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Parish Plan for Milverton

AT the Annual Parish Meeting, held earlier this year, a suggestion was made and very well received that we should prepare a Parish Plan on behalf of Milverton.

This was suggested so that by preparing such a plan, in a very thorough way, we could have some influence over the future recommendations and decisions of the Local Authority on a number of issues.

Accordingly, a group of willing volunteers met at the newly re-furnished Globe in Milverton (that was a good idea for a start!) to see what is involved.

Under the guidance of Paul Cottingham, we discussed the various options. Should we do an Action Plan, a Design Statement or the full works?

Those of us who were there now all know a great deal more about what we

are letting ourselves in for, but we must begin by getting the support of the Parish Council in our endeavours. It is hoped that at the September meeting, the PC will give that support, and the work can begin.

The first stage will be to find out what skills the residents of Milverton Parish have, so that we can involve as many as possible in the ensuing work, and to find out what they think about a range of issues.

To that end, a survey form will be prepared and distributed. Once the results come back, we can begin the detailed work of a Parish Plan.

We will keep people posted on this process, but if anyone would like to be involved (and we really do want as many people to help as can do so), then please contact Jenny Hoyle on 01823 400529.



What was that all about?

THE closure of South Street for the last fortnight of the summer holidays caused considerable inconvenience to many people living on either side of the blockage.

Digging up the road was delayed until after the Horticultural Show at Kingsmead on August 20th and the road was resurfaced just before term began on September 5th, so Wessex Water and

their contractors had a very limited time in which to carry out their work.

As passers-by saw, the task was to put two large manholes under the road; this was done to increase capacity during times of high rainfall so that under these conditions the houses on either side of the road could function properly and not suffer foul water backing up in their toilets. A well-timed job!

Help for parents with young children

HOME-Start Taunton Deane is here in Wiveliscombe to help any parents with children under 5 years of age.

If the joy has gone from

life temporarily, call Fran, Ros or Jo on 01823 352 669 at any time.

A volunteer could visit you once a week to listen to you, share your concerns, help you to find answers to your questions, visit you

regularly and give practical help and advice.

Home-Start Taunton Deane has been helping local families for 5 years. It is a voluntary organisation which offers help to the parents of children under 5 years of age.

If pushing the pram, or coping with toddlers doesn't seem much fun at present give Home-Start a call at any time.

Ann Oldham
Networker



Help yourself to a happier life with the Bach Flower Remedies

THERE are now many people who always carry a bottle of Dr Bach's Rescue Remedy in their pocket or handbag to help them cope with emotional pressure or shock caused by life's every day emergencies.

How many readers are aware that Dr Bach also discovered 38 individual remedies to harmonise the balance of all negative emotional states?

Perhaps you have noticed the little brown bottles in The Pharmacy, and would like to know how they could be of benefit to your health.

It is now widely accepted that our physical health is affected by our emotional state. The Bach Flower Remedies do not directly treat physical conditions, however, most people do notice a huge improvement, or are at least less troubled by their physical symptoms when emotional balance is restored by the appropriate remedy selection.

You do not have to be physically ill to benefit from the healing properties of The Bach Flower Remedies; in fact The Remedies are most invaluable for restoring balance of emo-



tions and improving mood to help us lead happier lives.

Lynne Adams BFRP has worked with The Bach Flower Remedies for several years. She trained at The Bach Centre, and has also received counselling skills training, and studied psychology.

She is extensively experienced in helping people cope with a multitude of difficulties, including fears, anxiety, stress, relationship difficulties, abuse, parenting, behaviour, life changes, motivation, chronic illness, bereavement.

Babies and children respond very quickly to the Remedies, and several parents and carers have used them to cope with the demands of raising children, including constant crying, sleep problems, nightmares, temper tantrums, whinge-

ing, sibling rivalry, over-activity, bullying, shyness, fears, problems adjusting to playgroup or school, exam stress, and so much more.

Lynne is now in a position to welcome new and existing clients for consultations. In accordance with Dr Bach's benevolence, fees for consultations are negotiable, or via donation. Free consultations are available. There is usually a charge of £3 for a remedy mix of up to 7 remedies, which will last for 3 weeks.

In addition, training can be arranged for those who would like to learn to be independent in their remedy selection. Please ask about training opportunities for your business or organisation.

The Remedies are entirely safe for use by everyone from newborn babies, and in pregnancy, to centenarians. They are licensed as homeopathic remedies. Lynne emphasizes however that they are a complementary therapy, and you must continue to consult your Doctor for medical advice.

For further information, please contact Lynne Adams BFRP, 2 Kingsmead Close, Wiveliscombe TA4 2NZ, 01984 624202.

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