

EXMOOR NEWS

July August 2022

Bringing community news across southern Exmoor since 1985

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EXMOOR NEWS

COVERING SOUTHERN EXMOOR

It's summer time, fetes, shows, we're getting out and about. We have a number of events running, which is a fabulous way to enjoy Exmoor. Also new literary festivals and photo competitons.

If you have any local community and charity events that could do with a bit of a boost, don't forget that insertions for this are free. It's a good idea to get in touch with us well beforehand - time flies - the deadlines for the next few issues are: September-October deadline 4 August, November-December deadline 6 October, January February 2023 deadline 1 December. Full details of our deadlines etc. are on our website along with copies of our magazine.

Our cover photo is by Peter Hendrie (thank you Peter) it shows Cornham Brake off to its best advantage. The rainbow is the finishing touch. If you would like to send in your images for consideration we would love to see them.

Best wishes, Ceri Keene and Claire Savill E: exmoornews@gmail.com T: 07497 914441 W: www.exmoornews.co.uk Post: The Old Stores, Brushford, Dulverton, Somerset, TA22 9AH We take our responsibility to maintain high editorial standards seriously. Should an error occur please do not hesitate to contact us.

The deadline for the Sept/Oct 2022 issue of the Exmoor News is **Thursday 4th August 2022**

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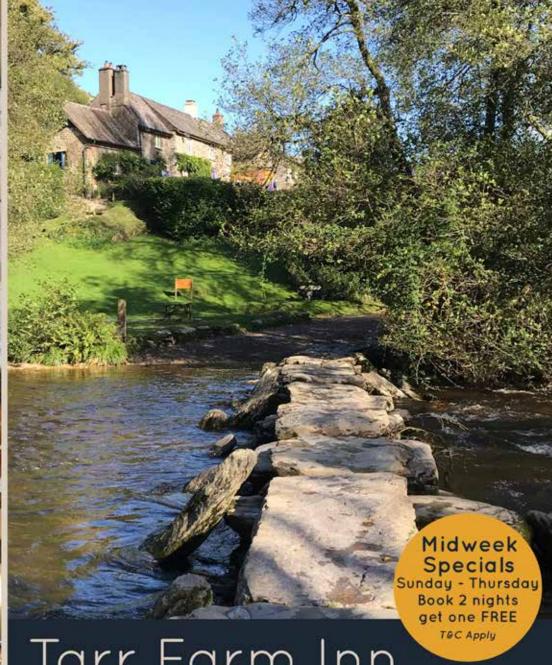
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Meet the playwrights

Pat Blosse and Dennis Diamond live near South Molton and their play, *The Ghosts of Martha Rudd*, won the Bampton Players' playwriting competition, held during lockdown. The prize was to have their play performed.

Set on Exmoor, the play and is a "spooky comedy mystery", with its first performances at the Riverside Hall in Bampton from 7-9 July.

Tickets are on sale at Bampton Fresh, Brook Street.



Left to Right

Pat Blosse, Judi Thomas and Dennis Diamond

Bampton Players present The Ghosts of Martha Rudd

A play By Dennis Diamond and Pat Blosse: And winner of the Bampton Players Playwriting competition



Riverside Hall 7th – 9th July 2022 7:30pm

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DULVERTON GARDENING CLUB



21st July, Talk Sally Nex
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7.00pm for7.30pm

At Dulverton Town Hall

Tickets for Non members £4.00



18th August, Trip and Talk and
Wine tasting
Stocklands Vineyard, Bridgewater
£18.50 including coach fare

Contact jenny Boyce 01398 323463



Duck Variations in Dulverton!

Benchmark is a new theatre company, based in Exeter. Founded by Mark Shorto, Mary Cassidy and Alistair Ganley. The company celebrates the wit and wisdom as well as the challenges of ageing, and aims to create high quality, small-scale work for theatres and community venues around the South West.

Benchmark's inaugural production, Duck Variations by David Mamet came to Exmoor Studios in Dulverton on 11 June, after opening in Exeter as part of Cygnet Theatre's Dream Festival 2022, followed by performances in Bristol.

David Mamet's first major play is 50 years old this year and offered a delightful evening of theatre. Witty and provocative, and packed with Mamet's typically punchy dialogue and endearingly pugnacious characters, Duck Variations touched on life, aging, isolation, the environment, politics and of course DUCKS!

On stage in Dulverton were Exeter-based actors Mark Cassidy as Emil Varec and Mark Shorto as George S. Aronovitz, both regular contributors to Cygnet Theatre's training programme and the Exeter theatre scene.





Dulverton Town Hall

Friday 8 July THE DUKE (Cert 12A)

Director: Roger Michell 95 mins

In 1961, 60-year-old Kempton Bunton stole Goya's portrait of the Duke of Wellington from the National Gallery in London. He sent ransom notes saying that he would return the painting on condition that the government invested more in care for the elderly. What happened next became the stuff of legend. An uplifting true story about a good man who set out to change the world and managed to save his marriage. Stars Jim Broadbent and Helen Mirren.

Friday 29 July

PHANTOM OF THE OPEN (Cert 12A)

Director: Craig Roberts 106 mins

The heart-warming true story of Maurice Flitcroft, (Mark Rylance), a dreamer and unrelenting optimist, who entered the 1976 British Open Golf Championship, despite never playing a round of golf before. He shot the worst round in Open history and drew the ire of the staid golfing community. The extraordinary story of an ordinary man, an uplifting and moving comedy drama about pursuing your dreams and shooting for the stars, no matter what hand you're dealt.

Friday 12 August

BENEDICTION (Cert 12A)

Director: Terence Davies 137 mins

Benediction explores the turbulent life of First World War poet, Siegfried Sassoon, through the eyes of the revered filmmaker, Terence Davies. Sassoon was a complex man, who survived the horrors of fighting in the First World War and was decorated for his bravery, but became a vocal critic of the government's continuation of the war when he returned from service. His poetry was inspired by his experiences on the Western Front and he became one of the leading war poets of the era. Adored by members of the aristocracy as well as stars of London's literary and stage world, his story is one of a troubled man in a fractured world searching for peace and self-acceptance, something which speaks as meaningfully to the modern world as it did then.

Friday 26 August

MOTHERING SUNDAY (Cert 15)

Director: Eva Husson 104 mins

The story takes place on Mother's Day in 1924. Mr and Mrs Niven (Colin Firth and Olivia Colman) give their housekeeper, Jane Fairchild (Odessa Young), the day off, as the couple are set to go to their neighbour's house to celebrate his engagement. The truth is Jane and the neighbour, Paul, have been having an affair for many years. But events that neither can foresee will change the course of Jane's life forever.

Tickets: Dulverton Films members £3, non-members £4.50, students, accompanied by an adult, £2.50. Book in advance at Dulverton Post Office (tel: 01398 323474) or email <u>janaross2003@yahoo.co.uk</u>. Bar open from 7pm.

Dulverton Farmers Market



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DULVERTON VINTAGE FILMS

Wed 13th July

SALMON FISHING in the YEMEN

starring Ewan McGregor, Emily Blunt & Kristin Scott Thomas (2011)

Wed 10th August

JOHNNY FRENCHMAN

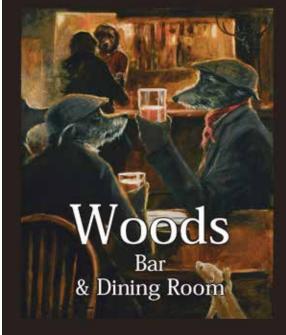
starring Tom Walls & Patricia Roc (1945)

2.30 pm at Fishers Mead Community Centre

DULVERTON ACTION GROUP

10.30 meet by the Heritage Centre Everyone welcome and all kit supplied

Litter-picking (3rd Sunday) Sunday 17th July Sunday 21st August



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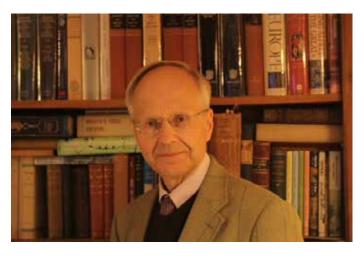
The Publisher's Tale

If 'books do furnish a room,' then the study of the Pugsley family home in Withypool is exceptionally well furnished. Given that Steven Pugsley is chairman of Wellington-based publishers, Halsgrove, the extensive library is no surprise, but it is matched by a substantial music collection. It is a busy family room too; the Pugsleys are a very busy family. As well as running Halsgrove, Steven has had a longstanding involvement in public life and

local music, and his wife, Louise, is Head of English at West Buckland School. Elder son, Guy, has joined Steven at Halsgrove; younger son, Ben, has recently finished A-levels, and daughter, Ellen, is still at school. Then there are the dogs: Jack Russell terriers, Foxglove and Fennel, and Chihuahua, Bluebell.

The name 'Pugsley' originated in North Devon and dates back to Anglo-Saxon times. The family has deep local farming roots too; at one time, Louise's grandparents and Steven's were running adjoining farms on Exmoor. His brother still runs the family farm at Hawkridge, where Steven was brought up.

Farming, however, was not for him. "I loved books and Exmoor, so when the Exmoor Press was put up for sale in the early 1990s, it offered an ideal opportunity," he explains. With backing from Exmoor's then rector, John Atkin, Steven took it on. In due course, Exmoor



Steven Pugsley

Press became West Country Books and, eventually, Halsgrove, with a focus on the history, art and heritage of British regions, cities, towns and villages.

One of his proudest achievements was publishing a new edition of *Living on Exmoor* by the remarkable Hope Bourne; it was the start of a valued partnership. Hope died in 2010 but most of her books remain in print. "I like to think we have contributed to a revival of interest in her work," he says. His own literary interests range from history and music, to architecture and landscape history.

Alongside family life and a demanding career, Steven has devoted much time to local government, serving as a district councillorfor 35 years. First elected to West Somerset at just 24, he was, for a decade, the district's youngest serving councillor. Together with Frances Nicholson, he was elected in May to represent Exmoor

Ward on Somerset County Council. which becomes part of the new county-wide unitary authority next year. As a district councillor, he is a longstanding committee member of Exmoor Park National Authority, and a staunch champion of local parish councils, attending as many meetings as possible. "Parish councils play a vital role in rural life," he says. "We need to maintain strong links with them." He is also an adviser to Exmoor Young

Voices and serves as a Lay Dean of the Exmoor Deanery, within the Diocese of Bath and Wells.

Then there is his aforementioned love of music: Steven's tastes are wide-ranging but he has a particular fondness for the work of early 20th century British composers, including Elgar, Vaughan Williams and Bax. He has been the organist at Hawkridge Church since he was 11 and has conducted the Barle Singers for many years, most recently in a special arrangement of Bach's St Matthew Passion, which raised funds for Ukraine.

In his few quieter moments, Steven is likely to be found in his Withypool garden, trimming the hedges or mowing the lawn...

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Launching Wivey Lit Fest

The small town of Wiveliscombe, nestled in the Brendon Hills at the edge of Exmoor, will be hosting its inaugural literary festival on 16–18 September. Wivey Lit Fest is proudly presented by Wiveliscombe Community Library, which gained its new middle name following the last round of council cuts to library provision.

Since that time, the library has gone from strength to strength, hosting numerous literary and community events, and the festival – hopefully to become a biennial event – is the next ambitious step along the way. Community is very much the theme, and the impressive array of events includes local and national authors and artists, some in the early stages of their careers and others who are well established.

Headlining the children's section of the festival is multi-million bestseller, Steve Cole, who will be delighting youngsters with a lively talk entitled *Chucking Imagination at Words*. The keynote speaker for adults is another international bestseller, Elizabeth Fremantle, whose historical novels have won several awards; one is currently being made into a major feature film.

Wivey Lit Fest will have something for everyone: poetry and art will both be represented, along with more fiction, plus a non-fiction strand, including a talk on the history and future of footpaths and rights of way, and a guided walk along the River Tone. There will also be workshops on creative writing and self-publishing, while the Exeter Authors' event, *An Evening of Crime Fiction*, which opens the festival on Friday 16 September, promises to be riotously entertaining.

Festival tickets are very reasonably priced, starting at just £2 for the children's sessions. The full programme, along with ticketing details, may be found at www. wiveylitfest.co.uk. Do come and join in with the region's newest cultural event!

DAY EXCURSIONS



July

- -Stow on the Wold and the Lavender Fields 5th July £24.00pp includes entry
- -Dartmouth Steam and Cruise 13th July £38.50pp includes entry
- -Kew Gardens 14th July adults £42.00pp / Seniors £41.00pp includes entry
- -Bournemouth 17th July £17.00pp coach only
- -Montatcute House National Trust & Sherborne 19th July Members £15.pp/ Non Members £29.00pp
- -Windsor Town & Windsor Castle 21st July £54.50pp includes entry
- -Tintagel & Boscastle 24th July £17.00pp coach only
- -New Forest Scenic Drive 26th July £20.00pp coach only
- -Wilton House & Salisbury -28^{th} July Adults £35.00pp/ Seniors £33.00pp includes entry.

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Dulverton's exciting forthcoming summer & autumn events

There is so much happening in the pretty Exmoor market town of Dulverton this summer and autumn – make sure you put all these dates in your diary!

On Saturday 9 July, there will be the first Dulverton Artisan Food, Drink & Crafts Festival to be held in the heart of the town on the Exmoor Lawns beside the River Barle from 10am to 4.30pm. A celebration of the many local producers that have been sourced from across Exmoor and North Devon. Don't miss this opportunity to shop truly local.

Then by popular demand, on Sunday 4 September, Dulverton is repeating its fabulous Vintage Fair. The inaugural event in 2021 attracted over 1800 visitors to the town for a festival of vintage for all the family, featuring singing with the Liberty Sisters, lindy-hop dancing with the South West Lindy Hoppers, swinging iazz with the Hot House Combo – not to mention a whole host of historic vehicles (including WWII military vehicles and classic cars) and of course a huge array of stalls selling vintage items, clothes, homeware and more! This event will also take place on the Exmoor Lawns. Free admission from noon to 5pm.

On Sunday 18 Sept. an opportunity

for runners of all ages to cross Dulverton's beautiful countryside in the second annual Dulverton Fun Run & Canicross. Cross-country trail running along 2km, 5km or 10km routes –with or without your dog of course! Who will be brave enough to tackle the Dulverton Demon – a steep, wooded hill leading from Marsh Bridge up towards Court Down? Beautiful but challenging!

And finally, on 20 November, all will be welcomed to the inaugural Dulverton Exmoor Literary Festival! Six exciting talks by celebrated bestselling authors and writers will take place throughout the day in Dulverton Town Hall, with a pop-up bookshop and book signing too. The talks will be suitable for everyone on a wide range of topics, including politics and drama, food and wine, sport and dogs, historical and romantic fiction and writing for children, with creative writing workshops taking place in Dulverton Library on 19 November as part of the festival.

The town's grateful thanks to the following local businesses for sponsoring these many events: Exmoor Distillery, Exmoor News, PegrumFarmServices,WebbersEstate Agents, Tarr Farm Inn, Seddons Estate Agents, Stockham Farm Exmoor, Oggies Music, PFG Fabrication, Ware Construction, Hedley Price Funeral Directors, Town Mills B&B and Tozers Solicitors.

For more information on any of these events go to visitdulverton.com or email:

hello@visitdulverton.com



Photo Competition

Visit Dulverton has launched a photo competition to find the best possible photo of the town in 2022.

Since the new branding for the town was rolled out last year, along with the creation of the town's Visit Dulverton social media and website, it has become evident that more photos of our pretty Exmoor market town and its charming shops, cottages and businesses are needed to promote it to visitors.

The competition is to be judged by award-winning photographer Rosie Barnes and there is a generous prize to the winner.

All entries to be submitted electronically to hello@visitdulverton. com before Friday 15 July. This gives those entering the competition time to take photos of the town during any events and at the inaugural Dulverton Artisan Food, Drink & Crafts Festival on Saturday 9 July too.





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A traditional country Show with stalls and attractions including Morris Dancers and vintage tractor display. Refreshments, barbecue and bar. Dog show and gundog scurry (entries on the day). Competitions for cookery, vegetables, flowers, eggs, handicraft (entries by 16th), and lots more!

Brompton Regis Show and Gymkhana, 20 August – we're back!

Our traditional show returns on 20 August. Entry £2 and free for under-16s. On the field at Renford Knapp (TA22 9NJ), half a mile from the village on the road to Dulverton, our event combines a horse show and gymkhana, with a dog show and many other attractions, a gundog scurry and a vintage tractor display, and the Brompton Regis Morris Dancers will be strutting their stuff in mid-afternoon.

Get growing, making, baking ...! There will be competitions for cookery, handicraft, vgetables, flowers and eggs. Entry forms are available in the village shop or from the show page at www.bromptonregis.com_or www.facebook.com/BromptonRegisShow/, and need to be returned to the village shop by the morning of Tuesday 16 August.

Entries for the dog show (pedigree and family fun classes) are taken on the day. That's also the case for the horse show and gymkhana, which includes a fancy dress class open to non-riders. See the Facebook page and village website for more information.

There will be great refreshments and a barbecue, plus a beer and cider stall. Other stalls will include sales of local produce and plants, bric-a-brac, children's face-painting, bottle stall, coconut shy, raffle and auction of pledges ... and the day ends with our traditional and very entertaining auction of produce.

Start times: horse show and gymkhana 9.00am; stalls 10.00; gundog scurry 10.30; dog show 12.30; competitive shows open to view from mid-morning when judging is complete.

It's a great family day out! See you there.

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What is Relaxation?

Tension is a state of physical stiffness in the body that can cause pain and even emotional reactions such as anxiety. Physical relaxation aims to undo this tension and progressively relax muscles and muscle groups. Psychological relaxation occurs when the mind is relatively free of stress and distraction. Relaxation is a process that can decrease the effects of stress on both your mind and body.

Why is relaxation so important? When we relax, the flow of blood increases around our body giving us more energy. It helps us to have a calmer and clearer mind which aids positive thinking, concentration, memory and decision making. Relaxation can slow our heart rate, reduce our blood pressure, relieve tension and pain. People frequently use specific procedures, called **relaxation techniques** to become more relaxed. A relaxation technique is any method, process, procedure, or activity that helps a person to relax; to attain a state of increased calmness; or otherwise reduce levels of pain, anxiety, stress or anger.

Helena Trump - Counsellor & Psychotherapist

Some people have more trouble with relaxation than others. Depression, anxiety, external stress such as unemployment, diet, and drug use can all affect a person's state of relaxation. Most people who enter Counselling already have high stress levels, they need help to relax and decrease their anxiety to be able to work on themselves and their problems. Anxiety is our body's natural response to stress, worry or fear. It becomes a problem when it starts to interfere with life, impacting on thoughts and moods, affecting relationships and interactions. Seeking professional help can enable you to identify your triggers and symptoms, help you learn relaxation techniques, and teach you how to focus on the here and now and regain a sense of lost control. www.helenatrump.co.uk

Paul Tam - Hypnotherapist

Summer, and it should be the time for relaxation, regeneration and growth. But with all that is happening around us...Inflation, energy costs etc. A constant stream of thoughts and concerns can get on top of you.

This is the time to STOP and take stock and RELAX. Easy to say but difficult to achieve.

Hypnosis can be so helpful in many ways. Firstly, you learn to relax and you can do this once shown the technique. Secondly, with help from your therapist, you can learn to push away some of the anxious thoughts that might seem overwhelming.

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So, find your mind. It's surprising just how powerful it is.

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Julia Walder - Aromatherapy & Massage Therapist

When I ask my clients how they relax, often I'm met with a blank face. Some say "I don't have the time", most say "watching TV". Are you really relaxing if you're watching the TV? I'm not, I'm often scrolling on my phone as well.

One of the simplest ways is a relaxing bath, even just once a week. Ask not to be disturbed. Add Epsom salts and aromatic bath oils. As you soak, feel the tension floating away. Try to avoid thinking of the things you need to do later, if you do find your mind wandering, bring your focus back to the water surrounding you.

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Dulverton Weir & Leat Conservation Trust Summer Garden Party 2022

Lord and Lady Dulverton and the Trustees would like to give you advance notice of our Summer 2022 Garden Party to celebrate the sixth anniversary of the founding of the Trust. This will be held on Wednesday 27 July at 5.00pm at Littlebrook House.

Exebridge, Dulverton TA22 9AY, by kind permission of Mr and Mrs Hugh Maund.

The format will be the same as last year, the event being held on a charitable donation basis with a suggested minimum contribution of £10 per person being left in a box at the event itself.

This will be an opportunity for the trust to update supporters on project progress to date with displays by Project Partners (including Somerset West & Taunton Council), explaining the work they do generally, and their part in the Dulverton Weir Restoration Project.

As most of our supporters will be aware, the trust sends out formal printed invitations to this event by post with more details and a location map nearer to the date (we also send the invitation by email, but many supporters like to have a printed invitation card). We would like to use the time in hand to make sure our records of supporter postal addresses are up to date. If vou have not received a printed invitation before or have changed address, perhaps you might send an email to info@dulvertonweir.org.uk, advising us where to send the printed invitation.

Thank you for your support we look forward to meeting you again at the Garden Party.

Save the date: DWLCT Garden Party – Wednesday 27 July.

Westcountry Rivers Trust Annual Review

Dulverton Weir & Leat Conservation Trust's project partner, Westcountry Rivers Trust, has recently issued its 2021 review. You can read the full report on our website at: https://dulvertonweir.org.uk/research-authored-by-others

Is listening easier than reading?

It certainly is if you're sight impaired, and it may well be so for people who find it difficult to read because of a medical condition, for example Parkinson's disease.

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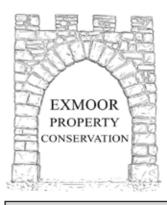
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Richard Smith — Agricultural Engineer North Molton, Devon

Bye Wood bluebells hint at ancient wooded past

A sea of bluebells has sprung up at Bye Wood in Exmoor National Park, where a major new 12-hectare woodland is more than halfway through being planted. Although an open hilltop for many centuries, the beautiful display suggests the site may once have been tree covered for thousands of years.

Senior Woodlands Officer, Graeme McVittie, said: "It looks absolutely stunning! The bluebells must have persisted beneath the bracken for several hundred years since it last had a tree canopy. Now we've managed the bracken they have flourished. These are ancient woodland indicators, so we are in a sense re-creating the conditions for an ancient woodland. We engaged Somerset Environmental Records Centre at the outset to ensure any change of

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by active 67 year old male, retired zoo keeper and latterly 'wild' landscaper and specialist plant nurseryman. Keen to volunteer in Exmoor park in wildlife and environment conservation.
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land use would be nature positive and the bluebells are a very good sign we are unleashing that potential."

Jack Hunt, Exmoor National Park Authority Woodlands Assistant, added: "Since we've started controlling bracken and planting trees, the suppressed bulbs have re-activated, and flowering bluebells have carpeted the site. As our new trees grow, they'll provide dappled shade and help to maintain and diversify the new woodland's ground flora."

The planting of Bye Wood has received major support from the National Park's CareMoor Woods & Trees Appeal, including substantial donations from Somerset West and Taunton Council, Exmoor Charitable Trust and a highly popular exhibition of artworks by The Arborealists, hosted by Lanacre Barn Gallery.

Planting for the project began last winter, with a total of 8,000 trees already

in the ground, including species such as sessile oak, mountain ash, Scots pine and Devon service tree. Among them is a special grove of 70 locally-grown sessile oaks, planted by volunteers as part of the Queens Green Canopy to commemorate Her Majesty's Platinum Jubilee. The final 5,000 trees will be planted this winter, with the help of volunteers and contractors. Deer fencing will be used until the young trees establish.

The incredible response to the CareMoor Appeal, which includes the option to dedicate a tree on Exmoor, has further allowed support for local projects, including the Porlock 100 Trees project, through which the Town Council and local volunteers aim to plant an additional 100 trees throughout the town.

Donate to the CareMoor Woods and Trees appeal and find out about tree dedications at www.exmoor-nationalpark.gov.uk/caremoor.







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The Two Moors Festival – October 2022

Celebrating the theme of friendship in music, Artistic Director and violinist, **Tamsin Waley-Cohen**, announces the 2022 **Two Moors Festival** programme, which includes pieces by the Schumanns, Schubert, Beethoven, Haydn, Mendelssohn and Brahms.

The internationally-renowned Festival takes place over nine days in **October** 2022 – on **Dartmoor** from **Wednesday 5 – Sunday 9 October,** and on **Exmoor** from **Thursday 13 – Sunday 16 October**. Venues on Dartmoor range from Exeter Cathedral to St Eustachius' Church, Tavistock, from Great Fulford, Dunsford, to St Michael the Archangel's Church, Chagford.

Since 2001, the Two Moors Festival (charity number: 1095723) has welcomed outstanding international artists and the rising stars of the next generation to perform for large and enthusiastic audiences in venues spread across Dartmoor and Exmoor.

The festival presents an artistic programme to rival many high-profile city-based events, and has an international reputation for excellence way beyond its immediate physical reach. It attracts some of the most exciting performers in the world, of the calibre only seen in large city venues.

Over the past 21 years, the festival has won widespread acclaim for innovative commissions of operas, song cycles and chamber pieces, and for its work with hundreds of children and adults from local communities. It has also helped scores of young musicians and emerging professional artists to take the next step through its Young Musicians' Competition and Residency programmes. This year sees the return of the festival's outreach programme to local primary and secondary schools – Moor Music.

Dartmoor highlights include:

- Performance of Schubert's song cycles Schubert's Winterreise with Benjamin Appl and James Baillieu.
- Anniversary celebrations of 150 years for Ralph Vaughan Williams, and 400 years for Matthew Locke, in Exeter Cathedral, where he once carved his name.
- At the Schumanns three concerts at the historic country house of Great Fulford, near Exeter.
- A family interactive concert with the Albion Quartet.

And on Exmoor:

- Celebrated author, Michael Morpurgo, will re-enact his best-selling book *War Horse* with Ben Murray, the original songman from the National Theatre production.
- Schumann's Dichterliebe song cycle with soprano, Anna Dennis, and the Consone Quartet.
- National Opera Studio's Gala concert.
- $\hbox{\bf \bullet } Young\ Musicians' Competition\ Winners\ concert.$
- · Late Night Jazz with Alice Zawadski.

Further visiting artists include I Fagiolini, Fretwork, the Orsino Ensemble, Jess Dandy and Elisabeth Brauss, interspersed with some pre-concert talks from Laura Tunbridge, from Oxford University, and Katy Hamilton.

Artistic Director, **Tamsin Waley-Cohen**, said: "This year I have chosen the theme, 'Friendship.' The extended lockdowns and isolations that we have all experienced over these last two years have highlighted ever more indelibly how vital a lifeline our friendships are to us all. The metaphysical poet, John Donne, said: 'No man is an island'; he was right. We are exploring this theme throughout the Festival, visiting the home of the Schumanns', looking at Beethoven, Mozart, and Schumann, Dvorak, Janacek, and Haas, as well as celebrating anniversaries of Vaughan-Williams and Matthew Locke."

Tickets go on sale to the general public in mid-June. For further details please visit: www.twomoorsfestival.co.uk



EXMOOR FIRST NATIONAL PARK TO BE AWARDED 'PLASTIC FREE COMMUNITIES' STATUS

Exmoor has joined a network of communities across the UK who are leading the way to tackle throw away plastic at source, by becoming the first National Park to be wholly awarded 'Plastic Free Community [2]' status by marine conservation charity, Surfers Against Sewage (SAS).

It recognises ongoing efforts by businesses and communities across the region to turn West Somerset into a plastic free hotspot and start reducing the impact of single-use plastic on the environment.

Peter Hoyland works at the National Park Centre in Dunster and took on coordinating the National Park-wide campaign last year, just months before Porlock Vale became the first parish in Exmoor to be awarded plastic free community status, joining nearby Minehead and Watchet Plastic Free Communities.

Registering with the SAS Plastic Free Communities movement, Peter pulled together key organisations and businesses across the National Park to put in place a five-point plan. The objectives include: setting up a community



led steering group, instigating the SAS Plastic Free Schools education programme, getting local council commitment and working with local businesses, organisations and community groups to spread the word and minimise the amount of disposable plastics they use.

Peter said: "The support from the community on Exmoor and the surrounding area has been tremendous. We now have a network of over forty businesses and organisations across the National Park committed to reducing and removing our reliance on single use plastic, as well as helping us to spread the plastic free message to others in the local community and people visiting our beautiful National Park."







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An intriguing mix of words and piano music was enjoyed by the audience at a Sunday Coffee Concert, when Marion Silverlock gave her first ever recital – at the age of 77 – at All Saints Church, Dulverton.

From childhood musical moments to the present day, we heard stories telling of the highs and lows of a self-proclaimed 'parlour pianist'.

Bouncing to boogie woogie aged three, being in a 'fairly awful rock band' at college, turning down an unlooked-for offer of a full-time place at a famous music college, having no piano for a long time but collecting high level exam and festival results en route, spoke of a continuing commitment to the piano. Teaching both Bernard Bresslaw and the young Imelda Staunton their songs for "The Beggars Opera" at the Northcott Theatre during her Easter break from teaching small children was all in a day's work, fitting somehow around fulltime work in many aspects of education.

Concert goers made it clear that they relished the mix of autobiography and music. They also loved the varied programme, which featured JS Bach, Derek Bourgeois, Rameau, Beethoven, Edward MacDowell, Billy Mayerl and Frank Bridge, with some Dixieland as an encore.

So many people asked 'When's the next one?' (next year) that it has been decided to repeat this year's programme to a new audience at the Exmoor Studios in the old Dulverton Bank on Tuesday 19th July at 7.30.

Tickets: free entry, donations towards piano restoration, limited to 50 from https://bookwhen.com/exmoorstudios#focus=evsyty-20220608193000



A Country Property Diary

A Webbers' Dulverton Office Update

Firstly I would like to say a huge thank you to our clients, colleagues and the Dulverton Community for all their support during what has been an unimaginably sad and difficult time for us in the Webbers Dulverton office since Napoleon passed away. We are very grateful for everyone's messages, cards and flowers which show the type of supportive and caring community we live in.

I'm sure many of you may have apprehensions and maybe concerns about what is now happening with the Dulverton office but I would like to reassure everyone and put your minds at rest. I have been offered the position of Local Director and have without a question of a doubt accepted this role. I will continue to be assisted by Louise and Rebecca and I know Napoleon would be delighted that I have accepted and embraced the role and I will continue to lead the office forward. The office was a huge part of Napoleon's life and I know he will be with us every step of the way.

Property Market Update

The property market continues to be buoyant despite the economic climate, war and the cost of living; all factors you would expect to have a huge impact on the property market but we are still continuing to receive new enquiries from both local and 'away' buyers. The good news is that the selection of property coming to the market is now starting to increase and whilst agents are probably still saying that there is not enough, in reality, the variety of property coming onto the market is beginning to make local home owners feel more comfortable about taking the next step in marketing their home.

In the last few months we have been instructed on a variety of homes across Exmoor and the surrounding area.



A wonderful country home not offered for sale for 64 years

This distinctive detached 5 bed room home nr Brushford has been within the same family for approximately 64 years. Set within some 10 acres of gardens and mature parkland/woodland. This property does require modernisation. **Guide Price £1,100,000** – Since writing this article the property is now under offer.



One of Exmoor's most secluded homes

If you are seeking seclusion then this is probably one of the finest examples to have come to the market for some years. The property is accessed by a moorland track, has 3 bedrooms plus large detached gardens. **Guide Price £695,000**





A charming character cottage in the heart of the popular Exmoor village of Exford

For those seeking a bolt hole this charming 3 bedroom terrace cottage could easily be used as a "turn key" property and is perfect for long weekends or holidays on Exmoor. Located in one of Exmoor's most sought after villages, Louisa Cottage offers flexible and spacious living with a pretty rear garden, views over the village green and a spacious stone annexe. **Guide price £380,000**



A substantial and beautifully appointed country residence with separate cottage

A striking 5 bedroom former Rectory in West Somerset within some 1.3 acres of mature and landscaped gardens and grounds. There is also a detached 2 bedroom cottage, presently successfully let out for holiday purposes. **Guide Price £1,400,000**



A conveniently located single storey home within a sought after area

A fantastic opportunity to purchase this immaculately presented 2 bedroom link detached single storey home within the popular Exmoor town of Dulverton. The property has stream bordered gardens, garage, parking and views towards the Pixton Estate. **Guide Price £425,000**



Located in a private position within reach of Dulverton town centre

A stunning detached, well- proportioned 3 bedroom country residence built in the early nineteen fifties that occupies a super south facing position. Set in mature, well- tended grounds with ample parking, garage, both private and open seating areas and crucially within walking distance of the town centre of Dulverton. **Guide Price £900,000**

To find out more about these homes (or register to hear about many of the other exciting homes due to come to the market in the weeks and months ahead) do not hesitate to telephone Webbers on 01398 323271.



Ginny Saunders

– Local Director



Louise Garner

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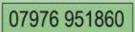
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Exmoor's birdsong valley

I can breathe here; where singing linnets fly stone chats t'ack t'ack stridently upon gorse tops bluebells spill down sweet-smelling bracken slopes and I have time to wander.

I can breathe here, in this birdsong valley with sea and hills and fields in sight, binoculars in hand letting my booted feet crush celandine, dandelion, and my spirits be caressed by wonder.

I can breathe here, the taste of pollen on my lips spring blown flower seeds catching in my hair the latent smell of bluebells soft and gentle in the air compelling me to wonder.

I can breathe here, listening to the rippling sounds of a small river draining away past thick green weeds that echoes in a hollow booming noise it seems as I listen, walk and wonder.

I can breathe here, uplifting my wintered face chilled by the incoming wind rushing over the cliffs bringing its message of new life, and I feel as if my heart is too small to encompass the magic of Nature's wonder.

© Fran Bridger









Green Space Stories launches

People from across the UK are invited to share their stories about their relationship with nature and the landscape as part of **Green Space Stories.** Bringing together thousands of stories in a searchable online archive, Green Space Stories will create a snapshot of our connection with nature in 2022, and a powerful source of knowledge for researchers, policy makers, artists and educators.

This unique citizen science project is part of Green Space Dark Skies, one of ten UNBOXED: Creativity in the UK projects taking place in 2022. Green Space Stories is a partnership between Walk the Plank, National Parks UK and the University of Salford.

The public are invited to share their anonymous stories about their experiences in nature and the landscape, whether hills or mountains, lakes or beaches, woodlands or local parks. Stories can be told through writing, photos or recordings at: https://greenspacedarkskies.uk/green-spacestories.

John Packman, CEO of the Broads

Authority and lead CEO for National Parks UK Communications, said: "Ninety years ago, the Kinder Scout trespass sparked a national conversation about our relationship to landscape in the UK, and our allied rights and responsibilities. The response to the COVID pandemic and lockdown, the causes of and need to address the climate emergency, and the evident requirement to restore the quality of nature and biodiversity, show that this conversation is just as alive and relevant - even vital - in the UK today. Green Space Stories is our attempt to make a space for that conversation in 2022 so that we can listen, learn, change and benefit, based on an open, safe dialogue inspired by our precious, nurturing landscapes."

The archive of stories is available for anyone to view through a searchable, easy to use dashboard and will form a treasure trove of knowledge about the public's relationship to nature in 2022. Green Space Stories might be used by artists to inspire songs, poems, artworks, films or books. It might be used by government organisations or local councils to inform and shape policies. It might be used by researchers looking for information about how certain

themes emerge in our relationship with the landscape. Educators or community groups might use it to find stories from people of certain ages, or in a specific area of the country. Individuals will be able to search for stories shared by people like them, or who differ from them.

Liz Pugh, Country Producer Wales, Green Space Dark Skies and co-founder, Walk the Plank said: "Whether you love the countryside or you feel you are not welcome there, we want to hear your stories. Storytelling can help us to learn about our identities and culture, as well as explore others. It might be a memory or a poignant story, joyful or painful, short or long, a picture, recording or words, it matters, and we'd like you to share it with us."

There is no story too short to tell and no experience that we cannot learn from, Green Space Stories is just as interested in hearing about daily dog walks, as in hearing stories about bigger adventures in the natural landscape. Up to 20,000 people will be participating as Lumenators in Green Space Dark Skies this summer, carrying lights to create artworks at dusk in National Parks and AONBs. They will all be invited to share their stories. These will be kept on the National Parks website for five years after the end of Green Space Dark Skies as a resource for everyone.

Catrina Page, University Liaison Manager, Green Space Dark Skies, said: "Storytelling is a powerful way of communicating our hopes, our dreams, and our fears. People have been using stories for thousands of years and we use them to shape our understanding, to communicate how we feel and think, and we use them to make sense of the world around us."









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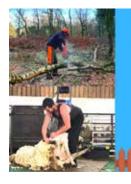


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Nuttycombe Brewery – celebrating tradition and innovation

There's a new look and a new name for the former Cotleigh Brewery in Wiveliscombe, and a new face at the helm: Russ Nuttycombe is the proud owner of what is now Nuttycombe Brewery. The brewery itself underwent complete refurbishment in just four weeks, reopening this May.

One thing that is staying is the hawkshead that formed such a distinctive element of the Cotleigh Brewery logo. "We felt very strongly that we should remember our predecessor's 40-year brewing tradition," says Russ.

As well as transforming the premises, Russ and his team have already produced four new beers. In this, the Queen's Platinum Jubilee year, there is the appropriately named copper-coloured, Sovereign; then there is Doonicans, a summer-perfect golden beer; Just One More! is a traditional ale, made with crystal malt and Phoenix hops and, finally, Supreme, full bodied, with bags of flavour.

"But these are just for openers," says Russ. "We are planning to expand the Nuttycombe range with several more beers over the coming months."

Russ has spent most of his career in the hospitality trade, most recently as owner – for the past 15 years - of the historic and award-winning, Star Inn in Watchet. He is a native son of Somerset, born in 1979, the same year that the Cotleigh Brewery opened. The Star Inn, incidentally, took delivery of the very first firkin of Sovereign, which was

emptied in just four and a half hour. The good news is that Nuttycombe beers are now available at many pubs and other venues across Exmoor.

"I first visited the Cotleigh Brewery in 2000," he says. "When I found out that it was closing, I felt compelled to try to save somewhere that had so many memories for me and for Wiveliscombe."

Russ is often asked about the origins of his name. "In days gone by, families were named by their trade or profession," he explains. "If you were a blacksmith, your last name was Smith. If you worked with wood, your last name would be Cooper. The name, Nuttycombe, originated in a valley, or combe as it is sometimes called, filled with nut trees. It's a traditional old Somerset name and I thought it would be perfect for a brewery not only in Wiveliscombe itself, but in Somerset."

Nuttycombe Brewery is planning to become as sustainable as possible, using modern methods and materials. One of its first major changes is dispensing with single-use plastic; the pump clips are now made from reclaimed wood by local company, Burnt Chips. "We won't be using plastics in our bottling range either," says Russ. "We're opting for recycled cardboard."

Find out more about Nuttycombe Brewery's beers and merchandise, as well as its plans for the future at www.nuttycombebrewery.co.uk and on Facebook.





Exmoor Society

Love photography? Why not enter our 2022 photography competition?

Capture the essence of Exmoor with a prize winning shot for the chance to win £100!

Full details on:

https://www.exmoorsociety.com/competitionsand-awards/alfred-vowles-photographiccompetition

Here are some of the stunning entries from 2021...

- On Countisbury Hill Sean Goswell
- Robbers Bridge Debi Moss
- Tippbarlake Gathering Nicola Beckett







Brushford Flower Show

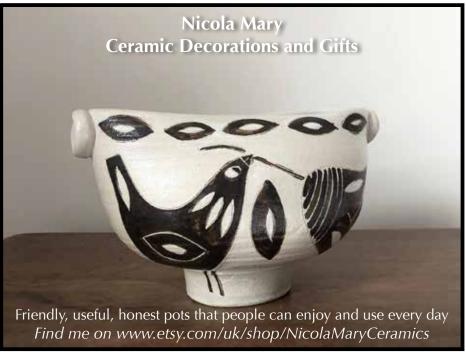
This year's Brushford Flower Show will be held on 6th August. The show will be open from 3pm till 6pm.

The usual classes of pot plants, flowers, flower arrangements, home produce, fruit and vegetables will be joined by a few new classes this year including one bottle of homemade alcoholic beverage, homemade cordial and brandy snaps.

There will be a bar as it proved very popular last year as well as the usual tea and cakes.

Schedules will be available from R&N fruit and veg shop in Dulverton, or Beechcroft, Market Close, Brushford and will be posted on the friends of Brushford parish hall Facebook from late June.

Email brushfordflowershow@gmail.com



STORM-WRECKED EXMOOR COAST PATH REOPENS



A three-month clear-up operation to reinstate the South West Coast Path along Exmoor National Park's 35-mile heritage coastline has concluded just in time for a sunny Jubilee bank holiday weekend.

National Park rangers were forced to close and divert more than 20 paths across the National Park, including a long stretch of more than 5-miles of the iconic South West Coast Path, after the February storms left long sections treacherous and impassable. They rallied together with local landowners, contractors, communities and the National Trust, who own large stretches of the coast, to undertake a massive clear up operation.

Some of the most challenging work involved a remote 3-mile section between Culbone Church, near Porlock, and Desolate, near Lynmouth. This included deploying mini-diggers along narrow stretches of high coastal woodland, after lifting root balls and fallen trees tore out sections of the path.

The South West Coast Path Association has responded by launching a special appeal to help cover the cost of the damage, estimated at between £15,000 and £25,000.

Sue Applegate, Exmoor National Park Rights of Way Officer, said: "I'm sure many walkers will be delighted by news that the coast path is fully reopen in time for the bank holiday weekend, with the Exmoor section famous for its high sea cliffs, rare Atlantic rainforest and spectacular coastal views.

"After the storms there were trees down everywhere; including multiple larger ones snapped off at the base and left hanging dangerously. Getting those paths closed and diverted quickly was a matter of public safety. We saw treble the amount of path closures we would expect for that time of year and are extremely grateful to local landowners and walkers, whose cooperation and

input has been crucial in getting paths reopened. Also to everyone who has so far donated towards this unforeseen cost."

The Exmoor coast largely took the brunt of February's storms, with the Met Office issuing a rare red weather warning for the area that saw winds gusting over 81mph and many moorland villages left without power for several days. Unsurprisingly this led to extensive damage across Exmoor's rights of way network, with a total of 485 trees logged as blocking paths especially along the coast.

Dan James, Rural Enterprise Manager, commented: "Walking for pleasure has seen a huge surge in popularity since the pandemic, with our most recent visitor survey showing that twice as many people are coming to Exmoor for longer walks of more than two hours. The benefits of walking in nature can't be underestimated and we're proud of the vital role our rights of way network plays in supporting people's mental health and wellbeing."





Dulverton Health Walk Group

Each Tuesday morning, our very friendly group meets at various locations to commence a walk at 10am. The photo shows the group at Bossington Hill on a clear sunny morning. We spend an hour or two, walking in our beautiful countryside. The walks are not particularly difficult and we stop frequently to catch up and also to admire the wonderful terrain and occasional wildlife.

If you would like to join us, then please contact:

Richard Clarke on 01398 341141 / richardclarke567@btinternet.com or Richard Archer on 07773 160222/ archerr@hotmail.co.uk

We look forward to seeing you very soon.

Five Church Walk

Walk the Five Parish Churches in the Hukeley Mission from 20th to 29° of July 2022



As part of National Church Week, Bampton Heritage Centre is running a self-guided walking event. Walk around all the 5 churches in the Hukeley Mission. You can spread the walks over the nine days or do them all at once! Walk instructions available from Bampton Heritage Centre or any of the 5 Churches, Bampton, Clayhanger, Huntsham, Morebath & Petton. or download them from https://bampton.org.uk/BHVC/index.html in July

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Growing our own...

Calling community groups: have you heard about the Somerset Community Foundation Growing Grant? Growing Grants support projects that involve:

- growing food as a community effort
- educating local people about healthy food and nutrition
- teaching and supporting people in your community how to shop and cook healthier
- serving balanced and nutritious communal meals
- using food and growing projects to help connect local people to each other
- building networks of community-led food projects.

Groups can usually apply for a grant of between £500 and £5000, which needs to be spent within 12 months. The current round of 2022 applications is now closed but there will be another opportunity to apply in January 2023.

For more details visit: https://somersetcf.org.uk/growing

National Garden Scheme Yellow Book Open Gardens

July and August brings another opportunity to visit private gardens open to visitors for the NGS charity. Some of the local ones are listed here, with many offering refreshments as well. Dogs on leads are permitted at some. A look around a beautiful garden, with perhaps a cream tea to follow, makes a lovely day out, with all proceeds going to good causes.

Originally set up in 1927 to support district nurses, the National Garden Scheme now raises millions of pounds from the garden entrances for nursing and health charities each year. It also supports charities doing amazing work in gardens and health, grants bursaries to help community gardening charities, and supports gardeners at the start of their careers.

In 2021 over £3 million was donated, and despite the challenges of the year, 90p in every £1 raised went straight to the beneficiaries.

	.a.sea .re.restra.g.re to the serieries.				
3 July,	2.30-5.30pm	Chevithorne Barton, Tiverton EX16 7QB			
9 July,	2-5pm	Backswood Farm, Bickleigh EX16 8RA			
10 July,	2-5pm	Nynehead Court, Wellington TA21 0BN			
17 July,	1-5pm	Hangeridge Farmhouse, Wellington TA21 9QG			
20 July,	2-6pm	Greencombe Gardens, Porlock TA24 8NU			
13-14 August,	12-5pm	The Old Vicarage, West Anstey EX36 3PE			





The Old Vicarage, W Anstey



Chevithorne Barton, Tiverton

Anstey WI

Anstey Women's Institute is a friendly group of women who meet on the FIRST WEDNESDAY of each month, 7pm, at Anstey Community Hall, Yeo Mill. We enjoy a variety of activities eg: talks, crafts, visits, art all with lots of laughter. It's not all Jam and Jerusalem!

Our next meeting is on July 6th at 7.00pm; we will be trying

our hands at "Scrapbooking" with Jo Penney. Future events include a canal trip, a Thai cookery lesson and chocolate tasting. All women in the local area are welcome to join us. If you want to come for a taster session before you join you can attend up to 3 meetings per year for £4 per meeting.

If you think you might be interested phone Karen 01398 341106 or Suzanne 07505 128573 for more details.

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Emerald Seddon

Daughter of Nick Seddon, Emerald has quite literally grown up in the industry and has inherited a wealth of knowledge along the way. Starting off her career 17 years ago leaflet dropping and stuffing envelopes, Emerald has since set up the very successful Lettings division, become a partner of the firm, and now runs the office in the beloved town where she grew up. Being born in Bampton, and grown up in the area, Emerald knows the region considerably well.



Jo Dare

After many years working for a leading estate agent in Oxford, and several years working for a commercial Agency in London, Jo has a wealth of estate agency experience and is now approaching her 10th year with Seddons. She has never regretted her decision to move to Devon and loves all that our beautiful county has to offer.

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Laura Stanbury

Laura is a key member of the Bampton sales team having worked for Seddons for 7 years. When not in the office you will find Laura on the family farm where she lives with her husband and son, George. Her farming background brings invaluable agricultural experience to the office.



Carol Hughes

Carol is one of Seddons longest serving staff members having worked for the company for over 23 YEARS, you could say that Carol has seen it all, or at least seen every house in Bampton & Dulverton! She has unrivalled knowledge of the local area. She is a keen horticulturalist and has a passion for the great outdoors.



Sue Howe

Sue is a real asset to our Bampton Sales team, with 20 years experience in estate agency. Sue oversees all sales progression, constantly liaising with solicitors and agents to ensure the smooth transition through to completion. As a keen runner, Sue has taken part in multiple half and full marathons.



Steph Blackmore

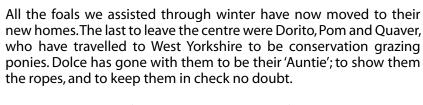
Stephanie is an experienced negotiator who grew up within the industry - her mum was also an estate agent! Having worked in London and overseas for over 20 years, Steph returned to the area in which she is happiest. She is a keen rider and has 2 horses of her own, and loves nothing more than riding out through the Exmoor countryside.

Covering the whole area of picturesque Exmoor, West Somerset and Mid Devon, Seddons have mastered the combination of expert **customer care**, **local knowledge** and complete **professionalism**, when buying, selling or letting your home.

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Taking you under our wing

News from the Exmoor Pony Centre



We had a busy half term, and our Activity Afternoon was another success. Look out for more in the summer holidays – every Thursday in August from 12 noon – 3pm. There will be pony rides, grooming, craft activities and refreshments all on offer and no need to book. It was lovely to receive a visit from the residents of Wyndham House. They had booked for a talk, tour and a cream tea. The ponies were very welcoming as usual, and the residents thoroughly enjoyed their company – the cream tea went down well too. If you would like to book in for a similar experience, please get in touch with the office. Recently we became an 'Exmoor Pony B&B' for a night. Six ponies, who were travelling to the Czech Republic, met at our centre to get

acquainted with each other. The next day they travelled to Dover to have a vet check before heading to their new home the following day.

Our charity is dedicated to assisting the Exmoor pony breed and, in autumn, we see the arrival of new foals from the moor looking for a home, who are taken in by the charity. However, throughout the year we are responsible for all of the ponies we have taken and when they cannot stay in their foster homes, we welcome them back to us. One such pony is Honey; she was taken in by our charity's northern base in Hexham and trained to be ridden. After living in Edinburgh for several years, Honey now needs extra care and a life where her health can be monitored. Honey has travelled to the centre, where we will be getting to know her and see if she likes being ridden on the moors.

Please stay in touch through our website and social media platforms. Keep an eye out for the Exmoor Pony Festival events coming up throughout August.

Exmoor Pony Centre, Ashwick, Dulverton, TA22 9QE www.exmoorponycentre.org.uk
Facebook: www.facebook.com/TheExmoorPonyCentre
Email: info@exmoorponycentre.org.uk
Tel: 01398 323093

ING EXMOOR



Happy in her new home

New secretary for Exmoor Pony Society

Exmoor Pony Society, guardian of the breed for over 100 years, has appointed a new secretary, who will be the public face of the society to its members, breeders and other stakeholders. Jay Gee, who lives on Exmoor, has developed a passion for Exmoor ponies since moving to the moorland village of Withypool.

"I moved from Kent in 2017 with my husband and our two golden retrievers," says Jay." I did a course at the Exmoor Pony Centre, just down the road from me, at the beginning of the year and fell in love with the ponies.

"When I saw the job advertised, I jumped at the chance to put my organisational skills to good use for the Exmoor Pony Society. The Anchor herd often pass right by my office window and are a wonderful reminder of why we do this work.

"Going forward, I hope to establish myself as the friendly face of the society, working closely with partners such as Grassroots, that now handles pony passport and registration processes, to ensure our administration function runs smoothly."

Like Exmoor Pony Society's Chairman, Nigel Hill, Jay is a former police officer and has a first-class degree in forensic science, which she hopes will be valuable in supporting the Society's new Scientific Advisory Panel.

Nigel said: "We had a number of very strong applicants for the role of secretary, and I was delighted at the enthusiasm and support there is for our work as guardians of Britain's oldest native breed.

"Jay came across not only as highly organised and intelligent, but able to demonstrate her passion for protecting the Exmoor pony, which is already being acknowledged by our members. She's a breath of fresh air and we're delighted to have her on board."

Jay's first major task was at Exmoor Pony Society's AGM this month, when Liz Barker was appointed as the society's new president, and Michael Dewhurst became president elect.





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Why water safety matters

I wonder how many readers have heard of the National Water Safety Forum? Are you planning to have some waterside fun this summer, at a lake, reservoir, river, ocean, canal, or swimming pool? If so, please may I urge you to look at the website resources at https://www.nationalwatersafety.org.uk beforehand?

I am a passionate advocate for water safety because of the personal tragedy of losing my 19-year-old son, James, to accidental drowning back in 2005. Writing is a cathartic part of processing my loss and when my first grief support book Into the Mourning Light was published in 2014, I was invited by the RNLI to become involved in the Respect the Water campaign. I am pleased to say that my involvement with them, and with fire and rescue agencies continued for some years.

Highlighting potential dangers in innocuous looking bodies of water remains key to the National Water Safety Forum achieving their target to halve the number of national drowning incidents in the UK by 2026.

The Royal Life Saving Society's Drowning Prevention Week, the RNLI's campaign and the second World Drowning Prevention Day on 25 July 2022 are all important water safety initiatives to highlight. Education is also vital: there is a move under way to include drowning prevention education in the national school curriculum, which I am certain can only be a good thing for the future.

You never fully recover from the trauma of losing a child of any age or in any situation, but over time you can learn to live with the gap left by loss. My involvement in drowning prevention is another tool that is helpful in processing my grief. I remain well supported by the bereavement organisation The Compassionate Friends, which offers peer support to anyone who has lost a child, grandchild, or sibling, at any age or circumstances.

We moved to Devon in 2017 and we love living here, enjoying the sense of community, and exploring the local area. We soon realised that as well as being equidistant from the Devon and Somerset coastline, we are close to many different bodies of water – the rivers Barle and Exe, the Canal at Tiverton, Wimbleball Lake and other Exmoor reservoirs.

Whether you jog along the canal tow path, walk your dog at the lake, or enjoy a wild – or tame - swim, be aware that the greatest hazard to anyone entering water, whether accidentally or deliberately, is cold water shock. Cold water shock is triggered in water temperatures lower than 15°C. The average temperature of UK and Irish waters is 12°C. Even in summer, the water temperature is cold enough to cause cold water shock, which can steal the air from your lungs and leave you helpless in seconds.

Should you find yourself in difficulties in the water, remember the RNLI message, 'Float to Live'. This is described by UK water safety expert, Professor Mike Tipton, who advises, "Although it's counter-intuitive, the best immediate course of action is to fight your instinct and try to float or rest, just for a short time. The effects of cold water shock will pass quite quickly, within 60–90 seconds. Floating for this short time will let you regain control of your breathing and your survival chances will greatly increase."

If you see someone else in trouble in the water, call 999 or 112. If you are at the coast ask for the coastguard, if you are inland, ask for the fire service. Increasingly, there is evidence to suggest that knowing these simple steps beforehand can help you to avoid panicking and indeed, save your life. Please heed the guidance and enjoy the water safely.

www.nationalwatersafety.org.uk/ www.tcf.org.uk

Andrea Corrie

Author of Living in the Mourning Light and Into the Mourning Light

https://andreacorriesblog.wordpress.com

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Somerset Day business grant winners

To celebrate Somerset Day we teamed up with Somerset County Council to offer three worthy Somerset-based businesses the chance to win £1000 each.

With so many amazing businesses in Somerset, we were keen to support independent businesses who could demonstrate how £1000 would be invested to help their business grow and make an impact on their local communities.

Commented Denys Rayner, Chairman of Somerset Day CIC and one of the competition judges, "We received many excellent entries and the judges faced a daunting task choosing that deserved to be chosen to receive the three grants. Indeed, so challenging was the task that the judges took the decision to share one of the grants between two businesses."

The two businesses each winning £1,000 are Yellow Door Cottage, Stogursey, and Rocket and Bird in Taunton. The judges thought that both businesses showed exceptional entrepreneurship and considered their entries to be outstanding examples of how local businesses are working to support their communities. Sharing the third £1,000 grant, with each receiving £500, are Lesser Litter in Taunton and Langport Vintage Market. Both businesses also demonstrated a strong community ethos around a sound business model.



Citizens Advice Torridge, North, Mid & West Devon

We can all face problems that seem complicated or intimidating. At Citizens Advice Torridge, North, Mid & West Devon we provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities. Here is an example of the kind of questions we are being asked and the advice we give in response.

"I am a single parent, with two young children. I am already struggling to stay on top of my household bills; my weekly food shop isn't stretching as far anymore and now my energy bill is going up too. I don't know how I'm going to afford all of these price rises. What can I do to stop my finances spiralling out of control?"

This will resonate with many people – especially currently.

Here is our response...

First, you are not alone in this and there's support to help you. It's worth checking if there are benefits you don't know about that you're eligible for, including support with your energy and living costs.

On the Citizens Advice website there's a benefits calculator, advice on how to reduce living costs and information on other

ways to increase your income. There's also emergency support that you may have access to, like food bank vouchers or fuel vouchers.

You could contact your local council to see if they could offer support. If you're struggling to stay on top of bills, it's really important to understand what money you have coming in and going out each month. Citizens Advice has a budgeting tool on its website to help with this.

And if you're already behind on bills, prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has serious consequences. You should speak to the person or company you owe money to, to see if they can help you repay your bills sustainably.

We know that times are incredibly tough but please remember, you don't have to face this alone, do contact us at CATNMWD to help you find a way forward.

To contact Citizens Advice Torridge, North, Mid & West Devon:

- · Call our free, local Adviceline: 0808 27 87 99
- · Email us: info@ruraldevoncab.org.uk
- · Visit: www.ruraldevoncab.org.uk, click on 'get advice' for advice and webchat.

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A Dog's Day Out - Agony Aunts

Dear Uncle Jack

Maisie has been to stay with us again as her owner is in hospital having a baby. She jumps onto the bed with us at night and takes the top end by the pillow. This is my end. I've tried asking her nicely to move over onto the spare side with Honey but she just Buddy, Exmoor falls about laughing.

(I have changed her name for reason of anonymity)

Thank you for writing to me and I can understand how upset you must feel that your guest has taken your space in the bed. This is something we have all been through in our early years in the playground. Dear Buddy, That's my seat on the see-saw. No it isn't shorty, I'm having it now. Clear off. It is one of the painful learning experiences we all have to go through called one-upmanship. It's a mistake to believe that you can schedule emotional pain as it can arrive at any time. Obviously Buddy you are

Look at it this way. You say Maisie's owner is in hospital having a baby. What is Maisie going to having a mid-life crisis. find when she returns home? Her usual place in the bed? Not a chance. Have some sympathy for your guest Buddy her life is about to be changed round permanently. You say Maisie falls about laughing so why don't you join in the joke and roll around with her too. It will inevitably create a space in the bed you can subtly fall into.

On the matter of your mid life crisis though. I suggest you think carefully about this one as there is a danger you could turn into a grumpy old man. There are some practical steps that I think you can take to remedy this sad situation. You could take up a new hobby – a traditional craft. Knitting perhaps. This is good for your concentration and keeps the hands active removing the possibility of developing an anxious twitch. Or you could join your peers on the local Parish Council and spend years making a decision on whether or not Mr. Wotsit can build a crazy golf on the spare bit of land by the church cemetery for the benefit of the community.* This could help relieve the onset of any boredom. All the best Buddy and I hope this reply is really useful to you.

*And still get the decision wrong

Buddy Brown (pure Jack Russell) a roving reporter

Reference: What Is Your Problem? Jack Dee

available from the SCC Mobile Library service.





Please send an email over to info@ exmoorflag.co.uk with the coordinates of which square you think the dog's head is in (eg F1).

Details shown in the next issue of the *Exmoor News*.

Thank you to everyone who took part, better luck next time.

The competition result from the May/ June issue is shown here.

Good luck.

Thank you to Exmoor Flag.





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BAMPTON FRAMING

After 15 years as the local picture framer, I have decided to retire. Bampton Framing closed its doors to new orders on 22 June. I'd like to take this opportunity to thank my many loyal customers who have provided me with so much work over the years.

I started picture framing as a hobby after retiring from the probation service and then framed for family and friends. The next step was a garage conversion and, hey presto, a small business began. In 2017, we moved to a business unit as orders increased.

Bespoke,handmadeframes,rather than massproduced ones, have become increasingly popular. The artwork can be anything from a valuable original by a known artist to a cross stitch done to alleviate lockdown boredom, or a child's first drawing. Picture framing is always a challenge and never boring.

Word of mouth recommendations are always effective, but many customers would not have heard of me if it had not been for the power of local advertising. Initially in the Bampton parish magazine, *Signpost*, and for the past five years in *Exmoor News*. The reach of *Exmoor News* has brought in customers from further afield and last month we finished job number 5000! It was a lovely oil painting by Gill Erskine-Hill of the Barle near Tarr Steps and was recently featured at an exhibition in the Guildhall at Dulverton.

Although I am retiring, there is every possibility that a picture framing operation will continue in Bampton - a young lady named Sara Gibbels is keen to take over the business and is currently looking for suitable premises. She may even persuade me to come and work for her!

Colin Williams



THE LOCAL DIRECTORY

PARISH AND TOWN COUNCILS

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Bampton T.C.: Clerk: Penny Clapham.		
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Wiveliscombe T.C.: Clerk: Sarah Towells	townclerk@wiveliscombe.com	01984 631914
LOCAL CHURCHES AND CHAPEL CONTACT NUMBERS		
All Saints Church, Dulverton: Revd Dowell Conning	revdconning@gmail.com	01398 322867
Dulverton Benefice/All Saints/Community choirs: Gary Cooper		
All Saints Church, Dulverton, Bell Tower: Anne Markwick		
Brushford: Revd Dowell Conning		
Exmoor Benefice: The Rev. David Weir, The Rectory, Exford, TA24 7LX		
Catholic Church: Priest: Father Michael		01643 702201
Dulverton Congregational Church: Chapel Street: Mr P Donnelly		01398 324010
The Traditional Anglican Church: Loxbeare, Priest Reverend Aird		01769 581042
Exmoor Benefice Choir: Mrs B. Staples		
St Peter's Church Oakford: Rev'd Stephanie Gordon-Jeffs	office $@$ exevalley mission community.org	01884 250417
ARTS		
	www.theartssocietyexmoor.oreg.uk	
Dulverton Art Group: Sec: Mrs G Rose, 2 Stable Mews, The Square, Witheridge		
Dulverton Camera Club: Sec: Peter Main, 4 Valley View, Morebath, Tiverton, EX		
Dulverton Players: Chair: Les Silverlock		
Oakford Players, Chair: Chair Mr Tony Holmes	tholmes556@btinternet.com	01398 351665
SPORTS CLUBS		
Anstey Short Mat Bowls: Chris Dale		01398 341615
Bridgetown Cricket: Sec: Mr. D. Sherring, Mid-Wicket, Bridgetown, Dulverton TA2		
Brushford Short Mat Bowling: Sec: Sam Takle		
Cutcombe Cricket: Sec: Mrs Maria Adams, 1 The Beeches, Wheddon Cross		
Dulverton Angling Assn: c/o Pat Veale, 9 High St., Dulverton, TA22 9HB		
Dulverton Badminton Club: Sec Judy Smith		
Dulverton Cricket Club: Carl Hooper		
Dulverton Cricket Club, Colts: Mrs Christine Dubery		
Dulverton & District Tennis Club: Hazel Richardson	_	
Dulverton & Exmoor Squash Club: Membership Sec: Chris Winter	chriscwin@aol.com	07710 046107

Dulverton Jnr. F.C: Sec: Mrs Christine Dubery					
Dulverton Netball Club : Sec Lindsay Smith, 25, Nicholas Close					
Dulverton Snooker: Sec: Mr. D. Bodger, 39 Fishers Mead, Dulve	01398 323899				
Dulverton Sports and Social: Chair: Carl Hooper					
Dulverton Sportsfield Management: Adrian Smith					
Dulverton Senior Table Tennis: Richard Archer					
Dulverton Senior Table Tennis: Richard Archer Dulverton Town F.C: Sec: Mr. J. Atkins, 1 Exebridge, Dulverton.	TA22 9AY				
Exmoor Croquet Club: Chair: Connie Heywood	EXMOOR N F W C				
Moorland Hall Sports:	KEWS	info@wheddoncross.org.uk			
Wimbleball Fly Fishers:					
PRE-SCHOOL GROUPS	the directory – please do let us know.				
All Saints School & Nursery:	Free il come come con Come il come	01398 323231 & 01398 323223			
Anstey Parent and Toddlers Group: E A School	Email exmoornews@gmail.com				
Little Owls Nursery at All Saints C of E School, Dulverton		01398 324360			
SCHOOLS					
All Saints C of E School: Fishers Mead TA22 9EN					
Brompton Regis Toddlers: Mrs.S. Julian, Court Place Farm, Ski	lgate				
Cutcombe C of E First School: Wheddon Cross, TA24 7DZ	01643 841462				
Dulverton Junior School: Barns Close West, TA22 9EE					
Dulverton Children's Centre: All Saints School, Fishers Mead T	A22 9EN				
Dulverton Family and Toddlers Group:					
Dunkery PreSchool : Supervisor: Mrs. S. Matravers, Shute Close	, Cutcombe, Minehead				
East Anstey Primary School: East Anstey, Tiverton, Devon, EX					
Exford CofE VC First School:					
Little Berries Pre School at Exford First School					
Little Owls Nursery: All Saints School, Fishers Mead TA22 9EN					
WOMEN'S ORGANISATIONS					
Anstey W.I.: Karen					
Bampton Ladies Group. Mrs. Diane Holland					
Bampton Patchwork and Quilting Group. Mrs. Diane Holland.					
Cutcombe & District M.U.: President, Pam Anson					
Cutcombe & District W.I.: Mrs. Pam Anson					
Dulverton & Brushford M.U.: Mrs A. Gregory, 22 Jury Road, D	ulverton, TA22 9DU				
Exford Moorhens: Chairman: Mrs. I. Collett					
Oakford Moorland Ladies Club: Chair: Mrs Jennie Chappell	smilerjenniec@hotmail.com	01398 351666			
YOUTH ORGANISATIONS AND ACTIVITIES	,				
Bampton Scouts/Cubs/Beaver748s: Tony Weiss					
Dulverton & District Young People's Project: Chair: John Pres					
Dulverton Ballet: Mrs Wightmore, Flat 3, Easter House, St. And					
Exmoor Community Youth Club: Organiser Laura Tasker, Fridays 6 — 8 pm					
OTHERS	•				
Abbeyfield House		01398 324136			
Bampton Heritage and Visitor Centre (inside St Michael and All A					
Bampton Library and Resource Centre, Station Road		, ,			

Brushford Parish Hall: Bookings enquiries@brushfordparishhall.org.uk	17041 120046
Brushford Luncheon Club: Treasurer: Margaret Albery	
Care Direct for help and advice: www.somerset.gov.uk	
Cutcombe Flower & Produce Show: Tracy Beviss	
,	
Dulverton Action Group: Magdalena Harding	
Dulverton & District Civic Soc: Kathy Currie.	
Dulverton & Southern Exmoor Twinning: Chair: Steve Ford, Dulverton	
Dulverton Bridge Club: Sec. Brian Hughes	
Dulverton Dance:	
Dulverton Ballroom Dance: Sec: Mrs Christine Dubery	
Dulverton Development Forum: Sec: Mrs J. Ross	
Dulverton Films: Jan Ross	
Dulverton Fellowship for Mental Health: Marion Silverlock	
Dulverton Gardening Club: Roger Hammmond	
Dulverton Group Exmoor Society: Sec: Dr Ken Mills	
Dulverton Vets	
Dulverton Vintage Films: Magdalena Harding	
Dulverton Voluntary Drivers: Mike Beale	
Exe Valley Market Bus: Jennie Chappell	
Exmoor Patient Group: Chair: Sandra Wilson, W Nightcott, Dulverton TA22 9RT)1398 324687
Exmoor BeeKeepers Association: Sec: Caroline Ralph exmoorhoneyshow@gmail.com)1984 656240
Exmoor Community Bus Assn: Temporary contact - S Buchanan	01984 641706
Exmoor National Park Centre	01398 323841
Exmoor Pony Centre: Ashwick, Dulverton, Somerset, TA22 9QE	01398 323093
Exmoor Pony Society: Sec: Sue McGeever, Woodmans, Brithem Bottom Cullompton, Devon EX15 1NB	01884 839930
Exmoor Rotary Club: Humphrey Berridge (PRO), Station Hse, Luke St, Bampton	01398 332324
Good Neighbours: Sandra Collett	01398 324211
Oakford Village Hall: Bookings: Mrs Dawn Williams	
Royal British Legion Dulverton: Peter Donnelly	
TÁ22 Voluntary Lift Scheme (formerly Brushford Voluntary Lifts): Chair: T. Wilson	
Tiverton Model Aero Club: Sec: Mr. P Veale, 9 High St., Dulverton TA22 9HB	
U3A Exmoor: Yvonne Moorfoot, 3 Lamb Back, Dulverton	
Village Agent Jane Lillisjanel@somersetrcc.org.uk	
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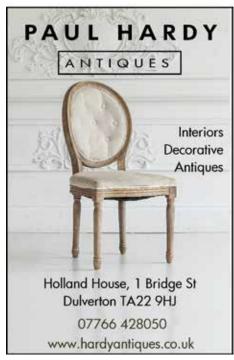
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