

July August  
2023

# EXMOOR NEWS



Bringing community news across southern Exmoor since 1985

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Cover image 2023: © Tony Keene  
Cuckoo

If you'd like to see your photo on the cover, send us a low resolution image and if we can use it, we'll ask for a high resolution version.

A photograph of the interior of the Tongdam Thai Restaurant. The restaurant has a warm, wooden interior with tables and chairs. There are large windows with curtains and a sign that says 'TONGDAM Thai Restaurant'. A person in a white uniform is visible in the background.

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# EXMOOR NEWS

## COVERING SOUTHERN EXMOOR



The deadline for the  
Sept/Oct '23 issue of  
the Exmoor News is

**Thursday 3rd August 2023**

Printed by Brightsea, Exeter



Late last year, following several price increases in our printing costs due to the global financial crisis, we approached local parish and town councils requesting donations. Our printer warned us that they were unable to predict how long the prices would remain unchanged, and they had no insight into the potential future hikes in ink and paper expenses over the next year or beyond.

Our objective is to share news about community events, upcoming activities, and local stories, and provide our advertisers the best reach. Our magazine is freely distributed, and with an increase of its pages and size, we have experienced a growing distribution and increased readership. Furthermore, we actively sponsor local events.

We asked for donations to ensure that we could maintain consistent advertising prices for an extended period. We do not impose charges for community or charity events, and we willingly promote community events and advertiser stories on social media and our website for free.

We would like to express our heartfelt gratitude to the many councils for their generous donations.

Best wishes, Ceri Keene and Claire Savill

E: [exmoornews@gmail.com](mailto:exmoornews@gmail.com) T: 07497 914441 W: [www.exmoornews.co.uk](http://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.

### Exmoor News Rate Card 2023

**Size 1**  
60wide x  
92high  
Mono £20  
Colour £28



**Size 3**  
60w mm  
X 188h  
Colour £55

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**Size 2**  
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\*Bleed is when the printed image goes over the edge of the cut page.

The Exmoor News page size is 210x210mm, we ask for 4mm of bleed. The image can be larger than the full page ad size but don't go too near the edge, allow approx 5mm.

Whilst every effort is made to ensure the accuracy of the information in this magazine, no liability can be accepted by the editors and publishers for any loss, damage or injury caused by errors in, or omissions from, the information given. Please also note that in the publication of trade adverts, the editors do not guarantee the quality of services provided by any of these advertisers. The editors reserve the right to decline to publish any item and to amend or shorten material. Opinions expressed are not necessarily those of the publisher/editor. All advert bookings are subject to our terms and conditions see [www.exmoornews.co.uk/terms](http://www.exmoornews.co.uk/terms).

Advertising rates may be subject to change.

Under the Data Protection Act, we have a legal duty to protect any information we collect from you. We take appropriate security measures to safeguard your data and apply security standards and controls to prevent any unauthorised access to it.

## Dulverton Farmers Market



10.00 - 14.30  
Last Saturday of  
the month

April - September

Lion Car Park  
Dulverton  
TA22 9HB



[www.dulvertonfarmersmarket.co.uk](http://www.dulvertonfarmersmarket.co.uk)

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**SATURDAY 19<sup>TH</sup> AUGUST**  
**IN DULVERTON TOWN HALL**  
**2pm – 4pm**  
**AUCTION OF PRODUCE – RAFFLE – REFRESHMENTS**  
Entry forms available at the Post Office and R & N Fruit & Veg  
and must be handed in to the Post Office at the latest by **MONDAY 14<sup>TH</sup> AUGUST**



### Tiverton Honey Bees

Honey bee swarming season is upon us. If you find a swarm please contact one of our experienced volunteer swarm collectors who will be happy to come out and collect a swarm!

Malcolm Crook—07786054892 Willand

Gary Dufton—07816984049 Cullompton

Derek Evans—07977922173 Tiverton

Malcolm Pearce— 07785921871 Tiverton

William Lines—07743329367 Payhembury

Tony Lindsell—07412610502 Uffculme

Bryan Wright—07419586822 Bickleigh

Please note these are not the only areas they cover.

Swarming is a normal part of honey bee behaviour so you don't need a pest controller to deal with one!

Bampton Players Present:

### WIND in the WILLOWS



**20<sup>th</sup>- 22<sup>nd</sup> JULY at 7pm** all tickets £8  
**and Sat matinee at 2pm** £5 for kids  
**Tickets from Bampton Fresh**

This will be an OPEN AIR production  
in the yard at Sherwood, Bampton, off West St.  
Seat provided. Please bring a picnic & drinks.  
No parking available. No umbrellas please!

## Exmoor Moorhens

Over the past few months the Exmoor Moorhens have been entertained by some very interesting speakers-David Butt on Exmoor Horn Sheep, Emma Duke in the second of her series on driftwood and, at the last meeting, Gary Cooper enthralled us with 'Sound', how sound affects the body and mind.

The Exmoor Moorhens meet every second Monday in the month. This changes sometimes when Bank Holidays get in the way. Our next meeting is on Monday 10th July, when we're having a summer social evening with a quiz, garden walk and an evening of talking about the past in Exford. The venue is to be confirmed.

On Monday 14th August, our speaker will be Rob Wilson North who will tell us about work in the National Park.

The meeting is held at Exford Memorial Hall from 7.30pm, tea/coffee is served. Everyone is welcome.

Membership is £10.00 per year, with a monthly subscription of £2, guests £3.

All copies of Exmoor News going back to 2016 are available on our website [www.exmoornews.co.uk](http://www.exmoornews.co.uk)



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## Save the Days

Bampton in Bloom is hosting its Hidden Gardens event over the weekend of 1 and 2 July this year and we would love to invite you to come and see them.

We are expecting a really good weekend, with some gardens that haven't opened before, already promised. We hope to attract between 15 and 20 gardens, so well worth a visit. The gardens will be open from 11am to 5pm on each day and tickets cost £5.00. Children are free. Your ticket includes a map that will show you where the lovely gardens are in Bampton and Shillingford.

We have decided to leave the provision of refreshments to the local cafés and shops in the town, as we are amply provided for in Bampton, and we are using the Library and Resource Centre (LARC) just behind The Swan as our base to sell tickets over the two days, because of its proximity to the main town car park. We will also be selling tickets in Bampton Fresh a couple of weeks before the event. A raffle is being held to top up funds, all of which will be ploughed back into providing and maintaining planted up troughs, pots and the garden areas around the town.

So do come and see the many hidden gardens in and around Bampton. Tell the family; tell your friends—the more the merrier. For further details please contact John on 01398 332019 or Judi on 332403.



### EXMOOR HEALING HUB

With

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DipST, BSR

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These treatments can help:

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Reiki Healing  
Massage



Appointments available  
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*I love working with people and I am looking forward to helping you.*

Exmoor Healing Hub, Studio B, 27 High Street,  
Dulverton, TA22 9DJ

**Spinal Touch**—A gentle yet powerful remedial bodywork that realigns the body's centre of gravity to enable it to heal itself by releasing tension, trauma and pain using body mechanic techniques that correct, balance and realign the spine, posture and body energy. It is applied with very light, soothing touch.

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Spinal Touch may be the answer to your problems. As a non-force treatment, Spinal Touch resolves distortion by means of light-touch muscle relaxation. This approach to treatment can increase the level of well-being and overall health. It involves no "bone-cracking" or twisting or lotions and creams, so it can therefore be of value to everyone, regardless of age.

It can have a direct and beneficial effect on any person regardless of what symptoms of ill health they may be exhibiting. It is a non-manipulative, holistic treatment, which has a general life-enhancing effect. There are no contra-indications to the treatment.

It can be combined with any medication or treatment. In fact, it will enhance the benefits of these, especially if they are natural therapies. As it is so gentle, it can safely be used on children, the elderly and pregnant women.

#### **Who can Spinal Touch help?**

Although it is best known for helping with back ailments and associated disorders, Spinal Touch can be of benefit in a far wider range of conditions. It is especially effective in conditions that are stress-related.

Patients with the following conditions have been helped by Spinal Touch: back pain, balance problems, digestive problems, fatigue, frozen shoulder, headache, infertility, joint pain, low energy and fatigue, lumbago, menstrual problems, migraine, multiple sclerosis, neck pain, pins and needles, problems during and after pregnancy, recurrent infections, repetitive strain injury, scoliosis, sciatica, sinus problems, sports injuries, tennis elbow, tension, visual disturbances, whiplash injury.



## Brushford Flower Show

Brushford Flower show will be held on Saturday 5 August at Brushford Parish Hall. Doors open from 3pm.

Schedules available from R&N Fruit and Veg, Dulverton and Carnarvon Stores, and Beechcroft, Market Close, Brushford, or by email from: brushfordflowershow@gmail.com or phone: 01398 324147. All classes are free to enter with cash prizes for 1st and 2nd place.

Teas, coffee and cake, and a bar.



**Oakford & District Flower & Produce Show.**  
**August 12th,**  
**Oakford Village Hall, 2-4 pm**  
**Entry £1**



**BROMPTON REGIS**  
**Show & Gymkhana**  
 ENTRANCE £2 CHILDREN FREE + Dog Classes!  
**Saturday**  
**19<sup>TH</sup> August**  
 and lots more!

At Brompton Regis Cricket Field  
 Renford Knap Brompton Regis TA22 9NJ  
 Grid Ref: 943310 - By kind permission of the Landowners

**A great day out for all the family!**

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 returned to the shop by the morning of Tuesday 15th).

### The Joy of Listening

Do you, or someone you know, have difficulty in reading and making sense of printed material? Some people, perhaps with Parkinson's Disease, arthritis, or stroke, have physical problems in holding a newspaper or book. For others, with dyslexia or mild dementia, simply making sense of written words can be challenging. In either situation reading is difficult and doesn't bring the hours of pleasure enjoyed by many.

The Mid Devon Messenger produces weekly audio recordings of local news and entertainment, available via streaming, for people with a medical condition that makes reading difficult.

"The content is wide-ranging, offering something for everyone," says Helen McIntosh, current Chair of the Mid Devon Messenger. "As well as local news gathered from various sources, there are quizzes, book reviews, interviews, poems, podcasts, and much more besides."

Helen continued, "We are also able to arrange for people



to receive talking books via Calibre Audio. There are hundreds to choose from and all free of charge! And we are here to help people connect to these services."

For further information, take a look at our website: [middevonmessenger.org.uk](http://middevonmessenger.org.uk) and click on "Listen to a Taster", "Listen to Latest Recording", or contact Helen on 07834 688838.

## NEW DRIVERS WANTED

### TA22 Voluntary Lifts

(formerly Brushford Voluntary Lifts)

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to three hours for a lift to  
Musgrove Park Hospital for  
example.

### Please help your community.

Contact Chairman Bart Middleton  
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If you require a lift, please call the  
co-ordinator on

**07528 326880**

**48 hours' notice is required**



## Summer season at Knackershole Garden Theatre

As many of you know, our garden theatre will be open again in July and August. We have some old friends returning and some bookings from new companies. Please remember that, generally speaking, the garden is open for picnics and bar purchases about one and a half hours before the show starts. We ask that you look out for local signposting when coming to Knackershole because strict adherence to satellite navigation devices can easily encourage you to approach from a direction that makes it impossible to turn into the car park—and where you will be face to face with other traffic in a narrow lane. Tickets for any of these performances are available here: [www.bookwhen.com/exmoorstudios](http://www.bookwhen.com/exmoorstudios)

On Tuesday 18 July we welcome back our friends from Cygnet Theatre, Exeter, with William Shakespeare's *A Midsummer Night's Dream*, directed by Amanda Knott. The grounds will be open from 5.30pm for a 7pm start.

Saturday 5 August brings, first, another Shakespeare, *Romeo and Juliet* from Sun and Moon Theatre. The feud between the Montagues and Capulets has been reimagined as a rivalry between two family-run movie studios in the 1930s. Again the grounds open at 5.30pm for a 7pm start.

The same timings apply to Wednesday 9 August when Calf to Cow,

who entertained so well with *The Wind in the Willows*, return to us with their new production of Lewis Carroll's *The Jabberwocky and Other Nonsense*.

On Sunday 13 August, Tethered Wits Theatre Company from Gloucestershire are bringing us a double header. *Dr Dolittle*, a one-hour show for all the family starts at 2pm and *The Great Gatsby* is at 5pm. Grounds will be open from 1pm.

Friday 18 August marks the return of The Last Baguette Theatre Company with *Pandora's Box*, written by *Sunday Times* award-winning playwright, Tiff Woodsmith, and directed by Susana Alcantud. The grounds and bar will be open from 5.30 and the performance starts at 7.00pm.

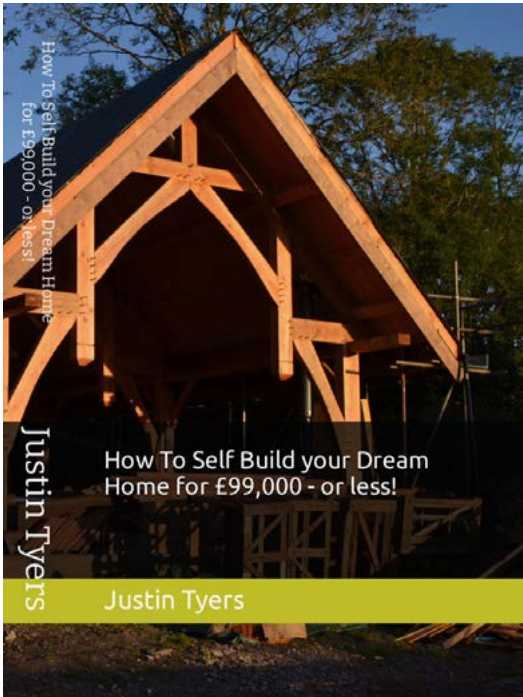
The final offering is on Saturday 26 August when Up Close Theatre from Bideford present their production of *The Day of the Triffids*, a vintage radio play live on stage. The company's last production in Dulverton was their adaptation of *The War of the Worlds*, a play about the production of the famous radio broadcast, which was superb. We expect nothing less! Note that this play is one hour earlier than others and starts at 6pm.

Hope to see you at some, if not all, of these productions!

**Steve and Pamela Hall**

**Exmoor Studios CIC**





## How to build an affordable dream home

Can young families solve their housing needs with a self-built, affordable home?

Is it really possible to build a house with no previous experience? Yes, it is! Self-build expert and Exmoor Young Voices mentor, Justin Tyers's game-changing book, *How to Self Build your Dream Home for £99,000—or less!*, explains how first time self-builders, who have a limited budget, can build a dream house they will be proud to come home.

The book disrupts the image that comes to mind when we hear 'affordable housing,' offering a step-by-step manual for self-build, from finding land, DIY house design, and making a planning application right through every 'trade' to moving in.

*How to Self Build your Dream Home for £99,000—or less is available in paperback and digital formats from Amazon.*

## Summer Opening Hours

Open Monday to Saturday  
9.00 am to 1.00 pm  
(excluding bank holidays)

**AND from 6 April to 29 September**  
Thursday and Friday  
from 5.00 pm to 7.00 pm

Stop by the Shop on your way home

## DULVERTON VINTAGE FILMS

Wed 12<sup>th</sup> July

**THE MISFITS**  
Clark Gable, Marilyn Monroe  
& Montgomery Clift  
(1961)

Wed 9<sup>th</sup> August

**SUFFRAGETTE**  
Carey Mulligan, Meryl Streep  
& Helena Bonham-Carter  
(2015)

Film starts at 2.30 pm  
at Fishers Mead Community Centre

£2 includes tea and biscuits



## Dulverton Town Hall

**Friday 7 July**

**WHAT'S LOVE GOT TO DO WITH IT?** (Cert 12A)

Director: Shekhar Kapur

108 mins

How do you find lasting love in today's world? For documentary-maker and dating app addict, Zoe (Lily James), swiping right has only delivered an endless stream of Mr Wrongs to the dismay of her eccentric mother, Cath (Emma Thompson). For Zoe's childhood friend and neighbour, Kaz (Shazad Latif), the answer is to follow his parents' example and opt for an arranged (or 'assisted') marriage to a bright and beautiful bride from Pakistan. As Zoe films his hopeful journey from London to Lahore to marry a stranger chosen by his parents, she begins to wonder if she might have something to learn from a profoundly different approach to finding love.

**Friday 21 July**

**THE FABELMANS** (Cert 12A)

Director: Steven Spielberg

151 mins

Loosely based on Spielberg's childhood growing up in post-World War II era Arizona, young Sammy Fabelman falls in love with movies after his parents take him to see *The Greatest Show on Earth*. Armed with a camera, Sammy starts to make his own films at home, much to the delight of his supportive mother. As a young man, he discovers a shattering family secret and explores how the power of movies helps us see the truth about each other and ourselves.

**Friday 4 August**

**THE LOST CITY** (Cert 12A)

Directors: Aaron Nee, Adam Nee

112 mins

Reclusive author, Loretta Sage, writes about exotic places in her popular adventure novels that feature a handsome cover model named Alan. While on tour promoting her new book with Alan, Loretta is kidnapped by an eccentric billionaire who hopes she can lead him to an ancient city's lost treasure from her latest story. Determined to prove he can be a hero in real life and not just on the pages of her books, Alan sets off to rescue her.

**Friday 25 August**

**ALLELUJAH** (Cert 12A)

Director: Richard Eyre

99 mins

*Allelujah* is a warm and deeply moving story about old age. When the geriatric ward in a small Yorkshire hospital is threatened with closure, the hospital decides to fight back by galvanising the local community. They invite a news crew to film their preparations for a concert in honour of the hospital's most distinguished nurse. What could go wrong? The film celebrates the spirit of the elderly patients, while paying tribute to the deep humanity of the medical staff battling with limited resources and ever-growing demand.

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 [janaross2003@yahoo.co.uk](mailto:janaross2003@yahoo.co.uk). Bar open from 7pm.

# Secret Gardens of Dulverton

## A Tour of Gardens

Sunday 2 July

Open

10am to 4.30pm



Tickets in advance from:  
Dulverton Post Office (01398 323474)  
or Tantivy, Dulverton

Tickets and refreshments available on the day from:  
Dulverton Town Hall

£5 in advance £7 on the day  
Accompanied children free  
Supporting local charities



## Dulverton Secret Gardens

After a break of six years, Dulverton Secret Gardens, a self-guided tour, returns on Sunday 2 July.

The gardens are of all shapes, sizes and stages of development; some are well established, others are much newer. Many have not been seen before, so it's a rare opportunity to visit some delightful gardens that are normally hidden away. They are all within walking distance of the town centre, making it easy to complete the tour during the day. Opening hours are from 10am to 4.30pm.

The entrance fee of £5 (in advance) or £7 (on the day) includes a map showing each garden's location, together with a short description written by the owner. Tickets are available in advance from Dulverton Post Office or the Tantivy. Alternatively, you can buy tickets on the day at Dulverton Town Hall, where you'll also find delicious refreshments.

Dulverton Town Council and Visit Dulverton are organising the event and making a donation to local charities.

## Another DWLCT Children's Colouring Sheet Released

DWLCT have released a further page of their planned colouring book for local children.

The page was designed by book illustrator, Annabel Greenfield, and features Olli the Leat Otter collecting a book from Dulverton library.

Children from Dulverton School were issued copies of the colouring page to be completed over the half term holiday with the best work per school year winning a book token prize.

Extra copies of the colouring sheet can be found in Dulverton Library.



Our partners



# BRUSHFORD PARISH HALL

## UPCOMING EVENTS

8 July 16:00 to 19:00 Brushford BBQ—Bring your BBQ Food and we will cook it + Pop-Up Bar and Jukebox Disco from 16:00 to 22:00

5 August 15:00 to 17:00 Brushford Flower Show + Pop-Up Bar from 13:00 to 18:00

9 September 19:00 to 22:00 Pop-Up Bar + Jukebox ('60s, '70s, '80s onwards Music Favourites)

14 October 18:30 to 22:00 Charity Quiz Night—Pop-Up Bar (plus food available 19:00 to 20:30)

25 November 13:30 to 16:00 Brushford Christmas Fair

25 December 11:00 to 13:00—Christmas Day Pop-Up Bar open

Plus:

- every 1st Thursday of the month 14:30 to 16:30 Book Mart & Drop-In Café with homemade cake, Lets Get Connected IT and Internet Help.
- every 2nd Saturday of the month 19:00 to 22:00 Pop-Up Bar

For latest details of our upcoming events and activities:

[www.brushfordparishhall.org.uk/bookings-calendar/](http://www.brushfordparishhall.org.uk/bookings-calendar/)

[www.facebook.com/groups/FriendsBPH/?locale=en\\_GB](https://www.facebook.com/groups/FriendsBPH/?locale=en_GB)

## OLD HAWKRIDGE EXHIBITION

Records – Photos - Maps

Tools & Memorabilia

Friday 11th – Monday 14th August 2023

2.00pm – 8.00pm Daily

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## Exmoor call-out for aspiring young chefs

Once again Visit Exmoor is joining key partners across the area to highlight exciting career opportunities in hospitality across the area. Details of the Exmoor Young Chef 2023 competition are now available, and passionate young cooks aged 12-16 years are encouraged to apply.

Professional chefs are stirring up interest by visiting schools to talk to students about the competition and hospitality careers. A panel will judge applications and select 10 finalists to represent two age groups: 12-14 and 15-16. Finalists in the 15-16 age group will also be paired with a local chef to help them develop their menu and skills. Finalists will need to impress the judges with their three-course menu, prepared under strict competition rules at West Somerset College, Minehead, on Saturday 7 October 2023.

The competition is a collaboration of partners including Rotary Club

Minehead, Brend Hotels, Visit Exmoor, Exmoor National Park, Bridgwater & Taunton College and Butlin's.

The *Exmoor Young Chef* film, is being distributed again to schools and colleges in the coming weeks and can be viewed at:

[www.visit-exmoor.co.uk/business-hub/centre-of-excellence/events](http://www.visit-exmoor.co.uk/business-hub/centre-of-excellence/events)

alongside full details of the 2023 Exmoor Young Chef competitions, and how budding chefs can enter.

School visits by professional chefs involved in the competition are taking place across the area and if your school would like a visit please use the email below. Closing date for applications is 1 June 2023.

For more information email: [projects@visit-exmoor.co.uk](mailto:projects@visit-exmoor.co.uk) or contact Max Lawrence on 07860 135271.



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& Taunton  
College Trust



## £30k for 30 years' service

Exmoor Search and Rescue have set themselves the massive challenge of raising £30,000 for their 30th birthday this year. You can join us in this challenge by donating today to help us assist the police in locating missing/vulnerable people and recovering the injured or ill from remote locations to safety. We offer a unique skill set comprising navigation, search techniques, medical treatment, and casualty extraction (stretcher, vehicles), along with technical rope and water capabilities. Lots of people are running their own challenges on our behalf: Andy has done the 30-mile Exmoor Perambulation; Dan has done the 30-mile Hams and Lyme Ultramarathon. Could you join in the challenge? Let us know which event you are running and share the link below so that, together, we can reach our 30th birthday goal.

[www.gf.me/v/c/qndg/30k-for-30-years-service](http://www.gf.me/v/c/qndg/30k-for-30-years-service)



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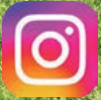
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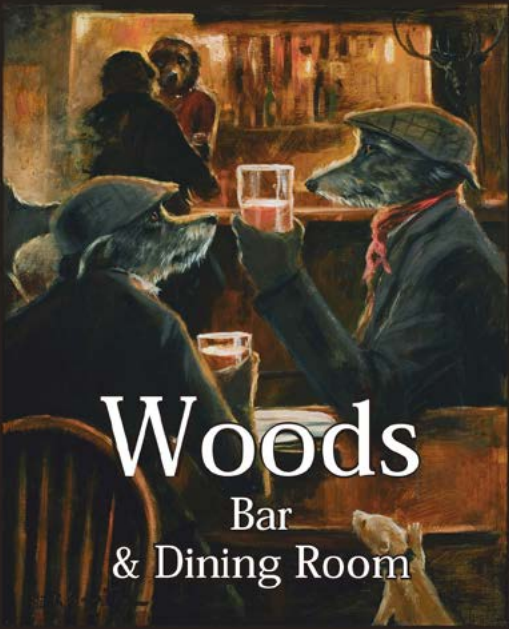
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## **Dulverton Health Walks**

This friendly group meets each Tuesday morning at 10am, to walk at different venues. Walks take an hour or two and are not difficult; we stop now and again, to catch up and also to admire the countryside.

We would welcome new faces, so if you feel like some exercise and good company then why not join us? Please contact either Richard Clarke on 01398 341141 or email: richardclarke567@btinternet.com or Richard Archer on 0777 3160 222 or email: archer8r@hotmail.com



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## Michael Morpurgo heads literary festival line-up

One of the country's best-loved children's authors and former Children's Laureate, Sir Michael Morpurgo, is taking part in this year's Dulverton Exmoor Literary Festival. The 2023 festival, which takes place on 18 and 19 November, builds on the success of last year's inaugural event, with talks by leading authors, a children's writing competition, creative writing workshops, and a pop-up bookshop.

Dulverton Town Hall is the venue for author events, which include Sir Michael in conversation with writer, Alice Thomson, and local author, Kate Lord Brown, interviewing historical biographers, Andrew Lownie and Catherine Ostler. Best-selling novelists, Sarah Turner, Hannah Richell, and former *Blue Peter* presenter, Janet Ellis, are taking part in a Book Club fiction panel. Sir Michael is also presenting the prizes for this year's children's writing competition.

Food writer and *MasterChef* judge, William Sitwell, returns to the festival to discover more about British wines with wine expert and writer, Henry Jeffreys. Julian Glover, author of the government's *Landscapes review: National Parks and AONBs*, joins Exmoor farmer and writer, Victoria Eveleigh, to discuss 'What is our countryside for?'

Guest speakers also include international portrait photographer, Harry Borden; writer and Condé Nast Britain's managing director, Albert Read; explorer, Belinda Kirk; survival expert, John Hudson; travel writer, Hilary Bradt; vet, Sion Rowlands, and sports reporter, Dennis Coath, with more writers expected to confirm.

Waterstones pop-up bookshop, which also hosts author book signings is back; there are creative writing workshops, and talks on a range of topics, including Exmoor's long lost railways. Online tickets go on sale later in the summer.

Check the Visit Dulverton website and social media pages for more information about the festival, which is generously sponsored by local businesses: Tozers Solicitors, Wellhayes Vineyard, *Exmoor News*, Stockham Farm Exmoor, Exmoor Character Cottages, Stags Estate Agents, Osteo & Physio Tiverton, Jeff Pegrum Landscaping, Ware Construction, Rothwell & Dunworth Books, Your First Book, The Exclusive Cake Company, The Exmoor Feasting Company, Maitland Walker Solicitors, Hedley Price Funeral Directors, and Friendship & Sons Funeral Directors.

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## The canine physiotherapist's tale

Tucked away in a barn on the outskirts of Oakford is a delightful canine therapy centre, including an indoor swimming pool with spectacular views across the surrounding fields and hills. The casual visitor might be forgiven for thinking they had wandered into a pristine spa; in fact, this is where Sarah Brick of West Country Canine Therapy helps dogs feel so much better.

When Sarah opened the centre five years ago, it was the realisation of a dream and the culmination of years of study, training and hard work. Her roots are in Hampshire: she grew up in an animal-loving family. "We had many pets and I always wanted to work with animals," she says, "but my heart lies with helping dogs."

After leaving school, Sarah embarked on a career in veterinary nursing, while working at the Blue Cross as an animal care assistant. But, to qualify, she needed a placement as a student nurse at a veterinary practice; her thoughtful boss effected an introduction. This enabled Sarah not only to qualify but also to gain practical skills and experience too. Career opportunities for veterinary nurses are limited, so she expanded her horizons by becoming a locum, working at a variety of practices, and spending time as a volunteer at a dog rescue sanctuary in Cyprus, which she loved.

Back in the UK, locum work took her to Sevenoaks, where she met her now partner. "This grounded me! And from practice work, I went on to teach veterinary nursing at Hadlow College," Sarah explained. "But I missed the intensive nursing and hands-on caring

for dogs. Physiotherapy, however, brought it all together beautifully. While working at Hadlow College, I studied at Nottingham Vet School for a Postgraduate Certificate in Veterinary Physiotherapy." She began offering evening physiotherapy sessions at veterinary practices and home visits for dogs referred by local vets.



Meanwhile, Sarah and her partner, where planning a move. "We came to the South West and it stole our hearts," she says. Her partner set up his own business; they settled in Somerset, and Sarah went to work part-time at Bicton College. "I inspected veterinary practices to ensure that they met nurse training standards, and in my own time worked on building relationships with veterinary practices to build my physiotherapy business."



Pinkworthy Barn proved to be an ideal location; with support from her family, the necessary conversion work was completed, and West Country Canine Therapy opened in May 2018. But, in early 2020, just as the centre was getting established, Covid-19 and the first lockdown arrived; the centre had to close and veterinary practices were open only for emergencies. It was a blow and very hard for canine patients in the middle of treatment, so Sarah was determined that the centre would reopen as soon as this was permitted. "We set up all the right social distancing

measures and ensured a safe environment for everyone, following public health guidance."

Since reopening, the centre has gone from strength to strength. Sarah works with dogs from across Exmoor and

beyond, who are recovering from injuries or surgery. As well as those with chronic conditions, such as arthritis, that affect mobility. Sarah also treats dogs who need help with weight management or water confidence. They have ranged from tiny terriers to Irish wolfhounds. She spends time getting to know new patients, helping to reassure them (and their owners) and building up their confidence.

Sarah reassesses dogs on every visit. "As an experienced Veterinary Physiotherapist I have a wide choice of treatment techniques to apply, which may be carried out on land or in the pool, allowing me to deliver bespoke and individual treatment programmes. You have to watch, listen and respect what dogs are showing you, and make them feel safe. They're all different, but if you develop a bond with them they'll work with you."

All patients need a vet's referral but Sarah welcomes enquiries and is always happy to talk to owners about what might help their dog.

"I've found my place," she says. "it's a great feeling, very special."

West Country Canine Therapy,  
Pinkworthy Barn, Oakford, EX16 9EU  
tel: 01398 351493  
[www.westcountrycaninetherapy.com](http://www.westcountrycaninetherapy.com)

*Diane Trembath*

### Sarah's top tips to keep your dog moving freely:

- Do not work or exercise your dog when they are tired.
- Allow time for a warm-up and cool-down when exercising.
- Allow rest days.
- Let your dog sniff! Sniffing has a calming effect as well as exercising the brain.
- Manage their weight.
- Avoid excessive and repetitive activities.
- Good environmental management is very important. Review slippery floors, steps and stairs, and inappropriate jumping.
- Maintenance sessions with a physiotherapist.

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## Is now the right time to set up your Lasting Power of Attorney? asks Carolyn Matravers at Bluebell Financial Management

A Lasting Power of Attorney is a document that appoints those you trust to fulfil your wishes when you are unable to do so and are more commonly associated with 'getting older' or 'losing capacity'. In reality, if you are over the age of 18 and have any financial interests (ie property, land or investments), you ought to consider the benefits of equipping your loved ones with the necessary legal authority to assist you with all aspects of your day-to-day life – providing vital support when you need it most.

A common misconception is that a spouse, life partner or appointed next of kin will have authority to act on your behalf if you lose capacity either temporarily or permanently. It may come as a surprise to know that they will have no authority unless you have appointed them to act for you. If you have not put a Lasting Power of Attorney in place, they will not be able to manage your finances and there is no guarantee that the views of your loved ones will be taken into consideration regarding any health decisions either.

There are two types - a Property & Financial Affairs Lasting Power of Attorney protects individual and joint financial interests and allows your Attorney(s) to pay your bills, manage your investments, operate your bank account or sell your property. A Health & Welfare Lasting Power of Attorney allows your Attorney(s) to retain involvement in your medical treatment, where you live and how you spend your time.

Is now the right time to set up your Lasting Power of Attorney? contact Carolyn Matravers at Bluebell Financial Management on 07944 992682 or [carolyn@bluebellfinancialmanagement.co.uk](mailto:carolyn@bluebellfinancialmanagement.co.uk)



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## Croquet Anyone?

The Exmoor Croquet Club meets at 2pm every Tuesday from April to October in the QE II Pavilion behind Exford Church. Croquet is a gentle but competitive game of strategy and skill, suitable for players of all ages and levels of fitness. New members are always welcome, to spend an afternoon in beautiful surroundings, make new friends and chat over tea and cake. It's a great way to keep physically and mentally fit, but most of all it's fun!

We are a friendly, informal club who play for pleasure and companionship. No experience necessary - we will teach you how to play the game. Come along any Tuesday and try a "taster" session free of charge. Thereafter playing fee of £3 per day including tea.

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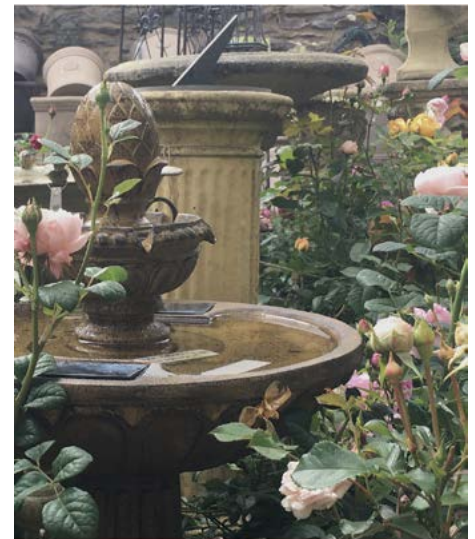
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### **Holiday Preparations from Head to Foot**

Getting ready for your annual holidays should be exciting and happy but, for some, it can be quite stressful. Planning what to take, wear, games, books, medications... the list goes on, as well as the travel, crowds and queues. Either on your own, as a couple, or a family group there are so many things to think about. If you are in the wrong frame of mind, it can cause you a great deal of stress. This stress can have real consequences on both physical and psychological wellbeing.

This month two therapists give some advice that may help in putting you in better mental and physical shape.

### **Paul Tam—Hypnotherapist**

We all suffer from some form of mental stress in our daily lives. Some higher levels, some so low that we're unaware of it, and somewhere in between. How we deal with it is much more important, especially when taking on the task of holiday preparations.

Just take a moment and think about your feelings. Anxious? Stomach in a knot? Furrowed brow? The way you can deal with stress is where hypnotherapy can help. For example, with a bit of coaching you can learn to breathe properly, which can calm you and is very much a part of hypnotherapy and self-hypnosis.

If the pre-holiday stress is getting you down, don't let it. Seek help from a professional. You may find that it helps not just for the preparations but can help you wind down quickly when you get there.

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### **Claire Fisher—Reflexologist**

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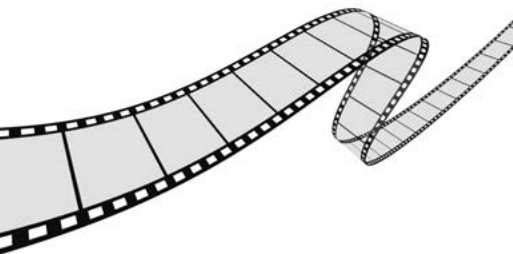
## tiverton film club

Tiverton Film Club is completing its 23rd year and we meet regularly at Petroc College in Tiverton. Our most recent meeting was on 20 June, when we showed *Incendies*, a French Canadian film.

The final film in our current programme is *Alcarràs*, an award-winning Spanish film, which will be shown on 4 July at 7.00pm. It is a very relevant contemporary film that addresses similar issues to those facing the UK today. It takes place in Catalonia, where the peach farmers of the Sole family spend the summer picking fruit from their orchards. However, when plans arise to install solar panels and cut down the peach trees the tight-knit group suddenly have to face eviction and loss of more than their homes!

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- \*Eden Project- Thursday 13th July Adult £40.00pp/Senior £38.00pp Including entry
- \*Strictly Ballroom the Musical- Saturday 15th July 7.30pm Bristol Hippodrome Grand Circle £72.50pp \*Brownsea Island NT & Poole Wednesday 19th July £32.00pp NT Member/£41.50pp non-member
- \*Royal Welsh Show- Tuesday 25th July £57.00pp Including entry
- \*Dunster & Exmoor Scenic Drive- Thursday 27th July £16.00pp Coach only
- \*The Tank Museum & Swanage- Thursday 31st July £28.00pp Including entry

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**Exmoor Creative** is a joint venture for father and daughter team Malcolm Godfrey and Katie White.

We have combined the best of Exmoor Web Design and Katie White Photography including skills in digital design, multimedia, public relations as well as long professional experience of technology of internet and marketing.

Our mission is providing South West small businesses an affordable and effective presence on the internet with secure, responsive and efficient websites, social media, branding, photography and digital marketing.

Malcolm has worked in IT for 40 years predating the internet by a small margin! Trading as Exmoor Web Design since moving to Brushford near Dulverton.

Katie is based in Dulverton and has worked in marketing since graduating with an MA in Photography, studying in Gloucestershire and Cornwall.

We have been supporting our existing clients and assisting new clients over the last two years as Exmoor Creative. We provide a personal service for businesses that need a helping hand navigating the ever increasing complexity of the internet, social media and digital marketing.

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## Want to support children in Somerset?

If so, Route1 is looking for you!

Route1 Advocacy and Independent Visitors is a service that supports children and young people who are in care or have a social worker. They do this by matching volunteers with young people as either short term Advocates, or longer term Independent Visitors.

**Independent Visitors:** these volunteers make a long-term commitment to one child in care. They visit the child once or twice each month to build a trusting, supportive relationship and friendship that can sometimes last many years. This can bring life-changing experiences and opportunities to the child or young person—and their Independent Visitor.

**Advocates:** Volunteers work alongside individual children to ensure their voices are heard, and their wishes and feelings are taken into account when decisions are being made which affect them. Each child’s support is usually short term and there is no expectation of a long-term commitment to any particular child.

“Not only do these roles do amazing things for young people in Somerset, they represent great opportunities for local people to learn more about the services they support. Volunteering can be a great way into work in related



areas,” said Cllr Tessa Munt, Lead Member for Children, Families & Education. “I would strongly encourage local residents to come and help children and families, do some real long-term good, use and expand their existing skills and experience, and make a huge difference to young people in Somerset.”

Your volunteering can be arranged to suit your availability. Your life experience will be highly valued and you will be trained and supported in developing key skills.

If you’re interested and want to find out more about volunteering with Somerset Council, please visit [volunteering.somerset.gov.uk](http://volunteering.somerset.gov.uk).

For more information about Route 1 Advocacy and Independent Visitors, you can contact us by emailing: [route1advocacy@somerset.gov.uk](mailto:route1advocacy@somerset.gov.uk) or calling 01749 822801 and our website is:

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VAUXHALL

Finally, the sunshine is here and what a difference it makes. The leaves on the trees are blooming in multiple shades of green; flowers are a sea of vibrant colours and the skies are blue!

This weather has certainly jump-started the property market, with an increase in supply and demand from buyers and sellers.

At Webbers, we are asked numerous questions such as, 'What are your fees?'; 'Is there good broadband?' and 'What is the local pub like?' However, the main question I am asked on a regular basis by both buyers and sellers is, 'How is the property market?' I always find this an interesting question to answer as everyone has their individual opinion on what they believe is happening but, as a local agent for Webbers, working in Dulverton and the surrounding areas, I may see things from a different perspective compared to that being publicised in the media.

I'm sure we can agree that the increase in interest rates, cost of living, mortgage rates and, overall, the economic climate have some bearing on the housing market. However, Webbers have remained extremely resilient, with an increasing portfolio of buyers in financially viable positions. Clients also being realistic about pricing continues to result in them achieving good strong prices for their properties, assisted with an extensive marketing campaign.

Having attended our annual Property Exhibition in Guildford in the middle of May, the event proved to be a huge success. A high percentage of buyers are still looking to permanently relocate to the South West for a variety of reasons, such as a better work life balance, to be closer to family and simply seeking lifestyle change.

During the last month (April 2023—May 2023) Webbers have achieved the following:

- 727 new applicants registered with Webbers
- 182 new followers across social media platforms

- The Webbers' brand has been viewed 1,702,744 times across social media

## **New properties available via the Dulverton Office.**

**Knowstone** - Guide Price: £1,300,000



Occupying a private but not isolated position, this striking elevated period farmhouse has been modernised and extended to create a wonderful balance of living accommodation, outbuildings and equestrian facilities, with far reaching views towards Exmoor and in total approx. 33 acres. Tenure: Freehold, Council Tax: G, EPC: D.

**Winsford** – Guide Price £825,000



Situated in the hamlet known as Coppleham, this prominent detached 3 bedroom country residence occupies an elevated position with commanding views of the garden and the neighbouring countryside with stables, paddock, large formal garden, parking and in total 2.9 acres. Tenure: Freehold, Council Tax: D, EPC: E.

**Skilgate** - Guide Price £560,000



Believed to date back, in parts, over 300 years, this recently refurbished charming 4 bedroom character country cottage is located on the edge of the Exmoor National Park in the pretty village of Skilgate. Offering versatile and spacious living accommodation, stunning countryside views, beautiful gardens and parking. Tenure: Freehold, Council Tax: E, EPC: D.

**Dulverton** - Guide Price £295,000



Conveniently located in the heart of the highly regarded Exmoor town of Dulverton, this spacious and immaculately presented 2 bedroom home has beautiful rear gardens, parking, garage and is a short distance to amenities. Tenure: Freehold, Council Tax: C, EPC: E.

If you would like to know more about the above properties or curious to know the value of your home then please do not hesitate to contact the office on 01398 323271.

With best wishes,

*Ginny*



Ginny Saunders  
– Local Director



Louise Garner  
– Administrator



Rebecca Whitehead –  
Property Advisor



Warwick Wilcox  
– Property Advisor

## Rotary Exmoor Youth Challenge

On 20 May (later than usual), the annual Rotary Exmoor Youth Challenge took place on a lovely sunny day. The route had to be slightly modified because of the damage at Tarr Steps—since repaired! Based at Dulverton Junior School, over 500 young people took part in teams of four (aged 11-18, although the majority were juniors) in a 17-mile circular walk through eight different checkpoints. Remarkably, those taking part came from 55 different schools and youth organisations, which was great to see. The aim is to hit a pre-specified time between checkpoints, so it is not a race. Of those taking part, 436 completed the course, and received well-deserved medals at the finish—as well as a large slice of cake! Seventeen of the teams completed the whole walk within 10 minutes of the set times for each stage\*. This event is much appreciated by schools and parents, and it provides the real challenge of following a map and instructions, and teamwork; children are rightly extremely proud of what they have achieved.

This could not be organised without the support of over 100 volunteers from Tiverton and Exe Valley Rotary clubs, from the Exmoor Park Rangers, Exmoor Search and Rescue, St John Ambulance, and Exmoor Radio Club. Exmoor Rotary will also be involved

in presenting illustrated dictionaries to primary school leavers at Dulverton, Bampton, and Bolham again, as part of their end of term celebrations in mid-July, an aid to their continuing education at 'big schools.'

\*Full results are available at: [www.exmoor-rotary.org.uk/](http://www.exmoor-rotary.org.uk/)

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Anyone can drown,  
no one should.

## World Drowning Prevention Day

I wonder how many people are aware that 25 July is the date of the annual World Drowning Prevention Day? This global event is hosted by the World Health Organisation and overseen in the UK by the National Water Safety Forum.

With personal poignancy, the eighteenth anniversary of the loss of my 19-year-old son James to accidental drowning in the River Thames at Kingston falls on 28 July 2023.

I have more reason than ever to be a passionate advocate for water safety this year as I was fortunate enough to be awarded a BEM (British Empire Medal) in the King’s New Year’s Honours List; such an amazing surprise!

The citation to my award is specifically ‘for water safety services in the Royal Borough of Kingston upon Thames’. This refers to our successful campaign with Kingston Council over the first three years after we lost James, to institute safety measure that have created the safer, lighter and brighter environment by the riverside that exists today.

When I look back to those early days, (not something that I do often), I can still recall my utter shock at seeing the lack of safety in the area where we lost James. I vowed at the time, “We need to do something about this to prevent further tragedies happening to other people”. My grief fuelled the drive and tenacity to see through the project and I will always be thankful for the support that I had around me, to ensure that I kept the impetus going.

I gladly support water safety and drowning prevention initiatives through my collaboration with the RNLI and Fire and Rescue Services, and through sharing my writing and presentations on bereavement support.

Living in Mid Devon, we are equidistant from the Devon and Somerset coastlines, and close to many different bodies of water—the rivers Barle and Exe, the Great Western Canal at Tiverton, Wimbleball Lake and other Exmoor reservoirs. The popularity of wild swimming is increasing, and this is another area where people should be hyper vigilant towards personal safety and the effects of cold water shock.

Highlighting potential dangers in innocuous looking bodies of water remains key to the aims of the National Water Safety Forum. The latest statistics show that, in 2022, there were 226 accidental drownings, with more dying at inland water than at the coast. My heart goes out to these 226 families who are having to face the agony of personal loss.

The specific messaging this year includes: Should you see someone else in trouble in the water, remember Call, Tell, Throw.

**Call** 999—ask for Fire & Rescue if inland or the Coastguard if by the sea.

**Tell** the struggling person to try to float on their back.

**Throw** them something that floats.

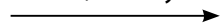
#RespectTheWater has key messaging through the 999 campaign.

Make the Right Call: Call 999

Call, Tell, Throw

		
<b>CALL</b>	<b>TELL</b>	<b>THROW</b>
999 and ask for the right service	them to float on their back	them something that floats

Increasingly, there is evidence to suggest that knowing the simple steps from the RNLI about how to Float to Live can help you to avoid panicking and, indeed, save your



life.

The BEM honour touches my heart in the sense of its being awarded out of personal loss, and it is a tangible demonstration of how hope can prevail despite tragedy.

The bells and whistles of the award—a Royal Garden Party at Buckingham Palace and the Investiture itself, were exciting events that will stay in our memories for a long time!

I not only hold a sense of pride on James's behalf, but also have a continuing commitment to the issues of water safety and grief support for the foreseeable future.

Please heed the guidance and enjoy your time in and around the water safely.

Always RespectTheWater [www.respectthewater.org](http://www.respectthewater.org)

Andrea Corrie

Andrea Corrie BEM is the author of two grief support books: *Into the Mourning Light* (2014, paperback and e-book); *Living in the Mourning Light* (2019, paperback, e-book and audio). She also writes a blog entitled *Multilayered Musings From the Mourning Light* [www.andreacorriesblog.wordpress.com](http://www.andreacorriesblog.wordpress.com).

## 10 Parishes Festival

Artists are preparing for this year's 10 Parishes Festival, which takes place in and around Wiveliscombe from 9 - 17 September.

The theme for this year's festival is Reflections. Artists can choose whether to incorporate this into their work, which is shown either in their own studios at home or in collective exhibitions around the villages.

Stephen Martin will be exhibiting at his home in Wiveliscombe. Stephen comments: "My photography is intended to communicate my personal take on the beauty and value of the natural environment. My pictures record my experience 'in the moment' and my aim is to share this. In my view, this is best achieved by printing and sometimes, framing images, such that people can enjoy them, whenever they enter a room at home. I am a committed environmentalist."

See more of Stephen's work here: [www.martinsbritishlandscapes.co.uk](http://www.martinsbritishlandscapes.co.uk) and the festival website: [www.10parishesfestival.org.uk](http://www.10parishesfestival.org.uk). The popular Market Day will take place on Sunday 10 September in Wiveliscombe, with the annual carnival procession at 3pm.

Photo © Stephen Martin

## 10parishesfestival visual and performing arts

9th-17th September 2023

Across 10 Parishes, centred on Wiveliscombe in West Somerset, artists, craftspeople and performers will be exhibiting this September!

Visit the 10 Parishes and enjoy everything that is on offer!

[10parishesfestival.org.uk](http://10parishesfestival.org.uk)  
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[www.mineheadmuseum.co.uk](http://www.mineheadmuseum.co.uk)

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The Exmoor Society is now a major provider of guided walks on Exmoor with a programme that runs from March to December. Walks start from different locations across Exmoor and are of different lengths and on a wide variety of themes.

All the walks are set in stunning Exmoor landscapes. Do come along, learn something new and enjoy the company of a welcoming and knowledgeable guide.

The walks are led by volunteers who enjoy sharing their time, knowledge and passion for Exmoor. Members and non-members alike are welcome to join the walks which are free, although donations are very much appreciated.

<https://www.exmoorsociety.com/walks-programme>

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## New E-vehicles for Exmoor

Exmoor National Park Authority is delighted to welcome delivery of two electric vehicles for its Pinkery Outdoor Education Centre: a Renault Zoe pool car and an electric Citroën nine-seater Space Tourer. These will help bring Exmoor National Park closer to carbon neutral goals.

Pinkery manager, Dave Huxtable, said: "This is great news for Pinkery, both in the pace our carbon neutral plan is moving forward now and it's also far more cost efficient. Since the vehicles don't require combustion engines or servicing, we are saving thousands of pounds a year."

Decarbonisation plans to power Pinkery sustainably are going from strength to strength, with the installation of a new biomass boiler. This is now complete and will be unveiled in the next few weeks.

Dave continued: "Over the next few months, we will also be increasing our battery provision, making a greener choice for any tools or equipment previously reliant on fossil fuels."

Exmoor National Park Authority CEO, Sarah Bryan, said: "This is a real boost to our carbon audit and climate

adaptation strategy. The switch to electric vehicles is part of ENPA's commitment to be net zero by 2030, and means that staff and visitors to Pinkery will be using green travel modes and reducing our carbon emissions.

"The solar panels and wind turbine at Pinkery also mean that we will be able to charge the minibus using any excess renewable energy on site.

"This will all help us to continue to provide sustainable inspirational and wellbeing-orientated activities at Pinkery, fostering understanding and connection with our local landscape for generations now and into the future."

## A Worthy Walk - Allerford to Selworthy

Date: 21st Jul 2023 11:00am-1:30pm

Join a guided walk leader and explore the picturesque landscape of the timeless villages of Allerford and Selworthy. A 2-2.5hr guided walk (3 miles). From Allerford Village Hall the route passes some of Allerford's historic buildings, before winding its way up through Selworthy Woods, where you can enjoy sweeping views across the vale to Porlock Bay. You will have time to stroll round Selworthy's thatched cottages before returning along the foot of the woods to finish at Allerford's medieval packhorse bridge. Accessibility: The walk includes some fairly steep inclines for the first section through the woods but the route can, if necessary, be reversed to meet the needs of the group. Please ensure you bring suitable outdoor clothing and stout footwear. Dogs on short leads allowed. Meeting point: Allerford & Selworthy Community Hall (adjacent to the cricket pitch) Booking recommended. More information: [www.eventbrite.co.uk/ea-worthy-walk-allerford-to-selworthy-circular-tickets-637236751277](http://www.eventbrite.co.uk/ea-worthy-walk-allerford-to-selworthy-circular-tickets-637236751277)

This event is brought to you by Exmoor National Park.

Location: Allerford Village Hall TA24 8HL

Booking: Booking essential

Charge: Free-donations welcome to Care Moor for Exmoor

Contact: 01643 821835



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## Exmoor Dark Skies Festival

Each autumn Exmoor plays host to one of the UK's most popular Dark Skies Festivals, with over 50 events, suitable for all age, taking place around Exmoor. Events are already listed online for the 2023 festival, which runs from 13-29 October, and summer visitors are being encouraged to visit again—to get a full appreciation of a night under the starry skies of the designated International Dark Sky Reserve.

“Exmoor can boast some of the darkest skies in the UK—on a clear night, thousands of stars can be seen with the naked eye,” said Katrina Munro of Exmoor National Park Authority, who organises the festival. “Autumn nights are ideal for stargazing activities and events due to the earlier sunset times. It makes it an ideal time for residents and visitors to experience the tranquillity and learn more about the skies above us and what we can see.”

During events, there are experts on hand to guide novice stargazers around the night sky, and experienced walk leaders to take groups on dark sky adventures over some of the most stunning landscapes and darkest places in the National Park. For those preferring a more sedate evening there are

planetarium sessions, astronomy and wildlife talks combined with suppers, dark skies-related crafts, and wellbeing sessions including yoga under the stars. The many events for young families include the popular Astro Party, being held at Horner Farm, near Porlock, for the first time this year. There's also a sponsored moonlit walk around Wimbleball Lake, near Brompton Regis, raising funds for three local charities: Exmoor Search & Rescue, CareMoor for Exmoor and South West Lakes Trust.

Visit [www.exmoor-nationalpark.gov.uk/stargazing](http://www.exmoor-nationalpark.gov.uk/stargazing) to read more about Exmoor's dark skies and stargazing activities throughout the year including the October festival (sponsored by Airband).

Alternatively call into a National Park Centre (located at Dulverton, Dunster or Lynmouth) for telescope hire, stargazing advice and experiences, including the Dark Sky Discovery Trail, near Exford. A free printed Dark Skies Festival programme is available from early August.





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## Creating new meadows on Exmoor

Meadows attract a multitude of wildlife and often support flora and fauna that struggle to thrive in other habitats, and are typically characterised by species such as black knapweed, oxeye daisy, yellow rattle, hawkbits, vetches and rarer orchids. They can also support colourful waxcap fungi with names such as parrot, snowy and crimson. Species-rich meadows are ecologically important as they provide areas for pollinating insects, nesting, food gathering, shelter and even animal courtship displays. Meadows can also be historically important, beautiful, and their enjoyment can contribute to our own wellbeing.

Like other ecosystems, meadows experience increased pressure due to climate change, especially as precipitation and weather conditions change. However, species-rich meadows have important climate change mitigation potential as carbon sinks; diverse and deep-rooted plants store a substantial amount of carbon in soil, and permanent grasslands help to protect soils, which can mitigate against soil erosion and flooding.



Over the last 70 years, there has been a drastic decline of meadows and species-rich grassland on Exmoor. Through their Sowing the Seeds project, Exmoor National Park Authority is encouraging landowners and communities to help restore, create, and link species-rich grassland. Botanical surveys, soil testing and monitoring are being conducted, and with partners such as Devon Wildlife Trust and the National Trust, best practices and skills are being shared.

There are events for landowners and the public taking place over the summer to help people learn more about meadow creation and restoration. Event details and a brand-new free Meadow Wildflowers of Exmoor Pocket Guide will be available soon from National Park Centres.

More equipment and training are needed, and a new wildflower nursery is being developed. Through the authority's donations fund, CareMoor for Exmoor, the public are being invited to support the Sowing the Seeds project. There is also a beautiful Exmoor meadows greetings card and certificate of dedication available in centres or online. (See picture).

Donations can be made at National Park Centres or online at: [www.caremoorforexmoor.enthuse.com](http://www.caremoorforexmoor.enthuse.com)

The Sowing the Seeds project officer, Lucy Cornwall, can be contacted on: 01398 323665 or at: [LCornwall@exmoor-nationalpark.gov.uk](mailto:LCornwall@exmoor-nationalpark.gov.uk)



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## Caractacus Housing— 20 years on

Caractacus Housing is celebrating 20 years of helping locals stay local in the West Somerset and Mid-Devon regions. With second homes and holiday lets pushing up both rents and house prices to levels far higher than the national average, many people raised, living and working in the region have been forced to look for housing further afield, at the expense of commuting costs, loss of family connections and involvement in their communities.

The charity was established in 2003 to help those people who were struggling to remain local. Since then, Caractacus Housing has grown steadily, with the aim of contributing

to meeting the ongoing demand for affordable housing.

The charity now owns 20 properties, all tenanted to local people on low incomes in need of accommodation at a reasonable rent. The tenants range from retirees, to single people to families—people who all want to continue to live where they grew up, close to their families and friends, while working in the area.

Tenants benefit from a close relationship with the charity, well maintained properties, advice, support and the opportunity to apply for financial assistance with other costs.



**Caractacus Housing celebrates its 20<sup>th</sup> anniversary!**

**Congratulations and many thanks to all those who have been involved**

***'helping locals stay local'***

In our time homes have been provided for 65 adults and 71 children  
and financial assistance given to 77 people and organisations

**Best wishes for the future  
Sheila Laxman (Founder)**

Registered Charity 1098524 Company No. 04629949 [www.caractacus-housing.org](http://www.caractacus-housing.org)

Caractacus Housing hopes to continue growing and supporting more people in these communities in the future.

## Dogs on Farmland



The number of people owning dogs has hugely increased since the pandemic confinement. This has resulted in a rash of accidents on Exmoor's farms, mainly with sheep, and in nearly every situation the landowners have been left to find out for themselves the devastation left behind (in some cases the livestock being left still just alive).

The first point for dog walkers is to check that they are on a public right of way because, if not, they are effectively trespassing on private property.

Second, if walkers are in any doubt whatsoever that their dogs may chase or harm livestock, they should be kept on a lead at all times. If an accident HAS occurred, please report it to the owner of the land on which you are walking.



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## Dulverton Good Neighbours

### Who is the scheme for?

The aim of the scheme is to bring together those in need of help and support in the Dulverton community with local volunteers able to offer their time.

### How does it work?

We have a co-ordinator who will receive all requests for help on our dedicated phone line (07395 171409). The co-ordinator will then phone round to find a Good Neighbour volunteer able to help. If you can offer volunteer help, please ring the helpline.

### How do I make contact?

Telephone: 07395 171409 from 10am—4 pm Mon- Fri.

### Fridge Magnets

We have fridge magnets that can be a useful reminder. If you would like a fridge magnet posted to you, please email [dgn@btinternet.com](mailto:dgn@btinternet.com)

To give you an idea of what we can do...

### Meals on Wheels in conjunction with Hanover Court

Since April 2020, early in the Covid-19 pandemic, a Dulverton Good Neighbours volunteer collects meals

## Making time for you to enjoy life



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from Hanover Court on Tuesdays, Thursdays and Sunday at lunchtimes. Sandy Takel and her team at Hanover Court prepare and wrap the meals for delivery. These meals are then delivered to Dulverton residents at a cost of £5.50 for the meal and free delivery. Alternatively, you can book in for a meal at Hanover Court by telephoning Sandy on 07875 820911.

Comments from a DGN volunteer: "When I heard about the Meals on Wheels scheme, I knew it was a volunteering role for me. People have been very supportive from the beginning—the kitchen staff at Hanover Court are very friendly and other volunteers have been very helpful with showing me 'the ropes' and swopping the rota etc, although it is very easy to fit it in around any other commitments you may have. So, it has been a great way to meet new people. It provides an opportunity to be out and about in the community, but the 'stars of the show' are the people we deliver too. All the chats we have. If it enables one person remain independent in their own home, then it is all worthwhile!"



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## Everyman and the Robin

In the summer time I am a honey bee  
hovering, seeking sustenance, wanting  
to stay alive; one of an infinite number  
of drones, flung endlessly upon themselves,  
trying to comprehend the openness of the  
blue sky.

I rise and swoop, my spirit restless, ground-  
less, among the million motes and midges  
that fly above stagnant pools of dew. Life  
slows to a pulse beat where growing is made  
green there, watered by crushing rain in  
winter and refreshing rain in summer; the  
heavy leaves are grown rich, they ripen in  
goodness, and youth. I feel their bracing  
shadows press upon my face and head, like  
a reverent blessing from God, as if I am given  
endless breath with new health; and I wonder  
if there is the possibility of *hope*, woven  
deeply in the growing of each budding leaf.  
And will they weave the hope of new life  
in me?

As I stand, in perfect reverie, a robin  
perches nearby, his bark-like claws  
clinging to a twig that frets with each  
breeze, but there is brightness in his eye.  
He is alive. Vigour is in each flick of his  
tail. I watch his head twist first one way



and then the other; he doesn't wonder  
who I am and why I am there; he sees me  
only as another supplicant to his dew pool;  
another one who is in need.

We share this green world, this shifting  
moment of time, where the green life  
light enters, and hovers about for a while  
encompassing us both, until I come to  
understand that one day only the green light  
will remain of flesh, feather and flight.



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The first six months of 2023 have been busy at the Regal Theatre Minehead, with a full programme of live theatre, music and dance, plus the Film Society’s programming of live screenings, and films.

The summer is busy too—7 July heralds in *Broadway & Beyond - The Magic Lives On* at 7.30pm, followed on 8 and 9 July 8th by *Hit the Floor*, when Spotlight Dance Academy students perform ballet, tap, commercial, acro, lyrical and contemporary dance.

Saturday 15 July: the vintage matinee screening is *Annie Get Your Gun*; in the evening, we welcome Gimme ABBA, who have been performing their fabulous tribute to ABBA for over 20 years.

Sunday 16 July: the magic and energy of live theatre come to the screen with the National Theatre’s acclaimed production of Rodgers & Hammerstein’s *Oklahoma!*— 2.30pm start.

Monday 24, Wednesday 26 and Saturday 29 July —three days of exquisite music as the Minehead and Exmoor Music Festival celebrates its 60th anniversary: a summer must!

August promises more delights with Bon Jovi UK, capturing the look, sound and electric atmosphere of the original Bon Jovi in a live, authentic tribute show: Friday 4 August, 7.30pm.

August’s vintage matinee screening is *High Society*, Saturday, 12 August at 11.00am

Another ‘must see’ is Minehead Dramatic Society celebrating its 60th Anniversary by presenting Gary Barlow and Tim Firth’s *Calendar Girls, The Musical*; a six-day run from Monday 21 to Saturday 26 August at 7:30pm.

The month draws to a close with *André Rieu—Love Is All Around* on Sunday 27 August at 2.30pm and *Let’s Rock The ‘70s* on Monday 28 August, 7.30pm—not a tribute act, these super-talented musicians present the iconic rock songs that defined an era.

For more information visit: [www.regaltheatre.co.uk](http://www.regaltheatre.co.uk)

Tickets for all events at the Regal are available at the Box Office, Monday to Saturday, between 9.30am and 12 noon (01643 706430) or online at [www.regalboxoffice.co.uk](http://www.regalboxoffice.co.uk)

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## Two Moors Festival – October 2023

Exploring the theme of ‘Home’ in music, Artistic Director and violinist, Tamsin Waley-Cohen, announces the 2023 Two Moors Festival classical music programme.

The internationally renowned festival takes place over nine days in October: on Dartmoor from Thursday 5 to Sunday 8 October 2023, and on Exmoor from Friday 13 to Sunday 15 October 2023. Exmoor venues range from the stately home of Castle Hill near South Molton, to St Andrew’s Church, Wiveliscombe, from All Saints’ Church, Dulverton, to St Michael & All Angels Church, Bampton.

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.

Highlights of this year’s festival are:

- world premiere of Deborah Pritchard’s new song cycle, *Liberty*, for soprano, violin and piano,
- recreation of Proust’s *Salon Concert Retrouvé* at stately home, Castle Hill, including a garden tour,
- semi-staged production of *Dido and Aeneas* performed by Armonico Consort,
- Young Musicians Competition winners concert.
- Other visiting artists include the soprano, Ailish Tynan; baritone, James Newby; pianists, Christopher Glynn and Huw Watkins; violinist, Mathilde Milwidsky, and the Sitkovetsky Trio, with a talk by author, Gavin Plumley, looking at the significance of home from his perspective as a cultural historian.

Tamsin Waley-Cohen, Artistic Director said: “This year I’ve chosen the theme of ‘Home’ and throughout the festival I’ll be looking at what a sense of home can mean in many different contexts. We’ll be celebrating the influences of folk, jazz and world music on the classical genre, and the different places and ways of life they evoke, as well exploring the loss of home and displacement. We’ll be examining the plight of refugees who create new homes, showing how our most ancient folk songs ground us to generations past and future. This promises to be a powerful programme that asks a lot of questions.”

More details and ticket booking can be found on at our website: [www.twomoorsfestival.co.uk](http://www.twomoorsfestival.co.uk) or phone 01772 439062.



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# Dunster Show – a great day out for all the family!

Dunster Show, on 18 August 2023, is celebrating its 175th anniversary. Arguably the most magical showground in the UK, it takes place on the lawns below the beautiful Dunster Castle. This wonderful show is steeped in history but firmly with an eye to the future. As a traditional agricultural show, it has the family favourites you would expect, horses, cattle sheep, trade stands and family entertainment.

The main arena attractions this year include the incredible Mia Rodley and her Heart of Horsemanship equestrian display team, as well as a breathtaking falconry demonstration by K&H Falconry; the ever-popular vintage machinery parade, horse showing, and parade of cattle and sheep make a return this year, along with the entertaining Young Farmers Tractor Tug of War.

Set around the main ring the trade stands boast an impressive number of local and national business, with modern day agricultural machinery, sitting alongside basket weaving. The Rural Craft and Food Hall is always buzzing and has treats and temptations for all.

Horses and ponies are shown in the many rings and include some prestigious qualifying classes for the London International Horse Show. You will also find many traditional breeds including local favourites, the



## Main area entertainment from Dunster Show 2022

© Linda Meaton Photography

Exmoor Ponies. A bustling Livestock Show has cattle, sheep and fleeces being presented, as well as a shearing demonstration. The Village Green offers plenty of entertainment for the family with Punch & Judy, fairground rides, live music and bar creating a lively atmosphere. The magical Dunster Show truly has something for everyone and is an amazing celebration of West Somerset and Exmoor rural life. A must day out for visitors to the area and locals alike.

Tickets available in advance and on the day. For more information visit [www.thedunstershow.co.uk](http://www.thedunstershow.co.uk)



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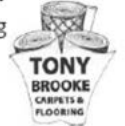
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There are milestone moments in life that require much more from your legal representative than experience alone. I am Suzi Koszler-Allen, a practising solicitor since 2008 specialising in private client work, an area of law that I am passionate about.

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While I operate mostly regionally across the Exmoor area, I have access to the national Setfords network of more than 400 solicitors, and so I can put you in touch with a solicitor who can help you with any other legal requirements you may have.

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We must all have experienced problems like this at one time or another!

*“I’ve just had my bathroom retiled but I’m not happy with the work. At first, things seemed to be going well, then the tradesperson left to do another job and I had to chase them for updates. They eventually came back and finished the job, but it was pretty rough around the edges. They also left all the old tiles and plaster for me to dispose of, which I wasn’t expecting. I’ve been invoiced, but I don’t think the price reflects the work done or the service I got. Can I challenge this?”*

You mention that the job ‘looked rough around the edges’; if this is to a degree you consider the job unfinished or unsafe, you should be able to get the tiler to come back to fix it and also suggest removing the old tiles be considered part of finishing the job.

You are protected by the **Consumer Rights Act 2015**, which says that work should be completed ‘with reasonable care and skill.’ If they haven’t done this, they’ve broken the law. The Act means you’re legally entitled to ask the tiler to fix the problem (if they provided the tiles as well as the service), or get money refunded (if they just provided the service and you bought the tiles). They should fix the problem or refund you in a reasonable amount of time without causing too much inconvenience. As you’ve received the invoice for the work but not paid yet, now would be a good time to ask them to fix the issue or negotiate a lower price for the work.

Let the tiler know you understand what you’re entitled to. Speak to them or contact them in writing by letter or email. There are template letters on the Citizens Advice website: [www.citizensadvice.org.uk/consumer/template-letters/letters/#sec55337](http://www.citizensadvice.org.uk/consumer/template-letters/letters/#sec55337)

Make sure you have a written copy of

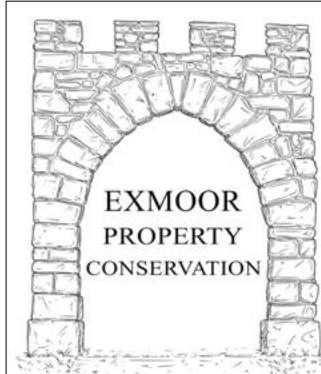
anything agreed. It’s a good idea to take photographs to use as evidence of the problem—before you contact them. Make notes about what happened, including dates and times. Also gather any paperwork and receipts—was there any prior written agreement about who would dispose of the old tiles? Was the final cost in line with estimates or quotes given to you at the outset of the work? If not, further advice is available on the Citizens Advice website or you could **contact us** using our **free, local AdviceLine 0808 27 87 999**. Alternatively, you can log on to our local website: [www.ruraldevoncab.org.uk](http://www.ruraldevoncab.org.uk) and click on ‘Get Advice’.

If, despite all efforts, you are still struggling to come to an agreement with the tiler, there are other steps you can take to solve your problem including ‘alternative dispute resolution’. For more information, visit:

[www.citizensadvice.org.uk/resources-and-tools/search-navigation-tools/Search/?c=HOME&q=alternative+dispute+resolution](http://www.citizensadvice.org.uk/resources-and-tools/search-navigation-tools/Search/?c=HOME&q=alternative+dispute+resolution)

Here at CA TNMWD we are facing incredibly high demands for our services and are constantly looking for new volunteers to join us. All our volunteers get thorough, ongoing training and support; we’re a friendly bunch and you would be amazed at the difference that you could make to people in our community!

For more information, contact: [recruitment@ruraldevoncab.org.uk](mailto:recruitment@ruraldevoncab.org.uk) – we would love to hear from you!



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## West Somerset Morris

West Somerset Morris practises on Thursday evenings from September to April at St Audries Village Hall in West Quantoxhead, under the eagle eye of our Foreman, Ray Hunt. Ray tries to ensure we don't get our left and right feet mixed up!

In the summer months we perform in various villages and towns, usually on Thursday evenings. After a performance a collection is made, and some of this money goes towards new kit requirements etc. The surplus—most of the money collected—is given to charities at the end of the year. We are usually able to donate in excess of £1,000 each year to local causes.

We also dance at local village fetes and other similar events at the weekends.

Our dancers and musicians enjoy keeping an ancient tradition alive, and value the exercise. But most of all, we enjoy ourselves—there is a real sense of fun, and a sense of achievement when we dance well! And, needless to say, the friendship within the side is a real hallmark of West Somerset Morris. And sometimes a beer or two might be involved as well!

We would love you to have a go at dancing or making music with us! The best way is probably to come along to a practice on a Thursday night during September to April. Give us a ring or send an email and we will confirm where and when we are meeting, and we will look out for you when you arrive.

### July

- 12pm Sunday 2 July Porlock Weirfest
- 7.30 pm Tuesday 4 July with Bootstrap Border Morris in Wiveliscombe
- 8pm Thursday 6 July with Sweet Coppin at The Farmers Arms, Combe Florey
- 2pm Saturday 8 July Carhampton Village Fete
- 8pm Thursday 13 July outside Valley of the Rocks Hotel, Lynton
- 9pm Thursday 13 July outside The Ancient Mariner, Lynmouth
- 8pm Thursday 20 July Dunster Yarn Market
- 8pm Thursday 27 July outside The Bridge Inn, Dulverton
- 2.30pm Saturday 29 July Watchet Carnival Fete

### August

- 8pm Thursday 3 outside The Crown Hotel, Exford
- 8pm Thursday 10 at Burrowhayes Campsite, Horner
- 7.30 pm Thursday 17 August outside Halsway Manor
- 8pm Thursday 24 August Home Farm, St Audries



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## A Dog's Day Out – (the GDB) General Dogs Body

I've been looking at a picture in the newspaper over there on that pile, Honey\*. Who thinks up these stories!

"What's it for?"

She's making a pile for the wood burner for winter. She says times are going to get harder.

"I mean why is that picture in the paper? It looks like two little black dogs sitting on top of a desk with a man sitting behind it."

Precisely. Two rather smug pugs, Honey. It says here Lady Bluebell and Sir Winston go into the office three times a week with their owner to work. Three times.....and it makes national headline news!!! Who writes this stuff? Don't they know that millions of dogs go to work every day and not just to offices but with van drivers and agricultural workers to name but a few.

It's time something is done about this. Dogs have workers' rights too, Honey. Look, it says here, the finance director feeds them Marks & Spencer beef. What kind of privileged set up is that! Don't they know the average canine works a six-day week, without a lunch break and waits to receive his bowl at the end of the day, filled with whatever dinner was on offer at the Pound shop. We need to mobilise ourselves! "What do we want, Buddy?"

Marks & Spencer beef breaks and a three-day working week.

"When do we want it?"

We want it now!

"What will we do if we don't get it, Buddy?"

Ah, we'll need to go on strike, Honey. Canines unite! We could stand outside our places of work and bark at the cars as they drive past. It would disrupt services. That'll make them come round the table for talks and agree to our terms.

"You will make a wonderful shop steward, Buddy. How are you going to let everyone know?"

I will start a union and become a voice that represents every one of our four-legged brothers and sisters. But here's the thing, Honey: how am I going to tell everybody that the GDB is going to call for action.

"Have a word up at the kennels, Buddy."

Already have, Honey—mentioned it when they passed on early morning exercise today. They reckoned if they broke ranks, they'd be shot for desertion.

"Oh. Back to the drawing board then. What about writing to that newspaper on the pile over there. Send them a picture of you sitting on a cardboard box, underneath the shop counter. Try that."

reference: The Sunday Times

**Buddy Brown (pure Jack Russell), a roving reporter**



(Formerly EXMOOR U3A)

Our general aim is to share our knowledge or enthusiasms with each other over a wide range of topics, all for the fun of it. We do this by forming interest groups, for example: to explore wine, listen to music, learn about literature or advances in science, wherever we find a demand. We've just started a dog-walking group; we're hoping to set up an armchair travel group and a group exploring local churches. If you have an ambition to learn something new, improve your own skills or share your knowledge with others, we'd like to hear from you. Sociable and recreational activities are also being arranged, which so far include skittles, croquet and quizzing.

We hold regular speaker meetings on the last Wednesday of the month (except during January, August and December) at Dulverton Town Hall. Doors open at 10.00am for coffee. Talks start at 10.30 and last about one hour. Non-members are very welcome and can attend their first meeting free of charge.

28 June:           STEPHEN POWLES

In Pursuit of the Improbable – Wildlife Photography

28 July: ROBERT BURNS

Bob the Baker – The Story so Far

(No meeting in August)

To find out more about membership, interest groups, speaker meetings and social activities, please email: [info@exmoorfriends.co.uk](mailto:info@exmoorfriends.co.uk)

## Rave On in Ilfracombe...

Charting the meteoric rise of rock and roll, *Rave On* is a brand new show that promises a thrilling tour through music's most revolutionary decades. Starring The Bluejays—the UK's ultimate '50s and '60s band—*Rave On* is coming to the Landmark Theatre, Ilfracombe, on Saturday 5 August at 7.30pm.

Launching into summer in spectacular style and bringing some welcome musical joy, The Bluejays will be performing their new show—from the emergence of rock and roll at Sun Records in Memphis, Tennessee, to the British Invasion and beyond, *Rave On* is a musical adventure presented in authentic concert style.

Featuring West End performers, *Rave On* presents iconic hits of the 1950s and '60s—Elvis Presley, Buddy Holly, Chuck Berry, The Beatles, Connie Francis, Eddie Cochran to Little Richard, Roy Orbison, Lulu, Cliff Richard and so many more.

Formed in 2012, The Bluejays began performing the greatest hits of the 1950s at weddings and private events. With a rapidly growing reputation, the band were soon on an international stage; a particular highlight was being asked to play at Buddy Holly's birthday celebration in Lubbock, Texas in front of Buddy's family, his widow, Maria Elena, and guitar legend, Duane Eddy, who described the band as "fantastic" and the "real deal." In 2017, The Bluejays embarked on their first theatre tour, playing across the UK to thousands of fans...until the pandemic hit in early 2020.

Show creators and band members, Dan Graham and Oliver Seymour Marsh, have spent the past two years writing and refining this new show, alongside keeping fans entertained and filming weekly lockdown tracks. Shot from musicians' homes, from Billericay, Essex, to Eugene, Oregon, The Bluejays' isolation videos were a light in the darkness, earning huge support and amassing over 50,000 views on YouTube. Since the end of lockdowns, the show has been touring the country, at more than 50 venues throughout the UK to date...

Speaking about their brand new show *Rave On*, which dives into the 1960s as well as the 1950s, Oliver says: "We've had the chance to explore material we've not covered before and create a show that moves into an exciting new decade. We didn't want to lose sight of the 1950s and, of course, the story of rock and roll starts here, but we started to ask ourselves: 'How could we explore the way the music travelled globally throughout the next decade?' We stop around 1966, just before psychedelia turns up. But who knows, maybe that'll be our next show".

Dan adds: "We are so excited to be fully back onstage in front of live audiences—every show feels like such a joy! Every note of *Rave On* is played live on stage with as much faith to the original recordings as we could find. We love these songs as much as the audiences do and hope to play a part in keeping them alive for new generations to discover!"

Tickets are £29 and can be purchased from [www.queenstheatre-barnstaple.com](http://www.queenstheatre-barnstaple.com) or by contacting the box office on: 01271 316523.





## Travels from Dulverton: Chapter 5

Joanna passed her MOT after a few essential repairs, so we can finally start planning some quality weekend getaways. With Dulverton as our base, we plan to park up in and around the South West, reporting back as the summer months roll on.

Spoilt with three Bank Holidays in May, we kicked off the last of the three (our first weekend away) with a Friday night in Lee. Its pink and grey rocky cove nestled in the North Devon coastline, Lee consists of 100 houses, mostly holiday homes, with a few fearless permanent residents that keep Lee ticking over.



The Grampus Inn is where everyone meets over the weekends for home-cooked food and live music—an open mic evening their regular Friday night entertainment. The music starts rather sedately at around 8pm. Veteran session musicians, local budding talent, the local takeaway manager from the neighbouring town and his KP, the bffs from uni down for the weekend, their rock star alter egos, playing a broad mix of classics and original works. Anything from Fleetwood Mac to acoustic renditions of Michael Jackson, Spanish guitar

to Motown classics and the Eagles. Somewhere between 9.30pm and 11.30pm, the atmosphere suddenly explodes as the chorus of the well-oiled crowd joins in singing. We were welcome to park up for the night in their car park; space is limited, so they ask you call ahead to book a spot. There is also a public car park a short walk away.

The following day we headed to Woolacombe, a surfers' paradise, with a number of expansive beaches separated by stunning rocky coastline. Facing the Atlantic Coast at the start of the Bristol Channel, ample parking, cafes and ice cream kiosks cater for most. The town gently slopes down to the beach, giving it a light sunny feel even on an overcast day. The tide sweeps out far for great paddling and rock pool investigations, as well as body boarding and surfing.

It's the start of the busy season for the wildlife too, making us extra vigilant on our travels so as not to run over anything. Lots of young rabbits bobbing about in and out of hedgerows. The deer are up and about dawn and dusk; young pheasants finding their bearings, as shoot organisers restock for autumn. Even baby squirrels gallivanting up in the branches are not safe; we have seen a fair few knocked out of the trees close to roads by fast moving heavy goods vehicles.

This is such a special time of year and we have been blessed with a good run of warm sunny days. The heat lasting well into the evenings, we have been lucky to spend some glorious evenings with family and friends, a chance meeting with a long lost nephew and learning the highly addictive Swedish game of Kubb, which is a very little bit like two-way skittles, with opposing teams rather than an alley. The perfect game for Dulverton as it's easily made with blocks of wood and sticks. A lovely way to pass the summer evenings.

Mary Ford

# THE LOCAL DIRECTORY

## PARISH AND TOWN COUNCILS

Bampton T.C.: Clerk: Penny Clapham	clerk@bamptontowncouncil.gov.uk	.01647 253066
Brompton Regis P.C.: S Buchanan	brpcclerk@gmail.com	.01984 641706
Brushford P.C.: Clerk: Jan Aldridge	clerk@brushfordparishcouncil.org.uk	
Cutcombe P.C.: Clerk: Liz Stitt	cutcombeclerk@gmail.com	.07919 001801
Dulverton T.C.: Sec: Miss A. Rose	clerk@dulvertontowncouncil.co.uk	.01398 324561
East Anstey P.C.: Clerk: Mrs Jill Larcombe	eastansteypc@yahoo.co.uk	.01884 252647
Exford P.C.: Clerk: Jennifer Yates	clerk@exfordparishcouncil.org	.07919 001801
Exmoor P..C.: Clerk: Rebecca Tomalin	exmoorparishcouncil@gmail.com	.01643 831638
Exton P.C.: Clerk: Andrew Moore	clerk@extonparishcouncil.co.uk	.01984 641539
Oakford Parish Council: Chair: Mr Geoff Baylis	cllr.GBaylis.OakfordPC@gmail.com	.01398 351266
Upton P.C.: Clerk: Mrs P Purvis	uptonparishclerk@hotmail.co.uk	.01398 371548
Winsford P.C.: Clerk: Jennifer Yates	winsfordparishcouncil@gmail.com	
Withypool & Hawkridge P.C.: Clerk: Rebecca Tomalin	withypoolhawkridgeparishclerk@gmail.com	.01643 831638
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
All Saints Dulverton, Parish Office: 1 Church Walk, Dulverton, TA22 9ER	allsaintsdulverton@gmail.com	.01398 322867
Dulverton Benefice/All Saints/Community choirs: Gary Cooper		.07419 212354
All Saints Church, Dulverton, Bell Tower: Anne Markwick		.01398 323823
Brushford: Revd Dowell Conning	revdconning@gmail.com	.01398 322867
Exmoor Benefice: The Rev. David Weir, The Rectory, Exford, TA24 7LX		.01643 831330
Catholic Church: Priest: Father David		.01643 702201
Dulverton Congregational Church: Chapel Street: Mr David Perry		.01398 324059
The Traditional Anglican Church: Loxbeare, Priest Reverend Aird		.01769 581042
Exmoor Benefice Choir: Mrs B. Staples		.01643 851396
St Peter's Church Oakford: Rev'd Stephanie Gordon-Jeffs	office@exevalleymissioncommunity.org	.01884 250417

## ARTS

The Arts Society Exmoor: Mrs Penny Pulver (Chair)	www.theartsocietyexmoor.oreg.uk	.01398 331007
Dulverton Art Group: Sec: Mrs G Rose, 2 Stable Mews, The Square, Witheridge		.01884 860495
Dulverton Camera Club: Sec: Peter Main, 4 Valley View, Morebath, Tiverton, EX16		.01398 331556
Dulverton Players: Chair: Les Silverlock		.01398 341850
Oakford Players, 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 TA22 9JN	administrator@bridgetowncc.co.uk	
Brushford Short Mat Bowling: Sec: Sam Takle		.01398 324147
Cutcombe Cricket: Sec: Peter Thompson	cutcombecricketclub@gmail.com	
Dulverton Angling Assn: c/o Pat Veale, 9 High St., Dulverton, TA22 9HB		.01398 323409
Dulverton Badminton Club: Sec Judy Smith		.01398 324353
Dulverton Cricket Club: Carl Hooper	dulvertoncricketclub1858@gmail.com	07866 256769/01398 324494
Dulverton Cricket Club, Colts: Mrs Christine Dubery		.01398 323474
Dulverton & District Tennis Club: Hazel Richardson	hazelr@btinternet.com	.07889793571
Dulverton & Exmoor Squash Club: Membership Sec: Chris Winter	chriswin@aol.com	.07710 046107



Dulverton Jnr. F.C: Sec: Mrs Christine Dubery	.....	.01398 323474
Dulverton Netball Club: Sec: Mrs Kate Atkins	..... dulvertonnetballclub@gmail.com	.....07966 676305
Dulverton Snooker: Sec: Mr. D. Bodger, 39 Fishers Mead, Dulverton, TA22 9EN	.....	.01398 323899
Dulverton Sports and Social: Chair: Carl Hooper	.....	.01398 324494
Dulverton Sportsfield Management: Adrian Smith	.....	.01398 323834
Dulverton Senior Table Tennis: Richard Archer	.....	.01398 324160
Dulverton Town F.C: Sec: Mr. J. Atkins, 1 Exebridge, Dulverton. TA22 9AY	.....	.01398 323787
Exmoor Croquet Club: Chair: Connie Heywood	.....	.01398 341566
Moorland Hall Sports:	..... info@wheddoncross.org.uk	
Wimbleball Fly Fishers:	..... enquiries@fishingthewest.co.uk	
<b>PRE-SCHOOL GROUPS</b>		
All Saints School & Nursery:	.....	.01398 323231 & 01398 323223
Anstey Parent and Toddlers Group: Anstey Village Hall	.....	.07823770168
Bampton School Nursery: School Close, Bampton EX16 9NW	.....	.01398 331121
Little Owls Nursery at All Saints C of E School, Dulverton	.....	.01398 324360
<b>SCHOOLS</b>		
All Saints C of E School: Fishers Mead TA22 9EN	.....	.01398 323231
Bampton CE Primary School: School Close, Bampton EX16 9NW	.....	.01398 331121
Bampton School Nursery: School Close, Bampton EX16 9NW	.....	.01398 331121
Brompton Regis Toddlers: Mrs.E. Luxton	.....	.07766 703566
Cutcombe C of E First School: Wheddon Cross, TA24 7DZ	.....	.01643 841462
Dulverton Junior School: Barns Close West, TA22 9EE	.....	.01398 323223
Dulverton Children's Centre: All Saints School, Fishers Mead TA22 9EN	.....	.01398 324360
Dulverton Family and Toddlers Group:	.....	.01398 324329
Dunkery PreSchool: Supervisor: Mrs. S. Matravers, Shute Close, Cutcombe, Minehead	.....	.01643 841008
East Anstey Primary School: East Anstey, Tiverton, Devon, EX16 9JP	.....	.01398 341369
Exford CofE VC First School:	.....	.01643 831365
Little Berries Pre School at Exford First School	.....	.01643 831365
Little Owls Nursery: All Saints School, Fishers Mead TA22 9EN	.....	.01398 324360
<b>WOMEN'S ORGANISATIONS</b>		
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Bampton Ladies Group. Mrs. Diane Holland	.....	.01398 332755
Bampton Patchwork and Quilting Group. Mrs. Diane Holland	.....	.01398 332755
Cutcombe & District M.U.: President, Pam Anson	.....	.01643 851616
Cutcombe & District W.I.: Mrs. Pam Anson	.....	.01643 851616
Exford Moorhens: Chairman: Mrs. I. Collett	.....	.01643 831016
Oakford Moorland Ladies Club: Chair: Mrs Jennie Chappell	..... smilerjenniec@hotmail.com	.....01398 351666
<b>YOUTH ORGANISATIONS AND ACTIVITIES</b>		
Bampton Scouts/Cubs/Beaver748s: Tony Weiss	.....	.01398 331901
Dulverton & District Young People's Project: Chair: John Preston	.....	.01398 323862
Dulverton Ballet: Mrs Wightmore, Flat 3, Easter House, St. Andrews St. Tiverton	.....	.01884 253999
Exmoor Community Youth Club: Organiser Laura Tasker, Fridays 6 – 8 pm	.....	.1643 831125
<b>OTHERS</b>		
Abbeyfield House	.....	.01398 324136
Bampton Heritage and Visitor Centre (inside St Michael and All Angels Church, Bampton)	..... www.bamptonheritage.org.uk or bamptonheritage@btinternet.com	
Bampton Library and Resource Centre, Station Road	.....	.01398 332466

If you see something that needs changing in the directory – please do let us know.

Email [exmoornews@gmail.com](mailto:exmoornews@gmail.com)



Brushford Parish Hall: Bookings enquiries@brushfordparishhall.org.uk	07941 139846
Brushford Luncheon Club: Treasurer: Margaret Alberly	01398 324587
Care Direct for help and advice: www.somerset.gov.uk	0300 1232224
Cutcombe Flower & Produce Show: Tracy Beviss	01643 841257
Dulverton Action Group: Magdalena Harding	01398 323 785
Dulverton & Southern Exmoor Twinning: Chair: Steve Ford, Dulverton	01398 323016
Dulverton Bridge Club: Sec. Brian Hughes	www.Bridgewebs.com/dulverton 01398 331219
Dulverton Dance:	01398 341850
Dulverton Ballroom Dance: Sec: Mrs Christine Dubery	01398 323474
Dulverton Development Forum: Sec: Mrs J. Ross	01398 323818
Dulverton Films: Jan Ross	01398 323818
Dulverton Fellowship for Mental Health: Marion Silverlock	01398 341850
Dulverton Gardening Club: Roger Hammond	01398 323954
Dulverton Heritage Centre: Kathy Currie	07493 518350
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Dulverton Vintage Films: Magdalena Harding	01398 323785
Dulverton Voluntary Drivers: Mike Beale	07743 885115
Exe Valley Market Bus: Jennie Chappell	smilerjenniec@hotmail.com 01398 351666
Exmoor Patient Group: Chair: Sandra Wilson, W Nightcott, Dulverton TA22 9RT	01398 324687
Exmoor Bee Keepers Association: Sec: Caroline Ralph	exmoorhoneyshow@gmail.com 01984 656240
Exmoor Community Bus Assn:	07925 044 262
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Exmoor National Park Centre	01398 323841
Exmoor Pony Centre: Ashwick, Dulverton, Somerset, TA22 9QE	01398 323093
Exmoor Pony Society: Sec: Mrs Jay Gee, Little Ash Farm Cottage, Ash Lane, Withypool, TA24 7RR	01643 851777
Exmoor Rotary Club: Humphrey Berridge (PRO), Station Hse, Luke St, Bampton	01398 332324
Good Neighbours:	07395 171409
Oakford Village Hall: Bookings: Mrs Dawn Williams	dawnwilliams1@gmail.com 01398 324035
Royal British Legion Dulverton: Peter Donnelly	01398 323030
TA22 Voluntary Lift Scheme (formerly Brushford Voluntary Lifts): Chair: Bart Middleton	07528 326880
Tiverton Model Aero Club: Sec: Mr. P Veale, 9 Higre flih St., Dulverton TA22 9HB	01398 323409
Village Agent Diane Weston	info@somersetccc.org.uk 07563723884 or 01823 331222
Upton Village Hall Yoga Phoebe	yogawithmeaning@hotmail.com 0794 228 7734
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