

LONG SUTTON AND LONG LOAD NEWSLETTER – January 2023

Visit the official Website: www.longsutton.org.uk
Email: lsnewsletter@btinternet.com

Sunday Services in the Levels Arc Benefice

Sunday 1 st	10.20am Online Zoom* Morning Prayer 6.30pm Evensong at Holy Trinity, Long Sutton
Sunday 8 th	9.00am Holy Communion at Holy Trinity, Long Sutton 11.00am Holy Communion at St Catherine's, Drayton
Sunday 15 th	10.30am Café Church at Pitney Village Hall 11.00am Holy Communion at St Peter and St Paul, Muchelney
Sunday 22 nd	11.00am Holy Communion at Holy Trinity, Long Sutton
Sunday 29 th	11.00am Holy Communion at St John the Baptist, Pitney

* Morning Prayer on Zoom – contact Sue Creegan on 241554 for details** Note, new time of 9.00 (until change of clocks again)

Every Wednesday at 10am – Holy Communion or Morning Prayer at Holy Trinity, L.S.

Every Friday at 6.30pm – Informal Prayers at Holy Trinity, L.S

Church coffee morning for Long Sutton School Governors' Trust

Many thanks to all who turned out on the 3rd of December; we raised £866.05 on the Saturday followed by another £135 from some unable to attend on the day. This plus gift aid should take the total to a little over £1050 - brilliant. All at School are extremely appreciative of the generosity of the Long Sutton and surrounding communities.

Flowers and Brasses rota

Jan 7 th	Mrs Lyon	
Jan 14 th	Mrs Jones	
Jan 21 st	Mrs Jones	
Jan 28 th	Mrs Brand	Mrs R Cox and Mrs Sales
Feb 4 th	Mrs Brand	

Long Sutton W.I News

On Thursday 19th January at 7.30 p.m. in the village hall, we will be having a Shimmy and Shake evening. Please come along and enjoy the fun! The 2023 programme will also be revealed. The skittle sessions have been a great success and we hope to continue them over the Winter at East Lambrook. Dates TBC. Thank you to everyone who filled a shoebox for Ukraine. If you are interested in joining our friendly W.I or are new to the village, do come along and give us a try. Please contact joint presidents Jane 07823 559175 or Caroline 01458 241159

Happy New Year from FOLSC!

Well, that's Christmas and New Year festivities 'done' for another season. Despite the industrial turmoil we hope you were still able to enjoy a first proper post Covid Yuletide with family and friends and that 2023, against the current odds, can deliver the Happy New Year we all crave.

Our Trustees are already planning a new programme and first on the agenda we will be hosting the Holy Trinity coffee morning on **Saturday 4th February**, so we hope to see as many members and villagers as possible, for what is always a very social gathering.

The coffee morning will be followed by the **FOLSC AGM** which will be held on **Monday March 6th** in the Village School. The meeting is open to all (non-members in a non-voting capacity) so please come along and hear what we have been up to in

2022 and of our fundraising plans for this year. Despite numerous appeals for volunteers to join our small band of Trustees, so far these requests have fallen on deaf ears. Our current team have all agreed to stand for another year (if re-elected) but unless we can recruit new officers, the continuity of our charity will be in doubt. We particularly welcome those who are new to our community and being a Trustee is undemanding and a very social way of embedding fully into village life. We are a nondenominational group, all are equally welcome, so please don't be shy!

Our first social/ fundraiser of the new season will be held in the Long Sutton Village Hall on **Saturday 25th March**, when we have booked **the Wessex Big Band** with their amazing vocalist Kelly Louise Dale and we are promised a night to remember. The following day British Summer Time begins, so what better way to say goodbye to those winter blues? At the time of writing Jack Frost is spreading his icy tentacles over us all, so definitely one to look forward to!

A new Tai Chi class is coming to Long Sutton with Age UK Somerset

Local charity, Age UK Somerset, is expanding its service as part of their mission to provide more older people with the opportunity to exercise. Starting 16th January 2023, Long Sutton Village Hall will host the brand-new Tai Chi QiGong class, which has been specially designed for people over 60.

Every Monday at 10:30am, Pru will guide the class through 18 easy-to-learn mindful movements. QiGong, pronounced 'chee gung', is a form of Tai Chi that is beneficial to both physical and mental wellbeing. The class will run weekly and is £5 per session, it is recommended that you book your place to avoid disappointment.

For more information, or to book your place, call 01823 345624 or email ageingwell@ageuksomerset.org.uk

LSPC Environment Plan

"Your Parish Needs You!" The Parish Council is setting out a new Environment Plan for the Parish and would like to know what you think about our changing climate and what you think we, as a community, should be doing about it.

Please help us by taking our short online survey accessed through the new website: www.longsutton-pc.gov.uk or hard copies will be available from various village venues, by post from Environment Plan Survey, Orchardleigh, Martock Road, Long Sutton, TA10 9HU or by email from clerk@longsutton-pc.gov.uk.

We want to hear all views as it will help us tailor our responses and actions. **We really do need your input.** Thank you.



The eagle-eyed amongst Parish Council followers will also note that there is a new parish website www.longsutton-pc.gov.uk. Have a browse for a host of information about the community.

You should also register on the home page to receive a new monthly electronic newsletter from the Parish Council that will cover a host of information we are unable to publish elsewhere.

If any organisation that you are involved with would like to be mentioned on the site, then please let digital@longsutton-pc.gov.uk (Graham Stoddart Stones) know, and if we have listed your organisation with inaccurate information then please let him know.

Please can we have your responses by the 31st of January

Ladies in stitches

The craft group will start again on 6 January. We meet fortnightly on Fridays 2pm till 5pm in LS village hall. Refreshments available.

For details please ring Lieve 01458 241450 or email lieve.cousins@googlemail.com

LONG LOAD

Next Long Load Parish Council Meeting 7:30pm Tuesday 17th January 2023

Tuesday 3rd January 6:00pm Village Hall Committee Meeting

Drop in for morning Coffee & Biscuits and Soup and a Sandwich Lunch at our "Meet & Greet"

On Thursday 12th January 10:30 and stay if you wish until 3pm at the Village Hall

We have some Books, Magazines, Scrabble, Playing Cards, Dominoes other board games and 'Shove Halfpenny' game

If you have board games you can donate it would be very welcome please let Marsha know.

Please offer your help with any of the three planned dates 12th 19th & 26th as a trial run if you can.

Wednesday 4th January Chinese Brush Painting Group

Long Load Village Hall 2pm – 4pm

If you think you would like to give it a go, pop in and speak with Jane

For more details please contact Barbara Nieto on 01458 241284 or Jane on 01458 250145

Refreshments available

Wednesday 11th January Craft Club

Long Load Village Hall 2pm – 4:30pm

Card Making

Refreshments available

Please feel free to bring your own projects.

Grateful thanks to Stephen, Angela and Ann who worked hard to set up and facilitate the November **Soup and Roll Lunch** at Long Load Village Hall in aid of Alzheimer's / Dementia Charity as well as the very generous and supportive residents and friends who came, donated and ate delicious Soup and warm Rolls for lunch

It was a busy 2 hours and there was a lot of soup served to a lot of supportive residents and friends.

We managed to raise a total of **£440** for the Alzheimer/ Dementia Charity

Additional Notices

While the Village Hall Committee would again like to thank the two people who have volunteered their time on a as a when needed basis to help with setting up of various events throughout the year as non committee members, there is always room for more volunteers on the same basis. If you are someone who would be happy to add their name to list please contact one of the Long Load Village Hall Committee members or Marsha on 01458 241415 The more volunteers we have the lighter the load on everyone.

The committee are still looking for new blood to join the Committee as we have recently lost a member. The more interested people we have to help with this committee the more we can expand the events and uses. If there are any younger residents who would like to be involved please don't be shy you don't need any previous experience, there will be someone to mentor if necessary.

If you have or know of a group who would like to use the hall for an activity please contact Ann Campbell for details

The Hall is the only Community Village Building Asset we have left in this village and it's important that we retain this 160 year old building. We can only do this with everyone's help so suggestions of support for possible activities would be appreciated.

The Official Long Load can be found on this link <https://longload-pc.org.uk> ctrl + click on this link

Wishing Everyone a Happy Peaceful and Kind 2023

Martock U3A

IYENGAR YOGA - Lisa Bartlett Wed 11th Jan

This will be a talk about BKS Iyengar and his development of yoga props, creating a yoga practice accessible for all stages of life.

Wednesday 11th January 2023 -

2.15pm The Parish Hall Martock: IYENGAR Yoga - creating a yoga practice accessible for all stages of life. All welcome to the talk, to enjoy a chat over refreshments and to find out about the learning, hobby and interest groups you can join through Martock & District u3a. More information about Martock & District u3a: email

martocku3amembership@gmail.com, telephone 01460 240788. website www.u3a.org.uk

Please send your contributions to jsnewsletter@btinternet.com **by the 20th of the month**. For more information call 01458 241450