

FROME TIMES

THE TOWN'S OWN INDEPENDENT NEWSPAPER

Issue No. 528 • Thursday 14th February 2019 • @frometimes f /frometimes

Volunteer driver scheme saved from the axe

FROME Town Council has thrown Frome Community Cars a lifeline, saving the service from an uncertain future.

The volunteer driver scheme was at risk of closure when Mendip Community Transport, who took over management of the service last year from the town council, announced last month that they were dropping the service as it cost too much for them to run. Frome Town Council was given just three weeks' notice to find an alternative arrangement for the service.

The scheme has been running since 2016 and currently has 300 members and conducts 130 journeys a month, helping users access services such as medical appointments and make trips to shops for essentials, or visit friends and family. The town council has announced that it will be working in partnership with Sustainable Frome - the local community interest company which supports a number of initiatives and campaigns in the town - to continue the service.

At last week's town council

'Town Matters' meeting, councillors voted unanimously to contribute £1,000 towards the development costs of the project to enable the scheme to continue, develop a sustainable business model and transition away from the need for grant funding.

Highlighting the importance of the service, Anna Francis, resilience manager for the town council said, "This service is about connecting the community and enabling the community to link with each other and support each other with the things that they need."

In support, town councillor Mel Usher said, "There's lot more help given to users from drivers than there would be with a normal taxi service - I know volunteers who will carry shopping into the house, put it away, before going on to their next job."

"If we could build the service up, find the right level of volunteers and perhaps be putting some more of our own money in, then this could be something quite substantial for the community."

HARRY'S HYDRO IS HERE TO STAY!

LOCAL charity, Harry's Hydro, has been offered reassurance from Somerset County Council that the future of their lease is not in jeopardy.

The charity, which has run a community hydrotherapy pool on land at Critchill School since 2012, had feared for the future of their 30-year lease with Somerset County Council when they were told in November last year that Critchill School would be transferring to Midsomer Norton Schools Partnership Multi Academy Trust.

At the Frome Town Council 'Town Matters' meeting last week, chair of the trustees, Malcolm Westgate, told councillors, "There was a huge surprise for us at the end of the year, around November time, at a regular meeting with Critchill School when the head announced that they will become part of a trust and that our lease, which is with Som-

erset County Council, will be transferred to this new organisation."

"Well to hear about it in this back-handed way was a surprise. We've had no official letter from the council at all. We have lots of questions, but no answers. It's the biggest worry we have."

Reassurance

However, following questions from *Frome Times*, the council has offered some reassurance. A council spokesperson said, "The academy transfer process will shortly be commencing, and there will be no change in the terms or period of lease."

"We hope that clarifies the situation and alleviates any concerns members of the charity or local community may have."

Speaking to *Frome Times*, who broke the news about the future of the lease, Malcolm Westgate said, "Brilliant! This

is good news to hear - it sounds like we can carry on as we are. We now need to think about the future implications of the lease transfer to the academy - but that's for the trustees to worry about."

"I haven't received any correspondence from the county council yet - I did send them a letter before the Frome Town Council meeting, but there has been no reply yet. Hopefully, I will receive something soon."

The hydrotherapy pool, run by Harry's Hydro, was set up in memory of local boy Harry Fox, who died aged 13 months in 1999. It is a community facility for those with disabilities, sensory, learning or behavioural difficulties and life-threatening illnesses (e.g. cancer) or limiting conditions such as rheumatism. It caters for all ages from babies to the elderly.

More information can be found on the charity's website: www.harrys-hydro.org

Family's tribute to local man who died in A36 collision

THE family of a Frome man who died in a collision on the A36 at Codford have paid tribute to him.

Nicholas Butler, aged 54, was driving a Saab 9-3, when, for reasons currently unknown, he collided with a Skoda Octavia at approximately 4.45pm on Thursday 31st January.

His partner Hannah Dewings has released the following tribute: "I am sorry to announce the sad passing of our Nick. He will always be my wonderful loving partner, adoring and proud father and grandfather, amazing and thoughtful son and brother, and kind generous friend."

"Nick enhanced all our lives and was deeply loved by us all."

"We are all understandably devastated by our loss and respectfully ask for privacy at this time. We would like to thank Nick's friends and loved ones for their support at this



very difficult time. "Nick touched so many lives and was loved by so many. He will be deeply missed by us all. Forever in our hearts."

Duchess of Cornwall visits 'compassionate' Frome

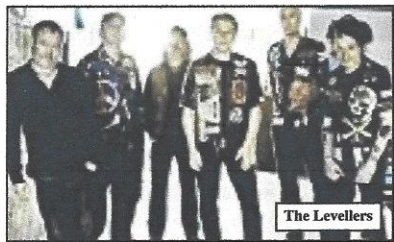
THE Duchess of Cornwall visited Frome last month, to learn more about the work of the 'Compassionate Frome' project.

As part of her visit, the Duchess visited Frome Medical Practice and Frome's Men Shed. The 'Compassionate Frome' project was hailed in the national press last year as a blueprint for helping the NHS crisis, after figures revealed

that it had reduced the number of emergency hospital admissions in the area.

The project identified that by helping patients who are lonely and isolated connect with support in the community, there is a positive impact on their health and a reduction in demand on health services. Read the full story about the Duchess of Cornwall's visit to Frome on page 22.

More big-name stars announced for Frome!



The Levellers

MORE big-name stars are coming to Frome!

Top rock band The Levellers and comedian Ruby Wax will be appearing at the Cheese & Grain this year. It follows the news in the last issue of *Frome Times* that a plethora of stars from the comedy and music world will be appearing in venues across Frome - including the likes of Jack Dee, Alan Carr, Jason Donovan, Ben Elton, The Osmonds and Spandau Ballet star Martin Kemp.

Tickets for the The Levellers' performance in March have already sold out, but those lucky enough to have a ticket can expect a show packed full of songs spanning their entire career, with material from 11 studio albums, including 'Zeitgeist' and 'Levellers' which peaked at #1 and #2 in the UK charts respectively.

Promoters say, "From their early gigs in Brighton in the spring of 1988 - in venues such as The Richmond and The Zap - Levellers were a 'gang band' that attracted an instant following. Then as now, just like their heroes The Clash, they represented a potent brew of activism and hedonism."



Ruby Wax

Their music appealed to the head, the heart and the feet in equal measure. The self-styled ghetto kings of downside town, Levellers never looked back. And on and on the river flowed..."

"After her performance at the Cheese & Grain last year in May, legendary comedian Ruby Wax will return to the venue in October with her new show 'How To Be Human'."

Promoters say, "Based on her bestselling book, Ruby's new show 'How To Be Human'..."

Continued on page 22

New 'free coats' project helps keep people warm in winter

A NEW initiative that provides free coats to people in need during the winter months has launched in Frome.

The Frome Coat Rack, housed at the 'Loop de Loop' building in the Market Yard car park, allows people to help themselves to coats that have been donated by members of the public.

Former Frome resident, Sharon Wakefield, who launched the initiative told *Frome Times*, "There are coats for men, women and children - the Frome Coat Rack is for anyone. Obviously, the first thought is that this is something for homeless people, but it can be for anyone - it's to help everyone, the whole community."

"So many people in Frome pulled together to make this

happen. Katy Duke, who manages the 'Loop de Loop' project in the Market Yard, also got on board with the idea. The 'Loop de Loop' is also home to the Community Fridge and the Community Larder and Katy felt that the initiative would sit well next to them - so she has let us have the space for three months, free of charge. Local electricians and carpenters have also donated their time to get the project up and running."

"The kindness of the people of Frome has knocked me sideways - it's what Frome does best. Frome has really embraced the idea. We have had so many donations of coats, gloves and scarves - someone even knitted hats to donate. The rack is checked daily by volunteers to keep it tidy - it's all going well."

About the inspiration behind



the idea for Frome Coat Rack, Sharon explained, "I read a story online about a woman in Lampeter in Wales, Laura Jones, who had done something similar. I shared the story on the 'Frome' Facebook group

Continued on page 22

Singer's anniversary theme for this year's Frome Festival

THE winter weather may be turning people's thoughts to the summer and, for many in Frome, the highlight of the summer is the Frome Festival.

This year the Festival runs from Friday 5th to Sunday 14th July, and plans are well under way for another exciting and diverse programme of events, including a celebration of a Frome institution known to many who grew up in the town.

This year marks the 200th anniversary of the birth of John Webb Singer. Singer's metal

casting factory was a familiar sight as one entered the Market Yard and looked across the river to the area now occupied by houses accessed from the Jensen Button Bridge. Singer's first premises was a more modest shop in Market Place, which is now Eyetech opticians and, on the first floor, the office of the Frome Festival. The Singer's inscription in the glass above the outer door can still be seen in faint outline.

Singer's grew into a world-renowned "art metal works",

Continued on page 24



Men's Shed president Ron Carver with The Duchess of Cornwall and Patrick Abrahams

13,500+ COPIES DISTRIBUTED FREE EVERY FORTNIGHT • EST.D 1998

01373 452109 • news@frometimes.co.uk • www.frometimes.co.uk

Compassionate Frome welcomes the Duchess of Cornwall

THE Duchess of Cornwall visited Frome Medical Centre recently, where she saw first-hand the work of Frome community through groups and volunteers joining together to support one another.

Through this approach, the whole town has grown in capability to respond with humanity to friends, neighbours and fellow residents and make the town a better place for all. This approach is known as Compassionate Frome: the Frome model of enhanced primary care.

Frome Medical Centre reports, "During the visit, Her Royal Highness met a variety of groups who provide services to the community, including the health connectors and volunteer community connectors, members of The Hub, which was set up by the practice to identify patients who might benefit from this approach, as well as other local support groups and services. She also met with members of the Talking Café and chatted with them over a cup of coffee."

Frome Medical Centre senior GP partner, Dr Helen Kingston, set up the project with Jenny Hartnoll, service lead for Health Connections Mendip (HCM) in 2013.

Dr Kingston said, "We recognised that wellbeing is more than simply the absence of disease. Loneliness and isolation can exacerbate and lead to health problems. Relationships matter to us all. We set up Compassionate Frome to connect people to support networks, groups and services throughout Mendip. We mapped out the services on offer in Mendip and recruited a team of health connectors to signpost people to services across the area - from hearing loss support, exercise classes and befriending services.

"Gaps in services were identified and the Health



Connections team worked with our community to address these unmet needs. They were able to set up talking cafes and support groups for people with specific health issues such as dementia, COPD and macular degeneration. As a result of this focus on wellbeing and building capability and networks of support, we have observed the benefits this brings to health with a reduction in emergency hospital admissions."

Frome Medical Centre says, "Others who met Her Royal Highness were some of the Couch to 5k runners who were preparing to embark on their run. This running course targets people who have mild anxiety or depression and aims to combine mental health as well as the physical benefits that come with exercising, and some health walkers who will just be returning from a walk, which they do to help combat isolation and have the chance to make friends."

"There was special recognition for Mr Gerald Franks who set up the Frome and District day centre lunch club in 2000. The club offers a hot meal and friendship to older people who are unable to cook and take care of themselves. The Duchess of Cornwall presented him with an award in recognition of his service to the community."



HRH at the Talking Cafe



HRH talking to Gerald Franks and Evelyn Franks from the Lunch Club

Duchess of Cornwall visits the Frome Men's Shed



Left to Right Steve Gray, John Young, Camilla, Tony Hopkins

THE Duchess of Cornwall made a visit to Frome Men's Shed as part of her visit to recognise the "Compassionate Frome" programme. The initiative connects people to support networks, groups and services throughout Mendip, and has resulted in a reduction in emergency hospital admissions.

She visited the Men's Shed on 30th January after meeting people at the Frome Medical Centre. The Duchess took time to meet and chat with all of the 25 Sheddies who were there. The Sheddies commented on how easy she was to talk with, how down to earth she was, and how she was genuinely interested in what they were doing.

Patrick Abrahams, chair of the Frome Shed, said that all the Sheddies commented on how welcoming Camilla, and all her staff and security were during the visit. He said, "Her staff said that they thought that the Shed was full of so many wonderful characters and were pleased to see so few 'suits'. They appreciated the warm welcome and sense of community that they felt in the Shed workshops. Camilla commented on the amount of laughter she heard during her visit."

"Camilla chatted to Jan (aged 70), one of the Sheddies who was learning how to re-cane a chair. Jan, one

of the women who comes to the Men's Shed, said it was fun meeting Camilla. Jan explained how she liked to benefit from older people's experience - they both agreed that it was getting increasingly difficult to find older people to learn from.

"Ron, the Frome Shed President, said that she asked him quite a few questions about the jewellery box he was making, and he commented on how Camilla was more knowledgeable on woodwork than he was expecting."

"Camilla gave encouragement and best wishes to two Sheddies - Bern and Peter. Bern was making a scale model of cladding that

he is hoping will be used to turn shipping containers into attractive looking low-cost housing. Peter is making a thatched dolls house for his granddaughter - and is struggling a little with the plans."

"Camilla was fascinated by the two coracles (small light-weight boats) made in the Shed. She asked how the Sheddies learnt to make the coracles. Tony and John explained how they were made and then raced against the Welsh in Carmarthen."

"On leaving, Camilla was delighted with the gift of a 1/16th scale model of one of the coracles as a souvenir of her memorable visit to the Frome Men's Shed."



Tony Hopkins, Patrick Abrahams presenting Camilla with 1/10th scale model Coracle - named "Glennis"

Temporary road closures for February

SOMERSET County Council (as the Highway Authority) has issued a temporary road closure of (A361) Berkley Roundabout, Frome Bypass and Frome Bypass Feeder Road North from (A361) Berkley Roundabout.

This road will be closed from 25th February and is expected to last for three nights (6.30pm - 7.00am) to enable Somerset Highways

to carry out resurfacing works on this road.

See map at www.frome-town-council.gov.uk/wp-content/uploads/2019/01/RCNME10726-Notice-1.pdf. Please visit www.road-works.org for further information on the alternative route. For information about the works being carried out please contact Somerset Highways on 0300 123 2224.

PERSONAL ASSISTANT

Disabled lady seeks a self-employed assistant to help with domestic and personal care. Mornings and/or afternoons. Some light cleaning and cooking.

Located in Frome. £9 per hour, part-time. Suggested 8 hours per week, but can be flexible.

Please telephone 07701 089571

ingenious

Ingenious Performance are looking for an

Executive Assistant

to join our team in Frome.

The role is part time helping support our fast paced business with database and spreadsheet management, event management, client management and being the PA to the Director. The role is 5 days per week, 3.5 hours per day, with scope to increase as the role develops. Contract rate circa £14 ph. Successful experience as a PA desirable. Looking for an immediate start.

If you are interested and would like to find out more, please get in touch via email to hannahc@ingeniousperformance.com

Closing date: 25th February

BEAUTY CLINIC MOVES TO SURGERY - JUST FOR THE DAY!

IN CONJUNCTION with local business InnerBeauty Frome, on Saturday the 2nd March the Frome Medical Practice will be offering free smear-ready waxes to their patients attending a special smear test clinic at the surgery.

The initiative takes place in support of the campaign to increase awareness of cervical cancer. Jo Owen has been running InnerBeauty Frome from her premises in Catherine Hill for more than 10 years. The idea of offering a free pre-smear bikini-style wax preparation came about following a chance conversation between Jo and Vic Yerbury, a practice nurse at the Frome Medical Practice.

"I think that everyone is aware of the worrying decline in the number of women undergoing a smear test," says Jo. "However, I also knew of what a few salons in other parts of the country had done to help encourage women to undergo the test. So, after talking it through with Vic and her colleagues at the Frome Medical Practice, on the morning of Saturday the 2nd March, my team and I will be temporarily moving our salon up to the practice where we will be offering a free pre-smear wax preparation for those women who want it. I have also been very fortunate in that my wax supply company has very kindly donated all of the wax that we shall need for the event. If all this helps to encourage women to come forward and take the smear test, then brilliant!"

"Having a smear is one of the most important screenings a woman can do to protect against cervical cancer," adds Vic Yerbury. "Cervical cancer can occur at any age and we are concerned at the number of young women who aren't attending. Part of this campaign is to remind women that if you can brave the spatula and the wax you can certainly brave a smear which most women report is a lot less painful."

The special clinic will run from 10am to 1pm on Saturday the 2nd March. It is a drop-in clinic for all women registered with the Frome Medical Practice who are either due or overdue a smear test. The free wax treatment is subject to availability on the day.

"This is an exciting initiative and the free



waxing service on offer is also likely to be popular," says Karen Creffield, the practice manager at the Frome Medical Practice. "A big 'thank you' is due to Jo and all of her team for so generously giving their time and skills free of charge. Any encouragement for women to take the test is absolutely welcome. I would re-iterate that on the 2nd March it will be a walk in service that will be in operation. Patients should just turn up on the morning. To clarify, I would add that of course any patient can elect on the 2nd March just to have the smear test, without the preliminary waxing option."

"For patients unable to get to the special clinic on the 2nd March, then of course they will still be able to book ahead for a smear test (unfortunately without the free waxing service!) on other dates," adds Karen. "These patients should either speak to their nurse, or alternatively book an appointment online or by popping in to the practice or by calling us after 2pm to make the booking."

Above: Vic and Jo.

More big-name stars announced for Frome!

Continued from front page Human' answers every question you've ever had about evolution, thoughts, emotions, the body, addiction, relationships, sex, kids, the future and compassion. We can't stop the future from arriving, no matter what drugs we're on.

"But even if nearly every part of us becomes robotic, mechanical things crossed we'll still have our minds. Hopefully we'll use them for things like compassion, instead of just chasing what's 'better' like a hamster on a wheel. If we can do that, we're on the yellow brick road to happiness."

"This show is a follow-up to Ruby's sell-out shows Sane New World and Fraz-

zled and incorporates what she discovered whilst writing her latest book, including findings about how the mind works with monk Gelong Thubten and learning from neuroscientist Ash Ramprasad where everything that makes us 'us' can be found in the brain. Outrageously witty and smart, blending brilliant comedy and insightful life lessons, How To Be Human is the show you need to help you upgrade your mind as much as you've upgraded your iPhone."

Ruby comes to the Cheese & Grain on Friday 4th October. More information can be found on the Cheese & Grain website: www.cheeseandgrain.com

New 'free coats' project helps keep people warm in winter

Continued from front page page and it got hundreds of 'likes'. I made the suggestion that Frome should do something similar and offers of help and donations began to flood in.

Once the Frome Coat Rack was up and running, I got in contact with Laura Jones on Facebook, and she could not believe how well it was going, she was

amazed by the response."

The Frome Coat Rack is located at the 'Loop de Loop' building in the Market Yard car park. It is open daily from 8am to 8pm for donations and for people to help themselves to a coat if they need one. The project is expected to run through the remainder of the winter months until the end of March.

Frome Ladies Club AGM

THE Annual General Meeting of Frome Ladies Club was held on 30th January and was presided over by Chairman Christine Cornaby.

The club reports, "The minutes of the Annual General Meeting held on 31st January 2018 were read by Jenny Boorer and then Christine gave her report as Chairman, saying 2018 had been a successful and busy year with a wide variety of speakers and trips enjoyed by all who had taken part."

"Christine thanked each committee member for their hard work during the year.

Treasurer, Sandra Dean, presented her accounts for the year which confirmed the club was in a healthy position. There were no questions and the accounts were duly adopted by the meeting."

"It was then the turn of Social Secretary, Karen Meates, to detail the trips and events for the year. Refreshments were served by Hilary Westlake, Pat Nutt and Gill Talbot after which members took part in a quiz prepared by Abbie Haines."

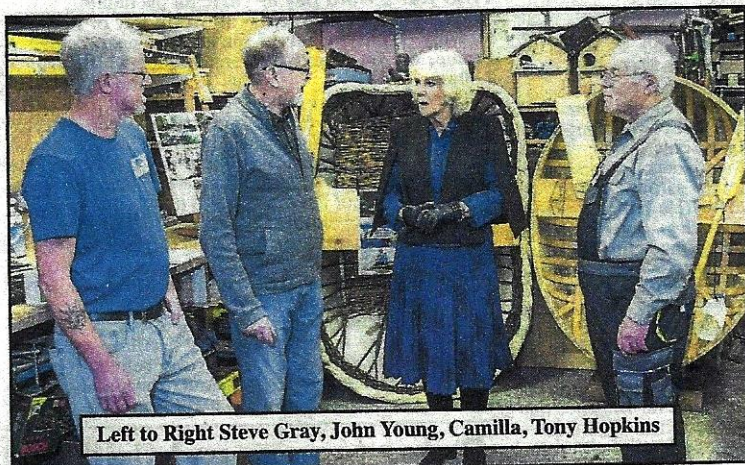
"The new committee for 2019 is as follows: Chair-

man Christine Cornaby, Business Secretary Jenny Boorer, Treasurer Sandra Dean, Social Secretaries Jackie Foxwell and Karen Meates. Speakers Ann Carsana, Registration Leslie Hill, Raffle Abbie Haines and Teas Ann Davis."

"The next meeting will be held at Christchurch Hall on Wednesday 27th February when the speaker will be Stephanie Millward, Paralympian swimmer, who will also collect the cheque for our charity of 2018, MS Society Bath and District Group."

Jenny Boorer

Duchess of Cornwall visits the Frome Men's Shed



Left to Right Steve Gray, John Young, Camilla, Tony Hopkins

THE Duchess of Cornwall made a visit to Frome Men's Shed as part of her visit to recognise the "Compassionate Frome" programme. The initiative connects people to support networks, groups and services throughout Mendip, and has resulted in a reduction in emergency hospital admissions.

She visited the Men's Shed on 30th January after meeting people at the Frome Medical Centre.

The Duchess took time to meet and chat with all of the 25 Sheddars who were there. The Sheddars commented on how easy she was to talk with, how down to earth she was, and how she was genuinely interested in what they were doing.

Patrick Abrahams, chair of the Frome Shed, said that all the Sheddars commented on how welcoming Camilla, and all her staff and security were during the visit. He said, "Her staff said that they thought that the Shed was full of so many wonderful characters and were pleased to see so few 'suits'. They appreciated the warm welcome and sense of community that they felt in the Shed workshops. Camilla commented on the amount of laughter she heard during her visit.

"Camilla chatted to Jan (aged 70), one of the Sheddars who was learning how to re-cane a chair. Jan, one

of the women who comes to the Men's Shed, said it was fun meeting Camilla. Jan explained how she liked to benefit from older people's experience – they both agreed that it was getting increasingly difficult to find older people to learn from.

"Ron, the Frome Shed President, said that she asked him quite a few questions about the jewellery box he was making, and he commented on how Camilla was more knowledgeable on woodwork than he was expecting.

"Camilla gave encouragement and best wishes to two Sheddars – Bern and Peter. Bern was making a scale model of cladding that

he is hoping will be used to turn shipping containers into attractive looking low-cost housing. Peter is making a thatched dolls house for his granddaughter – and is struggling a little with the plans.

"Camilla was fascinated by the two coracles [small light-weight boats] made in the Shed. She asked how the Sheddars learnt to make the coracles. Tony and John explained how they were made and then raced against the Welsh in Carmarthen.

"On leaving, Camilla was delighted with the gift of a 1/10th scale model of one of the coracles as a souvenir of her memorable visit to the Frome Men's Shed."



Tony Hopkins, Patrick Abrahams presenting Camilla with 1/10th scale model Coracle – named "Glennis"

Duchess of Cornwall visits 'compassionate' Frome

THE Duchess of Cornwall visited Frome last month, to learn more about the work of the 'Compassionate Frome' project.

As part of her visit, the Duchess visited Frome Medical Practice and Frome's Men Shed. The 'Compassionate Frome' project was hailed in the national press last year as a blueprint for helping the NHS crisis, after figures revealed

that it had reduced the number of emergency hospital admissions in the area.

The project identified that by helping patients who are lonely and isolated connect with support in the community, there is a positive impact on their health and a reduction in demand on health services.

Read the full story about the Duchess of Cornwall's visit to Frome on page 22.



Men's Shed president Ron Carver with The Duchess of Cornwall and Patrick Abrahams