers.

Information from:- Mrs Sheila Fry (President) 01278 229680

Mrs Doreen Bunch (Secretary) 01278 653969



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## Cathy's Fluffy Omelette

### **INGREDIENTS**

You will need a large, non-stick frying pan.  
Non-stick fish slice & tongs. Cheese grater. Very large metal spoon.  
Hand whisk or Kenwood Chef with balloon whisk.  
4 free range eggs separated. 75 g (2 oz.) unsalted butter/vegan spread.  
6 brown mushrooms sliced (or frozen slices), fried lightly in butter.  
Pinch of salt. 6 grinds of black pepper. Half teaspoon turmeric.  
250 g (8oz) Medium Cheddar Cheese grated



### **METHOD**

Beat the egg whites in a large, clean fat free bowl until fluffy with stiff peaks. Pour into a separate clean bowl and put to one side for a minute or two. In the original egg white bowl, whisk the egg yolks until creamy and then add the seasonings. Pour out into a small bowl. Put the whisked egg whites back in the large bowl, pour over the egg yolks. Fold into the whites with the large spoon.

The next part all happens very quickly. Ensure you have hot dinner plates ready and everyone sitting down to eat.

Heat the butter in the frying pan until melted and frothy. Keep the heat/gas high. Pour in the egg mixture. Ensure it covers all the frying pan. Scrape the egg mixture with the tip of the tongs this makes sure that as soon as the egg touches the hot frying pan base it will cook. This stage takes two minutes. On one half of the omelette put the mushrooms, on the same half, add the grated cheese. Using the fish slice, flip the bare side over the cheese mixture and cut the omelette in half. Now carefully using the fish slice turn each portion over. Cook for 30 seconds. Flip out onto the heated plates. Serve immediately with watercress or a small side salad. Serves two. (Eggs continue cooking briefly after removing from heat.)

Omelette should be fluffy, cooked and oozing melted cheese. Delicious.

Alternatives: - Frozen, sliced mixed peppers, fried lightly in butter. One large red onion, chopped small. Fried tomatoes with sprinkle of demerara sugar, salt and pepper and drop of cider vinegar.

*Catherine Nightingale 11.1.25*

## Cannington Open Gardens

**Sunday 8th June 2025 - 1pm - 5pm.**

£5 for entry to all gardens - cream teas on route

All proceeds will be donated to Cannington in Bloom.

Inspire and share your knowledge of gardening and wildlife  
with your neighbours and friends.

Gardens big or small, wild or cultivated, all are of interest.

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Thank you for your continued support when it's needed more than ever.



Once again, we would like to thank everyone who continues to support Children's Hospice South West in so many ways.

A special thank you to all who played football and those who supported them on New Years Day, raising a total of £1,600 for CHSW. Thank you to the New Years Day Fundraising Committee for organising this event and their wonderful donation of £5,000. To the residents of Schoolfields for their continued support. To Mike Phillips and Grace at the Rose and Crown for their donations of £610 raised from the sale of Mikes bird boxes. To the many individuals who gave donations during the year and all who bought Christmas cards. To all who have supported Cannington Friends over the last 30 years in raising tens of thousands of pounds for this very deserving charity.

Children's Hospice South West provides the only respite and hospice care available to families in the South West. Little Bridge House, Charlton Farm and Little Harbour are a home-from-home, a place where each family member can find time and space to feel normal and do the things they enjoy, as a mum, as a dad, as a brother or sister, as a family, not overwhelmingly as a carer. The cost of this very special care is over £11 million per year and the charity currently only receives around 16% of income generated from statutory funding, which is not guaranteed. It therefore relies entirely on the generosity of the people of the South West to be able to continue its work.

Children's Hospice South West is dedicated to making the most of short and precious lives. With your continued support, Children's Hospice South West can continue to care for more children and their families every year.

If you would like further information on how you could help Children's Hospice South West, please contact Jean or Colin Fitzpatrick, telephone 652859 or visit their website [www.chsw.org.uk](http://www.chsw.org.uk)



## **0% loan to help people living in off-gas properties to spread the cost of heating their home**

The current energy crisis is having an effect on everyone, coupled with the rising cost of living. Living without mains gas can be expensive. For those who are buying home heating fuel in bulk, a council-funded loan may be an alternative solution to spread the cost.

Somerset Council work in partnership with Lendology CIC, a Social Enterprise lender, to provide council funded **0% Bulk Buy Fuel loans** to homeowners, social tenants, and private tenants to spread the cost over the winter months. The loan can be used to purchase oil, gas, wood or other bulk-buy fuel sources and is repayable over six to twelve months. Lendology encourage residents to save alongside the loan where possible to create resilience in paying for the next bulk purchase. Email: [loans@lendology.org.uk](mailto:loans@lendology.org.uk)



## The Importance of Balance, Strength and Mobility as we Age Quiz

(choose the missing word from the options given)

1. According to WHO, falls are the ..... most leading cause of unintentional injury each year?

- a) 1<sup>st</sup>    b) 2<sup>nd</sup>    c) 5<sup>th</sup>

2. Can we rebuild muscle mass lost over time as we age to over 70?

- a) No    b) Yes, with specific strength training    c) Yes, but only with intensive gym work

3. On average we lose ½ inch from our peak height every 10 years, which can contribute to poor posture. What is the main cause of this?

- a) Bad back, neck and shoulders    b) Too much leaning over to pick things up    c) Curvature of the spine due to bone and muscle mass

Many of us expect to stiffen up and feel less stable or strong as we get older.

However, recent research shows that some of this can be avoided with exercise. We can even improve these signs of ageing, with specifically designed exercise programs. Muscle mass loss due to sarcopenia can be replaced with new muscle fibre formation with certain types of resistance training using leg weights or bands. Standing core work training and simple balance techniques can improve stability and over time reduce the risk of falls. Encouraging the gentle movement of the spine in different planes within in targeted classes, such as specialised Pilates or Yoga sessions, aids functional movement such as seeing behind us when driving or reaching for things off a shelf. Other benefits of this kind of structured exercise include the reduction of bone mass loss, mood improvement, ‘muscle memory’ gain prior to joint operations, improved flexibility and overall confidence to get around safely. *For more information on classes locally contact*

*Sian 01278 652411 or Contact – [siancocks@btinternet.com](mailto:siancocks@btinternet.com)*

Answers to Quiz – 1. b)    2. b)    3. c)

## *The following extracts are from the Parish Council minutes 1900 - 1910*

- ◆ The Parish council was formed in 1899 and took over the running of the village charities, the Almshouses and the cemetery.
- ◆ A complaint was received that the Sexton “did not attire himself suitably” when there were non-conformist or Catholic burials. He was duly reprimanded.
- ◆ An asphalt path was laid in the cemetery at a cost of £50 as no-one could be found to weed the path every two weeks.
- ◆ A light railway was proposed to run from Bridgwater to Stogursey and then Watchet.
- ◆ It was also proposed that Cannington should have it’s own horse drawn fire engine, but high costs and lack of interest from large land-owners squashed the idea.
- ◆ The Parish Council organised celebrations for the coronation of King Edward VII and a sum of £6 14s 6½d was left and it was proposed to purchase 8 lamps to light the village from the bridge to the Rose and Crown. However, high maintenance costs made the idea uneconomical.
- ◆ A new road was proposed to avoid the Wembdon and Sandford hills.
- ◆ The County Council offered courses on gardening which was taken up by the village with an average class attendance of 46.
- ◆ The well halfway up Rodway was open and worries over cleanliness caused it to be covered over and a pump installed.
- ◆ The population of the village in 1901 was 1021



## **Cannington Pre-School**

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### **WHATS ON!**

**TALKS AND PRESENTATIONS:** Held in the Library on the 2nd Wednesday of each month at 7.30pm. See our website for more details.

**STORYTIME:** Every Monday except bank holidays 11am to 11.30am. Join us for a fun half hour of stories and nursery rhymes.

**CHESS TIME AT THE LIBRARY!** Every Thursday 5pm to 6.30pm. Learn the basics, discover new moves and have fun!

**KNIT AND NATTER:** Every Friday 10am to 12noon. All ages and abilities are welcome!

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SATURDAY 10AM - 1PM



## Answers to November's Puzzles (p72/73)

### Answers to Shaun's quiz on page 40

1. LUDO
2. SCUT
3. MICA
4. OCHE
5. TIME
6. POLO
7. GOAD
8. RITZ
9. DODO
10. CORK



### Answers to Children's Quiz



### Attention all Target readers

If you have difficulty reading the magazine, you will be pleased to know that after some hard work behind the scenes, you can now access the Target on the Cannington website which can be found by going to [www.cannington.org.uk](http://www.cannington.org.uk) and click on the Target link. (Shaun, Editor)



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# Children's Corner

## CAN YOU NAME THESE GAMES?



1.



2.



3.



4.



1.



2.



3.



4.



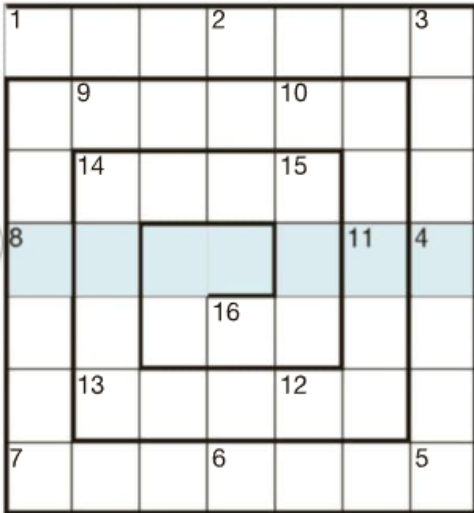
**Colour Me**



# Adult's Corner

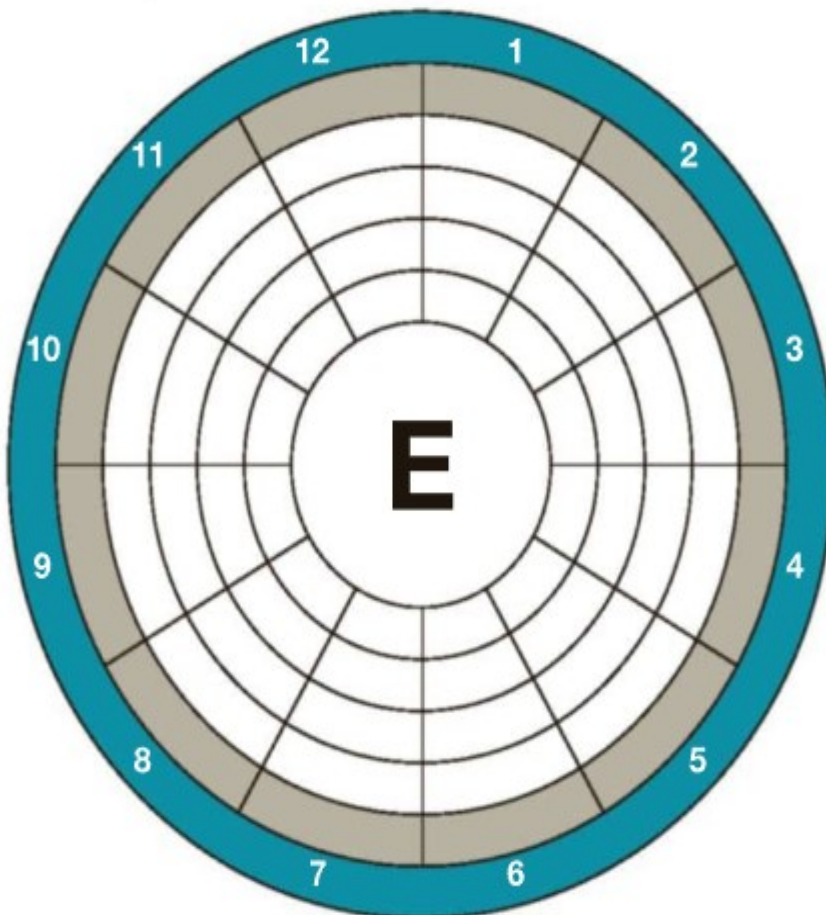
Answers to November's puzzles and quizzes are on Page 69

Starting from 1, fill in the grid clockwise with four-letter words. The last letter of each word becomes the first letter of the next and the shaded squares will reveal a religious term.



- |                         |                         |
|-------------------------|-------------------------|
| 1. Mum's sister         | 9. Is obliged to        |
| 2. Dense layer of grass | 10. Rip                 |
| 3. To skin              | 11. Go up               |
| 4. Pull hard            | 12. Finishes            |
| 5. Pavement edge        | 13. Insult deliberately |
| 6. Be on fire           | 14. Musical group       |
| 7. Part of speech       | 15. Unable to hear      |
| 8. Standard             | 16. Person from Finland |

The solutions from 1 to 12 are all six-letter words ending with the centre letter. Moving clockwise from 1, the letters in the outer circle will spell out the name of a 20th-century US painter.



1. Come into view
2. Give
3. Walk like a duck
4. Shrewd
5. Steal cattle
6. Mock
7. Flax comb
8. Body of work
9. Type of dog
10. Penetrate
11. Develop over time
12. Take away

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### *Mum's Clothes Line Rules*

- ♦ *The clothes line must be wiped.*
- ♦ *Socks must be hung by the toes.*
- ♦ *Hang sheets and towels on the outside line so you can hide your unmentionables*
- ♦ *Clothes must hang in order - whites with whites and hung first.*
- ♦ *Shirts must always hang by the tail - never the shoulders.*
- ♦ *Lining up the clothes so that each item shares one of the clothes pegs with another item.*
- ♦ *It doesn't matter if it is sub-zero outside, the clothes will just go out and just freeze*
- ♦ *Pegs must be gathered up when taking down clothes - never leave them on the line.*



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Kate Slade [kateslade@btopenworld.com](mailto:kateslade@btopenworld.com) Tel 01278 653572

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(per edition)

Unfortunately, from the New Year we have had to increase our prices

P. S. Did you know that The Target reaches over 3500 people every quarter. It is a free magazine relying only on revenue from advertising. We rely on volunteers for distribution and my sincere thanks go to both the advertisers and the generous volunteers.

Something to say? Complimentary or otherwise please send your comments / views to  
The Editor, Shaun Ryall,  
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## Village Quiz Nights



7.30pm At the Friendly Spirit

Sunday February 23rd in aid of Cannington Pre-School  
Sunday March 30th in aid of Cannington WI  
Sunday April 27th in aid of Cannington Tots & Babes

Teams of four please



new start time of 7.30pm

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