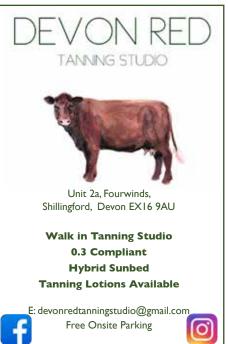
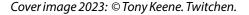
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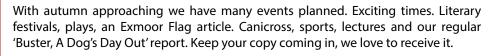




EXMOOR NEWS

COVERING SOUTHERN EXMOOR

Hello,



If you would like to be sent an email a couple of weeks prior to our deadline to remind you to send in copy for your event or story, email us at exmoornews@gmail.com and ask to be put on the list.

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Dont 7

The deadline for the November/December '24 issue of

the Exmoor News is

Thursday 3rd October 2024



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Dulverton Heritage Centre and Model Railway



The ongoing exhibition "Bringing Dulverton's Past to Life" featuring many old photographs including some from Dulverton's Carnivals, is still on until the end of October. These two images are from 1988 and 1989. Come and see who you can recognise in the pictures.



For Somerset Arts Weeks

21st September to 6th October
there will be four artists,

Alison Morrissey, Jeremy Newsum,
Laura Pitman and Rose Pitman
exhibiting ceramics and paintings
in our art gallery

Before and after the exhibition
a local artist Innes Davis has a
display of art for sale in the gallery.

And, of course, our regular pre-owned book sale.

Dulverton Heritage Centre is open 10:30 to 4:30 on Monday to Friday and 10:30 to 1:00 on Saturdays.

To purchase contact Innes direct.

Model Railway

operating hours are on the website www.dulvertonheritagecentre.org.uk and on the boards outside the centre. ENTRY IS FREE.



Simonsbath Festival 2024

Another season passes and the volunteers of this year's festival are taking a well-earned break before planning for 2025. The range of talks and music in the weeks of May and June began with Katherine Field giving us a talk on equine painter, Lucy Kemp-Welch, particularly famous for her illustrations for *Black Beauty*.

The first of our fantastic mix of musical events was with the delightful Tamsin Waley-Cohen who was joined this year by superb pianist, Cordelia Williams. Their programme included Bach, naturally, but also the enigmatic piece *Spiegel im Spiegel* by Arvo Pärt. Tamsin, wearing a flamenco-style dress, held the audience enraptured with her precision playing; the pair left us in no doubt of their level of musicianship, respected by audiences worldwide.

Getting away from the Exmoor link one evening, Simon Osborne, joined us to give an insight into gentlemen's fashions over the ages. It was also interesting to hear his tales of growing up in Cornwall and moving to London to become an actor. His appearance as William Pitt The Younger in *Blackadder the Third* still fascinates audiences like ours and, it seems, most people lucky enough to meet him.

Nicola Turner Inman had the audience's full attention as she talked about her role as curator at the Royal Collection Trust, as did Rosemary Griggs, who not only talked about her character, Katherine Champernowne, mother of Sir Walter Raleigh, but did so dressed in full Tudor regalia.

The musical highlights included Hot Fingers Jazz, who delighted us with Duke Ellington's *Caravan*, played especially for us. Red Priest were 'hot', as in dressed in red, walking among the audience as they played. Someone described them as the 'Baroque version of Fleetwood Mac,' which was very fitting.

The finale was the preview of a film made on Exmoor, *Wool Coat*. The viewing was held in Dulverton and actors, as well as those who created the film, answered questions after the viewing.

We had a fabulous festival and hope you did too. See you in 2025.

DULVERTON ACTION GROUP Litter-picking

(usually 3rd Sunday)

Sunday 22nd September

(4th Sunday, to not clash with **Fun Run**)

Sunday 20th October

10.30 meet by the Heritage Centre

Everyone welcome!

~ and all kit supplied ~

For enquiries call Magdalena on 323 785 or 07929 761 958

DULVERTON VINTAGE FILMS

Wed 11th September

MISS POTTER

Renée Zellweger & Ewan McGregor (2006)

Wed 9th October

I LOVE YOU AGAIN

Myrna Loy & William Powell (1940)

Film starts at 2.30 pm at Fishers Mead Community Centre

£3 includes tea and biscuits

Milverton Concert Society

Friday 20 September 7.30pm The Marmen Quartet

'One of the most impressive and engaging talents in the chamber music arena.'

Friday 1 November 7.30pm Alim Beisembayev Piano

Leeds Piano competition winner, Alim, has been praised as a 'real musical personality.'

Sunday 9 February 4pm Young Professionals Concert

Ella Leonard, oboe; Josie Cresswell, soprano; Victoria Creighton, flute; Otis Ubaka, saxophone.

Saturday 8 March 7.30pm Aaron Azunda Akugbo and Zeynep Oszuca

Aaron (trumpet) made a big impression at his BBC Proms debut last year (2023) and pianist, Zevnep, performed with Jess Gillam in Milverton 2023.

Details and booking: www.milvertonconcerts.org

Winsford Moor Movies

The following films will be shown in Winsford Village Hall:

Tuesday 10 September Wilding

Based on a memoir... a couple inherit an estate where the land is so impoverished by over-intensive farming that they decide to return it to the wild.

Tuesday 8 October Wicked Little Letters

Starring Olivia Colman and Jessie Buckley—an exceptional double-act in this film about an absurd scandal that takes place in a 1920s seaside town.

Tuesday 12 November Vindication Swim

The inspirational story of Mercedes Gleitze, the first British woman to swim the English Channel, and her battle against both the cold waters of the channel and the oppressive society of 1920s England.

Tuesday 10 December Swede Caroline

A hilarious mockumentary that follows Caroline, a competitive giant vegetable grower, as she readies herself for the big annual National Veg Championship. Find out who steals her prized marrow!

Films start at at 7.30p.m Annual subscription £8.00 per person (£3.00 per film for members and £5.00 for non-members). Pay on the first night or in advance at Winsford Village Shop.











The vintage stills images are screenshots from the old videos. Two of Minehead Lido in the 1930s; two of sheep shearing at Wheddon Cross in 1938; 'Wild West' am dram can can in Dulverton Town Hall in 1970.





DULVERTON GATEWAY TO EXMOOR



Autumn in Dulverton

Entries are coming in for the fourth **Dulverton Trail Fun Run & Canicross** on Sunday 15
September. Unique and challenging crosscountry running along 5km or 10km routes
through the beautiful countryside around
Dulverton—with or without your dog, of
course! The start and finish are located
at the Exmoor Lawns with refreshments
available. Bespoke medals to all finishers
and a delightful wooden bone trophy to the
best dog! Additional volunteer marshals are
needed for the event. Kindly contact Visit
Dulverton to offer your services. Our thanks
to generous event sponsor Oggies Music of
Dulverton.

Entries are also now open for the **Dulverton Exmoor Literary Festival** Children's Writing Competition 2024! Go to the festival website for a copy of the poster or drop into Dulverton Library to pick up one. The theme this year is Magical Exmoor! Open to all children under 13, with stories to be a maximum of 500 words. Former Children's Laureate, Lauren Child CBE, will present prizes to the winners at the festival on Sunday 17 November.

Did you know that there is to be a special event linked to the literary festival this year? An exclusive, nostalgic evening, **Dulverton** and Exmoor on Film, is being held at Dulverton Town Hall on Friday 25 October from 7 to 9.30pm. Amateur film makers have been attracted to the town and the moor since the invention of the cine camera in the 1920s and television programme maker, David Parker, is showing some of the best home movies he has been using, from the last 30 years, in films about Exmoor. Take a look at the Visit Dulverton website for some remarkable vintage film clips, including Minehead Lido in the 1930s, sheep shearing at Wheddon Cross in 1938, and some Wild West amateur dramatics in Dulverton Town Hall in 1970. Do you recognise any names and faces?

Tickets (£8) are available from Monday 23 September at the Town Hall Thrift Shop in Dulverton and online at the Visit Dulverton website. Literary Festival Friends receive free admission to the event. Discover the many benefits of becoming a Friend (minimum donation £20) on the festival website.

The 2024 festival is generously sponsored by the following local businesses: Exmoor News, Amicus Law Solicitors, Dulverton Development Programme, **Tozers** Solicitors, Knight Frank Exeter, Mr and Mrs Prebensen of Dulverton, Stockham Farm Exmoor. Risdons Solicitors. Jeff Pegrum Landscaping. Ware Construction, The Bridge Inn, Osteo & Physio Tiverton, Rothwell & Dunworth Books, Paul Hardy Antiques, The Sip Shed, Winsbere House B&B, Somerset Life, Exmoor Magazine, Waterstones Barnstaple and Exmoor Character Cottages.

For information on all these events, please go to: visitdulverton.com

Dulverton Exmoor Literary Festival

With the line-up of events and author talks for this year's Dulverton Exmoor Literary Festival now complete, we are putting the finishing touches to the festival programme. If you're eagle-eved, you'll spot Deborah Meaden, Lauren Child, Plum Sykes, Jonathan Dimbleby, Sarah Easter Collins, Louise Douglas, Jennie Godfrey, Charles Foster, Stanley Johnson, Vanessa de Haan, Caroline Quentin, Andrew Lownie, Hazel Prior and Janet Vokes on the cover.

Deborah Dragon's Den investor and author of Deborah Meaden Talks Money, will be talking to the country's favourite financial

agony aunt, Claer Barrett (town hall, 3.15pm,16 November). Claer is a *Financial* Times columnist, a regular guest on ITV's Lorraine and LBC and author of What They Don't Teach You About Money. Deborah and Clear's discussion is primarily aimed at teenagers—demystifying finance and making it fun, relatable and personal. Do encourage Exmoor's young people to attend—they'll learn vital money lessons for life!

As well as author talks in Dulverton Town Hall across the weekend of Saturday 16 and Sunday 17 November, we have added:

- Words & Music session, with author and harpist Hazel Prior at the Bridge Inn, Dulverton, on Saturday morning;
- An Introduction to Crime Writing. with Louise Douglas and Sarah Easter Collins in Dulverton Library on Saturday afternoon;
- Meet the Author session in the library on Saturday afternoon, with five fascinating authors writing in a variety of genres
- Children's Story Corner, with Emily Hamilton and Emma Bettridge on Sunday morning at the Bridge Inn

Admission to all the above is free, with the exception of the informal crime-writing/ discussion workshop.

Former Children's Laureate, Lauren Child, has kindly offered to present the prizes

We're delighted that to winner and runners-up of this year's Meaden, Children's Writing Competition—this year's theme is 'Magical Exmoor'. The competition is open to all children under 13, with an emphasis on writing for fun and letting your imagination run wild! Details are in the poster and on our website (see below). Please encourage your children, grandchildren, friends and local schools to enter. Last year's winners received their prizes from Sir Michael Morpurgo—a moment they'll treasure forever.

> Thank you again to all of those who have chosen to become Friends of Dulverton Exmoor Literary Festival 2024; your marvellous support has already enabled us to reach out further to local schools.

> If you have yet to become a Friend but would like to be one, just visit our website to learn more: a minimum donation of £20 is all that's required. Our Friends receive some superb benefits, including free admission to the Dulverton & Exmoor on Film event in October, and access to priority online ticket booking from 16 September. The online box office opens to everyone else on Monday 23 September.

> Huge thanks to all our festival sponsors and supporters, including our media friends at Exmoor Magazine, Somerset Life and Exmoor News, all of which have run articles about this year's festival.

> We look forward to seeing you at the Dulverton Exmoor Literary Festival in November, if not before!

For all festival event and booking details visit:

www.visitdulverton.com/dulvertonexmoor-literary-festival/



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BRUSHFORD**PARISH HALL**

Dates for your Diary

14th September 19:00 to 22:00 Last Night of the Proms + Max & Mikes Street Food

available 18:30 - 20:00



12th October 18:30 to 22:00 Quiz Night in Aid of Charity + Max & Mikes Street Food (Mexican) from 18:30 - 20:00



Pop Up Bar + Entertainment 7:00pm to 10:00pm Every 2nd Saturday of the Month

Book Mart, Drop In Cafe and Internet/Phone/PC Help Desk 2:30pm to 4:30pm Every 1st Thursday of the Month

Watch this space for updates and the latest News, Events & Clubs at

https://brushfordparishhall.org.uk https://bph.org.uk https://www.facebook.com/brushfordparishhall https://www.facebook.com/groups/friendsbph



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"



Exmoor Rotary

The Rotary year runs from 1 July to 30 June, so Exmoor Rotary has a new president; John Sims has taken over the reins from Jane Wilson for the next 12 months. In closing off the last year we are able to report that, with all the donations and sponsorship in, a remarkable £7,800 (to which Gift Aid will be added) was raised for Children's Hospice South West, mostly from the Exmoor Youth Challenge. Many thanks to all the schools and youth organisations who contributed.

During July, we presented over 50 illustrated dictionaries to all the leavers at our local schools in Bampton, Bolham, and Dulverton, as part of a Rotary national literacy scheme. Looking further ahead, our annual senior citizens outing is planned for September, as is a supper event pencilled in for 27 September, in aid of Shelterbox.

For more information, visit: www.exmoor-rotary.org.uk

Blithe Spirit—Save the Dates!



Noël Coward's classic 1930s comedy Blithe Spirit is coming to Dulverton Town Hall from Wednesday 6 to Saturday 9 November.

The town hall stage is currently being transformed into an elegant 1930s drawing, and a talented group of actors recruited, with twice-weekly rehearsals already under way.

To quote Noël Coward, 'Blithe Spirit is an improbable farce.' You have a man with two wives, one dead and the other very much alive, and an eccentric medium and clairvoyant, who unwittingly summons the ghost of the dead wife. And the dead wife is invisible to everyone—except her husband. The result is a classic comedy.

Tickets will be available in The Thrift Shop in Dulverton and online www.bookwhen.com/dulvertonplayers



and England.

7th October - Art Behind Bars: The Role of the Arts in Breaking the Cycle of Crime, Prison and Reoffending

A thought-provoking talk: Angela will offer a deeper understanding of the minds, lives and challenges of offenders.

Angela Findlay - Angela is a professional artist, writer and freelance lecturer, with a long career of teaching art in prisons in Germany

4th November - Donatello: Renaissance Genius

Donatello is one of the artistic giants of the Renaissance and has been called the greatest sculptor of all time. This lecture explores his outstandingly original and inventive style and versatility.

Paula Nuttall - Paula, a specialist in both Italian and Northern European arts, has published many books, notably, *From Flanders to Florence:*

the Impact of Netherlandish Painting 1400-1500, and has collaborated on major exhibitions, including Jan van Eyck: An Optical Revolution in 2020.

2nd December - Shepard's Christmas

E H Shepard loved Christmas and this lecture describes much of the magic and joy of this wonderful season, featuring iconic images of Winnie-the-Pooh and Piglet. Many images have not been published for over sixty years. James Campbell - has a BA in History and an MA in History of Art and a particular interest in the work of the artist, illustrator and cartoonist, E H Shepard 1879 - 1976

6th January - The Opera Singer Phenomenon: how do they make that noise?

This strange noise that opera singers make, is it really necessary? And if so, how do they make it? An exploration of the origins and development of the opera singer, with an explanation of why and how the extraordinary noise that they make has come about, using sound, video, live demonstration and anecdote. We will also look at some of the other challenges facing the singer in performance.

Tim Mirfin - Tim is an opera singer who has

performed in all major European countries, Russia, The United States, Australia and the Middle East.

3rd February - Indians, Buffalo and Storms: The American West in 19th Century Art

This lecture uses art of the 19th century to tell the story of the westward expansion of the United States, from the first explorations and contacts with native Americans to the near extermination of the buffalo. Artists were never far behind the explorers who opened up the west of America. They have left us a powerful, if romanticised, record of the country and people that the settlers found. This is a story on a big scale, and it seems appropriate that among the pictures illustrating the lecture are some of the largest and most grandiloquent paintings of the era. After a period of neglect, they are now very much back in vogue. They certainly do, at least, tell a story.

Toby Faber- is an experienced lecturer and public speaker who returns to us again. Toby's varied career includes five years as managing director of Faber & Faber, where he remains on the board, and writing three narrative histories, including one on Fabergé's eggs.

3rd March - Jean, Duc de Berry: Patron and Connoisseur

Jean, Duc de Berry, born in 1360 and a younger brother of Charles V, Valois King of France, was one of the foremost patrons of the late Middle Ages. He commissioned priceless manuscripts, reliquaries, altarpieces and jewellery. Some items survive from his collections and these will provide the starting point for an exploration of Jean's patronage of the foremost illuminators of his day, such as the Limbourg brothers.

Sally Dormer - is a lecturer and tutor for the Early Medieval year course at the Victoria and Albert Museum. She is also Dean of European Studies for two universities in the United States, and is a freelance lecturer on cruises and study

tours and for groups.

For full details, contact: exmoor@theartssociety.org

All lectures will take place at The Brushford Parish Hall at 2.30pm.

Four on the Moor art exhibition in Dulverton

Four on the Moor are Alison Morrissey, Jeremy Newsum, Laura Pitman and Rose Pitman









21st September to 6th October at the Dulverton Heritage Centre Gallery, Fore Street, Dulverton



2024

21 September to 6 October



Dulverton Town Hall

Friday 6 September

AND THEN COME THE NIGHTJARS (Cert 15)

Director: Paul Robinson 81 mins

Adapted for the screen from Bea Roberts' multi-award-winning stage play, *And Then Come the Nightjars* tells the story of a heartwarming yet poignant friendship between a Devon farmer and the vet who is assigned to cull his precious herd during the foot and mouth crisis.

Friday 20 September

BACK TO BLACK (Cert 15)

Director: Sam Taylor-Johnson 122 mins

The extraordinary story of Amy Winehouse's early rise to fame and the making of her groundbreaking album, *Back to Black*. Told from Amy's perspective and inspired by her deeply personal lyrics, the film follows the remarkable woman behind the phenomenon and the tumultuous relationship at the centre of one of the most legendary albums of all time.

Friday 4 October

THE LESSON (Cert 15)

Director: Alice Troughton 103 mins

Liam (Daryl McCormack), an aspiring and ambitious young writer, eagerly accepts a tutoring position at the family estate of his idol, renowned author J.M. Sinclair (Academy Award nominee, Richard E. Grant). But soon, Liam realizes that he is ensnared in a web of family secrets, resentment, and retribution. Sinclair, his wife, Hélène (Academy Award nominee Julie Delpy), and their son, Bertie (Stephen McMillan), all guard a dark past, one that threatens Liam's future as well as their own. As the lines between master and protégé blur, class, ambition, and betrayal become a dangerous combination in this taut noir thriller.

Friday 18 October

ALL OF US STRANGERS (Cert 15)

Director: Andrew Haigh

One night in his near-empty tower block in contemporary London, Adam (Andrew Scott) has a chance encounter with a mysterious neighbour, Harry (Paul Mescal), which punctures the rhythm of his everyday life. As a relationship develops between them, Adam is preoccupied with memories of the past and finds himself drawn back to the suburban town where he grew up, and the childhood home where his parents (Claire Foy and Jamie Bell), appear to be living, just as they were on the day they died, 30 years before.

Tickets: Dulverton Films members £3, non-members £5, students, accompanied by an adult, £2.50. Book in advance at Dulverton Town Hall's Thrift Shop, open 10.30am to 2.30pm, Monday to Saturday, or email janaross2003@yahoo.co.uk Bar open from 7pm. Films start at 7.30pm



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No One Is Listening...

A new spine-tingling, one-man touring show about ghosts, memory Loss, and feeling the fear opens at Wiveliscombe Town Hall on 6 and 7 September. Written and performed by Vic Llewellyn, *No One Is Listening (a ghost story)* is directed by Emma Williams and is touring locally after its Wiveliscombe premiere, with a national tour planned for autumn 2025.

When a (not so) famous actor, Malcolm Aldcroft, adapts the renowned ghost story, *Canon Alberic's Scrapbook* by MR James, his aim is to cause audience spines to tingle, and their hackles rise. He tells a tale of a haunting so terrifying that we will question what is real and what is fiction. Malcolm guarantees a monster will materialise if the fear level of the room rises. With the aid of his Fear-O-Meter, music, and puppetry, he explores the things we fear the most. In this thrilling venture into the unknown, master storyteller, Vic Llewellyn, takes us on a joyful, funny, and heartbreaking ride through the landscape of forgetfulness, ghosts and lost memories.

Performances, which are suitable for 14+ audiences, start at 7.30pm, running time is 75 minutes.

An accompanying 10-minute podcast that explores, ghosts, memory loss and feeling the fear launched on 26 July and runs for six weeks, with new episodes released every Friday. They are available at www.vicllewellyn and broadcast live on 10 Radio.org 105.3 FM (please see 10 Radio website for times). They will also be available on Spotify and Mix Cloud.

Vic Llewellyn has been a Wiveliscombe resident for nearly five years and wants to make world-class theatre here in the heart

of Somerset. No One Is Listening (a ghost story) is his third self-produced show. Vic has been making theatre for over 30 years, with international and national companies, such as English National Opera, New York's Metropolitan Opera, the Kirk Douglas Theatre, Los Angeles, Improbable Theatre, Tim Crouch, Bristol Old Vic, Little Bulb Theatre Company, and Shakespeare at the Tobacco Factory. He has also performed at the Edinburgh International Festival, and at festivals around the world.

Rehearsals are now under way at Wiveliscombe Town Hall, which has gradually been opening the hall to public performance and community use. This is the first time in its long history that a piece of theatre has been rehearsed and made there. The Town Hall Trust envisages this as the hall's start of life as a community arts space.

For details and ticket booking, visit: www.vicllewellyn.co.uk





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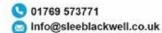
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September, 6th & 7th, 11 am to 4 pm at Bampton Heritage & Visitor Centre, Station Road, Bampton, Devon





This September is the Mid Devon Walking Festival and Bampton Heritage & Visitor Centre will be taking part in it.

Bampton Heritage & Visitor Centre has several guided walks of varying lengths as part of the Walking Festival. These are on the following dates:

- Sunday, 15th Let's Get walking 5.75km/3.5 miles*
- Wednesday, 18th Two Town Trails, 10 am and 2 pm
- Sunday 22nd Bampton to Huntsham 13.5km/8.5 miles
- Friday 27th Exe Valley Way to Coldharbour 7km/4.5
- Sunday 29th Bampton to Dipford 0.25km/6.25 miles*
 Distances are approximate. Walks may include some rough ground and stiles.

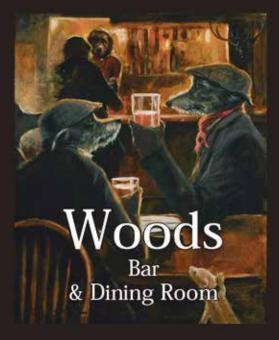
Sorry no dogs.

Our walks are FREE, although we do appreciate donations towards the running of Bampton Heritage & Visitor Centre.

For more information and to book your place(s) email bhycovers@gmail.com with the number of places required, the names of the walkers and a mobile contact number. Places are limited so booking is essential. Of course, there are plenty of fantastic cafes and restaurants in Bampton to try when you have finished your walk too!

To discover more about these and other walks go to the Visit Mid Devon website - www.visitmiddevon.co.uk/walking-festival





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The Exmoor Flag's Tale

Back in 2014, two couples were enjoying a convivial dinner in the kitchen of a Brushford hotel. The conversation was lively and, at one point, turned to flags and the thought that, perhaps, Exmoor could have its own flag. After all, despite Exmoor's rich and varied landscapes and deep-rooted communities, it lacked a unique emblem that could unite people in expressing the pride they felt for the area. The two couples were the hotel's owners, Julie and Ed Christian, and their local friends, Ceri and Tony Keene. It is fair to say that, at this point, none of them anticipated that, on 29 October 2024, the official Exmoor Flag would be celebrating its tenth anniversary.

Dinner table conversations are often forgotten but the idea of an Exmoor flag took hold. Ceri had grown up in Zambia, the daughter of a government minister. From a young age, she was travelling widely, and found she had an interest in countries and their flags. This stood her in good stead when she joined BBC News and Current Affairs as a graphic designer, eventually winning a BAFTA for her work. Tony, a freelance film and TV cameraman, was born on a farm and brought up in Tiverton. His early years were spent exploring Exmoor, with parents who were madly keen natural historians and who, consequently, became the main photographers for the Exmoor Society throughout the 1980s. Ceri and Tony moved to Brushford in 2000.

Julie and Ed had moved to Exmoor from Surbiton in 2002, having decided on career and location changes, not least because they wanted to make the most of family time with their young daughters, Annabelle and Bea. Julie had been an advertising executive and Ed had spent 20 years as a banker; now they were looking for opportunities in the hospitality industry. A former residential home with grounds in Brushford proved ideal; they bought it and Three Acres Country House hotel opened for business in April 2003.

Creating a flag from scratch is a serious business, so Julie, Ed, Ceri and Tony set up the Exmoor Flag Project (EFP)—to organise a free, open competition to design and select a winning flag. They financed the EFP themselves, and received a small grant from Exmoor National Park. The team were fortunate, from the outset, to have the support of Robin Ashburner*, vexillologist extraordinaire and former president of the Flag Institute, who was equally passionate about his adopted home of Exmoor.

Launched in June 2014 at Dulverton Middle School, the competition was widely promoted across Exmoor and beyond; it

even featured on the late Steve Wright's much-loved BBC Radio Two programme.

'We had a very limited budget,' says Julie, 'and an overwhelming response! There was a lot of legwork; Ceri, Robin and I did presentations to schools right across Exmoor.'

'If we'd known just how much work would be involved,' says Ceri, 'we might never have started! That said, there are absolutely no regrets about taking it on.'

In total, 261 entries landed, not just from Exmoor and the UK, but from around the world, with entrants as young as two and the eldest in their nineties. As well as the EFP team and Robin Ashburner, the shortlist judging panel included representatives from the Exmoor Society, Exmoor National Park and Exmoor Magazine, as well as Robin Ashburner, all overseen by Philip Tibbetts, Communities Vexillologist at the Flag Institute. Their final choice of five entries then went to a public vote and Jenny Stevens, who first visited Exmoor when she was 14, was the eventual winner. Her design, she explained, '...tells a story of Exmoor's varied terrain—sea meets river, meets cliff path, meets moorland, meets forest, meets wildlife.'

Jenny's entry needed some fine-tuning, in terms of size and scale, and to meet all relevant Flag Institute rules. Tony Keene designed the final version of the iconic stag and a star was added to reflect Exmoor's designation as Europe's first International Dark Skies Reserve. Its completion was celebrated with a launch event at West Somerset Railway Station in Minehead, where a steam locomotive arrived festooned with the new flag. Exmoor businesses and makers provided generous prizes for the winner and finalists.

Since then, the flag has flown at locations and events across Exmoor but can also be spotted around the world, even as far afield as the Pitcairn Islands—thanks to the Christian surname connection! This year's Karmann Ghia UK car rally took place on Exmoor; the cars are a design classic in their own right and each one sported an Exmoor Flag for the duration. Even four-legged friends get in on the act....Digger, a 20-year-old rescue Patterdale terrier belonging to Exmoor Society archivist, Lisa Eden, is often out and about in his 'chariot', decked with Exmoor Flag bunting.

You can buy the flag—there are various types—from outlets such as The Tantivy in Dulverton, Withypool Village Shop and

Lynton Visitor Centre, and online from exmoorflag.co.uk The merchandise range includes bunting, postcards, lapel pins, iron-on patches, mugs, car bumper and window stickers, and umbrellas.

Since the Exmoor Flag made its debut, things have moved on for the team behind the EFP. Julie and Ed sold Three Acres in 2019 and moved to Wiveliscombe; Ed runs the Exmoor Flag website and online shop, liaises with retail outlets, and handles deliveries. Julie went on to work as a census officer in 2021, and is now registered with Wivey Cares, supporting local people who need help, such as respite care.

In 2016, Ceri became a joint editor of *Exmoor News*, along with Claire Savill, with whom she also set up the magazine's publishing wing. Tony remains an enthusiastic photographer but now has more time to pursue his lifelong love of art. (Look out on social media for Tony's paintings of Exmoor churches and other local landmarks.) He also runs art classes in Brushford: his life drawing classes started last year, followed by portrait classes this August.

Philip Tibbetts, who lives in Lockerbie, is now recognised as Scotland's official flags expert and, in 2021, was appointed March Pursuivant Extraordinary to the Court of Lord Lyon, which regulates Scotland's heraldry. In September 2022, he was one of the main flag-bearers at the late Queen's state funeral procession.

Two unforgettable figures associated with the Exmoor Flag's tale are, sadly, no longer with us: competition judge, Johnny Kingdom, and Robin Ashburner.

For those who were involved from the start, the Exmoor Flag has always been about legacy. As Tony says: 'It's instantly recognisable and gives people a permanent connection to a place they love.'

Ed stresses the flag's unifying nature: 'Flags can often be divisive but the Exmoor Flag has always been about bringing people together.'

*Read our interview with Robin Ashburner in the May-June 2022 edition of *Exmoor News* at: www. exmoornews.co.uk/may-june-2022/

To find out more about the Exmoor Flag, visit: www.exmoorflag.co.uk

Diane Trembath

The Exmoor Flag Project team (left to right): Tony and Ceri Keene, Julie and Ed Christian.





Jenny Stevens, with her winning design, and the flag-decked, West Somerset Railway steam Jocomotive

Digger in his 'chariot', sporting Exmoor Flag bunting.



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From the Office of the Police and Crime Commissioner

Your Voice Matters: PCC Clare Moody launches public consultation on policing priorities

Avon and Somerset's Police and Crime Commissioner (PCC), Clare Moody, is reaching out to residents across the region to help shape the future of local policing. As part of an ongoing commitment to engage with the community, the PCC is hosting public forums across Avon and Somerset. These forums, running from 15 August to 20 October 2024, are crucial for ensuring the Police and Crime Plan

reflects the needs of local people.

One of the core responsibilities of the Police and Crime Commissioner is to create a Police and Crime Plan, a strategic blueprint that guides the direction of policing across Avon and Somerset. This plan sets the priorities for Avon and Somerset Police but also underpins how the Chief Constable will be held responsible, how resources will be allocated, and how the Police and Crime Commissioner ensures that the police service maintains its legitimacy in the eyes of the public.

Drawing from experiences on the campaign trail, Clare Moody has identified key areas of focus for the plan. These priorities are based on the pressing issues faced by the Avon and Somerset Police, as well as the concerns voiced by residents. The PCC is now asking the public to weigh in on her proposals and to offer their perspectives on how the police, communities, and partners can collaborate to meet these goals.

The forums are designed to be inclusive and accessible, inviting anyone with an interest in local policing to attend. They provide a valuable opportunity for residents to influence how policing is delivered in their areas, share insights on what would work best for their communities, and learn more about the consultation on council tax and police funding.

For those unable to attend in person, an online survey will be available, allowing for broad participation.

The launch of this public consultation is on 12 August. For more information about the forums and to take part in the consultation, visit the Police and Crime Plan 2024—2029 page on the Avon and Somerset PCC's website:

www.avonandsomerset-pcc.gov.uk/about/police-crime-plan24-29/











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Exmoor's Excellent Rights of Way Record

According to recent surveys, 93 per cent of Exmoor National Park's public rights of way are reported as 'open and easy to use'. The surveys, which are carried out by volunteers following nationally agreed criteria, showed that for, the 10th year in a row, Exmoor National Park Authority's (ENPA) Rights of Way and Public Access team have either met or exceeded a 90 per cent score.

ENPA's Access and Recreation Manager, Dan Barnett, said: 'This is a great effort by our team. Our Rangers and Field Services Team have been working hard to uphold our high rating and the result shows this, despite challenges faced in the last few years. We know things aren't all perfect, and keeping up with vegetation cutting this year has been especially difficult, but we are working hard to find new ways of doing things and keeping standards high.



Exmoor National Park Rangers

'We are also very grateful to our fantastic volunteers, who help us to survey the paths, report back any issues and help out in practical ways too. Our rights of way network is one of the special features of Exmoor and is key to unlocking the immense potential for outdoor recreation within the National Park. Along with our Access Land and permitted access, it offers unrivalled access on foot, horseback or bicycle for everyone to enjoy.'

The public rights of way network is managed and maintained by ENPA, which has delegated powers from Devon and Somerset County Councils. This means that ENPA carries out most maintenance duties, signing and surface repairs.

ENPA's Field Services Team, who look after 1000km of public paths and bridleways across Exmoor, also make gates, stiles and iconic signposts locally, from wood grown and processed at Exford depot at its own tree nursery and local timber operation.

In ENPA's 70th anniversary year there have been some other notable improvements to the Exmoor public rights of way network including:

 Enhancements to six popular Devon and Somerset sections along 36 miles of Exmoor South West Coast Path as part of the King Charles III England Coast Path.

Walkers can now enjoy revived ancient paths and more scenic views, following the coastline more closely between Minehead and Combe Martin, at spots such as Hurlstone Point, Cobbler's Park, North Hill and Glenthorne.

The construction of Great Bradley Bridge

Due for completion by October 2024 in time for Exmoor Day and ENPA's official birthday, the Great Bradley Bridge crossing the River Barle will provide a secure, sustainable route along the Two Moors Way, between Tarr Steps and Withypool. It will also offer better protection to local wildlife and a boost to local tourism.

Find out more about the Great Bradley Bridge project at: www.exmoor-nationalpark.gov.uk/caremoor-for-exmoor/current-appeals/great-bradley-appeal For advice and information on the huge range of walks to enjoy on Exmoor, go to: www.exmoor-nationalpark.gov.uk/exmoor-for-everyone/walking

Accessibility Improvements

Using special Access for All funding from DEFRA, we are completing a variety of improvements to help people with a disability get the most from our public path network, including better information and improvements to surfaces and gates in some locations.



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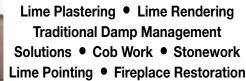












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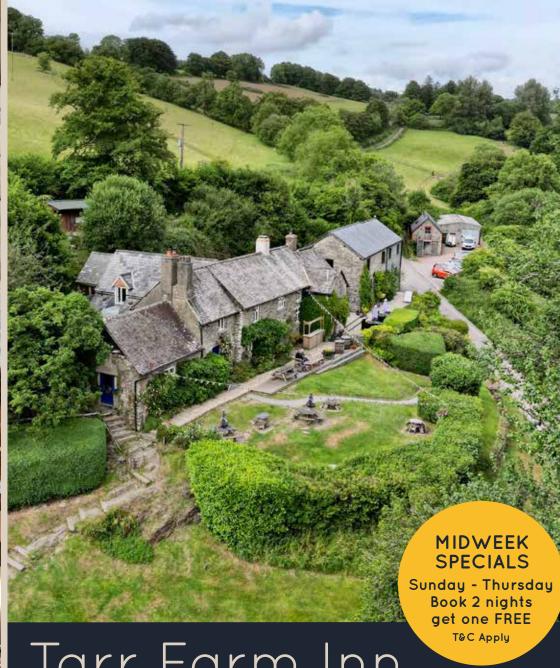
Friday, 11th October, at 7pm in Bampton Heritage Centre, St Michael and All Angels Church, Bampton.

The talk will be followed by refreshments and a chance to speak to Mark Cottle. This event is FREE. although donations would be appreciated.



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National Park's Carbon Emissions Success

Exmoor National Park Authority's (ENPA) has announced a 50 per cent drop in its carbon emissions since a climate emergency was declared in 2019.

It's a timely achievement as ENPA joins with other UK National Parks, including the Lake District and Dartmoor, to become the first in the world to commit to the UN-backed Race to Zero initiative, driving action to halve carbon emissions within their landscapes by 2030. They are committed to becoming beacons for a sustainable future, using partnerships to help meet the UK's climate change targets, while supporting thriving rural communities.

A recent report published by Small World Consulting, led by world-leading carbon-foot-printing expert, Mike Berners-Lee, shows that changes to reach net zero can deliver a wide range of environmental, economic and social benefits including:

- increased recreational value in landscapes to offer new sustainable employment opportunities;
- increased inward investment to support sustainable liveli-

hoods for rural communities:

- increased biodiversity;
- increased resilience to the effects of flooding, heatwaves and droughts brought about by climate change;
- supporting healthier communities and better air quality.

ENPA is not only reducing emissions but helping to draw down excess carbon from the atmosphere, with numerous actions in answer to the climate crisis. From estate work to school activity days, there's been a switch to electric vehicles and tools, installation of EV charging points across the National Park and a move away from fossil fuels via solar panels, a wind turbine and a biomass boiler installation at its Pinkery outdoor education centre powered by wood grown on ENPA's estate.

Historic Exmoor House in Dulverton, ENPA's headquarters, is a listed building, which can create challenges when applying eco principles, but it now has secondary glazing to improve insulation and reduce energy consumption.

ENPA's Field Services Team, who look after 1000km of public paths and bridleways across Exmoor, also make gates, stiles and iconic signposts seen across Exmoor, from wood grown and processed in its own local tree nursery and timber operation.

Everything is sawn using electric tools boosted by solar panels. Any offcuts from the process go back into the biomass boiler to provide energy for the depot in Exford.

ENPA partnership working supports regenerative agriculture schemes, such as silvo-pasture, where livestock are grazed around trees to improve soil health and hedgerow planting to offer shade and browsing (extra fodder for livestock), leat creation to aid flood management, mobile chicken housing (helping fly control and to fertilise the ground naturally, reducing reliance on chemical methods), and 'field to fork' farm education events to restore lost biodiversity and soil nutrients and improve food security, along with a transition to more locally grown produce, helping to support local business but also halve emissions from food eaten in National Parks by 2050.

Meadow creation, as part of the Sowing the Seeds project, aims to revive and restore species-rich grassland across Exmoor. Orchard and temperate rainforest restoration and supporting sustainable travel are also part of the climate mitigation strategy. ENPA is a partner in the award-nominated Southwest Peatland Partnership, which is restoring carbon-storing peatlands across the region.

ENPA chairman, Andrea Davis, said: 'As a climate lead for Devon County Council, I am delighted at the dedication ENPA teams have shown in

this solid commitment to tackling climate change. We hope that, by demonstrating the great work we've done and already halving our own emissions through the numerous projects happening across Exmoor, we can now encourage other organisations to think about how they can reduce their carbon emissions and the impact of climate change.'

Find out more about how ENPA is

working in partnership to tackle climate change and towards a more nature-rich Exmoor at:

www.exmoor-nationalpark.gov.uk/nature-and-landscape/nature-recovery/how-we-are-doing-more-for-nature/sowing-the-seeds



Tree planting at ENPA staff and volunteer event - Kings Wood.



Rachel from the Field Services team making gate posts.



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Carers service wins **NHS England award**

A specialist team that helps carers of people with mental health conditions has of people who are known to community team, dementia services, child and they support. adolescent mental health services (CAMHS), or mental health inpatient wards.

many dedicated and selfless people who mental health. Sometimes, though, it is health medications. the carers who need support.

Initially set up as a trial, the award-winning carers education course is a partnership between the trust's carers assessment individually. service, the Somerset Recovery College, and St Mungo's—a charity working with homeless people.

Somerset team creating an additional two and mental health pharmacist.

Somerset FT's deputy manager for the service, Samantha Pike, explains why carers education project:

'Over the last few years, we've had many

requests from carers for support and education on the needs of mental health carers. Much of this was in response to the World Health Organisation's report on health literacy, which highlighted the need for individuals and communities to be able to access, understand, appraise and use information and services to make decisions about health.

'The aim of our course was to create a won an NHS award for its vital education supportive environment for people caring course. The carers assessment service, for those with a mental health condition run by Somerset NHS Foundation Trust using self-management education. We (FT), provides support to unpaid carers wanted to help them to develop the skills needed to effectively manage their own mental health teams, home treatment health as carers, and that of the people

'The sessions included understanding mental health conditions, supporting people with mental health challenges to Across Somerset, there's a large team of make changes, conflict and crisis, dealing with emotional distress and a relaxation care and support their loved ones with session, as well as understanding mental

> Participants were encouraged to talk with each other about the information being shared and how this was relevant to them

'Those who took part gave incredible feedback, rating it 5 out of 5...and, since then, participants have formed their The first four sessions were developed own peer support group that we help to by carers, for carers, led by NHS teams in facilitate, and our chief executive, Peter Bath and North East Somerset, with the Lewis, has attended to hear about the challenges they face. They continue to sessions, run by a clinical psychologist support each other and have opened a line of communication with professionals involved in the care of their loved ones.

'Due to the success and feedback, the the team chose to get involved with the course has run three more times, with recommendations from the participants helping to develop the course each time. The improvements have included the need

for more interaction when dealing with distress, practical scenarios, and a focus on different mental health conditions.

'The course has been integral in developing mental health carers' resilience in dealing with their own mental health. as well as a better understanding of those that they support. It has given them confidence to understand care pathways and their rights as carers to be involved and included in their loved one's care. Increasing carers' confidence improves their mental wellbeing, as well as their ability to reach out to the professionals supporting their loved ones, ensuring prompt support and prevention of longer term issues."

The trust's carers assessment service also runs a series of carers' support groups, one-to-one support, and colleagues also provide a listening ear for carers, as well as signposting support such as food banks or other wellbeing services.

'The main part of what we offer is the assessment and conversation we have with the carer, where we aim to understand their needs, so we can best support them to keep looking after their loved one,' says Samantha. 'Carers are an unrecognised part of society and every thing we can do to address that is really important for them as well.'



Colleagues from Somerset NHS Foundation Trust's carers assessment service.



Riding club goes pink for charity



West Somerset Riding Club is hosting a charity 'pink' dressage competition on 15 September at Roborough Gate near Brompton Regis, open to all. With all profits going to Cancer Research UK, the club is using this event to highlight that it is bouncing back after a few years of declining membership. Within the last year, riding membership has doubled and the club is again able to offer a wide range of training, competitions and social events to the local equestrian community.

'Our committee is looking forward to hosting this fun, pink-themed dressage party to celebrate the resurgence of our club,' says club chairman, Jess Ware. 'We intend to offer a friendly and supportive competition, where the emphasis is on enjoying our wonderful equine friends among like-minded people, while raising funds for a worthy cause. We are very grateful to everyone who has given us their support by joining this year, and to the class sponsors and those who have already donated raffle prizes.'

Offers of raffle prizes are still welcome.

The club is affiliated to British Riding Clubs—part of The British Horse Society. Membership provides additional benefits and opportunities from insurance cover to Regional and National competitions at all levels. The tagline is: Ride Together. Train Together. Compete Together. Have Fun Together. And that is exactly what West Somerset Riding Club intends to do!

Full details are on the club's Facebook page, or contact secwsrc23@gmail.com



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Thursday 26th Hartland Abbey £33.50pp includes entry

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Tuesday 1st Snowhill National Trust £36.30pp Non-Members/ £23.00pp Members Thursday 3rd Brecon Mountain Railway £37.60pp includes entry Wednesday 9th Tavistock Goose Fair £22.00pp coach only

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Simon Tickner

Adult care in the community

Hello Bampton - I'm interested in chatting to someone in your community about how easy it is to find adult care and support locally in and around your village /area. Not just 'traditional' types of care at home but other types as well - support to get out, company at home, help with tasks around the house etc.

My role, in Devon, is to help set local people up as 'microproviders' - in other words help make sure those people are safe, legal, organised and charge fair prices. They can then offer reliable, trustworthy support (of all kinds) to others who need it their area. Often, but not exclusively, these may be older people or those with a disability of some kind.

My project is part-funded by Devon County Council but I work independently.

Happy to chat to anyone locally (local councillors / community organisations or others) who would like to discuss this.

My contact details are: simon.tickner@disabilityfocus.org 07984 989439 or have a browse of my Facebook page too.





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Somerset NHS Foundation Trust

People in our farming communities on Exmoor often work long hours, and are usually really busy attending to their lambs or calves, which means they don't always think about their own health.

Our Symphony Healthcare Services colleagues at Exmoor Medical Centre in Dulverton are helping farmers and other rural workers by providing personalised care to literally each and every one of their patients.

The centre set up an online booking service, so patients can let the medical centre know about their health concerns...and in turn they get a call back the next working day — at a time convenient to them, or even on the same day if it's urgent.

Dr Jenny Capps is one of the GPs at the medical centre and knows all too well

about the needs of the farming community — after all her husband is a farmer!





The way the practice is working caught the eye of a BBC Radio 4 journalist from flagship rural affairs programme, *Farming Today*, who paid a visit to the medical centre to hear first hand from Jenny.



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Hear more from Jenny about how colleagues at the medical centre really are breaking down barriers — visit:

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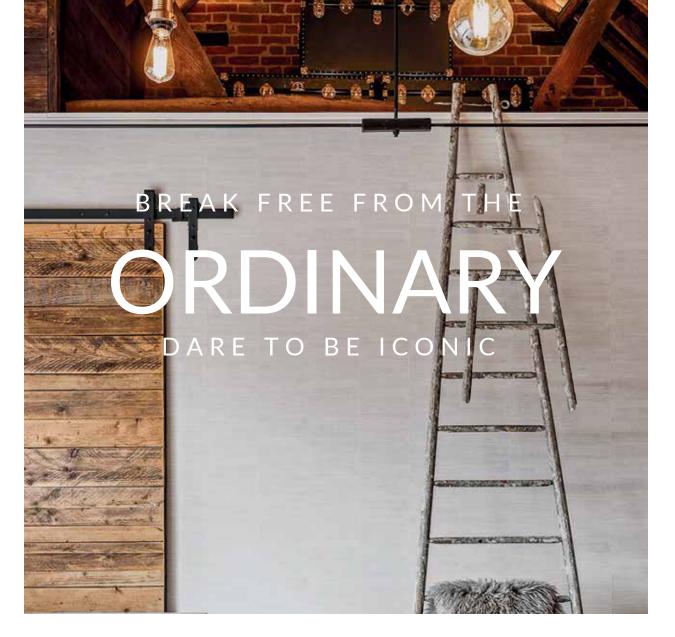
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Faith

It is in the gathering end of golden summer before the red harvest moon drops a pool of shadow upon sleeping cattle. It is in the gathering winds randomly rising over the moors, coaxing our last sun's warmth, and in the unforgotten bales that litter the fields like spring lambs, fallen quiet, beneath the foundering rays of a troubled sun.

Even though tepid summer is over - that stole our hearts with its washed-out warmth, that scarcely divided endless winter and brief spring from hopeless fragments of expectation, cruelly unfulfilled – it is in the gathering of an overburdened harvest, in the overgrown ripened grain, in ruined pollen, and overblown leaves.

It is in the joyous sounds that crash through the trees like angry hornets, fused with the promise of winter's whistling wind, plucking off the last, vain vestiges of summer, and in the scuffling air, ruffling the coarse dark hair of the mothering hind, her fawn springing fox-like beside her, both striking out in love across our open meadows.

It is in our gathering, in our growing, in our respecting and our love, that we keep faith with our land.

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Wiveliscombe Literary Festival

Wiveliscombe Literary Festival returns this September starting on Friday 6th, with Ally Kennan presenting a workshop, *Starting That Novel*. Ally is followed by medieval historian, Catherine Hanley, discussing *The King of England You've Never Heard Of*.

The remainder of the festival is on Saturday 7th, starting at 10am, with Judy Leigh, whose work focuses on the lives of older women. Justin Adams discusses his book *The Unexpected Mourner*, a heart-tugging story spanning three generations.

Michelle Werrett talks about her book, Sons of the Streams. The streams and rivers of Exmoor appear little changed since Claude Wade described them in his classic 1903 book, Exmoor Streams, yet the number of fish he and others reportedly caught are almost unbelievable today. In Song of the Streams, the author sets out to fish where Wade fished—casting the same flies on the same pools, comparing fishing the streams of Exmoor then and now.

Two local writers are taking part: Rod McRiven, author of *TickTock and Ovular Curios*, and Lionel Ward, author of *The Shakespeare Thief* and *Roman Holiday* (The Elliot Todd Mysteries.)

Ben Mears presents It's All a Mystery to Me and Steve Cole delivers a masterclass—Adventures in Storytelling.

Adam Garland, a brilliant local illustrator, author and musician is interviewing Gavin James Bower, on the bond and collaboration between author and illustrator.

An evening with William Sitwell concludes the festival at 6.30pm on Saturday. William will talk about his career and take questions from attendees.

Tickets are on sale from Wiveliscombe Library or at www.wiveylitfest.co.uk, which also has full programme details.

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Oakford's Remembrance Crafters

A group of crafters have been meeting weekly at St Peter's Church, Oakford, working on items for Remembrance displays planned for the church and village this November. The project is the brainchild of parish councillor, Julia Mayer, who was inspired by Remembrance craft displays that she had seen in Marlow, Buckinghamshire, last year.

Group members are happy to share their various craft skills or help people who want to learn how to knit or crochet. They have already knitted, crocheted and felted hundreds of traditional red poppies, white peace poppies, purple poppies—commemorating the role of animals in war—and figures, including a sailor, a WWI soldier and land girl. Other local crafters have contributed items made at home.

'Working together on a project like this is very satisfying,' said one of the crafters, 'not least in the year that marked the 80th anniversary of the D-Day landings.' When it comes to crafting, it's not hard to be inspired at St Peter's—the church has a superb collection of more than 120 intricate and colourful needlepoint kneelers, made over many years by parishioners.

Preparing for Remembrance at St Peter's Oakford.



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Exmoor National Park's 70 Special Sites for 70 years



Digital reconstruction drawing of Hawkcombe © Peter Lorimer

Exmoor National Park Authority (ENPA) is launching a new series of historic blogs to mark its 70th anniversary.

ENPA Historic Environment Record Officer, Dr Lucy Shipley, is highlighting 70 of Exmoor's special sites that help to tell the story of Exmoor.

The Exmoor Historic Environment Record (HER) keeps track of over 10,000 archaeological sites and historic buildings within the National Park boundary, recording their history, current condition and keeping abreast of new discoveries.

Lucy said: 'We were really excited to highlight 70 of Exmoor's special sites, some of which are very famous, while others are little known. They're all fascinating, however, and all help to tell the story of Exmoor.

'The question is: where do you start telling Exmoor's story through its sites? Well, for me, it's best to start at the very beginning with some of the oldest archaeology on Exmoor—the Mesolithic! It's a period of fairly ephemeral remains, usually dated to c9600 to 4000 BCE, reflecting hunter gatherers moving around the Exmoor landscape.'

History devotees can enjoy blog one on the Mesolithic era and blog two on Exmoor stone circles at:

www.exmoor-nationalpark.gov. uk/nature-and-landscape/historicenvironment/historic-environment-70sites-for-70

More blogs will follow as we lead up to Exmoor Day on 19 October and ENPA's official 70th birthday.

www.exmoor-nationalpark.gov.uk



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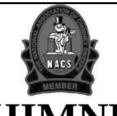




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The Therapist Collection: reflections from our clinic

Kate Pegram - Homeopath

I have been practising as a homeopath for over 20 years now and what I have learnt is that disease is often the result of a person feeling that they cannot be fully themselves or cannot let go of a past disagreeable experience or trauma. In our culture, we tend to separate the mind and emotions from the body, but they are absolutely connected.

A homeopathic remedy that I often use in my clinic is Natrum Muriaticum, which is common table salt. Once potentized into a remedy, the principle of 'like cures like' comes into play. On a physical level, they often suffer from issues around retention and elimination of fluids: possibly craving salt, being extremely thirsty, having an inability to perspire or to cry, and suffering consequent rashes or hives; terrible hammering headaches are common; they may have lost their sense of taste and smell, and can present symptoms such as cedemas and anaemia.

In the mental and emotional sphere, Natrum Muriaticum works on a wonderfully deep level—to soften grief, and a tendency to dwell on the past (remember Lots's wife), which often stems from family relations right back to childhood. A'stiff upper lip' attitude may have come about deliberately, or involuntarily because of the loss of a loved one on whom they used to depend. If you know a 'salt of the earth' type, this may ease their troubled heart. www.evolutionhomeopathy.com

Paul Tam - Hypnotherapist

Why should we get upset and angry, which leads to negative feelings? It's a natural response to situations or ideas that don't synchronise with our own learnt beliefs. If our response is debilitating, then serious therapy needs to be sought. We can, however, train ourselves to respond differently, and the key word here is 'response'. If we can't do anything reasonable about the situation that causes the reaction, let's think about how we can feel better about it. By accepting that the thing is what it is, we are one step closer to alleviating stress.

First, we need to defuse the feelings of anger, hurt or whatever the adverse reaction is, and we can do this by using one of the fundamental hypnosis/self-hypnosis techniques. Take a deep breath, as deep as you possibly can, and hold for about four seconds, then breathe out slowly through the mouth. Repeat. Feel yourself calming and relaxing. The technique can be used in any stressful situation, and it is very much aligned with mindfulness.

Then learn to accept the situation or point of view; for example, in the case of heated arguments, that's the way that person is. Accept this. They may never change, but you can, and you'll feel better for it. It takes practice, but it's worth the effort and is calming and satisfying.

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Beautiful Batik in Bampton

Local artist and teacher, Laura Grant, invited some of her students to collaborate in producing a new batik to hang in the Library and Resource Centre (LARC). The splendid result received its official unveiling on Wednesday 27 June.

The artists (left to right) are Gail Laurence, Sue Courtney, Penny Tobin, Alice Chapman and Jenny Mew, with Laura on the far left.

The subject of the batik is the beech lane at the top of the aptly named Windwhistle Lane, just outside Bampton. The batik is made using hot wax and a tool called a Tjanting, which makes a wax-resistant drawing, and then ink dyes are used to colour the fabric. The collaborative piece was worked on for a total of 12 hours and the skilful result is a colourful and inspiring image.

Laura's beautiful drawings and paintings are available to buy in No.4 Creatives in Brook Street, which stocks handmade, original creative objects. Why not pop into Bampton, admire the batik in the LARC, call in to No.4, and finish up with coffee and cake at one of our local eateries?

Andrea Corrie

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WCI Group Ltd celebrates 41 years

Wiveliscombe-based water and wastewater engineering business WCI celebrated its 41st birthday in July. Such a milestone provides a chance to reflect on four decades in business.

Opening the doors in 1983, WCI comprised a small team working as an Entec representative and drawing on years of oversees work in the Middle East. They began with a core offering, namely the installation of private wastewater systems but, as clients' needs changed, so did they.

Over the years, they have added new services, embraced technological advancements and broadened their expertise to cover potable water as well as 'dirty' water. Today, WCI is an integrated solutions provider offering a service team, asset audits, engineering services and consulting engineering, as well as a rapidly expanding Nutrient Neutrality division.

WCI has celebrated numerous achievements that reflect their growth and success and been recognised with industry awards for excellence in service and innovation. Employees have participated in professional development programmes, earning certifications and accolades that enhance their collective expertise.

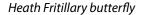
WCI has collaborated with charities, local community groups and lobbied on behalf of the wastewater sector. And it has also celebrated milestones such as the recent landmark agreement with Somerset Council to provide septic tank upgrades as phosphate credits.

Although so much has changed for the business, today WCI remains a trusted family-run business continuing to find ways to make a positive impact on our environment and society.

For all enquiries, please contact: enquiries@wci.co.uk or 01984 623404.

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Rare butterflies spotted on Exmoor

One of the rarest species of butterfly in the UK has been spotted at a new location in Exmoor National Park. Heath Fritillary butterflies have been seen on Exmoor National Park Authority (ENPA) land at Ashton Cleave about 8km west of Hawkcombe Woods.

ENPA has been engaged in a long-term project to restore oak coppice in Hawkcombe Wood National Nature Reserve near Porlock, to help the recovery of this nationally rare butterfly, also traditionally known as the 'Woodman's Follower' because of its habit of occupying recently coppiced areas. It has been breeding successfully in Hawkcombe for a few years.

The first butterfly this year was spotted by a holidaymaker in the area, who sent their findings to Butterfly Conservation, which works in partnership with ENPA.

ENPA Senior Woodland Officer, Graeme McVittie, said: 'Working with Butterfly Conservation has led to some exciting work in our woodlands, which will increase biodiversity and benefit rare species like the Heath Fritillary. Now is peak flight time for the Heath Fritillary, and it's a sign that the mass emergence and dispersal of these butterflies last year resulted in a successful breeding population beyond their established core in Hawkcombe. This bodes well for potential colonisation of other Exmoor National Park habitat historically occupied by this type of butterfly.'

The sightings follow a report of the species last year at Heddon Valley (midway between Lynton and Combe Martin), which was probably the first seen in North Devon for at least a couple of decades.



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If you missed this year's Big Butterfly Count, which ran from 12 July to 4 August, don't worry—you can take part next year! Just call in to any of the National Park Centres in Dulverton, Dunster and Lynmouth to pick up a free butterfly identification guide and become a citizen scientist, helping to record rare and interesting species of wildlife like the Heath Fritillary. Check individual centre opening hours at:

www.exmoor-nationalpark.gov.uk/ exmoor-for-everyone/national-parkcentres.

Find out more about the annual Big Butterfly Count at:

www.bigbutterflycount.butterflyconservation.org/

www.exmoor-nationalpark.gov.uk



We take a break in August and our monthly speaker meetings resume on Wednesday, 25 September.

We meet in Dulverton Town Hall on the last Wednesday of the month at 10:00 for 10:30 am, except during August, December and January. Talks last about one hour. Our annual subscription is a modest £10. Admission is free to members and, if you are new to us, free for your first visit.

25th September: Dr Phillip Bratby.

Dr Bratby is an energy consultant. In his talk last year, he reviewed the pros and cons of various forms of renewable energy. This time he takes a closer look at nuclear power.

30 October: Powers Ian Mawby.

Now retired, Ian and his wife, Pauline, were the owners of Pulhams Mill, Brompton Regis, for over forty years. Many will remember visiting the mill, whether for lunch, to sample the wonderful cakes, or to browse the shop. Ian reflects on the history of the mill and has published a fictional book based on it.



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Housing...

It's the fourth most common problem people come to us with. Let's take a look at the rental market for a moment. Are you looking to rent somewhere on your own or share with other people? Having decided that, do you want to rent directly from a landlord or via a letting agent?

Renting directly from a landlord may mean fewer fees, fewer references and maybe no need to undergo a credit check. However, if you go through an agent they can liaise on your behalf with the landlord over things like repairs.

Rental properties in today's market are not always easy to find. You can look online, look in local papers, visit local estate agents and ask family and friends to help. Don't ever, however, pay any money to anyone before you have seen the property and, ideally, take someone with you when you go to view.

Don't rent from an existing tenant, as you run the risk of subletting if the existing tenant doesn't have the right to rent to you, but they may be the person showing you around the property.

You need to be very clear about how much the rent is, when and how it is to be paid (eg four weekly or calendar monthly), which bills, if any, are included in the rent, how much the bills that aren't included amount to, how long the tenancy agreement is, whether there are options to renew, and whether there is a break clause in the event you wish to terminate the agreement early.

Sometimes a landlord will request a holding deposit while they carry out pre-tenancy checks. This shouldn't be more than a week's rent and should be returned to you at the start of the tenancy. You also need to be clear about the documents you have to produce when agreeing to rent the property, including evidence of your Right to Rent.

Tenancy deposits are commonplace, but you need to know how it will be protected. Are any items of furniture or appliances

included in the tenancy, and can you have pets? If you can see obvious problems, these need to be fixed before you move in.

Beware if a landlord refuses to rent to you because of race, religion or sexual orientation. A 'no kids policy' or refusing to rent to you because you receive benefits may class as discrimination. You don't need to disclose receipt of benefits to a landlord unless they specifically ask. Some may then require a guarantor, particularly if you have no renting history or if they feel you may have trouble paying the rent.

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Watch out if she tries that one; she'll get her leg stuck around her neck. There are some things in life, Honey, that are so

blindingly obvious—but if she raises that knee under her chin now, we'll have to bark for help.

'Don't panic, Buddy; it's an advanced move you're looking at. She's trying to copy the simpler pose on the opposite page.'

Why is she trying to tie herself into a knot anyway?

'I think she's got an itch, Buddy. When I want a scratch, I push my left shoulder into her bed base and walk along the side of the bed, turn and follow the bottom end and up the other side, keeping my shoulder in contact with the bed base at all times. I then turn around and push my other shoulder into the base and repeat the exercise until I'm back where I started. "And you leave tide marks round the bottom of the sofa too," she said.'

Try this, Honey, it's one of my favourites. Lie on the carpet. Now stretch your front legs forward, flat on the floor, as far as they will go. That's it. Stretch, stretch! Breathe in and raise your hips, keeping your tail firmly up so that the tip is pointing towards the ceiling. Now, using your back legs move slowly forwards, keeping your front legs stretched out on the floor, that's it. And exhale. It's a great chest scratch. I've also got a good one for the bottom.

'I've seen it several times, thank you, Buddy. Let's not go there. It's nearly 8 o'clock. Has she untangled herself yet?'

Yup, she's up again. Standing on one leg at the moment—bit wobbly—nearly five seconds. She seems pleased with that.

'Great, time for our walk then.'

Be grateful we're running on all fours, Honey. C'mon let's get going.

Reference: Light on Yoga: The Definitive Guide to Yoga Practice by BKS Iyengar.

Buddy Brown (pure Jack Russell, a roving reporter)

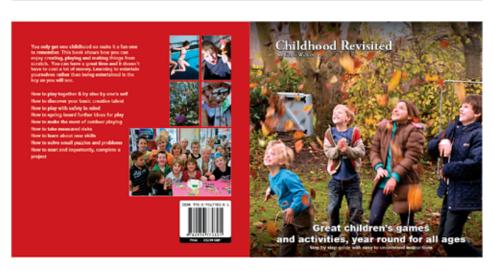
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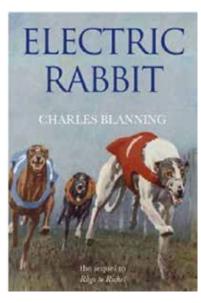




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Country Life described Charles Blanning's sporting novel, Rags To Riches, as 'a thrilling page-turner.' The author, who for ten seasons hunted with all the Exmoor packs, until a serious accident forced him to stop riding, has now written a fast-moving sequel, Electric Rabbit. Set in the mid-1920s, it features colourful Exmoor hunting scenes, set in country all too familiar to those who know and love the moor.

Suave American entrepreneur, Charles Alexander Munn II, brings a new idea in spectator sport to England—greyhound racing. But the vultures are gathering. The underworld senses a new opportunity. Protection rackets looting the bookmakers, and turf wars between rival gangs, stalk the new sport. Jack Howard, racehorse trainer and jockey, finds himself and his friends caught up in conspiracy and violence as greyhound racing prepares to stage its first gala occasion, the Greyhound Derby, in front of a crowd of 100,000 people.

Featuring horse racing, greyhound racing, hunting, coursing, and boxing, set in England and in Ireland, *Electric Rabbit* weaves a colourful and exciting tapestry of the sporting world of the 1920s. An ideal Christmas present for the country sports enthusiast.

Available at £15 (hardback) from the Exmoor Stores, Exford; Farmer's Den, Exford; Withypool Village Shop; and Rothwell & Dunworth, Dulverton, or direct from the author: text 07901 824556 or email: charles.blanning@btinternet.com for invoice.



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Exmoor National Park News



The Dark Skies Festival 2024

Friday 18 October to Sunday 3 November

This year's festival offers a huge range of events giving enthusiastic stargazers, wildlife watchers and families the chance to enjoy the Exmoor Dark Skies—Europe's first designated Dark Sky Reserve. The festival programme is packed with immersive Planetarium experiences, Dark Skies Yoga by Moonlight, a Family Astro Party, ranger-led Dark Skies Walk and talks, Gin and Stargazing evening, Space Detectives and Fireside Storytelling. There really is something for everyone. Full details are available on the Exmoor National Park website (see below). Some events require booking in advance.

Great Bradley Bridge

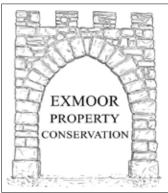
Exmoor Day (19 October) sees the official opening of Great Bradley Bridge. The bridge, across the River Barle, will provide a secure, sustainable route along the Two Moors Way between Tarr Steps and Withypool. At 28 metres long, it is made of recycled steel and locally sourced oak and has been built with support from generous donors to the appeal, as well as the British Mountaineering Council, the Graham Keene Foundation, and a local landowner. Some Exmoor enthusiasts have also bought donation plaques to be proudly displayed on the bridge when finished. The bridge will make an enormous difference to walkers and horse riders, enabling them to cross the river safely all year round, and joining up access to the bridleway networks for riders to enjoy. It will help to boost tourism in the region and support local businesses, but importantly it will also protect local wildlife. The bridge will help reduce erosion and reduce disturbance to important habitats full of local wildlife from Otter to Pied Flycatchers.

The 70 for 70 CareMoor appeal

Give anything from 70 pence to 70 pounds to help this landscape stay special for another 70 years and to fund the huge range of access, nature recovery and education projects happening on Exmoor. Or, if you're feeling energetic, join our 70 for 70 virtual walk. Clock up your steps and your fundraising either at home, in the gym, or out and about on Exmoor—enjoying the range of wonderful walks on offer this autumn.



For details of all events, go to: exmoor-nationalpark.gov.uk or follow the hashtag #exmoor70 on social media.



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Walks Programme

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

On our walks you can:

- Discover prehistoric sites
- Hear about figures from literature and the arts and see the landscapes that inspired them
- Explore the history of Exmoor settlements
- Learn about Exmoor's flora and fauna
- Spot wildlife (hopefully, but no guarantee)
- Explore a new route or re-visit a favourite one
- All the walks are set in stunning Exmoor landscapes. Do come along, learn something new and enjoy the company of a welcoming and knowledgeable guide.

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

Take a look at the walks here www.exmoorsociety.com/walks-programme

> Want to advertise with us? All rates and deadlines are available on our website www.exmoornews.co.uk











Dulverton Health Walks

The Dulverton Health Walks group meet each week on a Tuesday morning at 10am.

The walks are at various locations are not too long or difficult.

If you would like to join our very friendly group, please contact either:

Richard Clarke on 01398 341 141 or email: richardclarke567@ btinternet.com or Richard Archer on: 0777 3160 222 or email: archer8r@hotmail.com



The group at Hayne Farm, Upton.

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2 George Arcade, South Molton, EX36 3AB

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Travels from Dulverton: Chapter 11

We have been making the most of our campervan lately. After passing its MOT with flying colours and finding some affordable insurance, we are blissfully back on the road.

Returning to the North Devon coastline, we spent a windy night in Instow, as a very strong South Easterly swept in from the Atlantic; intermittent showers dampened the leg stinging sandy force 8 gales.

For dinner we treated ourselves to the most delicious fish and chips of our lives. The Royal Plaice fish and chip shop is situated in a side street, just off the promenade in Appledore. Traditionally cooked using beef dripping, its rich savoury smell wafted through the streets, gaining potency, the closer we got. Although an acquired smell, the flavour and crispiness of the fish and the chips surpassed any that we have tried in recent years.

The smell took us right back to the 1970s and the cosy carefree ambience of our grandparents' kitchens. A rich, rounded, fatty smell, reminiscent of leftover roast dinner and the lard that would eventually congeal into a solid spread—on hot toast loved by our appreciative ancestors, across the nation.

As a nation, we have been discouraged from using lard since the 1970s. Manufacturers of margarine and other scientifically improved man-made spreads would rather we spent our money with them, but recent research suggests animal fats are actually better for us. Of these fats, natural animal fats trump man-made cholesterol-free products anytime and are on a par with olive oil as a superfood, providing essential fats for our bodies and in particular our brains, that require fat to function; another reason to buy local and support our farmers and the rural economy.

It's the overnight parking that can sometimes be tricky.

For the most part, we have been very lucky, we have never been hassled or suffered the infamous 3:00am 'knock' and been told to move on. There are also various apps where people share details of parkable spots. National Trust membership is also a good option; park up during the day and enjoy the natural amenities, while supporting a great institution that boasts ownership of some of the country's most valuable and valued properties. The National Trust was actually formed on Exmoor. Dunkery Beacon commemorates this fact, the Acland family its first and largest benefactor.

One such National Trust location is Heddon Valley. Located within Exmoor National Park, the car park is located at Hunters Inn, a large Swiss-style lodge built in the 19th century. A great venue for weddings, it offers hotel, as well as self-catering accommodation, a large restaurant area, and is located at the start of the Heddon Valley walk to an isolated pebble beach—a great dog walk and pub lunch can be had here. There is a dedicated campsite but no campervanning, all the same you can spend a good day walking and exploring the craggy coastline. Apparently, during WW2, a German U-boat upended and the German servicemen were able to source fresh water and enjoy a bit of peace for a few days, as the beach was so sheltered and secluded. A freshwater stream trickles its way into the sea here, providing refreshment for dogs on hot days.

Often, after work, we will make the most of the summer evenings, enjoying a drive out. We are all so lucky to call this wonderful part of the Country home. Let's hope the rain eases off for the holidays:)

Mary Ford

THE LOCAL DIRECTORY

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LOCAL CHURCHES AND CHAPEL CONTACT NUMBERS		
All Saints Church, Dulverton: Revd Dowell Conning		
All Saints Dulverton, Parish Office: 1 Church Walk, Dulverton, TA22 9ER		
Dulverton Benefice/All Saints/Community choirs: Gary Cooper		
All Saints Church, Dulverton, Bell Tower: Anne Markwick		
Brushford: Revd Dowell Conning		
Exmoor Benefice: The Rev. David Weir, The Rectory, Exford, TA24 7LX		
Catholic Church: Priest: Father David.		
Dulverton Congregational Church: Chapel Street: Mr David Perry		
The Traditional Anglican Church: Loxbeare, Priest Reverend Aird		
Exmoor Benefice Choir: Mrs B. Staples		
St Peter's Church Oakford: Rev'd Stephanie Gordon-Jeffs	office@exevalleymissioncommunity.org	01884 250417
ARTS		
The Arts Society Exmoor: Peter Maggs (Chairman)	www.theartssocietyexmoor.org.uk	07875 501471
Draw Life Live: Tony Keene	www.drawlifelive.com	
Dulverton Art Group: Sec: Mrs G Rose, 2 Stable Mews, The Square, Witheridg	Je	01884 860495
Dulverton Camera Club: Sec: Peter Main, 4 Valley View, Morebath, Tiverton, 1		
Dulverton Players: Chair: Christopher Dubery		
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 T.	A22 9JN administrator@bridgetowncc.co.uk	
Brushford Short Mat Bowling: Sec: Sam Takle		01398 324147
Cutcombe Cricket: Sec: Peter Thompson		
Dulverton Angling Assn: c/o Pat Veale, 9 High St., Dulverton, TA22 9HB		
Dulverton Badminton Club: Sec Judy Smith		
	dulvertoncricketclub1858@gmail.com 07866 2567	
Dulverton Cricket Club, Colts: Mrs Christine Dubery		
•		

Dulverton & District Tennis Club:	www.dulver	tontennisclub.co.uk
Dulverton & Exmoor Squash Club: Membership Sec: Chris Winter	chriscwin@aol.com	07710 046107
Dulverton Jnr. F.C: Sec: Mrs Christine Dubery		
Dulverton Netball Club : Sec: Mrs Kate Atkins		
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		
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		
Moorland Hall Sports:	info@w	heddoncross.org.uk
Wimbleball Fly Fishers:	enquiries@fi	shingthewest.co.uk
PRE-SCHOOL GROUPS		
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Anstey Parent and Toddlers Group: Anstey Village Halll		
Bampton School Nursery: School Close, Bampton EX16 9NW		01398 331121
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Bampton CE Primary School: School Close, Bampton EX16 9NW		
Bampton School Nursery: School Close, Bampton EX16 9NW		01398 331121
Brompton Regis Toddlers: Mrs.E. Luxton	Email ovmoornowicalamail com	07766 703566
Cutcombe C of E First School: Wheddon Cross, TA24 7DZ		01643 841462
Dulverton Junior School: Barns Close West, TA22 9EE		
Dulverton Children's Centre: All Saints School, Fishers Mead TA22 9EN		
Dulverton Family and Toddlers Group:		
Dunkery Pre School at Cutcombe First School:		
East Anstey Primary School: East Anstey, Tiverton, Devon, EX16 9JP		
Exford CofE VC First School:		
Little Berries Pre School at Exford First School		
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WOMEN'S ORGANISATIONS		01200 241106
Anstey W.I.: Karen		
Bampton Ladies Group. Mrs. Diane Holland		
Bampton Patchwork and Quilting Group. Mrs. Diane Holland		
Oakford Moorland Ladies Club: Chair: Mrs. Louise Wilder		
YOUTH ORGANISATIONS AND ACTIVITIES	Toule.C@tiscall.co.uk	01390 3312//
Bampton Scouts/Cubs/Beaver748s: Tony Weiss		01208 221001
Dulverton & District Young People's Project: Chair: John Preston		
Dulverton Ballet: Mrs Wightmore, Flat 3, Easter House, St. Andrews St. Tiverton.		
Exmoor Community Youth Club: Organiser Laura Tasker, Fridays 6 – 8 pm		
OTHERS		
Abbeyfield House		01398 374136
Bampton Heritage and Visitor Centre (inside St Michael and All Angels Church, Bamp		
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Brushford Luncheon Club: Treasurer: Margaret Albery	
Care Direct for help and advice: www.somerset.gov.uk	
Cutcombe Flower & Produce Show: Tracy Beviss	
Cutcombe Horse Show &Gymkhana: Angela Edwards	
Dulverton Action Group: Magdalena Harding	
Dulverton & Southern Exmoor Twinning: Chair: Steve Ford, Dulverton	
Dulverton Bridge Club: Sec. Brian Hugheswww.Bridgewebs.com/dulverton	
Dulverton Ballroom Dance: Sec: Mrs Christine Dubery	
Dulverton Development Forum: Sec: Mrs J. Ross	
Dulverton Films: Jan Ross	
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Exmoor Community Bus: Ann Kelland,	07970 149123
Exmoor Community Bus Assn:	07925 044 262
Exmoor Friends (formerly Exmoor U3A): Andy Jeffries	01398 323462
Exmoor National Park Centre	
Exmoor Pony Centre: Ashwick, Dulverton, Somerset, TA22 9QE	
Exmoor Pony Society: Sec: Mrs Jay Gee, Little Ash Farm Cottage, Ash Lane, Withypool, TA24 7RR	
Exmoor Rotary Club: Humphrey Berridge (PRO), Station Hse, Luke St, Bampton	
Good Neighbours:	
Oakford Village Hall: Bookings: Mrs Dawn Williams dawnannwilliams @gmail.com	
Royal British Legion, Dulverton Branch: Brig Peter Maggs (Chairman) www.britishlegion.org.uk	
TA22 Voluntary Lift Scheme (formerly Brushford Voluntary Lifts): Chair: Bart Middleton	
Tiverton Model Aero Club: Sec: Mr. P Veale, 9 Higre flih St., Dulverton TA22 9HB	
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