



RBL Contact Centre number 0808 802 8080 for Welfare Queries.  
Membership helpline 0800 3077 773

**Somerset RBL County Bulletin: 3<sup>rd</sup> October 2025 No: 238**  
**To: All Somerset RBL Branches**

Dear All

Thank you to all branches who submitted their accounts, again we have had another fantastic year. Also a big thank you to Sarah Fossey for all her hard work in checking the accounts and supporting the Branch Treasurers.

All branches will have been sent by a separate email the MS1 forms. All full branches need to complete a MS1 form and MS1B form (if you have a Standard Bearer) and return to me by 31<sup>st</sup> December 2025. If you are a County Supported Branch (CSB) then please complete the CSB version of the form.

**IMPORTANT INFORMATION** – I attach with this Bulletin information about sending Bulk emails out BCC. If you are sending emails out to multiple people, they must be sent BCC even if they are your branch committee. Also please make sure not to use the 'Reply all' when replying to emails.

**'Somerset Festival of Remembrance – 1 November 2025**

We're proud to invite everyone to the Somerset Festival of Remembrance at Wells Cathedral on Saturday 1 November 2025, marking the 80th anniversary of the end of the Second World War.

✍️ **Book your tickets now:** [Eventbrite link](#) or **scan the QR** code on our poster for easy booking.

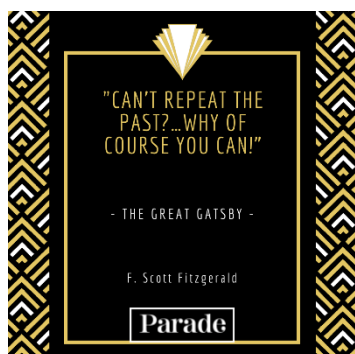
📍 Spread the word – share with family, friends, local groups, and on your community Facebook pages. Let's come together to honour those who served and make this a truly memorable event.

#SomersetRemembers #RoyalBritishLegion #Remembrance'

Please do continue to send me any articles, stories, or other things for the Bulletins, which come out usually every Friday.

I wish you all the best and please all take care of yourselves.

Best wishes Kate





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### Double Hills Memorial Service



On Sunday 28<sup>th</sup> September the Annual Double Hills Memorial Service took place at the Cross of Sacrifice and at the War Graves section in Milton Cemetery Weston-super-Mare. The Service commemorates the loss of 23 personnel when Glider RJ113, en-route from Keevil to Arnhem, crashed in a field called 'Double Hills' near the village of Paulton in Somerset. 21 men of 9<sup>th</sup> Field Company Airborne Royal Engineers and 2 pilots of the Glider Pilot Regiment, were the first casualties of Operation Market Garden, a plan to land an Allied Airborne force behind German lines and bring World War II to a close. They are all buried in the War Graves section of Milton Cemetery.

Wreaths were laid by Lt Colonel Barry Angus (Army Air Corps), Lt Colonel Mike Allison (Somerset Royal British Legion), Roger Brocklesbury (Bristol Royal Engineers Association), John Askey (Wales and West Branch Airborne Engineers Association), Peter Yeates (Double Hills Memorial Paulton), Sharon Parry (Sapper Fernyhough's Family), Rob Bywaters (Weston-super-Mare RBL) and Daphne and Salina Hardie (Glider Pilot Regiment).



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Cadets of the Worle Detachment ACF and 290 Squadron ATC placed poppy crosses on each grave. Buglers from the Silver Bugles Band, Somerset Army Cadets sounded the Last Post and Reveille.

**The Mayor of Weston-super-Mare, Councillor Martin Williams.** attended the Service which was led by Reverend Peter Ashman the Weston-super-Mare Branch RBL Chaplain.

Robin Potter, WSM Branch Community Co-ordinator

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### **Poppy Appeal Update**

The Poppy Appeal is right around the corner (**23rd October – 11th November**).

With Poppy Appeal approaching, we must protect our trademarks and intellectual property. Criminals make money by selling counterfeit poppies online, claiming to support the Poppy Appeal.

Items that breach RBL trademarks in any way will be reported and removed from online sites such as eBay, Amazon, Etsy, and social media.

If you see any products you think are not authentic, either online or in stores, send the details to

[EAng@britishlegion.org.uk](mailto:EAng@britishlegion.org.uk)

All official merchandise is listed on the Poppy Shop.

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### **Remembering Bosnia 30 years on**

This December, RBL will mark the 30th anniversary of the end of the Bosnian War.

The RBL are hosting a Ceremony of Remembrance at the National Memorial Arboretum on Sunday 14th December 2025 to remember the lives lost and the service and sacrifice of the Armed Forces. We invite all personnel who served with British Armed Forces in the UN and NATO missions in Bosnia since 1992 and their families to come together for an afternoon of reflection.

To register please go to: [Remembering Bosnia](#)

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### **\*\*REMINDER – IMPORTANT INFORMATION\*\***

#### **TRAINING NEWS**

All RBL training (except for Standard Bearers) is available on the Discover Portal which everyone can register on and then book those courses which are mandatory, or they wish to do. Some are on-line only whilst others might need you to attend face-to-face.

The following courses are currently available:



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Safeguarding Adults (mandatory for all BCS staff)  
Data Protection (for all County and Branch Officers)  
Branch Management (for all new branch officers)  
County Management (for all County officers)  
Branch Recruiting Advisor  
Branch Treasurer (mandatory for all new treasurers)  
LOMAS (recommended for all new users)  
Secretaries Course (Branch and County)  
Branch Community Support (BCS) - New Supporter (mandatory)  
BCS Coordinator (for all Coordinators)  
BCS Refresher (to be completed every two years by all BCS staff)  
Informal Resolution  
Outlook Navigation  
Membership Administration Portal (MAP) General  
Safeguarding Children  
Membership IT Basics  
Preparing Motions for Conference (NEW)

Please contact me should you have any queries. Being new to the role, I shall soon start advertising on Discover the face-to-face courses and happy to visit your location to deliver training.

Penny Mottram  
Somerset County Training Officer  
[Somerset.CTO@rbl.community](mailto:Somerset.CTO@rbl.community)

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**IMPORTANT - REMINDER - ALL BRANCHES PLEASE ENSURE THIS IS PASSED ON TO YOUR STANDARD BEARER**

**There will be training for the Somerset Festival of Remembrance for SBs – Saturday 11<sup>th</sup> and 18<sup>th</sup> October 2025  
1400 -1600 at Highbridge Community Hall, TA9 3BP.**

John Gallop, Somerset County Standard Bearer

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#### **REMINDER - IMPORTANT - Mason's PSA Testing**

PSA testing dates are as follows.

##### **Saturday 4th October**

Masonic Hall Co Ltd, 23 Henford, Yeovil BA20 1TQ

##### **Saturday 8th November**

Masonic Hall, Nailsea Park, Nailsea, Bristol BS48 1BA

Timings for both dates are as follows 1000hrs to 1300hrs.

Klaus Galeitzke, Bridgwater Branch Vice Chairman

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## Welcome to Silver Trees Community Hub

*A place to connect, laugh, learn and thrive.*

Looking for a friendly place  
to spend your day?

Come along to Silver Trees  
Community Hub - a warm,  
welcoming space for older adults  
to relax, make new friends, enjoy  
fun activities and tuck into a tasty  
three-course meal



### What we offer

- Engaging daily activities & workshops
- Guest speakers, light learning, seasonal events & entertainers
- Time to socialise and make new friends
- A delicious three-course lunch and refreshments throughout the day
- A relaxed, friendly atmosphere - with plenty of laughter

**At £52.50 per day (10am-3pm)**

**Monday to Friday  
Limited Spaces Available**

**Includes:**

- Full access to all activities
- A restaurant style three-course meal from our home cooked menu
- Refreshments throughout the day

(Please note: Transport is not included. But we are working closely with local transport providers and will support you in finding a solution if needed.)

**Contact: 01275 859556**  
**[silvertrees.wellbeing@handsale.co.uk](mailto:silvertrees.wellbeing@handsale.co.uk)**



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### Weston - super - Mare Branch



#### Touchpoint –

To support Veterans, serving personnel and their families.

Every Thursday between

10:00 to 14:00 hrs



< All Welcome >

To enjoy a tea / coffee, have a chat and make some new friends

#### Extra coffee Mornings for 2025

Wednesday 26 <sup>th</sup> February	Wednesday 29 <sup>th</sup> July
Wednesday 26 <sup>th</sup> March	Wednesday 27 <sup>th</sup> August
Wednesday 24 <sup>th</sup> April	Wednesday 24 <sup>th</sup> September
Wednesday 28 <sup>th</sup> May	Wednesday 23 <sup>rd</sup> October
Wednesday 18 <sup>th</sup> June	Wednesday 26 <sup>th</sup> November
Wednesday 17 <sup>th</sup> December (Mince Pies)	

Venue: 77 Meadow Street, WsM BS23 1QL

We can also be found on Facebook and RBL website

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### War Veterans - Skin Cancer and War Pensions

(War pensions agency) = Veterans Agency = an executive of the Ministry of Defence (MoD)

Did you know that if you have had a skin cancer or certain precancers that you may be eligible for a War Pension.

**Contact:**

Director of Medical Services  
Veterans Agency  
Room 6403 Norcross  
Blackpool  
Lancs  
FY5 3WP

Tel: 01253 332 407

[www.veterans-uk.info/](http://www.veterans-uk.info/)

### HMS Heron Christmas Concert under Concorde

<https://tickets.historicdockyard.co.uk/webstore/shop/viewItems.aspx?cg=FAAM01&c=FAAMXMAS>

Details are:

HMS Heron Volunteer Band Christmas Concert

11th and 12th December 2025

7.00 pm doors open for 7.30 start

Tickets £20 to include a mince pie and glass of mulled wine.

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### **Pawlett Branch Events**

We hold a COFFEE MORNING with a bring and buy table and raffle on the 2<sup>nd</sup> Wednesday of each month at the RBL Club 10.30am, Pawlett RBL Club, 29 Old Main Road, Pawlett TA6 4RY.

#### **2025**

8 October

5 November (10.15am)

10 December

#### **2026**

14 January

11 February

11 March

8 April

13 May

10 June

8 July

### **PROGRAMME OF SPEAKERS FOR PAWLETT RBL 2025-2026**

Meetings are normally the third Monday of the month commencing at 2.30pm. £3 entrance which includes refreshments and raffle.

All talks are on a Monday.

MONDAY 20 October 2025 – Speaker: Stephen Powles. Tawny Owls coming to a wood near you

MONDAY 17 November 2025– Speaker: Angie Scofield . My Life in Uniform

MONDAY 15 December 2025 – Speaker: Neil Clarke. Islands of the Bristol Channel

MONDAY 19 January 2026 – Speaker: Captain David Parsons. The history and work of Trinity House

MONDAY 16 February 2026 - Speaker: Mike Rowlands. English Pubs and signs

MONDAY 16 March 2026 – Speaker: Brian Wright. Nursery Rhymes

MONDAY 20 April 2026 – Speaker: Andy Willett. Antarctica

MONDAY 18 May 2026 – Speaker: May Christopher Forrester speaking on Be Sober, be vigilant. The history of the Metropolitan Police Horse Service.

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### **This Week's Quiz**

- 1) Which US actress won the 1981 Academy Award for Best Actress aged seventy-four for her role in the film On a Golden Pond?
- 2) Which is the only inanimate sign of the zodiac?
- 3) What was the name of The Jam's debut album, released in 1977, that shared its name with a hit single on the album?
- 4) Since 1987, which Tennis Grand Slam tournament has been the fourth and final in the tennis calendar?
- 5) Nelson's Column is a monument in which London square?
- 6) In music, which Oasis song opens with the lyrics '*Today is gonna be the day*'?
- 7) Where was playwright Oscar Wilde born in October 1854?
- 8) Which is the largest moon of the planet Saturn, by diameter?
- 9) Bella Swan (later Bella Cullen) is a character in which film series?
- 10) What colour is the distinctive King of the Mountains jersey in cycling's Tour de France?

### **Answers Next week**

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### **Last Week's Quiz Answers:**

- 1) At 119 miles long, what is the name of Scotland's longest river? **River Tay**
- 2) The Bolshoi Ballet is based in which city? **Moscow**
- 3) Charleroi is a city in which northern European country? **Belgium**
- 4) Sharon Osbourne, wife of aging rocker Ozzy, was a judge on which British TV music program? **X-Factor**
- 5) In a game of cricket, how many runs are awarded for hitting the ball over the boundary rope without it bouncing?  
**Six runs**
- 6) Which 'O' is the name of the branch of medicine that focuses on eyesight? **Optometry**
- 7) Which silent film starring Jean Dujardin won the Best Film Oscar in 2011? **The Artist**
- 8) William Shakespeare was born in which English market town? **Stratford-upon-Avon**

9) The Baggies is the nickname of which English football club? **West Bromwich Albion**

10) Prior to join the Euro and taking it's name from the Greek verb 'to grasp', what was the former currency of Greece? **Drachma**

**Something to finish with:**

# HOW KNITTING AFFECTS

## YOUR MENTAL HEALTH

### Stress Relief



Knitting's repetitive motions slow the nervous system and lower cortisol (the stress hormone). This meditative focus leaves crafters feeling calmer and more relaxed!

### Boosts Your Mood



Crafting releases dopamine, the brain's "feel-good" neurotransmitter. In one study, 81% of knitters with depression reported feeling happy (and over half "very happy") after knitting.

### Mindful Flow

The repetitive act of stitching is instantly calming and meditative. This focused flow engages the parasympathetic "rest-and-digest" system, quieting the fight-or-flight stress response.

### Community Connections



Knitting or crocheting often happens in groups or online communities, giving crafters low-pressure social support. In one survey, over half of knitters belonged to a knitting group, and 90% of those made friends through their craft.

### Cognitive Benefits



Tracking patterns exercises memory, concentration and problem-solving skills. Most knitters report that stitching improves their clarity of thinking and focus.

### Resilience & Confidence



Conquering tricky patterns builds perseverance and self-esteem. Many knitters say knitting calms social anxiety (for example, helping them feel at ease in groups), and 57% reported that knitting made them more confident about trying new skills.

### Creative Fulfillment

Finishing a project delivers a surge of pride and accomplishment. Seeing a completed project (or receiving praise) triggers dopamine "hits", and many crafters report that creating gives their life purpose, structure and clearer thinking.

@KNITPICKS