



EXMOOR NEWS

July August 2025

FREE

Bringing community news across southern Exmoor since 1985

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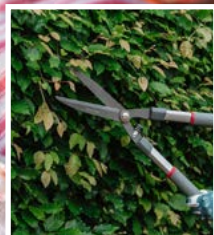
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EXMOOR NEWS

COVERING SOUTHERN EXMOOR



The deadline for the
Sept/Oct '25 issue of the
Exmoor News is

Thursday 7th August '25

Printed by Brightsea, Exeter



Cover image 2025: © Peter Hendrie
To see more of Peter's photography -
www.exmoor-whitehorse.co.uk/gallery/

Keep your face to the sun and
you will never see the shadows.

Helen Keller

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their support.

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and if we can use it, we'll ask for a high resolution version.

Best wishes, Ceri Keene and Claire Savill


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

We take our responsibility to maintain high editorial standards seriously.

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

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Exmoor Friends

Our meetings are held in Dulverton Town Hall on the last Wednesday of the month at 10:00 coffee for 10.30 start. (There is no meeting in August, December or January.) Talks last about one hour. All are welcome and admission is free for your first visit.

Wednesday 25 June

Liz Musselwhite—The Joy and Art Of Patchwork and Quilting

A lifelong sewer, colourist and fabric guru who exhibits her work nationally, Liz will introduce us to this traditional craft, illustrating its humble beginnings and showing us some glorious examples of the many techniques possible with this addictive art form.

Wednesday 30 July

Darren Sherwood—Exploring Exmoor's Coastline

Darren has been kayaking for 30 years and works for the national governing body of Paddlesport. Exmoor's coastline is one of the most dramatic and intriguing in Britain. Darren will be sharing his unique perspective, giving us a kayaker's sea-view of our beautiful coastline.

No meeting in August.

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

EXMOOR WHITE HORSE INN



The Exmoor White Horse Inn – Your Local Escape

Enjoy roaring fires in winter, al fresco dining in summer – fine ales, and delicious seasonal food in the heart of Exmoor. From relaxed lunches to evening dinners and drinks, or even a weekend getaway, experience warm hospitality in a stunning riverside setting.

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LIVE MUSIC!  **FAMILY FUN!**

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Saturday 12th July 2025

12pm until Late!

(GATES OPEN FROM 11:30AM)

at Coppleham Cross,
Bridgetown, TA24 7AF

Profits to local charities!

Tickets available on the gate or from xmoor-rox.co.uk.

THE BICYCLE REPAIR MAN! **ONE TREE HILL!**

THE CHOSEN FEW!

JASON TOFT! **THE NEW JERSEY BOYS!**

UNDER 10s
FREE!

18+
£15.00

10-17yrs
£8.00

Two Moors Art Exhibition

Free Entry

5 - 11 July 2025
Saturday - Thursday 10-4.30
Friday 10-2

Dulverton Heritage Centre
Dulverton
TA22 9EZ






**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

Sponsored by:



 visitdulverton.com
Supporting Moorland Food Bank



Winsford Open Gardens

Saturday 5th July 11.00-4.00

In aid of St. Margaret's Hospice

10 lovely gardens to visit
Refreshments and plant sale

Tickets £5 per person from
Winsford Village Hall on the day

Parking

No dogs please
(except assistance dogs)

**OAKFORD
VILLAGE FETE**

SATURDAY JULY 12th, 2-5pm

**OAKFORD COMMUNITY
PLAYGROUND**

*** TIVERTON MAJORETTES ***

*** FUN TEAM GAMES & TUG O' WAR ***

*** SIDE SHOWS ***

*** BBQ * BEER TENT ***

*** TEAS & CAKES ***

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FETE!**

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Brushford Flower Show

Saturday 2nd August
Brushford Parish Hall.
Doors open from 3pm.

Schedules available from
R&N Fruit and Veg, Dulverton,
Carnarvon Stores, and Beechcroft, Market
Close, Brushford, or by email from:
brushfordflowershow@gmail.com or phone:
01398 324147.

All classes are free to enter with cash prizes
for 1st and 2nd place.
Teas, coffee and cake, and a bar.



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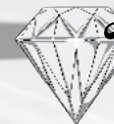
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Dulverton Gardening Club



FLOWER & PRODUCE SHOW

Dulverton Town Hall
Saturday 16th August 2pm—4pm
Prizegiving—Raffle—Auction

Sponsored by

EX EXMOOR
DISTILLERY

Entry forms available at the Post Office and R&N Fruit & Veg
Closing date for entries Monday 11th August



DULVERTON VINTAGE FILMS

Wed 9th July

84 CHARING CROSS ROAD

Anne Bancroft & Anthony Hopkins
(1987)

Wed 13th August

A TOWN LIKE ALICE

Virginia McKenna & Peter Finch
(1956)

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

WANT TO KNOW MORE ABOUT BAMPTON'S HISTORY?



Join us to find out about Bampton, past and present on one of our guided Town Trails.

Sunday July 13th at 10.30 am

Wednesday, August 13th at 10.30 am

Wednesday, August 27th at 10.30 am



To Book Your Place, email

bhvcvents@gmail.com to book your places,
with the names of walkers and a mobile phone number.

Family Friendly & well behaved dogs welcome.

Our Town Trails are FREE, but you can support BHVC by making a minimum donation of £3 to help keep the Heritage Centre running.

We can also book groups for our Town Trails
and other dates on request, email for more information.

Charity Ref. No. 1156194

Two Bampton Women in the Roaring Twenties



Looking at two women's contribution
to life in Bampton in the 1920s

July, 24th, 25th & 26th

From 11 am to 3 pm

In Bampton Heritage & Visitor Centre
(located in St Michael & All Angels church)
Station Road.

Free Entry, Donations Appreciated.



Charity Ref. No. 1156194

DULVERTON ACTION GROUP

Litter-picking

(3rd Sunday)

Sunday 20th July

Sunday 17th August

10.30 meet by the Heritage Centre

Everyone welcome!

~ and all kit supplied ~

For enquiries call Magdalena
on 323 785 or 07929 761 958



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.

Take away available.

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BRUSHFORD PARISH HALL

Pop Up Bar & Bar Games - 12 July
7:00pm to 10:00pm

Pop Up Bar & Jukebox – 9 August
7:00pm to 10:00pm

Book Mart, Drop In Café
2:30pm to 4:30pm

Every 1st Thursday of the Month

Sorry, we are unable to provide our popular Internet/Phone/PC Help Desk in July but back in August.

Brushford Parish Hall

working for the Community

Check the Latest News, Events & Clubs at

<https://brushfordparishhall.org.uk> or <https://bph.org.uk>

<https://www.facebook.com/brushfordparishhall>

<https://www.facebook.com/groups/friendsbph>

you can also support us by registering at :-

<https://www.easyfundraising.org.uk/causes/brushfordparishhall>

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

Please email: enquiries@brushfordparishhall.org.uk

Sundays at Barkham

Seasons in Time: Eleanor Grant
(Voice/Double Bass) & Gus
McQuade (Guitar)

6 Jul 2025, 15:00

Eleanor Grant and Gus McQuade

have been captivating audiences

with their unique combination of voice, guitar and double bass. Seasons in Time encompasses a wide range of musical genres, from 16th century lute songs to their own up-tempo arrangements of modern folk, jazz and original compositions.

River Peryer (Piano)

3 Aug 2025, 15:00

2025 Two Moors Festival piano section winner, 11 year-old River Peryer, performs in support of Pancreatic Cancer UK. There will be tea, cake and the opportunity to chat with this talented soloist and fellow audience after the recital.

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**DULVERTON
HERITAGE
CENTRE**

www.dulvertonheritagecentre.org.uk



Art Exhibitions

6th to 12th July

"Paintings and Ceramics"


by local artists Nick and Alison Strivens
and other artists
taking inspiration from the natural
world of Somerset and Devon.

23rd to 29th August

An exhibition by well known artist
Richard Blackmore

BOOK SALES

When no artist in
the gallery.



Paperbacks 75p each
or 3 for £2.

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(Unless individually priced)

The ongoing exhibition

"Bringing Dulverton's Past to Life"

featuring many old photographs
is still on until the end of October.
Come and see who you can recognise
in the pictures.

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

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, a lot 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 are a wide range of garden sizes and styles to see. In 2024, 19 gardens were offered, 15 of them within walking distance of each other within the town. Visitors easily reach their 10000 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 whilst 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.

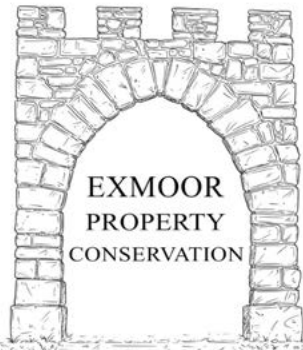


HIDDEN GARDENS 2025

Saturday and Sunday
28th and 29th June
11 to 5 o'clock

Adults £6
Under 16s free
when accompanied by an adult.

For further information, email
bamptoninbloom@gmail.com



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Dulverton Films



DULVERTON TOWN HALL

Friday 18 July

OCEAN with DAVID ATTENBOROUGH (Cert PG)

Directors: Colin Butfield, Toby Nowlan, Keith Scholey

95mins

A breathtaking journey showing there is nowhere more vital for our survival, more full of life, wonder or surprise, than the ocean. The celebrated broadcaster and filmmaker reveals how his lifetime has coincided with the great age of ocean discovery, emphasising the ocean's vital importance while exposing its problems and highlighting opportunities for marine life recovery.

Friday 1 August

MR BURTON (Cert 12A)

Directors: Marc Evans

124mins

A drama charting the relationship between a Port Talbot schoolteacher and a wild young schoolboy called Richie Jenkins, who was the son of a boozy miner. Richie dreamed of becoming an actor; Philip Burton recognised his raw talent, tutored him, and became his adoptive father. This film is the story of how Richie Jenkins was turned into Richard Burton, the greatest star Wales has ever produced and who later said of Philip Burton, 'I owe him everything.'

Friday 8 August

BRIDGET JONES—MAD ABOUT THE BOY (Cert 15)

Director: Michael Morris

124mins

After jumping back into the dating pool, single mother, Bridget Jones, finds herself caught between a younger man and her son's science teacher. A bittersweet romp about new beginnings, with another sparkling turn by Renée Zellweger, the film gracefully closes the book on Bridget Jones's diary.

Friday 29 August

BLACK BAG (Cert 15)

Director: Steven Soderbergh

93 mins

A gripping spy drama—when intelligence agent Kathryn St Jean (Cate Blanchett) is suspected of betraying the nation, her husband (Michael Fassbender), also a legendary agent, faces the ultimate test of whether to be loyal to his marriage or his country.

Friday 19 September

THE SALT PATH (Cert 12A)

Director: Marianne Elliot

115 mins

A true story of a couple who embarked on a 630-mile walk along the South West Coast Path while facing terminal illness and the loss of their home. Stretches of the Exmoor coast feature in the film, showing the splendour of Somerset, Devon and Cornwall.

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 silversmith's tale



Cat in her workshop.

Skilgate-based silversmith, Cat Mills, believes that you cannot improve on nature. 'It has beauty down to a fine art,' she says. The landscape in which she has lived and worked for the past ten years embodies this, while her workshop, a former linhay (stone cattle shed) reflects another passion—repurposing materials. The workshop doors started life in a festival marquee...But it is in her work as a silversmith and jewellery designer and maker that her commitment to repurposing comes into its own.

The tranquil, idyllic setting that she now calls home is in sharp contrast to her early years, which were spent in Bristol. Both her parents have fine arts backgrounds, and her grandmother painted, so Cat's creativity is bred in the bone. In addition, she attended a Rudolf Steiner school: 'There was loads of making with hands...baskets, ceramics, metalwork... rather than subjects like IT or computing,' she explains. Cat has dyslexia, so a rigid academic curriculum was never going to be right for her. 'I love a puzzle, however; I like experimenting, working out how to do something, and coming out with the right result.'

At 19 she enrolled on a two-year silversmithing course, where her combination of creativity and practical skills

found a perfect outlet. 'Although I left after one year, it gave me the confidence and enough understanding to experiment and make things I like. Almost all of what I do now is self-taught.'

She started out teaching copper jewellery-making at festivals, then went on to host mobile workshops. Now happily based in a permanent setting, Cat has developed a way of working that suits her best, enabling her to make the most of her knowledge and skills, which she loves to share. As well as creating her own range of silver jewellery, Cat teaches small groups and individuals.

'I am a great believer in recycling, reusing and repurposing; in my own work I use scrap sterling silver and items from the natural world. Silver is melted down and then cast into designs or forged into organic shapes,' says Cat. The methods she uses, cuttlebone casting and sand casting, are among the most ancient.

Cuttlebone casting has a history spanning thousands of years, with documented finds in Germany dating back to the 6th-7th century. 'Cuttlefish casting is our cultural heritage; they wash up on our island shores. I'll spend days beachcombing for them, while picking up rubbish—so much plastic! Taking something from the sea and giving something back feels like an exchange,' she says. 'You can buy cuttlebone but I'll remember where mine came from: Wild Pear Beach near Combe Martin, or from Cornwall or Dorset.' And she encourages people attending her workshops to bring their own.

Sand casting, which dates back almost 3,000 years to China's Shang dynasty, is ideal for casting natural things in silver. She uses this method to cast items such as ammonites, hagstones, acorns, or oak buds and twigs. Hagstones are stones or pebbles with natural holes running through them and are shrouded in myth and legend. Many cultures regard the hagstone as a talisman, offering protection or good luck. And the concept of the talisman is one that has always fascinated Cat. 'Jewellery is

deeply symbolic and highly individual; a piece has to look right, feel right on the body, and represent something. People often overlook the second and third elements.'

Cat's workshops offer people the opportunity to create something that they will enjoy wearing, something that carries a particular memory of a person, place or time. 'We don't start with what something might look like but what someone actually wants to wear. It might be a ring or a chunky pendant; a piece to wear every day or just on special occasions. Massive, or small and subtle! Then we start to make...'

Cat has always been drawn to symbols such as the triple spiral, a traditional Celtic symbol that reflects the way her three children inspire her work. It is the central feature of her Exmoor Silversmith logo and she often incorporates spirals into her jewellery designs.

'Every culture has something symbolic, as does every person's psyche,' says Cat. 'I love tapping into that. Finding out what's comforting to that person—a particular memory, or experience, say—really fires me up. It's something I try to communicate when I'm teaching'

Cuttlebone casting is an ideal process for this. 'It's easy to do and works quite quickly; you get a nice contemporary result. It's exciting to start with your aunt's old solid silver necklace, your mum's brooch or a napkin ring silver, melting it down into a liquid in a crucible, pouring it, and then taking it back to a solid—but a different solid. It's all

about that interpersonal connection and making a piece that you want to wear and cherish. I love taking people on a journey where they feel proud of what they've made.'

There is something uniquely atmospheric about Cat's workshop, a sense of alchemy in the air; it's full of the things she collects on the moor and coast, as well as the tools of the silversmith's craft. It's warm, inviting and informal, an ideal setting in which to learn and make. Asked to name her favourite piece, Cat replies: 'It's always the next piece I'm making. Everything is a Chinese whisper of what I made before; for example, do I need to make something lighter or heavier? You can't be static with creativity; I'm always excited about the next thing—it draws me on.'

When she needs a breathing space, Cat slips away from home to walk to her special place, near water. 'There's so much beauty on Exmoor, so much to take in but without the distraction of city life; it's where I can really be myself'

Diane Trembath

To find out more about Cat's jewellery and workshops, visit her website: www.exmoorsilversmith.co.uk or follow her on Instagram @exmoorsilversmith

Photo credit: ???



A triple-spiralled silver pendant.



A cuttlebone-cast silver pendant.



Sand-cast silver oak twig and ring.



View of Dunster Castle from the showgrounds.
Image credit: Martha Morgan

A celebration of the countryside...

Dunster Show is truly one of the most magical show settings in the country, taking place on the Lawns at the foot of Dunster Castle. On 15 August, the show celebrates 177 years, making it one of the longest running agriculture shows around.

The main arena attractions include the incredible OG Performance Horses, with their Spanish horses—expect to see beauty, power and jaw dropping tricks combined. This year the Dog and Duck Show joins in the fun with sheepdogs herding ducks in an amusing and educational display. In the afternoon, the popular vintage machinery and Grand Parade of Livestock takes place; with so much going on, the main arena draws crowds all day.

The shopping village boasts an impressive number of local and national trade stands; you can find everything from jewellery to a new Land Rover, quad bikes to winter coats.





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Dunster Show

FRIDAY 15TH AUGUST 2025

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The Food and Craft Halls are always buzzing and contain treats, gifts and temptations for all.

Hosting prestigious qualifiers for the London International Horse Show, there are some 100 showing classes within the Horse Section, including local favourites, the Exmoor Ponies. A bustling Livestock Section has cattle, sheep and fleeces being presented, as well as the wonderful Sheep Show, with dancing sheep performing throughout the day.

The Village Green offers plenty of family entertainment with Punch & Judy, fairground rides, ferret racing, live music, circus games and refreshments. Dunster Show is a true celebration of the countryside and provides an entertaining day out for locals and visitors alike.

Tickets available in advance at a discounted rate at: www.thedunstershow.co.uk

Gates open at 8am, free parking.

Jackie Kelly Fitness

Monday	7am	Kettlebells
	5.30pm	Fitness Pilates
Tuesday	7am	Upper Body and Core
	6pm	Kettlebells
Wednesday	7am	Tone and Sculpt
	9.30am	Fitness Pilates
Thursday	7am	Full Body Dumbbell
	6pm	Kettlebells
Friday	7am	Body Conditioning
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Dulverton Health Walks

The Dulverton Health Walks group meet every Tuesday morning at 10am to walk at different locations. The walks are not too difficult and last between one to two hours. We stop quite often for others to catch up and to admire our stunning countryside.

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

Richard Clarke on 01398 341141

email: richardclarke567@btinternet.com

or Richard Archer on 0777 3160 222

email: archer8r@hotmail.com

We look forward to seeing you soon.



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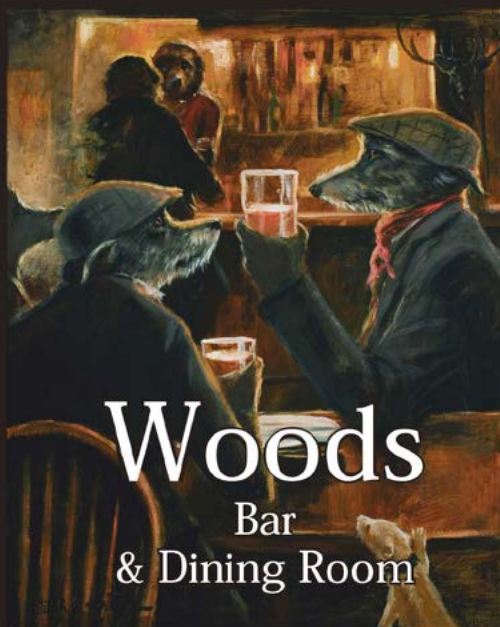
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Exmoor Young Voices visit Buckingham Palace

It's not every day you get invited to a Royal Garden Party at Buckingham Palace, but that's exactly what happened to Exmoor Young Voices (EYV) this May!

The invitation followed a joyful and moving celebration in Dulverton on 17th May, where EYV were officially presented with the King's Award for Voluntary Service — the highest honour a UK voluntary group can receive. Held at the Town Hall, the event welcomed around 60 guests, including members, supporters, and local dignitaries, who gathered to recognise EYV's decade of work supporting young people across Exmoor.

His Majesty's Lord-Lieutenant of Somerset, Mr Mohammed Saddiq, presented the commemorative crystal award and certificate signed by The King, praising the group's unique approach, energy and dedication to helping Exmoor's young people stay and thrive in the place they call home.

As part of the prestigious award (often described as the MBE for volunteer groups) EYV founder Leslie Silverlock, Chair William Lock, Coordinator Megan Hunt and Trustee Josh Smith were invited to Buckingham Palace on 20th May to mark the occasion at a Royal Garden Party.

EYV hopes the award will help amplify their message and bring greater support for young people living in Exmoor and other extra-rural areas.

To find out more about Exmoor Young Voices,

visit www.exmooryoungvoices.org and contact their coordinator, Megan exmooryoungvoices@hotmail.com



Photo credit: George Ody



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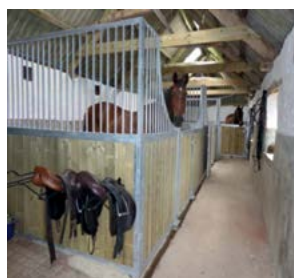
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Dulverton Events 2025

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

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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Dulverton's summer of family fun

Saturday 12 July 10.00am to 4.30pm

Dulverton Artisan Food, Drink and Crafts Festival takes place on Exmoor Lawns beside the River Barle. Generously sponsored by Shalden Shooting School and Exmoor Distillery and with over 30 stalls, the festival celebrates local artisan producers.

Sunday 27 July 1.00 to 5pm

The new Dulverton Family Dog Show, sponsored by Stockham Farm, Tarr Farm Inn and Masons

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Fishers Mead Community Centre, Dulverton



Third Thursday in every month



12 noon - 1.30pm

Kings is also being held on Exmoor Lawns. Enjoy an exemption dog show, with fun classes for all ages and abilities, and other events. Donations have also been given in memory of beloved Dulverton dogs: Rufus Crisp; Sid Pegrum and Ben Huckins.

Don't forget the monthly Dulverton Farmers Market in the Lion Car Park on the last Saturday of the month up to and including 27 September, 10am-2.30pm. Discover excellent local producers and craftspeople.

Go to: [visitdulverton.com/events](https://www.visitdulverton.com/events) for full details of these and other local events.



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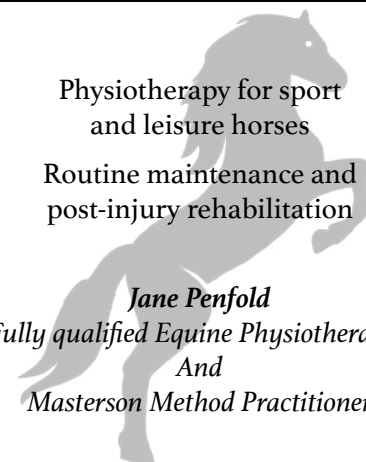

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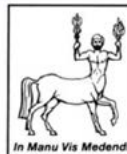
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Dulverton Breakfast Club is 20 years old

In May, community campaigner, Les Silverlock, spoke at the Dulverton Breakfast Club, sharing updates on Exmoor Young Voices (EYV). He's pictured with local farmer and entrepreneur, James Wright, at the Copper Kettle.

The Breakfast Club began in 2005

as the Men's Breakfast, founded by Rev John Thorogood, and has met ten times a year since then. Initially created as a space for men to connect and discuss often-avoided topics like mental health and loneliness, the club has evolved to welcome all, now simply called the Breakfast Club. Having moved venues over the years—from Rock House Inn to Woods, then the Lion Hotel—it

now meets at the Copper Kettle on the last Saturday of each month at 8:00am. A warm thank you to all past hosts and to the current Copper Kettle team for their continued support. Speakers have come from diverse backgrounds, including military, healthcare, law, conservation, and even Australian ranching. If you have a story or life experience to share, contact Bill Gash at billgash@gmail.com. Thanks to Les for stepping in at short notice, and congratulations to EYV for receiving the King's Award for Voluntary Service, presented recently by Somerset's Lord Lieutenant, Mr Mohammed Saddiq.

Bill Gash

*Read more about Exmoor Young Voices and their award on pg15.

79th Hawkrigde Revel & Gymkhana Bank Holiday Monday August 25th 2025

Commencing at 10.30am with Showing Classes, including Leading Rein & Hunter Class.

Mountain & Moorland and Exmoor Pony classes – ridden, in-hand & Veteran Class

Show Jumping commencing at 11am – including Nursery Stakes, Novice Class & Open Classes.

**Gymkhana 2.30pm
Family Dog Show at 2pm.**



ANTLER SHOWING COMPETITION



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Wednesday 2nd -Lavender Fields and Stow on the Wold £27.75pp includes entry
Wednesday 9th - Winsor £38.00pp coach only
Tuesday 15th -Lyme Regis & West Bay £23.00pp coach only
Tuesday 22nd -Kew Gardens £63.50pp Adults/ £61.50pp Seniors
Thursday 24th -Buckfast Abbey & Totnes £21.00pp coach only
Tuesday 29th -Castle Drogo National Trust £21.00pp Members/ £37.50pp Non-Members
Saturday 26th -100 Years Gala Penmere Station or Falmouth £27.50pp

AUGUST

Tuesday 5th - Trebah Gardens £38.50pp includes entry
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Please see our website for other Day Excursions and Theatre Trips

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Dates for your diary
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 Red Priest
 Sunday 16 Nov 2025 3pm
 Voces8 Scholars
 Saturday 7 February 2026 7.30pm
 Stringfever
 Friday 20 March 2026 7.30pm
 Guy Johnston and Melvyn Tan

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16

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20

LUXBOROUGH GUIDED WALK
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20

ANCIENT SITES AND PATHS OF LUCCOMBE
 Sunday 20th July at 12.00 pm



August Guided Walks



6

EXMOOR MINES, SIMONSBATH
 Wednesday 6th August at 10.00 am

7

SIMONSBATH & THE BARLE VALLEY
 Thursday 7th August at 10.00 am

17

PORLOCK WEIR & ADA LOVELACE'S WOODLAND
 Sunday 17th August at 3.30pm

26

WESTERMILL FARM WALK
 Tuesday 26th August at 2.00 pm



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Love Your Lakes Photography Competition 2025



Burrator Reservoir by Anna Curnow, overall and 1st place category winner, 2024.

An environmental and recreational charity is encouraging its supporters to capture, share and celebrate what the lakes mean to them. South West Lakes Trust invites visitors to enter their photos into its 2025 Love Your Lakes Photography Competition.

The charity is looking for that perfect moment captured on camera; one that celebrates the beauty and diversity of wildlife, the breathtaking landscapes or the thrilling moments of adventure and exploration from visits to its lakes across the region.

As part of South West Lakes Trust's 25th anniversary celebrations, a special new category— Celebrating 25 Years—allows visitors to share their favourite memories of the lakes from over the years.

South West Water is kindly sponsoring the prizes, which include £250 for the overall winner, and £100 for the winner of each of the five categories: Wonderful Wildlife, Stunning Scenery, Awesome Adventures, Young Explorers, and Celebrating 25 Years.

Winning entries go on display at a special exhibition at

Roadford Lake at the end of the year.

The competition is open for entries until Sunday 31st August.

James Platts, Chief Executive of South West Lakes Trust, said: 'We are excited to be hosting our annual photo competition once again, with the addition of a special historic category, to celebrate our anniversary year. We love to see those special moments, which can sometimes be just fleeting, that make these lakes mean so much more to our visitors. We are really looking forward to sharing those experiences with you and we wish everyone good luck!'

To find out how to enter, visit:

www.swlakestrust.org.uk/love-your-lakes-photography-competition-2025

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The Bank of England's recent decision to reduce the base rate from 4.5% to 4.25%, its lowest since May 2023, is a clear signal of improving economic confidence. Although the decision was not unanimous, it reflects a more optimistic outlook, supported by upgraded growth forecasts for the year ahead.

In the property market, lower borrowing costs are expected to support activity, particularly among first-time buyers. Mortgage products are becoming increasingly competitive, with five-year fixed rates starting from 3.83% and additional incentives available through green mortgages for energy-efficient homes.

The West Country Picture

In the West Country, we are seeing a noticeable shift in the market. Housing stock has increased by an average of 20% compared to this time last year, offering buyers considerably more choice. At the same time, buyer demand has risen more modestly, currently around 8% higher, leading to a more balanced and competitive landscape.



This increase in available property is due to a combination of seasonal factors, growing seller confidence, and financial pressures. In particular, recent council tax increases have pushed a number of second homes to the market. For some homeowners, this rise in annual costs has prompted a decision to bring their property to market sooner than originally planned.

While confidence is returning, buyers remain value-conscious and selective. However, properties that are accurately priced continue to perform well. Across much of the region, strong offers are being received, and in Dulverton specifically, many properties have sold at full asking price. In fact, we have successfully matched buyers with local homes before they even reach the market, highlighting the strength of demand when properties are correctly positioned.

With values remaining generally stable, buyers are approaching the market with care and greater attention to pricing. Properties

launched with overly ambitious price points may take longer to gain traction, whereas those introduced at a realistic, well-considered level continue to attract strong interest and achieve successful outcomes.



The recent interest rate cut is a welcome step that supports both economic sentiment and buyer confidence. In the West Country, where supply has increased and household budgets are being reviewed more closely, the market remains active. Sellers

who take a thoughtful approach to pricing are continuing to see positive results.

Below is a selection of properties in and around Dulverton that have recently come to market.

Jury Road, Dulverton:
Guide Price £1,000,000

This rare opportunity offers a stunning country retreat on the edge of Dulverton, set in a private yet convenient location. The impressive residence occupies nearly 2 acres of beautifully manicured gardens and grounds and includes original character, spacious flexible living areas, a private drive, and stables. The property enjoys exceptional privacy and peaceful countryside views in one of Dulverton's most sought-after settings. EPC G, Freehold, Council Tax G.



Jury Road, Dulverton:
Guide Price £550,000

This immaculately presented detached south facing home offers a rare opportunity for those seeking to live in the sought-after town of Dulverton. Enjoying an elevated position, the property boasts spacious accommodation designed to make the most of the far-reaching views across the Barle Valley and surrounding countryside. The



beautifully maintained gardens, ample parking, and overall presentation make this a truly stunning home. All of this is just a short walk from the town's excellent range of amenities and facilities. EPC E, Freehold, Council Tax E.



Chapel Street, Dulverton,
Guide Price £370,000

Nestled in the heart of Dulverton, this truly iconic character cottage combines timeless charm with surprisingly spacious accommodation. Beautifully presented throughout, the property boasts its rear courtyard garden with the rare benefit of

its own garage and parking space. Just a short stroll from the town centre and local amenities, this is a unique opportunity to own one of Dulverton's most recognised and cherished homes. EPC D, Freehold, Council Tax D.



Barns Close, Dulverton,
Guide Price £395,000

Located within large level mature gardens, within a tucked away setting on the fringe of town, this superb 3- 4 bed roomed attached chalet bungalow has been the subject of both extension and modernisation by the present

owners and is an ideal home for a couple or small family. The property is subject to a local occupancy clause. EPC E, Freehold, Council Tax C.



Brushford, Dulverton,
Guide Price £550,000

An immaculately presented 3-4 bedroom home, thoughtfully and tastefully designed to maximise flexibility and space situated in the desirable village of Brushford, this light and airy property boasts well-proportioned rooms,

beautiful level gardens, garage/workshop as well as ample parking and privacy throughout. EPC E, Freehold, Council Tax E.

Chilly Bridge, Dulverton,
Guide Price £795,000

Set amidst the picturesque Exe Valley near the highly sought-after town of Dulverton, this stunning detached 4-bedroom country residence perfectly combines traditional charm with modern living. Nestled within approximately 6 acres of beautifully maintained grounds, it offers an idyllic rural retreat with ample space and privacy. Ideally located close to scenic walking and riding routes, this home is perfect for those who love outdoor pursuits. EPC G, Freehold, Council Tax G.



Pixton Way, Dulverton,
Guide Price £205,000

A fantastic opportunity to purchase a well-located bungalow, just a short walk from the charming town centre of Dulverton. This appealing home offers easy and comfortable single-level living, complete with front and rear gardens and off-road parking. Ideally situated with convenient access to local shops, amenities, and transport links, it's the perfect choice for those seeking a peaceful yet well-connected place to call home. The property is subject to a local occupancy clause. EPC F, Freehold, Council Tax B.



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Free croquet sessions at Dulverton Tennis Club

Located off Millham Lane near Dulverton town centre, the tennis club offers three all-weather courts and welcomes new members. Non-members can pre-book pay-to-play sessions through The Tantivy on Fore Street.

As part of a Dulverton Joint Sports Field Committee initiative to make better use of local facilities, the club is trialling free "have-a-go" croquet sessions this summer. Open to all ages, croquet is a game of strategy and skill—perfect for those seeking a gentler sport or a return to a childhood favourite.

Sessions will run (weather permitting) from 2.00 to 4.00pm on Saturdays: 5 and 12 July, 16 August, and 6 September. All are welcome to watch or join in. Instruction is available for beginners or those needing a refresher, and tea and cake will be provided (donations appreciated).

To book, email Richard Sinclair at R.i.sinclair@icloud.com or Bill Gash at billgash@gmail.com, specifying your preferred dates. Spaces are limited and offered on a first come, first served basis, with extra sessions added if demand is high.

The club's AGM approved this croquet trial for summer 2025. If successful, regular croquet sessions could become a permanent fixture in the 2026 season.



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We have just finished compiling our Annual Reports for 2024-25, setting out our impact on local communities. The reports are available on our website (see below) and make for interesting reading. Inquiries about welfare benefits, energy, debt and housing remain key areas where people need our help. We have covered advice on all of these issues over time and shall doubtless be doing so again.

However, this month I'd like to talk about another aspect of our work and ask for your help!

In-house we refer to our Research and Campaigns, which roughly translates into trying to make society fairer. This is every bit as important as the advice and help we give because it enables us to put pressure on the decision-makers when we see something is unfair. Our charity is highly respected and people listen to us. We also maintain relationships with our local MPs and councillors. While maintaining the highest standards of confidentiality, we compile compelling data to support our causes. We support this at local and national levels and are very active locally, getting out and about in the community and undertaking surveys—a vital part of this work.

We recently published a report on the impact of the cost of living crisis based on our local research: Citizens Advice Torridge, North, Mid & West Devon 2024 Living

Standards Report - Rural Devon Citizen's Advice. We were also delighted when Karen Plum, our Research and Campaigns volunteer received an Unsung Hero award at the recent Research and Campaigns national conference. She and our Team Leader, Laurence Atkinson, who heads our Research and Campaigns work, put a great deal of time and energy into this crucial aspect of our work. Which leads me to my request for help...

As part of a Devon-wide campaign we seek information from people experiencing problems with repairs in private or social rented properties. If you could complete a simple form for us, it would be really helpful; you'll find it at: www.forms.office.com/e/0gRCPqVggG

We can't try to resolve any issues you may have but it will help us to escalate what is a very real and widespread problem. We would also like to hear from you if you do seasonal work in the area and are on means-tested benefits, as this appears to be an issue for people finding it hard to make ends meet and needs serious review. If you can help us with this, please email us at: campaigns@citizensadvicetnmwd.org.uk

As ever, we are looking to grow our volunteer numbers in our drive to help more people. We are running a volunteer taster session in Barnstaple on Thursday 5 June from 10.00am-12.00pm. Cake will feature on the agenda! If you would like to attend please register at: www.citizensadvicetnmwd.org.uk/opportunities/ We would love to see you there.

www.citizensadvicetnmwd.org.uk



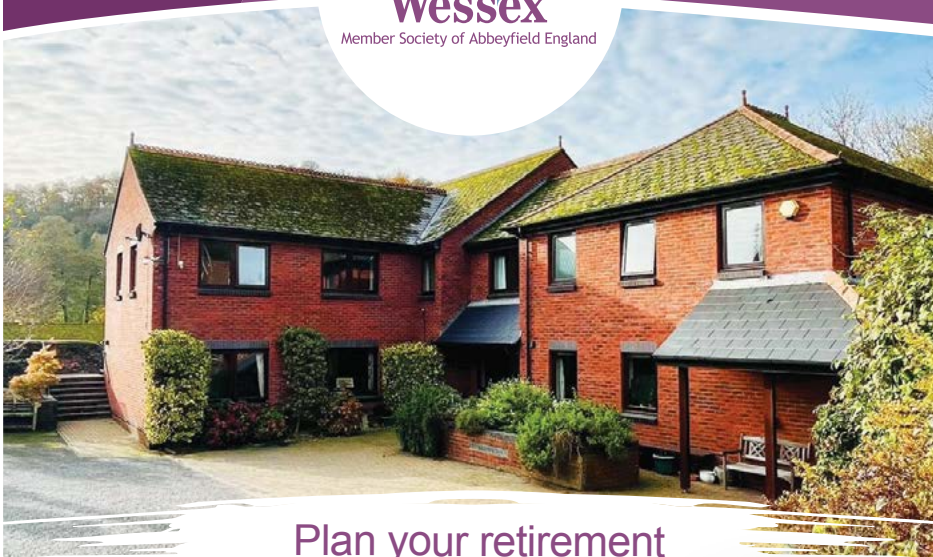
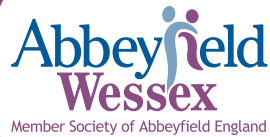
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10 Parishes Festival

The biennial 10 Parishes Festival of visual and performing arts returns this autumn, in and around Wiveliscombe. The festival spans two weekends from 6-14 September and includes artists' open studios, performances, talks and the Wiveliscombe Street Market and Carnival procession on Sunday 14 September.

Three longstanding artists with the festival are exhibiting at Rainsbury House Studio, Upton. Innes Davies lives and works on the edge of Exmoor, which is a major focus for her painting in acrylics, watercolours and oil, celebrating varied and beautiful aspects of the moor. Her paintings are not totally photographic, but try to capture the essence of each view, whether imposing or intimate.

Annie Musgrove lives on the Somerset-Devon border, working

mostly in oil, adding layers to build up a depth to her work in which she captures the elemental nature of the rural landscape around her. With a clear focus on Exmoor, this award-winning artist is showing a collection of original oil paintings, prints and cards.

Lindsay Shaw handspins luxurious fibre blends into beautiful skeins that she sells, along with crocheted scarves and mittens.

The festival guide is published in July and available from many local outlets. Visitors can also consult: www.10parishesfestival.org.uk



Painting by Innes Davies



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Exmoor Young Chef and Aspiring Chef Competitions

Every year, the Exmoor Young Chef competition inspires young people of school age, who are interested in cooking, to improve and practise their skills and work with professional chefs. This year we are launching a new competition, Exmoor Aspiring Chef, for young people aged 18 to 24 who already working in the area's kitchens—to showcase their culinary talents.

Both competitions offer exciting training and upskilling opportunities in an industry known for its fast paced and rewarding career paths—for those who have a passion for food and great service. Past Exmoor Young Chef finalists have attracted tremendous publicity and the competition has given them guidance and direction on training, employment and showcasing skills.

The Exmoor Young Chef competition takes place on Saturday 4 October and the Exmoor Aspiring Chef competition is on Monday 20 October, with both events taking place at West Somerset College in Minehead.

Visit Exmoor is organising both competitions, supported by Butlin's, Exmoor National Park Authority,

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Bridgwater & Taunton College, and Bidfood. Max Lawrence of Visit Exmoor, said: 'Exmoor's food and drink is second to none, and it's young people who will carry that story forward. These competitions aren't just about cooking; they're about unlocking potential, gaining confidence, and recognising that a career in hospitality and the visitor economy can be exciting, creative and full of opportunity.'

The closing date for applications for Exmoor Young Chef is Tuesday 1 July and Monday 1 September for Exmoor Aspiring Chef.

For enquiries, contact Max at businesssupport@visit-exmoor.co.uk or call 07860 135271. For an information pack and online application form, go to: visit-exmoor.co.uk/business-hub/centre-of-excellence/events.



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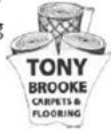
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The Salt Path—Exmoor’s starring role

Exmoor National Park Authority (ENPA) has welcomed the recent UK cinema release of *The Salt Path*, a poignant adaptation of Raynor Winn’s* bestselling memoir. It follows a couple’s transformative journey along the South West Coast Path and the breathtaking Exmoor coastline plays a huge part.

Starring Gillian Anderson and Jason Isaacs, the film brings to life an inspiring true story of resilience, healing, and the profound connection between people and nature. Much of the screen adaptation unfolds along the Exmoor stretch of the South West Coast Path, where dramatic cliffs, secluded coves, and sweeping sea views offer a backdrop as emotionally stirring as the journey itself.

ENPA’s Enterprise and Communications Manager, Dan James, said: ‘We’re delighted to see Exmoor’s stunning coastline featured so prominently in such a moving story. *The Salt Path* has already inspired thousands to explore the South West Coast Path and we hope the film will inspire more people to connect with nature and discover the benefits of this special landscape for mental and physical wellbeing.’

ENPA’s rangers and estate management, working closely with the filmmakers during production to provide access to National Park filming locations and to ensure that Exmoor’s natural environment was protected.

ENPA is keen to emphasise that walking the whole of the Exmoor coast can be a serious undertaking and people need to be adequately prepared. Its range of Exmoor Strolls, Explorer and Classic walks offer some shorter walks based on and around Exmoor’s rugged coast, taking in many of the places featured in *The Salt Path*.

To learn more about visiting Exmoor and enjoying the South West Coast Path responsibly,

visit www.exmoor-nationalpark.gov.uk/salt-path

To support the work of the National Park and its access and conservation projects visit

www.exmoor-nationalpark.gov.uk/caremoor



Filming *The Salt Path* on North Hill, near Minehead.



Photo: Black Bear Productions



Valley of Rocks, Lynton, featured in the film.

*Raynor Winn is a guest speaker at this year’s Dulverton Exmoor Literary festival—become a Festival Friend and get priority booking!

Full details

at: www.visitdulverton.com/dulverton-exmoor-literary-festival-2025/

The Regal Theatre

The Ballad Of Wallis Island (Cert 12a)

Tuesday 1 July 2025—7:30pm

Carey Mulligan at her most magnetic, playing one half of an estranged folk duo in a film about an eccentric lottery winner.

Broadway and Beyond

Friday 4 July 2025—7:30pm

A thrillingly entertaining mix of musical wit from the most popular musicals.

Breathless, performing the music of The Corrs

Saturday 5 July 2025—7:30pm

The talented Berry family's celebration of The Corrs' music.

Ahh... Freak Out!

Saturday 12 July 2025 - 7:30pm

A feel-good tribute to 1970s disco music scene.

The Searchers and The Hollies

Thursday 17 July 2025 - 7:30pm

Magical hits of two of the biggest bands from the '60s and '70s.

Get The Groove!

Friday 25th July 2025 - Saturday, 26th July 2025 - 7:30pm

LADA Dance Academy presents its annual dance showcase, full of amazing moves and the hottest tunes.

Minehead and Exmoor Music Festival 2025

Monday 28 July—Vaughan Williams, Richard Strauss and Beethoven.

Wednesday 30 July—Smetana, Prokofiev and Brahms

Saturday 2 August—Butterworth, Walton and Sibelius.

Full programme of concerts: www.mineheadmusicfestival.org

The Regal Theatre Summer Show 2025

Priscilla, Queen Of The Desert—Musical

Thursday 14-Saturday 16 and Tuesday 19-Saturday 23 August—7.30pm

Based on the smash-hit movie, *Priscilla, Queen of the Desert*, is the heartwarming, uplifting adventure of three friends, and a battered old bus, nicknamed Priscilla.

NB Strong language and adult themes; unsuitable for under-14s.

Book tickets for all events online at www.regaltheatre.co.uk/whatson or from the Box Office (tel 01643 706430) between 9.30am and 12.00pm, Monday-Saturday.

The Regal Theatre, 10-16 The Avenue, Minehead, Somerset, TA24 5AY



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Sitting in the stillness of Mounsey Gate keeps me afloat;
this open spread of hills which
disappears beneath spilled shadows, where
gorse is scattered like foreign appendages into
bright canopies of musk scented flowers
that constantly tumble into the valleys,
as if seeking safe anchorage
beneath bright-light rivers;
there is always a welcome
waiting at the helm
of the moor.

The rising lark keeps me afloat:
its wayward wanton calling
buoyed to heaven by a blue summer song,
by dried heather and sapphire winds;
there is always cotton grass
snagged between bare toes
on straw-hat solstice days
ready to knot itself
into my skin,
if I pause, mid-stride,
asking a patient life.

Exmoor is like nature's sponge; it remains afloat
with its infinities of becoming more
than one atom of hopeful existence
more than living ponies, fat bellied with spring
foals, confident of their lineage behind
and in front, somewhere there is always
a buzzard circling, telling us how to rise
above clouds, how to look for
more of life ahead;
and if sought
how to capture it.

© Fran Bridger

Busy bees!

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

Malcolm Crook—07786054892 Willand
Gary Dufton—07816984049 Cullompton
Derek Evans—07977922173 Tiverton
Malcolm Pearce—07785921871 Tiverton
Alan Barrow—07711 308966 Bampton
William Lines—07743329367 Payhembury
Tony Lindsell—07412610502 Uffculme
Bryan Wright—07419586822 Bickleigh, Pennymoor,
Cheriton, Black Dog

Please note these are not the only areas they cover.

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

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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A button's journey



In 2022, a button embossed 'E Parminter Dulverton' was found during an archaeological dig in the leat. Edwin Parminter had been a tailor in Dulverton in the mid-1800s and he is buried, with his wife, in Dulverton Churchyard.

Dulverton Weir and Leat Conservation trustees were delighted when they were contacted by Edwin's great-grandson, Peter Parminter, who now lives in France. Peter had found out about the button and the trust on the internet and visited Dulverton in May to do more research into his family.

DWLCT took great pleasure in returning the button to its rightful owners! On his return home to France, Peter passed it to his daughter, Éleonore, for safekeeping.



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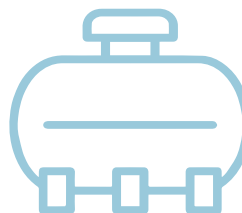


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News from Exmoor National Park

Nature and people focus for land at Driver



Exmoor National Park Authority (ENPA) is launching an ambitious programme of work at Driver, its 320 hectare land holding west of Simonsbath. In May, the ENPA Committee agreed a three and a half year development phase at Driver that includes:

At least five nature recovery projects.

A range of engagement and learning events, skills and activities, such as Young Rangers, Welcome to Exmoor days, and a programme of school visits.

Several projects that also focus on cultural heritage and social history.

Improved physical access across the land, to better connect our Pinkery Outdoor Learning Centre (see below) with Driver and nearby roadside laybys.

There is already a Countryside Stewardship Scheme in place for Driver, but the hope is that it will be replaced by entry to the Reviving Exmoor Heartlands Landscape Recovery scheme in 2026.

Our Sowing the Seeds project will continue to play

an important role in restoring Driver's meadows. Demolishing the end-of-life, 20th century farm shed, and making other improvements around the traditional farmstead, will improve site infrastructure. We are conserving and adapting the Victorian farm buildings, which will be adapted to support diversification. We are also recruiting the first Gateway tenancy to ensure ongoing land management in a way that supports our ambitions for nature.

Tackling structural issues at Hinds Pitt Bridge



ENPA has had to close a popular Somerset footbridge for public safety but we are working on a plan for a long-term replacement, and to reinstate public access on the permissive footpath that crosses Hinds Pitt Bridge above Hinds Pitt Pool, which forms part of the popular Tarr Steps circular walk

ENPA's Access and Recreation Manager, Dan Barnett, said: 'Unfortunately, the bridge had to be closed due to structural failure and for public safety. It has been there since the 1950s and some key parts of the steel structure have deteriorated to a point where they are no longer safe

(see photos). We hope to replace the bridge and secure public access...but it will take some time to develop a plan in agreement with the relevant landowners and to raise the considerable funds required.

'It is possible that we can do some temporary modifications to allow the bridge to reopen while we plan for its replacement, and we are looking into that urgently. In the meantime, the Tarr Steps site is otherwise open for everyone to enjoy, including short walks there and back on either side of the river and all the longer walks in the area are fully open. The popular long distance footpath, the Two Moors Way, is still passable using an alternative route on the west bank of the river.'



Mollie's Makers—new craft outlet

Following the successful relocation of our Exmoor National Park Centre in Dulverton to our Head Office within Exmoor House, we are delighted to welcome Ed Martin as our new tenant in our town centre premises. Ed has opened Mollie's Makers as a showcase for 60 local makers and creators, selling handmade crafts.

There are a few shelf spaces still available if any local makers wish to enquire about renting a space to display their works. Contact Ed at Ed@molliesmakers.uk

www.exmoor-nationalpark.gov.uk

Postcards from Exmoor...

The early years of the 20th century were said to be the golden era of postcards, as more people took holidays and explored different parts of the country. Postcards to family and friends were all part of the experience, keeping loved ones up to date with the sender's activities. Postcards sent more than a century ago are an endless source of interest for Dorset writer, Helen Baggott. She has already published three collections of postcard stories but has now used them as the basis for her novel, *Memories from the Future*, which is set on Exmoor.

In 1911, author Arthur Saville visits Exmoor, in search of letterboxing sites, where visitors have left postcards in jars or tins in remote locations. More than a century later, Hilary Holmes discovers Arthur's journal and postcards, which reveal an extraordinary genealogical puzzle that must be solved. She too heads off to Exmoor, following in Arthur's footsteps and the postcard trail, from Minehead, Porlock, Lynmouth and Lynton, to Simonsbath, Exford, Dulverton, Dunster, Selworthy, Watchet and Cleeve. In the 21st century, Hilary has access to a wide range of newspaper archives and genealogical resources that bring Arthur's words and the stories behind the postcards to life. Gradually, the pieces come together...

Memories from the Future by Helen Baggott is available from Amazon.

Author website:
www.stourcastle.co.uk
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Anxiety is a natural emotional and physical response to stress. It activates the body’s fight-or-flight system, but when triggered too often, it can feel overwhelming and difficult to control.

Chronic anxiety can make it hard to focus, sleep, or carry out daily tasks. Generalised anxiety disorder (GAD) is one of the most common forms. It involves constant worrying about everyday things and often feeling ‘on edge.’ It can impact work, relationships, overall wellbeing and is often linked to depression. Anticipatory anxiety involves excessive worry about future events, which can lead to sleep anxiety—stress and overthinking that interferes with the ability to fall asleep. Panic disorder involves sudden, intense panic attacks with no clear trigger. These episodes can be frightening and may cause dissociation. Obsessive-compulsive disorder (OCD) includes intrusive thoughts (obsessions) and repetitive behaviours (compulsions) aimed at relieving anxiety.

Talking to a counsellor can be a helpful first step in managing anxiety. Counselling provides a safe space to explore thoughts and feelings, identify triggers, and develop healthy coping strategies. Counsellors can help you challenge negative thinking and engage your rational mind, making anxious thoughts easier to manage over time.

www.snowdropsomerset.com

Migraines: Claire Fisher, Reflexologist

A migraine is usually a moderate or severe headache felt as a throbbing pain on one side of the head. Many people also have symptoms such as feeling sick, being sick, and increased sensitivity to light or sound. Some people have migraines frequently, up to several times a week. Other people have a migraine only occasionally. Migraines also come with or without an aura, also with an aura but no pain. Migraine headaches have been linked to overwork, stress, changes in the weather or hormone levels, bright lights, dehydration, and food allergies. They can be debilitating, whatever the cause. Do consult your GP if you have frequent or severe migraine symptoms.

In the case of migraines, reflexology aims to:

- release any muscle tension in the head, neck, shoulders and spine;
- enhance circulation to all areas of the body but especially the spine, neck, shoulders and head;
- balance the hormones which can attribute to headaches;
- reduce stress and tension, which is often responsible for a large proportion of migraines.

This is all done through working the reflex points on the feet. A reflexology treatment is very relaxing and calming, which helps physical and emotional symptoms.

www.clairefisher-reflexology.co.uk



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An unusual collection...

I have always been a collector. Initially it was Brooke Bond tea cards, cigarette cards and stamps. The spark for cartridge collecting started over 40 years ago, when a friend pestered me to find some for his collection. I found one old Somerset cartridge, the Somerset High Velocity, retailed by W R Bailey of Congresbury, to this day still the only one known.

Historically, travel was difficult so most villages would have had a blacksmith, shop or ironmonger who would retail cartridges with their own names and designs. As a result they are little pieces of history with retailers names and interesting designs; sometimes it is the only thing remaining of the business. One example is 'Stacey, Dulverton', a pre-1914 cartridge. Centre fires developed in the mid 1800s; Mr Daw lost a court case battle over the cartridge manufacturing patents. Eley brothers succeeded and to this day are still one of the main manufacturers.

My collection covers up until the introduction of plastic cases c1959 but extends to old cartridge boxes, reloading tools, related invoices and ephemera; for example, a whale marker for research, before electronic tagging was possible. A friend recently described my collection as a museum! Initially cartridges were easy to find. Not so now.

Mine is not the only unusual collection. I remember two; one of button hooks (about 600 items) and one of named building bricks (over 300), all preserving a small piece of history long gone. Thank goodness for a few slightly mad people out there with a collecting personality!

Roscoe Wright



The whale marker used for research, post-1960.

Three local cartridges. Top: The Exmoor Cartridge—Wm. Tarr and Sons, circa 1928; middle: The Milton—T H Moor, South Molton and Exford, c1938; bottom: Somerset High Velocity—W R Bailey, probably pre-war.



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A challenging splash at WiveyPool



WiveyPool has kicked off its summer fundraising campaign with the 1927 Swim Challenge, named in honour of the year the pool opened. As the pool approaches its centenary, the need to future-proof

this cherished local facility is more important than ever. The 1927 Swim Challenge invites swimmers of all ages to complete 1,927 lengths (or variations of 1927) throughout June, July, and August. Participants are securing sponsorships and logging their lengths poolside, with donations going via Crowdfunder to help raise £60,000 towards building the pool house—a multifunctional community space designed for swimmers, spectators, staff, and recreation ground users.

The challenge officially launched on Sunday 1 June, with individuals, families, and friends already diving in. Among the first to hit the water were Viv, taking on the challenge solo, and dynamic duo, Richard and Dan, who gave a thumbs-up as they began their team effort.

But the event is about more than just the distance. It's a celebration of community, heritage, and the shared love of swimming. It's about coming together, having

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fun, and making a lasting impact. Those who raise the most funds will be rewarded with a free season membership for next year and exclusive WiveyPool merchandise.

Support the challenge and help secure WiveyPool's future; every donation makes a difference. Visit our Crowdfunder page to contribute: www.crowdfunder.co.uk/p/wiveypool-pool-house



Somerset Day 2025— Our 10th Anniversary

Communities across Somerset and far beyond came together in spectacular fashion to mark the 10th anniversary of Somerset Day, with a record-breaking weekend of events that showcased the county's pride, heritage and vibrant community spirit. From village greens and bustling town centres to TikTok clips, Instagram stories and flag sightings, Somerset's celebratory energy lit up both local streets and digital timelines, amplifying Somerset's message across the region and beyond.

Among the standout moments of the weekend was the BBC Radio Somerset Flag Challenge, with presenters rallying to fly the Somerset flag in as many locations as possible around the world. Their efforts saw flags proudly displayed everywhere from Times Square in New York to Antarctica, The Gambia and Australia, as well as iconic local landmarks across the county. The competition saw 870,000 views on BBC Somerset's Facebook and Instagram pages.

Music lovers were treated to a nostalgic Somerset moment at the Barrel & Bloom Festival at Rich's Cider Farm, where a rousing set from the Wurzels had festivalgoers, young and old, singing along and waving flags. With over 1,000 tickets sold, the event was a highlight of the weekend.

In Taunton, the town centre was transformed into a vibrant hub of food, drink and entertainment as eat:Taunton

attracted more than 18,000 visitors and hosted 110 local food and drink producers. The event further cemented Somerset's growing reputation as a destination for culinary excellence.

These flagship celebrations were part of a wider programme of over 40 different events across the county—including school flag-raising, historical tours, craft markets, parades and community picnics. The diversity of activities reflected Somerset's unique blend of tradition, creativity and community spirit.

www.somersetday.com



St Michael's Tower, Glastonbury Tor illuminated with Somerset Day flag. (Credit: BBC Somerset)

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A Dog's Day Out—Weight Watchers

Cabbage and water and a chicken thigh again for lunch! Where's the biscuit, Honey?

'Our guest has to stay on her diet, Buddy. She put on nine pounds in the New Year. Biscuit every other day now.'

How long does this have to go on for? My harness is dropping off me, it's all saggy. I'm getting called Kermit with Miss Piggy when we go out now. It's embarrassing.

'Remember, she went back to the vet last week and got on the scales.'

And?

'She's lost a pound.'

A pound! She will have to increase her exercise regime, an extra trot up a hill in the mornings, otherwise there's a possibility I might fade away. Ask her nicely, Honey, can she put some carrots in with the cabbage next time to jazz it up a little?

'I don't get on with carrots, Buddy, they give me an upset tummy. I'm not very good with eggs either.'

Miss Piggy had an upset tummy the other day. What was it she ate?

'That Dr Scholl toe separator thingummy from the bathroom cabinet. It went straight through her—in one end and out the other.'

No nutrition in that then. Tell her to stick with the Himalayan Yak dog chews. She's left half of one upstairs buried under the bath mat. (Sigh.) Are there any dried fish skin chews lying

around, I'm starving.

'All gone until she gets to the fish skin shop next week.' (Sigh.)

There must be a way Piggy could lose a few more pounds.

'I suppose she could try Ozempig. It's very popular everywhere at the moment.'

Never heard of it. Is that the Old Spot variety with pointed ears?

'You buy it from the NHS shop and if you swallow an Ozempig pill, Buddy, you never want to eat again.'

Hmmm. Pass me the cabbage, Honey. I've made up my mind; it's delicious.

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

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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

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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
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Dulverton Family and Toddlers Group:	01398 324329
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Exford CofE VC First School:	01643 831365
Little Berries Pre School at Exford First School	01643 831365
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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

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