

March
April 2024

EXMOOR NEWS



Bringing community news across southern Exmoor since 1985

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laurahardingdc@gmail.com

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See more on Michael's Instagram page
[@stuckeyphotography](https://www.instagram.com/stuckeyphotography)

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.

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EXMOOR NEWS

COVERING SOUTHERN EXMOOR



The deadline for the
May/June '24 issue of
the Exmoor News is

Thursday 4th May 2024

Printed by Brightsea, Exeter



Hello

I (as in Ceri!) was somewhat surprised—I shouldn't have been—when I applied to join a new group just after Christmas to discover that it was already full. I should know by now that there is a lot of enthusiasm to take part/join in/start something new. Once again, there is lots going on and, with spring fast approaching, the better weather will encourage everyone to get out and about, try something different, or revisit old activities.

If you do make a connection, be it repairs, services, or an event please do tell them where you saw it, hopefully *Exmoor News*. It helps people see that their promotion is working.

As always, we hugely appreciate all your support.

Best wishes, Ceri Keene and Claire Savill

E: exmoornews@gmail.com T: 07497 914441 W: www.exmoornews.co.uk

Post: The Old Stores, Brushford, Dulverton, Somerset, TA22 9AH

We take our responsibility to maintain high editorial standards seriously.

Should an error occur please do not hesitate to contact us.

Exmoor News Rate Card 2024

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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 appx 5mm.

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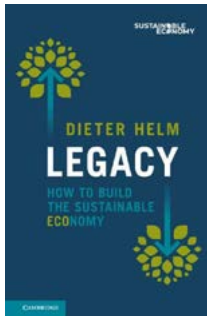
Exmoor Society Talks 2024

Dulverton Town Hall, Tues March 26th @ 18:30

Legacy...
with
Prof. Dieter Helm

An extraordinary and inspiring speaker, Dieter Helm is Professor of Economic Policy at the University of Oxford and Fellow in Economics at New College, Oxford.

This book explains what we would have to do to mend our ways. In doing so, it highlights the feebleness of current approaches to net zero and biodiversity loss as well as our great neglect of the core infrastructures, and why we are not meeting our duties to the next generation.



BOOK TICKETS @ www.exmoorsociety.com
or ring the office on 01398 323335

Minehead Museum Quiz



Whether you're a quiz whiz or just like a fun evening among friends, why not join us?

Friday 1st March
Minehead & District Social Club, North Road,
TA24 5QW

Quiz starts at 7-30 prompt!

Tickets are £4 per person; come as you are or bring a team—maximum team size is six.

Our last quiz was another sell-out and numbers are limited with, so do book your tickets in advance at mineheadmuseum@btconnect.com

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MENOPAUSE
cafe

Contact Susi for more information at:
susi@sailientcoaching.co.uk

DRINK EAT DISCUSS MENOPAUSE

www.menopausecafe.net

Our Menopause cafe meets monthly on Zoom, face to face (two venues: Bickleigh and Tiverton) and walking—allowing for more flexibility.

It is an opportunity to share experiences (or just listen), breaking down the stigma and increasing awareness of the impact of menopause on those experiencing it, their family, friends and colleagues.

A free to join discussion group open to all ages and genders.

Let's keep Sharing Menopause

DULVERTON VINTAGE FILMS

Wed 13th March

SOMETHING'S GOTTA GIVE

Jack Nicholson, Diane Keaton,
Keanu Reeves (2003)

Wed 10th April

KIND HEARTS & CORONETS

Alec Guinness, Dennis Price,
Joan Greenwood (1949)

Film starts at 2.30 pm
at Fishers Mead Community Centre

£3 (new price) includes tea and biscuits

DULVERTON ACTION GROUP

Litter-picking

(3rd Sunday)

Sunday 17th March

Sunday 21st April

10.30 meet by the Heritage Centre

Everyone welcome!

~ and all kit supplied ~

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on 323 785 or 07929 761 958

DULVERTON GARDENING CLUB

21st March, Andrew Hughes
"Backwood"

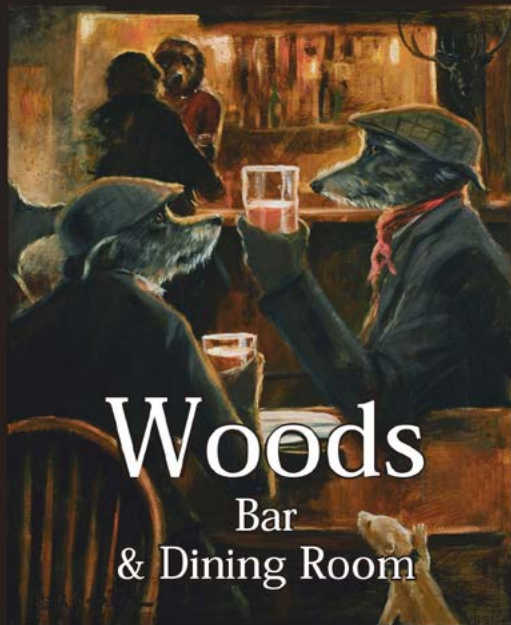
Followed by AGM

Cheese and Wine

18th April, Dr David Usher
"Getrude Jeykl"

7.00 for 7.30pm at
Dulverton Town Hall

Entry for Non members £4.00



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Winsford Moor Movies

March and April 2024 - Winsford Village Hall

5 March 2024

A Haunting In Venice (12A) (2023) stars Kenneth Branagh and Michelle Yeoh

Set in the post-World War II era, *A Haunting In Venice* finds Hercule Poirot retired and seeking solace in the hauntingly beautiful city of Venice. However, his retirement is short-lived as he finds himself entangled in a mysterious case involving a séance gone wrong, a chilling murder, and a web of secrets waiting to be uncovered. A classic whodunit, true to the essence of Hercule Poirot mysteries, the film promises a complex plot filled with twists, turns, and red herrings that will keep audiences on the edge of their seats. Poirot's unparalleled detective skills are put to the test as he navigates through the labyrinth of clues and deception to unveil the truth.

2 April 2024

The Great Escaper (12A) (2023) stars Michael Caine and Glenda Jackson

A moving story and terrific performances from Michael Caine and Glenda Jackson lift this melancholy, real-life tale of a pensioner's escapade in France.

Navy veteran Bernard Jordan (Michael Caine) missed the boat when it came to applying to attend the 70th anniversary of the D-day landings. But, encouraged by his wife, Irene (the late Glenda Jackson in her final role), he decides to make the trip under his own steam, absconding from his care home in Hove with his essentials in a blue plastic bag. The film is unexpectedly melancholic in approach, with Caine delivering a gruffly heartbreaking performance as a man belatedly confronting crippling survivor's guilt and the knowledge that the psychological wounds sustained in battle never fully heal.

Doors open 7pm. Films start at 7.30pm. All welcome; no need to book, just turn up. Tea and cake available. £3 members £5 non-members.



Dulverton Easter Craft Fair

Easter Saturday, 30 March, sees the return of the fantastic Artisan Easter Craft Fair at Dulverton Town Hall. Running from 10am to 3pm, the event hosts 26 local traders, every one of whom will be selling a different product range—so a great choice of items. All products are made by the stallholder to a very high standard, so this is a fair not to be missed.

You can expect: stallholders selling alcoholic beverages to take away, including real ales, gin, cider and cocktails; a variety of art styles and materials; jewellery; dog apparel, such as handcrafted collars and leads; ceramics; scarves; soaps; chocolate; cakes and much more, with hot and soft drinks available too. Many stallholders aim to provide a sustainable product.

Entry is free to all; it's a fully accessible building and dog friendly. Come and visit the many stalls, both upstairs in the main hall, and downstairs in the main entrance. The event is organised, once again, by Cottage Beer Project.

Further details are on our Facebook and Instagram pages: @cottagebeerproject, or tel: 07422 731152.

(Traders only by invitation of the organiser so no other invites you might see would be genuine.)



Macular Society Meetings in Dulverton

Hallo again!

It has been a while, but the Macular Society group is still meeting regularly, every fourth Thursday each month, 2-4 p.m. at Fishers Mead Community Room in Dulverton (on the left at the beginning of the drive up to Exmoor Medical Centre.)

We have again an exciting programme this year: yoga for the elderly; a GP giving advice on living healthily into old age; a talk on macular degeneration, available treatments and research by the leading ophthalmologist from Musgrove Hospital; a blind television personality; experts from Somerset Sight and the RNIB, plus two outings with Exmoor Community Bus blissfully free of charge for group members.

Macular degeneration affects over 1 million people alone in this country. If you have been diagnosed with MD, need information on how to live with it, or are interested on behalf of somebody else, you can join us by ringing Marion and Royce on: 01398 371 450.

Macular Society

Beating Macular Disease

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ITALIAN FILM NIGHT

Saturday, 23rd March
6.30 for 7.00 pm

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Tickets £15
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within St Michael and All Angels Church, Bampton

Easter Walks - Sunday March 31st Bounding Around Bampton!



Two Guided Walks options:
Short Walk approx 4 mile (6.5k)
Long Walk approx 6 miles (10k)
Starting at LARC, Station Road, Bampton
10 am for a 10.30 start.
Easy pace, some hills, footpaths, minor lanes & stiles.
The walk is FREE but donations are appreciated

BOOKING ESSENTIAL:
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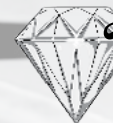
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Dulverton Town Hall

Dates of Live Screenings

Saturday March 9th

Italy v Scotland ko 14:15

England v Ireland ko 16:45

Saturday March 16th

Wales v Italy ko 14:15

Ireland v Scotland ko 16:45

France v England ko 20:00

Large Cinema Screen
Bar Open Entry Free

EXMOOR CROQUET CLUB

From early April to the end of October the Exmoor Croquet Club will be playing on the QE 2 Playing Field behind the church at Exford, every Tuesday at 2pm.

We are a friendly club who play for fun and companionship. You don't need to be 'sporty' or 'athletic', so why not come and enjoy a game?

We'd love to see you.

For details contact;

Diana 07966 903052

Ines 01643 831016

Connie 01398 341566



BRUSHFORD PARISH HALL

9th March 16:30 to 22:00

Pop Up Bar + 6 Nations Rugby KO 16:45
+ 60's to 20's Jukebox after the game.



16th March 19:00 to 22:00

PopUp Bar plus 6 Nations Rugby
Kick Off 20:00



13th April 19:00 to 22:00 Pop Up Bar
plus Bar Games – table football,
dominos, jenga, scrabble + more



www.brushfordparishhall.org.uk

for full details of current and future events,
hall hire, bookings and other information.

14th September 19:00 to 22:00

Last Night of the Proms

+ Max & Mikes Street Food 18:30 - 20:00



12th October 18:30 to 22:00

Annual Quiz Night in Aid of Charity

+ Max & Mikes Street Food (Mexican) 18:30 - 20:00



We are also looking for Volunteers to join our Team to help with
our events & bar nights for whatever hours you can spare.
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BUSINESS**





Dulverton Town Hall

Friday 1 March

SCRAPPER (Cert 12A)

Director: Charlotte Regan

84 mins

Living alone in her London flat, 12-year-old Georgie must confront reality when her estranged father, Jason, shows up out of nowhere. Uninterested in a sudden new parental figure, she remains stubbornly resistant to his efforts. As they both adjust to their new circumstances, Georgie and Jason soon find that they still have a lot of growing up to do.

Friday 15 March

THE MIRACLE CLUB (Cert 12A)

Director: Greta Gerwig

90 mins

A heartwarming and touching film following the story of three generations of close friends, Lily (Maggie Smith), Eileen (Kathy Bates) and Dolly (Agnes O'Casey) of Ballygar, a hard-knocks community in Dublin, who have one tantalising dream—to win a pilgrimage to the sacred French town of Lourdes, the place of miracles drawing millions of visitors. When the chance to win presents itself, the women seize it. However, just before their trip, their old friend, Chrissie (Laura Linney), arrives for her mother's funeral, dampening their good mood and well-laid plans. The women secure tickets and set out on the journey that they hope will change their lives, with Chrissie, a skeptical traveler, joining in place of her mother. Old wounds are reopened along the way, forcing the women to confront their pasts even as they travel in search of a miracle. Their shared traumas can only be healed by the curative power of love and friendship.

Friday 5 April

THE OLD OAK (Cert 15)

Director: Ken Loach

113 mins

In a village in the North East of England, where the mine closed and people feel deserted by the system, many young ones have left and what was once a thriving, proud community struggles to keep old values alive. But there is growing anger, resentment and a lack of hope. Houses are cheap and available. This makes it an ideal location for the Syrian refugees that have been accepted by Britain in recent years. How will the Syrians be received? And what will be the future for the last remaining pub in the village, The Old Oak? Loach's faith in the human capacity for empathy prevails in the end.

Friday 19 April

A HAUNTING IN VENICE (Cert 12A)

Director: Kenneth Branagh

103 mins

Set in eerie, post-World War II Venice on All Hallows' Eve, this terrifying mystery features the return of the celebrated sleuth, Hercule Poirot. Now retired and living in self-imposed exile in the world's most glamorous city, Poirot reluctantly attends a séance at a decaying, haunted palazzo. When one of the guests is murdered, the detective is thrust into a sinister world of shadows and secrets.

Advance Notice...Save the Date: Friday 31 May—The Land Girls

Filmed mostly in and near Dulverton in 1997, starring Catherine McCormack, Rachel Weisz, Anna Friel, Steven Mackintosh, plus many local people as extras. Watch an armed services march in High Street and the dance scene with a band playing on our town hall stage, with the same proscenium arch as you watch the film on our screen!

Tickets: Dulverton Films members £3, non-members £5, students (accompanied by an adult) £2.50. Book in advance at Dulverton Post Office (tel: 01398 323474) or email: janaross2003@yahoo.co.uk

Bar open from 7pm. Films start at 7.30pm.

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with the recruitment of Suzi Koszler-Allen



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AmicusLaw are delighted to welcome experienced private client solicitor Suzi Koszler-Allen. With over 15 years of private client experience, Suzi will support the growth of the private client division within the busy Minehead office.

Suzi's expertise encompasses Wills, LPAs, Estate Administration and Court of Protection applications. Her addition adds a valuable layer to our already robust legal offerings, strengthening our capacity to serve our clients with unparalleled proficiency.

Claire Lovett, Managing Partner, commented "I am excited to see the positive impact Suzi will undoubtedly make in her new role at AmicusLaw. Wills, Probate and Trusts are something that can impact everyone at any stage in their lives and knowing your matters are in safe hands really can make all the difference".

If you are looking to safeguard your future, provide financial security for your loved ones, or make sure your assets are protected for generations to come, contact Suzi and the Private Client team at AmicusLaw today.

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(Formerly EXMOOR U3A)

Our regular speaker meetings are held in Dulverton Town Hall on the last Wednesday morning of the month, 10:00am for coffee. We welcome non-members, who can attend their first meeting free of charge. Talks start at 10:30 and last about one hour.

Wednesday 28 February:

Victoria Eveleigh

Farming and Writing on Exmoor

Wednesday 27 March:

Nigel Phillips

Wild Life, including rock pool life, found along the Exmoor coastline

Wednesday 24 April:

Maggie Duffy

Devon Historical and Hysterical

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



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SECRET GARDENS of DULVERTON 23 June 2024

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opening your garden this year?
If so please send me a message
and we can have a chat.
DulvertonEvents@gmail.com
or 01398 323474.



Dulverton Health Walks

The Walking Group meet each Tuesday morning at 10am, at various locations and walks last just an hour or two. We would be delighted to see new people, and, the walks are free. Walkers bring their own drinks—and, sometimes, homemade cake! If you feel you would like to join us, then please contact either:

Richard Clarke on 01398 341141 / email: richardclarke567@btinternet.com

or

Richard Archer on 07773 160 222 / email : archer8r@hotmail.com

The hunting dog's tale

Back in 2017 in a remote part of south-western France, a small copper-coloured hunting dog with a distinct lack of road sense ran in front of a car. The inevitable collision might have ended the small dog's story there and then—hunting dogs' lives counting for very little in the region—but the driver stopped, picked up the injured dog and took her to a nearby vet, who managed to save her life. Fast forward to 2024, that same small dog is living the life of canine dreams, holds down a very important job here on Exmoor, and has hundreds of social media fans. It's all down to the kindness of strangers, and it's quite a story, as *Exmoor News* discovered.



Moleskine in France, a year after Gill adopted her

When she was ready to leave the vet's care, the small dog, who was about three and thought to be a Podenco X Fauve de Bretagne, was taken to a local rescue centre. She was one of the thinnest dogs they had ever seen; her life had hung on a thread. But a meeting with Gill Whitehead, a former lawyer from Devon, was about to change the small dog's life. Gill had recently relocated to France; for the first time in her life she wasn't working and, in 2018, decided the time was right to get a dog.

"I was looking at the rescue centre's website and there she was: the Dog of the Week," says Gill. "I visited the centre, took one look at her and just knew she was The One." The attraction was mutual; Gill and Moleskine, (named after Gill's all-time favourite notebooks) would become inseparable. Despite the bond, it took time, patience and unconditional love to gain Moleskine's trust. Humans had not been her best friends; she was one of the many hundreds of thousands of hunting

dogs in France and Spain kept in bleak concrete pens during the hunting season, then thrown out to fend for themselves, either at the end of the season, or when they are regarded as too old to be of use.

"Moleskine was so terrified, when she arrived," says Gill. "She spent the first three weeks hiding under the kitchen table."

But Moleskine gradually put the dark days behind her and Gill, AKA "the humum", even gave her beloved dog her very own Instagram account. The next few years in France were spent strengthening their bond and

enjoying superb mountain walks and visits to Spain and Italy. Another change was afoot, however, due to the pandemic; at the end of 2021 Gill moved back to the UK and brought Moleskine with her.

"I never wanted to repeat the experience of being stranded in France during a very strict lockdown, while my mum was isolated in the UK," says Gill. Her home city was Exeter, where Moleskine's grand-humum still lived, but a particular place was beckoning: Exmoor, with its stunning landscape—vast tracts of moorland, woodland, rivers and coombes and, equally important, a reputation for being dog friendly. Dulverton offered Gill and Moleskine everything they needed and was within easy reach of Exeter. Phase two of their life together was about to begin.

Once settled in Dulverton, Gill decided to go back to work—but on one condition: Moleskine had to come too. As it happened, the Exmoor Society was looking for a part-time office manager, offered Gill the post, and said



*Moleskine and her humum, Gill,
in Dulverton*

that of course she could bring Moleskine. (She is, after all, Moleskine's PA.) Gill has now been with the Society for two years and Moleskine is not simply the office dog: she is a proud dogbassador for the Society and Exmoor.

"The location and the job have been perfect for us," explains Gill. "We meet lots of people, attend events throughout the year, and spend much of our free time exploring Exmoor." And Moleskine

has made many new canine friends, including Digger, the aged Patterdale terrier (the Silver Fox), and bestie, Lou the Border collie, who make regular appearances on her Instagram account. If you are looking for dog-friendly places and spaces on or close to Exmoor, from the Dog Shop and its café in Minehead to Bampton Bark Park, Moleskine is a reliable guide. And she doesn't hold back when she thinks that her humum, or anyone else for that matter, is going about things in the wrong way, such as, stopping Moleskine from rolling in piles of stinky stuff. It's brilliantly written, very funny, and guaranteed to lift the spirits. Such a clever dog; she should write a book...

For Gill, working at the Society is her way of giving back to Exmoor, the place that she now calls her forever home. She is clearly proud of the charity's commitment to protect, promote and preserve Exmoor's unique landscape and heritage. Visitors are always welcome at the Exmoor Society's head office in Dulverton (see below) and if you happen to call in on a Monday, Tuesday or Wednesday, you'll meet Gill and Moleskine too.

We asked Gill for her thoughts on rescue dogs being

brought in from abroad, when UK rescue centres are bursting at the seams. "Not everyone meets the criteria that many rescue centres now have; for example, you can't adopt if you are over a certain age. But older people often enjoy walking, have the time to give a rescue dog what they need, and welcome the companionship. For me, it was seeing the overwhelming scale of abandonment and cruelty in parts of France and Spain that made me want to adopt," she reflects. "The need is so great; it doesn't matter where the dogs come from. Give a rescue dog the love, patience and consistency they deserve, and they'll give you so much in return."

Diane Trembath

Follow Moleskine's adventures on Instagram:
[@small_copper_coloured_dog](#)

Find out more about the Exmoor Society, including opening hours, at: www.exmoorsociety.com; also on Instagram [@exmoorsociety](#) and Facebook.

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Moleskine at Bampton Park Park



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A Bulletin from the Heritage Centre

I am informed that there is a little confusion as to the direction the Heritage Centre will be taking in the future. This is following the recent decision by the Exmoor Park Authority informing the public that it will be closing the Visitor Centre in Fore Street and opening up a similar Information Centre in their main building in Kemps Way later this year. We have been told by them that this is part of a cost-cutting exercise to save a substantial sum, as their funding has been considerably reduced, making this and other measures a way of helping the authority to carry on with less money into 2025.

In view of this, it has been assumed the Heritage Centre will also be closing as the buildings are joined about half way along Monmouth Terrace. This is not the case as the Heritage Centre building, with the exception of the shed that houses the working model of Dulverton Station, is the property of the Dulverton Trust and is leased to

the centre for a further 28 years, thus making sure that we are able to use the building into the future.

You may also have read in the press that Somerset County Council is in the process of trying to sell some of its assets, as it finds itself in the embarrassing position of being in a negative financial situation. This affects the centre as the railway shed is owned by Somerset County Council, which means that in the near future it will possibly be put up for sale on the open market. If the model railway has to be dismantled to enable the sale of the building, it will be the end of an era, as the model railway cannot be re-erected as it is built into the shed building.

So you will see, if the building does

come up for sale, it will involve raising a large amount of money so we could buy it for ourselves, which is food for thought, as donations to the model railway constitute a large proportion of the funding needed to keep the Heritage Centre going.

We are currently embarking on some repairs to the Heritage Centre and are in the process of returning the entrance to the double doors facing the Car Park instead of the present position from Monmouth Terrace. There is also work being done to the model of Dulverton Station to upgrade several aspects, including the sounds and the replacement of the rest of the noisy points motors. All this has to be done before we reopen the doors to the public at Easter.

Should you or anyone you know wish to help our dwindling volunteers, in any capacity, please contact either:

Kathy Currie on 07493 518350 / kathycurrie.dhc@gmail.com

or Jo Daughtry on 07494 218470 / jodaughtry@btinternet.com

Chris Nelder





Are you having difficulty getting our magazine where you live?

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We presently distribute our magazine to the following places – Bampton, Bridgetown, Brompton Regis, Brushford, Bury, Cutcombe, Dulverton, Dunster, East Anstey, Exebridge, Exford, Exton, Hawkridge, Luxborough, Molland, Morebath, Oakford, Simonsbath, Skilgate, Upton, West Anstey, Wheddon Cross, Winsford, Withiel Florey, Withypool, Wiveliscombe and Wotton Courtney.

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Fabula Youth Theatre is coming to Dulverton!

Are you aged between 8 and 18? Do you enjoy acting and drama? We are looking for young people with an interest in drama, acting, creativity or just with enthusiasm to have fun and be part of a collaborative group. No experience is necessary. Our aim is to use drama to provide a supportive place where young people can meet, grow in confidence and have fun.

We ran youth theatre groups in Northampton from 2015 to 2021 and, having moved to this area, we are now setting up in Dulverton.

To start, we are offering four FREE workshops in Dulverton Town Hall in the first half of the summer term where you can come and try us out.

The workshops consist of drama games and activities, led by co-director of Fabula Arts, James Gillam,

an experienced youth theatre practitioner, former schoolteacher and head of drama.

Have a look at our website www.fabulaarts.co.uk for more information and to find out what former youth theatre members thought about us! You can even watch a video in which some of them explain what they got out of being in the group.

We believe that all young people are creative, and we believe that drama sessions are a great way for young people to explore that creativity and to develop confidence.

So, come along and try us out!

To book a FREE place at the workshops or to find out more, contact James at: info@fabulaarts.co.uk or on 07554 748835.



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Local therapists offer advice on pregnancy

Pregnancy is an amazing and transformative time in a woman's life. It is a complex and ever changing process that lasts approximately 40 weeks. During this time women can experience a whole host of physical and hormonal symptoms, ranging from nausea, fatigue, backache, and changes in appetite and mood, to name just a few. Complementary therapies offer a holistic approach to support the mother's wellbeing, providing relief from many of the symptoms experienced. In this article we take a brief look at how aromatherapy and homeopathy can be used to support pregnancy. Always seek guidance from a qualified professional.

Julia Walder–Aromatherapy & Massage Therapist

Aromatherapy during pregnancy can be a safe and effective way to promote relaxation and alleviate common discomforts. Many essential oils, such as lavender, mandarin and neroli are considered safe under the guidance of a qualified aromatherapist.

With my pregnant clients, I often create a personalised blend of essential oils to enhance their wellbeing throughout the pregnancy. I use this blend during their pregnancy massage treatments and provide it for them to use at home. This can be as a roller ball on their pulse points or in a diffuser during relaxation or hypnobirthing sessions. The consistent use of the same blend builds an association between this scent and relaxation throughout their pregnancy. This can then be carried forward when they go into labour helping to create a more serene birthing experience.

This personalised use of aromatherapy through massage and home use can create a more enjoyable relaxing experience through the pregnancy and on into postpartum.

www.willowgrace.co.uk

Kate Pegram–Homeopath

There are a multitude of homeopathic remedies that can be used during pregnancy, labour, delivery and postnatally. As homeopathy works with minute doses of active substances, it is extremely safe for the mother and fetus.

The first remedies required during pregnancy are often for nausea and/or vomiting in the first trimester. Someone needing Ipecac has a dislike

of food in general, and the smell of food, with persistent violent nausea, often with extreme salivation and vomiting.

The remedy *Caulophyllum* may help with a hesitant labour, where contractions are ineffective and the woman is showing signs of nervous exhaustion. After the birth, *Arnica*, which acts on the muscles and the blood, may assist in giving relief from the natural bruising and strain of birthing as well as any emotional trauma.

Homeopathy for childbirth remedy kits, with instructions, are available from homeopathic pharmacies. Discussions with a homeopath on how to use these appropriately can be helpful to any prospective parents.

www.evolutionhomeopathy.com

PROMISE *works*

Supporting Somerset's children and young people

I would like to introduce you to Promiseworks, a Somerset charity that supports vulnerable children and young people through volunteer mentoring. It has been an operational charity since 2017 and, in 2022, received the Queen's Award for voluntary service, in recognition of the incredible work that the volunteers do, in changing lives of vulnerable children and young people within Somerset.

We have provided mentoring to over 300 children and young people, and many more need your help. Children who have experienced adverse childhood experiences, struggle to make and maintain friendships. Covid, social deprivation and rural isolation all add to the difficulties that many face daily.

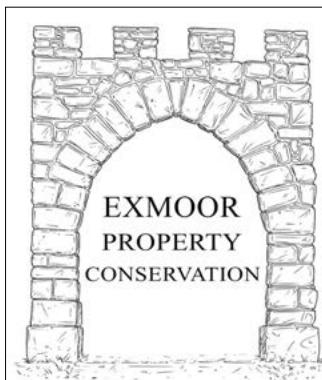


Mentoring provides a committed long-term support and many of these children will have never experienced the benefits of security and trust that the mentors bring into their lives. We are currently in need of mentors in the West Somerset area. Can you offer support to a vulnerable child or young person, for a couple of hours, either weekly or fortnightly? We ask for a two-year commitment and, in return, we offer an extensive four-day training programme, and you will receive regular support meetings from your Area Co-ordinator.

Mentoring is a truly rewarding experience and it really can make a difference to a young person's life. Things will never change, unless we make those changes happen

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*Drake Circus Plymouth- Thursday 21st £22.00pp coach only

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TIVERTON FILM CLUB

Tuesday 26 March

Past Lives is a 2023 American romantic drama film, written and directed by Celine Song in her feature directorial debut. Starring Greta Lee, Teo Yoo and John Magaro, it follows two childhood friends over the course of 24 years, while they contemplate the nature of their relationship as they grow apart, living different lives. The plot is semi-autobiographical and inspired by real events from Song's life.

In Korea, Na Young, a girl and Hae Sung, a boy, are schoolmates and good friends. They often walk back home together after school. Na Young moves to Canada and then to New York with her parents. Hae Sung continues living in Korea, does his engineering course, goes through a short spell of military service, and then takes up a job. Both keep in touch periodically through video chats, where they talk of their past and general stuff. Meanwhile in New York, Na has changed her name to Nora, made a name as a playwright and is happily married to Arthur, an American. Hae is keen to meet Nora and visits her in New York where he spends some time with her and Arthur. What has the future in store for Nora and Hae in their relationship?

Screenings start at 7pm and guests are welcome at £5 per person.

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...in touch with the past, looking to the future

Programme: January–June 2024

Thursday 21 March

Tony Painter of the Council for the Protection of Rural England will speak about Somerset place names.

Saturday 13 April

Wivey Clean up Day! Come along to The Square from 10am to collect your bin bags, disposable gloves and head off into the lanes and car parks of Wivey to make our town sparkle! Wear sensible clothes and bring your friends!

Thursday 18 April

The West Somerset Mineral Line: a talk by Phil Gannon of the West Somerset Mineral Line Association.

How the mining industry in the Brendon Hills created an entire community of workers and their families from the 1850s to 1910.

Thursday 16 May

The Bishop and the Black Death: a talk by Tom Mayberry

MBE on this calamitous event in Somerset history, given in the town where Ralph of Shrewsbury, Bishop of Bath and Wells, took refuge from the “pestilence”. St Andrew’s Church, Church Street, Wiveliscombe TA4 2LR (please note change of venue).

Thursday 20 June

Artist, Georgina Towler, considers how rural environments can provide inspiration for contemporary art making, as she speaks about her approach to painting the West Somerset landscape.

Meetings (apart from 16 May) are at the Wiveliscombe Community Centre, West Street, TA4 2JP, starting at 7.30pm. Members free with annual subscriptions of £8 per person or £12 for two people at the same address. Visitors £3.00.

Information about the Civic and Historical Society from:
Pauline Homeshaw 01984 624564 or
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Local Vineyard Announces Concerts for New Season

Wellhayes Vineyard, a small family-run vineyard near the village of Clayhanger, south of Exmoor, produces award-winning, quality sparkling wine, and has just announced its series of concerts for 2024. The concerts, which take place during the summer months in the tasting room above the winery, have become increasingly popular over recent years and invariably sell out.



This year's series starts and ends with two young piano trios who between them seem to have won most of the chamber music prizes going! The Trio Bohémo are a young Czech trio, who won first prize in both the Johannes Brahms competition in Austria and the prestigious Parkhouse Award in 2021. They are travelling to this country especially for the opening concert of the Wellhayes season on 13 April. The season ends on 14 September with the Waldstein Trio, who similarly have recently won

many major international chamber music competitions, including first prize in both the Medici International Music Competition and the Grand Prize Virtuoso International Music Competition in Bonn.

Sandwiched between these outstanding young trios are concerts by the Corvus Consort, who some will have heard in previous years at Wellhayes or at their 2022 concert in Bishops Lydeard, and Benjamin Frith, who is probably best known as the pianist in the Gould Piano Trio. There are also recitals with violinist, Florence Cooke, performing amongst other



things the Ravel *Sonata*, and soprano, Kathy Fuge, with a song recital on the theme of "if music be the food of love".

Tickets are available from Wellhayes Vineyard at wellhayes.uk/2024-concerts.

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Exmoor Festival of Nature

Come and join us in celebrating Exmoor's wonderful world of wildlife at the Exmoor Festival of Nature, at Nettlecombe Court* on Saturday 25 May 2024! One ENORMOUS outdoor day of free nature activities, stalls and screenings, food and drink, and special guest talks.

There is something for everyone, with a host of exciting national and local organisations on site to inspire visitors with the marvels of the natural world. No booking required - just turn up!

Exhibitors include: Butterfly Conservation Trust, Devon Wildlife Trust, Exmoor National Park Authority, Exmoor Natural History Society, Exmoor Rivers and Streams, Geckoella, Roots and Feathers, Sea Watch Foundation, Somerset Rare Plants Group, Somerset Wildlife Trust, National Trust, Watchet Hedgehogs,

Wivey Grows and the Woodland Play Centre.

As well as hands-on and interactive activities offered by our exhibitors, there is a jam-packed line-up of interesting talks and workshops throughout the day, with fantastic music and entertainment from artists, musicians, and performers to enjoy.

The Exmoor Festival of Nature is organised by the Exmoor Society; for more information call 01398 323335.

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Dulverton Events for 2024

Visit Dulverton is delighted to announce a varied programme of events taking place in this charming Exmoor town during 2024.

First, Dulverton Antiques Valuation Day on Saturday 23 March, from 10.30am-3.30pm. Experts from Adam Partridge Auctioneers are joining Visit Dulverton again to host a valuation event in the town hall. Bring your antiques, jewellery, fine art and collectors' items and, for a £5 donation, the specialists will give you a valuation and history of the items. The donation is for a maximum of three portable items per person. There's also a fun competition, when visitors can guess the use of three antique items.

Don't forget the popular Dulverton Farmers Market; the 2024 season starts on Saturday 27 April from 10am-2.30pm in the Lion Stables Car Park and takes place

every last Saturday of the month until September. A wonderful showcase of independent producers and artisans from across Exmoor, Devon and Somerset.

Also this year:

The Dulverton Sounds' Music Festival—a brand new event is on Saturday 25 May on the Exmoor Lawns from 3-10pm, when Dulverton will be buzzing to the sound of live music. A large marquee will feature music of almost every genre: a big brass band, folk music, a shanty band, acoustic guitars and more. Sing along at a pop divas or country and western session. Something to suit every taste! And there's a separate chill-out tent, where you can catch up with friends, and play folk tunes and your own instruments. To ensure the day goes with a swing, the refreshments area is serving hot and cold food and locally produced beers, ciders and spirits.

Sunday 23 June: Secret Gardens of Dulverton

Saturday 6 July: Dulverton Artisan Food, Drink and Crafts Festival

Sunday 15 September: Dulverton Fun Run and Canicross

16—17 November: Dulverton Exmoor Literary Festival

Sunday 1 December: Dulverton by Starlight

So much to look forward to! For more information on any of the above events, or to discover where to stay, shop, eat and drink in the town, please go: visitdulverton.com or find us on social media.



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It's hard to believe that we are already half way through February 2024 and thankfully there are small signs that spring is hopefully just around the corner. Easter eggs are already in the shops, snowdrops are out and daffodils are starting to emerge and with any luck there will be some warmer weather on the horizon.

The first quarter of 2024 presents an optimistic and promising scenario for home buyers. Here are key reasons why it could be an ideal time to invest in real estate:

1. Shifting Market: 2024 is already shaping up to be a year where the housing market swings even more in favour of buyers. This is primarily due to the declining effects of pandemic-driven inflation, lowering mortgage rates, and an increase in the number of homes listed for sale.

2. Sensible Prices: House prices are expected to fall by a marginal 1-2% in the second and third quarters of 2024. This modest reduction marks a significant change from preceding years where prices consistently increased.

3. Increase in Listings: A rise in the number of listings is anticipated due to several factors, including homeowners' acceptance of current mortgage rates and their desire to sell before potential further price drops. This increase in supply, outpacing the demand, will provide more options for buyers.



4. Rising Home Sales: 2024 is projected to see a 2-3% increase in the number of home sales compared to 2023, with sales gaining momentum throughout the year. This trend indicates a more dynamic market with more opportunities for buyers.



5. Declining Mortgage Rates: Mortgage rates are predicted to decline steadily, reaching approximately 4.5% by late summer. This gradual

decrease in mortgage rates will make home-buying more accessible and financially feasible for many. Long-term fixed rates are already moving this way.

6. Evolving Estate Agency Standards: Estate agency continues to develop, making more use of the latest communication technology, together with embracing even more transparency for buyers and sellers alike, to promote increased confidence in 2024.

This year has already presented a strong opportunity for home buyers, with more favourable market conditions, realistic house prices, increased listings, rising home sales, declining mortgage rates, and an evolving profession—it's a prime time for prospective buyers to consider moving.

If you are considering a move and would like to know about the services Webbers can offer, whether you are buying or selling then please do not hesitate to contact the Dulverton Office on 01398 323271 or email dulverton@webbers.co.uk

All enquiries are dealt with on a private and confidential basis.

Our Centenary Year

You may recall that in my last article I wrote that Webbers are turning 100 this year!



In order to help celebrate this huge milestone throughout the year, we are running a monthly 1924 draw. For more information on how you can enter, please contact Ginny.

Best wishes

Ginny



Ginny Saunders
Local Director



Louise Garner
Administrator



Rebecca Whitehead
Property Advisor



Warwick Wilcox
Property Advisor

My Favourite Tree Competition is back!

Three Atop Woodland Services and Ema Rowe, from Wild Wellies, have joined forces once again to deliver another exciting competition for the children of Exmoor and Greater Exmoor.

Our Aim

This competition is part of our bid to ensure we create opportunities for young people across Exmoor and Greater Exmoor. We hope to further their understanding on how they can work and live in harmony with this beautiful place we call home. There are so many unique opportunities for the next generation of Exmoor's economy. Let's start to expand their knowledge whilst their minds are young and full of vibrancy and imagination.

We are welcoming children to draw or celebrate their favourite tree in any artistic means they see fit. The aim is to connect their lives to a tree, encourage observation of that tree throughout the seasons and the wildlife it supports, thus encouraging appreciation and pride in the landscape from an early age.

Education

We have reached out to the local schools and home school networks to promote and encourage the competition. Many have signed up and are working alongside us. Please do get in touch!

Our Judges

Kerrie Hosegood and Ema are very excited once again to see all your entries and will be joined by: Graeme McVittie, Senior Conservation Officer of Woodlands for Exmoor National Park, who will be proudly sitting

on the judging panel alongside Leo Davey, a very talented local artist based in Minehead.

Closing Date

The My Favourite Tree competition is now live, with a closing date of 31 March 2024.

Winners will be notified Friday 12 April 2024, with the presentation and open gallery being held on Saturday 20 April at Simonsbath Sawmill for all to see the children's wonderful art entries.

If you have entered through your school, these will be collected for you. Any individual entries can be sent to info@threetop.co.uk or wildwellies@gmail.com. Alternatively drop in to Simonsbath Sawmill.

You can get entry forms from wildwellies@gmail.com or collected from Ema at Wild Wellies or Simonsbath Sawmill, Simonsbath, Minehead TA24 7SL

My Favourite Tree Winners 2023



Woods and Trees—

Talk and Lunch

Thursday 30 May 2pm, Simonsbath House Hotel. Lunch available from 12pm

Join Graeme McVittie and Robin Offer, from Exmoor National Park Authority, for an informative session on the establishment of a new woodland at Simonsbath, named Kings Wood. After the talk, there is an optional walk to the Kings Wood site and a visit to Simonsbath Sawmill hosted by Three Atop.

An optional lunch is available to book from 12pm directly with Simonsbath House Hotel and Exmoor Forest Inn with a small donation given to CareMoor from each lunch.

Tickets are £10 each, with all money going directly to the CareMoor Woods and Trees appeal.

For further details and booking please visit:

www.register.enthuse.com/ps/event/WoodsandTreesTalk

or scan the QR code.




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Fun Horse Ride

Sunday 14 April 2024

Exmoor Farmers Livestock Auctions, Cutcombe Market, Wheddon Cross, Somerset TA24 7DT

Enjoy riding approximately 10 miles through beautiful countryside, with the option of riding to Dunkery Beacon as well—while raising funds to help protect and support Exmoor. The proceeds are going to CareMore for Exmoor, the Exmoor Pony Centre, and West Somerset and Exmoor Bridleways Association.

Start times are allocated and you must pre-book as parking is limited.

Members: £17 Adult/£7 Child under 12

Non Members: £22 Adult/£12 Child under 12

Entries close at 5pm on Wednesday 10 April 2024

Cutcombe Market Cafe will be serving hot food and drinks

Vets on call: White Lodge Veterinary Clinic

True To You Photography in attendance: www.ttyphotography.co.uk

For enquiries and entries please email: info@westsomersetbridleways.org.uk

British Horse Society

Advice for motorists

It's vital to always pass horses slowly and with plenty of room.

Equestrians have the same right to be on the road as motorists or any other user group. Understanding, respect and consideration by all road users is required to ensure road safety for everyone.

We advise all equestrians and road users to familiarise themselves with the Highway Code.

The Highway Code was updated on 29 January 2022. The BHS has worked hard over the last three years: lobbying and collaborating with Cycling UK, DVSA, Living Streets and the Department for Transport (DfT) to suggest the much-needed Highway Code improvements and to represent equestrians in the review.

What should you do if you see a horse on the road?

If I see a horse on the road, then I will:

- Slow down to a maximum of 10mph
- Be patient, I won't sound my horn or rev my engine
- Pass the horse wide and slow—at least two metres
- Drive slowly away

Feral or semi-feral ponies found in areas such as the New Forest, Exmoor and Dartmoor require the same consideration as ridden horses when approaching or passing.

Exmoor's Golden Horseshoe Endurance Ride



Come and join us at the 59th Golden Horseshoe Endurance Ride from Friday 17—Sunday 19 May at the Exford Showground. Whether you'd like to take part in the one of the 25km pleasure rides or challenge yourself in one of the competitive classes, Exmoor is sure to offer some of the most spectacular riding in the endurance calendar.

The weekend sees riders from across the country take on various competitive challenges, from the 40km Novice to the ultimate 160km Golden Horseshoe. With its varied terrain, this event has earned its reputation as being one of the toughest endurance rides of the year.

Saturday hosts the Golden Horseshoe Dog Show, from 3pm, and includes fun classes such as Waggiest Tail, Prettiest Girl, Handsomest Boy, Best Rescue and Best Trick.

We are also hoping to extend the country fair atmosphere encouraging those with local

produce and crafts to join us.

A huge thank you to all the local hospitality outlets who welcome the riders and horses as they descend over the weekend. Many people have been coming to the ride for several years and enjoy staying with those that have become friends. Thanks also, to all the helpers who ensure that everything runs smoothly, and without whom the event simply wouldn't happen.

For more details about how to enter ride, please visit www.goldenhorseshoeride.com

If you would like to help out as a steward over the weekend, please get in touch with Maggie Pattinson: ghs2023@onthehoofdt.co.uk

Or to discuss booking a trade area, please contact: susan_rose@btconnect.com



BOOK NOW!

Festival of British Eventing

Sunday 4th August 2024

Ridlers 49-seat Executive Coach
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The Farmers Den, Exford.
01643 831151 carolecwoods@aol.com or
(Gwenda Bassett 07900 837183)

Words and Music

Once upon a time, an old lady discovered that her beautiful Edwardian grand piano was beginning to fall apart. What to do? She took a deep breath and sent it to a piano hospital for extensive surgery. This process was SO expensive and the results were SO good, she decided to stop feeling old and get herself some lessons. She found an inspirational teacher who advised her to work towards producing a solo recital for the village. So she did.

BUT: why would an audience want to sit and listen to an amateur pianist? How could a recital be made more attractive?

"Tell them about the pieces and why you like them," said the teacher.

"I could do more than that," said the old lady. "I could tell them about the piano in my life."

So she did.

My Exmoor Life—with a Piano was followed by My Exmoor

Life with Horses—and a Piano. Feedback from the first performance had stressed the charm of well told stories and a wide variety of music creating a pleasing whole.

The old lady is now on a roll. There are two new shows in preparation with drama and vehicles as their themes.

The concerts will take place in All Saints Church, Dulverton, using the impressive grand piano and a sound system.

Projected dates:

My Life with Drama—and a Piano

Sunday 7 April, 3.00 pm

Saturday 13 April, 7.30 pm

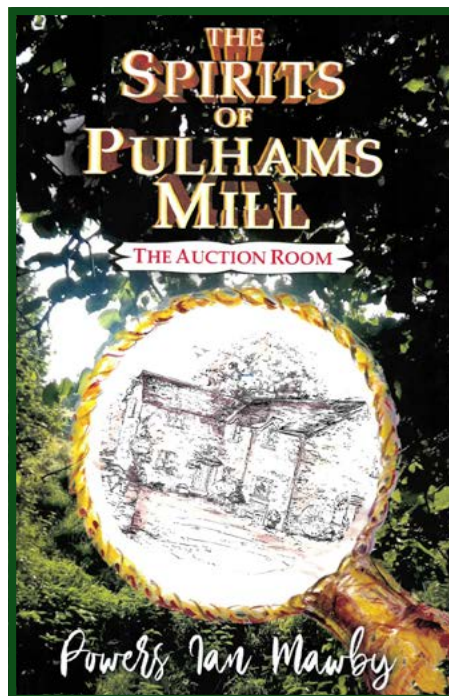
My Life with Vehicles—and a Piano

Sunday 22 September, 3.00 pm

Saturday 28 September, 7.30 pm

These events are free but donations towards the costs of maintaining Exmoor's finest public piano will be very welcome. We hope to see you there.

Marion Silverlock



The Spirits of Pulhams Mill

Book launch date

Friday 1st March 2024

Open house - 3.00pm onwards.

Launching celebration at 7.00pm.

Refreshments

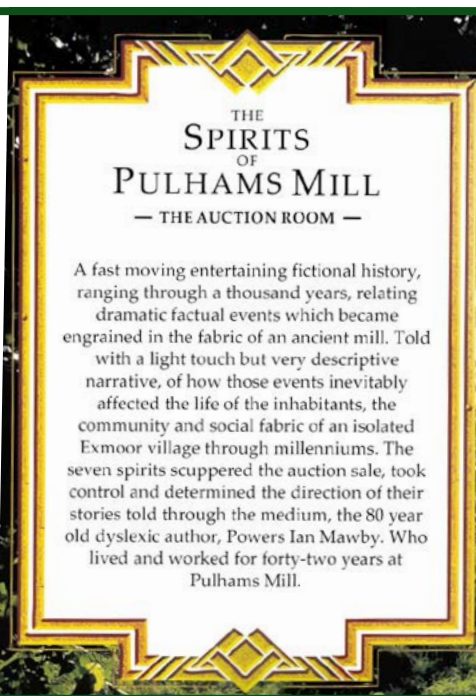
Everyone welcome in the
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Brompton Regis TA22 9NT.

Information:

Ian and Pauline on 01398 371663 or
powersmawby@gmail.com

After the launch the book is available
from all good booksellers and gift sellers.
£9.99 paperback.

Available on Amazon -
search for *The Spirits of Pulhams
Mill: The Auction Room*



Regal Theatre's 90th Anniversary

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Following a brief period when the Regal went 'black' in January, as it is every year to allow our volunteers to get to grips with some essential maintenance work, the theatre is now hosting another rich programme of drama, concerts, full-scale orchestra, ballet and opera live screening, as well as recently introduced comedy nights.

It is a special year too, as the Regal building celebrates its 90th anniversary in 2024. Over the decades it has become the cornerstone for the arts across Minehead, Exmoor and beyond, especially loved by the local community.

It continues to be run entirely by some 200 volunteers, who provide the drive, skills and enthusiasm to sustain a 90-year-old building and to run every aspect of its busy calendar of richly varied events.

To discover what's on now, as well as forthcoming delights, do please visit www.regaltheatre.co.uk or collect one of the new brochures in numerous local outlets, including the Regal Box Office in The Avenue Minehead—open Monday to Saturday, between 9.30 and 12 noon (tel: 01643 706430).

Fix it and reuse it in 2024!

Have you made a resolution to save money or help the environment this year? Did you know that getting your stuff fixed or reusing your items is often the simplest way to reduce your carbon footprint?

In Somerset we're lucky to have a growing network of community repairers. We also have a new Community Action Group (CAG) Somerset, who are working with Fixy and Somerset's repair network. Somerset's volunteer-run repair groups are a great place to go for advice and help with fixing your things. There are loads of groups right across Somerset.

Get started on your repair and reuse journey by:

- Checking your cupboards before you buy new, you may be able to get your item repaired.
- Looking for a local group online, (or find your local group on Facebook) www.somerset.gov.uk/bins-

recycling-and-waste/somersets-repair-network/

- Following the Fixy Project on Facebook—be the first to hear about upcoming events.

Repair events can bring people together and offer practical help when commercial repair costs are rising. Many small repairs are easy to do with a little know-how; lots of help can be found online, and plenty of people in your community have useful skills.



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The RNLI—200 Years and Counting

In 2024, everyone is invited to get together to mark the Royal National Lifeboat Institution's (RNLI) special 200th year of lifesaving. It is an amazing milestone for the RNLI, but everything the charity has achieved in that time has only been possible thanks to ordinary people doing extraordinary things. Since the RNLI was formed in 1824, people have formed crews and funded the kit and lifeboats to save lives at sea. RNLI lifesavers are counting on anyone who can to join them in their 200th year.

The RNLI invites you to become involved in many ways as part of the special anniversary year. There are plenty of ideas to choose from with a programme of events across the UK and the Republic of Ireland. Please visit its website* for further information.

As a water safety campaigner and supporter of the charity, I was invited to contribute my words to the 200 voices of their podcast; this is a daily podcast for 200 days leading up to the March 2024 anniversary date. You can listen to the edition, originally broadcast on 24 September 2023, here: www.rnli.org/about-us/our-history/2024/200-voices

My personal commitment to the RNLI comes from the loss of my 19-year-old son, James, to accidental drowning in the River Thames at Kingston in 2005.

In 2014, I was invited to become involved with the Respect the Water campaign. I realised that telling James' story had an incredibly powerful impact. I believe that sharing our family's situation over the years has helped to prevent other families from having to contend with devastating loss through unintentional entry into water, whether at the coast or inland.

I continue to support water safety and drowning prevention campaigns through the RNLI, Fire and Rescue Services and the National Water Safety Forum. I would urge anyone who enjoys being on or near the coast, riverside and indeed any body of water, to heed the messages that are shared every year, particularly in the summer and please: always RespectTheWater.

*www.rnli.org/about-us/our-history/2024/programmes



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

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Voices of Exmoor Christmas Concert

Christmas...at last! It was a real pleasure to hear the Voices of Exmoor perform their Christmas concert on 9 December, after the previous three Christmas concerts had to be cancelled (all for well-known reasons!) And what a joyous concert it was, attended by a packed audience at Dulverton Town Hall. Musical Director, Amanda Taylor, has a knack of presenting really interesting and enjoyable programmes and this year was no exception.

The choir were on fine form and opened the concert by processing in singing the rousing 16th century carol, *Gaudete*. This was followed by John Rutter's arrangement of *We wish you a merry Christmas*, his own *Nativity Carol*, and an arrangement of a 15th century carol by Hubert Parry, all beautifully sung by the choir with real feeling for the music. The audience were invited to join in with three well-known carols, which

tested our own singing abilities!

Interspersed with the choir items were readings: John Betjeman's *Christmas* and *Remembrance of Christmas Past* by Judith Viorst, both beautifully read by members of the choir. As well as traditional carols, the choir showed their versatility and enjoyment of singing with renditions of *I believe in Father Christmas* and *Let it be Christmas*. The whole programme was thoroughly enjoyed by a very enthusiastic audience who demanded an encore - and we got one in the form of Slade's classic hit *Merry Christmas Everybody*, which had everyone rocking in their seats! Supporting Amanda's musical direction throughout was the wonderful and expert piano accompaniment of Joke Routledge; her sensitive playing is a real asset to the choir. We look forward to hearing the Voices of Exmoor perform in 2024.

JS

Many thanks to *Exmoor News* for publicising the Voices of Exmoor Christmas concert and, as you will see from the review above, the event was a great success. The choir were able to present cheques of £1,000 to each of its chosen charities—St Margaret's Hospice, North Devon Hospice and the Calvert Trust.

Rehearsals for this year's concerts began in January but new members are always welcome to our mixed community choir, which is open to all, regardless of ability, experience or whether you can read music or not. There are no auditions either. Our members just need enthusiasm, to enjoy singing with others and, in doing so, share their love of music with everyone. We meet at 7.30pm on Monday evenings at Dulverton Town Hall. Alternatively, if you would like to hear how the Voices

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of Exmoor prepare for concerts that consistently receive positive reviews, come and meet us at our open rehearsal at Dulverton Town Hall on Saturday 20 April, drop in any time between 10 am and 1 pm. And if you like what you see and hear, then we hope you will join us!

Visit www.voicesofexmoor.co.uk or the Voices of Exmoor Facebook page for more information.

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MOTHER (a sonnet)

Can I compare another one to you -
Whose thoughtfulness you show in many ways?
The troubles of my life you help remove
And build me up with fulsomeness and praise.
Sometimes the life we long to lead is lost
Through issues that we cannot overcome
We feel the powerlessness inherent from the past
Inhibiting the paths of life we'd roam.
But gentleness was always in your eye
And kindness in each chore you undertook
Each child you bore felt loved in every way
And bless their heritage; their filial luck.
The crown of motherhood you hold aloft
And only God and you can know the cost.

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Rockpooling with the Rangers

Join Exmoor National Park Rangers for a rock pool adventure. Hunt for anemones, crabs, sea sponges and all sorts of other marine critters.

With knowledgeable Exmoor Rangers as your guide, learn more about the diversity of life on our shores and gain skills to get the most out of rockpooling in your own time. You can even examine your finds afterwards with the National Park centre microscope.

All equipment provided, including identification guides, nets and buckets. Remember sun cream and water bottle (free filling station in Lynmouth near the toilets). Sandals or waterproof shoes are useful. Everyone welcome!



Location: Lynmouth Beach—meet opposite Lynmouth National Park Centre.

Duration: 2 hours

Times and dates:

13 April 14:30-16:30 2 August 10:30-12:30

5 May 10:30-12:30 5 August 12:30-14:30

27 May 14:00-16:00 7 August 13:30-15:30

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Dulverton Tennis Club

Are you looking to play tennis? Come and play at our friendly club; meet people; get fit, and, most important, have fun. All ages and abilities are welcome. Located in the heart of the beautiful Exmoor town of Dulverton, our club offers three recently renovated all weather courts, a clubhouse with changing facilities, a ball machine, and free use of tennis balls. We hold weekly club afternoons (Saturday and Wednesday) and in the summer, a club night on Tuesday. These sessions are for all abilities, although club members can play at other times if they so wish. Each year we hold a BBQ and tournament, which is well supported, with the emphasis on fun.

New members are always welcome and we offer a wide range of excellent value membership options. Rusty Racket sessions can be organised for returning or new players in need of a gentle introduction. So please come along and give it a try. Your first session will be free. For further information, including contact details, visit our Dulverton Tennis Club website: www.dulvertontennisclub.co.uk

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Friday 26 April 2024 7.30pm
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What they're playing

Five pieces that show the versatility and variety of the piano trio (piano, violin and cello) by composers Joseph Haydn, Johannes Brahms, Franz Liszt and Helena Winkelman.

Details and booking: www.milvertonconcerts.org

"This trio belongs to another league!" Ensemble magazine

"Probably the best piano trio I have ever seen." LeftLion, November 2023

"Exciting music performed with flair and skill." Lammermuir Festival, September 2023

It's worth booking early as our concerts are often sold out.

Details and booking www.milvertonconcerts.org

We welcome your community information - events, groups etc, it all goes in free.

You can be added to our contributors' email list asking for copy (we send a reminder email prior to deadlines).



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Seasonal blues...

"I have built up a bit of debt and I'm panicking. I did cut back but Christmas was still expensive. My rent has gone up and my pay cheque doesn't stretch as far as it did. I am doing everything I can think of but it's not enough. What can I do?"

Just about everyone feels the pinch after Christmas but this one has been particularly tough. The good news is that there are steps that you can take and at CA TNMWD we have a dedicated debt team who can help you further if needed. But first, what can you do?

- List your debts and as much detail as you can such as any missed payments, amount currently owing, account detail/reference number, and whether the creditor (person you owe money to) has so far taken any steps to recover the money owed to them.
- Prioritise your debts so that your rent/mortgage, energy bills and council tax are paid first. Contact your suppliers to see if they can help to work out manageable ways to help you and your local council may also be able to offer help/advice and maybe look at reducing your council tax—well worth a call.
- Look at any credit card debt, store cards, payday loans, other unsecured loans and missed 'buy now, pay later' payments.

- While looking at money going out, consider money that could be coming in; you may be entitled to claim certain benefits especially for help with your energy and living costs. Go to Benefits Calculator (entitledto.co.uk), which takes you to the free and anonymous calculator on our website. Or visit www.ruraldevoncab.org.uk click on 'get advice' and click on 'benefits calculator'. When you click on 'get advice' you will see a separate tab for debt advice, which will give you a referral page.

If you need to contact us for further help and advice you can ring our free, local AdviceLine on 0808 27 87 999 or click on the 'get advice by email' link on our website. We have a link to our page on Energy Advice, which gives you a referral option and there is a dedicated number 01237 879233 to book a call back if you think you may be eligible for fuel vouchers to help with energy costs.

Our advisers and volunteers at CA TNMWD are fully trained to help people with problems like this, as well as the wealth of other problems people are facing. If you would like to find out more about joining our team, contact recruitment@ruralcabdevon.org.uk in the first instance. We would love to hear from you!

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Jim Laker Fund Needs New Committee Members

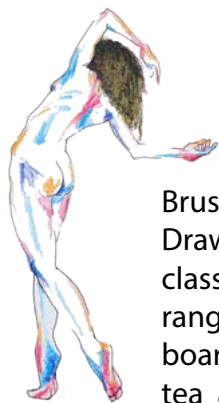
Following a very successful 2023 full of fundraising events, JLF held its 27th AGM in early January, and said a sad farewell to two of our committee members—our Chair, Ele Laker, and Kelly Somerville. Both have brought their enthusiasm and hard work to our meetings and fundraising and will be missed.

We are now seeking some new members! Do you live in or around Wiveliscombe and the 10 Parishes, and enjoy fundraising for local organisations? The

Jim Laker Fund has been in existence since 1997 and since then has raised over £65,000—in 2023 we gave funds to Wivey Link (towards vehicle road taxes), Wiveliscombe Primary PTFA (for swimming lessons), Wivey Scouts (towards sound baffles for the scout hut), and a local football kickabout group (for tabards and equipment).

If you are interested, please contact us on

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Is this the answer to the Blues?

They wouldn't let me talk to Pip when we went to visit.

This year, the British electorate are voting for a new prime minister, Honey.

"How do you know?"

It says so in her newspapers. Mr. Su-Knack might lose his job.

That lovely man who let us have all those meals in the pub for half price. I'll never forget the poached chicken. And the salmon...mmmm."

The days of voting FOR anything have long gone, Honey. Now the electorate announces its dissatisfaction by voting for someone else.

"It's a shame we can't vote, Buddy."

If all the dogs paid a licence again, Honey, the prime minister would make a lot more money.

"What would he do with it?"

Well, he could use it for things like building more dog-racing stadiums in the North of England. That would appeal to the whippet and greyhounds voters.

"And the working class."

You got it. Then he could introduce free veterinary care for older dogs.

"That would be popular, Buddy: I have

to have my anal glands checked every three months."

Yep! Then there could be more training classes, which are sadly in decline, in towns and villages nationwide. Did you know that people have to travel for miles just to take their dog to a good school? This would in turn create social opportunities for the more ambitious of the breeds to take up an

apprenticeship.

"You are clever, Buddy."

Yup! All it needs is for the PM to bring in a new legislation before the election, to give all the dogs who hold a current licence the right to vote as a paid-up member. Sorted.

Buddy Brown (pure Jack Russell, a roving reporter

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Travels from Dulverton: Chapter 9

All in all its been a pretty mild winter, although rather wet. While the weather experts have been busy alerting and warning us of unprecedented wind snow and ice, we on Exmoor, at least, have had it pretty easy (touch wood—so far!...snow forecast at time of writing.)

The van is in dire need of adventure. We drove it to North Devon last week, for a pre-spring blast, and there were daffodils in full bloom nodding their heads to the undulating jazz rhythms of the wind and passing traffic along the hard shoulder.

On the way back we swung by Fremington Quay for a bite to eat at the Fremington Quay Cafe. Everything is delicious, incredible homemade cakes, luxury coffees, mochas and hot chocolates, freshly cooked roast dinners, jacket potatoes and soups, and the prawn baguette is a show stopper. The place is always busy with eat-in and takeaway, and the staff are always happy and welcoming. The view of the deep, wide, muddy Taw-Torridge Estuary and the amazing array of wild birds that flock there, a must. As a stop-off on the Tarka Trail, it is great for cyclists, walkers, bird watchers, day-trippers, runners, and hikers,



and you get them all here.

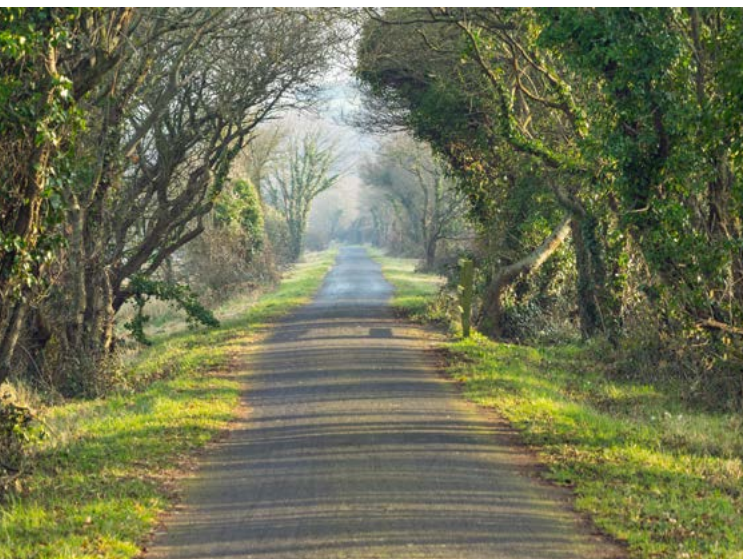
The Tarka Trail starts and ends in Barnstaple, following a figure of eight track for 180 miles around and about North Devon and the Taw-Torridge Estuary. It is very dog friendly; there are beach areas along the coastline, and wild, 'off the beaten track', paths intertwine with the cycle track. The North Devon coastline is harsh and outstanding, you can imagine sea life a few hundred years ago. Wooden ships transporting exotic cargo from the Americas and beyond, a hard life adventurous life. When ships were made of wood, men were made of steel.

These days the coastline entertains we leisure seekers. Different urgencies drive our progression; we are comfortable. Comfortable homes, double glazing, cars, central heating, and supermarkets stock a vast array of sustenance from all over the world, delivered fresh within days of it being picked.

Our instinct to survive is still as powerful and urgent as ever though, we just have a different set of challenges. We seem to be teetering on the edge of imminent disaster; television projects a world full of threat and fear. Realistically, nothing much ever changes; the scales of life tip and rebalance—change is an illusion.

The stories the Taw-Torridge Estuary could tell. Its curvy banks may have adjusted over the years but it still flows the same way. Embracing the inevitable back and forth, its ebb and flow, its continued boom and bust.

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: Sian Tedstone	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
Morebath P.C.: Clerk: Mrs Sue Squire	morebathparishcouncil@gmail.com	.01598 710526
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
Draw Life Live: Tony Keene	www.drawlifelive.com	
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: Christopher Dubery		.07989 455590
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:	www.dulvertontennisclub.co.uk
Dulverton & Exmoor Squash Club: Membership Sec: Chris Winter	chriscwin@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

PRE-SCHOOL GROUPS

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



SCHOOLS

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 Pre School at Cutcombe First School:	.01643 841462
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

If you see something that needs changing in the directory - please do let us know.
Email exmoornews@gmail.com

WOMEN'S ORGANISATIONS

Anstey W.I.: Karen	.01398 341106
Bampton Ladies Group. Mrs. Diane Holland	.01398 332755
Bampton Patchwork and Quilting Group. Mrs. Diane Holland	.01398 332755
Exford Moorhens: Chairman: Mrs. I. Collett	.01643 831016
Oakford Moorland Ladies Club: Chair: Mrs Louise Wilder	louie.c@tiscali.co.uk .01396 351277

YOUTH ORGANISATIONS AND ACTIVITIES

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

OTHERS

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
Bampton St. Michael's Community Hall, Station Rd. www.stmichaelshall.org.uk	01398 332158
Brushford Parish Hall: Bookings enquiries@brushfordparishhall.org.uk	07941 139846
Brushford Luncheon Club: Treasurer: Margaret Albery	01398 324587
Care Direct for help and advice: www.somerset.gov.uk	0300 1232224
Cutcombe Flower & Produce Show: Tracy Beviss	01643 841257
Cutcombe Horse Show & Gymkhana: Angela Edwards	01643 831549
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 Ballroom Dance: Sec: Mrs Christine Dubery	01398 323474
Dulverton Development Forum: Sec: Mrs J. Ross	01398 323818
Dulverton Films: Jan Ross	01398 323818
Dulverton Gardening Club: Roger Hammond	01398 323954
Dulverton Heritage Centre: Kathy Currie	07493 518350
Dulverton Vets	01398 323285
Dulverton Vintage Films: Magdalena Harding	01398 323785
Exe Valley Market Bus: Jennie Chappell jennie@chappell.me.uk	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: Ann Kelland, ann.kelland@yahoo.co.uk	07970 149123
Exmoor Community Bus Assn:	07925 044 262
Exmoor Friends (formerly Exmoor U3A): Andy Jeffries	01398 323462
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 dawnannwilliams1@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
Voices of Exmoor Amanda Taylor	01598 428005
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