

July
August 2024

EXMOOR NEWS



Bringing community news across southern Exmoor since 1985

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Cover image 2024: © Shaun Davey.

The aurora from Selworthy Beacon at the height of the solar storm, 10-11 May 2024; photo: Shaun Davey. Read more on page 27.

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
September/October '24 issue of
the Exmoor News is

Thursday 1st August 2024

Printed by Brightsea, Exeter



Hello,

Summer is here - hopefully the weather is better than at this moment of writing. We are chock full of events and information. Do you need to identify an Asian Hornet; want to hear some music; see a film; join a fun run; listen to authors? We've got it all covered along with our regular items, so let's get out there and enjoy ourselves.

May had spectacular views of the night sky, thanks to solar plasma. Read more about the cover image and how they come about on page 27 and 29.

Huge thanks to all the copy sent in. If you think you have a story or event people might be interested in, please do send it in.

Without our advertisers, this magazine would not exist, so if you use a business, please let them know where you saw them. We thank them for keeping *Exmoor News* free for you.

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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DEVON & SOMERSET STAGHOUNDS and THE EXMOOR PONY SOCIETY

EXFORD SHOW

Showground, Court Hill, Exford
WEDNESDAY 14 TH AUGUST 2024
£15/car on the gate

Exmoor Ponies, Horses & Sheep on Show
Craft, Produce & Local Trade Stands
Family Dog Show

Stag Horns, Inter-Hunt Relay, Pony Club
Show Jumping, Gymkhana, Parade of Hounds

Refreshments

Enquiries: secretary@exfordshow.com
Schedules: www.exfordshow.com

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Cutcombe Fete
& Dog Show
FREE ENTRY!
Saturday 3rd August at 1pm
 At Wheddon Cross Village Hall & Playing Field

GRAND OPENING 1PM
 PRODUCE TENT HANDICRAFTS
 BBQ MORRIS DANCERS
 FACE PAINTING GRAND DRAW
 HISTORY EXHIBITION
 FAMILY RACES PIMMS
 EXMOOR PONIES
 CHILDREN'S FANCY DRESS TO
 BE JUDGED ON THE DAY

Please contact Rosy Arch on 07748808211 or
 CutcombeFete@outlook.com for schedules

Brushford Flower Show

Brushford Flower show will be held on Saturday 3 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.




Over 300 plants for sale including
 Perennials, shrubs, dahlias and annuals

Date for your diary
Oakdene Charity Plant Sale
Sat 29th + Sun 30th June 2024
11.00 am – 5.00 pm
All proceeds to St Petrock's Church

For further information about the Plant Sale Email: amsselling@yahoo.com
 DIRECTIONS: Oakdene is 50 metres off the B3227 down a 'No through road'.
 From Bampton: take the next right after Petton immediately in front of Clayhanger Wood Cottage.
 From Wiveliſcombe: take the next left lane after 'Welcome to Devon' sign.

During the weekend Oakdene and neighbouring Clayhanger Wood Cottage (new garden for 2024) will be two of the gardens taking part in Bampton Hidden Gardens
 Tickets £5 available from Bampton Fresh or Bampton during the weekend
 For more information about the Hidden Gardens: Telephone: John (01398) 332019 or Judi 332403
 or Email: judichambers@outlook.com
 or visit: <https://www.bampton.org.uk/BinB.html>



BROMPTON REGIS
Show & Gymkhana
Saturday
10th August
 Entrance £3 children free
 Cash or Card Accepted

At Brompton Regis Cricket Field
 Renford Knap Brompton Regis TA22 9NJ
 By kind permission of the Landowners

A great day out for all the family!

Traditional Country Show with Show Jumping, Showing Classes, Dog Show, Gundog Scurry (entry on the day)
 Vintage Tractors, Morris Dancing
 Refreshments, BBQ and Bar
 Competitions for Cookery,
 Flowers, Vegetables, Eggs and Handicrafts

www.bromptonregis.com/2024-show-latest-news/



DULVERTON VINTAGE FILMS

Wed 10th July

WHAT WE DID ON OUR HOLIDAY

*Rosamund Pike, David Tennant
& Billy Connolly (2014)*

Wed 14th August

BREAKFAST at TIFFANY'S

*Audrey Hepburn & George Peppard
(1961)*

**Film starts at 2.30 pm
at Fishers Mead Community Centre**

£3 includes tea and biscuits

DULVERTON ART CLASS

*has a few spaces for new faces.
Drawing, painting, mixed-media,
collage.
Beginners welcome.*

*If you would like to join our friendly,
informal class,
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contact Pauline on...
07982903980
exmoorpauline@gmail.com*

Dulverton Summer Craft Fair

Join us for the Dulverton Summer Craft Fair on Saturday 10 August 2024, at Dulverton Town Hall, 10am—3pm. This is the second edition of the very popular fair, featuring 24 local artisan producers. Each has created the product range they'll be selling, and all stalls offer something different.

You can expect a variety of drinks stalls, including bottle-conditioned beers, cocktails and gins, plus various art styles, delicious preserves, fantastic chocolates, ceramics, jewellery and much more. You won't go hungry either, as we have Scotch eggs—a hit at the previous fair—and cakes too. This is another great opportunity to discover small, local businesses offering high quality products, so please take the time to visit and talk to the stallholders.

There are stalls on both floors of the town hall, which is wheelchair accessible. Everyone is welcome—dogs too. Tea and coffee is available throughout the day in the seating area upstairs.

For further details, contact host, Dan, at Cottage Beer Project tel: 07422 731152 email: dan@cottagebeerproject.co.uk Facebook/Instagram: @cottagebeerproject

DULVERTON ACTION GROUP

Litter-picking

(3rd Sunday)

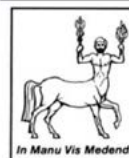
Sunday 21st July
Sunday 18th August

10.30 meet by the Heritage Centre

Everyone welcome!

~ and all kit supplied ~

For enquiries call Magdalena
on 323 785 or 07929 761 958



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The Therapist Collection: reflections from our clinic

Julia Walder—Perinatal Massage Therapist and Aromatherapist

Pregnancy-Related Pelvic Girdle Pain

Up to 50 per cent of women experience pelvic girdle pain during and/or after pregnancy (The Pelvic Partnership, 2023).

What is Pregnancy-Related Pelvic Girdle Pain (PRPGP)?

PRPGP causes pain in the pelvis's three joints: the right and left sacroiliac joints and the pubic symphysis. The pain can start during pregnancy, birth, or immediately after, especially if it has been a difficult birth. Pain severity can vary.

Causes of PRPGP

Previously it was attributed to the hormone relaxin affecting the pelvic ligaments and joints. It is now understood to be more a biomechanical issue, caused by stiff or misaligned pelvic joints.

Symptoms of PRPGP?

- Pain or discomfort in the pelvis
- Difficulty walking or standing on one leg
- Pain moving legs apart
- Clicking or grinding in the pelvis
- Limited or painful hip movements

I think I have PRPGP, what next?

- Consult your midwife or GP and ask for a physiotherapy referral
- See a private physiotherapist, osteopath or chiropractor
- Have regular massages
- Hydro therapy
- Acupuncture

Self-help tips

- Change your position regularly
- Sleep with a pillow supporting your knees and ankles
- Use a birth ball
- Sit on a plastic bag to ease getting in and out of your car
- Maintain good posture

www.willowgrace.co.uk

Lis Jorgensen—Medical Herbalist

Terrain and individualised medicine. Gut flora gardening...

I didn't expect to specialise in digestive health.

Over 19 years, working with many people to overcome digestive issues from constipation, forms of IBS, microbiome overgrowths and cases of autoimmunity linked to the gut has provided fascinating insight into how differently people manage similar problems.

The internet tells us of myriad protocols with "easy" rules to stick to "cure" these conditions but this is not my experience. While biological tendencies can be scientifically predicted, the way an individual finds their way to health is extremely specific to them. This is why these protocols often fail for people.

The French concept of *terrain* (earth or ground), which influences the flavour of the same grape grown in different regions, tells us how changing external factors can influence the outcomes of a similar thing.

I find our symbiotic relationship with our gut and wider body flora fascinating and have come to regard us as an ecosystem. Over the years, I have started to consider treating digestive complaints in a similar way to wildlife friendly gardening...choose plants that suit your garden, encourage helpful wildlife, pay attention to the quality of fertiliser, take your time...

The journey to resolution may not be quick. Taking a few months may seem daunting at first but the joy of an established healthy garden is worth it in the end.

www.challickwoodherbs.co.uk



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Foot Health
Practitioner**

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nails, athletes foot or
ingrowing toenails?

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07703 627813**

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Thursdays

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Monday, Wednesday
Saturday

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07980 059807**

laurahardingdc@gmail.com

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sharonreed58@yahoo.com



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Every 2nd Saturday of the Month

Book Mart, Drop In Café and PC
Internet Help Desk 2:00pm to 4:00pm
Every 1st Thursday of the Month

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
Quiz Night in Aid of Charity
+ Max & Mikes Street Food (Mexican) 18:30 - 20:00



Check the latest News, Events & Clubs at
<https://brushfordparishhall.org.uk>
<https://www.facebook.com/brushfordparishhall>
<https://www.facebook.com/groups/friendsbph>

We are also looking for Volunteers to join our Team Rota
to help with our events & bar nights for whatever hours
you can spare.
Please email: enquiries@brushfordparishhall.org.uk



If you would like to receive our quarterly newsletter
please email news@brushfordparishhall.org.uk. Follow
us on Facebook at "Friends of Brushford Parish Hall"



... AND NOW FOR
SOMETHING DIFFERENT



Saturday 20th July 2024
7:30 p. m.

Dulverton Town Hall TA22 9EX

Tickets £10 available 1st July from:

The Tantivy, Dulverton

www.voicesofexmoor.co.uk

voetickets@gmail.com

www.facebook.com/voicesofexmoor

In aid of this year's charity

Slide Away

Helping bereaved young people get back on their feet.

Exford and Simonsbath Flower and Produce Show

Saturday 24 August 2.00 pm,
Exford Village Green
Everyone welcome!

Large show marquee
Children's sports 2.30 pm
Raffle, auction of produce
Play and picnic area
BBQ and much more

Live band – Silverback from 7.30pm

Sorry, NO dogs allowed on the green.

FLOWER & PRODUCE SHOW

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SATURDAY 17TH AUGUST

IN DULVERTON TOWN HALL

2.00pm – 4.00pm

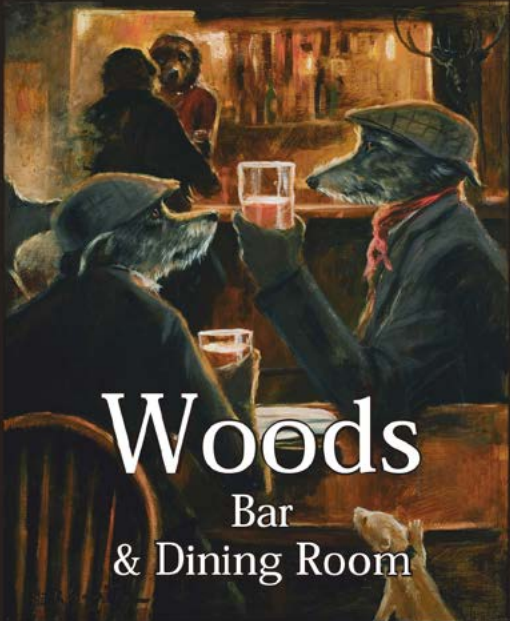
AUCTION of PRODUCE

RAFFLE

REFRESHMENTS

Entry forms available at the Post Office and at R & N Fruit & Veg.
Closing date for entries no later than

MONDAY 12TH AUGUST



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Dulverton Town Band Open Rehearsal

When: every Wednesday, 7.00-8:30pm

Where: Dulverton Town Hall, 10 Fore Street, Dulverton, TA22 9EX

Do you play a brass instrument or percussion? Are you interested in joining a brass band? Come along to our open rehearsal! There's no need to book—just turn up to play or listen.

We are a non-competing brass band, welcoming everyone—all ages and abilities. If you don't have an instrument, we can loan you one. Can't play yet? No problem! We have a program to get you started.

For more information, follow us on Facebook
or call us at 01984 623332.



Dulverton Town Hall

Friday 28 June

WICKED LITTLE LETTERS (Cert 15)

Director: Thea Sharrock

100 mins

A 1920s English seaside town bears witness to a dark, absurd scandal in this riotous mystery comedy. Based on a stranger-than-fiction true story, *Wicked Little Letters* follows two neighbours: deeply conservative local, Edith Swan (Olivia Colman), and rowdy Irish migrant, Rose Gooding (Jessie Buckley). When Edith and fellow residents start to receive wicked letters full of unintentionally hilarious profanities, foul-mouthed Rose is charged with the crime. The anonymous letters prompt a national uproar, and a trial ensues. However, as the town's women, led by Police Officer Gladys Moss (Anjana Vasan), begin to investigate the crime themselves, they suspect that something is amiss, and Rose might not be the culprit after all.

Friday 12 July

BOB MARLEY: ONE LOVE (Cert 12A)

Director: Reinaldo Marcus Green

107 mins

The story of how reggae icon, Bob Marley, overcame adversity, and the journey behind his revolutionary music. Celebrating the life and music of an icon, who inspired generations through his message of love and unity.

Friday 26 July

NEXT GOAL WINS (Cert 12A)

Director: Taika Waititi

104mins

A heartfelt underdog comedy of the story of the American Samoa soccer team, who suffered the worst loss in World Cup history, losing to Australia 31-0 in 2001. With the 2014 World Cup approaching, the team recruits a down on his luck, maverick coach (Michael Fassbender) to help turn their fate around.

Friday 9 August

ANYONE BUT YOU (Cert 15)

Director: Will Gluck

103 mins

In the aftermath of a captivating first encounter, Bea and Ben discover that their initial fiery passion has inexplicably dwindled to frosty misunderstanding. However, fate intervenes. Thrown together again at a dreamy Australian wedding, they opt to pretend they are a couple. But sparks reignite amid the sun-kissed scenery, forcing them to confront their true feelings and embrace a second chance at love.

Friday 23 August

THE COLOR PURPLE (Cert 12A)

Director: Blitz Bazawule

141 mins

A story of love and resilience based on the novel and the Broadway musical, a decades-spanning tale of one woman's journey to independence. Celie faces many hardships in her life, but ultimately finds extraordinary strength and hope in the unbreakable bonds of sisterhood.

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.



The Dulverton Health Walk Group meet each Tuesday morning at 10am to walk at various locations. The walks are between one-two hours and are not too difficult; we stop quite often to catch up and also admire the countryside. The walks are free of charge and homemade cake is always appreciated!

If you would like to join our friendly group then why not contact either:

Richard Clarke on 01398 341141

or email:

richardclarke567@btinternet.com

or Richard Archer on 07773 160222

or email: archer8r@hotmail.com

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Discover Holbein with Exmoor Friends

Simon Rous: *Decoding the symbols hidden in Holbein's Tudor portraits*

Simon Rous is not an art historian, but a retired corporate lawyer who, while in practice, had many clients in Europe, where he became fascinated by the German-Swiss artist, Holbein the Younger. This stemmed not only from his manifest artistic accomplishments in painting, stained glass and book design, but also from his chameleon character, which enabled him to work for reformist clients, while continuing to serve traditional religious patrons. Holbein's realistic portraits of Henry VIII's court, the surrounding nobility and merchant class give a fascinating insight into the Tudor world. In his talk, with slides of Holbein's work, Simon will recount Holbein's life story and examine the layers of symbolism, allusion and paradox with which the artist enshrouded many of his masterpieces.

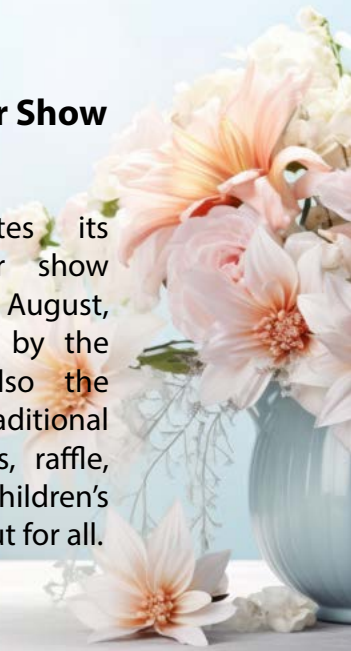
Wednesday 31 July, Dulverton Town Hall, 10.00 for 10.30am

Non-members are welcome—admission free as an introductory offer.



Withypool Flower Show and Fete

Withypool celebrates its 70th annual flower show on Wednesday 21 August, starting at 2.30pm, by the River Barle. It's also the village fete with traditional stalls and sideshows, raffle, refreshments and children's races—a great day out for all.



Come and visit us for a tour and tasting!

Try all our premium spirits and learn about production. Give us a call to book your tour.

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exmoordistillery.co.uk



Farm children

I get glimpses of them, laughing, healthy,
when haymaking returns to the meadows,
their childish hands full of thistle thorns and
callouses, nettle rash and sunburn, in
those years of dirt and wheelbarrows before
the sale. Before they grew up. Before they
left and the doctor banished the aging.
Before the crumbling barns were demolished
before a horse trod down the ruining fields.
Sometimes I try to see what must be left -
a haunting echo caught in webs and dust motes
an energy then, a place where growing
children played, a farm where animals aged,
their hoof marks scarring soft ground - but all that's
left is a des-res mansion, extended,
spoiled - (perhaps an unknown sell-by date then?)
lost and whitewashed while no one was looking
and I want to shout about how we loved
the land, how we cared for the animals
how we sold eggs and cream and milk to the
locals, how we reared sheep, and pigs, and calves
and how we raised a family that produced
no rubbish nor wasted what could be saved;
but no one wants to hear about that now.



© Fran Bridger

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BOEVEYS TEAROOM HAS RE-OPENED UNDER NEW MANAGEMENT

9:30-4:00pm Tuesday-Saturday

Visit the popular tearoom "Boeveys" in the heart of Simonsbath on Exmoor.

Claire and Louise will be serving all day breakfast, light lunches, freshly homemade scones and cakes. All our produce is locally sourced from Exmoor and the surrounding areas.

We have a licence so you can enjoy a glass of wine, Prosecco or local ale and cider with your lunch.

We look forward to seeing you all.

Tel: 01643 800 550



78TH HAWKRIDGE REVEL & GYMKHANA BANK HOLIDAY MONDAY AUGUST 26TH 2024

COMMENCING AT 10.30AM WITH SHOWING CLASSES, INCLUDING LEADING REIN & HUNTER CLASS.
MOUNTAIN & MOORLAND AND EXMOOR PONY CLASSES – RIDDEN, IN-HAND & VETERAN CLASS
SHOW JUMPING COMMENCING AT 11AM – INCLUDING NURSERY STAKES, NOVICE CLASS & OPEN CLASSES.
GYMKHANA 2.30PM
FAMILY DOG SHOW AT 2PM.

ANTLER SHOWING COMPETITION

OTHER ATTRACTIONS – CHILDREN'S MOUNTED FANCY DRESS, FOOT RACES, SIDE SHOWS, STALLS, ICE CREAM & REFRESHMENTS.

FUN DAY OUT FOR ALL THE FAMILY.

ENQUIRIES TEL: 01398 341520
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The Exmoor Teacher's Tale

Sometimes, the headline titles we give this series convey only one part of someone's story, as is the case with Dulverton resident, Jan Ross, who has been involved in many aspects of Exmoor life since moving here nearly 50 years ago. Originally a school teacher, Jan has been a pioneering community education manager and a stalwart volunteer; for example, she launched *Exmoor News*, helped to set up Dulverton Heritage Centre, is much involved in Dulverton Films as a trustee of Dulverton Town Hall, and sings with Voices of Exmoor. If you live on Southern Exmoor, the chances are that Jan's is a familiar face.

Her early years, however, were spent in Suffolk, where she and her younger brother grew up in Stowmarket and on the family's arable farm at nearby Mendlesham. Jan won a place at the local grammar school, where she developed a deep love of learning; during school holidays, she worked on the farm.

"I spent harvest time picking up bales of straw in the fields, usually putting the final one on the stack," says Jan. "I developed strong arms." So strong, in fact, that Jan represented East Suffolk in discus throwing!

Jan had her sights set on a degree in French, winning a place at Leeds University, which she took up after a spell as an au pair in France. She spent the third year of her four-year degree back in Bordeaux, taking part in a groundbreaking pilot scheme teaching English daily to primary school pupils. Bristol University tutors had visited the scheme, so Bristol seemed an ideal choice for Jan's postgraduate studies. With all the right qualifications under her belt, Jan was ready to begin her teaching career—at what was then Dulverton Middle School.



Jan Ross

"Three full-time teachers were retiring, so many areas of the curriculum needed to be covered," says Jan. "My post would be doing most of the French teaching, as Head of French...oh, the confidence of youth!" Music also needed to be sorted; these were the days when music formed an important part of every school curriculum. At the interview, Jan offered to help out, thinking she may be called upon to play the piano in assemblies. Arriving at the school, Jan discovered she was in charge of all the class music and the orchestra, recorder groups and choirs.

"It was a fast learning curve," Jan explains. "With music, you are also expected to put on concerts for pupils' families." She has particularly fond memories of staging *Joseph and His Amazing Technicolor Dreamcoat*—with 13-year-old boys singing their hearts out. No mean feat, as Gareth Malone discovered in his 2007 television series of *The Choir*.

Moving to Dulverton also meant an end to Jan's single life, when she met and married Keith Ross, who worked with his parents in The Tantivy. Jan occasionally helped with ordering and working behind the counter during busy periods.

During her 10 years' teaching, Jan also moved into youth work, supporting the Exmoor Youth Association. At that time, middle and secondary schools were being encouraged to become community schools, making facilities available to adults, and supporting community development projects and adult education. This offered Jan the opportunity to put her commitment to lifelong learning into practice.

"I had the time of my life, although it often meant

working 60 to 70 hours a week," she says. "This was when computers entered our daily lives. The council had stopped providing hot meals, so the Dulverton school kitchen was converted into a computer suite. We secured funding for adults to learn computer skills daytime and evenings and at weekends."

Courses were advertised in *Exmoor News*, which Jan had also been instrumental in getting off the ground*. Meanwhile, European Union funding enabled a new centre to open in Winsford, based at the former village school, with computing courses geared to local jobs, such as forestry. Courses were government funded, so were free or low cost to learners. One course helped 12 unemployed local people gain qualifications, all of whom went on to further or higher education or into full-time work. "We also had suites of laptops to take into local pubs to offer sessions there too. In the early days we targeted the farming community, as farm returns were becoming increasingly computerised," says Jan.

"I was also responsible for two youth centres, play schemes, childcare centres, and set up the county's first out-of-school club. We also recruited a team of part-time youth workers and organised activities and trips for children and young people during the summer peak holiday season, when many local parents were working."

But, after 20 years in the job she loved, funding for adult education had moved to central government and local councils had to bid for a slice of an ever-diminishing financial cake. All Community Manager posts were made redundant across the county. "It had been a golden age for adult education; now it was cut, cut, cut," Jan reflects. "We had nearly 500 adults attending various classes at that time."

Never less than resourceful, Jan became self-employed and worked on securing more funding for the Active Exmoor project and art-related schemes. She then worked part-time

for Engage, supporting Exmoor community groups across West Somerset and Taunton Deane, in particular helping them tap into various funding sources to develop services and activities. And, for 25 years, Jan chaired CLOWNS, which offered early years learning opportunities and family support across West Somerset, something else she is passionate about.

Four years ago, Jan eased up on work commitments and now has a little more time to enjoy walking and the beauty of Exmoor. "But it's people who matter to me," she says. "Through work, I've met so many people, so many families. I've had a very special life here."

That remarkable life was recognised 18 years ago, when Jan was awarded an MBE for services to Dulverton and Southern Exmoor, receiving her insignia from the then Prince of Wales at Buckingham Palace. In 2009, Keith received an OBE, in recognition of his service as Chair of the Independent Councillors and Vice Chair of the Local Government Association. In May of this year, Jan and Keith attended a service at St Paul's Cathedral for holders of Honours.

"The King and Queen were in attendance," says Jan. "It was a very special occasion with marvellous music." And a fitting tribute, we think, to Jan and Keith Ross, who between them have done so much for the people of Southern Exmoor.

*Read the full story here: www.exmoornews.co.uk/january-february-2023/

Diane Trembath



Morebath cricket match raises £6,000

A charity match at Morebath Cricket Club in May raised over £6,000 for Hospicecare and served as a heartfelt tribute to respected club member and avid local sports enthusiast, Dennis King. His contribution to building the pavilion remains a testament to Dennis's dedication and hard work for the club.

My thanks to Robert Venn for proposing a reunion game, and club members for hours spent organising the event. Thanks also to the volunteers, businesses and sports organisations who helped make it happen, especially Angus Barnes of Loyton Sporting for the kind donation.

The event embodied Dennis's sense of community—a great day, not only for cricket but for the community to honour a Bampton legend.

Ian Hyde



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Is this an Asian Hornet?

They prey on insects, including honey bees and other pollinators; they are a significant threat to bee colonies, and other native species in the UK. They are most likely to be seen near beehives, preying on bees defending the hive.

European hornet (*Vespa crabro*)

- Larger than Asian hornets
- Head yellow from front and red from above
- Abdomen mostly pale yellow with black stripes
- Thorax and legs black/ reddish brown

Asian hornet (*Vespa velutina*)

- Smaller than native hornets
- Orange head (from front)
- Abdomen almost entirely dark, with fine yellow stripes and a yellow or orange 4th segment near the base
- Black or brown thorax
- Legs with yellow tips

All Asian hornet sightings should be reported. See right.

How did they get here?

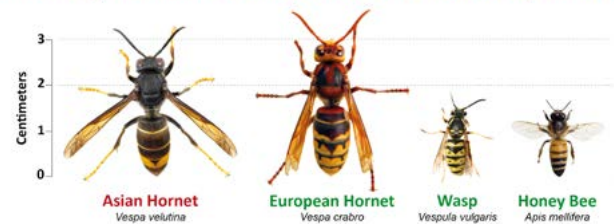
The hornet can be accidentally imported through goods such as timber, soil, fruit, potted plants, cut flowers, though it is most likely to be found in the southern parts of England as it cannot survive the colder climates in the north of the UK. Its active months are between April and November, though they're most active in August/September.

If you see an Asian hornet, never disturb an active nest.

The Asian Hornet Watch app is available to download from the Apple and Android app stores.

Members of the public can also report sightings by email to: alertnonnative@ceh.ac.uk or www.bit.ly/asianhornetreport

Think you've seen an Asian Hornet? Report it!



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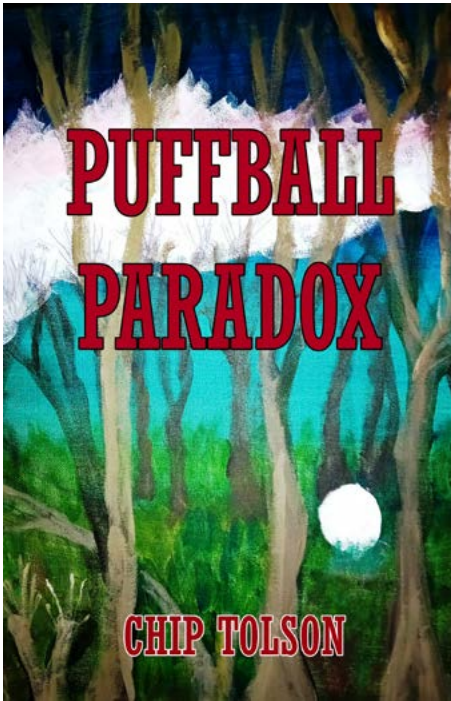
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Puffball Paradox, a novel by Chip Tolson

A tale of extraordinary puffballs on Exmoor and the mountains near Kyoto... The last weeks of 2007 are life-changing for partners Victoria and Franklyn. Victoria is sent by her company on a year-long work assignment in New York. Franklyn is made redundant from his employment of 18 years.

Finding no new job in London, Franklyn becomes the caretaker of a dilapidated woodland cottage in the one-time Werrecombe Settlement on Exmoor. His sole companion is Angus, the late owner's dog.

Weeks into his task, Franklyn discovers an extraordinary puffball, then a second, growing fast to great size in the Werrecombe woodland.

Early in 2009, Victoria and Franklyn are reunited. Franklyn cannot bring himself to tell Victoria of the horrific puffball events on Exmoor in 2008.

She is promoted to set up a London-based Anglo-American company.

Over the next few years the couple's lives, in London and on Exmoor combine. Victoria's company thrives: Franklyn builds a career as a landscape artist, they marry, their son Ivan is born and Angus, their dog, remains an essential part of their family.

Then the puffballs take their revenge.

After prize-winning success writing short stories in the annual Yeovil Literary Prize, my first book, *Pebbles*, was a collection of my short stories.

This was followed by two novels, *Requiem for Private Hughes*, set during National Service in the 1950s Malayan Emergency and later in West Somerset, followed by *Birchland Hall*, set in West Yorkshire, where two cousins, unfriendly as children, jointly inherit the dilapidated Victorian mansion built by their great-great-grandfather.

Puffball Paradox, my third novel, is self-published on Amazon and is available as an e-book and as a paperback.

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Screams coming from the church!

Exciting news...After many years of being absent there is now hope that Swifts may return to the church to nest, bringing with them their characteristic "screaming call" and stunning acrobatics high up in the skies!

In 2021, swifts became a UK Conservation Red List species due to a 60% decline in their breeding population between 1995–2020. This alarming

decline has two main causes. First, the wetter summers impact Swifts' main food source—aphids, with the resulting reduced availability causing low juvenile survival. Second, the reduction of nesting sites, which this exciting community project is hoping to address.

This April, 56 nest boxes were installed in St Michael and All Angels Church, Bampton, with help from Stuart McFadzean and his amazing team (who have fitted boxes in many churches across Devon).

Swifts have one of the longest migrations and start to arrive in the UK at the end of April, after a 7,000-mile journey from Sub-Saharan Africa. The journey takes about five days depending on the weather conditions!

The screaming currently coming from the church is a recording, to encourage Swifts looking for new nest sites to investigate the new de luxe accommodation! Swifts prefer to nest in a colony alongside others, so the recording has proven to be very effective.

Some Amazing Facts about Swifts

Nesting is one of the only times the adults will touch solid ground! They feed on the wing, mate on the wing and sleep on the wing!



Unlike other small birds they can leave their young in the nest for two to three days, so they can fly huge distances to gather food in a bolus, in the throat. The chicks enter a state of torpor, similar to hibernation, while the parents are away.

In an average year, a Swift can fly up to 200,000 miles, nearly as far as flying to the moon!

Although Swifts are usually three to four years old before they breed for the first time, they are very faithful to their breeding sites. The oldest known bird was nearly 18 years old but usually they live for nine years so, hopefully, we have many years to look forward to Swifts welcoming us all in the summer!

Keep looking to the skies!

A huge thank you to the Reverend Kevin Chandra, Antony Mount and the bell ringers for all your help and assistance with the Swift Project.

If anyone would like to purchase a Swift box to put on their house, Stuart McFadzean and his team will be happy to make them to order.

Please contact Fiona Clark for more details: 07854 602060



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Exmoor Rotary

The annual Rotary Exmoor Youth Challenge took place on 4 May, when more than 500 young people aged 11 to 18 walked a 16-mile route, involving eight checkpoints across Exmoor. It is not a race; the teams of four have to try to hit pre-determined times between checkpoints.

This year, of the 504 competitors who started, 449 completed the course and each was presented with a medal. It was good to have entries from some 55 different schools and youth organisations, a sort of mini Ten Tors.

Remarkably, 16 of the teams achieved times within 10 minutes of the stated targets over the eight stages, an incredible success. The best primary school team was Sampford Peverell 3, who did the stages with the exact timings!

Our thanks are due to over 100 volunteers who assisted:



Photo courtesy of ESAR

other Rotary clubs, Exmoor Search and Rescue, ambulance paramedics, Exmoor National Park Rangers, recovery minibus drivers, checkpoint teams, personnel manning the Dulverton base and keeping tabs on teams and recovery, and very important, Exmoor Radio Club. Thanks also to all the farmers and residents who are so co-operative.

For more information and the full results visit www.exmoor-rotary.org.uk

Humphrey Berridge



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www.exmoornews.co.uk

Regal Theatre Celebrates 90th Anniversary

Minehead's Regal Theatre celebrates its 90th anniversary this year, having opened at 3.00pm on 2 July 1934. Regal volunteers are planning several special events for this landmark occasion. These include the theatre's in-house production of Disney's *The Little Mermaid* (6-10 August) and the *Regal Theatre Variety Show* in October. A special Anniversary Open Day is planned for Saturday 6 July, 10am-4pm, which includes: theatre tours with tech demos, meeting the member companies, learning about Regal volunteering opportunities and enjoying live music, and light refreshments throughout the day.

The Regal has also launched a special Anniversary Ambassadors appeal to encourage people to donate £90 to match the 90 years. This will fund projects such as the community engagement programme, which subsidises ticket prices—enabling local groups who might never have considered a trip to the theatre to enjoy what's on offer.

The Regal now puts on over 150 events a year, including drama, concerts, ballet, opera, films, live screenings and comedy nights.

Visit www.regaltheatre.co.uk for all performance and event details.



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The Compassionate Friends

Readers may not have heard of The Compassionate Friends (TCF)*, a charity which exists to offer support to bereaved parents, grandparents, and siblings.

From a personal perspective, membership of TCF was a lifeline to me, following the loss of my 19-year-old son James to accidental drowning in July 2005. I had an urgent need to be in contact with parents who could understand what it is like to suddenly lose a beloved teenage son, and in TCF I found empathy and support.

The TCF magazine is published quarterly in paper form and online. Whilst the true awfulness of loss is recognised, the organisation seeks to provide help and hope to families. TCF offers various means of easily accessible support: a helpline, retreats and events, a library, social media input, newsletter, and magazine.

My first grief writing was well received by TCF and positive feedback encouraged me to keep writing. Ultimately, I was able to collate and publish two bereavement support books, *Into the Mourning Light* (2014) and *Living in the Mourning Light* (2019).

I have recently taken on the voluntary role of magazine editor for TCF, as part of its small editorial team. Taking on the mantle of this editorship gives me an opportunity to pay back some of what TCF has given me.

If you are a bereaved parent, or if you have lost a sibling or grandchild, we would really welcome your written contributions for the magazine. It does not matter whether your loss is recent or historical. Sharing your thoughts and emotions, and how you manage grief day to day, is undoubtedly helpful to others in similar situations.

Please contact me at compassioneditor@tcf.org.uk for further information and if you wish to contribute to the magazine. Thank you.

* www.tcf.org.uk

Andrea Corrie BEM — Bampton EX16 9FB

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Tuesday 20th Brownsea Island National Trust or Poole Members £35.50pp/Non Members £45.00pp

Wednesday 21st Abergavenney & Brecon £25.00pp

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Swarming is a normal part of honey bee behaviour, so you don't need a pest controller to deal with one! Most honey bee swarms are not aggressive. They are full of food and just looking for a new home!



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Exmoor welcomes vintage Italian cars

Exmoor recently hosted the Lancia Motor Club's 2024 international rally for pre-1960 cars, with vehicles coming from across mainland Europe, including Holland, Belgium and France, and one entrant from Canada.

Known as the Sliding Pillar Rally, it is named after the type of front suspension that featured in Lancia cars from the 1920s to the 1960s.

Based at Exford's White Horse Inn, over 30 cars attended, visiting Dunster Castle, with a pit stop in Dulverton on day one, and Lynton and Lynmouth, the following day.

Rally organiser, Adrian Rudler said: "It was lovely to come to Exmoor, as it is an area that not many of the group had visited before, particularly the overseas entrants.

They all enjoyed driving around, with fantastic scenery and wonderful views. Several local Lancia owners also joined the drive."

Find out more about the Lancia Motor Club at:

www.lanciamc.co.uk



On Aurora Watch—the cover photo

It was quite a night: the AuroraWatch UK app was showing an unusually high level of solar activity, and all the predictions were that we were in for a great show. However, on this occasion it was nighttime (often the alert sounds during the day); it was clear weather (mostly, the opposite is true), and there was relatively little moon (full moonlight washes out the aurora, as they are relatively dim). So we headed to one of my favourite spots for a northerly view—Selworthy Beacon, which is high enough to get above the layer of haze over the sea. We were not disappointed and were treated to an unprecedented natural lightshow, involving the complete northern half of the sky—right up to the zenith and from due East to due West. This image is a composite of several exposures taken with the camera facing in the same direction (Northwest) at the same location over the period of about an hour or so. It is necessary to expose the ground and the sky separately as the ground is relatively much darker than the sky. So the sky shot was taken on a Fuji X-T4, with a Samyang manual focus 12mm lens at f2.8, ISO 1250, five seconds. The background ground shot was f2.8, ISO800, 40 seconds, and there were a number of additional ground shots, lit with a head torch—f2.8, ISO800, 20 seconds. The various images have been combined and blended in Photoshop to render this result.

Shaun Davey www.shaundavey.co.uk

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The Aurora Borealis—an Exmoor View

The Aurora Borealis is normally only visible at very northern latitudes but, during May, Exmoor saw the most magnificent auroral display in living memory. To understand why this was, we have to understand what causes the aurora and it's all to do with the sun. Like most stars, our sun is massive ball of intensely hot and electrically charged gas known as plasma. The enormous energy and swirling magnetic fields of the sun often fling millions of tons of this plasma into space and, if the direction happens to be right, it can hit the Earth. As solar plasma enters our atmosphere at speeds often exceeding a million miles per hour, it excites the air molecules causing them to glow. Oxygen molecules tend to glow green, while nitrogen glows shades of purple or blue, so the aurora can have many colours.

The Earth isn't quite defenceless against this onslaught though, as our magnetic field deflects most of the charged plasma towards the polar regions. But if the solar emission is big and powerful enough, there's too much plasma for it all to be deflected to the poles, and we can see the aurora much further south. The recent auroral display was associated with a plasma emission from a very active sunspot group, known as ar3664. This was great news for aurora watchers, but solar plasma storms can sometimes do great damage to electrical infrastructure. In 1989, much of Canada's power grid was knocked out by just such an event.

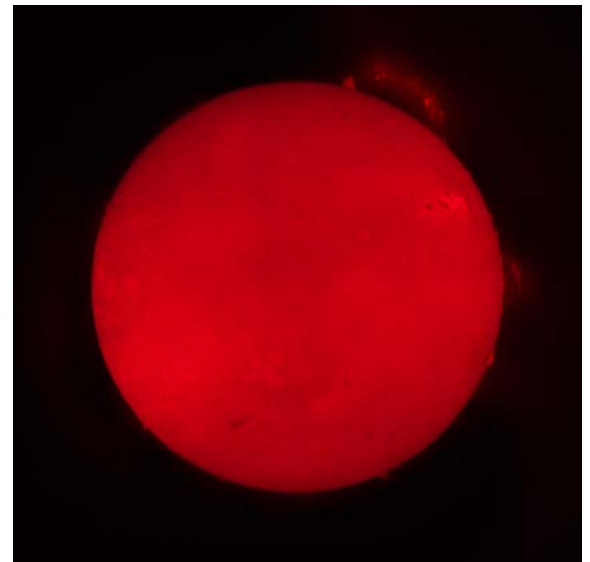
Tim Wetherill



The Aurora Borealis over Porlock.



Solar plasma being ejected into space.



Sunspot group ar3664 taken with special equipment. Never look at, or try to photograph, the sun through a telescope!

Summer in Dulverton

Following the Secret Gardens of Dulverton event on Sunday 23 June, the next big summer occasion in Dulverton's summer calendar is the annual Artisan Food, Drink and Crafts Festival on Saturday 6 July. It runs from 10am to 4.30pm on the Exmoor Lawns, beside the River Barle, in the heart of Dulverton and admission is free. The festival is a glorious summer celebration of the many artisan producers located across Exmoor, the Quantocks and Devon. Alongside



live music and hot and cold refreshments, there are 35 local producers' stalls, where you'll find gifts, clothing, homeware, leather goods and, of course, home-produced meat, beer, spirits, puddings, chutneys, preserves, dog treats...and more! See the Visit Dulverton website* for a list of all the artisans who will be attending. Dogs on leads welcome on leads. Many thanks to our generous event sponsor, The Best of Exmoor Holiday Cottages.



The fourth Dulverton Trail Fun Run and Canicross takes place on Sunday 15 September; online booking is now open. Sign up to enjoy cross-country running along 5km or 10km routes through the beautiful countryside around Dulverton, with or without your dog. The start and finish are located at the Exmoor Lawns, with refreshments available. Are you brave enough to tackle the Dulverton Demon—a steep, wooded hill leading from Marsh Bridge up towards Court Down? Beautiful but challenging! Our thanks to generous event sponsor, Oggies Music of Dulverton.

Have you become a Friend of the Dulverton Exmoor Literary Festival 2024? Many keen readers have already signed up to support this excellent Exmoor event, set to take place over the weekend of 16-17 November. Festival Friends (£20 minimum donation) are entitled to advance ticket booking from 16 September and a host of other benefits. (The main box office opens on 23 September.) Many leading authors and speakers are taking part in talks at Dulverton Town Hall over the weekend. Dulverton Library is the venue for a crime/thriller writing workshop and a Meet the Authors session, and there are readings for all ages at The Bridge Inn.

Guest writers include: Caroline Quentin, Jonathan Dimbleby, Deborah Meaden, Lauren Child, Stanley

Johnson, Professor Charles Foster, Alice Thomson, Plum Sykes, Andrew Lownie, Rachel Johnson, Janet Vokes, Vanessa de Haan and Charles Blanning.

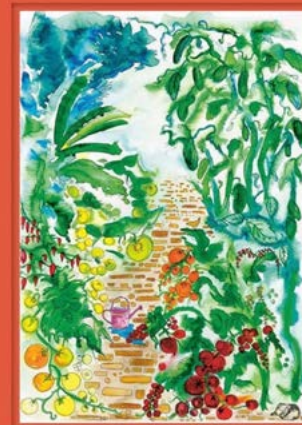
The theme of this year's festival Children's Writing Competition is Magical Exmoor. Former Children's Laureate, Lauren Child, is presenting prizes to the winners on Sunday 17 November. Waterstones Barnstaple is back with its popup shop for author book signings and sales—a perfect opportunity to buy Christmas book gifts for adults and young people alike.

Dulverton Town Council is supporting the festival, which is generously sponsored by local businesses, without whom the event could not take place: *Exmoor News*, Amicus Law Solicitors, the Dulverton Development Programme, Tozers Solicitors, Knight Frank Exeter, Mr and Mrs Prebensen of Dulverton, Stockham Farm Exmoor, Jeff Pegrum Landscaping, Ware Construction, The Bridge Inn, Osteo & Physio Tiverton, Rothwell & Dunworth Antiquarian Books, Paul Hardy Antiques, The Sip Shed, Winsbere House B&B, *Somerset Life* magazine, Waterstones Barnstaple and Exmoor Character Cottages.

*For information on all these events, go to www.visitdulverton.com



Drawn to the Garden



Caroline Quentin



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T: 07497 914441
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An advertisement for Wellhayes Devon Vineyard. The main image shows a vineyard with rows of grapevines under a blue sky with white clouds. A circular logo for 'WELLHAYES Devon VINEYARD' is overlaid on the image. Below the main image, there are three text boxes: 'Vineyard Tours', 'Cream Teas', and 'Wine Tastings'. To the right, there is an inset photograph of people in a winery setting, with one person operating a large piece of equipment.

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Help with gambling addiction

Earlier this year, *Exmoor News* received a press release about the latest NHS gambling clinic opening in Sheffield...Although the Sheffield clinic isn't a realistic option for anyone living on Exmoor (the nearest NHS clinic is in Bristol), we decided to find out more about problem gambling and what support is available for people living in the area we cover.

Gambling is now more accessible than ever, with dozens of online betting sites, for example—which include the National Lottery and Euromillions—and the rapid expansion of slots casinos on our high streets; one group alone currently operates over 200 across the country, several within reach of Exmoor. It's a 24/7 industry, worth a staggering £15.1 billion a year (figures for the year to March 2023). However, while most of us can buy an occasional lottery ticket, play bingo, or bet on a horse without risking serious consequences, for some, gambling can become dangerously addictive.

Gambling addiction can have severe consequences, impacting many aspects of a person's life, from financial ruin, legal difficulties and mental and physical health issues, to problems with relationships, work, and education. All or any of these can lead to isolation and alienation, which, in turn, make it even harder to break the cycle of addiction. And it is not only adults who are becoming addicted; there is now clear evidence that children are affected too.

According to Gambling Commission figures, around 138,000 people across the country could be problem gambling, with a possible further 1.3 million people taking part in either moderate or low-risk gambling—although other research estimates that this figure could be even higher. The annual estimate of suicides associated with gambling is around 400 and a recent report revealed that 55,000 children between 11 and

16 have a gambling problem, and a further 99,000 are classified as “at risk” gamblers.

But how can you tell when what might appear to be a harmless habit is getting out of hand? NHS England has helpful information at:

www.nhs.uk/live-well/addiction-support/gambling-addiction/

The good news is that information, advice and support are available. If you or someone you know is struggling with gambling addiction there are organisations and resources that can help.

GamCare provides free, confidential support and counseling for anyone affected by problem gambling. They offer telephone and online support, as well as face-to-face counselling sessions.

www.gamcare.org.uk

The National Gambling Helpline operated by GamCare, the National Gambling Helpline offers confidential support and advice 24/7. Individuals can call, text, or chat online with trained advisors. Free helpline: 0808 8020 13.

The NHS South West Gambling Service provides free confidential support, assessments and referrals. You can also contact your GP for more information about help and support.

www.awp.nhs.uk/our-services/az-services/south-west-gambling-service

Groups such as **Gamblers Anonymous** offer meetings and support networks for people struggling with gambling addiction.

www.gamblersanonymous.org.uk

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Exmoor National Park Events

Children's crafting

Bookmarks, greeting card making, and colouring activities, with lots of pencils, crayons, felt tips and stickers to keep your little ones amused throughout the summer holidays.

Lynmouth National Park Centre, The Pavilion, The Esplanade, Lynmouth, Devon. EX35 6EQ.

1 July to 1 September 2024, daily from 10.00am to 4:30pm.

Free event but donations to CareMoor are always very welcome.

Hidden Porlock

Free two-hour guided walk around the village on 27 August; visit sites of historical interest and explore hidden parts of the villages past. Meet outside Porlock

Visitor Centre, West End, Porlock TA24 8QD at 10am for a 10.15am start.

The event is free but donations to CareMoor, supporting public access and nature recovery projects across Exmoor National Park, are welcome. Please wear suitable clothing and footwear.

Booking recommended; call Porlock Visitor Centre, tel: 01643 863150.

Rockpooling with the Rangers

Join Exmoor National Park Rangers for a rock pool adventure, hunting 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 marine identification skills. You can also 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 useful. Everyone welcome!

Location: Lynmouth Beach—meet opposite Lynmouth National Park Centre, The Pavilion, The Esplanade, Lynmouth EX35 6EQ.

Duration: 2 hours

Times and dates:

2 August 10:30-12:30

5 August 12:30-14:30

7 August 13:30-15:30



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EXMOOR CROQUET CLUB

Until 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?

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Auditions for *Blithe Spirit*

Dulverton Players' autumn production is Noël Coward's much loved farce, *Blithe Spirit*, which will be performed from Wednesday 6 to Saturday 9 November.

We are holding our first auditions on Sunday 7 July at 11am, in Dulverton Town Hall. Anyone who is interested in being involved is invited to come along. All the parts are waiting to be cast. If you are planning to attend, Olga, our director, would love to hear from you; please email her at olga@olgaowen.co.uk (If you are keen but away on 7 July, please contact Olga.)

Noël Coward described *Blithe Spirit* as "an improbable farce in three acts." The play concerns the socialist and novelist, Charles Condomine, who invites the eccentric medium and clairvoyant, Madame Arcati, to his house to conduct a séance, hoping to gather material for his next

book. The scheme backfires when he ends up haunted by the ghost of his wilful and temperamental first wife, Elvira. She makes continual attempts to disrupt Charles's marriage to his second wife, Ruth, who cannot see or hear the ghost.

The cast, in order of appearance:

Edith (an inexperienced new maid)

Ruth

Charles

Dr Bradman

Mrs Bradman

Madame Arcati

Elvira



If you are interested, please come along on Sunday 7 July. You do not need to have acted with us before and Dulverton Players are always welcoming.

Tiverton Film Club

Tiverton Film Club is showing American comedy, *Shiva Baby*, on 2 July at Petroc College; doors open at 6.30pm and the film starts at 7.00pm. Guests £5.

This is the last of the 11 films in the club's 2023/24 programme—a wide range of contemporary prizewinning films from around the world, as well as classic French film from the 1960s. Using Petroc College's theatre in Tiverton enables the club to show mainly foreign language films, with clear sub-titles.

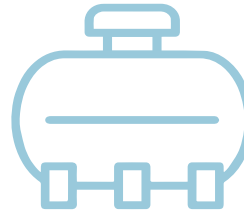
Shiva Baby has won numerous awards and nominations from critics, the media and film festivals in the past couple of years. It is a fast moving, intense, claustrophobic comedy set in a tight New York community. The *Guardian* described it as: "...a ruefully funny comic film but full of domestic tension."

The club's autumn programme starts in late September, with some very successful films from around the world.

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Love Your Lakes Competition

Environmental and recreational charity, South West Lakes Trust, is looking for perfect moments captured on camera, showing what the lakes mean to you — the beauty and diversity of wildlife, the breathtaking landscapes or the thrilling moments of adventure and exploration from visits to its lakes from across the region. The trust is inviting all visitors to enter their photos and videos into this year's Love Your Lakes Photography and Video Competition.

Enticing prizes include £250 for the overall winner, and £100 for the winner of each of the five categories including: Wonderful Wildlife, Stunning Scenery, Awesome Adventures, Young Explorers and It's Your Outdoors.

Young Explorers is a new category this year, inviting entries from younger photographers and videographers. The winner will be able to choose between the cash prize or an hour's paddle party for up to eight participants! Winning entries will be displayed in a special exhibition at Roadford Lake at the end of



Daphne Wuenn, Overall and 1st place category winner, 2023

the year and will feature in the charity's stunning 2025 calendar.

The competition is open for entries until Saturday 31 August.

James Platts, Chief Executive for South West Lakes Trust, said: "We are excited to see those special moments captured from around our lakes, whether engaging with the natural environment, or from adventures out on the water. It's those special, sometimes fleeting moments experienced out in nature that make these lakes mean so much more to our visitors. We are really looking forward to sharing those moments with you and we wish everyone good luck!"

To find out how to enter, visit:
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When Dulverton Station closed in 1966 a group of local enthusiasts keen to preserve the memory of Dulverton's link with the railway conceived a plan to recreate the station in model form complete with working trains. The result of their decade long efforts being the model that you can see today.

Operating hours are on the website
www.dulvertonheritagecentre.org.uk



Art Exhibitions

A local artist **Innes Davis** has a display of art for sale in the gallery. To purchase contact Innes direct.

6th to 12th July

"Exmoor by Katie"

A first time exhibition by a local artist Katie Fry.

24th to 30th August

An exhibition by well known artist **Richard Blackmore**

The ongoing exhibition

"Bringing Dulverton's Past to Life" featuring many old photographs is still on until the end of October. Come and see who you can recognise in the pictures.

Dulverton Heritage Centre is open 10:30 to 4:30 on Monday to Friday and 10:30 to 1:00 on Saturdays.
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Welfare benefits—all change!

Some people embrace and welcome change but, for others, change can be a very unsettling process. Major changes are currently taking place within the welfare benefits system, which many will have read and heard about but won't necessarily understand what this means for them.

We refer to this as Managed Migration, which—put simply—is the move from 'old style' benefits to Universal Credit. From January 2024, the Department of Work and Pensions (DWP) is writing to everyone who claims benefits to tell them how the changes affect them and what they need to do. They are starting to contact people who are claiming Working Tax Credits and/or Child Tax Credits. The aim is to work systematically through the different classes of current benefits, giving people three months' notice of the need to change.

It's a big step and a daunting one for many people but, in the meantime, there are things that you can do. Here at Citizens Advice Torridge, North, Mid and West Devon we are able to help with any questions you may have and we have a very clear and comprehensive leaflet outlining the changes. You can download it from our website page: citizensadvicetnmwd.org.uk/managed-migration/

Further information is available at: www.citizensadvice.org.uk/

help to claim or you can ring the dedicated helpline on: 0800 144 8 444. Our free, local AdviceLine is available on: 0808 27 87 999.

This change will affect everyone who is currently claiming benefits, so we strongly advise people to look into it before getting the letter from DWP (the migration notice), so that you can be very clear about how the change will affect you and what you will need to do.

If you would like to join us as a volunteer, helping people deal with problems like this, please do get in touch. Full training and ongoing support is given and as this indicates, more and more people are in need of our help. Please contact: recruitment@citizensadvicetnmwd.org.uk in the first instance—we would love to hear from you!

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"I thought she said she was going to clean the brass fire fender today."

Nope – she's in the bathroom now, checking the best before date on our shampoo bottle.

"Is it okay?"

2019—that'll do, she said.

"Do you know where she's taking us, Buddy?"

She said something about the Ledbury. It's near Percy and Pip and their new one, what's 'is face.

"Aren't we getting a bit long in the tooth for all this?"

Don't worry— nothing serious, she said. Just a bit of fun. She might show us in a vintage class for journalists. Auntie Gwenda is coming too.

"Aah, an extra pair of hands. I like the sound of this, Buddy."

She's an expert at the shows. So the car's going to be full up and we'll be stuffed in the back with our beds and dinner bowls again. As long as she doesn't decide to bring her Three Counties Show ground hat—it took up a whole seat of its own last time.

"Auntie Gwenda could wear it instead, I suppose."

Then we won't be able to see out the window! Did you know we're driving on up to see Pixie and Roxy's new home after Ledbury...we're going to be staying in a smart pub with rooms for the guests and a restaurant. I heard her ask Auntie Gwenda to organise her

things into just one soft bag to go under the seat in the car.

"That's it then—the hat's coming too—you'll just have to shove up a bit, Buddy, and make room, and if it's going to be a long trip, ask her to bring you something in case you get your Delhi belly." (Editor's note: Pro-Kolin gut health 15ml paste, available from the Dulverton Veterinary Practice, for dogs and cats).

I wonder sometimes, Honey, if this is all worth it but, you know, going to a show is a great place to be—a social occasion to see old friends and make new ones. It's going to be fun.

"And it's quite possibly where you'll find your next story too, Buddy!"

Buddy Brown (pure Jack Russell, a roving reporter)

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- Drivers get insurance cover and reimbursements for petrol, and the satisfaction of knowing they have helped someone in need.

If you think you can spare a few hours a month, contact the Chair, Keith Ross on 01398 323818.

If you require a lift, please call the co-ordinator on 07528 326880
48 hours notice is required



Join us in continuing the invaluable service initiated back in 2004. Our lift scheme has been a lifeline for many individuals in the TA22 postcode area, ensuring they reach crucial appointments at hospitals, doctors, or dentists. Our team of dedicated registered drivers has been the backbone of this initiative, enabling people to maintain their independence without relying on family, friends, or neighbours. Each lift provided brings immense gratitude from those we assist. However, as the demand persists and increases with around 450 lifts per year, we find ourselves in need of additional drivers - every volunteer driver makes a significant impact. Typically, a driver contributes just a few hours every month, yet the difference they make is immeasurable. If you have a car and can spare some time to be part of this essential service to our local community, we appeal for your help. Your support can truly change lives. Please contact the Chair, Keith Ross on 01398 323818

If you require a lift, please call the co-ordinator on 07528 326880
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SAVE
THE DATE

The Two Moors Festival 2024

The internationally renowned chamber music festival takes place on Exmoor from Thursday 3 October to Sunday 6 October and on Dartmoor from Thursday 10 October until Sunday 13 October. Exmoor venues are in Lynton, South Molton, Bampton, Dulverton and Dunster.

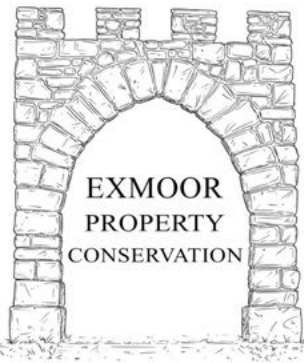
Since 2001, the Two Moors Festival (charity no. 1095723) has evolved into a well-respected and distinctive classical music festival, held in remote, rurally isolated parts of Devon and Somerset. The festival presents an artistic programme to rival many high-profile city-based events and has an international reputation for excellence way beyond its immediate physical reach. It attracts some of the most exciting performers in the world, of the calibre usually seen only in large city venues. It has become an important part of the South West cultural calendar.

The 2024 Festival on Exmoor includes:

- the world premiere of Freya Waley-Cohen's newly commissioned piece, sung by baritone, Roderick Williams, with Christopher Glynn on the piano
- pianist, James Pearson, Artistic Director at Ronnie Scott's Jazz Club, with Lizzie Ball on the violin and vocals playing jazz, focusing on Gershwin
- Mahan Esfahani, the international and exuberant harpsichordist, playing JS Bach's *Well-Tempered Clavier Book 1*
- Tamsin Waley-Cohen, Artistic Director, with Mahan Esfahani playing Handel, Bach and Mozart
- Carducci Quartet playing Haydn, Mozart and Schubert

Artistic Director, Tamsin Waley-Cohen, said: "I've chosen to explore this year's theme from different perspectives, from the 24 hours of the day and the 24 keys of western music, to magic and dreamscapes, the bright sunlight of the baroque to the reflected moonlight of romanticism, and our connection to the Earth's daily turn on its axis. This promises to be a festival full of evocative experiences and storytelling from both internationally established and exciting up-and-coming artists."

For further details please go to our website: twomoorsfestival.co.uk
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DUNSTER
WINTER FESTIVAL



Mediæval Bæbes are coming to Dunster

The Committee of the Dunster Winter Festival is delighted to announce that classical, chart-topping female choir, the Mediæval Bæbes, are performing in St George's Church on 8 December, during a weekend of daytime entertainment in the village. The much-feted group won an Ivor Novello Award for their work on the BBC serial, *The Virgin Queen*, and many will know their memorable theme tune for the ITV show, *Victoria*.

Festival activities run throughout the day on 7 and 8 December, with music, theatre, art and craft workshops, mediaeval-themed entertainment and craft stalls. Charming at any time of the year, the village will be dressed for Christmas and will look stunning during the festival weekend.

The Dunster Winter Festival Community Interest Company has been set up run the event on behalf of the village. Composed of Dunster residents and businesses, its three goals are to:

- create an event just before Christmas for the village and visitors to enjoy



**SAVE
THE DATE**

- fundraise for the charities and community groups that care for the village and villagers
- promote winter trade in Dunster.

Several local businesses have already pledged support, but more sponsorship is needed. Contact dunsterwinterfestival@gmail.com if your organisation would like to be involved.

Keep up to date with the latest plans and find more information on fundraising events and ticket sales at the newly launched event website:

www.dunsterwinterfestival.co.uk



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July 4 The Farmers Arms Combe Florey 8pm
July 11 Lynton Valley of Rocks Hotel 8pm
 Lynmouth Ancient Mariner 9pm
July 18 Dunster Yarn Market 8pm
July 25 Minehead Seafront 8pm, Minehead Harbour 9pm
August 1 Burrowhayes Campsite 8pm
August 15 Watchet Esplanade 8pm, The Star Inn Watchet 9pm
August 22 Home Farm St Audries 8pm
August 29 Burrowhayes Campsite 8pm



Dunster Yarn Market



Star Inn, Watchet



Royal Oak, Withypool



Milverton Street Fair



Steam Punk Festival, Minehead

THE LOCAL DIRECTORY

PARISH AND TOWN COUNCILS

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| 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

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| 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

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| 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 |

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| 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@fishingthwest.co.uk |

PRE-SCHOOL GROUPS

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| 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

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| 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 |

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| Bampton Library and Resource Centre, Station Road | 01398 332466 |
| Bampton St. Michael's Community Hall, Station Rd. www.stmichaelsall.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 |
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| 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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