

# SHAPWICK NEWS

February 2018  
ISSUE 278

## Lite Bite Lunches

'LITE BITE' is a light lunch of soups, rolls, cakes and drinks and will be served on the 3rd Monday in each month. It is a great opportunity to meet other villagers, to catch up on news and share a time together over lunch in our lovely St Mary's Church in Shapwick. We welcome particularly those who have moved into Shapwick in recent years who find themselves at home at lunchtimes and please be assured of a very warm welcome. We ask a modest £2.50 to cover costs with any remaining money given to maintaining the village church.



The next Lite Bite will be on **Monday 19 February 12.30 - 2 pm in St Mary's Church**. For further information, please contact Helen 210885.

## Shapwick Starlets WI *Sue Sellick*



Scrapbooking is a method, an art for preserving, presenting, arranging personal and family history in the form of a book, box, card. Typical memorabilia include photographs, printed media, and artwork. Scrapbook albums are often decorated and frequently contain extensive journaling and that is exactly what we did with Phil and Sam from Clevedon Creative Craft Club. Some of us took along photos, some, newspaper cuttings and we spent a couple of hours arranging, re-arranging, cutting, and embellishing. Dora even brought along her 100 year old photograph album, an absolute treasure. We are now well and truly hooked and will be inviting Phil back again to make die cast cards for Easter.

And in February, we are going to be Pasty making with Burns the Bread in Glastonbury. We are all going to make our own perfectly hand crimped pasty, and this will be followed by a buffet supper plus wine. And to top it all off, we will bring home our creation plus other

delights in a goody bag. We have been looking forward to this event for a long time, as there is a two year waiting list.

This year is going to be another busy one, with local roadshows and not forgetting Somerset Day on 11th May. And still to come this month, we have our post Christmas meal at the Duck in Burtle next week, closely followed by our Book Club and then Film night. In February we will be taking part in a Kurling tournament and have also signed up for walking netball. And not forgetting our Nosh, Knit and Natter session provisionally arranged for the 20th February at the King William.

If you want to see what we get up to, have a look at our Shapwick Starlets Facebook page.



## Shapwick and Polden Cricket Club—The Pavilion



The Christmas Cracker at the Pavilion at Shapwick was very successful, so we will make it an annual event. The Pavilion will be open for drinks on Friday evenings throughout the year and England's Saturday Six Nations Rugby matches in February and March will be shown on our widescreen TV and the bar will be open.

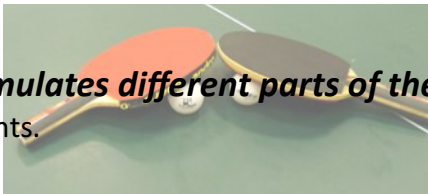


## Table Tennis at the Village Hall

*Did you know we have a competition standard table tennis table at the Village Hall?*

*Playing Table Tennis or Ping Pong has huge health benefits both physical and mental.*

- ✓ Playing improves **hand eye co-ordination** and stimulates **mental alertness**, and **reflexes**.
- ✓ **It's easy on the joints.** it's a great way to improve your leg, arm and core strength without overtaxing your joints.
- ✓ **Burns calories.** its entertaining and addictive, it can be fun and easy way to burn calories
- ✓ **Offers a social outlet.** It's a great way to bond with people. Because young and old can play it's a great way to build relationships, irrespective of age. Playing with family members can bring people closer and enable them to spend quality time together.
- ✓ **Keeps your brain sharp.** There is evidence that reports there is a clear increase in motor skills and cognitive awareness. Studies in Japan show that table tennis increases the flow of blood to the brain and could possible even prevent dementia.
- ✓ **Improves coordination and balance.** Staying balanced and being able to change direction whilst playing. Balance is especially important as we grow older, poor balance is a major cause of "falls" as we age.
- ✓ **Stimulates different parts of the brain.** Can help us to form and retain long-term facts and events.



**Wow? What are you waiting for? The Hall Committee received a grant to enable them to purchase the table this enabled us to purchase a high quality, competition standard table and would love to see people benefitting from using it. With half term coming up and winter still with us, why not give table tennis a go? No need to get the car out and the perfect activity that all ages can enjoy together what ever the weather.**

To hire the table, please call Nerina on 201329. £7 an hour or £3.50 for half hour, bats and balls provided or bring your own.

## Library Van

The next visit by the mobile library, is on **Tuesday 13th February.**

The time and place remain the same. The van arrives at the Cricket Pavilion at 10.55 for 20 minutes. There is a new list of future visits on the village notice board.

