

ToneNews

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Issue 21

Taunton's Magical Ice Rink



The Christmas Ice Rink will be at Castle Green in Taunton from 9th December until 5th January. For more information see page 3.



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It's time for real change...

Vote Labour

Meet **Liam Canham** - Labour's candidate for Taunton Deane



I have lived and worked in Taunton Deane all of my life and am now raising my own family here. I am passionate about seeing our area thriving and being properly represented, which sadly, has not happened effectively for many years. We have a Conservative MP who seems to think that we are all thousands of pounds better off since 2010 and a Liberal party that will sell us all out to get a shot at power. I do not want to see my family and friends in this community suffer anymore and will do everything I can to ensure Taunton Deane is properly and effectively represented.



Liam's 5 Pledges for Taunton Deane:

1. To stand up for every resident of Taunton Deane.
2. To campaign for Labour's Green New Deal to be adopted for the benefit of the whole of our area.
3. To ensure our vital Musgrove Park Hospital and other NHS provision in Taunton Deane receives the funding it needs.
4. To transform our society so that services in Taunton Deane are accessible to all that need them.
5. Ensure all our children have the best possible start in life by investing in Early Years provision.



Vote **Liam CANHAM**

on Thursday 12th December 2019

Promoted by Stan Ely on behalf of Liam Canham and Taunton Deane Labour Party, both at 163 Allington Close, Taunton, Somerset, TA1 2ND.

Welcome to ToneNews

tonenews.co.uk

Welcome to the final issue of Tone News in 2019 which means in January, it is our 2nd Birthday! You are going to love our 4 page pull out because it is full to bursting with Christmasy stuff including events, fayres and stuff to do over the festive period. I hope you have enjoyed reading the newspaper and don't forget, we now have stories, videos & interviews being posted on the website every day at tonenews.co.uk



Darren Daley
Editor

Do you have a story you would like to share? We would love to hear from you if have an announcement or perhaps there is a little bit of news from the area that you live that will be of interest to the community.

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Tone News is delivered on rotation in the TA1, TA2 & TA3 post code areas. You can download a copy from tonenews.co.uk and there is also a number of collection points around the town, so make sure you listen to **Tone FM** to find where to pick up your copy.

Email: info@tonenews.co.uk
Phone: 01823 286688
Address: The Market House,
Taunton, Somerset,
TA1 1JD

Taunton's magical ice rink



Taunton will boast the 'Magic of Ice' on Castle Green this year as part of the festivities. The Christmas Ice Rink, will be at Castle Green from 9th December until 5th January.

Tickets are selling fast as excitement builds to give people the chance to experience the magic of skating on real ice in Taunton town centre. The ice rink will provide a family-friendly festive experience, generating an increase in the number of people visiting the town over the Christmas

period and giving a boost to local traders.

The rink will be open to the public every day except Christmas Day with various opening hours. Please check the website: visitsomerset.co.uk/Taunton/iceskating or follow @VisitTaunton on social media for full details of available sessions.

The ice rink will be in a marquee with Christmas lights and music, so unpredictable weather won't stop you from skating.

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NEWS

Vivary Park confirmed for Armed Forces Day 2020



Taunton and Somerset Armed Forces Day is a chance for everyone to show their support for the men and women who make up the Armed Forces community.

Organisers behind the planned event next year have recently met with Somerset West & Taunton Council and are now pleased to confirm, the event will take place on Saturday 4th July 2020 in Vivary Park.

Following on from the success of this year (2019) which was held on Wilton Lands, Philip Winks, Event Committee Chair has told Tone News:

"We are determined to make Taunton the hub of Armed Forces Day celebrations across Somerset for 2020. Planning is already well

underway to build on the success of last year's event and to grow the range of exhibitors."

"We want to make the event a county-wide celebration of our Armed Forces, Reserves, Cadets and Veterans, supported by local businesses and open to all the community with free entry."

Taunton and Somerset Armed Forces Day will be a fun day out for all the family and it's hoped that the annual event will continue to be held in the County Town, attracting visitors from across the region.

More information can be found online: tauntonarmedforcesday.co.uk

Musgrove's dementia friendly care recognised in national final

Patients at Musgrove Park Hospital are being cared for in one of the best dementia friendly environments in the country, according to national experts.

The hospital reached the final in the Dementia Friendly Hospital category of the National Dementia Care Awards, which took place on the 7th November (2019). The awards recognise the very best practice and people in dementia care.

A team of nationally respected judges were impressed with how clinical and non-clinical staff across Musgrove Park Hospital have developed a number of initiatives to improve the experience of patients living with dementia while they are in hospital.

Judges also heard how the hospital actively makes decisions that affect the environment where patients are cared for with the needs of those living with dementia in mind.

This includes larger projects such as the choice beds and artistic features on wards, to simple things like the type of toilet roll dispensers and drinking straws.

Dr Rachel O'Toole, consultant geriatrician and clinical lead for dementia and delirium at Musgrove Park Hospital, told Tone News:

"We are delighted that staff across Musgrove Park have been recognised for the way they go the extra mile to develop ideas to make the hospital stay for people with dementia as comfortable and positive as possible."

"People living with dementia can feel vulnerable when in unfamiliar surroundings so it's really important that the hospital environment can adapt to the patient."

"We have a team of activity coordinators on our older people's wards who spend dedicated time with patients doing a range of activities that provide cognitive stimulation, encourage independence and promote wellbeing."

All wards and departments at Musgrove Park Hospital have dementia champions, who are staff that regularly take part in additional specialist dementia care training.

The hospital's care of older people wards also have a group of dementia buddies, who are enthusiastic people from 16 to 88 who volunteer their free time to visit patients on a regular basis.



Dr Rachel O'Toole, consultant geriatrician and clinical lead for dementia and delirium, and Chris Wilkin, older people's mental health practitioner.



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TAUNTON

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www.bostonteparty.co.uk

The Elliot Ward improvement project

By Dan Varley from Love Musgrove

Love Musgrove, the official charity of Musgrove Park Hospital is embarking on a brand new Appeal, the Eliot Ward Improvement Project, and is looking to raise £120,000 to completely refurbish Eliot Ward. This will make the environment much more appropriate for patients with dementia. It is a 27 bed acute medical care of the older person ward, with on average 58% of patients having a confirmed diagnosis of dementia, delirium or both.

A busy hospital environment can be a confusing place for people living with dementia to navigate. Hospital stays are recognised to have detrimental effects on people with dementia resulting in longer lengths of stay and poorer outcomes.

Musgrove Park Hospital recognises the importance of the environment in patient care and we are on our way to our goal of providing outstanding dementia care by improving the surroundings and bringing the space in line with the excellent quality of care delivered by our staff.

The refurbishment project will centre around six key principles of dementia-friendly design:

1. Use of colour for wayfinding and navigation - using dementia-friendly colours to identify each bed space and differentiate between different bays and side rooms.
2. Lighting - new LED lighting will be installed in the Ward and the quiet area. It will mimic the normal frequency of daylight from morning to evening which is known to have a positive influence on normal sleep patterns for patients.
3. Flooring - the flooring throughout will be replaced with a matt, not shiny floor which will also guide where patients can safely be.
4. Artwork - iconic images of the local area to be used in large murals around the ward to help orientate patients to Somerset.
5. Social Spaces - creating a quiet room with a wider entrance will provide a homely feel for patients to sit away from their bedside with large armchairs and sofas. Removal of the

nurse station with a smaller bespoke desk will offer additional space for patients and families to socialise and provide a welcoming, uncluttered space.

6. Declutter/Storage - new storage for handling medicines will not only give the ward a less clinical feel but will also declutter the corridor, making them a safe place for patients to walk using the hand rails.

The total cost is £120,000 which consists of:

- £3,720 to strip out the walls, partitions and nurses stations and put up new walls, doors, doorways and partitions
- £4,000 to paint the ward with dementia friendly colours
- £7,000 for the dementia friendly flooring
- £5,000 for the dementia friendly lighting
- £26,000 for the bespoke desk, storage including the new drug storage and cupboards for the sluice and dirty utility
- £51,280 for electrical and mechanic works which includes new LED lighting with dimmer control sensors, installation of new wash hand basins, new sluice, new electrical sockets, adjustments to the drainage system, ventilation installation and power supplies throughout.
- £5,000 for a new air delivery system
- £18,000 for the preliminary work to carry out the improvement project

We are asking for support from the local community to help us reach the £120,000 target to improve the environment for our patients, helping to increase their recovery time and their well-being whilst in hospital. There are many ways to support the Appeal, you can host your own event with friends and family, or come along to one we've already planned, details on our website, and you can share the Appeal with your friends and family. You can also donate, using the form below this article and send a cheque, or head to our website: lovemusgrove.org.uk/eliotward, and donate online, or you can text ELIOT followed by your donation amount (anything from £1 to £20) to 70085.

Donation Form

I/We would like to give

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 ☐ £20
 ☐ £50

☐ Other: _____

in support of the Eliot Ward Improvement Project
Please make cheques payable to 'Love Musgrove' and
send with this form to: Fundraising Office, Musgrove
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Your Details:

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*Subject to availability. All illustrations correct at time of print.

Vote John Hunt By John Hunt

Since I was first elected as a Somerset County Councillor in May 2017, so many of you have asked, suggested and even demanded (in a nice way of course), that I stand for parliament.

A couple of months ago, with an election looking imminent, I started to consider seriously whether or not I should stand.

My thought process started with, if I don't become a candidate myself, who would I vote for?

My preference in previous elections has always been to vote for the person not the party and I have jumped between different party candidates over the years. I'm not easily swayed by manifesto promises, because, as has been proven over and over, these promises are rarely kept.

So, who to choose? Like many of you that I've spoken to recently, I'm afraid my faith in the political parties and those that represent them, is completely broken.

The other Taunton Deane candidates for this election, seem nice people and I wish them well during the campaign.

However, we badly need a parliamentary representative who truly represents us all, not one that puts themselves and their political party before us, the residents of Taunton Deane.



We need...

- Someone who doesn't turn up only when the cameras are flashing.
- Someone who has already proven that they don't just appear when there's an election on the horizon.
- Someone who consistently supports the local community throughout their term of office.
- Someone who is both accessible and responsive.
- Someone who doesn't have to pretend to care, but actually does.
- Someone who really shows a genuine interest in us and of course, someone who plays a full part in the community in which they live.

You know where I'm going with this, right? I want to vote for someone I can really trust to look after the fabulous people of Taunton Deane and I genuinely believe that someone is me. I found myself in a position where I want to vote for someone and simply cannot find a suitable candidate, so the decision to stand for this election, was therefore a simple one to make.

Vote John Hunt. Independent, working hard for YOU, not the interests of a political party.

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Market every Thursday 9am-3pm, High Street, Taunton

Christmas Market - Monday 23rd December

NHS staff take part in first Somerset Night Walk

The stunning Longrun Meadow and French Weir Park welcomed 163 NHS staff on Friday 1st November for the first Somerset NHS Night Walk, an exhilarating 6-mile walk in the surrounding areas of Longrun Meadow. Staff from Musgrove Park Hospital and Somerset Partnership, along with friends and family, donned their walking boots and high vis to take on the challenge.

NHS staff are at the front line when it comes to supporting those with health and well-being issues, so this event was a thank you back to NHS staff for the amazing work they do but also to showcase and provide opportunities for staff to move more and to think about their wellbeing. The walk was a chance to be out in the fresh air, the opportunity to talk with colleagues away from the workplace and leave the stresses of life to one side for the evening.

The walk organised by charity Somerset Activity and Sports Partnership (SASP) and community interest company, Channel Events, is the first of its kind and the concept came from a NHS working group, looking into how to protect the health and wellbeing of their staff who work long and often anti-social hours often in pressurised conditions.

Jane Knowles, CEO of SASP told tone News: "Health and wellbeing is such an important element of our lives, from our family life, to our own individual feelings, but also importantly, our workplace where we spend so much time. Therefore, it's crucial we look after both our physical and mental health and this is often helped by doing enjoyable and social activities, such as walking or taking part in sports and other physical activities."

The walk started with a mass warm up in front of the Centre for Outdoor Activity & Community Hub (COACH) led by personal trainer Ben from Applebees Fitness and The Weir Café were also providing hot drinks and goodies for people before and after the event.

The atmosphere for the entire evening was great, lots of laughter despite the very muddy course and occasional downpours of rain.

A big thank you to the volunteers who gave up their time to marshal the event and to everyone that took part. For more information on SASP and our Workplace Activity offer, take a look at: sasp.co.uk/active-workplace



Pumpkin soup on the menu for Open Door

Pumpkin soup will be on the menu for the service users of Open Door for the next few weeks thanks to local gardener John Murphy!

John, a local plasterer for over 30 years has been growing pumpkins on his allotment just off Hamilton Rd since March (2019) and has kindly donated them to the local charity which helps the homeless community.

Open Door is the day centre based on Mount Street in Taunton which provides a warm welcome, a cuppa and now pumpkin soup by the bucket load!

In order to increase service users self esteem and a sense of belonging in the community, there are showers, a clothing store and they provide a laundry facility. Breakfast and lunch is also served with unlimited refills of tea, coffee and juice. Open Door are making a real impact in and around the county town with support from

Somerset West and Taunton Council and are always on the lookout for volunteers.

All of this is underpinned by a staff team of three and a huge team of over 45 volunteers. Without our volunteers, and support from donors, we would not be able to make such a difference in people's lives.

If you would like to make a difference you can contact the team on 01823 271996 or you can visit them in person for a chat (and a bowl of pumpkin soup – there is plenty to go around!): Taunton Open Door, 1A Mount Street, Taunton, Somerset TA1 3QB.

Tone News caught up with John at the end of October (2019), who was knee deep in mud trying to work out a way of transporting the giant pumpkins because they are so heavy! You can watch and listen to the interview with John on the Tone News website: tonenews.co.uk



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Pet physiotherapist in Taunton holds an open day

Most of us think physiotherapy is a treatment for people recovering from an injury, or maybe for post-operative rehabilitation and pain relief. However, physiotherapy, also known as physical therapy, is an underutilised, but potentially powerful treatment for a wide range of health issues including back pain, neck pain, arthritis, strains and sprains.

While it's most commonly thought of as a means of getting us humans back on our feet physiotherapy is becoming more widely used to treat a broad range of conditions in both our domestic pets and other animals, particularly as they get older.

Physiotherapy can also help to improve the quality of life for any dog, cat, horse or rabbit that has painful joints or limbs. Animals can suffer pain and discomfort due to a variety of similar problems to humans, but they can't tell us where their pain is, or if they have injured themselves, and they are often very clever at hiding their discomfort.

Animal or Veterinary physiotherapy is also often used as a preventative measure in top-level animal athletes such as thoroughbred racehorses.

Established in 2006, the Stonegallows Physiotherapy Clinic, who have recently moved to a new, purpose-built premises in Taunton, now offer physiotherapy treatments to both animals and humans alike. Business partners Ros and Emily are both local to

Taunton, where they have built up a loyal client base and a strong relationship with local Medical and Veterinary practitioners. Emily Gadd recently qualified as an ACPAT (Association of Chartered Physiotherapists in Animal Therapy) Veterinary Physiotherapist, meaning that now, alongside their regular human clients, Emily can also treat animals. These might range from our beloved pet dogs, cats and rabbits, to larger working animals and horses. Emily is also on the Register for Animal Musculoskeletal Practitioners (RAMP) Further information available on rampregister.org

Emily told Tone News: "I obviously love working with people and practicing traditional physiotherapy is hugely rewarding, but I also find working with animals particularly fulfilling and enjoyable".

Keeping with the equine theme, Emily is also undertaking research, as part of her final year of her MSc, in horse rider asymmetries and as a keen rider herself, this is something that she has a specific interest in.

On the 7th December Stonegallows Physiotherapy clinic are having an open day to celebrate their 1st year in their custom-built premises at Ash Lodge, Cook way, just off Bindon Road in Taunton. The Clinic boasts four spacious treatment rooms, a comfortable waiting area and plenty of free

parking. They are also celebrating 13 years of providing specialist physiotherapy services in and around Taunton. In addition to the more traditional physiotherapy services, Stonegallows Physiotherapy Clinic also offers Sports Massage Therapy, by talented Sports Massage therapist and Podiatrist Jo Supple. You can find out more at sgphysio.co.uk



GRIFFITHS

civil engineering and construction

M5 Junction 25 Improvements Scheme Project Newsletter: November 2019

Scheme Update



Toneway

Works to widen the Toneway are continuing and we've now removed 700 tonnes of subbase (material used under the previous road) from the dual carriageway. This will be reused on another part of the project. We aim to remove the remaining 700 tonnes by the end of next week.

The next step will be to lay the new road surface ready for the switch to the next phase of works. 1,500 tonnes of tarmac is due to arrive on site later this month.



We've also installed 317 metres of new combined kerb drainage this week on the left hand lane heading out of town.



Link Road

2 of the 3 floodwater storage ponds have been completed with a total of approx 20,000 tonnes of material being removed which will be used as surcharge on the new embankment. This is a load used to settle the ground which will later be removed.

Reinforced concrete works will start on the Blackbrook bridge by the end of the week on the south side and will continue on this side until after Christmas.

Works in this area have been made challenging by the recent adverse weather conditions.



History of Junction 25

To the left is a drawing showing the original road layout when the M5 and Junction 25 were being built. This extract dates back to the 1970s and as you can see shows the A358 running straight through into Taunton before the roundabout was built.

The Taunton bypass section of the M5 opened in April 1974 and helped relieve the town of heavy holiday traffic using the A38. Thanks to Highways England for the drawing.

Now open on Saturdays

Don't forget the Gateway Park & Ride, which is accessed from the A358, remains fully open to the public whilst our work is being carried out. The service is also now operating on Saturdays. Times and further details about the service can be found [HERE](#).



Public Information Centre

If you have any questions about our work please come along to our weekly Public Information Centre, which is based in the Gateway Park & Ride from 13:00 – 15:00 every Tuesday.

Subscribe to our Newsletters

If you would like to subscribe to receive future Newsletters and Bulletins, please click [HERE](#) and complete the online form for Mail Chimp. OR use this QR code:



We would be pleased to hear your comments. You can get in touch via our web site community.alungriffiths.co.uk or by contacting our Public Liaison Officer Jessica May on 0330 041 2184* or M5J25@alungriffiths.co.uk

*Calls to this number are charged at national call rates and included in telephone contracts plans from landlines and mobiles

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On Twitter @TravelSomerset and online 24/7 at <https://www.travel Somerset.co.uk/>

Junction 25 Somerset CC Webpage <https://www.travel Somerset.co.uk/j25/>

Emily becomes GB World Champion in Florida

Taunton Preparatory School student Emily Miller has been crowned World Champion after winning 5 Golds and 1 Silver medal at the World Triathlon and Biathlon Championships in St Petersburg Florida, USA.

10-year-old Emily qualified for the World Championships after gaining first place in both Triathlon (shoot/swim/run x2) and Biathlon (run/swim x2) at the European Championships in Madeira in June.

At the beginning of November (2019), she was crowned World Individual Biathlon Champion, World Individual Triathlon Champion, World Biathlon Relay champion and won two further team gold medals for Great Britain. She also won silver in the Triathlon Relay narrowly missing out on the top spot by one second to South Africa.

Emily spoke to Tone News and told us: "It is an amazing feeling to become a world champion - it was hard with the time difference and heat, but I gave it everything and tried my hardest. I never give up!"



Taunton Preparatory School student Emily Miller with her World Champion medals in Florida.

Plastic free revolution on Somerset coastline

By Tim Lyddon

The children are our future, and this is one of the many reasons why they have been learning about the impact that single use plastic is having on our environment.

In a bid to highlight the constant daily stream of single use plastic entering our oceans, West Somerset Together commissioned Tim Lyddon to create a sculpture from plastic beach waste washed up on the West Somerset Coast.

The Whale's Tail was the first piece of art to be constructed around 18 months ago and has since been exhibited at numerous festivals, events and schools.

It has since been joined by The Octopus, made from over 120 discarded plastic bottles and The Elephants in the Room, a rather large pair of sculptures on the themes of Climate change and Plastic Pollution.

Pupils from Trull, Bishops Hull and Bishops Henderson learnt how plastic waste can harm marine life and how we can reduce, reuse and recycle to lessen that impact.

West Somerset Together joined forces with Somerset Wildlife Trust and Surfers Against Sewage to start Plastic Free Minehead, which aims to reduce



single use plastic in the community. As part of their campaign, they need to work with local schools, businesses and community groups.

Anyone wishing to join this voluntary group or wishing to start up their own plastic free community should contact Plastic Free Minehead via their Facebook page OR Taunton Plastic Free.

Taunton magician a hit on Italian TV

Taunton magician, Kieron Johnson who has worked as an advisory on music for David Blane and a variety of other well known magicians has reached the semi finals of the Italian version of Britain's Got Talent 'Tu Su Qua Vale'. The award winning magician has recently wowed a sell out crowd in a one off show at the Museum of Somerset (November 9th 2019) and we understand there is another show in December.

Kieron's magic is not your everyday 'pulling a rabbit from a hat' routine, more a case of finding your signed playing card inside a solid block of ice or even hammering a solid 6" nail up his nose!

Kieron is no stranger to being on the television. Last year, he was a contestant on the German version of Britain's Got Talent 'Das Supertalent'

and has also appeared on a digital TV programme called 'Magic of Maths'.

The Taunton magician visiting also works behind the scenes as a consultant on different shows and many of the tricks he's designed have been performed by other top artists.

You can watch Kieron perform one of his tricks and listen to an in depth interview by visiting the website: tonenews.co.uk



NEW MEMBER OFFER

Play all the games from 7pm to 9pm

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Christmas Events

With so much to choose from in the build up to Christmas we want to give you a bumper pull out of everything that is going on in and around the county town...

Annual Taunton Christmas Craft Fair
4th Dec - 22nd Dec 2019
Taunton Town Centre

Spend over £10 and get a chance to win a **FREE PRIZE DRAW** to win a Crafts & Gifts Hamper

★ Annual Craft Fair ★

THE FRIENDS OF Blackbrook

Christmas Fayre
Friday 29th Nov. 6-8pm
@Blackbrook Primary

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Blackbrook Primary School, Ashbourne Crescent, Taunton, Tel. 01823 338138

Think Amy Christmas Event 2019

Grotto Prices
1 child - £4
2 children - £7
3 children - £10
Professional photo - £5

Place painting by Amy Art
A selection of stalls and gifts
Free children's activities
Dancey Castle
Musical entertainment including school choirs and children's songs

Meet and Feed the Reindeers
They'll be outside Blackbrook Leisure Centre, lasting between 12-2pm

Sun 8th Dec
10-5pm

everyone ACTIVE

Visit Father Christmas in his magical grotto at Blackbrook Leisure Centre & Spa
Grotto price includes a present for each child
Professional photographs by Unwin Photography

THINK Amy

Rockwell Green Primary School

Christmas Fair
Friday 15th December 3:30pm - 5pm

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MEET FATHER CHRISTMAS

CHRISTMAS CAFÉ
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GRAND CHRISTMAS HAMPER RAFFLE

FUN STALLS GAMES

TOMBOLA

CAKES

Everyone welcome!

Christmas FETE

Saturday 30 November
from 11:00am-4:00pm

Manor Care Home's Christmas Fête has something for everyone.

Come along for a festive afternoon of Come along to our festive afternoon with free entry and a free visit from Santa. Filled with seasonal music and local craft stalls selling a range of fantastic items. Ideal for special ones at Christmas!

Festive treats will also be available, including mulled wine and mince pies!

Manor Care Home
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Thursday 19th December
6.30pm till late

NB there will be no Disco on Boxing Day, 26th December 2019

£2 per person, pay on the door
Carers and Support Workers go free

The Compass Wellbeing Cafe will be open serving a range of hot and cold refreshments, light meals, snacks and confectionery. Open every day except bank holidays

Find us on Facebook
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St Margaret's Hospice Care

Christmas Fayre
Thursday 28 November 2019
at Crowcombe Court, Taunton, TA4 4AD
from 2 - 8pm

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Musical entertainment
Meet Father Christmas
Craft stalls
Raffle & lots more...

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Friday 29th Nov
5:30pm-8:30pm
Wellsprings Leisure Centre,
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Entry: Adults £2, Children free
www.littlemonstersmarket.co.uk

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Winter MARKET

30th November
10am until 4pm

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Thursday, 1.15pm - 2.45pm
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(Just £1 for additional siblings)

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Visit our Wellbeing Cafe, serving a range of hot and cold refreshments, light meals, snacks and confectionery. Open every day except bank holidays

Stay and Play with Santa
16th, 18th & 19th December only
All the usual fun of Stay and Play with Santa on hand throughout and some special festive fun to make sure this is a truly magical experience for you and your tot.
£3 per child, £1.50 per additional sibling.
Booking advised at <http://bit.ly/CompassBookOnline>

Dear Santa
My child would love to come and say hello but they find the usual grotto experience overwhelming, they struggle with queuing, confined spaces are challenging, loud noises and flashing lights make them anxious and they don't like meeting new people (yep even you Santa!).....

Dear Mum and Dad
No need to worry, come and say hello at Compass Wellbeing, up close or from afar, I won't be offended. I will be sat in my winter wonderland throughout, no boisterous Ho Ho Hoing and no present giving, as I know that some of my friends find that confusing, but I will have some sweeties to give away. There will be loads of festive crafts and games and the Sensory Room will be open for all to enjoy. Mrs Christmas has also made me promise to learn a few signs so I can wish you all a very Happy Christmas!

Various sessions from Saturday 14th December through till Monday 23rd December.
Specific Autism friendly sessions available.
£4 per child, booking essential.
Reserve your "Accessible Santa Experience" at <http://bit.ly/CompassBookOnline>

Our Compass Wellbeing Cafe will be open, serving a range of light meals and snacks, hot and cold beverages and festive treats

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Father Christmas

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2nd Friday of every month, Eyes down at 7pm

Join us on Friday 11th October, 8th November 2019 and then on Friday 13th December for our Festive Bingo Lingo

£1 for a book of 6 games and £1 for our fantastic prize flyer to win an exclusive use Hydropool Session

The Compass Wellbeing cafe will be open before & during the Bingo, serving a delicious range of hot & cold light meals & snacks, drinks, cakes & confectionery

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Tombola

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St Luke's centre
30th November**

the Stoke St Gregory
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- ▲ Craft stalls
- Seasonal gifts
- ★ Christmas raffle
- Festive food and drink
- the Friends Chocolate & Alcohol tombolas
- Festive children's activities & entertainment

7 December 2019

Pop along to the Village Hall from **2** until **4** pm
Raising funds for the Friends of Stoke St Gregory School.

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Christmas
Craft Market**

Saturday 7th December
Saturday 21st December
9AM - 2PM
Wellington Scouts Hall

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Our fabulous Christmas Fayre is back again again on Friday 29th November to kick start your festive season.

An evening full of Christmas spirit, get yourself ready for an evening of mulled wine and shopping. We will have plenty of fantastic stalls for you to get a bit of Christmas shopping or why not treat yourself to something! With stalls dedicated to the children too and perhaps a visit from Santa too alongside some cheeky elves, there is something for everyone!

Blackbrook Community Primary School
Friday, 29 November 2019
from 18:00-20:00



North Curry and the switching on of the tree lights in the village square, with hot pork rolls, mulled wine, raffle, licensed bar, live music... and Santa!

Sunday 15th December
4.00pm - 6.00pm

WILLOWS & WETLANDS VISITOR CENTRE

Christmas late night shopping at the Willows and Wetlands Visitor Centre, Come and browse the shops (Hatty's Attic, Pallker Art Glass, Edwina's Flowers, Withies Deli and the willow shop) on site and have a bite to eat in the Lemon Tree Café.

Wednesday 4th December, 5-8pm.
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- Meet Santa



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to remember those we love

Sunday 8th December 2019
at 3pm
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All Welcome

Thanksgiving carol service

Following on from the overwhelming response from last years' Service, Crescent Funeral Services invite you to a Thanksgiving Carol Service at St John's Church on Park Street on Sunday 8th December at 3pm.

Carols, readings and words of comfort to give thanks and to remember those we love who have passed away.

This is a public event and all are invited, especially if you have someone special that you want to have remembered at the service.

Those who have suffered bereavement can find the Christmas season particularly difficult, this service offers a

reflective space away from the hustle and bustle to stop and remember.

Candles will be lit and beautiful music performed by In Ecclesia at this multi faith and secular Carol Service.

Join us for refreshments after and you are invited to make a donation to Aching Arms, a baby loss charity, providing vital support to families across the country.

For more details, contact Crescent Funeral Services and speak with Simon, Robert or James and ask for your loved one to be remembered at this special Christmas Carol Service.



Helping to alleviate loneliness in our Community

Abbeyfield situated just a few minutes walk from the town centre provides a friendly, warm and safe home for older people.

One of Abbeyfield's goals is to help those in the local community who may be vulnerable and in need of support and friendship – particularly as we approach the Festive season.

Residents in the home based at Northfield Court opposite the Wood Street car park live in either a one or two bedroom flat complete with their own lounge, kitchenette, bedroom and wetroom. Residents can make use of the communal facilities provided such as dining room, lounge, garden and the most recent addition to the home is a new conservatory providing extra space for residents to sit and enjoy.

The monthly rental costs not only include bills but all meals including two home cooked meals served daily from the onsite kitchen. And if help is needed with cleaning or washing this can also be included in the overall costs.

Abbeyfield strives to keep everyone as independent as possible but with staff on site and a 24/7 emergency alarm system in place residents and their families have peace of mind that their loved ones are safe and secure.

Various outings are on offer during the year including coffee trips to local tea-rooms, garden centres as well as trips to the theatre, cinema and local places of interest such as Hestercombe Gardens.

With the Festive season fast approaching Abbeyfield at Northfield Court will be looking at welcoming in the local community and engaging with local people to support those in need of a friendly face or even just a cup of tea this Christmas.

For more information on what is coming up or to find out more about Abbeyfield please contact the House Manager on 01823 257819, or visit our website www.abbeyfield.com.

The Abbeyfield Taunton Defendamus Society, 40 Northfield Court, Pollards Way, Taunton, TA1 1AD.

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abbeyfield-taunton@abbeyfield.com

www.abbeyfield.com
Registered Charity No: 253429

Emergency response launched in Taunton by Red Cross

The British Red Cross have launched an appeal for volunteers to staff its new emergency response service in and around Taunton.

The team, which is based here, in the county town, work with the emergency services to provide practical help, emotional support and comfort to people who have been affected by a flood, fire or large scale emergency incident.

As well as helping with incidents in Taunton, the emergency response team crosses county borders to provide support in Bristol, Wiltshire, Dorset, Devon and further afield.

The service currently operates on weekends, picking up calls whenever they can outside of these hours. However, the team plans to expand the service to operate 24 hours a day, seven days a week, once enough volunteers have been recruited.

Debbi Carrig, emergency response officer for the British Red Cross, has told Tone News: "We're looking for people with compassion to help people in crisis.

"We offer evening and weekend shifts, but it would be good to get more people to volunteer during daytime hours as well.

"It's about the power of kindness. We're only called out when we're needed, but when people are in turmoil the small gestures our volunteers perform make an enormous difference."



If you become a volunteer, the role requires you to commit to working one shift a week and be located no more than 30 minutes from the Red Cross base in Livingston Way, where the service's purpose-built emergency response vehicle is based.

The specially-adapted vehicle offers immediate safe shelter to people in crisis –

along with clothing, food and shower facilities. They'll also help with practical necessities such as securing temporary accommodation and contacting insurance companies.

Full training is provided if you are interested in joining and you can apply at the British Red Cross website.



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The Monthly Alternative with Giles Cosgrove

Spotlight On:

It's fair to say that the Welsh may have an unfair advantage when it comes to singing, after all, the Welsh accent is so sing-song it has a natural melody. When you combine this with steel town grit you've got lightening in a bottle. It's a combination that shouldn't work, sweet melodies and working-class grit but that's exactly what makes White Riot shine.

Made up of Evan Phillips on vocals & lead guitar, James Hamm on bass, and Max Knight on drums, the band met at Reading Festival and listening to their debut EP "The Despair of Going Nowhere" is like listening to a who's who of the great and the good of alternative British music. To drop names like The Clash, The Buzzcocks, and Oasis as your influences is all too easy, but to be able to sonically live up to that is by all accounts no mean feat.

They wear their Welsh roots and old school influences with pride, their first record's track list referencing the legendary Sid and Nancy, whilst a song aptly titled "Sex, Drugs and on the Dole" harkens to the lives of so many before them in the Welsh steel town they call home as the factories hit notoriously hard times. It's on the opening track of their debut EP however that the band's disenfranchisement is made abundantly clear. Opening with what sounds like a sped-up Joy Division riff with added fuzz, lead singer Evan declares "I can't wait to escape" on a track earmarked by its title "Ghost Town", later realising "There's no escape, if you come from a council estate."

On more recent single "Take Me Away" the



band evolve their sound to offer the softer side of White Riot with effortlessly catchy vocals bringing Stereophonics to mind and a riff that has more than an after taste of Noel Gallagher's riff on the Oasis classic "Live Forever".

Their latest release, "Anger Is Energy", released at the end of November, sees the band tackle head on the injustices and mistreatment faced by artists in the current music industry. With a single cover harkening to that 70's punk aesthetic of ripped newspaper collages, and fingers in both the pop and punk pies, White Riot are a fantastic reminder that Punk is definitely not dead, and genre is now irrelevant. British Pop Punk? Maybe. Great Music? Definitely.

Find Them: Hit them up on Facebook and Instagram, stream them on Spotify and join their mailing list on their website

Sounds like: Gavin & Stacy got crushed in the mosh pit and came out as Sid and Nancy.

Acts to Watch Out For in this Month:

• Little Comets

It's ten years since we first heard tales of "Adultery" and "One Night in October" and to celebrate the band are rerecording and rereleasing their debut on vinyl.

• Finding Aurora

Brand new single "Blood On You" is an epic ode to AC/DC, Led Zeppelin and Stadium Rock.

• Coldplay

Need I say more? For those who don't know, the band's new LP "Everyday Life" is released November 22nd.

• Eloise

Following her stunning EP "Designed for your Pleasure" earlier this year, new music from Eloise arrived in November.



You can listen to *The Sunday Alternative with Giles Cosgrove* every Sunday from 4 – 6 pm on Tone FM featuring great local artists, an Album of the Week, Vinyl Revival, Gig Guide and Music News.



GAMING Engage! with Stuart Coward

Star Trek will beam back on to screens next year with Patrick Stewart returning in

'Star Trek: Picard' on Amazon Prime. Plus the lives of a group of ensigns will be shown in an animated comedy series 'Star Trek: Lower Decks'. So today I am going to be telling you about a new release from the 'Star Trek Adventures' roleplaying game range that can help you create your own adventures. The latest release is 'Strange New Worlds' a book that contains 9 all new adventures written by various trek writers such as Christopher L.

Bennett, Jason Bulmahn and Aaron M. Pilyea. The stories are from all the different shows and there are even 3 art styles for Enterprise, The Original Series and Next

Generation. All the adventures have brand new info for you if you want to continue the adventure after the stories ends, or set it in a different era. The theme of this book is about the unexplored and the bizarre, such as visiting a strange disk made of hyperdense matter, defuse a violent situation on a pilgrimage world or even find a sentient ocean being tampered with by a renegade Ferengi.

Plus on the official store you can buy digital character sheets for the crews of the Original Series, Next Generation and Deep Space Nine with Enterprise and Voyager crews on the way.

So if you and your crew want to go to find new life and new civilizations, then just go to the Modiphius Entertainments store to get your copy.



Image: startrek.com



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Up the Peacocks

By Kevin Sturme

Life at Taunton Town Football Club continues to be busy with match after match. Not only do we have 42 league matches we also have to enter 4 cup competitions all starting in the first 6 weeks of the season. Most people will know about the F A Cup which has the money and kudos attached to it, the F A Trophy the Cup for the top 4 tiers of Non League Football is lesser known but a Step 3 team (Gosport Borough) got to the Wembley final in 2014 so we can dream about that!

The Southern League Cup and Somerset Premier Cup are the lesser known competitions and I advocate that these start in January not September as it's ridiculous that we start all these cups roughly at the same time! Since 10th August I think we have had 3 weeks without any football which for part time players is far too much alongside their full time jobs.

So far this season we have played 14 league matches and 6 cup matches, plus a Cup Final left over from last season and 7 pre-season friendlies. There would have been 1 more league match but that was postponed on Saturday 2nd November due to the horrendous weather!

The season so far to the end of October just shows how much is expected of semi-professional footballers as pre-season is also competitive as we test ourselves against full time teams as well as teams below us in the pyramid. This allows us to see the different levels and standards needed as the gap in football is very small these days due to the incredible fitness levels the players attain and maintain!



Played 28, won 15, drawn 7, lost 6. Below is also a very important part of the bigger umbrella of Taunton Town F C and vital to help us nurture and develop our own players in the correct environment before probably attending our Education Partner Bridgwater & Taunton College to further both football and education.

Taunton Youth Football Club Community Trust

As well as the first team, our Youth Programme has also been very busy. They have successfully registered as a Charity, with their first AGM being held at the Wyvern Club on Friday 11th October at 6.30pm for 7pm start.

Currently, there are 7 teams from Under 11 to Under 16, who all play in the Junior Premier League.

A number of our JPL players received free cardiac testing in August, Courtesy of CRY. This session was organised in memory of Taunton man Gary Edwards who died

suddenly, aged 28 in 2015. The heart health check ups were paid for from a memorial fund set up in Gary's memory, by his mum Hilary Edwards. It is hoped that Taunton Town players and staff will be able to attend future screening sessions, thanks to Gary's family. His dad, Terry, has a long association with the club, a Taunton Town Legend, having played in excess of 500 games in the first team and reserves.

Additionally, the Youth Programme now run the half time draw at all first team home matches. With the proceeds, they aim to support special projects and build a discount model to support low income families.

Excitingly, the trustees have started on the first steps to seek FA Charter Standard status in their own right separately from the main club.

The JPL teams welcome new players at any time. For more information, contact details and to set up a taster session, please refer to their website: youth.tauntontown.com

Taunton Racecourse festivities

By Scoop

The new National Hunt racing season is now well underway at Taunton where they are moving into their busy time of year. Racegoers can get into the Christmas spirit on Thursday December 12th when Taunton host their Festive Meeting during when in addition to the racing that starts at 1pm, the King's College Band will be on hand to provide appropriate musical entertainment.

There will also be a host of Christmas themed trade stands, while hot mulled wine and mince pies will also be available. Taunton rounds off 2019 in style with their Christmas Meeting on Monday December 30th when the seven race card gets going at 12.45pm. This is always the best attended meeting of any year at Taunton and is a real must on the local social calendar for many people.

With this in mind, the advice is to arrive in plenty of time to avoid the queues and miss out on any of the action. To save money and avoid buying tickets on the gate the advice to anybody going along to any of the meetings at Taunton is to purchase on-line in advance where as much as a 40% discount is available.

The first meeting of 2020 is on Tuesday January 7th when they host the 2 for 1 ticket Love Musgrove Race Meeting opening event goes to post at 1.30pm.

On Saturday 18th January Taunton host their Portman Cup Saturday meeting when the first event is due to go to post at 1.05pm. February 2nd sees Taunton hosting their Sunday Meeting that gets underway at 1.35pm. A courtesy coach service will depart from Taunton Railway Station from the main ticket office entrance (platform 5 side) 90 minutes before the first race and return 30 minutes after the start of the last race. To purchase tickets on-line in advance and for all further information please log onto tauntonracecourse.co.uk





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