Odcombe Village Hall

Newsletter

March 2024

No. 107



Social Event and Annual General Meeting Tuesday 12th March 7pm at Odcombe Village Hall

We hope you will join us for a drink and chat as we'd like to use this opportunity to thank all our volunteers, users and supporters. This event will run in conjuction with our Annual General Meeting.

Registered CharityNo. 304602

We are seeking New trustees

Have you got a few spare hours to help out the hall? If so we need you.

Do you have IT skills as we are looking for a booking secretary, most of this is online so can be done at home apart from checking the hall after parties (mainly weekends) for more information please email: odcombevillagehall@gmail.com

View from the Chair

First of all, I would like to wish you all a happy New Year.

With Spring around the corner, and the daylight hours getting longer, with a walk around the village you can see the daffodils blooming and snowdrops in the hedgerows growing.



While I have a few minutes, I am sat looking back at how busy we were at the Village Hall over the Christmas period. We held our Christmas Bingo and Bangers night which was very well attended. The Movie group had their Christmas film 'Last Christmas', there was the Christmas Café, and the Odcombe carol singers used our hall to practice in. Then we had a new event which was the Family Christmas party where we had a jolly time singing carols, making crafts and even a visit from the big man himself.

On March the 12th we will be holding our AGM meeting, which everyone is welcome to attend. With the trustee numbers dwindling we are on the look out for more people to join us so we can carry on providing the hall and events for the community. So, please come along and have a chat with us - we're not scary really.

We have also started to think about the Flower Show and Fete, and will be holding a meeting on the 30th of March at 6.30pm. We want to make it bigger and better, so to do this we need your help. Please come along and find out more. The more help we get the better it will be.

Kind regards,

Rachel Davies Chairman

Odcombe Movie Group

If you haven't tried your local cinema yet, then you should give it a go. Once a month, from October through to April, at the Village Hall, we show the latest films on our big screen. Doors open 7pm for a 7.30pm start.





Our last film, **What's Love Got To Do With It**, was enjoyed by our audience, along with the extras that made up our Valentine theme! You can choose to sit in a row or around a table whilst you enjoy a drink from the bar or a hot drink and biscuit.

Monday 11th **March** we'll be showing **The Miracle Club** starring Maggie Smith, so sure to be a good one!

Monday 8th April will be the last for this season, The Great Escaper.

We have a great team of people - Caryll on the door; Jane on the raffle; Colin our projectionist; Ken and Steve setting up/packing away; and Denise at the bar, usually with Jillie or Steve. We are also extremely lucky to have Elaine, Meg and Tom who are willing to stand in whenever we are short.

Films for the new season, Oct-2024 to April-2025, will be chosen nearer the time. We are sent a list from *Moviola* showing the latest films, and other films, that are not on the *Moviola* list, are often discussed as contenders for our final selection list which is circulated to our 'film selection panel' by email. They choose which films they think will be suitable. Their selections are given points, and the top scorers are selected to show. If you would like to be on this panel, please let me know.

Denise, on behalf of the Movie Team

Email: odcombemovies@gmail.com to book tickets or for further information, or telephone Denise on 07843 973561

In this issue ...

5 Village Hall Lottery

The new year starts on 1st April - here is an Application form to join in.

7 The Hody Trust

Peter Cooper explains some of the history of Dr. Humphrey Hody and the Trust that was set up.

7 Flower Show Class Schedules

Let us know your views of the Schedule of Classes in the Village Flower Show.

8 Lent Lunch

Held in the Village Hall. Also there is the Church Porch Food Collection for the Lord's Larder.

9 Odcombe Churchyard improvements

Work done to the east of the church building.

11 Mothering Sunday

A service will be held in the church.

12 Women's Football in Odcombe, 1935

An attraction at Odcombe's first ever carnival.

20 Flower Show 2024

Help is needed - leaders or helpers.

Odcombe Village Hall

- 2 View from the Chair
- 2 Odcombe Movie Group
- 5 @ the Hall Café
- 9 Odcombe Football Club
- 11 Odcombe Short Mat Bowls
- 11 Odcombe Walkers
- 12-13 Odcombe Parish Council
- 14 Debbie Knight, Keeping Fit
- 15 Odcombe Parish Church
- **17-18** Village Information
- 19 Contacts and Future Events

Village Hall

Lottery



December 2023



The next Newsletter is due to be published in July 2024.

Past winners - 1st prize £25, 2nd prize £15, 3rd prize £10

November 2023

1st 266 - Kevin Wilton 313 - Hans Rennie 2nd 213 – Bridget Bastion 105 - George Leaver 3rd 194 - Kevin Wilton 214 - Roger Fox

January 2024

February 2024 198 – Fiona Cumming 248 - Simon Wright 2nd 220 - Janet Hutchings 141 - Joyce Holland 3rd 255 – Jane Smith (Gegg) 190 - Peter Bishop





Based in Odcombe

- Established 2006
- All types of work undertaken
- Fully Part P Registered
- Member of the National Association of Professional Inspectors & Testers

Electrical Inspecting & Testing
Landlords Safety Certificates
New Consumer Units
Sockets, Lights, New Circuits
Electrical Repairs/Fault Finding
Electric Heating
Lighting Specialist

For free advice, call David on:

01935 259950 07816 635138

enquiries@spark-electrical.co.uk









Covering all of your roofing needs throughout the south west

www.studleyroofing.co.uk info@studleyroofing.co.uk

01935 477869 07976 779160





Village Hall Lottery

drawn every month

The new year starts on 1st April

Each ticket costs only £12 for twelve monthly draws, and you can have more than one!

To get or renew your tickets, fill in the details on the application form, ticking the boxes as appropriate.

You can also set up a Standing Order—please ring Margaret on 863863 and ask for a form.

Lottery Application Form		
I I am new to the lottery		
I ☐ I wish to renew my ticket(s)		
with the same number(s) or new number(s)		
Number of tickets required		
NAME		
ADDRESS		
<u> </u>		
PLEASE ENCLOSE THE CORRECT AMOUNT OF MONEY (cash or cheque) with this form and take it to one of the collection points:- Margaret Clotworthy, 32 Rex Road. Maureen Belben, 17A Lower Odcombe.		
I Forms should be returned by the last week in March Cheques should be made payable to 'Odcombe Village Hall'.		

Registered Charity No. 304602

@ the Hall Café - Much more than a café - a social hub for the village.

Fourth Monday of each month 10.00am - 11.30am.

Our Community Café, open to all, a warm, welcoming place to meet friends and neighbours.



Come along and meet friends, neighbours, and the regular team at the Café - Patricia who sells the draw tickets; Adrian selling books; Belinda and Margaret taking your orders; Jacky and/or Jillie plating the cakes, and I make the drinks. Behind the scenes Steve comes along to put out and pack away the tables and chairs, and we all pull together to clear up and ensure the hall is left as it should be.

Now there are occasions when some of the team can't attend, sometimes at very short notice. We have been very lucky to have a few people who have stood in during the past year and we are very grateful to them. If you'd like to be on our emergency list, please let me know.

The homemade cakes are given by volunteer bakers. If you would like to occasionally bake a cake for us it would be very welcome. Please let us know which month you'd like to bake.

If you have never been to Café before, please call in, we'd love to meet you. We regularly have 30 - 40 attending so you are sure to make a friend or two!

Dates for this year: March 25th, April 22nd, May 27th (bank hol.), June 24th, July 22nd, Aug 26th (bank hol.), Sept. 23rd, Oct 28th, Nov 25th & Dec 16th.

The team and I look forward to seeing you.

Denise, on behalf of The Café Team

Email: odcombevillagehall@gmail.com or Tel: Denise Dunford on 863444



Tincknell Fuels Ltd

Your Local Fuel & Heating Specialists

Fuel Deliveries

- ☑ Reliable Deliveries
- ☑ Planned Payment Scheme
- ☑ Tincknells Fuel Additives







Heating Services

- ☑Oil & Gas Boiler Service & Maintenance
- **☑**Oil Tank Replacement
- **☑**Boiler Installations
- ☑Boiler Breakdown Plans









Tel: 01749 683911 www.tincknells.com



Business travel

- Airports
- Nights out
- OAP trips out
- Trips to the races
- Doctors/Hospital
- School runs

Let us know your requirements 6 & 8 Seaters Available

Local family run

friendly

reliable service

Please call Tara on 07711 922533

tarafreeman@yahoo.co.uk

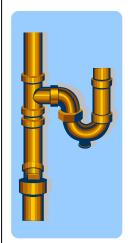
B.D. Belben & Son

Plumbing and Heating Installations
Complete Bathroom Installations

Prop. S.J Belben

Tel: 01935 863928

Free estimates 2 year guarantee





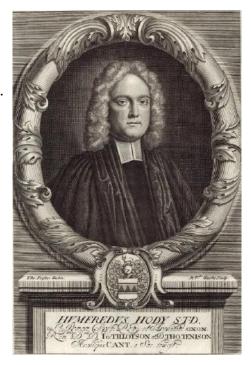


The Hody Trust

In 1706, Dr Humphrey Hody, the eminent theological scholar, left £100 in his will to buy land in the parish of Odcombe, the rent from which could be used to support young people (boys and girls) to learn a trade. Humphrey was born in 1659, the son of the Reverend Richard Hody, Rector of Odcombe, and Joanna Bartlett from East Chinnock. Humphrey was educated at Crewkerne Grammar School and Wadham College, Oxford, which he attended with two of his older brothers. If you look carefully in the porch of Odcombe church you can find the names of John, Humphrey and Arthur Hody carved into the masonry. What their father, the Rector, thought of these teenage graffiti is not recorded!

Dr Hody's legacy was used to purchase two fields: one bounded by Lower Odcombe, Donne Lane and Boundhay, and the other in the north-east of the parish near the modern-day Montacute Road. These fields were leased out to farmers and the rent was used to pay for apprenticeships in accordance with Humphrey's wishes. By 1840 the field in the village was being used for "garden allotments".

The world has changed vastly in the past three hundred years but much remains the same: the Trust still exists, administered by a small group of Trustees; Trust land is still used by parishioners for allotments (available at a modest rent); the land not given over to allotments is still rented by local farmers; and awards are still made to young people of the village to help in a small way with their education or training. As well as funding the awards, rent from the Hody land is used to maintain and improve Trust land, for example repairing the dry-stone wall that collapsed between Boundhay and Donne Lane last year.



Humphrey Hody (1659-1707),
Doctor of Divinity, Fellow of
Wadham College, Regius
Professor of Greek, Archdeacon of
Oxford, chaplain to the
Archbishop of Canterbury,
benefactor of Odcombe.

If you would like to nominate a deserving young person from the village who is about to start an apprenticeship, college or university course or another form of training in preparation for a future career, then please contact the Chair of the Trust, the Reverend Nick Clarke, with their details. Awards are usually made in the summer before the autumn terms begin.

Peter Cooper, on behalf of the Hody Trust

Schedule of classes for the flower, produce & craft exhibits for children and young adults

- + According to the 2021 Census there are 53, 0 9 year olds and 82, 10 19 year olds in the village. The schedule group, led by Margaret, would love to hear your views and ideas for classes in this year's show. If you like to bake, craft, sow, knit, paint or take photos please come forward with your ideas -
- + Email odcombevillagehall@gmail.com



ODCOMBE VILLAGE CHURCH

LENT LUNCH

AT ODCOMBE VILLAGE HALL

SATURDAY 9th MARCH 2024 12.30 - 2.00pm

Lunch profits in aid of YEOVIL STREET PASTORS

Proceeds from Books, Bottles, Cards & Raffle to support Odcombe Church

Church Porch Food Collection for the Lord's Larder

10am - 4pm daily, Wednesday 14th February - Thursday 7th March

PLEASE HELP SUPPORT THESE VERY GOOD CAUSES DURING LENT

JOIN US FOR HOMEMADE SOUPS, BREAD, CHEESE & FRUIT









(Tea & Coffee also available @ £1 per cup)

Suggested charge £6 per adult

[children under 12 - £3 each]

The Care & Repair Company





- ✓ Misted Up Double Glazing
- √ Hinges, Handles, Locks
- √ Patio Door Rollers
- √ Velux Window Glass
- ✓ Conservatory Roof Cleaning & Repairs
- ✓ Fascia, Soffits & Guttering
- √ 'A' Rated PVCu Windows & Doors

Free Quotations (01460) 72142 / 07917 418 729

careandrepair01@btconnect.com www.doubleglazingrepairsco.co.uk

Odcombe Churchyard improvements

I am pleased to report that Odcombe Churchyard now has some new trees planted. The cost was met from the former Odcombe Walkers' Association cash donated to the PCC.

On 14th November 2023 volunteers Fiona Cumming, Roger Fox, Alistair Graham, and Dave Hawkins put in two Crab Apples, three Mountain Ash and a Pyracantha bush, staked and netted. Dave also provided a Magnolia. Some Narcissi were also planted. All these are in the eastern side of the churchyard and should be good for blossom and pollinators in the summer, and food for birds in the winter. This is in an area set aside for wild flowers and will only be cut at the end of summer.



A new contractor is being employed to maintain the churchyard, and the difference can already be seen. The cost has risen considerably, however, so if you enjoy walking through this area, you may like to donate towards its upkeep. As well as the wall slot inside the main door for any cash donation, there is now a contactless device in the Church (open 10am to 4pm every day) which you can use! Thank you.

Roger Fox

Odcombe Football Club

December wasn't the best of months for us as we only played two games. Both were away, and both saw us lose. It was a tight affair at Martock on the 9th as we fell at the last hurdle in added on time conceding from a corner following a penalty kick miss by the hosts which was given as a corner to them. Then a week later in the Charity Cup we fluffed our chances at Milborne Port and lost 4-1 but scored the goal of the game when Jake Skipp volleyed home from a Callum Turner cross - if only it had been on the telly!

Our next game came on 13th January due to the Christmas break and poor weather. But we started 2024 with a win 4-1 at home against Team Gryphon only for the following week the result to be reversed when we entertained Ilchester in the league. Since then we have beaten Pen Mill Reserves in the Les King Cup. They are a couple of divisions below us, and hence the 10-1 score line. Although it sounds very good it was more or less expected, but you can only beat the team that is put out to play and we all enjoyed the game and were entertained by some of the ball juggling of one of their players.

A 1-0 victory against Manor Athletic gave us the double over them this season and shifted us up the league a little, but the following week with a strong line up we were undone by Stoke sub Hamdon at home 2-5. This has dented our hopes of league silverware at the end of the season, but we have several cup competitions to play in.

We now find ourselves about mid table with six league games left to play so let's hope for a strong finish. Odcombe F.C is now an Accredited Football Club as part and parcel of the Football Association England Football set up. We have had to jump through a few hoops to become accredited, like having members pass Football related injury First Aid courses and have members CRB checked (Criminal Records Bureau) or DBS (Disclosure and Barring Service) as it is now known, just to qualify that the people we have running the club are fit and proper people to do so.

It's all a bit tick-in-the-box but it does give us access to offers from the Somerset F.A. and F.A. funding. We are at present trying to improve the standard of our pitch as a beautiful pitch entices more players to play for you and encourages a better standard of play, so the thought process goes. So, here's hoping we can get some sort of funding for improvements. Steve Cook still hosts mid-week astro turf training, and all potential new recruits are welcome.

All enquiries to **Glenn Seymour** on **01935 863961** or grseymour@tiscali.co.uk or you can check up on the clubs progress on the website www.pitchero.com/clubs/odcombe.

Can you go the extra mile for your community?



If you enjoy driving and meeting new people why not become a Volunteer Driver with Somerset Council?

For further information contact Gemma Ruffle, Volunteer Recruitment Manager on 07855 285464 email gemma.ruffle@somerset.gov.uk



Requirements:

- Own 4 door car (mileage expenses paid)
- DBS (at no cost to volunteer)
- Current full driving licence with no more than 6 points
- Basic IT skills sending and receiving emails, and attending online meetings
- Undertake an induction and training
- Reliable and punctual
- Helpful and caring manner with a friendly disposition
- Good social skills are needed as often drivers will be transporting vulnerable people

Mobile Foot Health Practitioner

Lucy Harwood Dip. FHP

07596 630200



NEW YOGA CLASS with Mindfulness At Odcombe Village Hall

ALL WELCOME: Students are encouraged to practice at their own pace & ability. Pre-book



THURSDAY: 10am - 11.30am

Contact: CAROLINE DAUNT
Mob 07794 882471 cardaunt@aol.com
British Wheel of Yoga Dip 2007 & Teaching
Mindfulness (CPCAB) 2016

St Peter & St Paul's Church

Mothering Sunday 10th March 2024

Please come and join us at 11am for our Mothering Sunday Service and pick up your Mothers' Day posy.

Can't make the service? Posies will be available for collection from the church porch during the day.



Odcombe Short Mat Bowls

Can't believe Spring is here and we are three months into 2024.

It's been a quiet time since Christmas. Our members still enjoy playing Monday afternoons, Wednesday and Friday evenings. We are still playing at East Coker once a month on Saturdays and have 8 players playing in the Givle League



Apart from enjoying ourselves we do raise money for charity. We are a friendly club. If you haven't any woods, don't worry, we have some that we could loan to you to see if you like playing. To join, our club membership is £10 annually, plus £6.50 for personal and liability insurance which is paid annually to the England Short Mat Bowls Association. We also charge £2.50 for each session played at Odcombe. This money goes towards the hire of the hall and for a cup of tea or coffee and a biscuit(s) at half time.

Hazel Smith Odcombe SMBC Sec.

m: 07720 724745

e: hazelea.smith@gmail.com

Odcombe Walkers

Autumn proved difficult to complete many planned walks due to wet conditions. However, we did manage several routes: 4.5 miles at Langport along the River Parrett, 4 miles at Wells to Milton and Wookey Hole after which we enjoyed the Christmas market.

A very muddy trudge (!) through Ilchester and surrounding lanes and flooded fields from the river Yeo where we were surprised by a crane near the beautiful 13th century Pillbridge. Eight of us plus 4 dogs enjoyed King Alfred's Tower near Bruton and Stourhead where we came across a 14th century stone pump and the Old Convent House. Lunch was at the Brush and Broom cafe near Mere.

We have also enjoyed strolls at Norton sub Hamdon and Plush to Piddletrenthide.

Future trips to Stoford, Lyme Regis and East Lambrook are in the offing.

For a nice change 22 of us smartened up for a fabulous Christmas lunch at Oscars, Crewkerne, a new venue for most of us, which we have already rebooked for 2024!

New walkers always welcome.

Tricia Wring 07799 063612 and Heather Haggett 07831 746252



Women's Football Odcombe 1935

Women's football has become a big attraction in the last few years thanks in part to the triumph of the Lionesses in the 2022 UEFA Women's Championship. It was not always this way. Following the First World War the women's game blossomed but in 1921 the Football Association banned women from playing on its members' grounds as they considered the game was "not fitted for females"! The road back to acceptance was a long one and is well documented. Less well known is Odcombe's part in the struggle.



In September 1935, Odcombe staged its first ever carnival complete with a Carnival Queen, a fancy dress parade, tableaux, maypole dancing, bands, entertainment and refreshments. A popular attraction was the women's football match between Odcombe and Montacute. The Taunton Courier and Western Advertiser reported that "A crowd about 400 witnessed the ladies' football derby which was played in field lent by Mr E G Hodder. The newly-formed Odcombe team was making its debut and although it was defeated by Montacute to the tune of 7-0, Odcombe ladies were by no means disgraced. In fact, against the much more experienced opponents they did well to keep the visitors from piling up a much bigger total." The Odcombe team included Olive Dodge (who lived in Broadway), Minnie Ostler (Rex Road), Phyllis Herrin, Vera Hodder (Manor Farm), Olive Redward, S Hockey, Minnie Redward (Cherry Lane), Nora Gaylard (Broadway) and Mildred Hiscott.

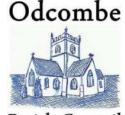
A crowd of 400 is a truly remarkable attendance which no doubt would be welcomed by the current Odcombe FC team. Perhaps the time is right for a return match between Odcombe and Montacute Ladies. Are there any volunteers out there?

Peter Cooper

Odcombe Parish Council.

Welcome to Odcombe Parish Council's contribution to the first newsletter of 2024. As always there is a good deal to report on.

If you would prefer more frequent updates, we now produce a monthly Facebook post with information on new developments. This has proved well-timed in the light of the financial difficulties at Somerset Council but obviously provides access to up-to-date information on a range of matters.



Parish Council

Users of the recreation ground car park will be pleased that the resurfacing project has been completed. This involved excavating and creating a new sub-base and resurfacing the degraded area at the entrance to the car park. We have also reduced the angle of the curve on the near side on entering the car park to make access easier and to reduce vehicle impact in one particular area.

Our surveyor advised that the rest of the car park surface was perfectly serviceable and that there would be little to be gained through further expensive resurfacing.

Council is currently considering whether white-lining across the car park, to demarcate parking bays, would be worthwhile and will also be cleaning back the edging areas where the banks have encroached onto the existing tarmac.

The problem of uncleared dog waste is proving a real issue, particularly on the football pitch where many owners exercise their pets. Our aim is to refresh everything so that the signs are more visible and current, and hopefully more effective in encouraging pet owners to act responsibly, as well as other users when disposing of litter and so on.

Council reported in the last newsletter that we were replacing the lighting at the car park. This seems an unlikely issue to be concerned with but our power supply was 'unmetered' which meant that the old sodium lighting was extremely expensive to run.

The excellent news is that we now have high efficiency LED lighting installed in the car park and our power usage has been re-rated. Yearly cost savings look to be in the region of 75%, which is obviously money that can be better used elsewhere. The new lighting actually provides higher illumination levels than the previous sodium units but also saves power usage through a low-light overnight function which will hopefully benefit residents immediately adjacent to the car park.

We have also just completed the yearly process of commissioning a contractor to maintain the recreation ground and other areas of the village. We have employed a different contractor for the coming year, but the principles of the work remain similar with an additional 'ranger' day for tasks in the village that are not in the regular schedule of work. One of the early tasks will be the aforementioned tidying back of the car park edges.

Since the publication of the last edition of the newsletter, the Odcombe village marker stone has been installed on the Camp Road entrance to the village. Whilst this took longer than originally expected, it seems to have met with general approval. We intend to plant flowers around the base of the stone in the spring which will also hopefully improve the appearance further.

Odcombe residents will now be well aware of the financial difficulties facing Somerset Council as there has been a great deal of coverage of this in the local and national news media.



As a parish council, we had understood that there would be an abrupt ending to some services that would impact Odcombe residents. However, at a recent meeting, we were informed that this would not be the case as there is to be a period of discussion and transition of some services to town and parish councils where appropriate.

From a parish council perspective, the process has appeared reactive with conflicting communication being received. Terry Heath, clerk to the parish council, is receiving regular requests for Odcombe Parish Council to contribute funding to services and facilities in South Somerset that will no longer be supported by Somerset Council. Whilst these requests are considered, our primary responsibility is to represent and serve the interests of the precept-payers and residents in the local community.

We are currently exploring ways to manage the situation if important services are disrupted. One of the main means of doing so will be working closely with other local parish councils to maintain services through 'joint working' to share ideas and reduce costs. This is something which we are now actively pursuing.

Residents will be aware that parish councils are funded by the precept which is a levy that is added to residents' Council Tax to support local services and facilities. Odcombe Parish Council's precept will increase by 5% this year.

Lastly - a reminder that parking issues continue to be a concern in the village and particularly potentially dangerous parking immediately adjacent to junctions which obscures visibility. This issue has been raised on a number of occasions by residents. Whilst the parish council has no authority in this matter, our local PCSO advises that if residents are concerned about potentially dangerous parking they should report this to Avon and Somerset Police directly.

As always, if you have any matters of concern that you feel the Parish Council may be able to help with, please contact the Clerk: clerk@odcombeparishcouncil.gov.uk.

Dave Peters, Chairman

How do you sit?

Nowadays we all sit too much, especially during the Winter months.

How do you sit when you're watching TV, working at a desk, or maybe working from home with your laptop on the kitchen table? Sloughing or leaning forwards or backwards?

Knees or ankles crossed?

Upright?

What do you sit on?

Office chair, dining room high back chair, sofa, or bed?

What happens when you sit?

Your inner hip muscles connect to your lower back and legs, so when you sit all day they can get tight. This can cause your abdomen to be pulled forward and downward. That causes pressure on your lower back. Sitting for a long time, especially if not regularly changing position, can compress your spinal discs, which in turn may cause or aggravate Sciatic pain. Have you noticed, if you drive for a long time, the first thing you do when you get out is to extend (lean) backwards? Your body knows what it needs. Park far away from shops or services stations and enjoy the walk.

What can we do?

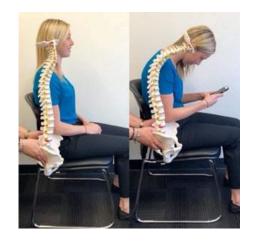
- 1. Every 30 minutes, or at regular intervals, stand up and stretch. If you're answering a phone call stand up for the whole of the conversation. If watching TV, walk around every time the adverts come on they're usually 3 minutes.
- 2. Sit towards the front of your chair. You could also use a cushion or small squashy ball to support your lower back.
- 3. Join in a mini video.
- 4. Drink plenty of water, stay hydrated.
- 5. Take your shoes off! Yes! It works use a couple of tennis or Spikey balls to massage your feet. Yes! Just roll your foot toe-to-heel and press firmly for a couple of minutes.
- 6. Twist your body slowly from right to left, through a pain free range of movement.
- 7. Do not cross your legs, knees nor ankles!
- 8. When using your mobile phone, lift it up to eye height so that your head and spine remain upright.

Free exercises to help you.

If you are a Facebook user I have several Desk and seated exercise mini videos you can access 24/7 free of charge in my "Fitness & Dance with Debbie" group. Just use the 2 to search Desk or seated.

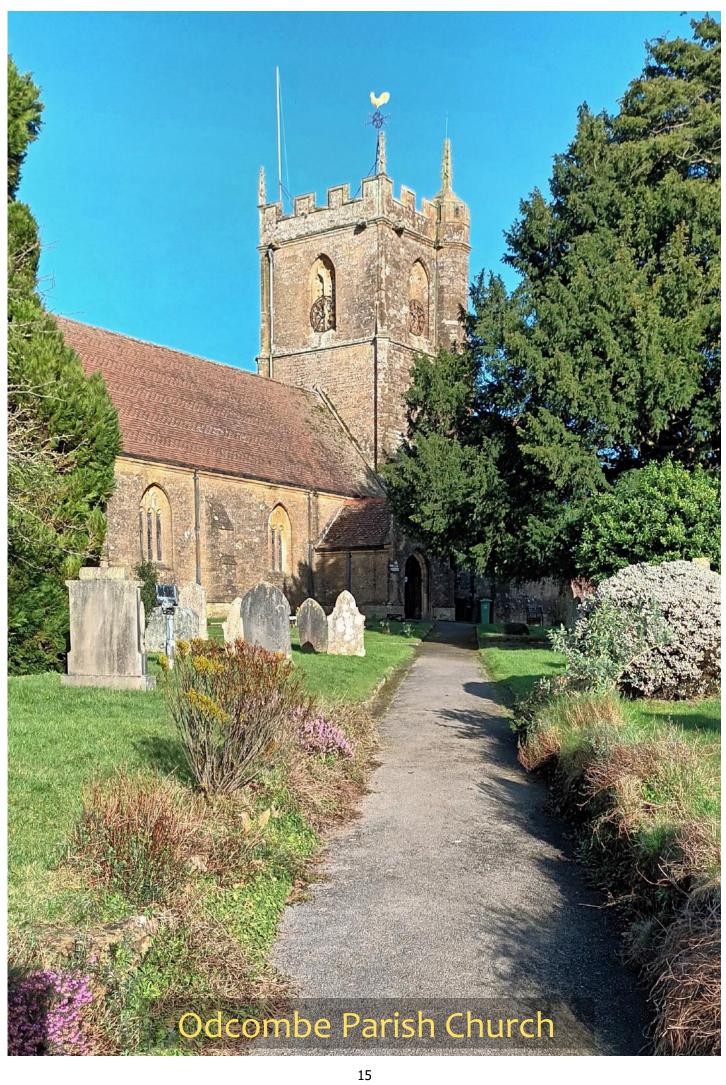
Debbie Knight













Street Lane - probably more than 100 years between the two photographs. Note the difference in the style of churchyard gates, and the school bell has gone.





Beware of rogue garden services

With plants starting to grow at this time of year, you may be targeted by rogue traders offering to do work in your garden. They may say they are working for the council or other authority and try to trick you into having unnecessary work done, for example by claiming you need to have trees cut down because they are an obstruction. Whatever work they do, they may overcharge for a poor-quality or incomplete job or take the money up front and vanish without doing any work.

Not all traders who cold call are rogue traders, but it's important to remember the golden rules:

- Never agree to work from someone you think might be a rogue trader.
- If you're not sure, don't open the door.
- If an offer seems too good to be true, it probably is.
- Use your door chain when opening the door to strangers.
- Properly check the identity of callers before opening the door.
- Keep doors and windows secure.

If you think a crime is being committed now or you are in danger, call the police on 999 immediately.

For non-emergencies, call the police on 101.

To report a problem with a trader and get advice, call Citizens Advice on 03454 040506.

If you want to have work done in your garden:

- Take time to get three quotes from reputable businesses you trust.
- Ask friends or family for recommendations.
- Use a scheme or association to find reliable businesses. For example:
 - Find local, trustworthy businesses through the Buy With Confidence scheme. All businesses in the scheme
 are vetted, approved and monitored by Trading Standards. Visit buywithconfidence.gov.uk or call 01392
 383430.
 - Or use a member of an appropriate reputable trade association. Members must stick to their codes of practice. If a trader says they are a member of an association, check this is true.
- Decide who to use in your own time.

This article has been written by Devon, Somerset and Torbay Trading Standards Service www.devonsomersettradingstandards.gov.uk

Newsletter Advertising

The Village Hall Newsletter is published three times a year and delivered to every house in Odcombe

Our business advertising rates are as follows:-

Quarter-page (portrait, approx. A6 size):

£5 for a single issue £12 for the year (all 3 issues),

Eighth-page (landscape, approx. A7 size):

£3 for a single issue

£7 for the year (all 3 issues).

All adverts accepted are subject to availability of space.

To place an advertisement email:

odcombevillagehall@gmail.com

Buses from Lower Odcombe

(Montacute Road) to Yeovil

♦ = SCC operated



Odcombe to Yeovil	Yeovil to Odcombe
	d. 08:00 \diamond a. 08:13
d. 08:23 a. 08:45	d. 09:00 a. 09:13
d. 10:08 a. 10:25	d. 11:00 a. 11:13
d. 12:08 a. 12:25	d. 13:00 a. 13:13
d. 14:08 a. 14:25	d. 15:00 a. 15:13
d. 15:08 \diamond a. 15:25	
d. 16:08 a. 16:25	d. 16:45 a. 16:58
d. 17:53 a. 18:10	d. 18:15 a. 18:28

Booking

Odcombe Village Hall Please use the link: www.hallbookingonline.com/odcombe

No Internet: Call Rachel Davies on 07534 518630

Any queries: Email odcombehallbookings@gmail.com

Post Office in the Village Hall Car Park



A mobile unit will deliver post office services in the car park at the village hall, weekly on

Wednesdays from 11:00 - 12:00.

Post Box Collections

Higher Odcombe: Monday to Friday 9.00 am,

Saturday 7.00 am

Lower Odcombe: Monday to Friday 9.00 am,

Saturday 7.00 am





Bank Holiday road-side collections:

after Easter - Thursday 4th April 2024 after May Day - Thursday 9th May 2024 after Spring B/H - Thursday 30th May 2024

Recycling at Artillery Road, Lufton Trading Estate, Yeovil

Monday to Friday - 9:00am to 6:00pm Saturday and Sunday - 9:00am to 4:00pm.

w: somersetwaste.gov.uk









Footpaths Officer - If you find any problems with footpaths around the parish, please contact Hans Rennie t: 01935 864523

Bus Service 44

Odcombe Church gates Yeovil (the Borough) arr. 10:45 Yeovil (the Borough) dep. 12:45 Odcombe Church gates arr. 13:00

Mondays to Fridays

Mobile Library Service

Westbury Gardens Tuesdays 1:10 - 1:35pm 19-Mar, 16-Apr, 14-May, 11-Jun, 9-Jul

For information about this service, contact Somerset Direct t: 0300 123 2224 or visit

www.somerset.gov.uk/libraries

This Newsletter is published by the Odcombe Village Hall Management Committee, registered charity No. 304602

Views expressed by contributors to this Newsletter are not necessarily endorsed by the Committee,
neither are the products and services shown by advertisers in their advertisements.

Committee:

Chair Rachel Davies Treasurer Ellie Damon Secretary Carlos Johnson

Email: OdcombeVillageHall@gmail.com

Contacts:

Newsletter Ed. Colin Hill t: 863193
Advertising odcombevillagehall@gmail.com
Hall Bookings see details at the top of this page



Odcombe Village Hall

Activity Contacts ...

Post Office	Wednesdays - 11:00 to 12:00 noon	Mobile service in the Village Hall car park.
Crafty Stitchers	2nd, 4th & 5th Wednesday in month 2:00 to 4:00 pm	Margaret Clotworthy t: 863863
Short Mat Bowls	Mondays - 2:00 to 5:00 pm Wednesdays - 7:00 to 10:00 pm Fridays - 7:00 to 10:00 pm	Hazel Smith m: 07720 724745
Yoga Class	Thursday - 10:00 to 11:30 am	Caroline Daunt m: 07794 882471
Odcombe Football Club		Glenn Seymour t: 863961
Beginners Pilates	Thursday - 6:00 to 8:00 pm	Sarah Hicks S H Fitness
Parish Council (public welcome)	3rd Monday in month - 7:30 pm	Terry Heath m: 07549 643402 e: clerk@odcombeparishcouncil.gov.uk
@ the Hall Café	4th Monday in month - 10:00 to 11:30 am	Denise Dunford t: 863444
Pilates, & Dance Fitness	Dance Fitness Friday - 9:30 am Pilates Friday - 10:35 am Four Way Fitness Friday - 11:45 am	Debbie Knight m: 07970 258085
Odcombe Movie Nights	Monthly from October to April	Denise Dunford m: 07843 973561
Spanish	Tuesday - 10:00 to 12:00 noon	George Leaver t: 862905
Purple Patchers	Thursday - 1:00 to 4:00 pm	Margaret Clotworthy t: 863863

Odcombe Parish Church		Rector: Rev Nick Clarke m: 07842 192402
Neighbourhood Watch		Deryl Rennie t: 864523 Alan Hiscock t: 863388
Odcombe Walkers	Phone for walks details	Tricia Wring m: 07799 063612 Heather Haggett m: 07831 746252

Future Events ...

9th March	Lent Lunch at the Village Hall, 12:30 - 2:00pm	See page 8 for details.
10th March	Mothering Sunday at the Church, 11:00am	See page 11 for details.
11th March	Odcombe Movie Night at the Village Hall, film starts 7:30 pm	Film 'The Miracle Club', 2023 12A 1h 30m See <i>Hall Facebook</i> and posters for more info.
12th March	Village Hall Social Event and AGM at the Village Hall, 7:00 pm	See Front page for details.
30th March	Flower Show and Fete Meeting at the Village Hall, 6:30 pm	See Back Page for details.
8th April	Odcombe Movie Night at the Village Hall, film starts 7:30 pm	Film 'The Great Escaper' , 2023 12A 1h 36m See <i>Hall Facebook</i> and posters for more info.

This Newsletter is also available on-line, and in colour:

odcombeparishcouncil.gov.uk AMENITIES, VILLAGE HALL or SCAN the QR CODE ----------and is published by the Odcombe Village Hall Management Committee
Registered Charity No. 304602.

Printed by Sarum Graphics Limited, Old Sarum, Salisbury SP4 6QX



Christmas activities at the Hall 2023













The village flower show will be 90 this year! A great village tradition, bringing our community together.

Organisers are looking to lighten the load; make the show bigger and better; make it entertaining and interesting for villagers; and carry it on for years to come.

A new set-up will be explained at a meeting in the village hall on Saturday 30th March at 6.30pm.

We need your help either as leaders or helpers of all aspects of the show. Input into making the show and fete more appealing; bigger and better; more sustainable for the coming years.

Now is the time to come forward to lend a hand whether you are Odcombe born and bred or relatively new to the village we'll welcome you. At least come to the village meeting on 30th March, 6.30pm, then you can make an informed decision on whether you can help keep this great community event going.

SAVE A VILLAGE TRADITION

