

The Paulton

M A G A Z I N E

Issue 16

Produced by Paulton Parish Council

Summer 2021

**PET TALK
WITH DAVE
TWEEDLE**

NEW!

Walking Football

Terminus Bridge Update

Dr Roy Retirement

Big Sing to bring us together

Summer fun with the Holy Trinity Church Social Team... p4

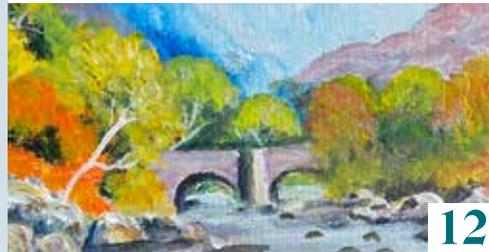
Plus...

Featured Artist • Chairman's Report • On The Buses with... • The Hub Book Club • Church Update

Contents

The Chairman's Report	3
The Community Big Sing	4
Dr Roy Retires after 36 years	5
The Community Hub Book Club	6
Paulton Methodist Church	8
Paulton Trinity Church	10
Paulton Art Group: Featured Artist	12
Pet Talk with Dave Tweedle	14
The Dog Groomery Competition	16
Getting Quizical with Dot Mitchard	18
New Community Website	20
Keeping Fit with Becky	22
A Walk on the Wild Side	24
Baking with Ruby	28
Terminus Bridge Update	30
Pride in Paulton Partnership	32
Give Walking Football a Go	34
Green Fingers with Jackie Hamblen	36
Paulton Library Is Open!	38
Rest In Peace Prince Philip	39
From Puppy to Guide Dog	40
Useful Community Contacts	42
On The Buses with Cyril	43

Front Page photo credit: Shelagh Hetreed



The Chairman's Report



I am happy that Lockdown is nearing its end, lifting slightly on 17 May and then totally on 21 June although there are still indications that we might still be required to wear masks. We will, however, be able to meet up with friends and relatives, some of whom we will not have seen for over a year.

I would like to take this opportunity to thank our Parish Council Staff and fellow Councillors for keeping Council business running and embracing our Zoom meetings. These have been quite challenging times, but we have successfully worked together to keep things running.

We made a successful grant application for four new picnic benches for the Memorial Park, which once placed will enable residents to enjoy the beautiful surroundings of our well-kept park. In 2020 the Council also agreed the purchase of 18 trees to be planted on the Miners Rec, sadly Covid struck, and the planting had to be put on hold. With

the restrictions lifting our Groundsmen will soon be able to plant these, forming an avenue along the pathway from the Bowls Club to the car park. Our thanks also go out to one of our residents who has generously donated 10 ornamental Pear trees to be planted in the Memorial Park. Meanwhile, the Rotary Club are running a Tree Planting Programme for the local area and we have accepted a donation of trees from them to be planted later in the year. Hopefully, you will agree that Paulton is certainly doing its bit for the Environment with 28+ trees being planted in 2021.

In the last six months we have welcomed two new Councillors and I would like to welcome Rosie Wollacott and Kayleigh Paul to the Council, I hope they enjoy the challenges that being a Councillor brings. We do still have a vacancy so if you would like to join us then please see our website or noticeboard for details.

All that remains for me to say is enjoy the freedom from lockdown but remember to still take care and stay safe. Sadly, the Party in the Park Team had to take the very difficult decision to cancel this very popular event, but they have promised to be back next year for all residents to enjoy. Next year's event will take place on Saturday 4 June, which coincides with the Queen's Platinum Jubilee Weekend.

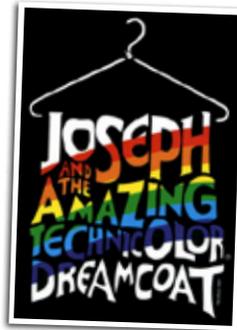
Gail Garlick

The Community Big Sing!

After such a challenging year of lockdown and restrictions on social gatherings, Holy Trinity Church Social Team is looking forward to some summer fun and a bit of light relief. We are inviting the whole Paulton community to an informal BIG SING in Paulton Memorial Park on Saturday 7th August, from 2pm until 4pm.

Many will have taken part in productions of *Joseph and the Amazing Technicolour Dreamcoat* over the years, so might like to dust off that old CD and have a sing of those classic numbers again, and share them with a new generation. Please do

bring your own picnic, robust voices, laughter and smiles. Wear bright clothes and be prepared for some great fun singing to CD accompaniment. We very much look forward to seeing as many as possible on the day for this free event.



Dr Roy Retires after 36 Years



Barbara Roy joined Elm Hayes Surgery in 1985 after completing her GP Training in Dundee and relocating to Bristol with her husband. Dr Roy joined the practice under the watchful eye of the then Senior Partner – Dr Charles Miall, working closely with both Dr Martin Spurling and also his wife Dr Sue Spurling. Barbara worked happily with us for many years whilst also raising her 3 boys and has been a stabilising figure in the surgery for many years, having seen changes in the Partnership with her taking on the role of Senior Partner when Dr Martin Spurling resigned over 20 years ago. Dr Roy said, “Elm Hayes has been a massive part of my life for the last 35 years and I am not sure what I am going to do without it, I will hugely miss all of my patients that I have come to know so well but it is time now for me to move on and spend time with my partner John and our new grandchild.”

Dr Roy will leave a huge gap in the lives of her partners, colleagues and patients and will be greatly missed. She has been a senior partner at the surgery for many years, and saw the practice move from the small building just off the High Street into the new purpose-built Health Centre at Clandown Road. Due to Covid restrictions we were unable to give Dr Roy the send-off she deserves after such a long and dedicated service but we are planning an open day later in the summer (if permitted) for patients to wish her well. Please keep an eye on our website or Facebook page for further details.

Elm Hayes Surgery has successfully recruited 3 new Doctors. Dr Matthew Thomas joins us from a practice in Bath – Dr Thomas trained locally at Hope House in Radstock and will be working with us on Mondays and Tuesdays. Dr Jennie Carroll will be working on Thursdays and Fridays and has recently relocated to the area with her young family from Swindon. Dr Hazel Warren also trained locally at St Mary's Surgery at Timsbury and will be working with us on Wednesdays and Fridays. The arrival of these new Doctors has boosted our GP sessions and will, hopefully, provide more appointments. We have encountered some difficulties over the last year but thank all of our patients for showing us kindness and understanding in what has been the most difficult time general practice has ever faced.

peregrine
chartered accountants

YOUR LOCAL FIRM OF ACCOUNTANTS AND TAXATION ADVISORS

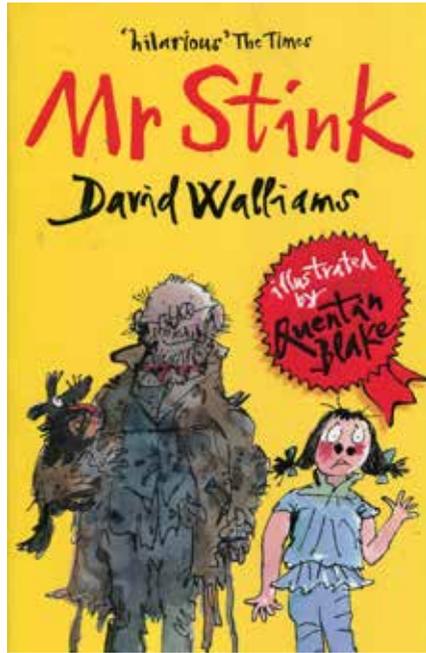
Call in for a chat at any time
Initial meetings are always free of charge

nick.miles@peregrineca.com
rebecca.williams@peregrineca.com
www.peregrineca.com

Old Bank, The Triangle, Paulton
Tel: 01761 417414

Registered to carry out audit work and regulated for a range of investment business activities by the Institute of Chartered Accountants in England and Wales

The Community Hub Book Club



Mr Stink by David Walliams

Hello! I'm Kerenza Howson, my nickname is Kitty! And I'm 8. When I'm older I want to be an astronaut and ice cream is my favourite food, so I really want to try and eat ice cream on the moon.

Mr Stink is all about a small girl called Chloe who meets the local tramp Mr Stink. Chloe is very lonely and then she's very, very nice to Mr Stink for that reason.

My favourite quote from the book is "Mr prime minster...?" asked Chloe, "yes?" He answered with an expectant smile. "Why don't you stick it up your fat bum!"

Yes, I know it's rude but what I haven't put in is beforehand the Prime minister was being mean to Mr Stink.

I really liked the book because the characters felt so real to me and I began to realise I was putting on voices for each character. My favourite part was when Chloe's family got back together because it made me so happy. In some places the book made me laugh and sometimes cry! What I didn't like about the book was that Chloe got bullied at school.

I recommend this book for children around my age so 8-9, I think they will find Mr Stink very interesting!!! I would give the book a solid 10 out of 10.

David Walliams has written lots of books for children, here are 6 of my favourite: Billionaire Boy, Awful Auntie, The Midnight Gang, Bad Dad, The World's Worst Children 1 and Fing.

Bye!!!



Mr Stink was published in 2010 by HarperCollins Publishers

Kerenza Howson - Paulton Resident

Dictionary Corner: An Etymological guide

Hysteria: Traditionally only applied to women because, for centuries, such extreme agitation was believed to come from a wandering of the uterus or womb (Greek 'hustera', hence 'hysterectomy')

Rogitate: To ask the same question repeatedly, usually with unsatisfactory results. Comes from the Latin "rogitare" meaning to ask frequently and "rogare" meaning to ask.

First: The German word for 'first' is erste, yet the German and English words are not related, but English does preserve a cognate of erste in its word 'erstwhile'. A cognate of English 'first' can also be found in German - Fürst, meaning 'prince' or 'monarch'. Both words are in fact secret superlatives, containing the usual superlative suffix - st. First/Fürst are, in terms of etymology, that which is 'most fore' (as in 'forwards' and 'before'). Likewise erste/erst are 'most ere' - in other words, the earliest.

Poetry Corner: A Mother's Wish

I wish you both great happiness
On this your special day
For a life that's full of sunshine
And a home that's filled with love.

May your friendship always blossom
And deepen every day
May your hearts be filled with laughter
And joy along the way.

If a cloud should cast a shadow
Trust the best friend by your side
Hand in hand walk proudly on
Until you find the sun.

Love each other always
Respect each other, too

Be kind and understanding
Compassionate and true.

My greatest wish for you today
As onward together you go
Is a marriage filled with happiness
And a home that's filled with love.

This poem was given to Sally Tarn's daughter, Debbie, on her wedding day. Sally was raised in this village. She is a dear friend and practises what she preaches. I was charmed by her thoughts and with her permission, would like to share her words.

Pamela Leah

Paulton Methodist Church



of the steps, which many of you will have seen. We continue to host the weekly session for the Foodbank, and to support the Paulton Larder.

We extend a warm welcome to everyone at our service at 10.30am each Sunday, or to share in our Facebook Live morning prayer each Friday at 9.30am.

May God's blessings rest with you all
The Revd Martin Slocombe

martin.slocombe@methodist.org.uk

Paulton Methodist Church reopened for worship on 23rd May, and celebrated Pentecost, a reminder of the Holy Spirit being given to the disciples following Jesus' ascension to heaven. Pentecost can be understood as the birthday of the Christian Church, which seemed a very appropriate date to mark our reopening. Unfortunately, we have decided not to recommence our Saturday coffee morning in the Wesley Hall until later in the year, when hopefully, the further lifting of restrictions will make this easier and safer for all.

Over the past months we have continued to worship together with printed services each week, and a weekly "live" service of morning prayer at 9.30am each Friday which has been streamed on our Facebook page – Paulton Trinity Chew Methodists. We also celebrated Easter by decorating a cross with flowers at the top



BRYAN G. BISHOP

FUNERAL DIRECTOR • MEMORIALS

Farrington Road, PAULTON.

01761 412046

www.bryangbishop.co.uk

PRIVATE CHAPEL OF REST

24-hour Personal Service



We are pleased to offer **GOLDEN CHARTER**

Pre-Paid Funeral Plans as part of our services.

WANT TO ADVERTISE HERE?

CONTACT THE MAGAZINE BY EMAILING: CLERK@PAULTONPARISHCOUNCIL.ORG.UK

H. H. Evans

Independent Family Funeral Directors

Established 1920

(John, Andrew, Jonathan & Claire Preston)

Tyndale House, Winterfield Park,
Paulton, Bristol, BS39 7RY
Tel: 01761 412364

PRIVATE CHAPEL OF REST

24hr Personal Caring Service

Funeral Plans available

www.hhevans.co.uk

Paulton Trinity Church



Self-care and Wellness

We have been in one form of lockdown or another for almost a year now. There is potential for greater hope in 2021 as the vaccine roll out gathers momentum and we think about the possibility of life returning to normal.

For many people this has been a difficult time as the need for social distancing has broken down our support networks, and lockdown has shrunk our worlds.

I would encourage you to consider at this time, where you were when this lockdown started? And where you will be when we emerge again? I don't expect things will have changed geographically for many of us. But what about emotionally, physically and spiritually?

This testing time during the pandemic has

laid bare many things, but a significant one is the need for 'self-care'. Part of the difficulty we have had as a nation in tackling this situation has been our pre-existing mental and physical health. In normal times, our lives can often continue without the need for maintenance and self-care, leaving our National Health Service to pick us up if things go wrong.

What is needed for us when we begin to emerge from our social bubbles are new patterns and routines that allow us to maintain our emotional, physical and spiritual health. Vaccines, science and medicine are all invaluable, but the cheapest and most efficient defence against illness is to maintain good health.

For many people, church and prayer form a component of this, providing a way to ground yourself each week. A moment to assess your priorities, be reminded of what is important, and of the love in the world.

If this is combined with a healthy diet and a bit of exercise, then we can be better equipped to deal, not just with a virus, but with everything that life may throw at us.

For more information and resources for your spiritual health visit:
<http://paulton-benefice.org.uk>

Every blessing,
Rev. Adam Pitt



Need Legal Advice?

Check out our Virtual Legal Surgery at th-law.co.uk or call us on 01761 414646.

Quality legal advice on a range of matters, without you leaving the comfort of your own home.

📍 th-law.co.uk

☎ 01761 414 646

✉ enquiries@th-law.co.uk

📷 📺 📱 📧



Paulton Art Group: Featured Artist

David Youdle

We aim to introduce a new 'featured' artist each edition, to inspire and educate residents on the joy of being creative!

This edition's artist is David Youdle, who is a founding member of Paulton Art Group and one of its oldest at 89.

David in his own words:

"My interest in art started many years ago when my children asked me to help them with their paintings. I purchased some art

A couple of years ago I did a painting on the side of a brick, which along with other decorated bricks, was carried as part of a sponsored walk along Hadrian's Wall in aid of Care for Casualties. It was great to meet local veteran Paul Thorne who was undertaking the walk, and I've been told they are being used to build a well for donations at the Light Infantry museum in Bodmin.

As an artist you don't normally know what happens to your paintings after they have



At almost 90 years of age, I still love painting and it has really helped me get through this last year during the Covid Lockdown. The Paulton Art Club is currently closed but I am looking forward to when we can all meet up again, as I really cherish all the friends I have made.



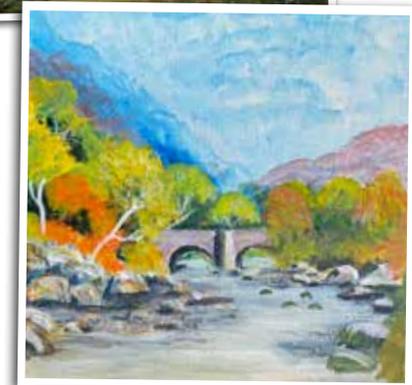
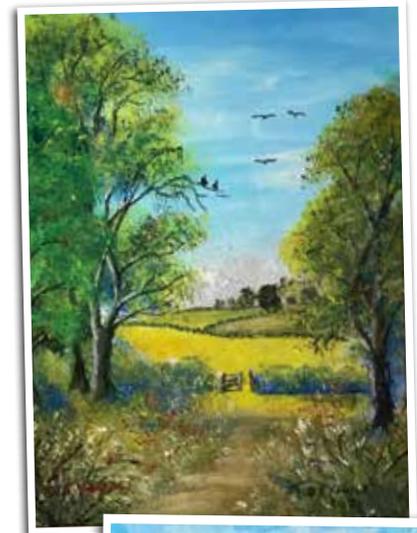
materials and a book on painting, and it all took off from there. I was encouraged after receiving several favourable comments on my paintings to join Westfield Art Group near Radstock. Shortly after joining I started selling my paintings at local fetes and was commissioned by the landlord of The White Post Inn to do two paintings of the pub at summer and winter, which were used to produce table mats.



been sold. However, one of my paintings was bought by a couple who had enjoyed looking at it for many years. When her husband died, she got in touch with me through a local paper to tell me how much the painting had meant to them and how it had helped her through her grief.



I have been a member of Paulton Art Group since it started and enjoy painting landscapes, mostly from photographs that I have taken on my travels around the UK. Recently I have been experimenting with abstract painting in mediums such as oils and watercolours but prefer using acrylics as they dry quickly.



Pet Talk with Dave Tweedle



Choose an area for your dog to spend their alone time, somewhere they'll feel safe and comfortable, away from hazards. Put their bed here too, plus clean, fresh water.

Top tip! Try fitting a safety gate, this'll mean you can leave the room and your dog will still be able to see you. If you prefer, you can also use your dog's crate. Make your dog comfortable by adding their favourite toys and a long-lasting treat. These goodies will help keep them mentally stimulated.

A Guide to Leaving Your Dog Alone After Lockdown

Going back to normal after a few months of furlough, or working at home with your dog by your side? Separation can be tough, but there are ways around it! Dave Tweedle, Clinical Director at Natures Vet in Paulton explains more...

For many of us, it's time to get back to work and to live our lives as normal (sort of normal, at least). But how do you go about leaving your dog on their own? For many owners, their pets won't have had any solitude in months, and the prospect of leaving the house without them can be a bit daunting.

Making your preparations:

It's all in the planning. If you start preparing now, you'll ease your dog into alone time, and it won't come as a shock.

Step 1: Closing the gate

When you come to closing the gate (either to the crate or to the room you've chosen to put your dog in), do it as casually as you can. Stay where your dog can see you, and only keep it closed for 10 seconds or so. Next time, you can close it for 20, then gradually work up to keeping the gate closed for a minute or two.

Step 2: Opening the gate

Try not to fuss over your dog while you open the gate. Open it casually, and don't entice them out. If they're happy where they are, leave them be!

Step 3: Going where your dog can't see you

If your dog is fine with having the gate closed for over a minute, your next step is to go where they can't see you. Stay in your house for the time being – just wander off to the next room and pop back again a few seconds later. Once again, build up the time gradually, and only proceed if your dog is happy and content (If they're not, go back to the previous stage).

Step 4: Leaving the house

When you're happy leaving your dog in their crate/hangout room for a fair amount of time (the time it takes you to do the washing up, say), you can then start leaving the house.

The length of time you leave your dog alone will depend on lots of things:

- If they suffered from separation anxiety before lockdown
- If they have any behavioural problems
- Their breed (some breeds like their own company more than others)
- Their age (a young puppy might find solitude difficult)

The trick is to work slowly and be prepared to go back a step if you need too. Don't throw your dog in at the deep end – they've been enjoying your company a lot over the past few months and will find it difficult to be apart from you. If you're concerned about leaving your dog alone for the first time since lockdown, give us a call at Natures' Vet – we're happy to help.



The Dog Groomery Competition



grabs. The idea is simple, with The Dog Groomery wanting to see your cutest or funniest doggy photo to be in with a chance of winning the amazing prizes.

1st Prize: Dog hamper from The Dog Groomery Shop worth over £150

2nd Prize: The Dog Groomery Pamper vouchers worth £100

3rd Prize: Your dog's photo on a cushion, mug, and keyring worth £40

Plus: More runners-up prizes

To Enter follow The Dog Groomery on Facebook or Instagram and then send a direct message with your photo entry, full name, email address, the dog's name, age, and breed. The Prize winners will be decided by The Dog Groomery's own judging panel, with winners announced at 7pm on 30/06/2021 on their social media pages. All the winners will also be featured in the next edition of the Paulton Magazine.

Facebook: @thedogGroomeryuk

Instagram: @the.dog.groomery



Residents might have noticed a new shop opening on our High Street in January, as it welcomed the opening of The Dog Groomery. The shop was opened by businesswoman and Midsomer Norton resident Kate Geernaert, who after doing extensive training with Canine Design, based in Evercreech, decided to set up her own dog grooming parlour. Kate had this to say, "I've been so lucky already with the support from local dog owners and thank the local community for such a warm welcome. I can't wait to meet more furry friends and their humans this summer, now I can operate the salon and shop fully as covid restrictions seem to be lifting. I welcome all dogs, large and small, young and old and full or mixed breeds."

To celebrate 6 months of being open, Kate has decided to run a dog photo competition for residents and customers to enter with lots of prizes up for

CENTRAL HIRE
PAULTON LTD - 01761 416465

Self-drive Car and Van rental

Are you moving house, goods, or in need of a car?

Central Hire, provides a self-drive car and van rental service to Paulton, Midsomer Norton, Radstock, Bath, Bristol and surrounding areas. We have a fleet of vehicles including a Box/Luton van, Panel Vans and medium to SUV cars, all available for **daily, weekends or weekly rental**.

They come with **fully comprehensive insurance** and **nationwide breakdown cover**, with **No upfront insurance deposit and No mileage charge**.

All vehicles are fitted with reverse parking sensors, optional Sat Nav, and all vehicles have air conditioning.



For our competitive price list, please call 01761 416465

www.centralgarage-paulton.co.uk/central-hire-car-van-hire/

WANT TO ADVERTISE HERE?

CONTACT THE MAGAZINE BY EMAILING: CLERK@PAULTONPARISHCOUNCIL.ORG.UK

PAULTON BOWLS CLUB



NEW MEMBERS WELCOME! ENQUIRE TODAY

Paulton Bowls Club is a small friendly club situated at the Miners Recreation Ground in Paulton. Our members play in national and county competitions, friendly games with other local clubs, and internal competitions. We also organise regular social events. Bowlers of all abilities and ages are welcome. Tuition is also available.

If you are interested in joining our club, or would like to find out more information, please call our Club President, Dave Hancock on 01761 402448 or email suedawnhancock@hotmail.com

You can also find us on Facebook - Paulton Bowls Club

Getting Quizical with Dot Mitchard

You might have seen Dot at one of her previous charity quizzes that were held at the Red Lion in Paulton. Today, she has set us five rounds of great quiz games for you to ponder over. Work them out and write your answers in the boxes below.

Good Luck!

Answers on page 42 of this magazine.



Round 1: Know Your Village

- 1. What is the number of the road which runs through the centre of the village?
- 2. In which year did Paulton Rovers play Norwich City in the FA Cup?
- 3. How many men lost their lives when a glider plane crashed at Double Hills in 1944?
- 4. In which year did Tesco supermarket open in Paulton?
- 5. Where was the original Paulton Cottage Hospital situated?

Round 2: Anagrams

Rearrange the letters to make the names of 5 TV Sitcoms.

- 6. So Heads Floor Nylons
- 7. Evil Fry Cohabited
- 8. Oust a Babe Soulfully
- 9. Behind Navy Gamble
- 10. Advancing Yeast

Round 3: Work It Out

Work out the 5 sentences below, here's an example to help you on your way: 160 in A P = Sixteen ounces in a pound.

- 11. 180 M S at D
- 12. 12 M of a J
- 13. 10 GBH on a W
- 14. 366 D in a LY
- 15. 12 D of C

Round 4: Missing Link

The word which is the missing link to the 3 listed may come at the end or the beginning.

- 16. Cheese, Guard, Roll
- 17. Master, Natural, Safe
- 18. Bath, Dive, Shell
- 19. Blazer, Nature, Paper
- 20. Axe, Losing, Ship

Round 5: Somersetshire Coal Canal

How much do you know about the old coal canal?

- 1. The Somersetshire coal canal ran from Paulton and Timsbury to where?
- 2. How long was the canal?
- 3. How many conventional locks were there on the canal at the Combe Hay flight?
- 4. By the 1820's how many tons of coal were being shifted per year?
- 5. The Camerton Branch Railway opened in 1880 in what year did it close?

New Community Website



If you have accessed the site, we hope you found it useful. If you feel something vital is missing, please inform us as it is a site for the whole community. The site is run on a voluntary basis, so please offer what you can as your content is important. Help is also invited to program and shape the site so that it remains current and can benefit the Paulton community for many years.

Thank you,
Susan Burnett

Iwould like to say 'Thank you' to Paulton Parish Council for supporting the village website: www.paultoncommunitywebsite.co.uk. This website aims to help you to access information and as well as offering the opportunity to connect with the village when you need to. There may be times when you want to shout about what you can offer the community. You could be running a club, holding a special event, or wanting to promote your business. There is a news page, an events page and a Paulton directory, where we try to list what you want to tell the village about.

At other times you may not wish to shout. Perhaps your circumstances change, maybe you need support. We hope that our many links can point you in the right direction. If you haven't yet discovered the site, please log on to www.paultoncommunitywebsite.co.uk and explore.

ADL
GARAGE DOORS
AVON DOOR & LOCK CO.

Garage Doors • Roller Shutters

- Sectional Doors •

Sales – Spares – Installation – Repairs
Servicing – Automation Specialists

01761 416544 • 01225 738866

- 01179 000666 •

www.avondoorlock.co.uk

Unit 10/11 Old Mills Industrial Estate,
Paulton, Bristol, BS39 7SU

CENTRAL GARAGE

PAULTON LTD - 01761 416465



Based at Ham Lane in Paulton, Central Garage has been established for over 40 years, providing a friendly service to Paulton, Midsomer Norton, Radstock, Bath, Bristol and surrounding areas.

Among the services we provide are;

- **MOT testing, Services and Repairs** to all makes and models, including light commercial vehicles.
- The latest in automotive **Diagnostic** software to diagnose issues with engine management, ABS, Airbags, etc.
- Full **Air conditioning** service and repairs.
- **Tyre fitting, Balancing** and the latest HD **Wheel alignment**
- **Breakdown recovery**

Along with the above, we also specialise in;

- **Engine ECU remapping**
- **Performance tuning**
- **LongLife Custom stainless steel exhausts**
- **Classic car restoration**

For more information, please visit our website or give us a call;
01761 416465

www.centralgarage-paulton.co.uk



Keeping Fit with Becky

Today I am going to take you through a simple upper body workout. This is done with some weights, but if you don't have any, you can use bottles of water, books, or anything that you may have lying about which has a bit of weight to it.

If you are new to exercise or have any injuries, please check with your GP before you undertake any exercise.

Warm Up: 5-10 mins of moderate cardio to get raise your heart rate and get your joints ready for the exercises. **1.** High knees **2.** Side to side lunges with chest openers **3.** Prisoner knees **4.** Step back plank **5.** Shoulder circles



Arms: 1. Bicep Curl (front of the arm) 3 sets of 10: Hold your weights in each hand with your arms by your side. Fix your elbows into your sides and turn your palms upwards. Slowly for about a count of 2, bring your hands towards your shoulders keeping your elbows fixed, so your arms are now bent. Slowly return your hands down to where they started. (Figs 6-7)

2. Triceps Extension (back of the arm) 3 sets of 10: Take 1 weight in both hands and put your hands behind your head. Keep your elbows tucked into the side of your head/ears and slowly lift the weigh above your head. Squeeze the back of your arms and slowly return to the starting position. (Figs 8-9)



Upper Body Work Out

Shoulders: 3. Halos 10 reps in each direction x 3: Start either kneeling on the floor or standing with your knees just slightly wider than your hips. Hold 1 weight in both hands in front of you. Slowly circle the weight around your head and bring it back to the front and repeat. (Figs 10-13)



Chest: 4. Push ups (Chest, shoulders triceps, abdominals) 3 sets of 10: Starting in either a plank position on your toes or on your knees, drop your body toward the floor, bending your arms and push back up again. (Figs 14-16)

Back: 5. Kneeling Row 3 sets of 10: Begin on all fours. Make sure your back is straight and your hands are directly underneath your shoulders and knees underneath your hips. You should be looking at the floor to keep your neck in line with your spine. Pick up your weight in one hand and pull it up towards your armpit, keeping your elbow tucked in tightly to your side. Return the weight to the floor. (Figs 17-18)



Becky owns RW Fitness in Westfield and qualified in 2007. She runs various classes such as Boogie Bounce on mini trampolines, Boogie Bands with resistance bands, Metafit, a HIIT class, Boxercise, L1FT, a weightlifting class and M1ND, a lovely stretching class. If you would like to book any classes, please look at my website www.rwfitness.uk or find me on Facebook @RWFitnessMSN

A Walk on the Wild Side



Paulton has approximately 12 miles of public rights of way so everyone can get to see their own area and experience some of the lovely countryside. Each edition, Walk on the Wild Side will be bringing a new place to explore from Paulton and beyond.

Over the Hill and Back Again: Approx 4.3km



1 To start, make your way over to Downsway, which is just off Farrington Road. Turn off Downsway to enter West View and walk along until you come



to a very small right of way between two houses. After the kissing gate, pass through the first field and as you enter the second field take in the marvellous views of Paulton and Farrington Gurney. Dropping down over this field, go through the gate at the bottom and continue a very well-trodden footpath to a large tree where the field diverts to the right. Carry on down the hill and at the bottom there is a small stone bridge that takes you into another field toward Hallatrow.



2 Turn diagonally left to a kissing gate at the top of the field and go through the gate to follow the path up the field where you'll find a gate over a wooden bridge with steps. In the next field, head diagonally left (towards the church) following the path. Go through the next gate and head towards the tree directly in front. Go through the next gate in the corner of this field and immediately through another.



3 Follow the wide path through the next two fields. Follow the narrower path across the next field, with the playing fields on your right and the village hall beyond, until you meet the lane.





5 Turn left and keep to the edge of this field all the way down until you come to the road where there is a stile by the tree. Be extremely careful crossing the road as it is busy with a blind bend to your right. Cross this field and the next before you get to a gate leading into a lane. Turn left and walk up the lane past some cottages.

4 Turn left and head towards Farrington Church passing over a cattle grid. On nearing the Church pass through an iron gate on your right. Go across another very small field until you enter a larger field.



6 You will eventually enter another field with the Arnhem Memorial on your right. This is a stunning memorial to the 23 lives lost when a glider crashed in the fields during the war. Walking straight ahead with the Memorial on your right enter another field. Crossing the field diagonally you will then cross a lane to enter the Miners Welfare Recreation Ground. Again, you will have beautiful views to the left as you walk the pathway leading past the Paulton Bowls Club. From here you can make your way back home.

Produced by Anne and Jackie

*Please note:
Please keep to footpaths which can be muddy and very slippery. Please take care when walking on public highways and near to open water. Some fields may contain animals so please keep dogs on a lead.*



Learn to swim

We offer lessons for any ages and any ability:

- **Parent and baby sessions**
- **Parent and toddler lessons (2-3 years)**
- **Pre-school lessons (3-4 years)**
- **Dolphin lessons (4 years +)**
- **Rookie lifeguard**
- **1:1/ 2:1 lessons (Children/ Adult)**

AQUA AEROBICS

Every Thursday

7pm-7:45pm

Any age

FAMILY LANE SWIM

Every Sunday

9-12am (45 mins swim)

Book one week or multiple weeks for a family up to 5 for £13



Email: Swim@paultonpool.org.uk

Baking with Ruby



Chocolate Mousse For two

Ingredients

- 90g of chocolate
- 2 eggs - separated
- 10g - white chocolate (for decoration)

Method

Step 1: Place the chocolate in a heatproof bowl, over a pan of simmering water on a low to medium heat, stirring while it melts. Once it is smooth and liquid, remove from the heat and allow it to cool slightly.

Step 2: While the chocolate is cooling, beat the separated egg yolks in a bowl.

Step 3: In a separate bowl, whisk the egg whites until they form soft peaks. Try turning the bowl upside down and if the egg whites are firm enough and don't drip, they are ready.



Step 4: Stir the beaten egg yolks into the melted chocolate and then gently fold in the egg whites until the mixture is smooth.

Step 5: Divide evenly between the individual glasses and chill for 1 hour. You can decorate with grated white chocolate.

TOP TIP! Try using an electric whisk for the egg whites, to make it easier.



Sweet Spot
Milkshakes & Confectionery

"A Traditional Sweet Shop With a Modern Twist!"

A HUGE variety of Milkshakes & sweets ranging from classics such as Pear Drops & Pineapple rock to Super Soor Tongue Twisters - Are YOU brave enough?!

Sweet Cart for Hire
Fully customizable to suit any occasion. Perfect for Birthdays, Weddings & much more.

Sweet Boxes
Sweet, chocolate and fudge boxes making ideal treats or the perfect gift. From £5 each.

Come pay us a visit and enjoy our new outdoor seating area with your favourite refreshments

Places You Can Find Us:
Sweet Spot
High Street
Paulton
BS39 7QG

www.sweetspotpaulton.com
@sweetspotpaulton

D. J. PHILLIPS
Your local Mower Expert!

30 YEARS AND STILL GOING STRONG!

- New machinery sales
- Used machinery sales
- Service & Repair
- Fully-equipped workshop • Parts
- Full warranty, Service & Spares
- Large on-site car park

HAYTER **Mountfield** **Masport** **TIGTA** **STIHL**
COUNTAX **WORLDFARM** **WOLF Carbon**

Come and enjoy thirty years of knowledge and experience
We are here to help with all your mowing needs

Units 3 & 4, Highbury Farm Business Park
Hallatrow, Bristol BS39 6EH
T: 01761 453131
E: Sales@djphillipsbristol.co.uk
W: www.djphillips.co.uk

Terminus Bridge Update



the help of the Waterways Recovery Group (BITM) when they are able to operate again. The wing walls include a stop plank groove which is essential for preventing water loss if there are any leaks in the section to the East of the bridge at a future date. During this work we will be able to assess and repair the stonework of the bridge narrows and the original foundations. The bridge we are going to install is a flat-decked pedestrian bridge and is remarkably like the one across the K&A Canal at Brassknocker Basin. The exact design of the bridge and surrounding structures will be the subject of a separate schedule of works.

With sufficient funding in place, it is now possible to draw up a firm plan of action, some of which can be started even before the lockdown is lifted.

The waterflow through the Paulton Basin bund, which has been keeping the puddle clay in the Terminus Bridge section wet, has now been stopped off. The sluice East of the bund is slightly leaky, so the water level will now drop, allowing the section around the bridge site to begin to dry out ready for work to begin.

The sluice, which was a temporary plastic fitting, will be removed. The old, damaged stonework it was set in will be stabilised with concrete to form a new flat vertical face on which a new drain valve can be installed. Once the means for proper control of the water supply has been established, work can commence on Terminus Bridge.

Scaffolding will be erected around the bridge wing walls to make repairs, with



Before we can re-water this section, we may have to dig out and repair the embankment about 250 metres East of the bridge site, where numerous leaks have appeared. All attempts to stop the leaks have failed and a thorough investigation, which may lead to major repair work, seems to be the only answer. To retain the water in the new section we shall have to either create a new bund on the West side of the stop plank point or build the stop point up to towpath level with the landowner's permission.

Mark Sherrey

Check the Societies website and Facebook page for details of the work parties.

Purnell Bowls Club
The Sports Ground, Bristol Road, Paulton

invites you to try our game for free

We are the only local club with both outdoor and indoor rinks

Free coaching available at a time to suit you

Join us on Facebook or visit www.purnellbowls.co.uk
To arrange your visit ring Don Dart on 01761 471019 or John Hansford 01761 415957

PLAY AS A FAMILY

Paul Green Hi-Fi
audio visual studio | 01225 316197 | free parking

Your local dealer for:
TV | Wireless Audio | Hi-Fi
A Paulton family business

Unit 8
Brassmill Enterprise Centre
Brassmill Lane
Bath BA1 3JH
01225 316197 / 337955
info@paulgreenhifi.co.uk
paulgreenhifi.co.uk

SONOS Panasonic

THE LAMB INN
Beer Garden & Real Ales

What's on at The Lamb Inn

Tuesdays: Free Pool 7pm

Wednesdays: Quiz Night—9pm Free to enter, big prizes and free cheese & biscuits

Thursdays: Karaoke at 9pm

Fridays: Free Jukebox 6-9pm

Saturdays: Singers, DJ's, Bands, Boxing, as advertised

Showing all live sports on Sky, BT, ATR & RUK on 5 TV's.

T: 01761 419037
F: gregsvickylambinn
E: greglamb@live.co.uk

Pride In Paulton Partnership

Meet the members of PiP



From left to right:
Hazel Rowcliffe, Lynn Madden, Hilary Smyth, Mike Colliver, Gail Garlick, Haley Shackleton, Becky Parker (lying on the ground)

We have been together as a group for 7 years and have significantly improved and created many areas around the Village, which we look after throughout the year. The photo of our team was taken when we were tidying up the areas around the bottom of Downsway. We created this area a couple of years ago as it can be seen on both entering and leaving the Village, we have used perennials and added seasonal planting to keep it looking colourful all year round. We have also planted Hydrangeas along the wall, which will take a while to establish themselves but will look stunning when they do.

Our next project is the grassy area on the corner of Alexandra Park, and we are in discussions to decide the best plants to put there. We have 100s of plants in our greenhouse/polytunnel just waiting for the right time to plant them out, hopefully by the end of May with the hanging baskets following in June. We meet at 10:00am every Tuesday morning, do a couple of hours gardening and then enjoy a coffee at the Hub Café, if you ever want to join us, just come along to the Hub at 10:00am any Tuesday, we would love to see you.

PiP Team
 prideinpaultonpartnership@gmail.com



THE VILLAGE HALL

— — EVENTS AND MEETING ROOMS — —

The Village Hall is an ideal venue for parties, wedding and christening celebrations, and fundraisers. It has a maximum capacity of 200 (100 seated). Hire includes use of a fully fitted kitchen.

The meeting room can seat up to 30 and is perfect for a business meeting or staff training event. Hire includes Wi-Fi and use of a projection screen.

For availability and booking information please contact:
 T: 01761 413 644
 E: paultonvillagehall@gmail.com



Large Car Park

Decking Areas, Front and Back



Beer Garden at Rear

Food

THE RED LION

The Red Lion, High Street, Paulton BS39 7NW
 Reservations: 01761 569 713
 www.redlionfoodie.co.uk

We are now taking bookings for:

- Sunday Roasts
- Breakfasts
- Lunches
- Dinners
- Takeaways

We look forward to welcoming old and new customers to enjoy our great food, wines, ciders, beers, large selection of gins and cocktails

Please cut out this advert and bring it with you to claim
10% DISCOUNT ON YOUR WHOLE BILL



Somer 2000 Ltd is a well-established local company catering for all your Electrical and Security system needs, with our workshop offering:

General Contracting • Maintenance
 Intruder & Fire Alarms • Data Networks
 CCTV • Access Control
 Transformer Manufacture



Unit 26 Midsomer Norton Enterprise Park
 Radstock Road, Midsomer Norton, Bath
 Tel: 01761 412727
 Web: www.somer2000.co.uk

Give Walking Football a Go



love of playing and a wicked sense of humour.

Angelo Ruiz started the group several years ago, and is still at the helm having seen it expand from six to forty players.

For more information check out their website at: www.msnwalkingfootball.webador.co.uk

The Way Back to Health and Fitness

Living in a pandemic for over a year, has had an impact on the physical and mental wellbeing of many, and in particular those who were unable to go outside or have been isolated on their own.

One way of introducing physical exercise whilst enjoying the company of like minded people, is to be out in the fresh air playing the very popular game of walking football.

The Midsomer Norton Men's Walking Football group, meet every Tuesday and Thursday morning at Midsomer Norton Sports Centre, regardless of the weather conditions. Men aged fifty with no upper limit, are welcome to come and join this affable group of good humoured "old timers", who share a

S G TAYLOR
 Jeweller Watches & Clocks
 All clock, watch & jewellery repairs undertaken
 Antique Repairs a Speciality

High Street, Paulton
 Tel: 01761 412389



All your print solutions

Happy to support local communities



FORMS MANAGEMENT

Full Colour Brochures and Flyers, Business Stationery, Security Print, Promotional Giveaways, Exhibition Signage and much more.



OFFICE CONSUMABLES

Copier Paper, Tinted Paper, Laminating Pouches, Envelopes, Stationery, Filing Systems, Ink and Toner



DIRECT MAIL

Transactional Mail, Promotional Mail, Charity Mail and One Piece Mailers



PROMOTIONAL PRODUCTS

Branded Merchandise & Corporate Gifts



WORKWEAR

Up to 5k stitches one position embroidery Mix and Match Minimum order of 6 units



LABELS

Flat Sheet Labels, Continuous Labels, Integrated Labels, Production Labels and Food Safe Labels

30/31 Fourth Avenue
Westfield Trading Estate
Midsomer Norton, Radstock
BA3 4XE

01761 419412
07747 100 743 (24hrs)

sales@bristolbusinessforms.co.uk
www.bristolbusinessforms.co.uk
@bristolbusinessforms

PAULTON ROVERS FC

PAULTON ROVER LOYALTY CARD IS FREE FOR A YEAR TO SUPPORT CUSTOMERS AS WE COME OUT OF LOCKDOWN

LOYALTY CARD DEALS

DISCOUNT ON DRINKS

Get up to 50p off each pint you purchase using your loyalty card.



LOYALTY CARD POINTS

The more you spend, the more money you get off at the bar.



DISCOUNT ENTRY TO THE FOOTBALL GROUND

Green Fingers with Jackie Hamblen



A Staycation in the Garden

As I write Mr Johnson's roadmap seems to be on track and by now, we should have been liberated for several weeks. Travel companies have been desperately trying to persuade us to jet off to some sun, but it is a temptation I have no trouble resisting.

The garden is growing in all its fulsome glory now. The realisation of all the ideas, planning and hard work is before our very eyes and it is worth casting a critical, yet self-congratulatory eye over our own corner of heaven. I can't remember the last time I went away in the summer. I fear the garden and especially the greenhouse would never survive my absence for more than a couple of days. I could invest in one of the many irrigation gadgets or recruit a willing neighbour to keep

things going in exchange for some produce. But to be honest I cannot tear myself away from the garden when it's showing at its best, a time that is all too fleeting. Time enough in the winter to go away, when everything happens more slowly, and a few days missed is soon made up.

As if that wasn't reason enough, the days after midsummer herald the last sowing window for autumn and winter vegetables: carrots, French beans, spinach, peas, lettuce, and beetroot. Last year's scorching summer was not good for the runner beans but as the weather cooled, they had a second flush, better than the first. I resolved to save some beans for sowing in July this year to take a harvest through into the autumn on young, vigorous plants.

Jobs to do:

- **Containers** can dry out very quickly so water them every day and feed at least once a week.
- **Deadheading** will keep plants flowering and removes dead material that could harbour disease. Cut back to the next growth point, don't leave a bare stalk. For some perennials, such as Delphiniums and Verbascum cut the finished flower spike right out to encourage more flowers. Hardy

Geraniums and Nepeta can have a good haircut with the shears.

- **Sow seeds of biennials** such as Foxglove and Sweet William to plant out in October/November.

- **Summer prune** espalier grown apples and pears. Check out how to do it <https://www.rhs.org.uk/advice/profile?PID=212>

- **Prune whippy shoots of Wisteria** back to about 20cm/8". This keeps it tidy and encourages flowering for next year.

If the weather is dry and your lawn is stressed, **raise the cutting height on the mower** rather than reach for the hose.





Acorn Pre-School
01761 416767 - www.acornpreschool.co.uk



SPACES AVAILABLE

Acorn Pre-School is situated at Paulton Village Hall, and has been providing childcare here for over 30 years.



Rated 'Outstanding' by OFSTED – May 2014

'Children make excellent progress in their learning and development and the kind warm, and long established staff promotes reassurance among the children that enables them to be curious, happy and confident learners.'

Please call us on 01761 416767 or email us at acornpreschool@hotmail.co.uk for an informal chat or to arrange a visit.

Acorn Pre-School, Village Hall, Farrington Road, Paulton, BS39 7LW

Paulton Library Is Open!



looking for is not on the shelf, we have the facility of ordering a copy for delivery to the library. There is plenty of free car parking to the rear of the building and a café on the premises. Presently we have a computer for customer use with access to printing, but because of Covid-19 we are restricted with what we can offer and only photo copying is currently our only facility, but as Covid-19 restrictions are eased we are hoping to be able to allow use of the computer. Further facilities will be introduced with potentially a book club, singing for children, art displays, talks etc. So do come and visit our library where a very warm welcome awaits you.

We are pleased to announce that after the latest Covid-19 closure, Paulton Library is now open once again to welcome old and new friends. Fingers crossed that after this tentative step forward we will continue to increase our opening times.

The library is managed by Paulton Parish Council, but is staffed by a dedicated and enthusiastic group of volunteers, who are there every day:

- Monday 2 - 4pm
- Tuesday – Saturday 10 - 12pm

We are on the lookout for more volunteers, so if this is of interest to you please contact Paulton Parish Council at: clerk@paultonparishcouncil.org.uk or telephone 01761 413644.

Our library stock is extensive and provides books which range in use from the very young reader to those of a more senior age! However, if the book that you are



Specialising in the sale and letting
of property in Paulton and surrounding areas

Contact : James Allen
For a free appraisal of your home

High Street, Paulton
Tel: 01761 412300 Fax: 01761 412422
enquiries@allen-residential.co.uk



Rest In Peace Prince Phillip

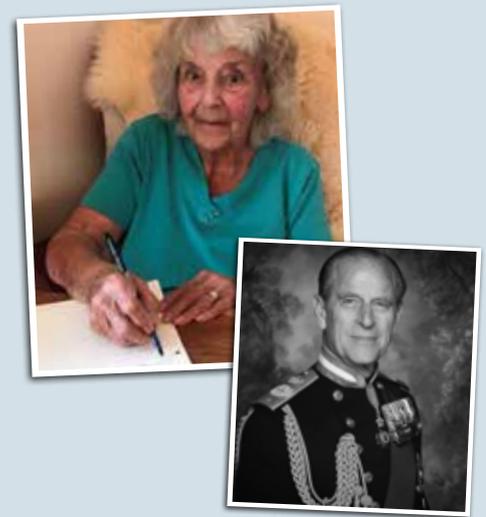


Following the death of HRH The Prince Philip, Duke of Edinburgh, the residents of Paulton paid their respects in many ways. People shared their memories and tributes on the Village Facebook pages, many people completed the book of condolence both online and at the Village Hall.

Paulton Parish Council joined together around the flagpole in the Memorial Park to observe the minute's silence on the day of his funeral in honour of Prince Philip's extraordinary life of service to his country and the Queen. The Councillors were joined by Rev Martin Slocombe who shared some words about the remarkable life of Prince Philip and led us in prayer.

Residents and staff at Bloomfield Care Centre came together to watch the funeral and share their memories of

Prince Philip and the Queen and what the royal family has meant to them over the years. They reminisced about royal tours and the Duke's contribution to many different aspects of British life. Residents were happy to have the opportunity to sign the book of condolence supplied by Paulton Parish Council. Nora, a resident at Bloomfield said, "I was very fond of Prince Phillip and I'm an ardent Royalist, I admired him for his works as well as his beliefs as a Christian". The General Manager, Gail Stone added "We all felt it was really important to mark this occasion. Prince Philip achieved so much over his 99 years. We wanted to come together and give thanks for his life and to celebrate his many achievements."



From Puppy to Guide Dog



After seeing Linda Hole out and about in the Village with her guide dog puppy we wanted to find out more about what is involved in guide dog puppy walking and training.

Linda has been a guide dog puppy walker and trainer for 33 years, during this time she has trained and walked 40 puppies. We asked Linda to share her story with us.

What made you interested in becoming a walker and trainer for guide dogs? I remember as a child watching Blue Peter. Collecting and sending in stamps and tinfoil to raise money for guide dogs, and then the arrival of a yellow Labrador puppy to be walked by one of the presenters. The name Honey was chosen from suggestions sent in and week by week I watched as she was walked and exposed to the various situations and taught some basic obedience.

When did you decide to become a walker and trainer? When our first child started school, I was bored and wanted

something to do that would involve the family and also would help other people. I also wanted another dog and so I decided to combine the two, so I contacted our local guide dog training centre in Exeter and the rest, as they say, is history.

What is involved in training a guide dog puppy? The idea is to bring the puppy up towards the type of life that it will lead as a qualified guide dog. It therefore needs to experience and get used to all the normal (and sometimes unusual) everyday things that we humans do. The wider the experience the better, so as far as possible, the puppy comes most places with me. We always try and make sure that every experience is a good one, associated with lots of food rewards and praise.

Can you share with us some of the important elements of the training? Training starts when the puppy first arrives. House training has a new meaning with a guide dog puppy as the pups are taught to go on command. We use the word "busy." When the pup does perform, we have many congratulations and much praise until eventually the penny, (so to speak) drops, and the dog goes on first or second command. This is an important step, as when qualified, the life of the guide dog owner and the dog could be put at risk by the dog being distracted by the need to "go". We do the usual basic obedience, sit, down, stand, stay, come, but we also



add others like touch and chin to these commands. The pup is taught to touch our hand when they come back.

If you cannot see and the dog just comes and sits in front of you, how do you know it is there? The chin is for the dog to rest its chin on your hand while we pretend to look in the ears or eyes, and eventually pretend to put drops in. It must be very difficult to do this medication if you are visually impaired and the dog wriggles.

In addition to obedience what else is important? It's important I take the dogs out to see normal life and things that may be unusual, like people digging holes in the road, we travel in cars, buses, visit the train station and then take a ride.



We look at heavy traffic, farm animals, horses, cats, birds. Go to church, cafes, pubs, restaurants. Basically, anything that might excite or startle a dog. For about 30 years, I was also able to take my guide dog puppy to work with me when appropriate, helping them to get used to an office environment by lying quietly under the desk whilst I work and ignoring any clients and colleagues who came in.

How has being a puppy walker and trainer impacted your life? Puppy walking is addictive, our lives revolve around guide dogs. Need a new car – "will it take a puppy?" Need a new kitchen – "which bits are likely to get chewed?" Need a new carpet – "What shade won't show the dirt or dog hair?" New clothes – black or pale so the hair will blend in! Other considerations are – can the puppy reach it? Will it get knocked over by a wagging tail or will it get chewed. My children often went to school with a note from mum to say, "the dog ate the homework".

How long does it take for you to complete the training and walking? At about 14 months old the pup is ready to leave us and move on to the next stage of training. I am always very sad and have a good cry. Then look forward to the next one. But I know I have done my best to produce a well behaved, calm, confident dog who will make me proud.

Useful Community Contacts



Age UK	01225 466135
B&NES	01225 477000
B&NES Council Connect	01225 394041
Bus Services (First Bus)	0333 0143480
Crimestoppers	0800 555111
Citizens Advice Bureau	0844 8487919
Clerk for Paulton Parish – Carol Hall	01761 413644 Clerk@paultonparishcouncil.org.uk
CURO	01225 366000
Dog Warden	01225 394041
Elm Hayes Surgery	01761 413155
Environment Agency	0800 807060
Halton House Dental Clinic	01761 411166
Jacob Rees-Mogg MP	0117 9872313 Jacob.reesmogg.mp@parliament.uk
Lloyds Pharmacy	01761 412146
Paulton Dental Surgery	01761 416057
Paulton Hospital	01761 412315
Paulton Library	01225 536535
Paulton Community Pool	01761 411890
Defibrillator locations (AEDs)	Paulton Village Hall (24 Hour) Paulton Community Pool (During Hours)



Quiz Answers: Round 1: 1. B3355, 2. 2009, 3. 23, 4. 1995, 5. Ham Lane. **Round 2:** 6. Only Fools and Horses, 7. The Vicar of Dibley, 8. Absolutely Fabulous, 9. Men Behaving Badly, 10. Gavin and Stacey. **Round 3:** 11. 180 Maximum Score at Darts, 12. 12 Members of a Jury, 13. 10 Green Bottles Hanging on a Wall, 14. 366 Days in a Leap Year, 15. 12 Days of Christmas. **Round 4:** 16. Swiss, 17. Harbour, 18. Bomb, 19. Trail, 20. Battle. **Round 5:** 21. Dundas, 22. 10 miles, 23. 22, 24. 100,000, 25. 1935

On The Buses with Cyril...

Your Bus Service Update

Since our last article in the Spring magazine written by Robert Sanderson of First Bus there have been no major changes to our bus services in Paulton, that is a half hourly service to Bath and hourly into Bristol.

I make no excuses that when I meet with Robert and his colleagues from First Bus. My priorities are to maintain and if possible, improve the service in Paulton such as the 172 links to Farrington Gurney for services to Wells and Bristol.

The period through the pandemic has been a concern for me in that we might come out of the nightmare with a changed service so I hope, when we emerge from this, more people will use our buses and make them profitable. As Robert said all the buses used on our routes are clean air compliant so you don't need to worry about paying clean air taxes in our two major cities and indeed high parking fees.

For August, supported services 172 (mainly evenings) 82, 179, and 768 'supported bus tenders' contracts are due to be revised, hopefully all services will run as at present. As mentioned before we have a good range of services in Paulton as well as those provided by First Bus such as:

Service 82 (Frome Coaches) run from

Paulton to Radstock has 5 journeys each way per day via Westfield, Midsomer Norton, Pinewood Road, Tescos, Carter Road, Hallatrow Road, Brittens Hill and Ham Lane.

Service 768 Paulton to Bath 2 journeys daily via Tescos, Paulton, Midsomer Norton, Radstock, Clandown, Camerton, Timsbury, Tunley, Priston, Englishcombe, Southdown, Bear Flat, Oldfield Road and Southgate Bath.

Service 179 Midsomer Norton to Bath (CT Coaches) 5 daily return journeys via Beauchamp Avenue (Charlton Park) Midsomer Norton, Tescos, Paulton, Ham Lane, Brittens Hill, High Littleton, Farmbrough, Timsbury, Odd down and Bath Bus Station.

Service 185 Tescos Paulton to Trowbridge and return (Thursdays only) via Midsomer Norton, Westfield, Radstock, Writhlington, Faulkland, Norton St Phillip, Southwick, Trowbridge. This journey takes 1 hour 16 minutes.

So, when you feel safe enough and emerge from Covid precautions why not give the bus a chance and who knows you may think it's for you and become a regular bus user and help to maintain the service levels we enjoy now. If you have any queries or comments about our bus services, I can be contacted via the Parish Council Office

Cyril Mitchard



Paul Gunstone Mechanical Services Ltd

Telephone
01761 453423

Unit 1 Trident Works Marsh Lane Temple Cloud Bristol BS39 5AZ

"Serving The Local Community For The Last 30 Years"

We Can Offer:

- * All Makes Servicing.
- * Diagnostic Testing.
- * Automotive Repairs.
- * Tyres & Exhausts.
- * Wheel Alignment.
- * Yuasa Batteries.
- * MOT's Arranged.
- * Brakes & Clutches.
- * Steering & Suspension.
- * Fuel System Cleaning.
- * DPF Test & Repairs.
- * ECU Software Updates.
- * Free Courtesy Cars.



A/C Special Offer:

This summer, why not have your vehicles Air Conditioning checked & serviced for the very special price of just:

£48.00 inc

(Price shown is for vehicles fitted with a R134a A/C system only. Please call us for a price on vehicles fitted with the later R1234yf systems found on most modern cars)

A Little Bit About Us:

We are a family owned business based in the small village of Halltrow, which is on the outskirts of Paulton. Paul & Charlie are both fully trained Bosch Automotive Technicians & work to a very high standard. We are members of the Servicesure Automotive Network, which allows us to offer our customers some fantastic deals! Why not give us a call to discuss all your motor vehicle requirements? We are sure you will not be disappointed.....

servicesure
AUTOCENTRES

Unit 1

Trident Works

Marsh Lane

Temple Cloud

Bristol

BS39 5AZ

W: www.paulgunstone.com

E: info@paulgunstone.com

T: 01761 453423