



The Timsbury Letter





Covid-19 Thanks

As we made our New Year resolutions and laid plans for the coming year none of us imagined that in 2020 a virus would emerge and rapidly spread across the globe. There have been thousands of deaths and everybody's lives have been affected.

New words have entered everyday language. Furlough, coronavirus, lock down and social distancing amongst them.

The effect on Timsbury has been immense and many of us are struggling and there is more to come. But yet, we have much to be thankful for.

I am grateful to the local businesses which stayed open.

I am thankful for staff putting themselves in harm's way to serve us.

I am grateful to all the villagers who are engaged in 'front line' work

I am thankful for their sacrifice.

I am grateful for volunteers who have shopped, gardened and phoned.

I am thankful for their kindness.

I am grateful for the adherence to social distancing.

I am thankful for the consideration.

I am grateful for the beauty of the countryside.

I am thankful for the cheerfulness and positivity shown by those I meet.

I am grateful for the reduction in carbon emissions.

I am thankful for the cleaner air.

I am grateful for the reduction in traffic.

I am thankful for the peace and the joy of birdsong.

KC Bradley on behalf of Timsbury Parish Council

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Welcome to the July Timsbury Letter

Features this Month

Parish Council Report for the Year 2019/20 – page 6,7

75th Anniversary VE Day Celebration – page 9,10

Mental Health in Lockdown -Reflections of a Therapist - page 16,17

St Mary's Primary School – page 12,13,14,15

August Letter Deadline: Thursday 9th July

Please send articles and adverts EARLY to:

Madeleine Potts, newsletter@timsbury.org.uk 07834 859291

47 Southlands Drive. Images & adverts in JPG format.

Village News

Adapting to Coronavirus

timsbury.org.uk/coronavirus

So many residents, businesses and groups in the village have made the lockdown more bearable by straining with great effort to keep services going as best as possible.

The volunteer shopping service set up by St Marys Church has, since the very start of the lockdown, successfully filled the gap for dozens of isolated residents in the village without other support.

The pharmacy and shops and food outlets have adapted, and we hope that they can open up more fully as soon as

possible. The school and Timsbury Childcare have done what they can to support children and parents in this very challenging time.

The Parish Council has kept it's staff employed; the leaf & litter picking service has carried on and we are planning to open some sort of library service at the Hub as soon as practical with B&NES library service. The youth workers of Youth Connect SW, now contracted by the Parish Council instead of B&NES, have regularly visited and

contacted the young people who have been out and about in the village.

The tennis court is open for bookings via the Conygre Trust, but not the play area yet. In spite of the struggles and worries of many, it seems that the

village's strong community links have made this time more bearable than it could have been.

The Taste of Timsbury event has had to be cancelled this year and see page 11 about the Flower Show and Timsbury Gardening Club.

New Parish Councillor

The Parish Council has managed to hold meetings as normally as possible by remote working on the internet. We will continue to do so until further notice and members of the public can still take part by internet or just phone.

In May KC Bradley was co-opted and welcomed as a new Parish Councillor to fill the remaining vacancy following the advertising in March. See details at timsbury.org.uk/parishcouncil. See page 6-7 about last year.

Scarecrow Trail 11-12 July

The wonderful trail will be something to look forward to this summer, organised by St Marys Church. There will not be any theme and there will be a new prize for family efforts. Contact:

martinblewett@gmail.com or phone **01761 472 448**. We hope again to show it on the website again for those who cannot still go out.

Planning Applications

Comments by the Parish Council can be seen on the B&NES planning website, in the Parish Council Minutes at: timsbury.org.uk/parishcouncil/meetings and on noticeboards in the Conygre Hall and outside the Our Plaice chip shop.

Applications decided by B&NES Council
20/00778/FUL 7 The Mead, Timsbury, BA2 0NS

Erection of first floor side extension, first floor rear extension and conversion of garage. PERMITTED
20/00444/FUL Radford Villa, Weekesley Lane, Timsbury BA2 0QF
Alteration of exiting two storey garage and ancillary accommodation annex building to provide a 'granny annex'. PERMITTED

Parish Council Meeting

Meetings are held remotely on the internet until further notice

and the public can still join in.
Next Meeting 6th July at 7.30pm

See timsbury.org.uk/parishcouncil

Chris Gittins

Clerk to Timsbury Parish Council

01761 470 516

timsbury.parish.clerk@gmail.com

www.timsbury.org.uk/parishcouncil



Upper Conygre' New Houses & Offices for Timsbury

The planning application to develop the derelict site at the corner of North Road and The Avenue has at last been approved by B&NES Council. 26 new houses will be built, plus some office spaces. There will be a new road onto North Road and pedestrian facilities. This follows much consultation by the owner with the Parish Council and the village during 2018.

The development will be called 'Upper Conygre' after the name of the coal mine on the site which was in use from 1791 until 1916. The name was requested by the village and there will be an information board at the entrance to the site.

Since then it was 'Wheeler's Yard' which was a cement block works. The Lower Conygre pit was off Radford Hill. Building has started with completion in stages in 2022. The development in summary will include:

- 26 dwellings, mainly houses plus some flats, with 8 'affordable' as 5 'social rented' and 3 'shared ownership' with the developer.
- 70 parking spaces
- Offices with extra parking as required in this 'mixed use' site in the B&NES Local Plan
- Widening of the pavement on the

Avenue up to the bend, and new pavements in North Road

- Pedestrian access through the site from The Avenue to North Road
- New highway entrance on North Road with a speed table
- Extension of the 20mph zone to include the whole site
- Protection of wildlife and some trees linked to the batch next door, plus new trees and landscaping
- Renewable energy & efficiency on houses

The developer is giving funding for play and recreation on the Conygre Field held through B&NES Council. Also, the Parish Council will receive Community Infrastructure Levy funding to pay for facilities and services in the village. In addition, B&NES Council will work with the Parish Council to find a way to widen the pavement on the bend on The Avenue, which is not part of this development.

A Plan of the site can be seen in the entrance in the Conygre Hall, in the Hub and online at www.timsbury.org.uk/liveissues/planning-applications.

Timsbury Parish Council		
1st April 2019 to 31st March 2020		
FINANCE SUMMARY		
	BUDGET	ACTUAL
Expenditure Inc VAT		
Clerk's Pay Costs	19,000	18,681
Office Costs	300	300
Travel	100	35
Equipment	200	84
Supplies, Copying, Software	450	862
Postage	80	90
Training	500	381
Insurance	740	617
Audit Fees	510	510
Data Protection	35	35
Fees/subscriptions	800	819
Room Hire	600	514
Reception/hospitality	200	336
Community activities & events	300	395
Website/Communications	250	90
Newsletter	10,000	9,419
Cemetery Maintenance	2,660	2,940
Roadsweeping	5,600	5,563
Public Lighting	1,300	1,461
Allotments	800	612
Conygre Trust Field	8,500	7,073
Play & Recreation Areas	1,000	529
Amenities	500	393
Planting & Spaces	1,000	1,431
Footpaths/HaHa	1,200	1,000
Wellbeing Initiatives	300	0
Community Transport	300	200
Youth Services	7,672	9,448
Community Hub	5,400	11,336
Trampoline / Skate Store	5,000	0
Bus service planning	500	0
War Memorial	0	545
Walks Books	760	1,855
Total £	76,557	77,554
Income		
Precept	56,000	56,000
B&NES Parish Sweeping Grant	2,719	2,719
Community Infrastructure Levy	4,800	2,239
Advertising	10,000	8,964
Allotment rents	1,167	1,299
Hub Sales	1,000	353
Banks Interest / Refunds	220	272
Donations/Refunds/Other	12	10
VAT Refund	6,527	6,805
Walks Books Sales	760	1,891
Total £	83,205	80,552
BALANCE	Income - Expenditure	2,998
ACCOUNT BALANCES	Opening	Closing
Current Account	872	12,623
Business Reserve Savings Account	2,613	2,613
NS&I Investment Account	35,067	25,314
Petty Cash Held	0	1,000
TOTAL	38,552	41,550

Parish Council Report for Year 2019/20

Josie Pownall, Chairman

The work by the Parish Council (PC) for April 19 to March 2020 seems a distant memory, but a lot of the efforts have resulted in developments in this current year. The finances are shown opposite, most of which is regular work. Since I was elected as the Chairman in May 2019 a lot of the Parish Council's time has been spent developing two key services:-

The Community Hub Library has fully established itself as a successful service in the Parish. It is part of the B&NES full library service and is run by Liz Casson as co-ordinator, and a team of 20 volunteers. Liz has done an amazing job developing the activities and the Hub now welcomes many regular users and several activity groups, covering all ages and many interests. We realised that Liz's role was crucial to its success and made the decision last year to make the post permanent. This shows in the finance as a major ongoing commitment for the Parish.

B&NES withdrew funding for its Youth Services in April 2020. We made the decision, along with other local Parish Councils, to contract with Youth Connect SW, an independent not-for-profit group formed by the ex-B&NES youth services staff. We felt that the continuity of their service and skills was very important to engage with and support our young people. The 'young people' Working Group ran a survey and arranged a workshop to find the

needs/wants/gaps in what is currently available for our young people to inform decisions about future plans for facilities and activities. The expected funding from the new Upper Conygre building development opposite the recreation field will help towards these plans.

B&NES also withdrew funding for Les Robbins, our litter & street sweeper, and we decided to fund his post as he is such an asset to us. We have also tried to protect the local bus services and the Post Office, to develop plans to help the climate and nature crisis, seen improvements to the War memorial finished and re-dedicated, set up a local speed watch team, supported several groups with funding and supported the re-print of the Timsbury walks books. (Very popular in the lockdown!)

We helped prepare the parish for the Covid19 lockdown. We now hold meetings on the internet and will continue to do so. The public can still join in online or on the phone. The next meeting is 6th July at 7.30pm - see timsbury.org.uk/parishcouncil.

Hello from Reverend Julian Davies



Revd Julian Davies is to be Curate with Timsbury Benefice of Churches, including Timsbury, Camerton, Priston & Dunkerton from September.

Hello! My name is Julian Davies and I am really looking forward to joining the Timsbury Benefice from July as a curate. I have just completed a two-year full-time course at Trinity College, Bristol to prepare me for this role.

Originally from Plymouth, I first moved to the local area back in 1995 to study for a History degree at UWE, and having met my future wife, Diane at university, I have now lived in the region for 25 years.

After my degree I studied for a PhD in History at Bristol University, and then worked in local government for 11 years before being selected to train for ordination in the Church.

My family and I enjoy country walks, so we look forward to exploring the walks available in the lovely countryside surrounding the four villages. I look forward to meeting many of you as I travel around the villages in the coming months, (though of course from a safe distance!)

The Conygre Trust

Managing the Conygre Hall and Timsbury Recreation Field

With the Hall having been closed since March 23rd, the trust has taken the opportunity to carry out some improvement works which would have been tricky to schedule when the hall is busy.

The main hall now has a loop system for the benefit of hard-of-hearing users, and improved sound proofing has been installed between the main hall and the

bowls court.

On the Rec, we welcomed Austin Sage in April as our new grounds maintenance contractor. As well as keeping the grass cut, Austin has repaired some potholes and made improvements in the children's play area.

The tennis court is now available for hire (tennis only at the moment). Full details are on the hall's website: www.conygre-hall-timsbury.co.uk

Timsbury 75th Anniversary VE Day Celebrations

Friday 8th May 2020

By Chris Fiddes

On behalf of Timsbury Royal British Legion I would like to thank all those who attended the two-minute Silence at 11.00am on Friday the 8th of May.

A crowd of over 50 people watched as I carried out the Act of Remembrance at the War Memorial along with Barry Sewell RBL Chairman, Spike Howie - Ex Army, Alan Wright Branch Committee member and the Rev., Martin Blewitt, to remember the 12 brave men from the village who lost their lives during the Second World War.

In the afternoon as we paraded around the village it was great to see so many people out having tea parties, clapping and cheering us along. In particular The Cheshire Home, well done to the staff for getting everyone outside and showing their support, fantastic! Also a big thank you to those residents at Homefield, Southlands Drive and Bloomfield who supplied us with food and drink on route, we needed it! due to the beautiful weather throughout the day.



The Cheshire Home



Homefield



The Cheshire Home



Southlands Drive

I would also like to thank William Bertram for driving around his WWII American Army Jeep, (the jeep is a Normandy veteran!) which at one point we didn't think it was going to make it, as we had to push start it, amazing!

William drove his jeep around with lots of noise from its built in air raid siren. Also in the back of the jeep was a large music box playing songs and music from the 40's provided by Dan my next door neighbour. Dan also provided the CD playing the Last Post at the War Memorial in the morning, excellent.

Thank you to Danny who joined us in the Glebe and played a few old wartime songs on his trumpet and Gordon Whitton who joined us driving his

British Army Land Rover as went around Bloomfield, brilliant! Well done to Barry Sewell who persevered and made it all the way, walking round the village with me in his Royal Navy formal dress uniform! carrying the Union Jack on a very hot afternoon.

Again I would like to thank everyone for making this a very special and memorable day in our Village History.



Looking back with Malcolm Tucker



Malcolm Tucker is a resident with a long family history in the village. Among his many roles within the village he was a teacher at St Mary's Primary School for 25 years and has over 50 years involvement, including Chairman, of Timsbury Cricket Club.

Malcolm is actively involved in the management of the Conygre Hall. He is also a journalist who has written in many local newspapers. One of his projects was a series of articles on the history of Timsbury from 1898 to 1989 which appeared each month in the Timsbury Letter some years ago. 75 different years were covered. Each article was based on Malcolm's research of back copies of local newspapers and his recollections of Timsbury's past. The articles were very well received and provided a wonderful insight into life in Timsbury during the 20th century.

We are very fortunate that Malcolm has made available the original articles. He has updated them and historical photographs have been added to illustrate some of the the topics in each article.

A new article was added each day during the lock down; the full collection is now available by going to the main menu on the Timsbury Community Website. <http://www.timsbury.org.uk/>

Timsbury Gardening Club

By Graham Nicholls

We are sorry to inform you that due to current restrictions the Timsbury Gardening Club has had to cancel the Annual Flower Show. The Gardening Club committee regrets this decision but feel that due to the ongoing situation with Coronavirus they cannot commit to the organisation involved, which under normal circumstances would have been well under way now. We would like to thank all our Sponsors who contributed to the 2019 Show and hope you will support us again in 2021.

Next year 2021, is the club's 60th Anniversary and we hope to incorporate this into the Annual Show which will be held on the 21st August . We would be very grateful if all Cup Winners could please return the cups in time for the 2021 Show.

A decision on the Craft Fair, which is due to be staged on October 25th 2020, will be made later in the year when we have more of an idea how group gatherings will be managed.

The Spring Bulb Show is due to be held on April 10th 2021 and all things being equal will take place on that date. For Gardening Club members, Keith Pursey will have the bulbs for Class 1 on sale later in the year and will arrange delivery. There will be 5 Bulbs per bag at a cost of £3.00 per bag so members can place an order with Keith on **01761 402640** or **keithloraine1@gmail.com**

Unfortunately for members all garden visits and monthly meetings are cancelled until early in the New Year as our Programme Secretary is unable to get any commitment from Speakers for the foreseeable future. Any alteration to this will be published on Timsbury Rocks, on the village web site and in emails sent to members.

The Gardening Club sends Best Wishes to all members and their families, sponsors, exhibitors and villagers Stay Safe and we look forward to seeing you all in 2021.

St Mary's Primary School

By Chris Daniels

Friday 20th March was the strangest day in the entire history of St Mary's Primary School. This was the last school day before schools closed as part of the lockdown restrictions placed on the UK population. There was an uneasy and surreal feeling as we said goodbye to the children, none of us knowing what the future held, whether that was it for this year or if we would see our classes return before the summer holidays.

For our staff, this interruption to our teaching left a huge hole, obviously physically in terms of empty classrooms but also emotionally as, at this stage of the academic year, we felt as though there was so much unfinished business, with our classes up-and-running and making good progress and also lots of projects and events that may not now see the light of day.

Halfway through the year, all of the classroom environments and teacher/pupil relationships are running like clockwork and we knew how much could be achieved in the last few terms before we broke up for summer. The remainder of the 2019-2020 academic year was all planned out and this was now on hold for an indefinite period.

For a profession that prides itself on its planning and preparation, this uncertainty was very unsettling. This

was felt none more so than in terms of our Year 6 cohort as these children would have been looking forward to ending their time at our school in the proper fashion, with them having the opportunity to celebrate their own achievements and the rest of us being able to celebrate them for being the wonderful class they have been for their entire time at St Mary's. Would they ever be able to find the appropriate closure they deserved? Nobody knew what was going to happen.

Our main priority was of course to ensure that everybody in our school community stayed safe by following the government's guidelines, the safety of our pupils in particular always being our paramount concern.

Our staff were placed in teams to look after the children of key workers and vulnerable children. As our classes are all named after animals, we ran a Twitter poll to name this new mixed age class and Meerkats was chosen.

The school days with the Meerkats involved a range of activities. We joined the rest of the country in beginning the day with PE with Joe Wicks before settling down to some Maths and English work. Our youngest pupils enjoyed making dens and marble runs, playing with construction toys and lots

of craft activities involving gluing and sewing. In the afternoons, we tried to spend as much time as possible outside because it was obviously safer to do this.

Being the sort of people whose instincts are to work closely alongside children, the two metre social distancing was certainly something that we needed to keep in mind at all times and be very vigilant about. This was a whole new form of teaching that we were having to adapt quickly to. Outside, we could spread out more to enjoy taking part in sporting events, undertaking Forest School activities and working on many different gardening projects.



The weekly Clap for the NHS became a regular feature as we found new ways to display our thanks for our frontline heroes visually at the front of the school. Our Meerkat Class produced something different each week to show our school's ongoing support for the

NHS, including our own St Mary's Rainbow for the Rainbow Trail, a 'Clap for the NHS' flag, some 'Thank You' bunting and our own line up of all the different types of Key Workers.



We also joined the village in taking part in the VE Day commemorations, paying our respects to those who demonstrated immense courage and sacrifice during the Second World War, by decorating the front of our school. We would like to thank Chris Fiddes from the Royal British Legion for his help with this.

Meanwhile, we tried to ensure that we did everything we could to support our parent community, who were now faced with having to set up their own satellite classrooms in their own homes. Our teachers uploaded Maths and

English tasks to our webpages for those pupils doing their learning at home. There were other Home Learning Challenges set in History, Science and Art for each year group. However, we were keen to reassure our parent community that there was no right or wrong in terms of approaches to Home Learning.

Our teachers contacted parents during lockdown to find out how things were going and whether we could offer any more support but everybody appeared to have things very much under control and had found systems and timetables that worked for their particular households. Having been thrown in at the deep end, we can't tell you how impressed we were by what we saw and heard about how our parents adapted to these challenging circumstances.



As it stands, we don't know when St Mary's Primary School will be able to return to the exact set up we knew and loved back on Friday 20th March.

For now, some children in EYFS, Year 1 and Year 6 will be returning under strict conditions to ensure everybody stays safe. Normality might still be some way off but we can say with confidence, thanks to the wonderful support that we have received from our parent community over the last few months, which has been truly touching, humbling and very much appreciated, that St Mary's will return at some point better and happier than ever before. We're very much looking forward to the day when we can all be together again.



Timsbury Childcare

By Nicola Green

Here at Timsbury Childcare we have been busy during lockdown looking after keyworker children. Whilst this has been a difficult time for everyone the children have shown us how resilient they are, coping amazingly well without all their friends to play with and new rules around hand washing.

We have tried to keep things as 'normal' as possible and have kept them busy with a variety of activities. At the start of lockdown we hatched ducklings and watched them swim, most of the children managed to enjoy this before we were restricted!



Since then we enjoyed celebrating VE Day, making endless rainbows, lots of art creations, particularly enjoying natural collages made using resources from our garden. We have also tried to

support our fabulous parents at home by emailing activities, reading stories online and setting daily challenges.

All of our children, including those who usually attend Breakfast and After School Club have received a card and a medal from to acknowledge how fabulous we think they all are!



We now have over half of our children back, with more returning over the next few weeks and they are having a great time reconnecting with their friends and rediscovering their favourite toys and activities. Our preschoolers are off to various local schools in September and we will miss them very much, especially after the disruption of our Summer Term.

We are looking forward to welcoming new children, some of which have had a delayed start, some of which are due to join us in September so we know we have exciting times ahead.

Mental health in lockdown: Reflections of a therapist

By Dr Fiona Fox

As the world began to change in response to COVID-19, mental health services rapidly adapted. At my private Talking Therapy practice in Timsbury and Radstock I moved through various stages of precautions. In the final weeks before lockdown I was able to see some clients outside in the beautiful grounds at Manor Courtyard where I rent a therapy room. Talking Therapy is treatment for mental and emotional problems like stress, anxiety and depression.

Once Lockdown took hold, I began doing all my therapy sessions via videocalls, or telephone. For many therapists and counsellors this change was daunting, but I was fortunate to have previous experience of conducting sessions this way, for a Bristol NHS service (IAPT) and for a national charity, Anxiety UK.

However, the idea of no longer seeing my clients in person was as concerning for me as it was for some of them, who understandably asked to pause therapy until we could see each other again in person. Despite reservations many existing clients moved to Zoom sessions and we continued to work successfully together. I also began working with a number of new people who sought talking therapy during lockdown.

What is it like doing Talking Therapy remotely? Many of us are now probably well used to connecting with friends and family by videocall and are all too familiar with the glitches in conversations, lost connections and time lapses that can make conversation challenging. As a therapist I have had to work harder to read the facial expression and body language of my clients, as well as sometimes straining to hear everything they are saying.

One of my favourite definitions of a mental health therapist: Someone who joins you in your deepest darkness with a flashlight to help you find your way out.

How has lockdown affected mental health? For some people lockdown has exacerbated their pre-existing anxiety or depression, whilst others have had their first experience of poor mental health as a result of the lockdown changes. Some common reasons for this include:

- Isolation and lack of connection with others
- Loss of daily routine, such as work and exercise
- Financial uncertainty
- Lack of exercise, access to outdoor spaces and gyms

- Pressures at home, trying to balance home schooling and work
- Increased strain on relationships
- Disrupted sleep

However, for others there have been silver linings and during lockdown their mental health has improved. Some have said that the time to connect with family, spend time with pets, the sense of slowing down and less pressure to be busy have helped them to feel happier. There has also been opportunities and more time for new experiences and enjoyable activities.

For myself, as for many others, the pressures of staying home with family and manging work have at times felt overwhelming. Having access to the beautiful countryside around Timsbury, the stunning weather, as well as supportive family and friends have enabled me to balance these demands and stay healthy.

In whichever ways that you, or your loved ones have been affected during lockdown, there are plenty of resources available to support your mental health. Below are links to a few online resources and organisations who offer support. If you need help, please do reach out. You may just find that talking to a trained professional can help. I offer Cognitive Behavioural Therapy (CBT) in Timsbury and Radstock. The list below has a link to find other counsellors and therapists.

fiona@talkingtherapists.co.uk / 07796

185947 / www.talkingtherapists.co.uk

Helpful Resources:

- Psychology tools have produced a free guide to help cope with worry and anxiety during the pandemic:
- <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>
- British Association for Behavioural and Cognitive Psychotherapies (BABCP) have short podcasts about Cognitive Behaviour Therapy including some about coping with COVID anxiety: <https://letstalkaboutcbt.libsyn.com/>
- Headspace have also created a free selection of meditation, sleep, and other experiences designed to support you during the COVID-19 outbreak. It can be found in the Explore tab in the Weathering the Storm category, on the iOS and Android Headspace app

Organisations to contact for support:

- **Samaritans:** free confidential phone line: 116 123
www.samaritans.org/
- Womankind:
www.womankindbristol.org.uk/
- MIND: <https://www.mind.org.uk/>
LOCAL MIND:
www.bathmind.org.uk/ 01225 316199
- Anxiety UK: www.anxietyuk.org.uk/
- Free therapy for frontline NHS staff:
www.heatherwellbeing.com/nhs/
- Private Therapy: You can find a private therapist via directories such as Psychology Today
www.psychologytoday.com/gb?tr=Hdr_Brand

Lockdown legacy

by Bridget Newberry

How different life has been over the last few months to anything any of us has known before! Impossible to have been able to imagine, and impossible now to forget. Many people in the village have had to deal with loneliness, isolation or loss, and most of us have been worried about loved ones.

But it hasn't all been bad. I've heard so many people say how much they have enjoyed going for walks, seeing more wildlife, being outdoors, listening to birdsong and watching the stars. People have been getting creative, cooking more healthy food, discovering and re-discovering music (and Joe's PE), and spending more time with family. It's been quieter too, both literally (who hasn't enjoyed the lack of traffic noise and fumes?) and also in a general slowing down of the pace of things.

I personally have more love than ever right now for the natural world and all its beauty. And while Zoom might not be the perfect way to communicate, the lockdown has meant I've been in touch with old friends who I'd not spoken to in far too long. While we've been home it's also been wonderful chatting more (at a distance of course) with neighbours, and bumping into familiar faces on village walks.

Of course while the home working (or lack of work), childcare, and social

isolation are really challenging, I think it's fair to say we've all developed a new appreciation for frontline workers and people delivering services to keep things going through the crisis. Nurses and hospital staff have truly gone above and beyond, and all parents must by now realise that all teachers are saints!

So, while recognising the tragedies that it has caused I really hope that some good things will come of Covid-19.

What have your good bits been? What should we keep, and how can we make that happen?



Caregivers Available

Experienced and qualified caregivers with spaces available for clients in the local area.

With over 15 years' experience in care homes, hospitals and home care, I offer several services including personal care, home help, palliative care, companionship and help with trips out (e.g. shopping)

References available

To make an appointment with myself or a member of my team please call

Chloe on 07949 317210 or email
busylizziehomecare@gmail.com

Lockdown Poem

By Rod Bruce

When I was young Corona was just a fizzy drink
But add the small word virus it really makes you think
Have we progressed so little since the “Good Old Days” ?
Because we’re now in lockdown had to adjust our ways.
We’re not allowed to go out since we’re of a certain age
Living in our property which has become a cage.
At least we have a garden which now looks at its best
And some of us are lucky to see some birds in nests.
“Britain in Bloom” undoubtedly will be the best one ever
With time to spare we’ve gardened, shown that we are clever
And now we are enjoying the fruits of all our labours
Ours will be the best street for so have all our neighbours.
I used to go out shopping to buy the things I need
But now it is delivered – ‘On Line ‘ lists my read
Delivered to my doorway – I don’t even have to sign
But somehow it’s impersonal buying things on line.
Others are still working to them we give our thanks
On Thursday nights we clap them each house on our ranks
Risking their lives in service ultimate dedication
To every one we thank them a humble grateful Nation
Many trades are helping but mainly NHS
The ultimate of gratitude to ALL we say “God Bless”

People Profile

Chloe Bean



I am Chloe Bean and a lifelong committed 'Tisburyite'. I was born and bred in the village. My education involved attending Tisbury Primary School as many generations of my family did before me. After leaving school and college, I enjoyed many years working on the Acute Stroke Unit at the RUH. This was both challenging and rewarding work. As some of you may be unfortunate to know, the outcomes can be variable so offering relatives advice was always difficult.

I left the RUH to have a job nearer to home, at The Circle in Peasedown St John, where I found the environment quite different to the RUH and less stressful. A feeling that I could be more usefully employed led me to return to the RUH and worked as bank staff experiencing work on different wards. Around this time, like many others I was attracted by the idea of becoming self-

employed. Hence, I founded Busy Lizzie Homecare as a startup company in June 2018. To date this has been remarkably successful. There seems to be buoyant demand in the area for care services.

I treasure the relationships I have with all my clients and their families. My work is also made a lot easier with the support of the local Doctors, District Nursing Team and the staff at Tisbury Pharmacy, especially Tina Pun.

I have three sons, Billy, Freddie and Charlie. My husband Adam is one of the managers of Tisbury Youth Football Club and both he and the boys get a great deal out of the club.

I like to be involved in the community and have been joint Chair for St Mary's PTA. As many of you will know I am often pestering people to buy tickets for various fundraising functions which appear to have gone generally very well. There is a good number of other mothers and friends who have made these tasks both very enjoyable and relatively easy.

At the current time it must be recognized that Covid 19 casts a shadow over the picture above. I am still working (a lot) while trying to be very conscious of the government's rules and regulations with respect to the virus. I am hopeful that we will turn

a corner soon and return to 'normal'. In the meantime, I am working hard to make sure that not only my clients are safe and well but some of the other elderly and vulnerable in the village are supported emotionally and physically during this crisis.

If anyone is interested in advice or information about my care work and care provision, I am always happy to chat to you.

Chloe Bean

07949317210

Timsbury Cycle Group

By Stefano Marazzi

The Timsbury Cycle Group, also known as "The TCG", has swapped to solo, or family only rides during the Covid epidemic. Being able to take the kids out on rides to Priston, or Clutton and back on such quiet roads, has done wonders for their confidence on the roads, and I'm sure many of you have also been out enjoying cycling while the roads are empty of cars.

The lack of pollution really is quite something. I myself experienced riding an ebike (electric bike) for the first time during lockdown. What a revelation! It makes the steep hills around Timsbury so simple to cycle up, without really trying. An ebike would be a fantastic tool for cycling to Bath for a commute.

In addition to family cycles on the local roads near Timsbury, many of the TCG members have also been doing some indoor turbo trainer sessions on a "virtual" cycling experience called Zwift. Have a look on Youtube to see what it is all about. Basically you cycle round a "virtual course" with a turbo trainer and

a static bike connected to a laptop and can even race other people, or do a training session to try and get fitter. It is much recommended and lots of the group have reported that it has been fantastic for helping them keep their fitness up.

A few of the group have done some pretty crazy distances - indoors! One of the TCG decided to cycle up the equivalent of Mount Everest, and another decided to cycle 240 miles! all in one go! Bonkers!

Sometimes Pro-cyclists like Geraint Thomas - who came through Timsbury during the Tour of Britain, have advertised that they will be cycling on Zwift, and you can join them for a "virtual ride" and even chat to them. Quite incredible what technology can do. Perhaps if you get on Zwift and build you fitness up, you might be able to join us for a ride in "real life" at some point in the future.

The best of times & the worst of times & how maintaining some Balance is key

By Vicky Rees-Davies

Marketing Manager, Fitness Instructor & PT

This time last year Sue, the owner of Balance, and I, along with 15 Balance members and our brilliant yoga teacher Kara, were all eagerly awaiting our yoga retreat to Lucca in Tuscany. We, of course, have had to postpone this year's retreat for 12 months, but we are not alone in having to alter and abandon not only our holiday plans, but also our daily living.

The first time I knew we would have to make significant changes in the business was in early March. Sue was away on a well-deserved break, leaving me to hold the fort. Business had been building steadily since the beginning of the year and we were all looking forward to a great 2020. We had launched our new studio, introduced some fantastic new classes and instructors and built a great membership base.

Daily we were getting increasing indications that things were about to change and, looking to the rest of Europe, it was becoming very apparent that we would quickly need to adapt the way we operated. Luckily, we were already ahead of the game; our capacity is limited to 10 people and combined with outside space, a strict cleaning policy of sterilising all equipment and rooms after every use, plus hand

washing facilities on entry and departure mean that many of the regulations were already being practised.

But, how on earth would we all survive if the business actually had to close its doors? I refused to let this be an option and I knew Sue would feel the same. With over 13 fitness instructor's livelihoods in the balance, as well as our members whose weekly classes are critical not only to their physical but also mental health, an alternative method of operating had to be found.

My initial thoughts turned to video. The instructors were all ready to video their classes so that we could build up a library of classes to email to our clients. We knew this would not be the same, but we had to start somewhere until I started researching other alternatives and discovered Zoom, a web-based video conferencing tool.

Sue returned from her holiday and, jetlagged and worn out from travelling, had to immediately make decisions about the business and family alike - not the welcome home she had hoped for.

Several instructors and members were already self-isolating, and we knew we

probably only had a week until “lockdown” was imminent. Worried, but determined to do all we could, Sue and the rest of the Balance team quickly got to work.

With the help of her loyal instructors she soon got Zoom up and running and, despite some reservations, we managed to encourage over 80% of our members to participate in their usual weekly classes from home via video, and even managed to extend our customer base internationally, soon reaching New Zealand and Canada.

Suddenly we were not limited by travel restrictions and soon people of all ages and abilities were joining the Balance community. It also meant that as well as fitness and well-being being maintained, it also enabled our members to connect with their instructors and other members of their class, before and after each session, providing human contact which is crucial to many. In fact, I would go as far to say that our balance community has never been stronger.

The whole Balance community has had to make sacrifices. Staff have reduced their income and the number of classes they take, and membership has dropped slightly due to unemployment or health conditions with clients. However, our members continued loyalty has been heart-warming. We have also been able to offer additional, free classes as well as being able to lend weights, bands and yoga mats to those

who need them.

So, from facing the worst of times we have all learnt to adapt, change and carry on and, thanks to our Balance community spirit, led by our Colonel-in-Chief Sue Jackson, we have also had the best of times!

“When this is all over, I think Balance would make a brilliant case study of a small business pivoting quickly to respond to coronavirus. You are excellent businesswomen, and warm and caring too! Joining the online classes is one of the highlights of my day.

I always feel better after the classes; calmer and happier. Your instructors have done really well to master online classes, giving clear instructions and doing their best to make it feel like we are all together in one room” Jane, April 2020

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balance
THE COUNTRYSIDE GYM

Radford Mill

By Liz Vickerie



I was on the ground with a ram who needed attention. “Forest” is a Wiltshire Horn sheep: a breed who have many qualities including being a shedder. This means they moult in the Spring and do not need shearing which in turn means less bugs and diseases to deal with.

Only Forest had not read the manual and was stubbornly retaining his woolly coat in temperatures akin to a Turkish sauna. He had however, read the rules on social distancing and evaded us with great dexterity until Josh’s flying rugby tackle did the trick. Forest did not appreciate that a short back and sides would make him much more comfortable (or perhaps he doubted my credentials as a barber).

In many ways life on the farm has continued as normal but we have had to isolate as a farm community because inevitably some jobs require us to work in close proximity. This is both a

working environment and home to our staff so in the current crisis we have needed to keep members of the public, ourselves and our animals safe and maintain high hygiene standards for the food we produce, which is a key service.

Although we have lost nearly all our events income this year, (12 weddings have sadly had to be postponed) we now have an organic vegetable box scheme up and running (radfordmill.co.uk).

We have been delighted to welcome many more people to walk on the various footpaths and to enjoy the views and the fresh air.

Several people have told us they never knew the farm was here until they sought out exercise opportunities and they have really appreciated our open door policy. We in turn have been very grateful that people have been respectful and observed our requests to make their visit safe and supportive of the farm by staying on the footpaths, leaving gates as they find them, following diversions were necessary, keeping their dogs under control and taking those poo bags home!

If you have any queries about anything to do with our Farm, contact us at: **info@radfordmillfarm.com**, or phone **07908 088369**.

Timsbury Natural History Group Quiz

By Rod Bruce

All the answers (four or more letters) Can be made from:

TIMSBURY NATURAL HISTORY GROUP

Answers on p.27

1.The Ancient Mariner didn't help conservation	21. A Butterfly or a Fish ? BOTH	41. Although big this snake's not poisonous
2.Communion Furniture	22. German Shepherd Dog ?	42. Builders don't grow theirs
3. Plate for Monty Python	23. High Mens or low Womens voices	43. Pandas come in Red or this variety
4..England but not in the North, South or West	24. Not Crooked	44. If Justin Welby moved to Bristol would he live here ?
5. With Farrington and High Littleton made up the Trinity	25. Teenage lad	45. Our best winter songbird ?
6.Dress material also used as a strainer making Jam	26. Confusingly this bird is normally found in deciduous woodland	46. Story telling in the Cotton Factory
7.Lying in wait ?	27. Water fowl sometimes seen on our field trips	47.Does this bird live in a house ?
8.Not Nice	28. Flower seen in the eye of the beholder	48. Not old
9.Evenings getting shorter	29. This vegetable can also be a Moth	49. A breed
10The Council House was renamed City Hall here	30. Can Do if you,re clever	50. Seabird similar to a cormorant
11.The panic button ?	31. Crematorium for Animals	51. Clever
12.If you've got one it's worth MORE than fourpence	32. Not a real Castle.	52. Give up
13. Abrupt, brief	33. Don't put water this hot on your spot	53. The second cardinal point
14. He had 100 eyes according to the Greeks	34. Came second in the RSPB bird count	54.Came before
15. Not quite wet	35.If you've been nailed to this you've been naughty	55. Not very nice
16. We couldn't get it in the war so we used saccharin	36. Comes with mint Sauce	56. Preceeded logarythms
17. Some say I haven't got one	37. Get on your horse	57.Bridge that Gap
18. Jack Horner's favourite fruit ?	38. Get off your horse	58. Accompanying
19. Gee we're sometimes called these	39. Long legged bird	59.Book for Photos or Stamps
20.That loving Feeling	40. They sell it to tourists but drinking the water here is not recommended	60. New young wood

Timsbury Theatre Group

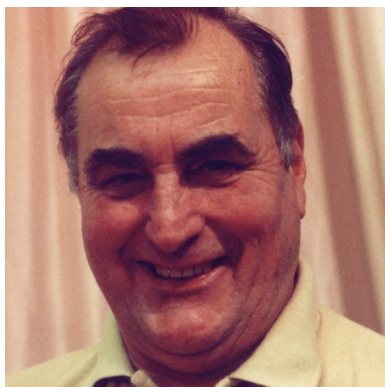
Lockdown came a couple of weeks too soon for us to be able to put on our planned April production of “The Vicar of Dibley”. Our current plan is to stage it at the end of March 2021. All tickets sold for April 2020 will be valid for the same day of the week in March 2021, although there may be revision of the seating plan if social distancing measures are still in force. For that reason, we cannot guarantee availability of tickets for March 2021 at this stage. If any ticket holder would like a refund, they should email timsburytheatre@gmail.com

Some members of the group have been meeting on Zoom once a week for a quiz night and the committee has had a Zoom meeting to consider future plans. We have chosen a script for “Aladdin” which we hope to stage in December, Covid-19 willing! Readthroughs and casting may take place via Zoom or similar – our website and Facebook page will have up-to-date details.

On a sad note, we report the death of former group member Dennis Jones on 18th May, aged 80.

Dennis was a stalwart of the group for many years – an early role was the Turkey in “The Owl and the Pussycat” (1979) and he took part in many of the group’s plays and revues until the late 2000s. However, Dennis will be best remembered as a much-

loved pantomime dame, who made his own costumes.



He once worked as a sales assistant in a sewing machine shop, where he was required to demonstrate machines to potential customers and thus learnt how to make clothes! His costume making skills did TTG proud, with several subsequent dames wearing clothes made by Dennis.

Dennis also directed a number of shows, including “Old Dogs”, which many people feel was one the best plays we have ever staged. Members who were around in Dennis’s time remember him as a lovely man, excellent company and fond of a practical joke. Dennis and his wife Hilda had celebrated 60 years of marriage shortly before his death; our thoughts are with her and his family.

To find out more about the group, visit our website www.thettg.org. You can also find us on Facebook.

Alan Thomas

It is with sadness we have to say one of our Newsletter delivery volunteers died earlier this year. Many of you will have known Alan Thomas who had lived in the village all of his of 75 years. He was a great follower of Timsbury Athletic Football Club and many of you would have seen him behind the scenes at Our Plaice fish and chip shop. He was married to Carol for 55 years and had two children Simon and Nicky .

He spent most of his life working at Curston's in Radstock. Ours thoughts are with the family who would like to thank all the people that turned out on the day of his funeral. It was so heart warming and it made up for the funeral they were unable to give him. When the situation allows there will be a celebration of his life and all will be welcome when we can hopefully raise some money for charity.

Margery Tucker

It is with great sadness to announce the death of our dear mother Margery Tucker aged 100. She passed away peacefully at home in Timsbury on Friday the 12th June. Beloved wife of the late Bill Tucker and much loved mother to son Graham, daughters Margaret, Sandra, brother George, sister Brenda,

all the grandchildren and great grandchildren. Margery will be greatly missed by all the family and those who knew her.

The Funeral Service will take place on 2nd July at St Mary's Church, Timsbury at 11.00am followed by a Burial at Timsbury Cemetery.

Natural History Quiz: Answers

Timsbury Natural	History Group	Quiz	Answers
1 Albatross	21 Grayling	41 Python	
2 Altar	22 Alsation	42 Plant	
3 Grail	23 Alto	43 Giant	
4 Anglia	24 Straight	44 Bishopston	
5 Paulton	25 Youth	45 Robin	
6 Muslin	26 Marsh Tit	46 Yarn	
7 Ambush	27 Pintail	47 Martin	
8 Nasty	28 Iris	48 Young	
9 Night	29 Turnip	49 Strain	
10 Bristol	30 Ability	50 Shag	
11 Alarm	31 Abattoir	51 Bright	
12 Groat	32 Sham	52 Abort	
13 Short	33 Boil	53 South	
14 Argus	34 Starling	54 Prior	
15 Moist	35 Mast	55 Nasty	
16 Sugar	36 Lamb	56 Abacus	
17 Brain	37 Mount	57 Span	
18 Plum	38 Alight	58 Along	
19 Gnats	39 Ibis	59 Album	
20 Amorous	40 Bath	60 Sapling	

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