



EXMOOR NEWS

May
June 2025

FREE

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EXMOOR NEWS

COVERING SOUTHERN EXMOOR



The deadline for the
July/Augus '25 issue of the
Exmoor News is

Thursday 5th June '25

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Cover image 2016:

Hound Racing

© TonyKeene

If it takes too long you're doing it wrong.
Paul Savill

Once you replace negative thoughts with positive ones, you'll start
having positive results.
Willie Nelson

Exmoor and Dartmoor are sacred, magical places. You find a truer side
of yourself there.
Dave Davies

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Best wishes, Ceri Keene and Claire Savill


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We take our responsibility to maintain high editorial standards seriously.

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

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EXMOOR FRIENDS

WIDENING HORIZONS

Our meetings are held in Dulverton Town Hall on the last Wednesday of the month at 10.00am coffee, for 10.30. (There is no meeting in August, December and January.) Talks last about one hour. All are welcome and admission is free for your first visit.

Wednesday 30 April

Gary Cooper—

Music can Change the World

'Music heals the wounds that medicine cannot touch.' Dr D. Mridha, physician & neurologist

An illustrated discussion on how music affects - and how it can alter - our bodies, environment & the world around us.

Wednesday 28 May

Claire Ashby—

Nursing with the RAF in Afghanistan

Claire's talk covers her time in Camp Bastion during the Afghan Conflict: the operating theatres and daily life.

Wednesday 25th June

Liz Musselwhite—

The History of Quilting

Liz is an enthusiastic sharer of her skills, teaching novice and experienced quilters, and exhibits her work nationally.

For further information please email: info@exmoorfriends.co.uk

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ANTICIPATE THE FUTURE TODAY



PLANT SALE

TOWN HALL, DULVERTON

SATURDAY 7TH JUNE

10.00am – 1.00pm

REFRESHMENTS WILL BE AVAILABLE

DULVERTON GARDENING CLUB

15th May

Colin Higgins

"Garden Ponds & Water
Features for Wildlife"

19th June

Steve Taylor

"Improve your memory by
gardening"

7.00 for 7.30pm at
Dulverton Town Hall

Secret Gardens of Dulverton

A Tour of Gardens
Sunday 22 June
10am to 4.30pm

Advance tickets:
Dulverton Post Office
Tantivy, Dulverton

On the day tickets and refreshments:
Dulverton Town Hall



visitdulverton.com
Supporting Moorland Food
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DULVERTON VINTAGE FILMS

Wed 14 May

THE GOOD LIE

*Reese Witherspoon, Arnold Oceng
& Ger Duany (2014)*

Wed 11 June

A ROOM WITH A VIEW

*Helena Bonham-Carter & Julian Sands
(1985)*

Film starts at 2.30 pm
at Fishers Mead Community Centre
£3 includes tea and biscuits

DULVERTON ACTION
GROUP

Litter-picking

(3rd Sunday)

Sunday 18 May
Sunday 15 June

10.30am
meet by the Heritage Centre

Everyone welcome!
~ and all kit supplied ~

For enquiries call Magdalena:
tel 01398 323785 or 07929 761958



BOEVEYS TEAROOM

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.

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Dates for your Diary

10th May 19:00 to 22:00
VE Day Celebration at our PopUp Bar
Dress up in period clothes optional

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

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

Updates and Details of all the Coming
Events & Clubs at

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

Volunteers urgently needed to help with bar nights and
other events if you have a little occasional time to spare.
Email :- andy@brushfordparishhall.org.uk

West Anstey Open Gardens

Sunday 8 June 12 noon-5pm

The Shippon — Pimm's and Prosecco

The Old Vicarage — Lakes and Vistas

Church House — New Opening

Higher Wychwood — Cream Teas and Raffle

Ticket £5 for all four gardens, in aid of St Petrock's Church Tower Project

The Shippon, The Old Vicarage & Church House-EX36 3PE
Higher Wychwood—EX36 3PF dogs welcome|Information: 07790 833078



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Bampton Hidden Gardens 2025

The annual Bampton Hidden Gardens event for 2025 is scheduled for 28-29 June. This event owes so much to the generosity and hard work of the garden owners, who kindly open their beautiful gardens for visitors to share. As in a number of Devon villages, many of these gardens are genuinely hidden, and the weekend offers the chance to explore and be delighted at what is behind the stone walls.

Across Bampton, and into the surrounding area, there is a wide range of garden sizes and styles. In 2024, 19 gardens were offered, 15 of them within walking distance of each other within the town. Visitors easily reach their 10,000 steps!

Hidden Gardens tickets cover both days, from 11am-5pm, affording visitors the opportunity to pace themselves, and even to stay locally if they are travelling from further afield. Within Bampton, a number of cafes are open for breakfast, lunch, afternoon tea, or just a much needed cuppa. Several shops also offer takeaway options to sit and eat in the sunshine (fingers crossed), on a bench while admiring the floral displays around the town. These are planted and maintained by the dedicated volunteers of Bampton in Bloom, who run the Hidden Gardens event.

We look forward to welcoming visitors old and new, from near and far, to what is always such a lovely weekend.

Knit-tastic!

Did you know that knitting offers a range of scientifically proven benefits, including stress relief and improved brain function and mental health? And you can take your knitting almost anywhere. Stars like Meryl Streep and Julia Roberts knit on set, and diving Olympian, Tom Daley, have made knitting poolside super cool.

If you're keen to learn, refresh your skills, or meet other knitters, come along to Dulverton Library's regular Knit and Natter group. They meet on the second and last Fridays of the month, 10.30-12.30, at 7-9 Fore Street.

The library also carries a wide range of knitting books.





Dulverton Town Hall

Friday 2nd May

THE TROUBLE WITH JESSICA (Cert 15)

Director: Matt Winn

89 mins

Successful professional London couple, Sarah (Shirley Henderson) and Tom (Alan Tudyk), are in deep financial trouble. Their situation takes a terrifying nosedive with the shocking behavior of their uninvited dinner guest, Jessica (Indira Varma). Faced with the moral dilemma of their lives, and dragging their best friends, Richard (Rufus Sewell) and Beth (Olivia Williams), with them, they make a series of choices that could be either their salvation or their destruction. A delightful comedy.

Friday 16 May

CONCLAVE (Cert 12A)

Directors: Edward Berger

120mins

Cardinal Lawrence (Ralph Fiennes) is tasked with running this covert process after the unexpected death of the beloved Pope. Once the Catholic Church's most powerful leaders have gathered from around the world and are locked together in the Vatican halls, Lawrence uncovers a trail of deep secrets left in the dead Pope's wake, secrets which could shake the foundations of the Church. A multi award-winning political thriller.

Friday 30 May

A REAL PAIN (Cert 15)

Director: Jesse Eisenberg

90mins

A Real Pain follows mismatched cousins, David (Jesse Eisenberg) and Benji (Kieran Culkin), as they reunite for a tour through Poland to honour their beloved grandmother, but their adventure takes a dark turn when the odd couple's old tensions resurface against the backdrop of their family history. Oscar-winning comedy drama.

Friday 13 June

A COMPLETE UNKNOWN (Cert 15)

Director: James Mangold

141mins

Set in the influential New York City music scene of the early 1960s, *A Complete Unknown* follows 19-year-old Minnesota musician Bob Dylan's meteoric rise as a folk singer to concert halls and the top of the charts, as his songs and his mystique become a worldwide sensation that culminates in his groundbreaking electric rock-and-roll performance at the Newport Folk Festival in 1965. The powerful true story behind the rise of one of the most iconic singer-songwriters in history.

Friday 27 June

SMALL THINGS LIKE THESE (Cert 12A)

Director: Tim Mielants

98 mins

In 1985, devoted father Bill Furlong discovers disturbing secrets kept by the local convent and uncovers shocking truths of his own. A poignant and understated drama that packs an emotional punch. Cillian Murphy delivers a masterful performance as a hardworking coal merchant grappling with a moral dilemma that threatens to shatter his comfortable existence. Visually stunning, with a quiet beauty that perfectly complements its introspective narrative.

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 10am to 1pm, Monday to Saturday, or email: janaross2003@yahoo.co.uk. Tickets may be available on the door. Bar open from 7pm. Films start at 7.30pm.

The tower captain's tale



John Phillips, tower captain at St Peter's, Oakford.

The sound of church bells ringing out on a Sunday morning, or to celebrate a coronation or wedding, or mark a funeral or the death of a sovereign, have long been associated with village life. But, as Oscar Hammerstein II observed, 'A bell's not a bell 'til you ring it...' and many churches now struggle to recruit new ringers. That is certainly not the case at St Peter's in Oakford, however, where tower captain, John Phillips, is proud to lead the team of ten enthusiastic ringers.

Unlike his predecessor, Bun Burrows, who rang at St Peter's for some 70 years from the age of fifteen, John came to bellringing relatively late in life. His wife, Patsy, encouraged him to have ago after the couple moved from the outskirts of Oakford to the heart of the village. John's local roots run deep; although born in 1944, in Poole, Dorset, where his father was an RAF mechanic during WWII, he has lived in the parish of Oakford, since 1946. He and Patsy, who also lived locally, met and married as teenagers and Oakford is where they raised their two sons.

Aged just 20, John went into pig farming on the family farm, overseeing its expansion in the 1970s. But by 1991 it was time for a change; he gave up farming to restore classic cars—mainly Morris Minors—putting the skills he had developed on the farm to good use. As he explained, 'A pig farmer has to be mechanically minded; I wasn't formally trained but was useful with my hands.' (John still owns and drives a Morris Minor...)

The couple moved into Chapel Cottage in the village in 2014 and Patsy decided to try her hand at bellringing. She enjoyed it and was sure that John would too. 'But,' says John, 'it was difficult at the start; St Peter's bells have a well-deserved reputation for being notoriously hard to ring!' He explained that this is because the church tower's current eight bells, which have been in place for 200 years, have no roller bearings and are mounted on solid steel shafts, some of which are oval rather than round.

The tower dates from the 15th century and its original bell (or bells) rang out across Oakford until 1549, when Edward VI's Lord Protector, Edward Seymour, Duke of Somerset, ordered the dismantling of Devon and Cornwall's church bells. The reign of staunchly Protestant Edward was short lived; when his Catholic half-sister, Mary, became queen, bells came back into favour—at a price. In 1553, she decreed that churches could have their bells back...but they would have to buy them. Oakford was a poor parish and could not afford to reclaim its bells; St Peter's became the only church in Devon with a silent tower. That changed in 1577, when William Hyllals Spurway donated £3 (the equivalent of just over £1,000 today) to buy a bell for the church. By 1760 there were five bells and, in 1825, James Parkin, the church's young rector—who would remain in situ for 57 years—presented St Peter's with a peal of eight bells, widely regarded as among the finest in Devon. Such a reversal of fortune.

In recent years, however, it became clear that the bells faced a precarious future. Their wooden framework was seriously dilapidated, despite substantial repairs a century

earlier, when the work included lowering the ringing platform by eight feet to floor level. The Parochial Church Council (PCC), of which John is a member, launched an ambitious appeal to pay for the complete restoration of the bells and a new steel framework. Without raising the necessary funds, the bells were at risk of falling silent—perhaps permanently.

Despite the challenges, John, by now tower captain, was determined to keep the bells ringing for as long as possible, while fundraising continued. And that meant keeping bellringer numbers up. While taking his duties, which include maintenance and health and safety, seriously, John has always believed that bellringing should be enjoyable and inclusive; some of the current ringers are in their thirties, the eldest in their eighties, and Monday evening practice is usually followed by a convivial visit to the village pub. They have recently welcomed Millie Hutter, who is just 12 and had rung at St Paul's, Tiverton. This March, Millie joined the Oakford bellringers at the thanksgiving service for the life of her much-loved grandmother, local farmer, Shirley Hutter, who had been one of St Peter's most dedicated ringers. It was the last time the bells were rung before restoration work began, a profoundly moving experience for Millie and her family, for John and the bellringers, and for everyone who attended.

'We are always happy to welcome anyone who is interested in joining us. You don't need to be a church member or even a believer,' says John. 'Apart from anything else, bellringing practice gives you a very good physical workout and it's fun!'

Meanwhile, the fundraising appeal has paid off. 'I'm so proud of what the village has achieved,' says John. 'The villagers have raised £50,000, almost half of the amount needed for restoration work, which is about to start.' The PCC awarded the contract to the Somerset-based foundry of Matthew Higby and Company—all the bellringers were involved in the decision-making process—and it is hoped that the electronically retuned bells and a new steel framework will be in place by October. A new ringing platform will be installed, in the original raised position. Villagers and regular visitors with keen ears will spot the difference; for example, when the retuned tenor bell is struck, the sound will carry for much longer.

'I wasn't taught so I feel very proud to be doing this...calling



Oakford's bellringers, including John (centre) and Patsy Phillips (second right).



The bells of St Peter's, before restoration.

the ring changes, which is quite challenging,' says, John. 'I feel even more honoured to have helped bring the bells back to life.'

As tower captain, John, along with village residents, has played a vital role in ensuring the future of Oakford's 500-year-old tradition; his dedication is now part of this hillside village's long history.

www.middevonparish.co.uk/oakford/parish-church/

Diane Trembath

Calling budding young actors

Are you aged 8-16? Are you free between 18 and 23 August? Would you like to act alongside professional actors in an outdoor performance of *A Midsummer Night's Dream*?

Fabula Arts and Sun & Moon Theatre are hosting a Shakespeare Summer School this August, and we are looking for young people. Both organisations share the belief that young people should engage with Shakespeare on their feet by performing his works, rather than reading them in a classroom. Our aims are to make Shakespeare engaging, to support you to produce high quality performance and to have fun. So, even if you've had bad experiences with Shakespeare in the past, our Summer School is for you. This will be an active week. You will take part in theatre workshops, meet new people, and develop acting skills—alongside learning lots about Shakespeare.

Summer School sessions run from 9.30am to 3.30pm on Monday 18 to Friday 22 August at South Molton Community College.

On Saturday 23 August, we move to Knackershole Garden Theatre, near Dulverton, where we will perform later that day.

Paid places at the Summer School cost between £99 and £249, depending on age, and we have two FREE places, courtesy of funding from Somerset Community Foundation.

To book a place, contact James: info@fabulaarts.co.uk www.fabulaarts.co.uk www.sunandmoontheatreuk.com



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	9.30am	Fitness Pilates
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	6pm	Kettlebells
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King's Award for Exmoor Young Voices

Exmoor Young Voices (EYV) is delighted to announce that it has received the King's Award for Voluntary Service, the highest recognition for voluntary groups in the UK. This prestigious honour celebrates our work supporting young people living and working on the moor, tackling challenges such as affordable housing and childcare.

We will officially receive the award from the Lord-Lieutenant of Somerset, Mr Mohammed Saddiq, at a special celebration this May in Dulverton. This will bring together our volunteers and supporters, to recognise the impact of EYV's work over the years.

As part of this achievement, EYV representatives have also been invited to attend a royal garden party at Buckingham Palace, where we will celebrate alongside other outstanding voluntary groups from across the country.

This award is a testament to the dedication of our volunteers and the strength of our local community. We look forward to continuing our work to ensure that young people's voices shape the future of Exmoor. To find out more about Exmoor Young Voices and get involved, visit: www.exmooryoungvoices.org



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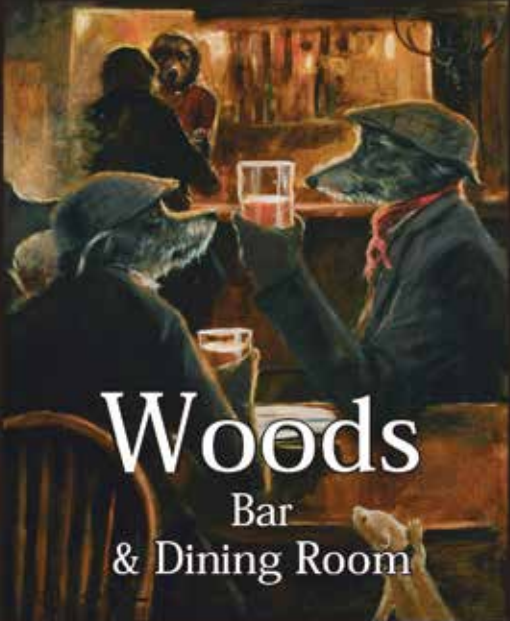


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Simonsbath Festival 2025

Here is a list of our events ~ we hope you can join us.

To book, see our website:

<https://www.simonsbathfestival.org.uk/>

OR

Contact Marian Lloyd on 07855 670360 or e-mail
tickets@simonsbathfestival.org.uk

DATE	EVENT	LOCATION	TIME
FRI 2ND MAY	TAMSIN WALEY-COHEN AND JAMES BAILLIEU	ALL SAINTS CHURCH DULVERTON	7.30 PM
WEDS 14TH MAY	SIR CHARLES SAUMEREZ SMITH	ST LUKES, SIMONSBATH	7.30 PM
SAT 17TH MAY	NICK HERBERT OF THE CLA	ST LUKES, SIMONSBATH	11.00 AM
SUN 18TH MAY	FESTIVAL CHURCH SERVICE	ST LUKES, SIMONSBATH	7.30 PM
WEDS 21ST MAY	VICTORIA EVELEIGH 'EXMOOR FARMS; A YEAR ON THE MOOR'	ST LUKES, SIMONSBATH	7.30 PM
WEDS 28TH MAY	GARY INNES & EWAN HENDERSON	ST LUKES, SIMONSBATH	7.30 PM
SAT 31ST MAY	JAKE LEG JUG BAND	ST LUKES, SIMONSBATH	7.30 PM
WEDS 4TH JUNE	STEWART MUIR ~ ANIMALS & ART	ST LUKES, SIMONSBATH	7.30 PM
SAT 7TH JUNE	LYNMOUTH SHANTY CREW	ST LUKES, SIMONSBATH	7.30 PM
WEDS 11TH JUNE	JOHN GOODALL ~ COUNTRY LIFE	ST LUKES, SIMONSBATH	7.30 PM
SAT 14TH JUNE	THE MARRIAGE OF FIGARO	ST LUKES, SIMONSBATH	7.30 PM

Refreshments are available at each event (except the church service) so pre-book these when you book your tickets.

Tickets are also available at the door on the night if you cannot pre-book.



DUNSTER FESTIVAL

Inspiring music in the heart of West Somerset



Saturday 24 May

11am Family Concert | Jackie Shave (violin) & Robert Irvine (cello)
East Quay, Watchet
Free to attend

3pm Cream Tea Concert | Antara Flute & Harp Duo
Tithe Barn, Dunster
Tickets £20

7.30pm Opening Night Concert | The Marian Consort
Priory Church of St George, Dunster
Tickets £10/£15/£25



Sunday 25 May

11am Festival Service
Priory Church of St George, Dunster

3pm Choral Workshop with Rory McCleery
Tithe Barn, Dunster | Tickets £20

7pm Sunday Evening Chamber Music | violin, viola, cello, flute and harp
Priory Church of St George, Dunster
Tickets £10/£15/£25

10pm Late Night Concert | soprano and theorbo
Priory Church of St George, Dunster
Tickets £15



Bank Holiday Monday 26 May

Festival Fête

11am - 3pm | Dunster Village Gardens
 Live music from fantastic trumpeter Luís Martelo, children's entertainment from Krazy Kev and Dinky Dino, an aerial acrobatic display, plus food trucks, bar and lots more!

3.30pm Festival Finale | The Marian Consort & Spiritato Baroque Orchestra
Priory Church of St George, Dunster
Tickets £10/£15/£25

Saturday 24 - Monday 26 May 2025

www.dunsterfestival.co.uk for tickets and more info

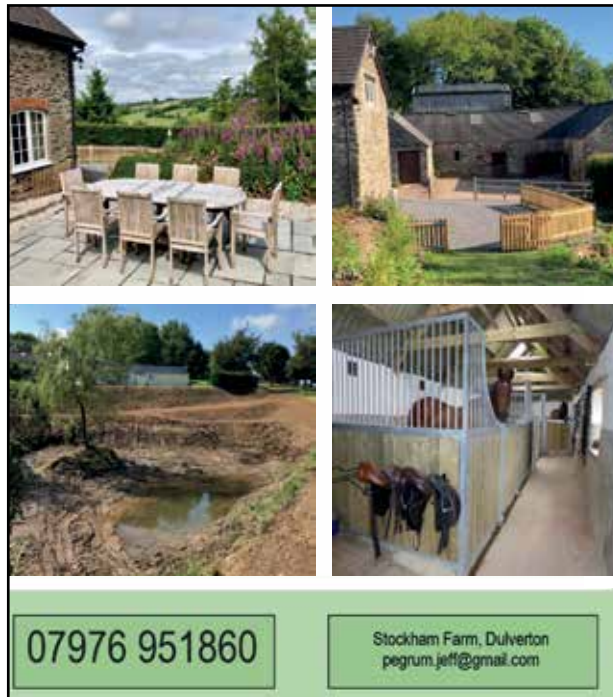
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Dulverton Events

Look out for some exciting events coming soon to Dulverton—Southern Gateway to Exmoor.

Dulverton Farmers Market is held at the Lion Stables Car Park in the town centre, starting on Saturday 26 April, and then on every last Saturday of the month until September. Discover some excellent local producers and artisans. Support local!

The new Dulverton Musical Evening is at the town hall on Saturday 24 May, opening with the wonderful Batten Down The Hatches Shanty Crew. Sensational vocalist, Elizabeth Phipps, is singing a set of country and western numbers and another from the pop divas. Liz-ee is much loved across Exmoor for her amazing voice and effervescent personality. You'll need your dancing shoes! Tickets are £10 per person, available from Dulverton Post Office or online at visitdulverton.com.

Sunday 22 June is the date for this year's Secret Gardens of Dulverton. Thanks to many local green-fingered volunteers, several of the town's private gardens will open to the public for the day. A treat for all gardeners.

Tickets, including a map and brief details of each garden, are £5 per person in advance (or £7 on the day) from Dulverton Post Office. Children under 16 go free. Tickets will also be available on at Dulverton Town Hall, where you'll also be able to enjoy light refreshments. Dulverton Town Council is making a donation from the proceeds to the Moorland Food Bank.

You can find full details of all forthcoming events at visitdulverton.com

(Please note the change of date for the Dulverton Family Dog Show, which will now take place on Sunday 27 July.)



Dulverton Events 2025

Don't miss these events in the pretty market town of Dulverton, Exmoor in 2025

Dulverton Antiques Valuation Day - Saturday 29 March
Dulverton Musical Evening – Saturday 24 May
Secret Gardens of Dulverton – Sunday 22 June
Dulverton Artisan Food, Drink & Crafts Festival – Saturday 12 July
Dulverton Family Dog Show – Sunday 27 July
Dulverton Trail Fun Run & Canicross – Sunday 14 September
Exmoor on Film Evening – Thursday 9 October
Dulverton Exmoor Literary Festival – Saturday 15, Sunday 16 & Monday 17 November
Dulverton by Starlight – Sunday 7 December
AND
DULVERTON MONTHLY FARMERS MARKET – the last Saturday of the month April to September inclusive



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The Exmoor Society

May Guided Walks

10 THE LOST VILLAGE OF CLICKET
Saturday 10th May at 10.30 am

11 BOSSINGTON COASTAL WALK
Sunday 11th May at 10.00 am

18 WEST SOMERSET MINERAL LINE
Sunday 18th May at 9.45 am

June Guided Walks

3 WEST SOMERSET MINERAL LINE
Tuesday 3rd June at 10.00 am

5 EXPLORING THE CHAINS
Thursday 5th June at 10.00 am

More details and bookings via
exmoorsociety.com/walks-programme

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St Mary Magdelene Church

18 April (Good Friday)

All Saints' Church

Dulverton 6.00pm

May

Performance of Rossini's

Petite Messe Solonnelle



Dates for your diary

Saturday 20 September 2025 7.30pm
Red Priest

Sunday 16 November 2025 3.00pm
Voces8 Scholars

Saturday 7 February 2026 7.30pm
String Fever

Friday 20 March 2026 7.30pm
Guy Johnston and Melvyn Tan (Cello and Piano)

Forty Years On

Thank you for supporting us by attending our concerts. Our 2025/26 programme promises to be very exciting and the following season, 2026/27, is especially significant as we shall celebrate our 40th anniversary.

However, our continuing success can only be guaranteed if we have the material means to match the spiralling costs. Simply put, there are many elements to staging a top-class musical experience. We require funds for the venue, musicians' fees, travel and subsistence, lighting, transport/tuning of the piano, if used, outreach workshops, printing and marketing.

It can be challenging at times to tempt leading artistes, who are much in demand, to make the trip down to the rural West Country. However, we know that they will come if we can maintain our current professional high standards in everything we do. In September 2025, to this end, we are launching a new Friends Scheme. This innovation will allow us to strengthen our development plan to ensure that high quality music is performed in and around Milverton in the years ahead.

Please sign up to our newsletter for up-to-date information and booking opening times: www.milvertonconcerts.org

CAUGHT RED PAWED

I turned the key, undid the lock,
Pushed open the door, an awful shock
Wrapping, cartons and much more,
Strewn across the kitchen floor.
So much mess I could have cried,
The large flip lid bin upon it's side,
Taking care, tried not to trip,
Bones and slime in which to slip.
Chewed up packaging everywhere,
Cereal box upon the stair,
The trail was cold, she'd gone to ground,
The culprit nowhere to be found.
Then she appeared, my pointer pup,

Waggy tail, and eyes lit up
She'd been having quite a time,
Playing in the dross and slime.
Round her neck, boasting the fun,
The flip bin lid, like a French nun,
"What me?" her expression seemed to say,
"Make all this mess, not me, no way!"

A bit of doggy fun from a local resident - Ed



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Day Excursions

May

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Thursday 8th – Malvern Spring Show £65.00pp
Tuesday 13th – Lanhydrock National Trust £24.00pp Members/ £44.90pp Non- Members
Thursday 15th – Dawlish & Teignmouth £21.00pp
Tuesday 27th – SS Great Britain & Bristol Harbourside

June

Tuesday 3rd - Trerice National Trust £23.00pp Members/ £37.00pp Non- Members
Thursday 5th – Cheltenham £24.00pp
Tuesday 10th - Salisbury £23.00pp

Please see our website for other day trips

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The National Water Safety Forum (NWSF) is a UK-focused, voluntary network, working collaboratively to reduce water-related deaths and associated harm. It brings together various national groups, with the ambition of creating a 'one-stop shop' for the prevention of drowning and water safety harm in the UK. Professor Mike Tipton, from the University of Portsmouth, recently began his new role as NWSF. He brings a wealth of experience and knowledge to enhance the forum's reach.

The Royal Society for the Prevention of Accidents (RoSPA) hosts the forum, with the following organisations represented: RNLI, Maritime and Coastguard Agency, National Fire Chiefs Council, RoSPA, RLSS UK, Water Safety Scotland and Water Safety Wales.

Recently, I was privileged to be one of the keynote speakers at the National Water Safety Conference in Birmingham. One hundred water safety practitioners, advocates, academics and educators from across the UK came together to share best practice and shape the future of drowning prevention. Speakers covered all sides of the water safety sector, from collaborative partnerships to technological advances, in an event that captured the breadth of current drowning prevention efforts. It was heartening and inspiring to be among so many people who are deeply passionate about their remit.

You may be reading this, wondering, 'What has it got to do with us, on Exmoor?' My response is, 'A great deal!' We have many bodies of water around us—lakes, rivers, reservoirs, canal, and the sea.

Following the loss of my son James to accidental drowning in 2005, I have become a staunch advocate for water safety. I have the personal focus that drives me to share our story, and I would urge everyone to take note of the national and local campaigns. Whether you are a 'toe in the water' paddler, a sailor, surfer, a paddleboarder, wild swimmer, jogger along the towpath, there will be messages to heed. Please, always #RespecttheWater.

Andrea Corrie BEM



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Local Vineyard's Summer Events

Wellhayes Vineyard, a small family-run vineyard near the village of Clayhanger, south of Exmoor, that produces award-winning quality sparkling wine, has released details of a range of summer events. To supplement their regular vineyard tours, which take place on Sundays and Wednesdays at 3pm, they have launched a special vertical tasting of three years of the Wellhayes Sparkling Wine. As they make the wine on site from the grapes grown in the vineyard, each year is different; this vertical tasting provides an exceptional opportunity to experience how the wine has changed over the years, as well as the opportunity to taste wines that won awards at the International Wine Challenge and the Independent English Wine Awards that are otherwise no longer available. Full details are available on their website at wellhayesvineyard.co.uk.

The other major event that Wellhayes is organising this year is an English Wine Tasting to celebrate English Wine Week on Friday 27 June. This includes four still four sparkling wines from some of the best vineyards in England, to tell the story of how wine has developed in this country in recent years. Again, full details are available at wellhayesvineyard.co.uk. Early booking is recommended, as places are very limited.

In addition to these dedicated wine events, Wellhayes is also continuing with its concert series in the tasting room above the winery, which has become increasingly popular in recent years, invariably selling out.

Particular highlights this year are the renowned Brodsky Quartet, now in their 53rd year, and two young international piano trios. The Trio Söra, is an all-female trio based in Paris, who won the prestigious Parkhouse Award in 2019; the trio's August concert is their third visit to Wellhayes. By contrast, the Trio Concept is an all-male trio from Turin, for whom this will be their first visit to Wellhayes. Prolific competition winners,



in 2023 they were awarded first prize at the Schoenfeld International String Competition in Harbin, China. Announced as 'rising stars' for the 2025/26 season by the European Concert Hall Organisation, they are visiting Wellhayes in June.



Vineyard Tours

Cream Teas

Wine Tastings



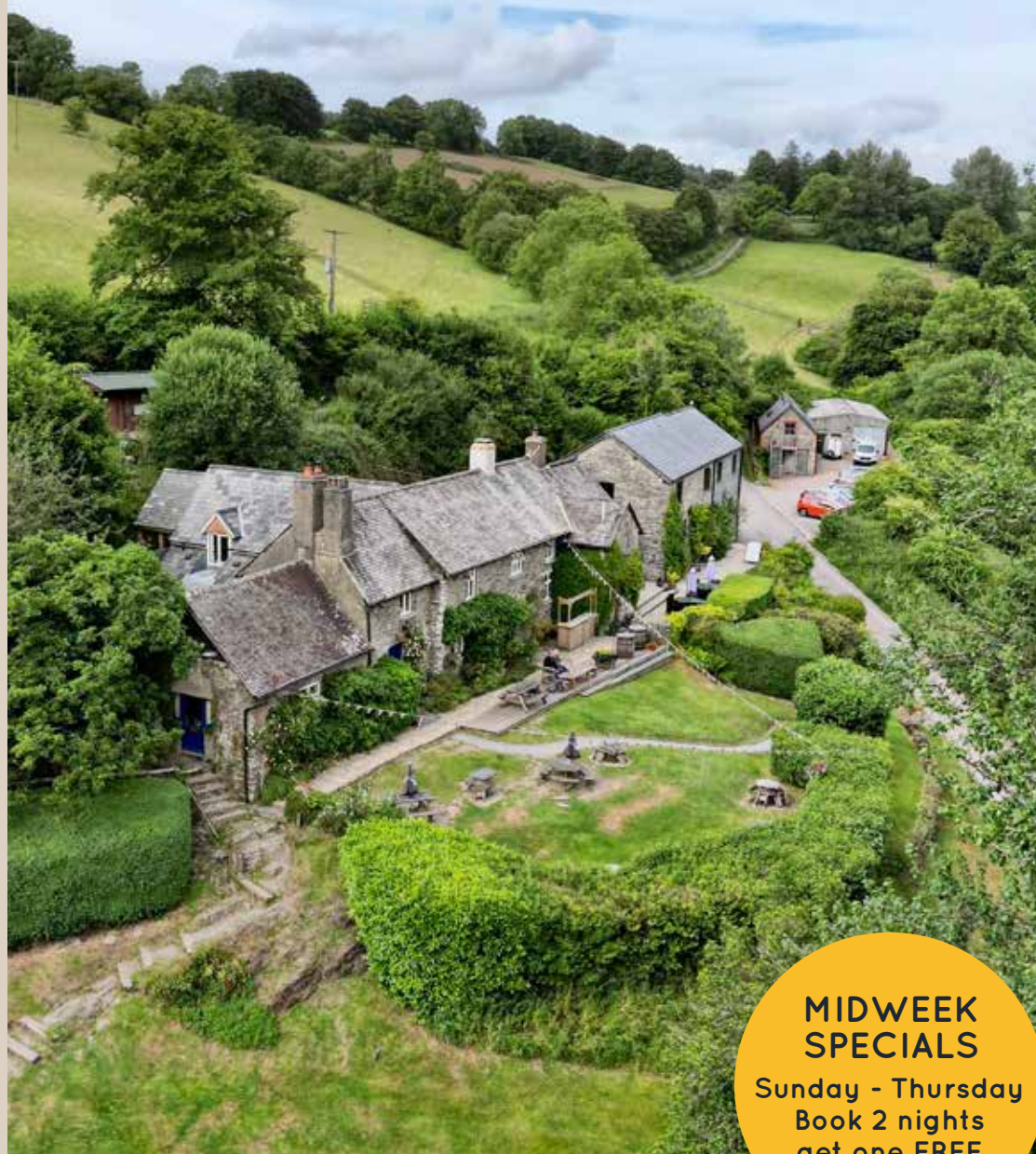


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Full details of all the concerts and how to book tickets are available at wellhayes.uk/concerts.



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Musical memories and treats to come!

Residents of Dulverton and the surrounding area may remember the glory days of the Minehead and Exmoor Music Festival, when its summer week of fabulous orchestral concerts was shared between Minehead, Dunster and Dulverton. Well, we have good news for the music lovers of South Exmoor: Dulverton may no longer be one of the concert venues, but the festival is alive and sparkling in Minehead, under the baton of its new artistic director, Christopher Stark. This year's festival runs from Saturday 26 July to Saturday 2 August and is ready to welcome all comers!

Now in its 62nd year, the festival almost closed when Richard Dickins, its conductor for an amazing 42 years, retired after its diamond jubilee, along with most of the longstanding organising committee. But orchestra members and local residents alike were determined it should not die, so a new committee was formed, a new conductor found, and the festival was reborn to great acclaim.

At his festival debut last year, Christopher Stark's lively conducting style, with his feet almost leaving the podium at times, led him straight to the hearts of his audience—and there are more treats to come this year. There are three orchestral concerts with fabulous soloists, a chamber concert and a young musicians recital. This is the only time in the year when a full symphony orchestra comes to West Somerset, and it is truly something to be proud of.

For full details, including priority booking for Festival Friends, see: mineheadmusicfestival.org



Photos: Elizabeth Atkinson

Left: Conductor, Christopher Stark, in full flight during rehearsal!

*Top Right:
The double basses
and
The tuba: one of the orchestra's
deepest sounds*



Ipheion: Charlotte Bishop*

Pink is the colour of friendship;
delicate as springtime, offered
within a pot of flowers;
a cluster of young blooms, gentle as an awakening,
cupped closely in its time for budding, left to blossom
in a place where pain has no weight
where love can form channels between two hearts
like identical leaves that spread, and become entwined
when shared days will hang in the air between you
like numberless fragile stars, when they will be
grown upon, day by day, stem by stem
into a lasting bouquet,
when you will lift your heads with laughter,
share a special closeness in the way of
pink stars, pink flowers, twisting towards the sun,
every day becoming stronger, yet in the end acknowledging
how we always move inexorably westwards
to that time when friendship is an eternal greeting
when words will not be spoken
where love has no shape, and all lives are woven into the whole.
There are arms, yes, in the way of friends
as a link, to support one another,
in the way of the Ipheion, its bright green leaves
held from one joint, one single root; like
this life of ours
that passes from youth to age
conjoined, touching, always needing support, seeing up ahead
that we are all one plant, rooted, grounded,
prepared for tomorrow, as friends are.



* A pale pink spring flower



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Exmoor Updates

From Avon and Somerset Police and Crime Commissioner

I recently welcomed the latest report, published in February, by His Majesty's Inspectorate of Constabulary and Fire and Rescue Services into the effectiveness and efficiency of Avon and Somerset Police.

One of my main responsibilities, as your Police and Crime Commissioner, is the scrutiny and governance of the police service. This means monitoring and challenging the Chief Constable to ensure that Avon and Somerset Police is delivering an effective and efficient service to you and our communities. The Police Efficiency Effectiveness and Legitimacy (PEEL) Inspection provides important additional evidence to support me in my scrutiny role and guides the focus of that scrutiny, alongside the main oversight delivered through my Police and Crime Plan.

I'm pleased that the report noted that Avon and Somerset Police were found to be good in two areas: preventing crime and police powers and public treatment. However, the report highlighted that Avon and Somerset Police is only adequate at developing a

positive workplace, and that their service requires improvement in five areas: responding to the public; investigating crime; protecting vulnerable people; managing offenders, and leadership and force management. These are all key areas I have already identified for Avon and Somerset to focus on, and they are also within the five priorities of my Police and Crime Plan, which gives me confidence that my plan is focusing on the right things—to deliver a more effective and efficient service for you.

I will continue to monitor closely the progress Avon and Somerset Police is making against all the report's Areas For Improvement, paying particular attention to the observation regarding the same areas that still require improvement since the last PEEL inspection.

I asked the Chief Constable questions around the report in a recent Police Question Time session, which was livestreamed through Facebook, LinkedIn and added to YouTube. You can find out more and watch the session back on my website— search 'PQT' www.avonandsomerset-pcc.gov.uk

Please feel free to reach out to me and my office with any questions, concerns, or suggestions you may have at www.avonandsomerset-pcc.gov.uk/contact

Clare Moody
Police and Crime Commissioner for Avon and Somerset

EXMOOR CROQUET CLUB

From early April to the end of October the Exmoor Croquet Club will be playing on the QE2 Playing Field behind the church at Exford, every Tuesday from 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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Increased Council Tax

All our bills, including Council Tax are creeping up. There are, however, several options to potentially reduce Council Tax bills.

If you're an adult living alone, your bill can be reduced by 25%. Simply notify the council that you are living alone and the date that became effective. You will be entitled to the discounted rate from that date, even if it was some time ago. Some people are 'disregarded' when calculating Council Tax. This includes under-18s, full-time students, long-term hospital patients, people with severe mental impairments and many more.

Check if you can pay less council tax at:
www.citizensadvice.org.uk/housing/council-tax/check-if-you-can-pay-less-counciltax/

If everyone in a home is disregarded the bill will be reduced by half. If everyone in a home is a student or severely mentally impaired, there will be no Council Tax to pay. If you live with an adult who isn't disregarded but who is on a low income or receives certain benefits you might be able to get a 'second adult rebate.'

Visit Getting a second adult rebate on your council tax at:
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If you or someone you live with is disabled and your home has been adapted, you can ask to be placed down one band. Ask your Council about Council Tax Reduction for people on low incomes. They will ask questions about your income and circumstances; if you are eligible, they will reduce the amount you have to pay. There are also different rules that apply when you've reached State Pension Age.

Check your State Pension Age: www.gov.uk/statepension-age

A 'discretionary reduction' is available whereby your council can reduce or cancel your Council Tax if you can provide evidence that you're suffering severe hardship and can't afford to pay your bill. If you don't get this, you can still appeal to a valuation tribunal who, if they agree with you, can order the council to reduce or cancel your bill.

Applying for Council Tax Reduction:
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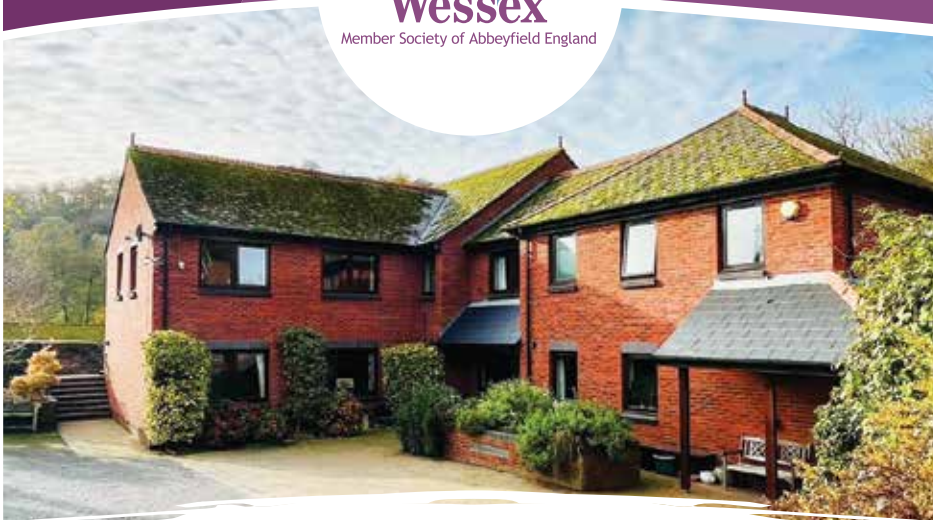
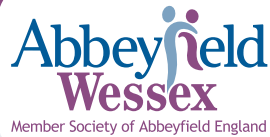
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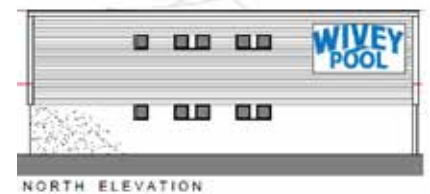
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Securing a bright future for WiveyPool

Nestled in the heart of Wiveliscombe in the beautiful Somerset countryside, WiveyPool has been a cherished community hub since 1927. As the only outdoor pool across the whole of Exmoor, it has long been a place where generations have learned to swim, forged friendships, and enjoyed the simple pleasure of an open-air dip.

Now, as we approach our 100th anniversary, we're looking ahead to ensure that WiveyPool remains a vibrant and welcoming space for years to come. That's why we're launching an exciting new project to create a multifunctional (cont.)



(...Cont)


Pool House, designed to enhance the experience for everyone who visits and extend our opening season.

The Pool House will provide:

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- a safe and engaging area where school children can develop essential lifesaving skills—shockingly, nearly 40% of children leave school without knowing how to swim!
- a versatile community event space for gatherings and meetings;
- a dedicated training room for staff, volunteers, and lifeguards;
- an accessible toilet, for all pool and rec users.

The cost is estimated at £250,000, of which £60k needs to be raised from the local community. Every contribution, big or small, will help bring this vision to life. Whether you donate, support our other fundraising initiatives or help spread the word, you'll be playing a part in securing WiveyPool's future. Let's get fit for the future and Keep Wivey Swimming!

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10 Parishes Festival 6th-14th September 2025

The registration deadline for artists and performers having passed, preparations for the 10 Parishes Festival in and around Wiveliscombe are under way. This year's theme is Tree of Life, which artists can incorporate into their work should they wish.

The festival runs from Saturday 6—Sunday 14 September, the final day coinciding with Wiveliscombe Market Day.

Some events have already been confirmed. On Monday 8 September, at St Andrew's Church, Wiveliscombe, William Sitwell is giving a talk entitled, My Family, and on Saturday 13 September, Wellhayes Vineyard presents Somerset Song Prize winners—mezzo soprano, Lily Mo Browne, and pianist, Abhisri Chaudhuri.

Look out for the festival guides in the summer.

More details on:
www.10parishesfestival.org.uk

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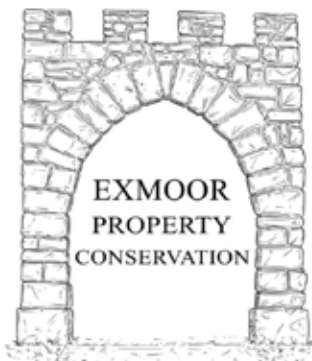
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News from Exmoor National Park

Exmoor Nature Festival

Exmoor National Park Authority (ENPA) is delighted to announce that the Exmoor Nature Festival 2025 full event listing and printed programme are now available, supported by Visit Exmoor. The festival, which runs from Saturday 17 May to Sunday 1 June, features over 60 events and activities celebrating wildlife and wellbeing across the National Park.

Festival organizer, Julie Colman, ENPA's Rural Enterprise Coordinator, said: 'I'm delighted that Exmoor Nature Festival will be so busy and varied, with events showcasing wildlife, the benefits of nature for human health, and the sheer beauty of the National Park. Visitors and the local community can enjoy experiences across the area, in our unique natural environment.

It's a great line-up: from family fun days, forest bathing and marine life watching, to wildlife trails, kayak adventures, farm walks and outdoor yoga; there really is something for everyone.'

Pick up a free printed programme from our National Park Centres in Dulverton, Dunster and Lynmouth (see below for opening hours) and at various other outlets across the Greater Exmoor area.

For more details and festival events programme, visit:
www.exmoor-nationalpark.gov.uk/nature-and-landscape/exmoor-nature-festival

For any further information, contact ENPA's Rural Enterprise team:
ruralenterprise@exmoor-nationalpark.gov.uk

Donate a Fingerpost

ENPA has launched Donate a Fingerpost, inviting people to play a part in preserving Exmoor's iconic landscapes and historic, locally and sustainably-made wooden signposts. By sponsoring a new or replacement fingerpost along Exmoor's Rights of Way, people can help everyone who explores the National Park, whether on foot, horseback, or bike, find their way and enjoy its beauty.

Ranger Charlotte Wray said: 'A lot of hard work goes into preserving our National Park. Rangers oversee 1000km of public paths and bridleways across Exmoor. Our locally made wooden gates, bridges and iconic signposts are all sustainably crafted by our field services team, from oak and chestnut harvested from our sustainably managed woodlands, in our Exford depot workshop. By sponsoring an iconic fingerpost you're helping us keep Exmoor special for future generations.

Each sponsored fingerpost features a discreet 50mm bronze plaque,



Photo credit: Shaun Davey

showcasing the ENPA logo and CareMoor for Exmoor branding. Plaques can be personalised with a unique dedication, for a commemorative tribute or celebration.

Contributions to the appeal support CareMoor for Exmoor, funding vital conservation and access projects across the park, helping to maintain paths, trails, and signage so everyone can explore and enjoy Exmoor.

To sponsor a fingerpost and make your dedication, visit:
www.exmoor-nationalpark.gov.uk/caremoor-for-exmoor
 For more information email: CareMoor@exmoor-nationalpark.gov.uk
 or tel: 01398 323665

New Ranger Apprentice

Following an extremely competitive application process, ENPA has recruited a new Ranger Apprentice. Logan Schofield, 18, has joined the National Park's Ranger Team, to learn and develop new skills, knowledge and qualifications, working on everything from public access management to engagement activities, nature recovery and heritage conservation project work.

The apprenticeship is part of the Exmoor Pioneers programme, which aims to nurture connections between people and the landscape, nature and heritage of the old royal forest of Exmoor around Simonsbath. As part of Exmoor Pioneers, a skills programme is providing opportunities for at least 10 young people, over the next four years. Funding has come from the National Lottery Heritage Fund, with contributions from the Cynthia Hadley legacy, via Caremoor, and from BMW.

Logan has previously been an Exmoor Young Ranger and has enjoyed National Park events for young people since he was 14. 'I can't put into words how excited I am about becoming an apprentice ranger. I've already been out with team getting involved in everything from wildlife management to rights of way. This is the kind of role I've wanted since watching the likes of Steve Backshall on TV when I was little, and I'm hoping the practical skills and qualifications I'm gaining, will really help in my chosen career path.'



Logan Schofield



Above, left to right: Dan James from Exmoor National Park, Ian Roome MP for North Devon, Emma Thomasson from Visit Exmoor

National Park Centres

In March, as it geared up for the new season, ENPA marked English Tourism week, Accompanied by Visit Exmoor, North Devon MP, Ian Roome, headed to Lynton and Lynmouth to sample local produce and highlights for visitors, and called in at the ENPA Centre at Lynmouth Pavilion.

'Tourism is worth an estimated £232m to the rural economy of Exmoor, but its value is so much more,' said Dan James, ENPA Enterprise and Communications Manager. 'National Parks were created not only to protect our most precious landscapes but to give everybody the opportunity to access them. With the nature and climate crisis and continued social pressures it's never been more important to reconnect people and nature.'

ENPA's three National Park Centres, in Dulverton, Dunster and Lynmouth,



are open seven days a week, from 10am until 5pm, until 2 November. This year is the first season for the Dulverton Centre in its new location, within the historic building of Exmoor House, a former Victorian workhouse and now ENPA's head office. Like the Lynmouth and Dunster centres, it features Exmoor films, hands-on displays and a wealth of information about the National Park, as well as local products and guides.

The centres carry a range of free leaflets and publications, including the ever popular *Your Exmoor* annual newspaper.

'Our centres offer a warm welcome and expert advice on discovering more of Exmoor and its special qualities,' said Dan. 'We hope to share some of Exmoor's story and encourage people to give back by helping us to keep Exmoor special and supporting our rural communities. Our award-winning centres are for everyone— visitors and local communities alike. For decades we've been helping people to find 'their' Exmoor and, after the last couple of challenging years, we're hoping for a great start to the season.'

Further details at www.exmoor-nationalpark.gov.uk/centres

Stay up to date with ENPA's latest events and activities on Facebook and X.

Storm Damage Clear-up



Photo: ENP

Last year ended with a battering for Exmoor's 1000km rights of way network. Fallen trees blocked many sections of popular routes, including the South West Coast Path, Two Moors Way and Coleridge Way. Our Field Services Team, along with ENPA partner teams, including the National Trust and other landowners, worked very hard to reopen as many routes as possible before Christmas.

Thanks to everyone working with us, generously donating to our CareMoor Storm Darragh Appeal and helping in the storm clearance effort!

Exmoor Draft Partnership Plan - have your say

ENPA has set out draft ambitions on how it intends to collaborate with partners, people and organisations to help secure a positive future for Exmoor. Following an extensive survey of your views, evidence gathering on the state of Exmoor's 'special qualities' and workshops with delivery partners, the draft Plan is now open for public consultation before it's formally adopted by the National Park Authority this summer.

www.exmoor-nationalpark.gov.uk

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Dr Stewart Brown – cardiology registrar at Musgrove Park Hospital.

Musgrove Park Pacemaker Trials

A groundbreaking way of monitoring patients' pacemakers is being trialled at Musgrove Park Hospital. It forms part of cardiology registrar, Dr Stewart Brown's PhD research, which is supervised by consultant, Dr Guy Furniss.



The project began five years ago when the cardiology team at Musgrove Park Hospital began to give patients with pacemakers a small monitoring device to use when they return home from hospital. (If a cardiologist detects that a patient's heart beats too slowly because of weakened muscles, they are generally fitted with a pacemaker to help support their heart rhythm.)

Dr Brown explained why he chose this area of research: 'The more that people depend on their pacemaker, the more detrimental it can be to their health, and it can cause heart failure—something that's been well known for quite some time,' he said. 'Most people with pacemakers tend to be in their 70s or 80s, and they might just put this down to ageing, but by using the data we're able to detect it early and bring people in for treatment to make them feel better.'

'Our cardiology service at Musgrove Park Hospital is unique in that rather than bringing patients into hospital to check their pacemaker, we send them home with a little device that they put next to their bed. When they go to sleep, the device runs a number of checks around midnight, and all that data is fed to us, which helps us to predict whether a patient's heart is failing in response to a pacemaker.'

'In many ways this is essential screening, where signs of potential heart failure can be detected early so the patient can have treatment before there's a significant decline in their condition. If this problem is detected early then we're preventing people from coming into hospital with heart failure; we know that if someone is dependent on their pacemaker all the time, it can make them breathless, so we can work hard to improve their symptoms.'

Dr Brown was originally planning to undertake a masters degree, but following a literature research, he realised that nobody else in the world had carried out this sort of research.

'I made the decision, together with my supervisor, Guy Furniss, to collaborate with the University of Exeter, and they used some of our data to develop a number of machine learning models with an AI approach,' he said. 'We're one of the first organisations to use this new technology for heart patients, as although we've used this sort of equipment in defibrillator monitoring, it's never happened in pacemaker patients. In effect, we've taken a tool that's been well researched and we've looked to use it for this very different cohort of patients.'

'We've just presented this work at a conference in Berlin and our global colleagues in the cardiology field were really interested as this hadn't been done before—a huge accolade for Musgrove Park Hospital. There was a positive reaction too, and a lot of interest from industry, as well as from other cardiologists who've seen some of the work that has been done.'

'Our aim over the next 18 months or so is that if we're able to develop a predictive tool that will give patients an alert if they're developing heart failure, then our cardiology team can give them a call to say we've noticed something not right in the pacemaker, and that their heart may be struggling. We'd invite them into hospital, possibly change their medication, and we can even amend their prescription to a more complex one.'

'This will make pacing safer, as there's a growing amount of evidence that shows some patients don't respond well to pacemakers. We don't know how to predict that at the moment, so this remote monitoring makes it much safer, and also enables us to respond to a patient who has a problem with their pacemaker. We look forward to including more patients in the study, as well as combining our efforts with other centres in the country to see whether we find the same patterns as in their patients.'

Dr Stewart is almost at the end of his third year at Musgrove Park Hospital, but he's been in the south west for around a decade, having moved from northern England, where he completed his foundation doctor training.

Pulhams Mill, Spring 1611

My name is James Wyndham. My father tells me I was born on the roof of a cottage in Watchet in Somerset, England. And that my mother, Anna, died of exposure after she was washed away by the 30-foot great wall of water that they called the Great Somerset Flood. It came through the Bristol Channel at 9 o'clock on the 20th of January 1607 and took 3,000 souls. My mother was rescued from the torrent by a brave fisherman's wife, Bethany. She brought her to safety in St Ducamen's church, on the hill above Watchet.

My mother died in at our home next day, 21st of January 1607. My aunt Bronwyn did suckle me for my survival. James Dunn took us back to Pulhams Mill in Brompton Regis. My only lingering memory of my mother is of a feeling of being held and loved as she passed away. My aunt, as my loving mother, brought me up and James Dunn acted as a good man and treated me as if I was his own son. He showed me how to be a good father, farmer and miller. I have two sisters, Laura, who is six months younger than me and Beth, who is 18 months younger. The twin brothers, James and Duncan, three years younger than me.

On the bright sunny spring morning of April 22nd, when I was four years old, I was collecting eggs from the ducks in the yard. A man on a very fine horse came to my home. The mill on the river Pulham, a quarter of a mile from the village Brompton. He looked very proud and frightening as he looked down from his high horse, made his stallion kneel so he was near my height and said very aggressively: 'My name is John Wyndham. I have come to take you home to Wyndham Orchard in Williton! I am your father; your aunt stole you from me four years ago.'

I love my aunt and James and didn't want go.

The man made his horse go down again. Then he picked me up and put me on the saddle in

front of him. So I bit his hand holding the rein and rolled off his saddle and dropped to the ground! The beautiful chestnut horse reared up above me and turned suddenly to avoid me. The ducks and chickens scattered. John lost his seat and fell to the ground. His hat fell on my face, but I still could see. He had hit his head and wasn't moving. The horse ran off!

I ran to find my mummy shouting: 'He tried to take me away!' She came running out of the kitchen to see what was happening. Bronwyn picked me up and held me close and James (my father) was in the field next to the yard. He saw what had happened. He jumped over the yard wall. His first instinct was to help the man, who said he was my father.

I shouted, 'Is he dead?'

James put his hat under the man's head and felt for his wrist. 'He's still alive.'

The man started to move. He tried to sit up and James held his shoulders to help him. But the man shrugged James off. Very angry! He tried to stand on his own, but his legs buckled under him! So, James put his arms under his arms and lifted him to standing. The man couldn't stand, so James helped him to the stone wall. He sat looking dazed. My mummy took me inside and put the kettle on the hob. Then James took me upstairs: 'This man can't take you away. He is your blood father, but he abandoned you when your mother died. We will keep you safe until you are old enough to decide if you want to go and live with him.'

At the time, I didn't understand how he could say he was my father as I had always thought of James as my father and Bronwyn as my mother, for they had always been there and loved me. Bronwyn sat me on the bed that I shared with my sisters and shut the door so the man couldn't find me. My brothers James and Duncan were asleep in their crib and Laura and Beth were playing near the pond

with a ball and sticks.

I looked out of the window from behind the curtain. The man was still sitting. He got up when Bronwyn came out with some water for him. He suddenly came to life and knocked the water out of my mummy's hand and demanded her to 'Fetch my son. He should be called John after me. You did not tell me you were going to call him James. Bring him here at once! I will call the constable to arrest you for taking my son.'

James stood in front of Bronwyn to protect her. The man was still doddering, and James (much bigger and stronger than the man) got hold of him and walked him away from the mill. Just then his horse trotted back. James managed to catch the reins and lifted the man over his shoulder and then like a rag doll, threw him up and over the saddle, slapped the chestnut on the hind quarters and the horse galloped off with the man hanging on for his life.

I ran down the stairs as I could see that man had gone.

Bronwyn picked me up and gave me a big hug. 'I'm not going let that man take you away. You know now that your mummy died four years ago just after you were born. She was very cold from the big flood. She was washed away but managed to hold on to a piece of wood and was saved from drowning by the lady she had been visiting, the vicar's wife. It was Anna's wish that me and James should love you and be your mother and father.'

'We have kept our promise to her. We love you as much as we love your brothers and sisters.'

Not The End

Story from *The Spirits of Pulhams Mill* by Ian Mawby

The Therapist Collection Reflections from our Clinic

Grief and Loss—Lisa Filer, Counsellor, Snowdrop Counselling Services

Grief and Loss are terms we frequently hear but what do we know what they mean?

In summary: bereavement is the death of someone. Loss is the change caused by the loss of something or someone significant such as loss of health or job. Grief is the emotional, behavioural and cognitive process in response to the bereavement and loss. Grieving is a highly individual experience; there is no right or wrong way to grieve and is a natural response to loss. How you grieve depends on many factors including your personality, your life experiences, your cultural and or religious beliefs, and how significant the loss was to you.

The common symptoms of grief are:

- shock
- panic
- sadness or depression
- anger
- fear or anxiety
- guilt
- relief
- numbness
- abandonment

- crying—often when you least expect it
- aches, pains and headaches
- loss of appetite
- tiredness.

Remember grief comes and goes; it's a rollercoaster of emotions so it's important to keep talking about your loss. If you notice your symptoms have been ongoing for a long time, are more frequent and/or worsening then seek professional help from your GP or a counsellor.

www.snowdropsomerset.com

Celebrating Our Amazing Bodies—Julia Walder, Perinatal Massage Therapist and Aromatherapist

It is amazing that two tiny cells combine to create a whole human—ten fingers, ten toes, a heart, a brain, and everything that make us who we are. The female body does an incredible job at growing then birthing a little human.

From puberty, our bodies prepare for pregnancy. By the time many people realise they're pregnant, the baby may already have a brain, nervous system, and beating heart—developed in just five weeks! Changing hormones can

cause early symptoms like fatigue, frequent urination, tender breasts, nausea, and sickness.

By week 13, (the second trimester), energy levels often rise. The baby now moves, swallows, and even smiles. Over the next weeks, they grow fine hair, hiccup, and develop hearing—listening to the heartbeat, digestion, and voice.

At week 27, the third trimester begins. The baby rapidly gains weight, practises breathing, and responds to sounds. Meanwhile, the mum may experience breathlessness, back pain, indigestion, stretch marks, and Braxton Hicks contractions. As birth nears, a final burst of energy helps with nesting and preparing for the birth.

Pregnancy is unique for everyone, but if you have concerns, always consult your midwife or GP. How incredible are our bodies?

www.willowgrace.co.uk

Do you have a large or bulky item that you no longer want?

Often local charities will collect your items for free and sell them on for reuse. As long as items are clean or in working order and have the relevant safety tags, then a local charity may be able to collect it. Reuse is a great option for our old furniture or white goods - it gives them a second life - helping to protect the environment. Head to our website for details of local charities: www.somerset.gov.uk/bins-recycling-and-waste/pass-it-on/ Or you may be able to give your items away through local buy and sell sites, such as Gumtree, Freecycle or Facebook Marketplace. Alternatively, you can book and pay for a bulky collection via our website, and crews can collect up to five items from outside your home.

We collect many household items including:

- white goods - mattresses - sofas - bed frames

Book and find out more online:

<https://www.somerset.gov.uk/bins-recycling-and-waste/assisted-clinical-and-bulky-collections/>

**Could your
old things
get a second
life?**

Find out about local
reuse groups online.



Improving care for people with diabetes



Somerset

NHS Foundation Trust

Colleagues at Somerset NHS Foundation Trust involved in caring for people with diabetes have been praised, as part of a national initiative that aims to improve services across the country.

The trust's consultant endocrinologist, Dr Alex Bickerton, and diabetes nurses, Ruth Hammond and Emily Harrod, all from Yeovil Hospital, took part, while consultant endocrinologist, Dr Isy Douek, represented Musgrove Park Hospital's diabetes service.

Emily Harrod explained: 'The main aim of this National Diabetes Audit (NDA) Quality Improvement Collaborative (QIC) was to address the significant gaps in the use of insulin pumps among individuals with type 1 diabetes.

'Published data shows that around 90,000 people in England and Wales with blood glucose (HbA1c) levels greater than 69 mmol/mol are not using insulin pumps, which highlights the inequalities based on the person's location, gender, age, ethnicity, and socioeconomic status.

'To tackle this issue, specialist teams set up a monthly meeting to discuss and implement quality improvement strategies. Our primary objective at Yeovil Hospital was to enhance data collection, so we could identify patients eligible for insulin pump therapy, as well as to establish a streamlined pathway for their treatment.

'At the time, we were anticipating a technology appraisal from NHS England, which outlines a five-year plan for introducing hybrid closed loop systems—integrating insulin pumps with continuous glucose monitoring—for eligible patients. The NDA QIC initiative made a huge difference in helping us to refine our service, ensuring that we can offer advanced technology to patients in a structured and equitable manner.

'This approach, alongside the technology appraisal, increased the number of individuals using this technology, resulting in improved diabetes management and overall wellbeing.'

Dr Douek added: 'Being part of this project enabled us to review our service at Musgrove Park Hospital, and we quickly realised that our diabetes nurses and dieticians were spending a lot of time on administration and technical support. This led to us appointing a diabetes support worker, which has made a huge difference to both patients and the team, and we were also able to review our pump pathway and implement a hybrid closed loop pathway.

'The new NICE technology appraisal requires much more data collection and quarterly uploads centrally, to ensure that patient funding continues. We therefore also updated a database for use across both our acute hospitals to facilitate this.

'We also received a commendation from the national quality improvement team for our work to improve the care of people living with diabetes, something we're really proud of.'

Diabetes UK thanked the trust for taking part in the qualitative improvement collaborative programme.

Michael Sykes, the National Diabetes Audit quality improvement lead, added: 'We highly commend your team for collaborating, sharing and supporting people living with diabetes.'

Photo: Left to right:

Dr Isy Douek, consultant endocrinologist, and Isobel Williams, diabetes support worker.



After seven years of grassroots environmental action, award-winning North Devon charity, Plastic Free North Devon (PFND) is proud to announce its evolution into Earth Action North Devon (EAND).

This transformation reflects the charity's growth from a small, community-driven plastic reduction campaign into a fully-fledged environmental organisation tackling a broad range of sustainability challenges.

CEO Claire Moodie explains: 'The name Earth Action North Devon better encapsulates the work we've been doing over the last couple of years and sets the tone for what's to come. As we continue to tackle the climate, ecological, and intersectional environmental crises, we want a name that reflects our wider mission and supports our community to tackle the challenges ahead.'

It began in 2017 as a small, Plastic Free Braunton Facebook group, set up by Desiree Young, a local school teacher. She joined forces with local SAS reps armed with the newly released national toolkit to roll out Plastic Free communities across North Devon. Since then, it had evolved into a thriving environmental charity with seven part-time staff members, thousands of volunteers annually, and strong partnerships with councils, businesses and organisations

Earth Action North Devon has driven real change in North Devon, including:

- expanding the Plastic Free Communities movement alongside Surfers Against Sewage;
- helping local events go plastic-free through initiatives like the Water Bar and sustainable event toolkits;
- eliminating thousands of disposable plastic bodyboards and

promoting sustainable wooden alternatives;

- preventing the installation of a Costa coffee machine at Braunton Tesco;
- establishing a thriving Repair Cafe network to promote reuse and waste reduction;
- expanding the Community Cleans programme removing over 4 tonnes of rubbish since 2018;
- launching the Sustainable Business Resource CIC to help local businesses on their sustainability journey;
- acquiring and transforming the Croyde Ocean Triathlon into a leading example of a sustainable sporting event;
- developing a pioneering environmental education programme, and creating a 2030 vision for 2030 environmental education.

While the name is changing, the mission remains the same: to protect and improve our environment through community-led action.

Through education, events, campaigns, and partnerships, Earth Action North Devon will continue to: inspire reconnection with nature, facilitate sustainable behaviour change, and accelerate and intertwine environmental action and awareness to develop a healthier relationship between people and the natural world.

The charity extends its deepest gratitude to the volunteers, councils, businesses and thousands of supporters who have been part of this journey so far, and sends sincere thanks to Jennie Lewis at Sunside Studio for all her hard work on the rebrand.

For more information, visit:
www.earthactionnorthdevon.org
 Facebook: @earthactionnorthdevon
 Instagram: @earthactionnorthdevon

The Golden Hour

As a child of the '70s, *The Treasures of Tutankhamun* and Ancient Egypt captured my imagination—as it did many others—thanks to the famous exhibition. Growing up near Dulverton, I often wondered whether the Carnarvon Arms had a connection. Later I learnt that the 4th Earl of Carnarvon built the hotel in 1874, and for 130 years it hosted fashionable country lovers. His son and heir, the 5th Earl of Carnarvon, was the backer for the excavation of the tomb of Tutankhamun.

This lifelong fascination inspired my new novel, *The Golden Hour*, an epic dual timeline story, which interweaves glory-seeking desert archaeologists, priceless treasures, Nefertiti's tomb and the decadent cabarets of WW2 Cairo.

'From the cities to the deserts, this transporting and moving story of a lost generation transformed by war is a study of great love and sacrifice in all its forms, the perfect novel for fans of Santa Montefiore, Lucinda Riley and Victoria Hislop.'

Book Groups

If you have a local book group or library reading group, I'd be delighted to talk to you about *The Golden Hour*, in person or on Zoom. Do get in touch via Instagram or X @katelordbrown or via Simon & Schuster UK: www.simonandschuster.co.uk

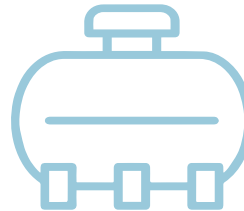


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Dulverton Good Neighbours

I hope that you saw the photograph in the last issue of *Exmoor News* of Moorland foodbank accepting a donation from Dulverton Good Neighbours (DGN) for £2,200, (See photo right). This sum represented our closing bank balance, which will be much better utilised by the foodbank than swelling the National Westminster coffers.

Sandra Collett started the good neighbour scheme before Covid but, during the pandemic, DGN really came into its own. Many local volunteers were able to help those who were isolating at home with tasks such as shopping, dog walking and gardening to name just a few.

Sandra retired to the New Forest in late 2022. The committee and remaining volunteers continued to offer assistance to those in need, but the scheme was not in such demand and many volunteers returned to work. The committee decided that a local charity could use the bank balance more effectively and selected the Moorland Foodbank. DGN as an organisation is no longer in existence but the foodbank has taken over the telephone number. Thanks goes to all those who served on the committee, helped as a volunteer or contributed financially to the scheme.

For more information tel: 07395 171409 or email: info@moorlandfoodbank.org.uk www.moorlandfoodbank.org.uk



Joyce Merchant and Sandra Wilson are seen handing a cheque to John Preston, the food bank's Chair of Trustees. Also pictured: Ian Matthews, Roz Matthews, Allison Crisp, Hugh Forster and Frances Nicholson.



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A Dog's Day Out—A Man Eater

'Maisie is coming to stay for a few

days next week, Buddy.'

I know. Honey, I'm starting to worry about it a bit.

'Oh dear, is something bothering you? Is it all that wriggling about that she does?'

Hmmm, she hit me in the eye with the end of her tail once.

'Is it the sleeping arrangements then?'

Well it's going to be tight for space with our house guest here too. They'll both be competing for my leg room although,

having said that, her majesty over there has rather taken to the very expensive George Barclay she purchased for us a couple of years ago. It's not any of that, Honey. It's just, well you know, I'll be the only male in the

house.

'Really Buddy? You're not being sexist are you?'

But it will be all about girly stuff, comparing your hair and nails and having babies. I am considering doing the honourable thing and going to tidy up my shed.

Do you know, I recently read somewhere that statisticians (I can't believe I just said that) from the department of Canine Research and Productivity (CRAP) have found that one in ten older male dogs have said that they prefer to spend an extra hour in the garden shed than in female company, and that more than two in ten younger dogs are actually considering signing up for jobs in the public services. I found another hole in our shed floor the other day and I can get through it now...

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But do you promise, Honey, to call me when it's mealtimes and ask her if I can have an extra helping of all courses, please. Oh and let me know when you go for walkies a.m. and p.m. and any visits to the pub.

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

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Exford Bridge Tea Rooms The Exmoor Stores
The White Horse Livery Yard The Farmers Den
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Brompton Regis P.C.: S Buchanan	brpcclerk@gmail.com	01984 641706
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Cutcombe P.C.: Clerk: Liz Stitt	cutcombeclerk@gmail.com	07919 001801
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LOCAL CHURCHES AND CHAPEL CONTACT NUMBERS

All Saints Church, Dulverton: Revd Dowell Conning	revdconning@gmail.com	01398 322867
All Saints Dulverton, Parish Office: 1 Church Walk, Dulverton, TA22 9ER	allsaintsdulverton@gmail.com	01398 322867
Dulverton Benefice/All Saints/Community choirs: Gary Cooper		07419 212354
All Saints Church, Dulverton, Bell Tower: Anne Markwick		01398 323823
Brushford: Revd Dowell Conning	revdconning@gmail.com	01398 322867
Exmoor Benefice: The Rev. David Weir, The Rectory, Exford, TA24 7LX		01643 831330
Exmoor Benefice Ringers: Sue Atkins		01643 841408
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: Peter Maggs (Chairman)	www.theartsocietyexmoor.org.uk	07875 501471
Draw Life Live: Tony Keene	www.drawlifelive.com	
Dulverton Art Group: Sec: Mrs G Rose, 2 Stable Mews, The Square, Witheridge		01884 860495
Dulverton Camera Club: Sec: Peter Main, 4 Valley View, Morebath, Tiverton, EX16		01398 331556
Dulverton Players: Chair: Christopher Dubery		07989 455590
Oakford Players, Chair: Mr Tony Holmes	tholmes556@btinternet.com	01398 351665

SPORTS CLUBS

Anstey Short Mat Bowls: Chris Dale		01398 341615
Bridgetown Cricket: Sec: Mr. D. Sherring, Mid-Wicket, Bridgetown, Dulverton TA22 9JN	administrator@bridgetowncc.co.uk	
Brushford Short Mat Bowling: Sec: Sam Takle		01398 324147
Cutcombe Cricket: Sec: Peter Thompson	cutcombecricketclub@gmail.com	
Dulverton Angling Assn: c/o Pat Veale, 9 High St., Dulverton, TA22 9HB		01398 323409
Dulverton Badminton Club: Sec Judy Smith		01398 324353
Dulverton Cricket Club: Carl Hooper	dulvertoncricketclub1858@gmail.com	07866 256769/01398 324494

Dulverton Cricket Club, Colts: Mrs Christine Dubery	01398 323474
Dulverton & District Tennis Club: Membership Sec. Anne Marwick	www.dulvertontennisclub.co.uk 07957 497739
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

All Saints School & Nursery:	01398 323231 & 01398 323223
Anstey Parent and Toddlers Group: Anstey Village Hall	07823770168
Bampton School Nursery: School Close, Bampton EX16 9NW	01398 331121
Little Owls Nursery at All Saints C of E School, Dulverton	01398 324360

SCHOOLS

All Saints C of E School: Fishers Mead TA22 9EN	01398 323231
Bampton CE Primary School: School Close, Bampton EX16 9NW	01398 331121
Bampton School Nursery: School Close, Bampton EX16 9NW	01398 331121
Brompton Regis Toddlers: Mrs.E. Luxton	07766 703566
Cutcombe C of E First School: Wheddon Cross, TA24 7DZ	01643 841462
Dulverton Junior School: Barns Close West, TA22 9EE	01398 323223
Dulverton Children's Centre: All Saints School, Fishers Mead TA22 9EN	01398 324360
Dulverton Family and Toddlers Group:	01398 324329
Dunkery Pre School at Cutcombe First School:	01643 841462
East Anstey Primary School: East Anstey, Tiverton, Devon, EX16 9JP	01398 341369
Exford CofE VC First School:	01643 831365
Little Berries Pre School at Exford First School	01643 831365
Little Owls Nursery: All Saints School, Fishers Mead TA22 9EN	01398 324360

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
Exmoor 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 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	
Barle Singers: StevenP@halsgrove.com		
Bampton Heritage and Visitor Centre (inside St Michael and All Angels Church, Bampton)	www.bamptonheritage.org.uk or bamptonheritage@btinternet.com	
Bampton Library and Resource Centre, Station Road	01398 332466	
Bampton St. Michael's Community Hall, Station Rd.	www.stmichaelshall.org.uk	01398 332158
Brushford Parish Hall:	Bookings enquiries@brushfordparishhall.org.uk	07941 139846
Brushford Luncheon Club: Treasurer: Margaret Albery	01398 324587	
Care Direct for help and advice: www.somerset.gov.uk	0300 1232224	
Cutcombe Flower & Produce Show: Tracy Beviss	01643 841257	
Cutcombe Horse Show &Gymkhana: Angela Edwards	01643 831549	
Dulverton Action Group: Magdalena Harding	01398 323 785	
Dulverton & Southern Exmoor Twinning: Chair: Steve Ford, Dulverton	01398 323016	
Dulverton Bridge Club: Sec: Brian Hughes	www.Bridgewebs.com/dulverton	01398 331219
Dulverton Ballroom Dance: Sec: Mrs Christine Dubery	01398 323474	
Dulverton Development Forum: Sec: Mrs J. Ross	01398 323818	
Dulverton Films: Jan Ross	01398 323818	
Dulverton Gardening Club: Roger Hammond.	01398 323954	
Dulverton Heritage Centre: Kathy Currie.	07493 518350	
Dulverton Parish Rooms: Bill Gash	https://hallbookingonline.com/dulverton/index.php	
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 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 Branch: Brig Peter Maggs (Chairman)	www.britishlegion.org.uk	07875 501471
TA22 Voluntary Lift Scheme (formerly Brushford Voluntary Lifts):	07528 326880	
Tiverton Model Aero Club: Sec: Mr. P Veale, 9 High St., Dulverton TA22 9HB	01398 323409	
Village Agent Nikki Bonner	info@somersetccc.org.uk	07940 913698 or 01823 331222
Upton Village Hall Yoga Phoebe	yogawithmeaning@hotmail.com	0794 228 7734
Voices of Exmoor Amanda Taylor	01598 428005	
West Somerset Advice Bureau:	01643 704624	

We welcome your community information. You can be added to our contributors' email list asking for copy (we send a reminder email prior to deadlines). Just email us to be added.

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