

BISHOP'S HULL PARISH MAGAZINE

OCTOBER 2026



A THRIVING VILLAGE COMMUNITY IN
THE HEART OF SOMERSET

EDITOR

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MAGAZINE SUPPORT TEAM

Proof reader - Margaret Coombs

Magazine Cover:

Photographs by
Bob & Penny Coombs & Bob Winn

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

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

Please help to make the magazine interesting by contributing material.

**When reading your free online copy please remember to support the
free advertisers whenever possible**

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



**Cafe
& Bar**

Now serving Coffees,
Hot Drinks & Breakfasts from
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Lunches, Dinners & Sunday Roasts
£5.50 Senior Citizen Meals
Tribute Acts and Events
at the Weekends
Ask us about Functions & Wakes
01823 802877

Bell Ringing

We are very proud of our Bell Ringing team and our bells! There are 6 bells in the tower and ringing is done from ground level.



The Bell Tower is accessed on the North Side of the church. Ringing happens for the main service on Sunday (usually ringing starts at 09.15am and rings until the service starts at 10am). Practice night is Wednesday at 7.30pm. Quarter peals (50 minutes) may be attempted up to twice a month at 11.30am, usually on Tuesday or Wednesday. Our Tower Captain is Giles Morley and he can be contacted on 01823 430710

BISHOPS HULL BUTCHERS, POST OFFICE AND STORES

BISHOPS HULL, TAUNTON



**AWARD WINNING
FAMILY RUN BUSINESS**

Shop and Post Office

Open Monday – Friday 6.45am – 6pm

Saturday 8am – 6pm

Sunday 8am – 12pm

Tel – 01823 279168

Butchers

Open Tuesday – Wednesday 8.00am – 3pm

Thursday – Friday 8.00am – 4pm

Saturday 7.00am – 2pm

Sunday and Monday Closed

Tel – 01823 337497

The Frank Bond Centre

84 Mountway Road, Bishop's Hull.

A place for the over 50s to meet new friends

Contact Carolyn 01823 283941 /Nadia 07958 246046

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

The cafe is open to members and non-members.

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

Weekly Activities:

Monday - The Painting Group 10:00-12:00,
Whist Club 1:30-4:00
Bridge Club 2.00-4:00

Wednesday – Flexercise 10:00-11:00

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

Friday - Pétanque 10:00-12:00,

Friday - Frank's cafe 10:00-12:00

Monthly Activities:

1st Monday in month Family History 2.00-4.00

2nd Tuesday in month Parchment 10.00-3.30

Fortnightly Tuesday in the month Crafty Coffee 10.00-12.00

2nd & 4th Thursday in month Mahjong 2.00-4.00

4th Wednesday in month Music Appreciation 2.00-4.00

3rd Thursday in Monthly Lunch - please write name on list in foyer

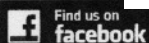
Annual membership £25.00 Find us on Facebook (& 'Like' us)

There are many more exciting activities... table tennis, cards, books, puzzles plus a variety of social events taking place throughout the year

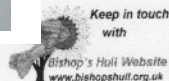
For bookings please contact Nadia 01823 338242 / 07958246026

BISHOP'S HULL CAR BOOT SALES 2026

REFRESHMENTS AVAILABLE



Sunday 27th SEPTEMBER



Start Time 7a.m.

Bishop's Hull Playing Field TA1 5EB

///rocket.force.monday

Sellers £7 Buyer Parking £1

Cars Parked at Owners' Risk

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

Sellers responsible for removing their own rubbish

Toilets Available

Dogs allowed on a lead

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

Prescription Time Frame



To help us provide an efficient, safe and effective service to our patients, we ask that you follow the guidance below:

- Use the table below to work out when your prescription will be ready for collection,

- Order early for bank holidays, or if you are going on holiday,
- Let us know in advance, if you require our prescription delivery service

Due to permanent closures of some pharmacies in the area we are experiencing high volumes of prescriptions. We offer text message and a phone call service to let our patients know when their medications are ready. Please ask a member of staff about details.

We are a small but very busy pharmacy, so be prepared to queue. Please sign the back of your green paper prescription on arrival and tick the exemption box if it applies to you (there are pens available on the counter). Our waiting time for a walk-in prescription is usually up to 20 minutes, but it can reach to one hour depending on how busy we are. We are always extremely busy before bank holidays, so please order your prescriptions earlier and be prepared to queue.

Prescription Ordered	We normally receive	Ready for collection
Monday	Thursday	Monday
Tuesday	Friday	Tuesday
Wednesday	Monday	Wednesday
Thursday	Tuesday	Thursday
Friday	Wednesday	Friday
Weekend	Thursday	Monday

When you enter the pharmacy please turn right in order to join a queue or otherwise feel free to browse the shop. Whilst waiting for your prescription to be prepared please wait in the pharmacy, if you leave at any point, please queue again on arrival and ask the member of staff if your medications are ready. We apologise for any inconvenience and thank you for your understanding.

These are the expected days when your prescription will be ready, however sometimes delays occur due to medication queries, items out of stock and increased workload. Please be aware that this guidance is for regular repeat medication. Please collect your medications after receiving your text message or phone call. Prescriptions that are urgent from the GP surgery can be dispensed when needed.

Opening hours: Monday- Friday: 9:00- 18.30 Saturday: 9:00-13:00

Sunday: Closed. Bank Holiday: Closed Tel. 01823 256 056

Address: 2 The Comeytrowe Centre, Pitts Close, Taunton, TA1 4TN



Bishop's Hull Belles WI

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

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

Bishop's Hull Belles WI

Next meet ng at the HUB - Thursday 24th September at 7.30pm
Guest Speaker - Claire Bounds - (Avon and Somerset Police) - Cyber Protection

Bishop's Hull Belles WI

Next meeting at the HUB
Thursday 22nd October at 7.30pm
Social Evening - New Age Kurling

Vicar:

Reverend Philip Hughes , The Vicarage, Bishop's Hull Hill, Bishop's Hull, TA1 5EB 01823-336102	Tim Venn (Church Warden) John Perry (Church Warden)
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Are the seasons finally back on track? It looks very likely that the searing heat we have had to endure this summer is already becoming a fading memory. The nights are becoming much cooler and, following the much needed rain, the grass is greener. The days are shorter (*"the nights are drawing in"*) and by seven thirty in the evening the sun has set. The countryside and our gardens are looking very Autumnal whilst the vegetables have almost stopped growing or have been harvested except, of course, for the winter greens. First year pupils are settling into their new routines and university students are back in halls. What have we to worry about? Maybe I should not be asking this question because the answers I will get would probably fill an encyclopaedia. However, my research has come up with the following statistics - *In the latest period (1 to 26 July 2026), the most frequently reported issues facing the UK today continued to be:*

The cost of living (88%), the NHS (78%), the economy (70%), climate change and the environment (59%), crime (58%), immigration (56%), housing (54%). Among those who said their cost of living had increased in the past month, the most commonly reported reasons for this increase were: price of food shopping (94%), price of fuel (68%) and gas or electricity bills (66%).

The price of food shopping has been the most commonly reported reason for increases in the cost of living since we first started asking this question in November 2021.

The proportion of adults reporting the price of fuel as a reason for increases in the cost of living was lower in July 2026 (68%), compared with April 2026 (80%) and May 2026 (77%). However, the proportion in July 2026 was still higher than a year ago (45% in July 2025).

The proportion of adults reporting the price of gas or electricity bills as a reason for increases in the cost of living was 66% in July 2026, similar to June 2026 (67%), but higher than in July 2025 (57%) and July 2024 (45%).

The most commonly reported actions taken because of increases in the cost of living were: spending less on non-essentials (59%), shopping around more (41%), spending less on food shopping and essentials (38%), using less fuel, such as gas or electricity, in the home (33%).

Adults aged 16 to 29 years were less likely to report shopping around more (27%) because of the increases in the cost of living, compared with: 46% of those aged 30 to 49 years, 47% of those aged 50 to 69 years, 43% of those aged 70 years and over. Women were more likely to report using their savings (32%), compared with men (25%), because of increases in the cost of living. So there you have it. And these are just the top worries in our lives.

THE VICAR WRITES

Dear Brothers and Sisters in Christ

Faith, Hope, and Hot Chocolate!

Autumn is properly here, bringing darker evenings and a world that often feels a bit overwhelming when we turn on the news. But scripture gives us a straightforward, reassuring truth for times like these: *“The light shines in the darkness, and the darkness has not overcome it.”* (John 1:5). This October, we’re putting that into practice in very practical ways across our community.



We kick off on 4th October with **two Baptisms**, welcoming new life and fresh starts into our church family. On 7th October, our candidates finish their final **Confirmation session**, and our **Open the Book** team will be out in our local school this month, bringing Bible stories to life for the kids.

Faith also means standing with people in tough times. From 9th–15th October, our church building will be lit in **pink and blue for Baby Loss Awareness Week** and the powerful but simple opportunity to tie a ribbon to the church gates. It’s a simple, visual sign that we are here for anyone needing a quiet space to pray, reflect, or remember a loved one.

Behind the scenes, we’ve got our **Deanery Synod** on 13th October and a **PCC meeting** on 14th October to plan our practical work for the coming months.

To recharge, **Homegroup** meets on 20th October for a cuppa and honest chat around the Bible. Finally, on 31st October, we’re offering **Hot Chocolate Blessings** on Halloween—handing out free warm drinks and friendly conversation to anyone out and about.

There is plenty going on, and everyone is welcome. See you soon!

Your Brother in Christ,

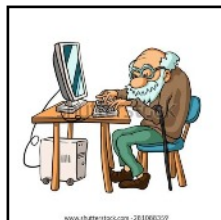
Rev Phil Hughes



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Editor Bob

LETTERS TO THE EDITOR

I know how expensive it is to send a letter so I would be happy to receive an email instead.

St Peter's & St Paul's Church

Bridge Coffee Mornings

The Bridge is what we have called the Welcome Area.

The Church has opened **the Bridge** for the return of the Monthly Coffee Mornings to be held on the last Saturday of each month. We would like to extend a warm welcome to all at the next coffee morning on **Saturday 31 October 2026** From 10am till 12noon.

Come along to have a Coffee/Tea and cakes, with a friendly chat **and** SWAP a book.



Bishop's Hull Parish Council News

There was no meeting in August, but work still carried on behind the scenes!

The transfer of the play park and Kinglake open spaces has still not been completed, hopefully next month we can confirm this has taken place!

Next meeting date was set for : Thursday 3rd September, 7pm at the HUB

Meet Cllr Malcolm Turner

Where are you likely to be seen in the Village ?

I used to be seen regularly walking my lovely Spaniel "Sheps" with all the other many nice dog walkers but sadly, he died a little while back. I often help my wife refresh the "Dog Watering Stat on " outside the front of our house.

Why did I Become a Parish Councillor ?

Originally I joined around eight years ago to assist getting our Hub built. So glad I did as it's a fantastic facility in a beautiful setting ... all us locals should be very proud of it. I have recently rejoined as I still feel I can contribute specially for our older residents of which I am now one.

What do I do in my Spare Time ?

My main hobbies are cooking and doing crosswords, in fact many years ago I worked as a chef. I am also a PROBUS member and a friend of our mayor Martin there as we both enjoyed long careers in the Wine Trade.

Want to Know a Surprise About Me ?

In my younger days I went down a coal mine to interview miners for a government survey for sufferers of silicosis.

Bishop's Hull Flower Show 2026

The scarecrow trail was a great start to the 2026 Bishop's Hull Flower Show with 17 entries across the village.

After 26,000 views and over 1,300 likes on Facebook, Lin and Tim Pope took the first prize with their 3 blind mice, Charlie, Chesca and the Kids came second with Hickory Dickory Dock and Jane and Bee Gurr came third with Humpty Dumpty.

I know it put a smile on my face to see the amount of work and energy plus creativity from all the entrants.

On the day there were new faces and exhibitors with the following winning the best exhibit cups:

Vegetable section
Flower section
Fruit section
Floral Art
Homecraft
Handicrafts
Painting

- Lin Pope
- David Gurr
- Niall Watson
- Jasmin Pope
- Jane Disborough
- Robert Morgan
- Richard Holland

Best Hanging Basket

- 1 Shutewater Close

4 years and under

- Maverick Ambrose

5 to 8 years

- Jackson Ambrose

9 - 12 years

- Fern Robin

Lin Pope won the most prize cards in the vegetable, flower and fruit section plus overall, the most prize cards in the show.

Jemma Gurr won the most prize cards in the homecraft section.

Thank you to the helpers, stewards, judges, the committee and to **Nancy and Josie** for their amazing spread of cakes and refreshments.

Bishop's Hull HUB

Bishop's Hull Apple Day! Saturday 10th October 11am to 2pm

Come to our favourite annual community event! We will have the apple presses available so bring your apples and containers to make your own apple juice. Expect hot food (pulled pork rolls), coffee, apple activities and crafts.

Bishop's Hull Hub 100 Club

August 2026 winners

1st Derek and Tulula Cole - £35.20, 2nd Chris Phillips - £17.60 & 3rd Geoff Lloyd £8.80

Bishop's Hull Belles WI

Next meeting at the HUB - Thursday 24th September at 7.30pm

Guest Speaker - Claire Bounds - (Avon and Somerset Police) - Cyber Protection

Fire in Netherclay Community Woodland.

At the end of July, I received a short video clip from David Gurr, Chair of the Friends of Netherclay group, showing the aftermath of a fire in Netherclay Woodland. Well done to the Bishop's Hull resident who alerted the emergency

services, who arrived quickly and extinguished the blaze using beaters and portable water packs. A huge thank you goes to the incredible Devon and Somerset Fire and Rescue Service for their prompt response and decisive action. It does not bear thinking about how different the outcome might have been if the fire had gone unnoticed for another ten minutes.

At the time of writing (11th August), a fifth heatwave is forecast for Somerset. With temperatures remaining high and vegetation becoming extremely dry, everyone can play a part in protecting our countryside from fire. Even a small spark can quickly develop into a serious wildfire, putting people, wildlife, homes, woodlands and farmland at risk. If you are visiting parks, open spaces or rural areas, please avoid using disposable barbecues, campfires or fire pits. Never drop cigarettes, matches or smoking materials on the ground, and make sure they are fully extinguished before disposal. Glass bottles and litter should always be taken home or placed in bins, as they can increase the risk of fire and create hazards for others. If you are walking in the countryside, stick to designated paths where possible and be mindful of local fire risk warnings and restrictions. Farmers, landowners and businesses are also encouraged to review fire safety measures and ensure access routes remain clear for emergency vehicles. If you spot a fire, leave the area immediately, move to a place of safety and call 999. By taking a few simple precautions, we can all help keep our countryside safe during a heatwave. Please take care everyone, John

Please note at the time of going to print The UK government has implemented an immediate temporary ban on disposable barbecues across England, Scotland, and Wales due to extreme wildfire risks.

Route 1 - Volunteer Service to support children and young adults.

We need YOU!

The number of children coming into the care of the Local Authority is at its highest level ever – As a result, Route 1 is seeing an increase in the number of children who are asking for an Independent Visitor.

What is an Independent Visitor?

An Independent Visitor (IV) is a volunteer who makes a 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. The visits might involve going out for coffee and a chat, having a picnic, or going for a dog walk.

There is extensive, free training which is delivered face-to-face – no Zoom breakout rooms for us! And once trained there is ongoing support.

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 Route1 Advocacy and Independent Visitors, you can contact us by emailing: route1advocacy@somerset.gov.uk, calling 01749 822801 and our website is www.route1advocacy.co.uk #####

BISHOP'S HULL IN TIMES PAST

100 years ago



Many Bishop's Hull residents complained about the allocation of council houses in the parish made by the Housing Committee of the Taunton Rural District Council. Many residents were aggrieved because the new council houses had been let to agricultural workers despite the fact that there were other applicants in a very needy position as regards accommodation. There was a feeling that farmers should house their own workers and even build houses for them. Others felt that if this claim was to be allowed, it might have far-reaching implications. For example, why shouldn't a county authority like the Standing

Joint Committee be called on to house all the police? Or a railway company to find dwellings for all its employees? Or any private employer to build houses for all his staff?

Harvest thanksgiving services were conducted at the Congregational Chapel by the Rev OW Hughes of Taunton, who preached stirring sermons, which were much appreciated. At the afternoon service, Messrs Lewis and Crocker rendered a duet and Mrs Crocker sang a solo at the evening service. The church was tastefully decorated and there were large congregations. On the Monday evening, the Rev JT Heywood attended and gave an excellent address on 'Giving our best'. Mr Frank Bond, superintendent of the school, afterwards conducted the sale of the harvest gifts. The organist at all the services was Mr George Lewis.

Harvest thanksgiving services were also held in the parish church, which had been tastefully decorated by Miss M Lythall and the following young helpers:- Misses V Durman, M Bruford, Rosalie Beale, Violet Tooze, Vera Fursdon, and Masters Clifford Pearce, Sydney Coles and Walter Coles.

Holy Communion was celebrated at 8am, followed by matins and Holy Communion (choral) at 11am. The choral Communion was excellently rendered by the choir, who had been trained by Mr WR Dyer (organist). At evensong, in addition to harvest hymns the choir rendered the anthem 'Fear not O Land' (Cooke), the solos being ably taken by Miss H Turner (soprano) and Mr Turner (tenor). The admirable rendering of the anthem reflected great credit on the choir and Mr Dyer. An appropriate sermon was preached by the vicar (the Rev F Raban). The collections were devoted to the Taunton and Somerset Hospital. At all the services there were large

congregations. The ringers, under Mr Merson, gave performances on the bells in their usual style.

50 years ago

At the meeting of the Women's Institute, new member Mrs Chedzoy was welcomed at a well-attended meeting by vice-president Mrs Beck. Mrs Peters gave an interesting talk, illustrated with pictures and souvenirs, of her holiday in Russia. She was thanked by Mrs Chandler. A best-dressed spoon competition was won by Mrs Redford with Mrs Roe second and Mrs Peters third. A raffle prize was won by Mrs Cockram.

Miss Newcombe was re-elected chairman of the Good Companions, with Mrs Grant and Mrs Martin as vice-chairmen. Five members agreed to serve on the Committee. Members observed a minute's silence in memory of Mrs Sealy, one of the older members, who had died recently in hospital. Gifts of fruit and flowers were to be sent to two sick members, Mrs Coles and Mrs Horn. The wife of a retired vicar, Mrs Skrine of North Petherton, gave an amusing account of her life as a girl in a Suffolk village. She was thanked by the chairman.

A retired railway worker for 48 years, Mr Ernest Kingdom, of Hamwood Cottages, died at the age of 80. The funeral was at Taunton Deane crematorium, the vicar of Bishops Hull officiating. The Co-operative Funeral Service of Priorswood Road Taunton made the arrangements.

The monthly women's branch meeting of the Bishops Hull Conservatives Association was held at Meryan House Hotel with Mrs Ellis in the chair. The treasurer reported on the recent coffee morning and the secretary spoke of the visit to Poole Pottery by members. The speaker was Mrs Marks, whose subject was Geneva. The historical background of the city with its strong links with John Calvin, the Protestant reformer, was vividly described. Geneva now had a unique international reputation as a centre of commercial banking. Mrs Marks was thanked for her talk by Mrs Curry. Tea was served by Mrs Gould and Mrs Ralph.

A resident of Bishops Hull for nearly 60 years, Mrs Ada Jane Sealy of Farrant Close who died aged 87, was cremated at Taunton Deane crematorium. The ashes were buried in her husband's grave at Kingston St Mary churchyard. The service was conducted by the Rev G Pollock. Messrs Leonard E Smith of Haydon Road Taunton made the funeral arrangements.

David Pickup, a solicitor, offers some advice about committees...

Think twice before you join that committee

People involved in church or village life are often asked to join committees or to help run things. These include trusts and charities, being a PCC member, school governors and hospital managers, village hall groups and I suppose judging bonny baby competitions. These community positions are vital for the good of everyone, but unfortunately not many people are prepared to give up their evenings or weekends to go to long meetings in draughty halls.

If you are invited to join a group like this, what questions should you ask? Why were you asked? What do they think you can contribute? If you are in a job, are they expecting you to do work for them for nothing? Do you have the time to do the job? People on committees tend to be asked to join other committees, and so it is easy to get overloaded. Are the meetings at a time convenient to you? What risks are there? Does the group have liability insurance to protect members against claims? What are the finances like? Are the records up to date? Do they have budgets and accounts they can show you?

Good advice would be to ask to go to a meeting, before you commit yourself. You can soon find out if the place is well run and people get on with each other. Ask to look at the insurance documents, constitution and accounts.

If the answers to these questions are negative, it does not necessarily mean

you should not join. If the finances are in a mess, perhaps you can help. If they say they had a constitution when the charity was set up in 1879 but no-one knows where it is now, then perhaps it can be found again. Most people get a lot out of contributing to society in this way. You learn more and meet interesting people, although you may wish to draw the line at bonny baby judging!

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How to stop your children becoming a pain in the back

This month (5th to 11th October) is Back Care Awareness Week – a good time for parents to think about the challenges of simply picking up their children.

For no matter how much you love them, there is no doubt that babies and young children can be a real pain in the back – literally. Pregnancy, carrying them, and then pushing them can all lead to severe back pain. So here are some tips for all parents on how to avoid straining your back:



1. Choose a buggy with a handle height that allows you to keep your head, neck and back in correct alignment.
2. When pushing your buggy, keep your shoulders down and relaxed, your elbows in.

3. Choose a buggy that will let you swing your legs fully in front when walking.
4. Opt for a light buggy, if you are going to be lifting it in and out of the car a lot.
5. When lifting your child, do not bend over. Instead, bend your knees and squat down. Hold your child close to you, and then straighten up from your knees.
6. If you pick up a toddler, put one foot in front of the other, bend your knees, and encourage them to 'walk' up your front leg.
7. Avoid carrying your child on one hip – instead, carry them in front of your body with their legs around your hips.
8. When carting around all your baby gear, use a well-designed backpack that spreads the weight evenly over your shoulders. Forget single-strap sling bags!

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Stoptober 2026

Did you know that if you can stop smoking for 28 consecutive days, you are five times more likely to succeed in stopping for good? And that could give you years more of life to enjoy.

Along with the health benefits, cutting out smoking will save the average smoker more than £38 a week, or more than £2000 a year. Since its launch in 2012, Public Health England's campaign 'Stoptober' has so far encouraged more than 2.5 million people to make a real attempt to quit, and thousands more are expected to take up the challenge this month. The campaign breaks down the quitting process into manageable

chunks, and presents it as a 28-day programme – offering a lot of support to smokers who want to stop. More details at:

<https://campaignresources.dhsc.gov.uk/campaigns/stoptober-2026/>

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Be thankful for grandparents



Everyone seems to have their 'special day' these days, and this month brings us Grandparents' Day, on the 4th October.

If your grandchildren are still young, why not keep at your house:

1. A dressing up box – of fairytale clothes, plastic crowns and cardboard swords. These will keep them busy for hours. Charity shops can be a great source of cheap costumes – and also tablecloths/sheets that can be turned into costumes. (Or you can help the church by getting to work on some early nativity costumes!)
2. A craft supply box – egg boxes, old magazines full of pictures, cardboard, cardboard tubes, a bit of glue, bits of ribbon and wool, some paper and scissors can work wonders.
3. Colouring supplies - crayons and any kind of paper – even the back of envelopes – will do fine.

If all else fails, you can always sit down for a rest and let them play 'musical statues', where the only rule is that whenever the music stops, they must 'freeze' in position.

There are lots of resources you can download for the special day – just go to:

<http://www.activityvillage.co.uk/grandparents-day>

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Be nice to your knees

Osteoarthritis is the main cause of knee pain in people over 50.

Here are some tips that may help:

Be aware of the several major groups of muscles that support your knees.

They include the

quadriceps at the side and front of your thighs, the hamstrings at the back, and your calf muscles. If you can give these muscles regular exercise that keeps them strong, they will help protect your knees.

Be aware that your knees like and need to move. Using them less is one of the worst things you can do, because it only weakens them. If you have bad osteoarthritis, then ask your doctor for alternative ways of exercising them, instead of walking.

Be aware that knees do better when you lose weight. Just losing one kg of body weight will bring down the compressive force on your knees by as much as 4kg with each step. That will help preserve your knee cartilage. It seems that doctors disagree over the value of taking supplements such as glucosamine or turmeric, but they say that if you find they work for you, then certainly keep taking them.

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Which milk do you buy?

Once upon a time there was just milk. Now our supermarket shelves are packed with dairy (whole, semi-skimmed, fat-free) and also plant-based alternatives: oat, almond, soya, coconut, and pea.



Which is the best? The amount of protein, sugars, fat and vitamins in each vary a great deal. No wonder that, according to Mintel's UK recent market report, nearly half of us struggle to decide. Here are some facts to consider:

According to nutritionists, the best all-rounder is semi-skimmed cow's milk. This is because dairy milk contains all nine essential amino acids and has the most protein.

Or, if you are dairy-free, try fortified soya milk or pea drinks for reasonable levels of protein.

As for the others, they vary in nutrients, but:

Oat milk is popular but contains very little protein.

Almond milk is popular and low in calories, but again, has very little protein.

Coconut milk has hardly any protein at all.

Rice milk has almost zero protein.

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Why it is easy to break the law in your own garden

You would be forgiven for thinking that tidying up your own garden is about the most harmless thing you can do. But – beware – there are a few things which may bite back! Pruning trees is a necessary job. But any tree with a TPO (Tree

Preservation Order) on it can be downright scary: legally, you need permission from your local council to carry out any work on one, or you may face fines up to £20,000. Then there is the tree that grows in your neighbour's garden, but which has branches jutting into your garden. What do you do with it? What can you do it? The law says you are not allowed to cross into their garden to take any action. But if their overhanging branches are causing an issue in your garden, you are allowed to cut them back to the point at which they cross your boundary line. But – wait for it – the branches that you have cut off are not yours – they must be given to the neighbour, if they want them. Otherwise, it is your responsibility to dispose of them. As for any fallen fruit from the overhanging branches from the tree in your neighbour's garden? The law says that it is still their fruit, and you must offer to bring it around to them if they want it. But bizarrely, you cannot simply throw it over the fence, or they could 'do' you for littering or even fly-tipping! And without their permission, you must not eat the fruit of their tree, because it is a criminal offence under the Theft Act 1968, Sections 1-6.



As for your hedge? Be careful of it between March and August, as the RSPB (Royal Society for the

Protection of Birds) warns that “It is an offence under Section 1 of the Wildlife and Countryside Act of 1981 to intentionally take, damage or destroy the nest of any wild bird while it is in use or being built, or to intentionally kill, injure or take chicks or adults, or intentionally take or destroy any eggs.”

After all that, you may decide it is safest to sit in the shade with a drink and a good book...

This is just a light-hearted look at things, and before you get into any difficulty with your garden or neighbour, please consult a professional for help.

**

Miscellaneous observations on daily life

- At my age I have given up on health foods; I need all the preservatives I can get.
- Ever feel like life is a car wash and you're on a bicycle?
- It's good to have self-confidence. It's even better to have a reason for it.
- You are never too old to set another goal or to dream a new dream.
- Blessed are the flexible people, for they don't mind when the demands of family and work ties them in knots.
- If God had wanted us to fly, He would have given us tickets. (Mel Brooks)
- My favourite childhood memory is having energy.
- It's weird being the same age as old people.

100 years of Winnie-the-Pooh



One hundred years ago, on 14th October 1926, the children's book *Winnie-the-Pooh*, by A A Milne, was published.

It was set in the Hundred Acre Wood, an innocent world described as “largely Edenic” but based on Ashdown Forest in East Sussex, which the Milne family often explored from their home in nearby Hartfield. It came about through the encouragement of E H Shepard, Milne's colleague on the humorous magazine *Punch*, who provided the beguiling illustrations.

Alan Alexander Milne was firstly a playwright and occasional mystery story writer who, again with Shepard, wrote the book of children's verse *When We Were Very Young*, which contained the seeds of *Winnie-the-Pooh* and its sequel, *The House on Pooh Corner*, all of which proved extremely popular.

It was apparently during a family visit to London Zoo, where Christopher Robin encountered a tame bear called Winnipeg, that the book was conceived. Winnie's literary friends, such as Piglet and Eeyore, were originally toys of the real Christopher Robin.

Sadly, the book eventually had an adverse effect on the Milne family. The author said that he felt “amazement and disgust” at the fame his son had had thrust upon him: “I do not want C R Milne to ever wish that his name was Charles Robert.” Nevertheless, the son did become estranged from his parents, especially following his marriage to his mother's niece.

The effect of the book on others has been happier. A plaque at Ashdown Forest declares that Milne and Shepard “captured the magic of Ashdown Forest and gave it to the world”.

Despite creating a kind of Eden, Milne, who was a pacifist, said little about religion. But he did say on joining the Home Guard that “in fighting Hitler we are truly fighting the Devil, the Anti-Christ ... Hitler was a crusader against God.”

The four *Winnie-the-Pooh* books went on to sell more than 50 million copies worldwide. The first book became the first-ever foreign-language book on the New York Times bestseller list.

Tips to avoid being scammed:

Do not trust advice or recommendations for services on social media, even if you have asked for those recommendations yourself, as happened in a recent case locally.

The person (name withheld) asked for help at their property and was contacted by a company who proceeded to massively overcharge and intimidate them.



Stop and think before responding to unexpected calls, emails, texts, or messages. Never share passwords, PINs, bank details, or security codes. Be suspicious of urgent demands for money or requests to move funds. Don't click unknown links or download unexpected attachments. Verify who you are dealing with using trusted contact details, not those provided in the message.

Be particularly cautious of investment opportunities offering guaranteed or unusually high returns. If in doubt, stop, check, and seek advice before paying.

If you've been scammed:

Contact your bank immediately and ask if the payment can be stopped or recovered.

Report the fraud to Report Fraud on [0300 123 2040](tel:03001232040) or online.

For consumer scams, contact Citizens Advice on [0808 223 1133](tel:08082231133).

Keep all evidence, including messages, receipts, and screenshots.

Call [999](tel:999) if you are in immediate danger, or 101 for a non-emergency police matter.

And finally, please don't be embarrassed; this can happen to anyone. Reporting a scam can help protect others.

Take care,

John Hunt

EAT WELL FOR LESS DURING OCTOBER

LIVER POTATO ROLL



1½ lbs. Liver.
¼ pint milk.
1 oz. Flour.
4 ozs. mashed potato.
1 onion.
Salt and pepper.

SLICE liver and fry with onion and chop when fried. Make gravy with flour and milk, and to the gravy add liver, onion and potato and seasoning. Mix thoroughly and shape into roll. Put in baking tin with dripping and bake 45 minutes.

From Miss Bond, Somersetshire.

MEAT ROLY-POLY

¾ lb. self-raising flour.
½ teaspoonful salt.
6 ozs. chopped suet.
¼ teaspoonful pepper.
½ lb. any cold roast meat, minced.
½ pint good gravy.
2 large onions, minced.

MAKE suet crust with flour, suet and water. Roll out ½ in. thick. Mix together the chopped onion and minced meat, season well and spread over the pastry. Wet the edges and roll up. Press the ends before covering with a scalded and floured pudding cloth. Place in pan of boiling water. Boil for 2 hours.

*From Mrs. Edith Williams,
Monmouthshire*

SCALLOPED MEAT WITH MACARONI

2 cupfuls tomato soup or gravy.
1 cupful browned breadcrumbs
1 cupful cooked macaroni.
Salt and pepper to taste.
2 cupfuls cooked meat (chopped).
Butter.

ARRANGE the cooked macaroni, meat and gravy in alternate layers in a casserole. Sprinkle each layer with salt and pepper, cover the top with browned breadcrumbs. Dot with butter and bake in moderate oven until mixture is heated through.

From Miss L. Pound, Kent.

WILTSHIRE PORKIES

MIX ¼ lb. flour with ½ teaspoonful salt in a basin, add the yolk of 1 egg, 1 tablespoonful salad oil and enough water to make a batter



which will coat the back of a spoon. Beat well and let it stand for ½ hour. Form 1 lb. sausage meat into small neat rolls, flouring the hands and board to prevent sticking. Whisk the white of the egg stiffly, stir into the batter, then coat each roll with batter and fry in deep, boiling fat until brown. Pile on a hot dish and serve with apple rings fried in the batter. Garnish with fried parsley.

From Mrs. C. Gibbons, Cheshire.

APPLE MINCE PIE

PEEL and chop 3 or 4 large cooking apples, add any fruit such as sultanas, currants, dates, etc., that you have to hand, 2

tablespoonfuls syrup, pinch of mixed spice, and mix all together.

Line a plate with pastry, place mixture on it and cover with more pastry. Cook in a good oven. This makes a good substitute for mince pie.

From Mrs. H. Baldwin, Essex.

CHOCOLATE PLUM DESSERT

SOAK overnight 4 tablespoonfuls oatmeal in 3/4 pint of milk. Cook until oatmeal is soft, then add 1 tablespoonful of sugar and 1 dessertspoonful of cocoa, and cook slowly for 15 minutes more. Add a few drops of vanilla essence.

Stone 1/2 lb. plums and stew until tender. Put alternate layers of fruit and oatmeal into a wetted mould until all is used up. Leave to set.

*From Miss E. Rutherord,
Northumberland.*

GOOSEBERRY CUSTARD CAKE

1/2 pint stewed, sweetened gooseberries. The grated rind of 1 orange. 1/2 cupful orange juice. 2 eggs. 1 tablespoonful lemon juice. 1 cupful castor sugar. 1/2 pint thick custard sauce. 1 1/4 cupfuls self-raising flour. 1/3 cupful of margarine or vegetable cooking fat.



BEAT the fat to a cream in a basin. Stir in the sugar and beaten egg yolks. Beat thoroughly and then add the grated orange rind and the strained lemon juice. Sift the flour and a pinch of salt together, then add alternately with the strained orange juice. Fold in the stiffly frothed egg whites and bake in two deep round sandwich-tins for about 20 minutes, until firm and golden.

Remove from the oven, allow to stand for a few minutes, then turn on to a hot dish lined with a lace paper doyley, sprinkled with castor sugar. Put the two halves together with thick custard sauce, place the drained gooseberries on top and add more custard sauce.

*From Miss E. Williams,
Monmouthshire.*

MIXED FRUIT PIE

WHILE fresh fruit is scarce, the following mixture will be found most economical, and very suitable for pies, or with custard, blancmange, etc.

Take 1/2 lb. dried apple rings, 1/4 lb. dried apricots, cover with water and leave overnight. Next day add about 1/2 lb. rhubarb, cut fine, and 1/4 lb. brown sugar. Cook gently, adding more water if fruit gets too thick, until the apple rings and apricots look clear. Leave to get cold before covering with pie-crust.

From Mrs. F. E. Crisp, Norfolk.



All in the month of OCTOBER

800 years ago, on 3rd October 1226 that St Francis of Assisi, Italian friar, deacon and mystic, died. One of the most venerated religious figures in Christianity, and founder of the Franciscan Order.

300 years ago, on 28th October 1726 that Jonathan Swift's novel Gulliver's Travels was published.

175 years ago, on 18th October 1851 that Herman Melville's novel Moby-Dick was published.

125 years ago, on 12th October 1901 that US President Theodore Roosevelt renamed the Executive Mansion the White House. It is the official residence and workplace of the US President.

Also **125** years ago, on 19th October 1901 that Edward Elgar's Pomp and Circumstance March No. 1 and March No. 2 were performed for the first time, in Liverpool.

90 years ago, from 5th to 31st October that The Jarrow March took place. 200 men set off from Jarrow in north-east England to Westminster, to draw attention to the severe unemployment and poverty in their area following the closure of a shipyard.

80 years ago, on 15th October 1946 that Hermann Goering, German Nazi leader, died. He was sentenced to death at the Nuremberg Trials but poisoned himself with cyanide on the eve of his execution.

Also **80** years ago, on 20th October 1946 that the puppet character Muffin the Mule made his first TV appearance on the BBC series For the Children.

75 years ago, on 18th October 1951 that Snowdonia National Park was established in Wales. It was Britain's third National Park.

Also **75** years ago, on 30th October 1951 that Dartmoor National Park was established in the UK.

Also **75** years ago, on 31st October 1951 that zebra crossings were introduced in Britain. The first one was in Slough, Berkshire.

70 years ago, on 17th October 1956 that Britain's first nuclear power station, Calder Hall in Cumbria, was officially opened. It closed in March 2003, nearly 47 years later.

Also **70** years ago, on 23rd October to 10th November 1956 that the Hungarian Revolution began and was crushed by the Soviet Union.

65 years ago, on 6th October 1961 that US President John F Kennedy advised Americans to build bomb shelters to protect themselves from nuclear fallout, in the event of an attack by the Soviet Union.

60 years ago, on 21st October 1966 that the Aberfan disaster took place in South Wales. A colliery spoil tip (slag heap) collapsed and fell onto the village. Worst hit was Pantglas Junior School. In all, 116 children and 28 adults were killed.

50 years ago, on 4th October 1976 that the InterCity 125 High Speed Train service began operating in the UK.

Also **50** years ago, on 25th October 1976 that the National Theatre in London officially opened.

40 years ago, on 9th October 1986 that Andrew Lloyd Webber's musical The Phantom of the Opera premiered in London.

Also **40** years ago, on 29th October 1986 that the M25 orbital motorway around Greater London was opened.

15 years ago, on 31st October 2011 that the world's population reached **seven billion**.

Why AI is far from divine...

I wrote an email to my local councillor – and within three minutes I received back a detailed reply summarising my concerns and promising action. A stunningly quick response.

I was impressed, and grateful for the speedy reaction.

But then a thought came to me. Had this helpful, swift, reply perhaps been written, not by my councillor, but by Artificial Intelligence (AI)?

And, if so, did it really matter?

It's hard to say, but it flagged up to me how AI is becoming such a key part of our lives, and often in ways that we take for granted. Like the algorithms that choose what we might like to watch next on TV or read on holiday.

Churches aren't immune to AI's increasing popularity. Pope Leo has advised his priests not to use it to write their sermons.

He told them, "Like all the muscles in the body, if we do not use them, if we do not move them, they die. The brain needs to be used, so our intelligence must also be exercised a little so as not to lose capacity."

To give a true sermon, the Pope explained, "is to share faith," something AI would never be able to do.

He advised preachers, "people want to see your faith, your experience of having known and loved Jesus Christ."

That is so true. A sermon should be preached for that congregation, in that place, at that specific point in time, and be delivered by a preacher who has opened themselves to hear from God as they prepared their message

AI is not human. It's been designed to trick users into thinking it has a personality and maybe opinions of its own. It will never know pain, hunger, disappointment or grief, or a whole range of other human emotions.

And these are the emotions God experienced, living on earth as Jesus Christ. God with us, living and dying as we do. The Almighty came to live among us as human flesh, and not as computer code. Fully God, fully man.

Christ lived, and died, in frail human flesh, and rose from death, underlining the sacred value of every human being.

AI falls far short of that value, no matter how closely it can mimic human personality.

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

Old rural England, on the eve of the wholesale enclosures and the Industrial Revolution, is often presented to the mind's eye of posterity in one or other of two rival pictures. On the one hand we are asked to contemplate a land of independent and self-respecting peasants, most of them attached to the soil by small personal rights therein, contented with the country quiet and felicity which have been since destroyed, and celebrating their rural happiness in ale-house songs about 'Harvest-home', which we have since promoted to the drawing-room; and the same land, we are reminded, was also the land of craftsmen in village and market town, not divorced from rural pleasures because they pursued industry, using tools instead of watching machines, and therefore enjoying in their daily work the delight of the individual artist, for which a poor substitute is found in the feverish excitement of our modern amusements, organized en masse as a counterpoise to the dullness of mechanical and clerical toil. On the other hand we are shown the opposing picture: we are asked to remember the harsh, back-breaking labour of the pre-mechanical ages, continued for thirteen or more hours in the day; child-labour instead of primary schools; disease and early death uncontrolled by medical science or hospital provision; and absence of cleanliness and comforts which we now regard as necessities; neglectful and unimaginative harshness not only to criminals and debtors but too often to women, children, and the poor at large; and, finally, a population of five and half millions in England and Wales, with less material comfort than a population (1939) of more than seven times that number.

Confirmation of both these pictures emerges from a study of the period. But which picture contains the greater and more important body of truth it is hazardous to pronounce, partly because the dispute is about intangible values — we cannot put ourselves back into the minds of our ancestors, and if we could we should still be puzzled; partly also because, even where statistics would help, statistics are not to be had. It is true that about the time of the Revolution, the able publicist Gregory King made a calculation from the hearth tax and other data of the probable numbers in various classes of the community. The figures he gave represent a shrewd guess, but no more. They will indeed serve negatively as a check on the enthusiasm of the *laudator temporis acti*, by recalling the fact that, even before the great enclosure and the Industrial Revolution, the number of farmers and yeomen was relatively small and the numbers of the agricultural proletariat large.

The two largest classes by far in King's analysis of the nation are the 'cottagers and paupers' and the 'labouring people and out-servants'. The former represent, we may suppose, those who attempted to be independent of wages and, according to King, made a very poor business of the attempt.

Yet such persons, who picked up a living off the common whereon they had squatted, or off the small field they owned behind the hovel, may have been happier than King knew, even if they were poorer than is realized by modern idealizers of the past. King's second large class, the 'labouring people and out-servants', are the wage-earners. But many of them had also some rights on the common, some garden or tiny holding which added to the interest and dignity of life, without entitling the owner to the proud rank of English yeoman. Even the servants of industry hours, especially the woollen weavers in all parts of the island.

On the stony heights around Halifax each clothworker had a 'cow or two' in a field walled off on the steep hillside whereon his cottage stood. On the other hand, there were very large numbers of employees both in agriculture and industry who had no rights in land and no means of subsistence but their wages. The wages in agriculture and in industry were supposed to be regulated. by schedules issued for each county by the Justices of the Peace, who also occasionally set a limit to the price at which certain goods might be sold. These schedules did not pretend to fix either wages or prices exactly, but only to set a maximum which was not to be surpassed. Variations were therefore permissible inside every county, as well as differences between one shire and the next. Moreover, the maximum announced was very often transgressed in practice. Judging by negative evidence, we may conclude that concerted strikes and combinations to raise wages were not common; we hear much more about strikes in the reign of Edward II I than in the reign of Charles II.

The Elizabethan Statute of Artificers, that was still partially in force, penalized the leaving of work unfinished, as well as the giving or taking of wages above the maximum fixed by the Justices of the Peace. But the maximum was often exceeded when excess payment was to the interest of both employer and employed. If there was little trade-unionism, there was much individual bargaining about wages.

1. Wages differed from one estate to another; in 1701 a Yorkshire squire wrote: 'The wages of a good husbandman in the parts about Barnsley and Wortley I find to be no more than £3 a year. and Sir Godfrey gives his keeper but £3 14s., and his bailiff £4, so that we are worse served for high wages. About Wortley all the husbandmen are up every morning with their beasts at three o'clock and in our house they lie abed till near seven. But above all Warne's £20 vexes me.'

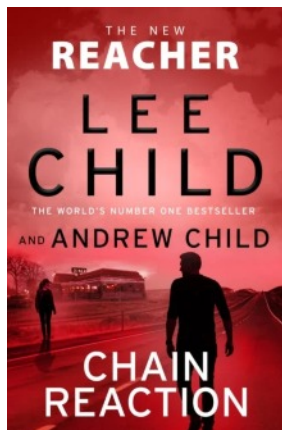
I expect both food and lodging were given, as well as the wages mentioned. That year wheat stood as low as 34s. a quarter and other grain in proportion, and chickens could be bought in the West Riding at twopence apiece.

Even when the low prices are taken into account, some of the wages paid seem low by modern standards. But they were high in comparison with the Europe of that day. The national characteristic of Englishmen, then as now, was not thrift but insistence on a high standard of life. Defoe, writing as an employer, declared that: Good husbandry is no English virtue. English labouring people eat and drink, especially the latter, three times as much in value as any sort of foreigners of the same dimensions in the world ##

BOOK REVIEWS

Chain Reaction:

Jack Reacher



A shadowy military agency want a meeting with Reacher in this exhilarating addition to the mega-selling series from Lee and Andrew Child.

Jack Reacher

is hard to find. It's not easy to track him down. And he likes it that way.

But General Susan Turner, based deep inside the Pentagon, has the means and the motive.

She needs his help. A member of her team has been brutally murdered on covert duty. She can't trust anyone she works with, not even her deputy. — She needs someone from the outside. Someone who solves problems and disappears without a trace.

Reacher heads to Summertown, Colorado. A town as remote and bizarre as it gets. One diner, one motel, five massive data centres, two giant solar farms humming away in the dust. Total population: four people. And one of them is watching him.

But Reacher isn't built to run. He's built to finish things.

General Turner knows: if they come for him, they'll regret it - all the way to the top of the chain.

Worse than a Lie

A Beau Lee Cooper Novel

By Ben Crump

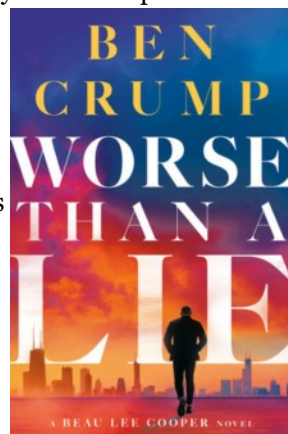
It's the night of November 4, 2008.

America's first Black president has just been elected. And fifty-three-year-old Hollis Montrose—a Black ex—

police officer from the suburbs of Chicago—has become the latest victim of a brutal attack. As the result of a traffic stop gone wrong, Hollis is shot ten times in cold blood, by four white men who could have been his colleagues back in his police days.

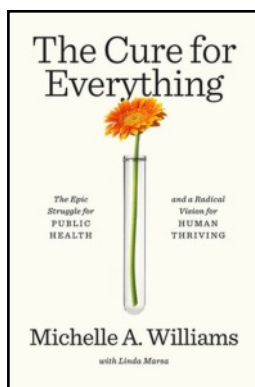
Beau Lee Cooper was born serious, as if on an urgent mission with little time to waste. Raised in the tumultuous world of 1970s Texas, he always dreamed of becoming a lawyer and fighting for what's right, ever since he was a little boy reading *To Kill a Mockingbird*. And now, ten years into running his own law firm with his best friend and partner in crime, Nelson "Nellie" Rivers, and his suave right-hand-man, Brent "Cape" Capers, he feels he's finally making a difference. When Beau Lee learns about Hollis's situation, he's determined to help.

Miraculously, Hollis survives the encounter, but the Chicago police



department has already spun the narrative in its favour, and Hollis is given a wrongful prison sentence with an unreasonable bail. What really happened that night the car was pulled over? Was it random or was Hollis targeted? Beau Lee knows he's treading in dangerous waters, and finding evidence of the truth will be his biggest challenge yet, but with troubling powers at play, one innocent man's life hangs in the balance.

The Cure for Everything



The Epic Struggle for Public Health and a Radical Vision for Human Thriving
By Michelle A. Williams with Linda Marsa

The inspiring story of how we overcame a history of infectious disease, poisonous environments, and early death and unlocked an explosion in human potential—and a vision for the work ahead to optimize human flourishing in the twenty-first century

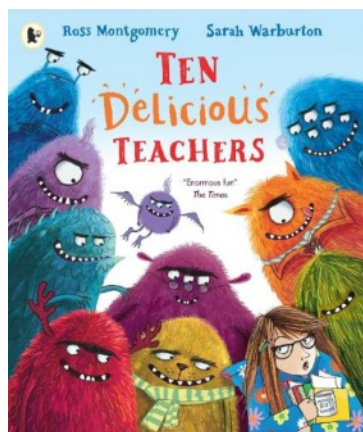
“Michelle Williams understands what too many have forgotten: Individual wellness and collective well-being are inseparable.”—Arianna Huffington, founder and CEO of Thrive Global

Public health is an unusual discipline—a combination of science, sociology, politics, and logistics—with a simple goal: to create the conditions

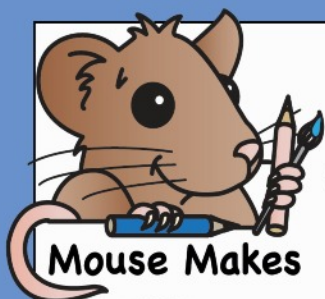
for human thriving. Despite a century of massive improvements in our health and quality of life, Americans—reeling from our disastrous pandemic response, epidemics of depression and isolation, and a failing healthcare system—are understandably distrustful of public health. But the true history of public health doesn't just reveal one of the greatest feats in human history—our great escape from early death and infectious disease—it points toward a future of even greater improvements. The cure for everything? It's all of us, working together for our collective health.

Ten Delicious Teachers

Ross Montgomery Sarah Warburton



Ten very foolish teachers have missed the last bus home. But LOOK – a shortcut through the forest! They'll be back in time for tea! Off they skip, unaware that in the woods a hungry horde of mischievous and hilariously goofy monsters is waiting...



The **Bible** is a collection of books, written by many different people who were helped and inspired by God. The **Bible** includes books of history, law, poetry and songs, wisdom, testimony, letters and prophecy.

The **Bible** encourages us, corrects us and teaches us about God and how we can be friends with Him.



2. Which book of the Bible has the shortest title?

1. How many books are there in the New Testament?



3. The Word of God is sharper than a two edged

Hebrews 4:12



B I B L E S U N D A Y

4. He was an Old Testament prophet that has a book named after him.

5. The first book of the Bible.



6. God's word is like?

A _____
and a _____
Psalm 119:105



8. The last book in the Bible.

9. The Old Testament book of poetry and songs.

11. The last book in the Old Testament.

10. Who wrote the third book of the New Testament?

7. What are the first four books of the New Testament known as?

12. Which book tells the story of the spread of Christianity?

13. The Bible is also known as the

14. A book of the Bible named after a woman



of God.
Hebrews 4:12





Every story honoured

In August I had the immense privilege of meeting Lynette Richards-Lorde who came to Flourish House with her daughter Chrissy Richards-Levi and Susann Savidge, Chair of Somerset African Caribbean Network. Hearing Lynette's story of faith, courage, and public service was a joyful and humbling experience. She came to Taunton, aged just 19, in 1959 in answer to an invitation from the British government to come to the UK to work in the NHS. Initially training as a nurse at Musgrove Park Hospital in Taunton, Lynette then became a midwife and, during a distinguished career in hospitals across the UK, became the UK's first Black divisional nursing officer for midwifery. And it all started right here in Somerset!

You can read more about Lynette's story on the diocesan website but, for me, the most moving part about meeting Lynette was seeing how extraordinarily humble she is, and what a great impact she has had on the lives not just of the mothers she helped during pregnancy and delivery, but on British society as a whole.

October is Black History Month. It's easy to think it's solely about learning more of the history of Black people across the world, and that's an important part of it. But more than that, it's about acknowledging and celebrating the history of those of Global Majority Heritage who have played, and continue to play, an integral part in British society and churches for centuries. Black History Month teaches us all more about our collective story.

Rt Revd Tim Wambunya, Bishop of Wolverhampton, invites us all, however we mark Black History Month, to allow our celebrations to "help us become more truly intercultural communities, where every story is honoured, every gift welcomed, and every person cherished in Christ."

We'd love to hear about your plans to do just that, wherever you are across our diocese.

Fiona Gibson, Bishop of Taunton

GARDENING IN OCTOBER

In October in the UK, clear fallen leaves regularly to let light reach the lawn, take hardwood cuttings from deciduous shrubs, and lift tender plants like dahlias and cannas to store over winter. Plant winter bedding such as winter pansies and heathers for colour, and protect half-hardy plants with fleece.

Key Gardening Tasks for October in the UK Lawn Care

Clear Fallen Leaves: Regularly remove leaves to allow sunlight to reach the grass.

Last Mowing: Perform a final mow before winter.

Edge Maintenance: Recut lawn edges if necessary.

Plant Care

Lift Tender Plants: Store dahlias and cannas to protect them from frost.

Take Hardwood Cuttings: Now is the time to take cuttings from deciduous shrubs.

Planting for Winter

Winter Bedding: Plant winter pansies and heathers to add colour to your garden during the colder months.

Protect Half-Hardy Plants: Use fleece to shield these plants from frost.

Additional Tips

Garden Maintenance: Clean and disinfect greenhouses to prevent pests and diseases.

Leaf Mould: Use collected leaves to create leaf mould, which can enrich your garden soil.

By following these tips, you can ensure your garden remains healthy and vibrant as the seasons change.

Sowing and planting Fruit

Now is a good time to plant pot-grown fruit and place orders for bare-root stock to plant in the winter. Select resilient, disease-resistant varieties suited to your local conditions.

Create new plants for free by taking cuttings of whitecurrants, redcurrants and blackcurrants. You can also dig up rooted layers of blackberries and hybrid berries.

Vegetables

In mild areas you can sow overwintering broad beans in situ. Cover broad beans with cloches or re-used old or biodegradable fleece to provide insulation in colder areas, as well as protection from pigeons.

Sow overwintering varieties of peas such as 'Douce Provence' or 'Meteor', but only in mild areas.

Plant out spring cabbages. Remember to net them for protection from pigeons. Ensure the netting is taut and fastened securely so birds and other wildlife don't get entangled in it.

Finish planting overwintering onion sets for a crop in early to mid-summer next year.

Plant garlic cloves.

To protect and improve your soil, sow green manures, such as winter field beans and grazing rye. In milder areas, Italian ryegrass can still be sown this month.

Additional gardening advice

Bulbs, bedding and border prep

- Plant spring bulbs - tulips, daffodils, crocuses and fritillaries in well-draining soil.
- Plant winter bedding - wallflowers, pansies and winter-flowering heathers.
- Lift tender bulbs - dahlia tubers, begonia tubers and gladioli corms for winter storage.
- Divide perennials - astilbe, day lilies and hardy geraniums whilst soil is warm.
- Take hardwood cuttings - roses, forsythia and weigela from deciduous shrubs.
- Mulch borders - 5-7 cm layer of compost around plants for winter protection.
- Protect tender plants - wrap tree ferns and cordylines with fleece. Read our over wintering plants guide for full details.

Bulb planting tip: Plant bulbs three times their own depth. Add grit to heavy soils for drainage.

Dividing perennials: I divide perennials every 3-4 years using two forks back-to-back. Each division needs strong roots and growing shoots for best results

In the vegetable garden

Harvesting and storage

- Harvest main crops - potatoes, carrots and beetroot before soil waterlogging.
- Lift and store - onions, garlic and pumpkins before first frost.
- Finish picking beans - save some pods for next year's seed.

- Clear finished crops - remove old plant debris to prevent disease.

Planting and sowing

- Plant garlic cloves - 15 cm apart, tips 5 cm below surface in a sunny spot.
- Sow broad beans - hardy varieties for an early crop next year.
- Plant spring cabbages - in a prepared bed with firm soil.

Storage tip: Only store perfect vegetables. Use damaged ones immediately or preserve them.

Green manure benefits: Fixes nitrogen, prevents erosion and improves soil structure when dug in during spring.

Infrastructure and safety

- Clean paths and patios - remove slippery algae and leaves.
- Drain water systems - hoses, pipes and irrigation to prevent freezing.
- Check garden structures - fences, trellises and supports before storms.
- Test garden lighting - ensure safe access during dark months.

Tool and equipment care

- Clean and oil tools - prevent rust during winter storage.
- Service mowers - clean, sharpen and store properly.
- Organise sheds - protect valuable equipment from damp.
- Check shed security - repair locks and weatherproof roofing.

❖ *****

LOOKING BACK AT FRUIT FARMS IN 1890*Acreage of Orchards and Small Fruits in England, 1890.*

COUNTY.	ORCHARDS.		SMALL FRUITS.		TOTALS COMBINED.	
	Apples, Pears, Plums, Cher- ries, etc.	Acres.	Gooseberries, Cur- rants, Raspberries, and Strawberries.	Acres.		
Bedford ...	...	719	...	166	...	885
Berks ...	...	2,367	...	188	...	2,555
Buckingham ...	...	2,447	...	268	...	2,715
Cambridge ...	...	2,370	...	1,727	...	4,097
Chester ...	...	1,918	...	1,185	...	3,103
Cornwall ...	...	5,045	...	957	...	6,002
Cumberland ...	...	306	...	179	...	485
Derby ...	...	1,018	...	403	...	1,421
Devon ...	...	26,587	...	1,005	...	27,592
Dorset ...	...	4,319	...	10	...	4,420
Durham...	...	282	...	263	...	545
Essex ...	...	1,578	...	725	...	2,303
Gloucester ...	...	16,619	...	926	...	17,545
Hants ...	...	1,702	...	1,130	...	2,832
Hereford ...	...	25,991	...	184	...	26,175
Hertford ...	...	1,306	...	300	...	1,606
Huntingdon ...	...	554	...	303	...	857
Kent ...	...	18,168	...	15,329	...	33,497
Lancaster ...	...	2,461	...	1,794	...	4,255
Leicester ...	...	972	...	351	...	1,323
Lincoln ...	...	1,942	...	1,013	...	2,955
Middlesex ...	...	3,944	...	2,831	...	6,775
Monmouth ...	...	3,888	...	74	...	3,962

COUNTY.	ORCHARDS.		SMALL FRUITS.		TOTALS	
	Apples, Pears, Plums, Cher- ries, etc.		Gooseberries, Cur- rants, Raspberries, and Strawberries.		COMBINED.	
	Acres.		Acres.		Acres.	
Norfolk ...	...	2,252	...	1,173	...	3,425
Northampton ...	...	722	...	235	...	957
Northumberland	...	114	...	401	...	515
Notts ...	...	1,872	...	585	...	2,457
Oxford ...	...	1,737	...	109	...	1,846
Rutland	...	72	...	53	...	125
Salop ...	...	4,026	...	146	...	4,172
Somerset	...	24,048	...	362	...	24,410
Stafford ...	...	1,249	...	150	...	1,399
Suffolk ...	...	1,708	...	449	...	2,157
Surrey ...	...	2,252	...	868	...	3,120
Sussex ...	...	2,525	...	795	...	3,320
Warwick	...	1,839	...	321	...	2,160
Westmoreland ...	...	351	...	39	...	390
Wilts ...	...	3,383	...	116	...	3,499
Worcester	...	19,252	...	1,639	...	20,891
York, East Riding	...	730	...	669	...	1,399
„ North Riding	...	917	...	374	...	1,291
„ West Riding	...	1,524	...	1,195	...	2,719
Totals	...	197,076		41,081		238,157

NOT ONE FRUIT WAS FLOWN IN FROM OVERSEAS IN 1890.
HOW TIMES HAVE CHANGED.

Miscellaneous observations and some jokes

God is here

When our minister and his wife visited our neighbour, her four-year-old daughter answered the door. "Mum!" she yelled toward the living room. "God's here, and He brought His girlfriend."

**

Book the date

Our new curate was very eager to please. When I asked if I could have a church service when I eventually die, he responded with enthusiasm. "Of course," he said, grabbing his date book. "What day do you want?"

**

The cow and the Bible

A religious farmer lost his Bible out in the field. A few days later he went to answer a noise at his door. Standing there was a cow, with his Bible in its mouth. The farmer raised his eyes to heaven and thanked the Lord for this miracle. "It's not really," said the cow. "Your name was written inside."

**

Shampoo

Why I didn't realise this sooner? It's the shampoo I use in the shower that is my problem. When I wash my hair, the shampoo runs down my whole body, and printed very clearly on the shampoo label is this warning: 'FOR EXTRA VOLUME AND BODY.' No wonder I have been gaining weight.

Genesis for Cats

On the first day of Creation, God created the cat.

On the second day, God created man to serve the cat.

On the third day, God created all the animals of the earth to serve as food for the cat.

On the fourth day, God created honest toil so that man could labour for the good of the cat.

On the fifth day, God created expensive furniture so that the cat would have objects whereon to sharpen its claws.

On the sixth day, God created veterinary science to keep the cat healthy and the man broke.

On the seventh day, God tried to rest, but the litterbox needed changing.

**

Music

The symphony musicians had little confidence in the man brought in to be their new conductor. Their fears were realized at the very first rehearsal. The cymbalist, realising that the conductor did not know what he was doing, angrily clashed his instruments together during a delicate, soft passage. The music stopped. The conductor, highly agitated, looked angrily around the orchestra, demanding, "Who did that? Who did that?"

**

Others

If it's true that we are here to help others, then what exactly are the others here for?

Broad

Middle age is when broadness of the mind and narrowness of the waist change places.

The glass

To the optimist, the glass is half full. To the pessimist, the glass is half empty. To the engineer, the glass is twice as big as it needs to be.

**

Accident

As my five-year-old son and I were heading to McDonald's one day, we passed a car accident. Usually when we see something terrible like that, we say a prayer for whoever might be hurt, so I pointed and said to my son, "We should pray." From the back seat I heard his earnest voice: "Dear God, please don't let those cars block the entrance to McDonald's."

**

Dreams

Realise your dream! Unless it's the one where you're at work in your underwear during a fire drill.

**

There are three religious truths:

- a. Jews do not recognise Jesus as the Messiah.
- b. Protestants do not recognise the Pope as the leader of the Christian faith.
- c. Baptists and Methodists do not recognise each other in the office of licence.

**

Stories

As part of his talk at a banquet, our minister told some jokes and a few funny stories. Since he planned to use the same anecdotes at a meeting the next day, he asked reporters covering the event not to include them in their articles. Reading the paper the following morning, he

noticed that one well-meaning cub reporter had ended his story on the banquet with the observation: "The minister told a number of stories that cannot be published."

**

Sticks

Long ago when men cursed and beat the ground with sticks, it was called witchcraft.

Today, it's called golf.

**

The Perfect Minister

When looking for a new minister, it may be helpful to bear the following in mind:

The Perfect Minister preaches exactly 10 minutes. He condemns sin roundly but never hurts anyone's feelings. He works from 8 am until midnight and is also the church handyman.

The Perfect Minister lives on a very small salary, wears good clothes, drives a good car, buys good books, and donates £30 a week to the church. He is 29 years old and has 40 years' worth of experience. Above all, he is handsome.

The Perfect Minister has a burning desire to work with teenagers, and he spends most of his time with the senior citizens. He smiles all the time with a straight face because he has a sense of humour that keeps him seriously dedicated to his church. He makes 15 home visits a day and is always in his office to be on hand when needed.

The Perfect Minister always has time for all our church meetings. And he is always busy evangelising the unchurched. He also spends hours preparing couples for their weddings, hours preparing parents for their

baby's baptism, and hours visiting the bereaved. But his life is dedicated to solitude, prayer and meditation. The Perfect Minister is always in the next town over! So, if you think that our minister does not measure up, it has been suggested that we simply send this notice to six other churches who would like to try a new minister. The idea is that we bundle up our minister and send him to the church at the top of our list. If everyone cooperates, in one week we will receive 1,643 new ministers. One of them should be perfect. Have faith in this plan. One church broke the chain and got its old minister back in less than three months.

Bats on the wing

Two bats went for their midnight feed. After an hour or so, one bat got tired of looking and went home with no blood. Later the other bat came back, with blood dripping from its mouth. The first bat said enviously, "Where did you get all that blood from?"

The second bat replied "Follow me. I'll show you." He led the first one to a cave and said: "You see that wall over there?"

The hungry bat excitedly says, "Yes!"

The other bat said, "I didn't."

Stranded in the Desert

Three men are in the middle of a desert when their car breaks down. For their hike to town, they each decide to take one thing with them. One man takes a jug of water. The second man takes a sandwich. The last man takes one of the car

doors. The first man says to the last man, "I'm bringing the water because if I get thirsty, I can take a drink. And it makes sense to bring a sandwich in case we get hungry, but why bring a car door?" The last man replies, "If I get hot, I can just roll down the window."

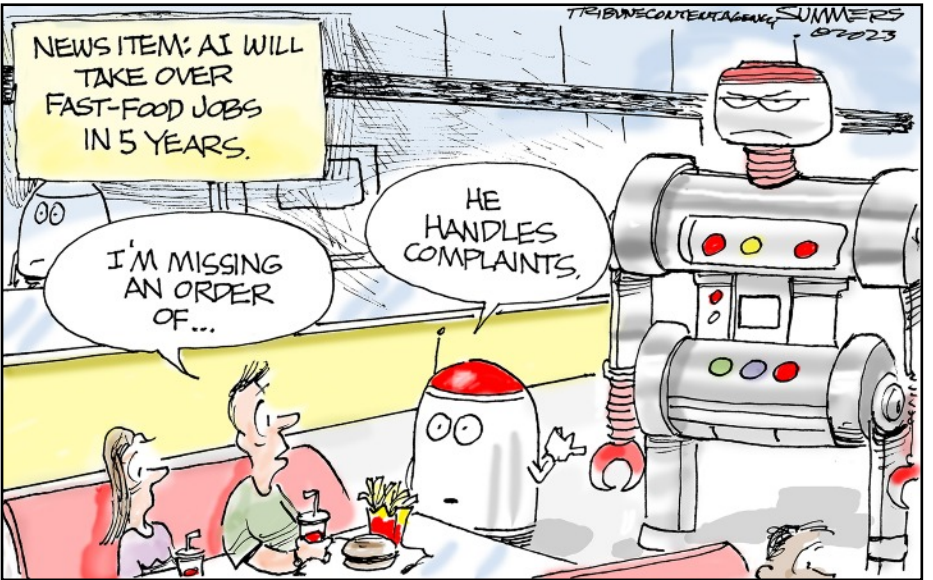
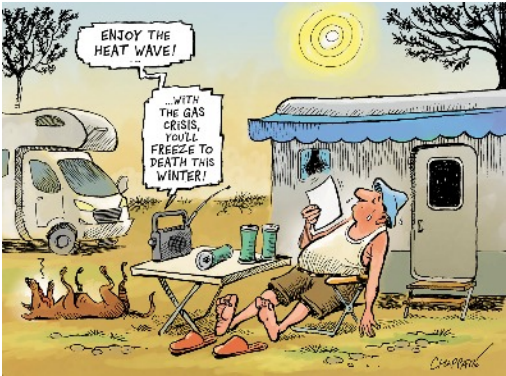
Double Positive

An MIT linguistics professor was lecturing his class the other day. "In English," he said, "a double negative forms a positive. However, in some languages, such as Russian, a double negative remains a negative. But there isn't a single language, not one, in which a double positive can express a negative." A voice from the back of the room said, "Yeah, right."

The Prince

A prince was put under a spell so that he could speak only one word each year. If he didn't speak for two years, the following year he could speak two words and so on. One day, he fell in love with a beautiful lady. He refrained from speaking for two whole years so he could call her "my darling." But then he wanted to tell her he loved her, so he waited three more years. At the end of these five years, he wanted to ask her to marry him, so he waited another four years. Finally, as the ninth year of silence ended, he led the lady to the most romantic place in the kingdom and said, "My darling, I love you! Will you marry me?" And the lady said, "Sorry, can you repeat that?"





Letter from St James the Least of All

Happily, the Church of England still retains some singular parish clergy. Take the parish of St James-the-Least-of-All, for example. Here the elderly Anglo-Catholic vicar, Eustace, continues his correspondence to Darren, his nephew, a low-church curate recently ordained... by the Revd Gary Bowness.

On how long a sermon should last

The Rectory
St James the Least of All

My dear Nephew Darren

I am afraid we will never agree about the appropriate length of sermons. Your 50-minute exposition on the theology of St Paul concerning women wearing hats in church is, I am sure, of real interest to you. But as your sermon slowly unfolds, I suspect it will prompt quite a different concern among your congregation. Have they set the oven timer to come on too early?

Whenever I even hint that a matter of theological importance may be about to appear in one of my sermons, an expression of benign incomprehension comes over my congregation. You know the look – you see it on golden Labradors whenever they try and work out what their owners are telling them.

There are certain sure signs that should warn you when you have preached for long enough. One is when members of the congregation reach for their prayer books to try to work out for the umpteenth time how the date for Easter is calculated. The organist turning on the blower when you say “and finally” is another.

Most members of the congregation will count the number of dead flies on the windowsills during your sermon. But when you can see members of the congregation counting the numbers in the congregation counting the numbers of dead flies, that is absolute proof that it is time to stop.

There has only been one occasion when I preached for longer than my standard eight minutes. Our former organist was in the habit of taking his dog for a walk during the sermon. I knew I had to carry on preaching until I heard the latch on the vestry door for the second time. That meant he was back, and ready to play the last hymn. Unfortunately, one Sunday, his dog ran away.

While he searched for it over every field in the parish, I spent the intervening two hours reading the greater part of Leviticus, discussing the food laws set forth in Deuteronomy, and arguing for a Deutero-Isaiah. I was headed for the Babylonian exile when we all heard the vestry door re-open.

After the Service, the congregation left looking as though they had just been rescued from a major shipwreck. And at the next church council meeting, we unanimously voted to buy our organist a stronger lead.

Your loving uncle,
Eustace

Regular weekly events

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

10.00-11.00am Pilates for Everyone HUB
10.00- 11.00am Flexercise FBC
11.00-12noon Mum and Baby Pilates HUB
2.00- 4.30pm Short Mat Bowls HUB
6.00- 7.00pm Tae Kwon Do HUB

THURS DAYS

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

FRIDAYS

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

SATURDAYS

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

USEFUL CONTACT NUMBERS

YOUR SOMERSET COUNCIL COUNCILLORS

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

Your Member of Parliament

Gideon John Amos Lib/Dem

SUPPORT AVAILABLE FOR RESIDENTS

Taunton Citizens advice - 0808 278 7842

Village Agent - 01823 331 222

Mindline, a 24/7 phoneline available to support people of all ages offering a listening and advice service for wellbeing. You can call Mindline on 01823 276 892. Information about childcare <http://www.childcarechoices.gov.uk/>

Taunton Foodbank
<https://taunton.foodbank.org.uk/get-help/>

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

www.connectsomerset.org.uk/help4all

BISHOP'S HULL FACILITIES

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

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

Community Room & School Hall
Rick Moon 354908

Frank Bond Centre - Nadia 07958
246046

Neighbourhood Beat Team

PCSO Lyndsay Smith & PCSO
Marshall Bernhardt
Call 101 or 999 in emergency
lyndsay.smith@avonandsomerset.police.uk
marshall.bernhardt@avonandsomerset.police.uk

Robin Close Hall - 356389

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

BISHOP'S HULL ORGANISATIONS

BH Flower, Fruit and Vegetable Show
- Amanda Gallacher 337720

Bishop's Hull HUB -
booking: bhhubbookings@gmail.com
General enquiries and events:
bishopshullhub@gmail.com
Bishops Hull Hub cafe -
bishopshullhubcafe@gmail.com

BH Short Mat Bowls - Alan Chapman
01823 630641
bhsmbc@yahoo.com

BH VH & Playing Fields Trust -
Paul Bulbeck 283941

BH WI — Sue Hazelwood 01823
323986

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

Brownies - Sheena Grinter 331184

Community Woodland Volunteer -
David 272415

Nia (Dance Fitness) - Jackie
07949735139

FBC Activities - Carolyn 283941

Infinity Martial Academy - Jon 07736
714370
jonakkc@hotmail.co.uk
Pilates - Larissa
lapilates7@gmail.com / larissa@la-
pilates.com

Somerset Hills Chorus - Brenda
Palfrey 07857 244272

Tae Kwon Do - Sebastian Morey-
Weale 07900 517767

Tai Chi - Bev Fernandes 07880
555984

Zumba - Felicity 07939 580327

REFUSE / RECYCLING
/GARDEN COLLECTIONS

Dates below taken from Somerset
Council Website.

Please note new day for recycling and
refuse collections.

**Recycling: Every Thursday - all
areas**

BISHOP'S HULL, SHUTEWATER,
UPCOTT & BARR

Refuse:	Thursday
Garden:	Monday
	<u>RUMWELL</u>
Refuse:	Thursday
Garden:	Wednesday

STONEGALLOWS

Refuse:	Thursday
Garden:	Monday

BH COUNCIL PRIVACY
STATEMENT AND POLICY

[http://www.bishopshull.org.uk/
Parish/BHPCprivacyNotice.pdf](http://www.bishopshull.org.uk/Parish/BHPCprivacyNotice.pdf)
[http://www.bishopshull.org.uk/
parish/BHPCprivacyPolicy.pdf](http://www.bishopshull.org.uk/parish/BHPCprivacyPolicy.pdf)

SERVICES AT ST PETER & ST PAUL OCTOBER 2026

Sunday 4 October Trinity 18	Holy Communion Holy Communion	8:00 a.m. 10.00 a.m.	Philippians 3:4b-14 (1180); Matthew 21:33-46 (989)	Geoff Bowyer
Wednesday 7 October	Holy Communion	10.00 a.m		
Sunday 11 October Trinity 19	Holy Communion Holy Communion	08.00 a.m. 10.00 a.m.	Philippians 4:1-9 (1180); Matthew 22:1-14 (990)	Sue Martin
Wednesday 14 October	Holy Communion	10.00 a.m		
Sunday 18 October Trinity 20	Holy Communion Holy Communion	8:00 a.m. 10.00 a.m.	Philippians 4:10-20 (1181); Matthew 22:15-22 (990)	Sally Adams
Wednesday 21 October	Holy Communion	10.00 a.m		
Sunday 25 October Bible Sunday	Holy Communion Holy Communion	8:00 a.m. 10.00 a.m.	Philippians 4:21-23 (1181); Matthew 24:30-35 (993)	Tim Venn
Wednesday 28 October	Holy Communion	10.00 a.m		



CHURCH DIRECTORY (01823)

Church web site: www.stpeterandstpaul.org.uk

Vicar:

Rev. Philip Hughes

336102

(Usual day off - Friday)

phil2overflowing@gmail.com



Rev Philip Hughes

Church Wardens: Tim Venn John Perry

Treasurer Rachel Horder

Electoral Roll Officer Hilary Harper

Safeguarding Officer: Beverley Keitch

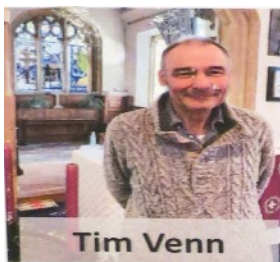
Other PCC Members - Rachel Horder.

Sue Martin

Hilary Harper .

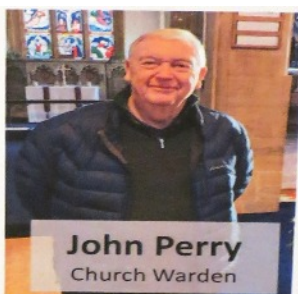
Mark Dakin

Lillian Priest



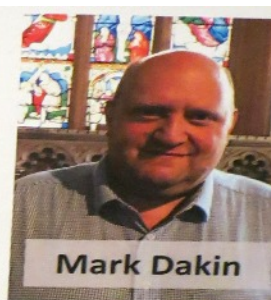
Tim Venn

Church Warden



John Perry

Church Warden



Mark Dakin

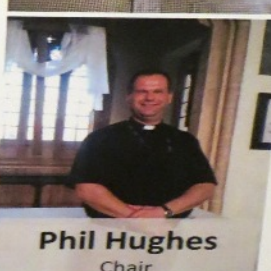


Sue Martin



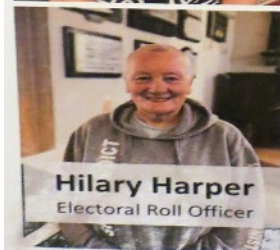
Rachel Horder

PCC Treasurer



Phil Hughes

Chair



Hilary Harper

Electoral Roll Officer



Beverley Keitch

Parish Safeguarding
Officer



Lillian Priest