

JULY/AUGUST 2026



Presentation by the Lord Lieutenant to Nether Stowey Library of the "King's Award for Voluntary Service" May 20th 2026

QUANTOCK
For Nether Stowey & Over Stowey



Messenger 50p



Front page: The Thomas Poole Library receiving The King's Award for Volunteers - article on page 7. Photo courtesy of Terry Abbiss.

Stowey Green Spaces receiving an award for Campaign for the Protection of Rural England (CPRE) - article on page 13.

Inside page: A recent workshop at the Wednesday Club organised by Caroline from Somerset Libraries.

A photo taken at the Woman's Walk on Saturday June 17th 2006 by Phil Peckham.



JULY/AUGUST 2026

We have a combined edition for you this month and it's packed full of news, events and a delicious summer recipe from Evan on page 21.

We always look forward to receiving your articles of interest, photos, news of what's been going on in the villages so email the editor by the 15th August for inclusion in the next edition.

We hope you enjoy reading this issue.

Have a lovely summer and we will return in September.

Best wishes from the QM team

Your Quantock Messenger Team

Please email articles/photos to:

editor@quantockmessenger.org.uk

Please email adverts to;

advertising@quantockmessenger.org.uk

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Molly Bradner	Distribution	732166

If you would like to subscribe and have your copy delivered, please contact the Editor.

CLUBS & SOCIETIES IN NETHER STOWEY & OVER STOWEY

Allotment Association

Diane Faris 733180

Coleridge Probus Club

Geoff Parle 01278 653681

Coleridge Cottage Tel: 732 662

Friends of Coleridge

Helen Boyles helenboyles@gmail.com

Friends of Over Stowey Church

Christopher Stone 732 907

Friends of the Quantocks

Mary ter Braak (01984) 656 633

Friends of Nether Stowey School

Lisa Rendle 732 508

Music on the Quantocks: Fay Chilcott
quantocks@live.co.uk 07938 728829

Nether Stowey Art Group

Rob Potter 07855546883

Nether Stowey Football Club

Chair: Nigel Waterman 732 310

Seniors: Steve Easden 07788 370014

Juniors: Nigel Waterman 732 310

Minis: Richard Marriott 07890 451694

Nether Stowey Playing Fields

Committee - Jane Erskine 732 025

Nether Stowey Short Mat Bowls

Terry Binding 01278 732710 Secretary

Email: nsshortmatbowls@gmail.com

Nether Stowey & Fiddington Women's Institute

Margaret Harris 01278 734613

Terry Binding 732710

Over Stowey Cricket Club &

Over Stowey Recreation Ground

Les Biffin 732963

Over Stowey Rights of Way Group

Richard Ince 733 237

Over Stowey Social Club

Patrick Tully 732944 or 07802697595

Over Stowey Village Hall

Jackie Barrow 07891 720565

Bridget Tully 07970781087

bridgetjtully@gmail.com

Quantock National Landscape Office Fyne Court

Tel: (01823) 451 884

Quantock Beekeepers Association

Ken Edwards 671 544

Quantock Players

Wendy Hobbs 733 197

Quantock Quilters

Anna Boulton 652309

Quantock Tennis Club

Robin Bendall 732 633

Royal British Legion - N/Stowey & District

Viki Fielder 238 691

Stogursey Forget-Me-Not Cafe

Helen Cuttell 734 818

Stowey Bears (pre-school)

Tina Miller 734 636

Stowey Book Club

Alison Whittingham 732 446

Stowey Gardeners

Kate Houghton 07940 836139

SGSG (Stowey Green Spaces Group)

Roy Osborne 734604

stoweygreenspaces@stowey.org.uk

Stowey Walking

Lynne Abbott 732 228

Thomas Poole Library, Nether Stowey

Sian Stafford 07734 968940

Wednesday Club Barbara 732412 or

Tina 732382

COMMUNITY DIRECTORY

Police (emergency: 999 or non-emergency: 101)

Email somwestnptsedgemoor@avonandsomerset.pnn.police.uk
PCSO Supervisor Lora Bray—7528@avonandsomerset.police.uk
PCSO Finlay Wallace
Jake Dade (Hinkley issues only) @avonandsomerset.police.uk

Antisocial behaviour call **0800 298 2009**

Vandalism on the Quantock Hills call **101**

Household noise problems (Environmental Health) call **0845 408 2540**

Somerset Councillor:

Michael Caswell 01278 652043 mike.caswell@somerset.gov.uk
Brian Bolt 07970 855990 brian.bolt@somerset.gov.uk

Nether Stowey Parish Council / Over Stowey Parish Council

Clerk: **Caro Slaymaker** Clerk: **Amanda McMurren**
01278 733779 01278 734689
clerk@netherstowey-pc.gov.uk clerk@overstoweyparishcouncil.co.uk

Bookings secretaries

N/Stowey Church Centre **Barbara Beer** 01278 732412 (9am—9pm)
O/Stowey Village Hall **Jackie Barrow** 07891720565

Quantock Medical Centre (if closed call the NHS on 111)

Reception 01278 732696 8am - 6:30pm (Mon-Fri)
Dispensary 01278 733385 10am - 11.30am & 4pm - 5pm (Mon-Fri)
Dispensary Collection 10am - 12pm & 4 - 6pm (Mon-Fri)
somicb.quantock.mc@nhs.net
<https://quantockmedicalcentre.gpsurgery.net>

Cannington Health Centre (if closed call NHS on 111)

Reception 01278 652 335 Prescription line 01278 651 311

Other Community Facilities

Citizens Advice Consumer Helpline 03454 040506

The Thomas Poole Library 07734 968940 (Mon & Wed 10-1, Thurs 3.30 - 6.30, Fri 10-1 & 2-5 and Sat 10-1)

Quantock Hills National Landscape, Amanda Sampson - 01823 451884,
quantockhills@somerset.gov.uk

Community Car Scheme Stowey Shuttle - 07943 923742

Village Agent: Sarah Bennet, 07985 680269,

DIARY DATES 2026

Every Monday (except Bank Holidays) - Toddler Storytime - 11am - TPL
2nd & 4th Monday each month - Quantock Quilters - 10am - 1pm - NSCC
2nd Monday each month - Ancestry.com Support - 10am - 12 noon - TPL
Every Tuesday - Stowey Singers all welcome 6.45pm - 8.15pm at NSCC
Every Tuesday - Stowey Walking
Every Tuesday - Short Mat Bowls 2 - 5pm - £5 session, annual subs £20 - NSCC
1st and 3rd Tuesday each month - SGSG (Stowey Green Spaces) work groups
2.30pm - 4.30 pm
2nd Tuesday each month - SGSG meeting 2.30pm
Every Wednesday - Nether Stowey Wednesday Club 10am - 2pm - NSCC
1st Wednesday of the month - IT drop in session - 10.30am - 12 noon - TPL
2nd Monday of the month - Ancestry.com Support - 10am - 12noon - TPL
Every Thursday - Chess Time at the Library - 5pm - 6.30pm - TPL
1st & 3rd Thursday each month - Art Group - 2pm - 4pm - NSCC
Every 2nd Thursday each month - Nether Stowey & Fiddington WI - 2pm
Every 3rd Thursday – Stowey Gardeners - 7.30pm - NSCC
Every Friday - Knit & Natter - 10:30am - 12 noon - TPL
Last Friday of the Month - Library Book Group - 2.30pm - 3.30pm - TPL
Every Saturday - Second-hand book sales 10am - 1pm - TPL
1st & 3rd Saturday each month - Dungeons & Dragons - TPL
2nd Saturday each month - Coffee Morning 10.30am - 12 noon - NSCC
3rd Saturday each month - SGSG litter picking 10am
3rd Saturday each month - O S Coffee Morning 10.30 - 12 noon - OSVH

11th - 12th July - Art Exhibition - NSCC

15th August - Nether Stowey Flower Show, 2pm - NSCC

27th September: Harvest Community Lunch - NSCC

23rd October Quiz, Pasties and Pud - NSCC

NSCC - Nether Stowey Church Centre

TPL - Thomas Poole Library

OSVH - Over Stowey Village Hall

SGSG - Stowey Green Spaces Group

THRILLED AND PROUD

The volunteers at the Thomas Poole Library in Nether Stowey were thrilled, honoured and proud to be given the prestigious King's Award for Voluntary Service – the highest award given to local voluntary groups across the UK, often described as the 'MBE for volunteer groups'.

On Wednesday 20 May the Lord-Lieutenant of Somerset, Mohamed Saddiq, visited the library, accompanied by the Deputy Lieutenant, Tom Mayberry.

At a packed celebration, Roger Stacey, the first Chair, accepted the crystal trophy and Award certificate signed by the King on behalf of the library, ending his speech with a hearty 'three cheers' and hip-hip-hoorays'.

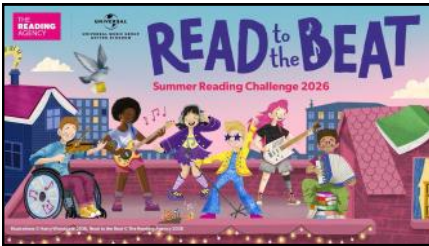
It was a memorable and joyous event, and we were delighted that our guests included representatives from Somerset Library Services, HPC, and local government.

This award belongs to everyone who has supported the library – our volunteers, members, donors, local partners, visitors, and the wider community, who continue to make our library and community hub thrive.





Registered Charity No 1181213
WWW.THOMASPOOLELIBRARY.CO.UK



The Summer Reading Challenge 2026 is here! Launching on July 4th, the Challenge invites children to embark on an exciting reading journey, either through their local library or online. This year's theme, Read to the Beat!

celebrates the joy of music and the power it has to move, inspire, and connect us – all through the magic of reading. During the summer holidays, there will be crafts and activities in the library during opening hours so pop in and sign up!

**** WHAT'S ON ****

INTERACTIVE KIOSK - Come and explore our new interactive kiosk which is full of interesting information, from the Quantocks and our local green spaces, to the village and it's fascinating history

ANCESTRY.COM – Find out more about your family history - a new event on the second Wednesday of the month. 10.30am – 12 noon

STORYTIME - Mondays (except bank holidays), 11am to 11.30am. Aimed at babies and toddlers, Join us for a fun half hour of stories and nursery rhymes

CHESS TIME - Thursdays, 5pm to 6.30pm. Learn the basics, discover new moves and have fun!

KNIT AND NATTER - Fridays, 10.30am to 12 noon. All ages and abilities are welcome! Just bring your own project which could be knitting, sewing, crochet, embroidery etc. or just come for a

natter and see what others are working on. It's a terrific way to get inspired and make new friends

SECONDHAND BOOK SALES IN "THE SHED" - Saturdays, 10.30am to 1pm. We have a wide range of good condition fiction, non-fiction, and children's books. All donations contribute to the running costs of the library

DUNGEONS & DRAGONS – 1st and 3rd Saturday of the month, 10am to 12.30pm. No experience necessary and all equipment provided

MONTHLY BOOK GROUP – Enjoy reading? Come and join the Library Reading Group - all are welcome! This is a fun, low key reading group that meets in the library at 2.30pm on the last Friday of each month

DROP-IN IT SUPPORT SESSIONS – Held on the first Wednesday of each month, 10.30am to 12 noon. Need help with your smartphone, email account or online services, then drop by and our volunteers will assist you!

THERE WILL BE NO MONTHLY TALKS DURING JULY AND AUGUST, OUR NEXT TALK WILL BE IN SEPTEMBER

WEDNESDAY 9TH SEPTEMBER - 7.30PM - A talk by Brian Wright about Andrew Crosse and the mite that shocked the world. The life of a pioneering Somerset scientist, eccentric republican landowner and poet. It is a tale of scientific dedication and discoveries, family tragedies, scandal and lost opportunities. It is also full of unexpectedly curious and humorous incidents.

OPENING HOURS

Monday, Wednesday, 10am to 1pm, Thursday 3.30pm to 6.30pm, Friday 10am – 1pm and 2pm – 5pm, Saturday 10am -1pm

WE LOOK FORWARD TO SEEING YOU!



The 2026 season of talks and garden visits

- If you love gardens or gardening
- Enjoy hearing about or visiting beautiful gardens
- Want to pick up lots of tips or add to your garden knowledge
- Enjoy a social gathering of enthusiasts
- Like listening to experts on a wide variety of gardening subjects...

Then come and join our monthly club!

We meet at the Church Centre, St. Mary's Street, Nether Stowey. every 3rd Thursday of the month at 7.00 for 7.30. Come as a visitor to try us out. £5 for a talk including tea/coffee & cakes and there is a raffle and garden table too. Annual membership is £25. Car sharing available for visits.

Contact Kate Houghton, Secretary. Phone: 07940 836139
or email: stoweygardeners@yahoo.com

Website: <https://sites.google.com/site/stoweygardeners>

Our programme this year included talks on a range of topics from Soft Fruit Growing, A Short History of Growing Food, The Self-Seeded Garden, the Historic Front Garden and Nature As Your Neighbour with our June speaker is a talk on Dahlias by Bella Given.

Garden visits feature prominently in our programme as we ex-

plore gardens preferably within reasonable travelling distance, including Watcombe, nr Winsford, Gares Barton, nr. Langport, Babbs Farm, nr. Highbridge and Kingsland.

Later in the summer we hold a party for members in a local garden and in the autumn have talks on Dahlias, Using Bulbs in the Garden, Sustainable Gardening and Honey Fungus and Other Fungi still to come rounding off with the year with a party at Christmas.

Here are the events for the rest of the year.
Come and join us!

DIARY DATES FOR 2026	
Tuesday 21st July	Car visit to Kingsland, North St, Milverton
Wednesday 19th August	Members Summer Party to be held at 3pm. Following the success of last year's party, this is again to be held at The Rocking Horse Cafe, between Crowcombe and Stogumber
Thursday 17th September	A talk by Christine Skelmersdale about using bulbs in the garden
Thursday 15th October	A talk by Tom Neilson about sustainable gardening
Thursday 19th November	A talk by Peter Baker about Honey Fungus and other Fungi
Friday 11th December	Members Christmas party

**A Coach is going to SIDMOUTH
for the day**

- Who's coming?

Date - Monday 27th July 2026

**Leave Nether Stowey – 8.45am
from opposite the Fire Station or
from Cannington – 9.00am**

Cost £14

Phone Terry – 01278 732710

or

Margaret – 01278 734613

HAVE A GOOD DAY!



Stowey Green Spaces Group have been presented with an award at an event to celebrate the centenary year of the Campaign for the Protection of Rural England (CPRE).

Nicola Hunt and Roy Osborne collected the award at Burrow-bridge Coronation Hall on 11 June.

The award was given in recognition of all the hard work put in by SGSG volunteers to maintain and manage some of the "green" spaces in and around the Stoweys to benefit wildlife and the community.



Gardening Notes

July and August 2026



These two months start to see the culmination of all your hard work over the previous months. The flower borders should be producing maximum colour and you should be enjoying good quality home grown vegetables and soft fruit.

However writing this in mid June the spring weather has been very variable with a short period of extreme heat, some heavy showers and strong winds! Some of your vegetable crops may be a little behind schedule but they will catch up.

Oh, for some consistent summer weather!! However, it is not quite 'sit back and enjoy' as there are still garden jobs to do!

Vegetables: often July and August weather can be quite damp and a watchful eye should be kept on potatoes and tomatoes for any sign of potato blight. Foliage affected with brown/black markings should be removed and burnt and not put onto the compost heap. As you use early crops, clear the ground so that it can be prepared for a succession crop. Carrots, lettuce and salad leaves, spring cabbage, turnips and oriental leaves together with mangetout peas can still be sown (July rather than August) to maintain a succession of vegetables.

Ensure that brassicas already planted are protected from cabbage white butterfly by using small mesh netting supported above the crop and not resting on the foliage. It is important to

be sensible and not waste water. Priority should be given to crops such as courgettes and squash, peas which are responsive to extra moisture at the flowering and pod swelling stage, potatoes when the new tubers are marble size and runner and French beans ensuring the roots do not become stressed. Keep root crops moist to avoid stop/start growth resulting in tough and tasteless vegetables. As always weeds have continued to thrive and regular hoeing between crops minimises weeds competing for water and nutrients.

The greenhouse: ensure that tomatoes and cucumbers are regularly fed, watered, trimmed and trained. Irregular watering can lead to blossom end rot on the tomato fruits. Aubergines and peppers in pots can quickly dry out and should be regularly checked.

Fruit: Once strawberries have finished fruiting it is an opportunity to rejuvenate the crop. Old straw should be raked out and composted and the foliage cut down to about 2 to 3 inches (50-75mm) and any weed removed. Apply a general fertiliser and water in, or liquid feed, and in no time quality new foliage will appear. This all helps to remove pests and diseases. Strawberries are not long-lived plants and quality declines after four to five years. Runners provide an opportunity to propagate new plants but only take them from strong healthy plants. Excess runners can be removed.

New growth on cordon, espalier and fan trained apples and pears should be summer pruned to restrict size and build up fruit bud for next year. Thin heavy crops of apples, pears and plums to increase fruit size and avoid branch breakage. If necessary a prop under a branch will give extra support.

Ornamentals: Wisteria should be pruned, and the new whippy growth cut back to a bud at about 6 inches (150mm). This will encourage the build up of flower bud for the following year. Keep regularly deadheading blooms for continuity of flower and with some such as lupins, poppies and delphiniums they can be cut back hard down to the basal cluster of leaves to produce new growth and some late flower. Bearded iris that have flowered can be lifted and old rhizomes cut out and young vibrant sections replanted with their foliage cut down by half. Apply a fertiliser ted or well rotted manure and water well in. This will ensure good bloom next year.

Wall trained shrubs such as Pyracantha and Chaenomeles (Japonica or Japanese quince) can be summer pruned in a similar way to apples and pears. Generally speaking roses have been excellent and old blooms should be cut back and with these regular winds do ensure that new growths are tied in. As the new growth on shrubs starts to develop a woody base semi-ripe cuttings can be taken and rooted either in a propagator or in pots with a 'poly' bag over the top.

During the summer try and take the opportunity to visit one or two gardens such as those in the National Gardens Scheme (NGS) booklet often referred to as the Yellow book.

Nick Rigden

Art Exhibition
at
St Mary's Church Centre
St Mary Street, Nether Stowey



“Quantock Connections”
on
Saturday 11th July – 10.30 – 4.30pm
Sunday 12th July – 11.00 – 2.00pm

refreshments available,
Entrance FREE

Special addition of a school section courtesy of NSPS

showing work by local professional and amateur artists
including:

Juliet Harkness, Annie Shoosmith, Clare du Vergier, Alison Hood
Richard Brazier, Hazel Oates, Laura Crofts, Gill Harcombe,
Gerry Wright, Annabel Gaitskell and the Nether Stowey Art Group

(Further information from Mrs Gerry Wright Tel: 01278-734584)

20% of all sales in support of St Mary's Restoration Fund
Reg. Charity No. 249398
& Nether Stowey C of E Primary School

The Marion Evered Trust

Hope everyone is having a great Summer.

Last month we had the Big Bash in conjunction with Over Stowey CC and we would like to thank them for partnering and helping support the charity with this event. The JustGiving page for the Carten100 charity ride is now closed and raised a fantastic £640 towards this years fundraising. Thanks to all who donated.

This years 200 club is now up and running. If you wish to join then contact Pauline Barrow on 07724666011

April

£20 Freda Barrow £10 Les Biffen £5 Jack Guiding

May

£20 Pete Philips £10 Nicky Rich £5 Esme Brett



Nether Stowey Flower Show
Saturday 15th August 2026
At
St Mary's Church Centre
Doors Open 2pm

Art
Children's Section
Fruit & Veg
Photography
Vegetables
Floral Art
Needlework/ Handicraft
Produce
Flowers & Plants

Come and support your local Flower Show
Schedules available from local shops

**Would last year's cup winners, please return the cups to Rob-
in Brierly, Hibemia, The Tannard, no later than 1st August.**

Teas & cake Tent

The Latest from the Cricket Club



I think it is fair to say, that both our senior sides are struggling at the moment, with neither side having registered a victory yet. The 1stXI who play in Division 1 of the West Somerset League have had some close games, narrowly losing to both Kilve by 36 runs and Crowcombe by 2 wickets, their playing record as it stands is: played 7 won 0 lost 4 abandoned 1 and the opposition have conceded twice.

The 2nd XI who were promoted last year, are finding the higher standard difficult and despite having a mixture of senior players and youth have struggled against some very experienced sides in Division 3. There is it needs to be said, a worrying trend of more and more teams conceding games because they are struggling to get numbers, with some clubs in the league folding completely, this I am pleased to say is not the case at Over Stowey where we continue to put two teams out each week. This is in no small measure due to the sterling efforts of our two club captains a strong committee and our growing youth section.

Our two youth sides I am pleased to announce are doing well and their playing records are detailed below:-

Under 13

P7 W4 L3 12PTS POS:4th/10

*Latest result a victory by 98 runs over West Monkton

Under 11

P5 W2 L3 7TPS POS: 7th/13

*Latest result a victory over North Petherton Acorns by 56 runs.

Over and Out

CAN YOU ? WILL YOU ?

GIVE BLOOD

If you need blood, you will probably expect it to be available but
WILL IT?

3 times a year - on a Friday - the NHS Blood & Transplant Service come to Nether Stowey Church Centre. Usually about 100 people make appointments - but in May, only 80 appointments were made.

Will YOU consider giving blood?

It's easy & relatively painless - and your prize is a quiet lie down, a cuppa, & hopefully a feeling that you have done something really worthwhile...so...

PLEASE DONATE

MARY'S MEALS

Before the Messenger goes on holiday for 2 months, I would like to share some 'breaking news' about plant grower extraordinaire, Peter. He has now raised over £2000 for Mary's Meals, from the sale of his plants and hand crafted, customised, walking sticks. This means 20,000 hungry children will have benefitted from a free, nourishing, hot school meal, giving them the energy and focus to learn. Food + Education = a ladder out of poverty and hunger, and hope for the future to over 3 million children in 16 countries around the world. Thank you Peter for your commitment and support; huge thanks too, to the wonderful villagers whose donations and return visits made it possible. May your gardens, like the children you have helped, thrive and bloom. Ann

Moules Marinières (Serves 4)



Having just got back from Brittany (only a week unfortunately!), eating lots of local spider crab, brown crab, all sorts of shellfish inspired me to this month's recipe: Moules Marinières.

The traditional method is very simple. The recipe is below, but made with the additions of finely chopped celery and carrots, along with a finely sliced clove of garlic, takes it to another level.

A splash of cream, if you like, at the end of cooking is also excellent.

This can also be made using a dry cider instead of the white wine — a dish from Normandy, where they would also use cream.

Enjoy!

Ingredients

2kg fresh mussels
4–5 shallots, very finely chopped
50g salted Breton butter
200ml dry white wine (Muscadet is ideal)
2 sprigs fresh thyme
1 bay leaf

Large handful flat-leaf parsley, chopped
Freshly ground black pepper
Crusty baguette or frites to serve
Optional additions (recommended)
1 carrot, very finely chopped
1 stick celery, very finely chopped
1 clove garlic, finely sliced
Splash of cream to finish

Method

1. Prepare the mussels

- Rinse thoroughly under cold water
- Remove any beards
- Discard any broken mussels or any that remain open after tapping

2. Make the base

- In a large heavy pot, melt the butter over medium heat
- Add the shallots, carrot, celery and garlic
- Cook gently for about 5 minutes until softened and translucent, but not browned
- Add the thyme and bay leaf

3. Add the wine

- Pour in the white wine.
- Bring to a gentle simmer for 3–4 minutes to reduce slightly

4. Cook the mussels

- Tip in the mussels and immediately cover with a lid

- Cook over high heat for 3–5 minutes, shaking the pan occasionally
- As soon as the mussels have opened, they are ready
- Discard any that remain closed

5. Finish

- Stir through most of the parsley and a generous grinding of black pepper.
- Taste the broth before adding any salt — the mussels usually provide enough.
- If using, stir in a splash of cream

6. Serve

- Ladle into warm bowls with plenty of the broth
- Scatter over the remaining parsley
- Serve with a crusty baguette for dipping, or with frites in true north-west French style



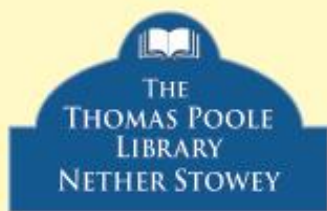
Special birthday wishes to Alison Robinson who will be celebrating her 90th birthday on 16th July.

Her family and friends look forward to celebrating this milestone event with her.

With love and best wishes from Tori, Ian, Matthew, Sabine & Charlotte xx



Free Drop-in IT Support Sessions at the Library



*Perhaps you
know the
basics but
would like to
know more ...*

Then come along to our **FREE**
workshops on the first Wednesday of
every month (10.30 am to 12.00) and
be enlightened and reassured!

Having trouble with your smartphone? Need help setting up an email account? Or guidance to using online services?

No problem, our knowledgeable volunteers are here to assist you – no appointment necessary, just turn up!

Delivered in partnership with Spark IT, these relaxed and welcoming sessions are open to everyone, regardless of skill level. Bring your questions, devices, or curiosity, and we'll do our best to support you.

Come along, learn something new, and take your next step with tech!

What's on at Over Stowey Village Hall and Social Club

3rd July	LIVE MUSIC *****DAVID PIAZZA***** 6.30pm
10th July	Burgers 6pm – 8pm (last orders 7.45pm)
18th July	Coffee Morning 10.30am – 12 noon
24th July	Burgers 6pm – 8pm (last orders 7.45pm)
31st July	LIVE MUSIC *****RACHEL SWEETING
7th August	Burgers 6pm – 8pm (last orders 7.45pm)
8th August	Afternoon Tea in aid of Breast Cancer Awareness
15th August	Coffee Morning 10.30am – 12 noon
15th August	Children's Disco and Mocktails!
21st August	Burgers 6pm – 8pm (last orders 7.45pm)
4th September	Burgers 6pm – 8pm (last orders 7.45pm)
18th September	Burgers 6pm – 8pm (last orders 7.45pm)
19 th September	Coffee Morning 10.30am - 12 noon

THANK YOU

The Wednesday Club had recently been invited to attend the Summer Concert performance by the "Stowey Singers" along with family members and villagers.

The singers performed a variety of songs from the 70's and invited the audience to sing along.

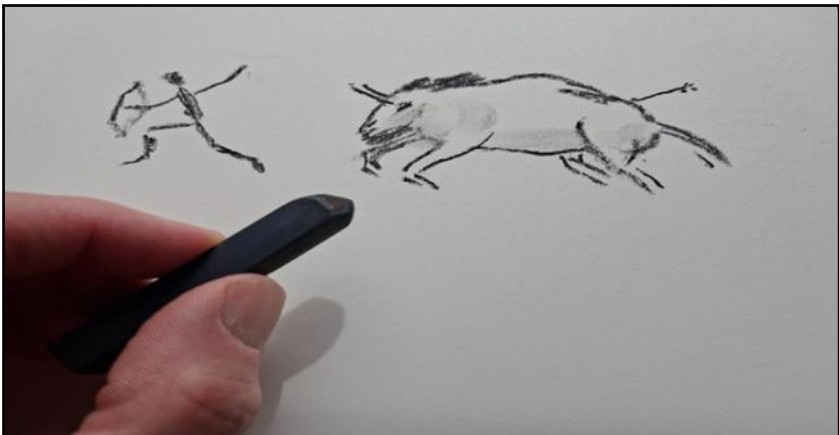
The evening concluded with refreshments and nibbles and funds raised of £156.00 which was kindly donated to the Wednesday Club.

Special thanks to David and the Stowey Singers.

The Nether Stowey Art Group

The urge to make a mark on a surface and in so-doing transfer a thought or feeling to the outside world, is a wonderfully human thing. From cave-paintings to Banksy murals, art can be a way of unleashing a powerful, mediative force or simply be a relaxing pastime. For the latter, our village Art Group in Nether Stowey provides people with a forum to get together and share their common interest in art. Sessions are run on informal lines within a relaxed atmosphere, so that members can progress their personal journey in all aspects of painting, drawing and design. Those wishing to learn new techniques or experiment with the latest materials will find plenty of help and experience on hand. The all-important tea and biscuits break also provides a great opportunity to enjoy a chat and swop ideas.

The Group meets in St Mary's Church Centre, Nether Stowey, twice a month on the first and third Thursdays in the afternoon between 2-4pm. New members of whatever skill-level are welcome and should contact Rob Potter (email: robertojpotter@gmail.com , mobile 07855546883) for further details.



News From the Quantock Medical Centre

This month we are going to focus on our Reception Team and our Volunteer.

Our Reception team are the first people you meet from our Practice when you need some help accessing our services, either face to face when you come to check in for an appointment, to drop off a sample, on the telephone when booking an appointment or asking for your results.

Our Practice is small and our staff are expected to be highly skilled and constantly multi-tasking. Whilst being the welcoming front of house, the reception team work hard behind the scenes too, often pulled in many directions at the same time. As well as booking appointments over the phone, they are dealing with patients, relatives, carers, GPs, Nurses, other staff, other hospitals; face to face, on the phone, via the NHS app, and email.

Booking an appointment at the Practice might sound simple, however the reception team are expected to understand all the different skills of our different clinicians Doctors, Nurses, Health Care Assistants, Specialist Musculo Skeletal Practitioners, Health Coaches, Midwives etc. We have over 60 different types of appointment categories to book patients into, with over 10 different clinicians working from our premises. It really is a lot to remember.

This is why it is important that they ask why you need an appointment in order that you are booked in with the most appropriate clinician, and according to the urgency of your condition. Confidentiality is a key part of everyone's role at the Practice and is taken very seriously.

They also receive and process all documentation coming into the Practice whether its paper post from Royal Mail, post from other

Hospital sites, or electronic.

When asked it was the consensus of the team that the 'best part of their job is helping people and the friendly faces from both the patients and the other members of staff who greet them day to day. Being able to offer appointments earlier than is expected and helping someone navigate their way through the ever-complicated health service, solving problems and seeing them light up with relief is always the most rewarding part of the job.'

The receptionists also said 'we are very lucky in our Practice that we have a lot of patient contact and are able to use our knowledge and skills, are trusted to work independently, and are aware that larger Town Practices may not have the level of patient contact and autonomy that we have in our roles so that we are able to offer a more personal element to every interaction'.

The worst part of the job is 'when the demand is so high that there are no appointments available on the day and patient have to wait over a week for the next available routine GP appointment, as we want to help as much as we can'.

The reception team generally handle over 120 - 180 phone calls a day and we are seeing between 100 – 160 appointments a day through the surgery. The waiting time for a general routine GP appointment is between 1 – 2 weeks, obviously if the need is more urgent we will be able to prioritise you for on the same day or next day appointment.

Demand is ever increasing, it is not necessarily about the number of patients we have registered with us as this stays about the same each year at approx. 4200, but that people's expectations to be seen immediately are increasing in our very 'now' society.

I would like to give a big thank you to the reception team for all

the hard work they put into the surgery every day and they really do appreciate your kindness and patience when accessing our services.

I would also like to give a huge thank you to Lucille who kindly Volunteers at the Dispensary Hatch on an afternoon. She is doing a brilliant job handing out patient medications this has been a huge help to the dispensary and means they can get on with processing medication requests. She kindly donates her time to help the surgery so please remember to treat her with kindness and patience.

At the Quantock Medical Centre, we strive to provide the best care for each person, and we have been looking at Reasonable Adjustments for our patients. If you are aware that you may need a reasonable adjustment to be made in order for you to access our services please do let us know; whether its bit of support, a little more time, or information in a written format etc, please let the reception team know and we can figure out the best way to help.

And last but not least...

Diabetes UK are holding a type 1 diabetes support group for those interested. It is for those living with or connected to type 1 diabetes. They meet monthly, the next one being Saturday the 18th of July. They happen 10:30-12:00 at The Cozy Club, Hunts court, Corporation St, Taunton, TA14AW. For more information, contact your local Diabetes UK volunteer – Julie.talbotwilliams@outlook.com

Helen Stacey

Practice Manager

CHURCH SERVICES – JULY 2026

	NETHER STOWEY	OVER STOWEY
5th July 5th Sunday after Trinity	11.00am Morning Worship (Church Centre)	6.30pm Evensong
12th July 6th Sunday after Trinity	11.00am Holy Communion (Church)	9.30am Morning Worship
19th July 7th Sunday after Trinity	11.00am Morning Worship (Church Centre)	9,30am Holy Communion
26th July 8th Sunday after Trinity	11.00am Holy Communion (Church)	No Service

COFFEE MORNING

Saturday 11th July

ST. MARY'S CHURCH CENTRE

10.30am – 12.00noon

CHURCH SERVICES – AUGUST 2026

	NETHER STOWEY	OVER STOWEY
2nd August 9th Sunday after Trinity	11.00am Morning Worship (Church Centre)	6.30pm Evensong
9th August 10th Sunday after Trinity	11.00am Holy Communion (Church)	9.30am Morning Worship
16th August 11th Sunday after Trinity	11.00am Morning Worship (Church Centre)	9,30am Holy Communion (BCP)
23rd August 12th Sunday after Trinity	11.00am Holy Communion (Church)	No Service
30th August 13th Sunday after Trinity	11.00am Benefice Service of Holy Communion at Spaxton	

COFFEE MORNING

**There will NOT be a COFFEE MORNING in the
CHURCH CENTRE in AUGUST**

Dear All,

Singing hymns and songs at a Sunday church service is often seen as a positive, uplifting experience. While speakers and 'karaoke machines' can be used to play the tunes, we greatly value the presence of live musicians to lead the singing.

Sunday 14th June was Music Sunday and a time to remember and give thanks for our church musicians - for our organists and for those who are part of our worship band. I'm well aware that this isn't just about turning up on a Sunday morning for a service but involves time given to practice and rehearsals during the week. Some of our musicians also take on the responsibility of choosing the hymns and songs, which isn't an easy task! We say thank you to all the musicians who play for services in the Benefice.

The Book of Psalms is the Bible's song book, in which we find songs of praise and songs of thankfulness as well as songs of questioning and of lament. Psalms have been set to music over the generations and are often still sung in churches today. A good example is Psalm 23, with its familiar opening line - 'The Lord is my Shepherd'. We often sing this as a hymn to the tune 'Crimond', or - a slightly different version of the words - 'The King of Love my Shepherd is'. More modern versions of Psalm 23 include one by songwriter Stuart Townend, with its chorus 'I will trust in you alone' and, for those who remember The Vicar of Dibley, the theme tune is a further version of the psalm by composer Howard Goodall.

During August, at some of the services across the Benefice, we will be diving more deeply into the psalms. If you have a personal favourite, please do let me know and I will see if it can be included.

Happy singing!

Eleanor

OVER STOWEY PARISH COUNCIL

The Annual Parish Meeting held on May 20th 2026 included reports from the Chair, the Clerk, the Chair of Stowey Green Spaces and Cllr Caswell. The draft minutes can be found on the Parish Council website.

This was followed by the Annual Meeting of the Parish Council at which Cllr Tully was elected as the Chair for the next year, again the full minutes (in draft) are available on the website.

A few of the items discussed at the Annual Meeting of the Parish Council included an increase to the cemetery fees and a new policy for interments for non-residents, a request from a member of the public to address a public rights of way concern regarding a gate in Friarn and a grant request for funding towards a bench in the Stowey Woods area which was agreed unanimously.

There is a small pot of money available for further grants and if you represent a group in the parish (or possibly a neighbouring parish) and would like to make an application to the Parish Council for some funding, please contact the Clerk for further information and eligibility.

The Clerk vacancy is still open although interest in the role has been expressed. If the vacancy is not filled, this will be communicated at a later date.

The next meeting will be held on Wednesday 8th July 2026 at 7.00pm at Over Stowey Village Hall.

Please see the noticeboard and website for details.

If you have any concerns or issues you would like to bring to the attention of the Parish Council, please contact the Clerk.

If you provide your full contact details, we can then ensure appropriate and relevant items raised are on the agenda for the next meeting.

Problems on the highways can be reported online on the Somerset Council web page:

Report A Problem on the Road

Please report any missed waste collections at:

Missed Waste Collection if you do not get a satisfactory response, please contact the Clerk.

If you experience any problems when using a footpath or bridleway, you can inform the Clerk or access the online reporting tool at:

Somerset Council – Report A Problem With a Public Right of Way

Website: Over Stowey Parish Council

Email: clerk@overstoweyparishcouncil.gov.uk

Phone: 07391 313740 (please leave a message if there is no reply)



As we head towards summer, it is easy to be drawn into thoughts of lazy holidays and family get-togethers. But you might be looking for something else, a way of giving back to your community and the children of Somerset.

The number of children coming into the care of the Local Authority is at its highest level ever – at over 700. As a result, Route1 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. The relationship can bring life-changing experiences and opportunities to a child or young person – and their IV!

Here's what one of volunteers said: "I have been a volunteer with Route1 for five years now. Supporting a child in care has been one of the most rewarding things I have done. Last week I had the privilege of taking my young person to the beach for the first

time. The joy on their face will remain with me always.”

It sounds rewarding but too difficult for me...

Our youngest volunteer is 19 and our oldest is over 80! Some have experience of being with children, but many don't. If you are kind, fun and reliable then we can support with the rest. 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

follow us on social media



Route1 Advocacy & Independent Visitors



route1advocacy

No time to volunteer but you'd like to help out? You can donate to the Route1 fund, set up to help enrich the lives of children in care and managed by Somerset Community Foundation. The friendly Route1 team members are always happy to talk to individuals, groups, and businesses – use the details above. You can also make a donation at <https://www.justgiving.com/campaign/route1fund>



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Wednesday 1st July
Wednesday 15th July
Wednesday 29th July
Wednesday 12th August
Wednesday 26th August
Wednesday 9th September
Wednesday 23rd September
Wednesday 7th October
Wednesday 21st October



FORGET-ME-NOT NEWS

Another big THANK YOU TO PETER SMETZER AND OUR FRIENDS AT THE PLOUGH INN HOLFORD for the donation of £130 from the proceeds of their quiz night and raffle. The Quiz Nights will restart in September.

This is very generous of them, and will go towards plenty of treats for us at the Café through the year and at Christmas.

FORGET-ME-NOT CAFÉS provide support, companionship and a warm welcome to those who are recognising issues with their memory, as well as their family, friends or carers. **All are welcome from the surrounding villages.**

VOLUNTEERING We have a lovely group of friendly volunteers, but we always love to welcome extra helpers - making teas and coffees, washing up, or chatting to people. Why not pop in one Wednesday for a cuppa and say hello.

For more information please contact:

Helen: 07891 547982 cuttellhelen@gmail.com

Rose: 07507 374234 rosechalk@icloud.com

**AS ALWAYS, A BIG THANK YOU TO EVERYONE WHO
SUPPORTS THE CAFE**

July 2026

Plugged in Parish News

A round up of the latest news from Hinkley Point C



Big Carl lifts Hinkley Point C's second nuclear reactor into place

Using the crane to lift the 500-tonne cylinder was an innovation for Unit 2 and another example of the project finding ways to improve performance between Units 1 and 2.

Unit 2 is being built 20-30% more quickly than Unit 1, thanks to innovation and experience of building an identical design with the same teams.

The Unit 2 reactor building is further ahead than at the same stage for Unit 1, with more equipment installed, as well as more structural steel work and the outer containment layer already in place. For example, three large heat exchangers have been installed in Unit 2, compared with none at the same point on Unit 1.



Scan me to watch the video



Powering Up for the Next Phase

Work is underway to move the site from temporary construction power to a permanent electricity supply needed for the next stage of the project. At the moment, power is provided in a limited and sometimes uneven way, including the use of diesel generators, which has been effective during construction but is not suitable for long-term use. Over the coming months, more parts of the station will be tested at the same time, so a steady and reliable power supply is essential.

By the end of the year, electricity from the National Grid will be brought in through a nearby substation, allowing the site to gradually stop using temporary sources. This change will support safe testing and help speed up progress towards generating electricity.

Testing the waters

Later this year, Hinkley Point C will begin producing its first batches of highly purified water, an important step as it moves closer to operation. This clean water will be used to safely test pipes and equipment before and during commissioning.

In the longer term, it will help keep systems running smoothly by reducing wear and protecting key components. A dedicated treatment facility is being set up to turn standard mains water into this purified supply, which is essential for large-scale testing. Work is already underway to install equipment, adapt storage areas and connect temporary services, helping ensure everything is ready for the next stage.

 edfenergy.com/hpc

 0333 009 7070

 hinkley-enquiries@edf-energy.com

Nether Stowey Wednesday Club

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St Marys Church Centre

10am-2pm

Coffee & Lunch at 12 noon



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**Pop in for a friendly chat meet the
members**

Contact Barbara 01278 732412 or Tina 07761586866



Do you fancy having a go at short mat bowling?

Did you know that there is a short mat bowling club in Nether Stowey?

Why don't you come and try short mat bowling at the Church Centre. You can come along and try it out for free, we can even let you use our bowls and then if you like it – it's only £5.00 for the 2 sessions on an afternoon and this includes a cup of tea or coffee and a biscuit too. So why not come along and have fun and meet new like-minded friends and enjoy the indoor game of short mat bowls.

It's for all ages – the young and the not so young and new members are always more than welcome.

It is every Tuesday from 2pm to 5pm at the Nether Stowey Church Centre.

If you decide that you want to join, then membership is only £20 per year.

If you are interested, then please contact the Nether Stowey Short Mat Bowls Club, either by email at nssshortmatbowls@email.com or contact Terry Binding on 01278 732710

NETHER STOWEY SHORT MAT BOWLS CLUB



Funeral & Celebration of the life of

Enid Susan Berg

Wednesday 8th July 11.15

Funeral Service, Canford Crematorium, BS9 3PQ

Wednesday 8th July 12.30

Celebration of Sue's Life, St Augustine's Chapel

St Monica's Retirement Home, Cote Lane, BS9 3UN

Followed by lunch



The Community Council for Somerset (CCS) is a charity working throughout the County. We believe everyone in Somerset should be able to live a healthy, independent, and safe life and be part of a strong and thriving community.

We have a team of over 60 Village Agents working across all corners of Somerset, who use their local expertise to advocate for people and their communities. They provide confidential, practical community-based solutions for you, wherever you are in Somerset.

Contact Sarah Bennett for more information - 01823 331222

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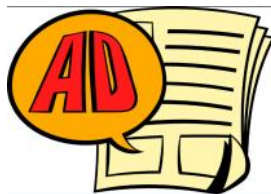
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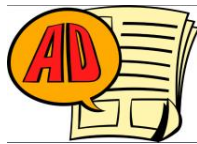
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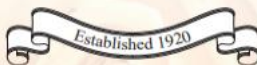
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