

April 2019 Issue 291

SHAPWICK NEWS



12th annual SHAPWICK BUNNY HOP

7.5 mile trail race

on easter monday

22nd april 2019 with junior races and
non-competitive walk · race HQ Shapwick village hall TA79NJ
main race registration from 8.30am for a 10.30am start - £12 in advance*
or £14 on the day · the junior races start from 9am (4 to 16 years)
the four mile walk is free and starts any time from 9am
more info at shapwickrunners.com or enter direct at
fullonsport.com · race profits to Bridgwater Foodbank

*online booking fees apply · race licence no. 2019-37372

WITH NEW JUNIOR
1 MILE RACE!



Thank you so much to Amanda for stepping up at the last moment as unfortunately Brendan was not able to come and show us the delights of book art, due to illness.

It was such an informative evening, but fun at the same time learning how to become a Dementia Friend. The session involved playing bingo and a perceptions game and closed with the following Bookcase analogy:

Imagine a 70-year old woman who has dementia. There is a full bookcase beside her as high as she is tall. Each book represents one of her skills or memories. On the top shelf are the most recent memories. Memories of her 60s are by her shoulders, those of her 40s and 50s are at her waist, and those of her 20s and 30s by her knees and her childhood at her feet. Imagine that dementia rocks her bookcase and her books start to fall off, starting with the top shelf first. When her top shelves are empty she might find herself living in the past, lower down her bookcase. If she finds herself living in the 1950s, she may not know the name of the current President or the day of the week. The heaviest books that represent a person's strengths or passions are often the last ones to fall off the shelf. Once you understand that this is her reality, you can better engage with her to support her. There are different types of memory. Factual memories are books that will fall quickly. Emotional memories, on the other hand, remain in the memory longer. With the example of the 70-year old woman, her daughter may visit to find that her mother can no longer remember the daughter's name. She will, however, remember her feelings from the visit, feelings of love, comfort and support. On the other hand, if the mother and daughter were to argue, the mother might not remember the details of the argument, but she will remember the feelings of anger and hurt from the exchange. At the end of the talk we were able to sign up to become a Dementia Friend and received a forget-me-not badge.



Looking forwards, we have lots going on:

Thursday 28th March Film Club ,
Saturday 30th March Crafternoon
Tea 2 – 5 pm,
Wednesday 3rd April Book Club,
Tuesday 9th April Monthly
meeting – Reflexology with Phil,
Friday 12th April – Kurling,
Walton Village Hall, 7pm
Monday 22nd April – Bunny Hop
and our WI stall at the Cricket
Club, call in and say hello

Keep an eye on the village notice
board for further details.



We meet the 2nd Tuesday of every month, 7.30 pm, Shapwick Village Hall, visitors always welcome!

Library Van

The next visit by the mobile library, is on **Tuesday 23rd April**

The time and place remain the same. The van arrives at the Cricket Pavilion at 10.55 for 20 minutes.



Wild Flowers *Dora Watkins*

*Come walk with me down memory lane
The flowers of youth to see again
To dream a dream
The large white columbines that trail
And wind themselves round every rail
Only a dream*

*In deep dark wood the orchid grows
From prying eye and wind that blows
Alas no more
Primroses lift their heads and smile
Pause, drink it in and bide a while
Thrill to the core*

*The golden celandine that grows
O'er banks and edges overflows
Sunshine indeed
Sweet violets peep from grass
Waft out their scent when're you pass
Now only weeds*

*The fields of cowslips ankle deep
Gather armfuls, for mum a treat
Fill all the vases, jam jars too
Their sweet scent fills the room anew
Remembered well*

*Cuckoo pint and ragged robin
Bluebells with their heads a 'bobbin'
Where are they now?
Anemones daintily pale
Carpet the woods in dingy dale
Pink heads they bow*

*Purple vetches Tom Thumbs sunny
Treasure them worth more than money
No pollution
Red hips and haws a pretty sight
Flank country lanes to make them bright
Pre pollution*

*If something's not done very soon
Our earth could look like burnt out moon
Dead rock and dust
All flowers gone, small creatures too
Conserve we must*

Shapwick News—Editors wanted!

Could you spare a few hours a month to help produce the Shapwick News?

I am looking for people to set up a group of editors to share the production of the news—the more people the fewer issues we will each be responsible for.

Unfortunately, if nobody comes forward the News will become bi-monthly.

Contact shapwicknews@yahoo.co.uk if you are able to help.

Thank you



New home needed for greenhouse—in reasonable condition—apart from 2 panes missing. Buyer dismantles.

Also sturdy wooden desk—in decent condition.

Both free to good homes.

Peggy Long, Honeycrock, Monks Drive 01458 210493

Parish Council Round Up *Sue Williams*

New Councillor: Members welcomed Martin Davis to the Parish Council following his co-option to fill the vacancy.

Drainage Maintenance Work: The majority of the drains and ditches around the village have been cleared during a recent maintenance programme. Please remember if you have a watercourse running through your property to keep it free from debris to ensure water remains free flowing.

Lorries through the Village: An increase in HGVs through the village has been noted. Please let the clerk have names of hauliers that persistently come through the village—this can then be followed up with the companies concerned.

Next Meeting: The Annual Parish Meeting will be held on May 21st at 7pm Shapwick Village Hall. All welcome—please come along and find out what village organisations have been up to during the previous year. The Annual Meeting of the Parish Council will follow.

"If you are looking for local news and events, try the [Shapwick Village Community Group](#) page on Facebook. Other villages are successfully running similar pages where items can be advertised for sale, local events and services are promoted etc. So please go and have a look and feel free to start posting!"

What's On in Shapwick

Church Services April 2019



See Polden Wheel website for a list of services.

<http://poldenwheel.co.uk/services/service-listing/>

Are you looking for a babysitter? -Well if you are, you're looking in the right place.

Hello, my name is Elliot and I am 15 years old. I live in Shapwick and I think I am the only boy babysitter!

If you need a babysitter don't hesitate to contact me at any time on- [07746910485](tel:07746910485)

Also, in the school holidays or at weekends I'm free to do pet sitting or dog walking or any small general jobs that need doing.

Lite Bite Lunches

The next lunch is on 15 April

12:30pm–2.00pm

St Mary's Church.

For further information please contact

Helen on 210885



Useful Contact Details

Parish Council - Clerk -Sue Williams 01458 210749

shapwickpc@btinternet.com

Village Hall - Secretary Claire Brown 01458 210784

shapwickvillagehall@gmail.com

Hall Bookings—shapwickvhbookings@gmail.com or 01458 210329

St. Mary's Church - Jan Jones 01458 210804

Edington Doctors Surgery 01278 722077 Prescriptions 01278 723459

Bridgwater Hospital 01278 436555

Sedgemoor District Council 0845 408 2540

Somerset County Council 0300 123 2224

S·H·A·P·W·I·C·K
JAM!

8TH JUNE 2019

SPREAD THE WORD...

...WE'RE PLANNING A MINI MUSIC FESTIVAL ON THE VILLAGE GREEN THIS SUMMER. IF YOU LOVE PERFORMING, WE'D LOVE TO HEAR FROM YOU.

ALL MUSICAL STYLES WELCOME, SOLO OR GROUP. DROP US A NOTE AT SHAPWICKJAM@HOTMAIL.COM TO FIND OUT MORE.

We are Jay & Ioan. We are in Year 9 at Crispin (14 & 13 years old), live in Shapwick and are raising funds for a trip to Kenya with the Crispin School Kenya Crew. We will build nurseries, teach English and connect villages to a clean water supply. The money raised will also sponsor 20 Kenyan children to attend school.

If there are any jobs you need to have done, from washing car and grass cutting etc., please let us know!
£5 each per hour or negotiable for a bigger project.

Don't hesitate to call! T: 01458 210 687, M: 07767 276091

Email: thejayster20@outlook.com



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Sue Williams by [20th April](mailto:shapwicknews@yahoo.co.uk) or to shapwicknews@yahoo.co.uk

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