

# VILLAGE VOICE

April - May 2024



## Still Saving Lives After 200 Years

*The community magazine of Bantham, Buckland and Thurlestone*



The front cover is an acknowledgment of the RNLI's 200th anniversary. We are reminded in the Thurlestone Phone Box article that this excellent charity depends on volunteers who give their time and commitment to save others as well as the voluntary contributions which fund the service.

Thurlestone has almost been cut off from the rest of the world with the recent floods attempting to transform some of our access roads into canals! The Parish Council has worked very hard (especially Cllr Palmer) to get the drains cleared in order to make driving less challenging. As Jan Turner in Weather Wag reminds us, February was certainly a 'Fill the dyke' month. It is of little wonder that Mike Hodges recorded exceptional figures of rain for January and February, representing 92% and 168% more rain than in the last 30 years' averages.

Preparing our homes to deal with the effect of the extreme weather, the article on 'Thermal Imaging to Identify Heat Loss' is a must-read with simple tips on how to improve the warmth of your home and reduce energy bills.

A second article from Roy Townsend reminds us of the 'good old days' of medical and psychiatric care in our area, with many amusing anecdotes. There were no Kingsbridge or Salcombe Health Centres and the GPs worked from their own homes.

Easter is fast approaching, so amuse the family with our fun Easter Quiz (answers provided) added to the usual Grey Matter quiz. Also, children and adults look out for the first migrating swallows, sand martins and house martins coming to visit our area, as Mike Passman reminds us in his bird article.

Finally, check out that Lloyds Bank has moved into Kingsbridge library!!! Well, for a couple of hours on Wednesdays at least. What became of the good old days when Kingsbridge had at least five banks?

Enjoy your reading and we wish you and your families a very joyful (and hopefully drier!) Eastertime.

We're sure you will all join in with us in sending very best wishes to His Majesty the King and HRH the Princess of Wales for full and speedy recoveries.

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## April- May 2024

**41st Year of Publication**

**Issue No. 246**

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## **Thurlestone Parish Council Meeting of 8<sup>th</sup> January 2024**

**Present:** Cllr Rosa Lewis (in the Chair), Cllr Adam Ryan Carter, Cllr Gill Stone, Cllr Eric Palmer, Cllr David Smyth, Cllr Mike Hodges, Cllr Nigel Hadaway

**In Attendance:** Helen Leather (Parish Clerk), SHDC Cllr Mark Long, SHDC Cllr Sam Dennis, 6 Parishioners/guests.

**OPEN FORUM:** A member of the public asked if it was possible to get an update on the roads and potholes in the area which are becoming dangerous. He wanted to know what County will be doing about the situation. Karen Barker wanted to raise concerns about the Garden Waste Collection and the mix up of dates between what had been promoted and what actually took place. A member of the public asked about the dark skies policy and can it be a consideration in planning decisions. Cllr Lewis replied that the council are planning to produce a leaflet in conjunction with the Climate group run by Mike Hodges about dark skies policies and how people can help, this would be distributed to every house in the parish. Cllr Hodges stated that he would submit an article to the Village Voice on the issue.

**SHDC Councillor Mark Long** talked about the difficulty of NHS dentistry in the area. He read out the motion that was approved and resolved by the Council *“in a move to address the dentistry crisis, it's resolved that the Council encourages the Devon Health and Well-being board and their local MPs to work with local dental practitioners and patients to investigate the setting up of the pilot scheme to provide accessible no frills dental care for all ages, with the aim of encouraging the relevant NHS services to introduce the scheme across the South Hams”*.

**SHDC Councillor Sam Dennis** reported on a meeting she had attended with Cllr Hodges to the South Milton sewage treatment works and with a viewing scrutiny with Southwest water as well.

**Clerk's Report:** Road closure and Temporary Restriction (Aunemouth Cross to Bantham Cross, Bantham) Tuesday 23 April 2024 until Thursday 25 April 2024 for pole replacement. The Secretary of State for Transport has approved the second extension of the temporary closure of Thurlestone Footpath 7. The closure would have expired on 12 January and has now been extended until 12 July 2024 or until the works are complete, whichever is the sooner.

**Cllr Lewis** reported that she had written asking DCC where we stood with the speed camera machines as they were unable to complete a survey as the machines were not available.

**Cllr Stone** gave an update on Permitted Development Rights. She has had several conversations with Curtis Bradly, Planning Officer at South Hams who has been very helpful. Cllr Stone also talked about advice from the District Council regarding concerns over planning applications for large area houses – for example applications that are described as 3-bedroom houses but are actually very large in size which makes them inaccessible to lower/middle income families.

Councillors then talked about the planning of Salcombe development 4120/23/VAR. This is an Appeal for the removal of the prime Residency Condition that was applied to all four flats. Cllr Stone stressed that if this planning application is approved the outcome will set a detrimental precedent for all parishes and towns with the Principal Residence clauses.

Councillors had received an email from a member of the public concerned with the removal of vegetation around the golf course and the damage to wildlife. The Chairman of the Golf Course, Graeme Fairley had responded.

## **PLANNING**

3961/23/VAR - 21 Eddystone Road, Thurlestone, TQ7 3NU. **Thurlestone Parish Council Support this application.**

3740/23/HHO - Mallards, Lane Past Mallards, Thurlestone, TQ7 3NX. **Thurlestone Parish Council Support this application.**

3940/23/HHO - Little Stretton, Thurlestone, TQ7 3LZ. **No decision – site visit planned.**

## **SOUTH HAMS DISTRICT COUNCIL DECISIONS:**

3588/23/HHO - West Seacombe, Ilbert Road, Thurlestone, TQ7 3NY. **Withdrawn**

0299/23/FUL - Thurlestone Hotel, Eddystone Road to Kerse Cross, Thurlestone, TQ7 3NN. **Conditional Approval.**

3611/23/FUL - 5 Zealands Field, Bantham, TQ7 3AN. **Conditional Approval**

3629/23/HHO - Onnalea, Bantham, TQ7 3AR, **Under Consideration**

2116/23/FUL - Worthy, Bantham, TQ7 3AA. **Under Consideration**

2117/23/LBC - Worthy, Bantham, TQ7 3AA. **READVERTISEMENT Under Consideration**

4258/22/HHO - Morstones, Bantham, TQ7 3AP. Householder application for proposed alterations & extension to include demolition & replacement of conservatory. **Conditional Approval**

3336/23/VAR - Outside Land At Sx 699 454 Bantham. **Pending**

2786/20/FUL - West Buckland Barn, TQ7 3AJ. **Under Consideration**

## **FINANCE & GOVERNANCE**

### **Governance - Approval of Precept spend for 2024/25.**

Financial Review & Setting of the annual precept. The council concluded that they would set a budget requirement which keeps the Band D parish council tax rate at the same level as last year. Tax Base 2024/25 x Parish Council Tax Rate 2023/24 = Budget Requirement = 780.61 x £46.05 = a budget requirement of £35,947.

## **Thurlestone Parish Council Meeting of 5<sup>th</sup> February 2024**

**Present:** Cllr Rosa Lewis (in the Chair), Cllr Gill Stone, Cllr Eric Palmer, Cllr Mike Hodges, Cllr Nigel Hadaway

**In Attendance:** Helen Leather (Parish Clerk), SHDC Cllr Sam Dennis, 9 Parishioners/guests.

**OPEN FORUM:** Sian Hester spoke on agenda item 9B, the Cliff Stabilisation planning application. She stated that she had looked at the 80-page report by the consultants and it seems a more thorough and scientific approach compared to the last application. Chris White made 3 points. He asked whether the council had had any response about the bin store outside the Thurlestone Hotel staff quarters. The Clerk agreed to chase this up with the Hotel Manager. He also reported that he had sent Cllr Gilbert a picture of the appalling quality of the repairs to potholes, but to date has not had a reply. Thirdly, he commented on agenda item 9B, the land at Bantham, he agreed that the current application was going in the right direction and a genuine attempt to create something that would look decent. He also noted the

comment in their planning application that it was going to cost £300,000 and needing two years to undertake which he was sceptical about.

David Stone stated that the parish and the broader area really needs an update on what's actually going on with the state of the local roads, the potholes and the flooding problems, as they are dangerous for both cars and cyclists. SHDC Cllr Dennis said she would speak to Cllr Gilbert to encourage him to report back to the parish. Gary Luddington stated that the planning website is confusing, documents all over the place, so for an uninitiated reader, it is very hard to tell what the sequence of events is for an individual planning application. Karen Baker spoke to say she had been asked by a local resident to raise a question about disabled access to Leasefoot beach at the Golf Club. Emily Hayden, from Atticus planning spoke on behalf of the Bantham Estate for the cliff works application. Esther Pearson spoke in support of the comments around the Bantham cliff stabilisation but noted concerns over health and safety.

**County Council Update** - The clerk read out a brief update from District Cllr Rufus Gilbert. The DIY waste that can now be taken to recycling centres is:

- Four single visits/house in any four-week period
- Or an unbagged item up to 2 metres.

All other waste will be charged. Visit: [www.devon.gov.uk/wasteandrecycling](http://www.devon.gov.uk/wasteandrecycling) for full details. Adam Keay has responded regarding the speed gun being unavailable to the council due to them needing calibration. Proposed details of the Devon Devolution detail are now available online via DCC website. The consultation dates are the 12th of February to the 24th of March.

**SHDC Sam Dennis.** A full council meeting scheduled for 15th February when SHDC will be asked to approve the new Council Plan, there will be an increase in Council tax by 2.99%, which is an increase of £5.54 a year. Garden Waste Service - the fee will be going up this year, but if you sign up between the 15th of February and the 1st of April you can do so for a discounted fee of £52. After that it will go up to £55.

**CLERKS REPORT.** 20mph Speed Limit Programme 'Expression of Interest' 24/25

**Cllr Lewis.** Cllr Lewis reported that historically the council had paid £300 a year to the church for the upkeep of the graveyard, but for the last two years this had dropped from the agenda. From 2024 the payment will be reinstated. Speeding Campaign - Cllr Lewis reported that some months ago the councillors had a meeting with Cllr Gilbert and Adam Keay from Devon Highways about the speeding problems. Dates, time and plans had been submitted. Unfortunately, the machines to record the speed readings were not provided at the time, and the Clerk had recently chased this up with Highways. They had responded that the machine was broken and needed recalibrating. Adam Keay has now responded to say Highways now have some machines that are working, and his proposal is to come in the next few weeks.

**Cllr Hodges.** Cllr Hodges reported on the garden composting scheme, stating that there is a push to try and get local communities to have a communal composting site where parishioners can go to take their compost material. Dark Skies leaflet had been discussed at the last sustainability meeting and the group will take on producing a leaflet.

**Cllr Stone.** Feedback re online planning training session. Cllr Stone reported on the online planning training session that councillors had recently attended with South Hams District Council. Cllr Stone gave an update on the Schedule 14 application that Graham Gilbert has been handling. He has reported that after 6 years it has finally reached the top of the list for DCC to review and Graham will update us on its progress.



## PLANNING

3940/23/HHO - Little Stretton, Thurlestone, TQ7 3LZ. **(Objection Ratification)**.

0149/24/FUL - Land At Sx 668 437 Bantham. Proposed stabilisation of cliff slope. Councillors agreed to **support** the application but to raise concerns about the comments about funding the scheme.

## SOUTH HAMS DISTRICT COUNCIL DECISIONS:

3961/23/VAR - 21 Eddystone Road, Thurlestone, TQ7 3NU. **Approved.**

3740/23/HHO - Mallards, Lane Past Mallards, Thurlestone, TQ7 3NX. **Approved.**

3629/23/HHO - Onnalea, Bantham, TQ7 3AR, **Under Consideration**

2116/23/FUL - Worthy, Bantham, TQ7 3AA. READVERTISEMENT **Under Consideration**

2117/23/LBC - Worthy, Bantham, TQ7 3AA. READVERTISEMENT **Under Consideration**

3336/23/VAR - Outside Land At Sx 699 454 Bantham. **Approved.**

2786/20/FUL - West Buckland Barn, TQ7 3AJ. **Within consultation period.**

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## The Beautiful Game Returns



As the days draw out and the blossoms begin to peep between the rain showers, our playing field is finally drying out, and just in time! The whole school is thrilled to be starting season 2 of the most 'electrifying' league in world football - Thurlestone

Premier League! This hugely popular mini tournament has expanded and now involves almost all of our older KS2 students. Fortnightly, the teams will be battling it out in their Friday afternoon fixtures for the glory of being crowned the new champions at the end of summer term.

You may have spotted our oldest children out and about recently, as they took part in their 'Bikeability' course. This national cycle training programme was partly taught in the playground, and then on to the village roads, where the children put their learning to the test by cycling safely around the village.

These older children were also lucky enough to experience a week-long residential trip this term, at a fantastic activity centre on Dartmoor. They took part in many exciting activities including abseiling, raft building, climbing, caving and hiking, designed to challenge and improve self-confidence, and encourage positive teamwork. The children had a huge amount of fun and returned safely from their adventures, looking muddy, exhausted and extremely happy.

Back at base, the whole school welcomed 'Wonderstruck' for a science week special – designing rockets! All the children were delighted to be involved and enthusiastically got stuck in with some incredible inventions.

It's been a busy term, and with Easter fast upon us, we will all be attending a service at the church, and our very generous Friends of Thurlestone School will once again be providing chocolate prizes in our annual egg hunt.

**Emma Richards**

# PARISH HALL NEWS

By Alison Daily



## Sue Dwyer

Sue has retired from the committee and we thank her for her years of loyal service from 2015 for which we are very grateful. We send her our very best wishes for the future.

## Malcolm Breton

Malcolm has stepped down from the committee and his role as Chairman. We thank him for his contribution over the past year especially his excellent hosting at our regular pub nights. During his tenure he implemented changes and challenged current practices paving the way for the re-evaluation of how the hall should operate in the years ahead. We wish him all the very best.

## Pub Night

Held on 16th March, once again you came along for an evening of games, laughter and beer.

## Disco

This is a first for the hall and is as a result of the questionnaire carried out a couple of years ago. We are very pleased to welcome Robbie Cooke with his vinyl record collection, you may remember him from his appearances at the Jubilee and Coronation celebrations. Put on your dancing shoes and join us for an evening of lively entertainment from the 60s, 70s & 80s. There will also be a bar serving alcohol and soft drinks. Ticket prices and times can be found on the poster in this edition.

## AGM

Unfortunately, the AGM planned for March had to be postponed and is rescheduled for Tuesday 21st May at 6pm.

## Pickleball

This activity is going from strength to strength and proving very popular, as evidenced by the article elsewhere in the magazine so if you want to try it, you'll need to book ahead.

## Police Surgery

The very first Police Surgery is being held on Thursday 11th April 10.30am -11.30am here at the parish hall, come along if you have any concerns or just to say hello.

## Beavers

Recently the 6th Kingsbridge Beavers camped overnight at the hall. Their leader Sandra Giraldo has written about their experience

*"Thank you for allowing all our Beavers to have such a wonderful adventure! We had 98% of kids attending, which is not your standard numbers! We must remember our youngest Beaver would have just turned 6, so this was a big deal for kids and parents. Most of them have never slept away from home before and they did thrive! Not even one child had a wobble, which is almost unheard of!!*

*The Camp was called: ECO WARRIORS. The aim was for the kids to gain environmental consciousness.*

*The boys and girls arrived around 6 pm, they ran around, played lots of games and had some of the biscuits they baked themselves 2 days before in our Scout hut.*

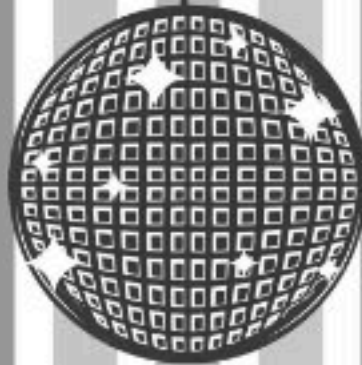
*The excitement was real as they had some hot chocolate and got ready to watch their chosen film, Minions! But not before getting into pjs and sorting their sleeping bags.*

*Our last Beaver went to sleep at midnight and they were waking up from 5:30 am! So happy as they had a wonderful breakfast with cereals, pancakes and fruits. Full up with yummy food they all walked to Yarmer Beach to do a beach clean.*

*It was all truly wonderful and the sun was shining for us!"*







# DISCO

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# OUR GARDEN MARCH 2024

SUE DWYER

Today is the 29<sup>th</sup> Feb and it started with the usual downpour, but now at lunchtime it is mild and cloudy. The garden has no puddles on the lawn or beds as our soil is sandy hence draining well. I have read we have had about 3 times the average rainfall this month and I believe this. The garden has come to life with spring flowers and shrubs causing a blaze of whites, yellows, pinks and reds with a few spots of blue from the early iris. In January I had a planter full of miniature blue irises from bulbs I bought reduced at Otters in September. I have never grown the miniature version before but they were splendid as the winds did not knock them to the ground.

Likewise I have removed most of the tall daffodils as, in the last few years, these were blown over. I replaced them by thinning out several clumps of miniature varieties and re-planting the bulbs in the places the tall ones were. I also planted miniature daffodil bulbs in pots in the autumn to sink these into compost in planters and larger pots. They flowered well and now can be lifted to allow the green to die back in the vegetable garden rather than waiting weeks for this to happen in their flowering position. The summer plants will be planted as soon as the weather gets warmer.

There are birds feeding from the bird feeder, not as many as usual since their habitat has been decimated by the golf club cut down... I find the magpies, jackdaws and crows sit on top of the bird feeder and rattle it allowing the food to fall to the ground despite having a mesh that only the small birds can get through to the food. Their friends come and eat the seed from the ground and scare the small birds away. They can eat a whole container in a couple of hours. I have made a tube from old 2 inch square plastic plant support I bought for climbing plants. Using some cable ties to create the tube, I then attached this to the horizontal bar to which the bird feeder is attached. After a few days of ignoring this new contraption the small birds have come back and now have sole use of the feeder. The food lasts a lot longer each day!

February is the time for pruning several species of plants but within each sub-group timing and how to prune varies. Hydrangeas have two different times to prune. *Hydrangea paniculata* (which have cone shaped flower heads) and *Hydrangea arborescens* (having ball shaped blooms with small individual flowers, the common variety is Annabelle), need to be pruned in early spring. This is because the flowers develop on this years growth. Cut back all of last years growth to two buds. This then allows a low framework about 25cms high which produces a tidy bush. Lacecaps and mopheads are pruned in mid-spring just as the new buds are emerging on last years growth. Then it is important to remove any dead wood or spindly growth and remove any branches which are older than 3 years, recognisable by thicker and multiple branching stems to the base of the plant. This allows new stems to grow which will flower better. Cut just above the last pair of healthy buds below last year's flowers. The shrub will produce many more flowers by having excess branches removed leaving a more open framework. I have mentioned this before as I see so many bushes which are a tangle of branches and the bush flowers poorly with small flowers.

Now to roses where, depending on the type of rose, the method of pruning differs so it is important to know what rose type you have! Here we prune about 1/3 of the growth from all our roses when they finish flowering, except any ramblers. This stops the roots from being disturbed by rocking from the gales. The Hybrid Tea and Floribunda roses are pruned hard almost to the ground in January and February. If you do not do this the bushes become congested, tangled and flower poorly. Cutting down almost to the ground means new shoots emerge and better blooms are produced during the growing and flowering periods.

Climbing roses can be pruned anytime during winter so firstly remove dead diseased and dying branches. You must attach them to a framework of wire or trellis. Prune any side shoots back by 2/3 and when you tie into the support make sure the branch goes upwards slightly. A branch hanging downwards never flowers. These are usually vigorous plants and may require really old branches to be removed from the base.

Rambling roses classically only flower once a summer and are best pruned in late summer after their show of flowers and hips. These are vigorous roses so when all supports

have been covered, thin and shorten excessive growth by removing one in three of the oldest stems.

The Old English shrub rose varieties only flower once in summer so like Ramblers are best pruned in late summer. The main aim is to avoid a build up of old wood which is unproductive and causes the centre to become crowded. If they become leggy then remove a few old stems from the base so new ones will be produced. The newer English Shrub roses have mostly replaced the old varieties as they continuously flower all summer and these are best pruned in Jan/Feb. To maintain a balanced framework cut back stems by 30-50% of their length and shorten side shoots to 2/3 buds. Again remove some of the old shoot back to the base to encourage new vigorous shoots.

In late January when we had a couple of weeks of sunny weather I was weeding on a small hedge at the top of the garden, admiring the snowdrops in flower, planting some cyclamen I had in pots when I saw a very large Bumble Bee taking pollen from the snowdrop flowers. I was struck by the white bottom this had. Looking on Google I found this was a White Tailed Bumble Bee which is widespread throughout the UK. Taking out my iPhone to take a photo the bee flew off, I tried to follow it to another plant but no luck it flew out of the garden.

I do have failures in the garden but I like to try new plants so expect to lose some. I try to remember Beth Chatto, "right plant right place". A couple of years ago the bottom right hand bed was rather drab. This has a large bush of Eleagnus facing west forming one side of the arch leading onto the Golf Course as it survives the wind. It makes the soil rather dry, due to the moisture the large 2+ metre high shrub takes from the soil. It is relatively shady apart from high summer when the sun is very high in the sky. I bought eight Epimedium plants, 2 each of different types. The area gets wind that bounces off the thick hedge but Crinums planted at the same time have grown very well. The Epimedium are ground cover plants, they do like damp soil and also shade. They can be evergreen or deciduous, have heart shaped leaves, which turn gold or red in the autumn. Their flowers are shaped like a Bishop's Mitre which is their common name. These little delicate flowers are best seen by cutting off all the foliage of the evergreen varieties in Spring, With the deciduous type the flowers appear before the leaves. All four varieties have not thrived, they obviously do not like their situation. I am giving them one last chance and will water the area during dry spells just to see if they improve. If they do not I will pot up and sell for charity next year in the Catholic Church Spring Fair in Kingsbridge.

One success I bought at the same time (from Otter's in their Alpine section) were a few Erodium Bishops Form. I bought several on the spur of the moment, for a wall bed which has full sun and is very dry. I did not know this plant but have had great joy from the way it has grown and covered the area where it was planted. It flowers most of the year with small pink flowers. At first glance it could be an Aubretia but has a much longer flowering season and makes a tidy clump, not becoming straggly. Bishops Form is an evergreen herbaceous perennial, growing up to 25cm high, with divided, green leaves and pink flowers, to 1.5cm wide. Flowers typically appear from spring to autumn, though they may be seen at any time of year and certainly mine were in flower in December. When tidying the area a few weeks ago several pieces came adrift. I potted these up in compost and they have all taken ready for the Plant Sale at Open Gardens in June.

About a month ago I bought various Dahlia tubers which I potted up when they arrived and placed in my large propagator. Two weeks ago Jeff my gardener took cuttings from them which were placed in the Hydropod which now has an LED lighting system to ensure 16 hours of day light a day. I checked them yesterday and they already have a good root system, so my job tomorrow is to pot these up ready for the Open Garden plant sale.

Now is a very busy time of year, with many jobs to be done. I have given the grass a high cut so the lawn looks tidy. I have removed any perennial weeds that have appeared in the borders, in fact very few due to the covering of compost and many years of regularly removing them. I have been sowing seeds in a propagator and potting up pieces of Alstroemerias and other plants such as perennial geraniums taken from clumps which are emerging otherwise some would take over the border. Again these will be on sale at Open Gardens, all in aid of the Parish Hall.

Happy Gardening and please remember Open Gardens on 9<sup>th</sup> June.



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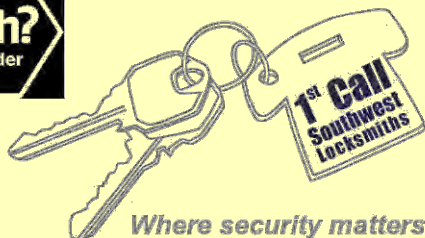
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# Thermal Imaging to Identify Heat Loss from Homes - Learnings to Date

Thank you to all who responded to the BBATS (Buckland, Bantham, Thurlestone Sustainability) Thermal Imaging trail. We are over half way through visiting the households who expressed an interest. As mentioned in my previous note, the Thermal Imaging camera does need cold nights to do the trials which gains information on house heat loss and/or cold ingress. Therefore, as soon as we get some more cold nights, we will be in touch with those still waiting for a visit.

I thought it might be helpful to highlight some of findings so far, which generally can easily be fixed at little expense. Firstly, most of the homes we have visited have reasonable or good loft insulation, many had double glazing. Walls were either of cavity construction or thick cottage walls. In many cases we confirmed what householder already knew or had suspicions about. We were able to share the thermal images by email with households where a particular issue was identified. We found three key areas of heat loss/cold ingress:

- 1. Patchy Loft Insulation.** The camera showed up very clearly areas where loft insulation had been disturbed (e.g. where down lights had been replaced) or was of reduced thickness. Generally, this could be simply fixed by redistributing or adding to insulation.
- 2. Double Glazed Door Seals** (often the forgotten back door, or patio doors), due to poor hinge adjustments. As the issues was often at the bottom of the doors this could be quickly rectified with a draft excluding sausage (many designs available). In a few cases hinge adjustment would be required as there was a more general sealing problem. Note - nearly all double-glazing doors are fitted with adjustable hinges.
- 3. Opening Window Seals.** This was where there was a draft entering around the edges of window openings. Often the draft could be felt by hand. Again, hinge or latch adjustment could provide a solution.

If you are interested in being part of the trial, please email Mike Hodges at [bbats.info@gmail.com](mailto:bbats.info@gmail.com)

**Mike Hodges**

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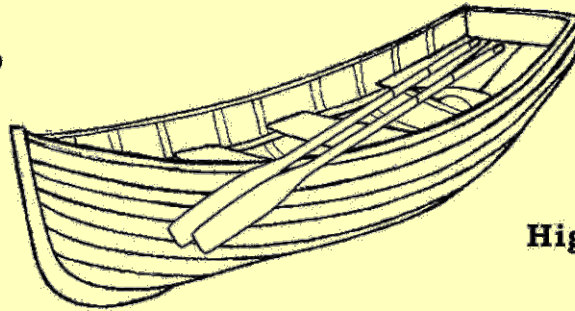
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# PSYCHIATRIC NURSE TO MENTAL WELFARE OFFICER

I was appointed the Mental Welfare Officer for the Kingsbridge area in March 1968, based in Tresillian Clinic at the top of Fore Street. At this point in time the provision of service came under the control of the Devon County Medical Officer.

Tresillian Clinic was also the base for Health Visitors, School Dentist, Speech Therapist and the Registrar of Births, Marriages and Deaths, who at that time was Mr. Dudley Drabble (Founder of the Village Voice). A large room on the ground floor was used for young people with learning difficulties.

We were fortunate to be allocated a council house in Thurlestone, which in 1968 was rather different to now! Parkfield where I lived with my wife Pat and two young sons had only 2 other cars and a van, using the parking area. Apart from us, there was only 1 other home with a telephone, hence our phone was useful for emergency calls by neighbours! I also had frequent calls for first aid, once it became known that I was a qualified nurse.

The role of the MWO was to support and assist people with mental health problems within the community, to set up early help in order, if possible, to avoid a hospital admission. Another role, was to enable an admission to a psychiatric hospital, founded on medical recommendations. An important part of the MWO role was to safeguard the interests of the person so that they were aware of their right of appeal to the Mental Health Tribunal. Also, to protect their property and possessions, if no family member was able to do this.

I was very fortunate to be given the freedom to develop and organise the way I worked. My first priority was to visit all the General Practitioners in my area to introduce myself. (My area included a large part of the South Hams). In those days there were no Health Centres and many of the GP surgeries were in the senior partner's own home. In Kingsbridge this was in the house called Barnfield, in Fore Street.

Very soon, I was receiving requests from GPs and from consultant psychiatrists, to visit patients suffering from depression or anxiety problems. This was often preventing them from going out or having any social life. I would often visit every week for at least two months, (with their consent). If appropriate, I would accompany them to do some shopping, or put them in contact with people who had been through similar difficulties and were now recovered. I was often very surprised when I was told how helpful I had been in assisting them, as in many cases I had just spent time listening to them. Perhaps, this is what you need when you are not in a good place mentally, and I think that the value of this is underestimated.

After a few weeks, I was placed on the "On Call" rota. This roughly worked out as one evening/night per week, and a complete weekend once or twice a month, (this was unpaid apart from mileage allowance!) The area covered included a large part of Dartmoor and covered an area as far up as Okehampton. These were the days before the mobile phone so maps were invaluable. Most small villages had a local policeman living in the police house and they were invaluable with their local knowledge of the inhabitants.

Frequently, the local 'bobby' would come out with me and their knowledge and rapport with the people concerned greatly assisted in many situations being resolved.

Things didn't always go my way!! On one occasion, when I knocked on the door of a lady who I previously knew, who needed to be admitted to hospital under a



section of the Mental Health Act, I found myself on the receiving end of a pot of foul-smelling liquid coming down from an upstairs window. This did nothing for my smart linen jacket and new Hush Puppy shoes!! She did agree to come in my car to go to hospital, and laughed all the way thinking it was a huge joke. She told me that she enjoyed the day very much, – I kept my feelings to myself! I was in contact with her for a very long time, and she always made me welcome, but when I rang the bell, I always moved away from the door!!

On another occasion, whilst visiting a disturbed gentleman on his allotment, he pushed me down on his manure heap and lunged at me with his pitch fork, which went through my shirt and jacket. I quickly departed the scene and left it to another 'Agency'!!

The compensation I received as a special dispensation was 7s 6d to have my Harris Tweed jacket invisibly repaired. - a very small figure compared with what it would be today. It did teach me a lesson to find out more about the person I was visiting prior to the visit!!

Another situation of interest which makes me wonder how it would be dealt with in the present day, was a request to visit a man in his forties, previously known to me. I knocked on his bedroom door, and when it opened, he was waving a sword! I almost had a crew cut that day! I contacted the local police and very quickly the Chief Inspector and the station sergeant arrived, dressed in their winter greatcoats and helmets, on a hot day in July. The Inspector said "I can see there is an inscription on the blade, please may I see it" The sword was handed over to him, and thus the incident was finished. He was taken to Moorhaven hospital by ambulance under a section of the Mental Health Act and I followed by car. I visited him in hospital a couple of days later and he apologised. This episode with the police had no publicity and was dealt with by two very experienced police officers.

The three years which I spent in that role were very happy, as one felt that Mental Health provision and care were improving. I could request a consultant psychiatrist home visit from Moorhaven Hospital and this could often be the same day or, at least, the next. I would be responsible for the domiciliary payment of this via Devon County Council. Many of these visits prevented admission to hospital, with the psychiatrist recommending medication for the GP to prescribe. I would continue to visit and monitor how this was working. It was obvious that early intervention, help and support were so important to prevent admission to hospital. If admission had to be made under the Mental Health Act, I would always try to visit the patient in hospital whilst they were there, also negotiating with employers and landlords etc. In some cases, where the person had no relations or friends, I was able to take them home after discharge.

My time as the MWO for the Kingsbridge area came to an end in April 1971. It was then when the Mental Health, Children, Adult, Deaf and Blind Services were combined to form Devon Social Services Department. Then I became a generic social worker based in Totnes. I was apprehensive at first, but fortunately I had always worked closely with the GPs and particularly the Health Visitors etc. and the Totnes office still covered the Kingsbridge area. I was thus able to still keep in contact with my clients until I was seconded to social work training in September 1971.

I would like to end by saying that most of the people I met, who were going through very difficult mental health problems, were some of the nicest, most interesting and kind people that I have met and I still meet some of them now. Like myself they are in their eighties and it still gives me great pleasure to meet them.

**Roy Townsend**

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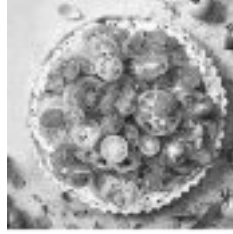
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# TRIED AND TASTED



By popular demand, here are two recipes from the recent Village Voice Lunch

## ROAST TOMATO AND HARISSA TART WITH AN OAT CRUST

Serves 8      Prep time 15 mins      Cooking time 55 mins

### INGREDIENTS

#### BASE

125g plain flour (white, wholemeal or a mixture)  
125g porridge oats  
125g butter  
1 large egg, beaten

#### FILLING

60g butter  
1 medium/large onion (chopped)  
1 large clove garlic (chopped)  
1x400g tin chopped tomatoes  
1 large egg  
75 - 100ml crème fraiche (as needed)  
1 heaped tbsp grated Parmesan  
60g grated Cheddar (plus extra for the top if wished)  
1 tsp harissa (or to taste)  
Handful of breadcrumbs (optional)  
Handful of cherry tomatoes (halved)



### METHOD

1. Pre-heat oven to 190C/180C fan/gas mark 5 and put a baking sheet on middle shelf.
2. Put flour, oats and butter for the base into a bowl (with a pinch of salt) and use rubbing in method until resembling breadcrumbs. Add the beaten egg and mix to a dough. Tip out and press into a 22cm loose-bottomed tart tin, making sure you press well into the flutes (no rolling needed) Put into fridge to chill.
3. Melt the butter for the filling in a pan and cook the onion and garlic over a medium/low heat until soft but not coloured (about 5 mins) Tip in the tinned

tomatoes and boil hard until fairly thick and not at all watery. Break the egg into a measuring jug and add enough crème fraiche to bring to 150ml; mix well.

4. Remove the tomato mixture from the heat and stir in the cheeses then the egg and cream mixture. Add the harissa gradually to taste. Season with a little salt.
5. Turn the tomato mix into the pastry case and top with a little grated Cheddar and breadcrumbs. Arrange the halved cherry tomatoes, cut side up, on top then place the tart case on the preheated baking sheet and bake for 30-40 mins or until nicely golden on top and slightly bouncy when touched. Allow to cool a little before serving.

## CRÈME CARMEL

### INGREDIENTS

3oz caster sugar	1 pint milk
2-3 tablespoons water	2 whole eggs
2 egg yolks	2 tablespoons caster sugar

\* If wished, use all egg yolks and no whites – this will result in a very rich custard.

### METHOD

1. Put the 3oz caster sugar and water into a small heavy pan (not non stick). Stir sugar and water over a low heat until dissolved.
2. Bring to the boil, stirring occasionally until a deep golden colour.
3. Pour into the base of a warmed buttered soufflé dish, swishing it around to cover the base.
4. Beat the eggs and sugar, heat milk until just under boiling and pour on to the eggs.
5. Stir and strain into the caramel coated dish.
6. Stand the dish in a baking tin with enough hot water to come ½ way up the sides, cover with parchment/ brown paper.
7. Cook at 330F/gas 2/fan oven 130 degrees for approx 1 hr until set. (To test, dip a knife in and it should separate). Cool and refrigerate.
8. ***(It is important to fill the dish in which it is baked or it may break when it is turned out)***. To serve, run a knife around the edge, invert the serving dish on the top and quickly turn it upside down.

Bon appetit

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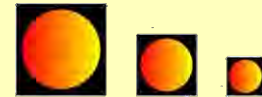
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# Village News Round-Up

## **Police Commissioner Election**

The election of a new Police and Crime commissioner for Devon and Cornwall will be held on Thursday 2nd May 2024. The official list of candidates will be published on 8th April and you can cast your vote at Thurlestone Parish Hall.

## **Quayside Classics**

This classic car meet takes place on the quay in Kingsbridge and welcomes owners to come along to showcase their vehicles (2,3 or 4 wheeled). Recommencing on every second Tuesday of the month from 14th May until September starting at 6.30pm. Refreshments are available from one of the local establishments.

## **Kingsbridge Food and Music Festival**

The three-day festival is making a welcome return after an absence of three years and is a free event organised by local businesses and volunteers which celebrates local food and drink as well as from around the world. Music will be provided by local bands and others from a little further afield. Taking place from Friday 31st May until Sunday 2nd June there will be plenty to do for all ages.

Further information can be found on [www.kingsbridgefoodandmusic.org.uk](http://www.kingsbridgefoodandmusic.org.uk)

## **URGENT - Transport volunteers required**

Volunteers urgently required for the Transport Office at Norton Brook Health Centre, Kingsbridge. There are two areas which need extra help and are as follows: -

1. A receptionist two mornings a month for the hours of 9am - 11am, providing telephone coordination with Patient and Driver. No computer work is required.
2. Drivers to cover Thurlestone, Buckland and Bantham transporting patients to local medical services in the Kingsbridge area.

Please contact: Tink Donald – 07887931973 or 01548 560747

## **Bantham Swoosh**

This annual event takes place on Saturday 6th July and those wishing to take part in the Swoosh will need to submit their entry forms by 30th April. Successful swimmers will be notified by 15th May.

## **Bantham Beach Painting Workshops**

South Devon Seascapes artist Ellie Verrecchia holds regular outdoor painting experiences at Bantham Beach when she will guide you to create your own coastal painting on a wood panel. No previous art experience is necessary and all materials are provided. Upcoming workshops will be held on Saturday 20th April and 11th May cost £60.

## **Kingsbridge to Salcombe Ferry**

The 2024 season will start on Monday 22nd April, timetables for the 'Lady Mary' ferry service will be available nearer the time together with details of harbour and creek cruises which take in the local scenery and wildlife. Further information can be found on their website - [www.kingsbridgesalcombeferry.com](http://www.kingsbridgesalcombeferry.com)

## **Lloyds Community Bank**

Lloyds bank is operating a weekly banking service at **Kingsbridge Library** on Wednesdays between 9am and 2pm. They can guide you through and give support with how you can bank with them for both personal and business accounts.

For more details visit - [www.lloydsbank.com/banking-with-us/community-bankers](http://www.lloydsbank.com/banking-with-us/community-bankers)

# Weather Station Update

So here we are in March 2024, two months on from my last comments on the local weather, and as I write this on Saturday 9<sup>th</sup> it's still bucketing it down with rain. We have not had quite so much wind, only two named storms Isha (21-22 Jan) and storm Jocelyn (23-24 Jan) with maximum gust from storm Isha of 53mph on my roof top anemometer, compared to the eight named storms in my last write up. However, the rain has continued to fall, with the rain gauge recording 9.8 inches in January and 10.3 inches in February. These are truly exceptional figures and represent 92% and 168% more rain than the 30 year averages for January and February respectively.

One is reminded of Douglas Adam's truck driver Rob McKenna in the Hitch Hikers Guide to the Galaxy. *"Rob McKenna had a little book, in which were entered two hundred and thirty-two different types of rain. These varieties include:*

*Type 11: breezy droplets*

*Type 17: dirty blatter (McKenna's least favourite type)*

*Type 33: light pricking drizzle which made the roads slippery*

*Type 39: heavy spotting*

*Type 47: vertical light drizzle*

*Type 51: sharply slanting light to moderate drizzle freshening*

*Types 87 and 88: two finely distinguished varieties of vertical torrential downpour*

*Type 100: post-downpour squalling, cold*

*Type 123: mild cold gusting*

*Type 124: intermediate cold gusting*

*Type 126: regular cab-drumming*

*Type 127: syncopated cab-drumming*

*Types 192 to 213: sea storm types*

*Type 232: Bucketing down"*

I wonder how many of the above we have seen in Bantham, Buckland and Thurlestone this winter?

All this rain has really brought problems for our roads, cliffs, and walls. Thurlestone has almost been cut off with floods to the South, and particularly along the top road out to the East which more resembled a canal for days. Spurred on by all the social media comments your Parish Council has been working really hard to get the drains cleared. The Golf club after completing a lovely repair of their wall retaining the tennis courts have been putting temporary barriers between the cliff path and the sea as portions of the Cliff have fallen away. Even the Parish Church has been impacted with collapse of a portion of the Church Yard East Boundary wall following particularly heavy rain (2.5 inches in 48hrs).

If this is what Global Warming means for the South Hams, we should be seriously thinking of installing micro hydro plants on some of our streams to enhance renewable energy generation in the dark winter months. Otherwise one is left feeling a bit like Rob McKenna, in the Hitch Hikers guide to the Galaxy, to quote:

*"And as he drove on, the rainclouds dragged down the sky after him, for, though he did not know it, Rob McKenna was a Rain God. All he knew was that his working days were miserable and he had a succession of lousy holidays. All the clouds knew was that they loved him and wanted to be near him, to cherish him, and to water him."*

**Mike Hodges**



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The game resembles tennis and table tennis but is played on an area the same size as a badminton court. The net is 3 feet high; the bat is a solid paddle bat; the ball is plastic with a different number of holes for indoors and outdoor play, and comes in many different colours.

The rules are simple! An underarm serve starts the rally which must bounce cross court, the return must also bounce preventing a serve and volley tactic! The rally then continues until the ball is either hit into the net, or out, or one side hits a winner. Players may volley after the serve and the return of serve but not within a line 7 foot from the net (this is an area called the kitchen). Players only score a point when they are serving and the serve changes hand after losing a point. Games are generally to 11 points.



There is much 'Pickle' activity at the Thurlestone Parish Hall, with a regular group on Sunday mornings and other bookings from Thurlestone Tennis Club, ladies' groups and family games over half term. The Parish Hall purchased all the equipment so it is there ready to use, the net is easy to erect and it has become a popular activity.

The picture shows the Thurlestone Tennis Club group at their Valentine Tournament.

**Janet Richardson** (Tennis organiser at Thurlestone Tennis Club)

## LAUGHTER CORNER

Two blondes walk into a building --- you'd think at least one of them would have seen it.

Phone answering-machine message: 'If you want to buy marijuana, press the hash key.'

I went to buy some camouflage trousers the other day --- but I couldn't find any.

My friend drowned in a bowl of muesli --- a strong currant pulled him in.

A man recovered in hospital after a serious accident. He shouted, 'Doctor, doctor, I can't feel my legs!' The doctor replied, 'I know, I've cut off your hands'.

I went to a Seafood Disco last week, and pulled a mussel.

Two Eskimos sitting in a kayak were chilly so they lit a fire in the craft. It sank, proving once and for all that you can't have your kayak and heat it.

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The pies on offer are Steak and Ale, Steak and Devon Blue, Chicken Ham and Leek, Chicken Curry, Mushroom Au Poivre (V), Mushroom Wellington (V), Homity (V,GF), 5 Bean Chilli (VE) and for non-pastry lovers, there is Fish Pie.

To accompany the pies, there was a choice of Triple Cooked Chips in Beef Dripping or Vegetable Oil, Roasted New Potatoes, Minted New Potatoes or Creamy Mash together with Fresh Buttered Greens and a selection of Sauces – Classic Pie Street Gravy, Red Onion and Tarragon (VE), Creamy Pepper or White Wine and Mushroom.

We went with our son and his family for Sunday lunch. We could have had a starter but opted just for a main course. We all chose something different, apart from the fact that we all chose the Chips cooked in Beef Dripping – yes, we know, not necessarily the healthiest choice, but worth it for the unique flavour! The greens on offer that day were Savoy Cabbage, cooked to perfection. We all agreed that the food was delicious – and six empty plates were a testimony to that. The friendly service and the slightly quirky surroundings added to the atmosphere. We couldn't manage a dessert but they looked delicious and the cakes also looked scrumptious.

Pie Street is a Café from Tuesday to Saturday from 9am (Sunday from 10am) and a Restaurant and Bar from Tuesday to Saturday 12pm to 10pm (Kitchen closes at 8.30pm) – Sunday from 12pm to 5pm (Kitchen closes at 3pm). They accept all major credit cards, and also offer free WiFi, wheelchair accessibility, high chairs, and are dog friendly. There is also a Takeout option.

Booking is to be recommended and this can be done through Open Table.

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**Chris and Lisa White**





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# Thurlestone Phonebox

A while ago Kit Marshall reminded me that the RNLI would be celebrating its 200th Anniversary on 5th March 2024. We decided this important milestone should be celebrated in Thurlestone with a Phone Box decoration!

We had a meeting with Dan Dancross, one of the local lifeboat crew, who agreed to help. He gave us a real insight into the remarkable work they do throughout the year.

Living in Thurlestone we are all aware of the changing nature of the sea. One minute it appears calm, the next it can be life threatening.

Over the last 200 years over 146,000 people have been saved by the RNLI. This equates to 2 lives being saved every day. 16,000 of those lives saved have been from areas around the South West.

While much has changed in 200 years within the RNLI, two things have remained the same - the charity's dependence on volunteers who give their time and commitment to save others and the voluntary contributions from the public which have funded the service for the past two centuries. If you are passing the Phone Box please consider a donation to the RNLI. There is a QR code on the noticeboard. The charity has a strong presence in the South West with 33 lifeboat stations and 89 lifeguarded beaches during the summer season.

Their motto is "With courage nothing is impossible." We hope our Thurlestone tribute reflects our deepest gratitude for their bravery and courage.

**Mary Horne**



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## THURLESTONE MOTHS

Due to the mild weather Moth Traps have been set up in January, February and March with considerable success compared with previous years. My garden records have produced 32 species by 12th March - this compares with only 4 species last year. Some favourable southerly winds at the end of January have resulted in the first migrant moths from North Africa with 6 sited between the 29th and 31st. There have only been 12 previous records in Devon since 1988.

Other notable species so far for 2024

*EARLY GREY* - several since 1st February.

*EARLY MOTH* - again 1st February.

*EARLY THORN* - on 17th February and 11th March.

*HERALD* - on 19th February (I did not record one in 2023).

*OAK BEAUTY* - on 15th February and 11th March.

*DOTTED BOXER* - on same dates.

*PALE PINION* on 11th March.

As the temperatures rise, the mothing will become more interesting as you will find out in my next report in early May.

**Mike Passman**

thurlestonebaybirds.co.uk

# EASTER QUIZ



1. How many Easter eggs are sold in the UK every year? .....
2. Which country started the tradition of the Easter bunny? .....
3. How many marzipan balls are traditionally on a simnel cake? .....
4. The first Easter eggs were dyed what colour? .....
5. What is the tradition behind the hot cross bun? .....
6. In Switzerland, what animal delivers Easter eggs to children? .....
7. What is the Sunday before Easter Sunday called? .....
8. What is the official flower of Easter? .....
9. Besides bunnies, what animal is considered an Easter symbol? .....
10. What popular game is traditionally played at Easter? .....
11. Where is Easter Island located? .....
12. When was the first recorded use of decorated Easter eggs? .....
13. What meat is traditionally consumed on Easter Sunday? .....
14. Where did the Easter bonnet originate from? .....
15. In the Bible, who betrayed Jesus just before his crucifixion? .....
16. When do Easter egg hunts traditionally take place? .....
17. What happens on Maundy Thursday? .....
18. Why is it called Palm Sunday? .....
19. What dance traditionally takes place at Easter? .....
20. What do the marzipan balls on Simnel cake represent? .....
21. Which country first introduced an Easter tree? .....
22. In Eastern Christianity, the end of Lent is called what? .....
23. Easter Sunday is also called what? .....
24. What is Easter named after? .....
25. Where was the UK's first Easter egg produced? .....
26. Where did the world's largest Easter egg hunt take place? .....
27. Why does the date of Easter change every year? .....

ANSWERS

<p>16. On Easter Sunday morning</p> <p>17. Maundy Thursday marks the night of the Last Supper as told in the Bible. Christians often partake in a simple meal of bread and wine — commonly known as the Lord's Supper or Communion</p> <p>18. Palm Sunday was when Jesus entered Jerusalem greeted by the people waving palm branches</p> <p>19. Morris dancing</p> <p>20. Jesus's 11 disciples (excluding Judas)</p> <p>21. Germany</p> <p>22. Lazarus Saturday</p> <p>23. Resurrection Day</p> <p>24. Easter is named after the Anglo-Saxon Goddess called Eostre</p> <p>25. The UK's first chocolate egg was produced in Bristol in 1873</p> <p>26. Florida</p> <p>27. Because it is based on the moon's cycle</p>	<p>1. 80 million</p> <p>2. Germany</p> <p>3. 11</p> <p>4. Red</p> <p>5. The bun represents the cross on which Jesus Christ died</p> <p>6. The Easter Cuckoo (bird)</p> <p>7. Palm Sunday</p> <p>8. White Lilies</p> <p>9. A lamb</p> <p>10. An Easter egg hunt</p> <p>11. The Southeast Pacific</p> <p>12. In the 13th century</p> <p>13. Lamb</p> <p>14. Europe</p> <p>15. Judas</p>
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# Tramp Walk Reports

## Jan-Feb 24



### **10<sup>th</sup> January. Batson, Trisha Wilson**

The first walk of the year and nine hardy Trampers turned up for a leisurely stroll. We met at Ashby's Store Malborough but the weather was not kind, dry but with a strong north east wind. However, we kept to the lanes and were somewhat protected by the hedgerows as we passed Ilton Cross, Lower Batson and down to Batson Creek.

We walked along the estuary with the tide out and then a steep climb up the fields and through the woods to Batson Cross Cemetery. We crossed the road at the top of the hill and made our way back to Ashby's via the cycle path.

Several of us enjoyed coffee/soup in the Cafe to warm ourselves up!

### **29<sup>th</sup> January. Hembury Woods, Neil Mackay**

8 walkers and 2 dogs set off on a cool and overcast day, beginning in the picturesque but muddy Hembury Woods along the banks of the river Dart.

On an earlier recce, kayakers were spotted practising their river crossing techniques, but being a Monday morning, we only had some unusual looking black and white ducks for company on the river.

At one end of the woods a comprehensive logging operation was in place to remove the ash trees which had sadly been affected by ash dieback disease, (which causes loss of leaves, crown dieback and can ultimately lead to the death of the tree). Felled trees could be spotted over a wide area.

A steady climb up from the river through more wooded areas brought us out at the ancient site of the remains of Hembury Castle and Iron Age fort. This was found on a small hill affording a panoramic view of large parts of Dartmoor and surrounding areas. A dry moat surrounds the area and a longer walk along the moat would have added another kilometre or so to our original 6 km (3.5miles) walk.

A climb down through the woods again brought us back to the carpark omitting a planned walk past Holy Brook as a result of the leader indulging in excess banter!!

Lunch was enjoyed at the Grange restaurant in the extensive grounds of Buckfast Abbey, a short distance away

### **6<sup>th</sup> February. Ugborough Beacon, Alastair & Gill Durden**

On a rather misty and windy day in early February, we drove to Wrangaton to park at the Golf Club for the beginning of our walk around Ugborough Beacon. Well, what should have taken half an hour as it is the nearest point on Dartmoor from us, actually took over twice as long because of heavy traffic being diverted due to the main road at Modbury being closed for road works. When we eventually got there, we found that the car park was now in private hands and fee paying, the Golf Club having been closed down and sold.

As it was so windy and misty, we decided against climbing to the top of the Beacon and instead make our way round to the east where we were slightly sheltered from the wind. We walked as far as Owley Gate and after a welcome coffee stop, we found a track leading to the hamlet of Owley. From here we picked up a road leading us back towards the moor and then retraced our steps across open moor back to the car park.

### **23<sup>rd</sup> February. Cornworthy Circular, Mike & Siân Hodges**

(4.4 miles and 625 feet up and down)

11 Tramp walkers ventured over to Cornworthy on Bow Creek, which joins the river Harbourne and river Wash to the river Dart.

Starting at the Hunters Lodge Inn carpark we walked up the hill to Cornworthy Village Hall, pausing to look at our route on the topographic map located at the Hall. The Church is also well worth a look inside if you have time.

Leaving the Hall on our right we passed through a farm yard with Cornworthy Court on our right and down a series of farm tracks keeping the Great Wood on our right to the picturesque Bow Creek. Looking east, we

could see Stoke Gabriel on the east side of the river Dart.

Having checked the tide which was mostly out, we were able to follow the path west along the creek foreshore. We passed the ancient Charleycombe wood, later heading inland along the river Wash with its lovely views of the interesting and grand buildings of Tuckenhay.

Climbing steeply from Tuckenhay bridge along old tracks we rejoined minor roads at Cornworthy Cross and we were able to see

the only remaining part of Cornworthy Priory, the impressive Gate House.

Continuing uphill we stopped to consume our coffee at Furze Cross with its great views to Dartmoor. From here it was downhill through fields to the old hamlet of Coomery, and on down the valley on tracks to the extensive Tuckenhay Mill (a paper mill which closed in 1970 and is now a holiday complex), with its grand clock tower. Finally, it was back up the tracks around Corkscrew Hill and back into Cornworthy, returning to the Hunters Lodge Inn for a drink and lunch.

---

## Weather Wag

Today is a leap year day—29<sup>th</sup> February, it really is the extra 4 quarter days added together to make a convenient full day which are added to February every four years.

Already, the sun appears to be moving north (actually, it is us that moves around the sun, as you all know) Nevertheless, I always find it encouraging to see the sun's evening rays penetrating through the front door and into the kitchen. The year is progressing as it should, but it is still quite a thrill in my weather diary.

What should we expect in the next eight weeks or so? On March 20<sup>th</sup>/21<sup>st</sup>/22<sup>nd</sup> it will be the Spring Equinox. This year it will fall on March 20<sup>th</sup>, and will begin its day at 03:06, so the sun will be above the Equator at that time, and then seem to move north. The weather becomes spring-like, we plant new crops in our gardens, farmers till the land ready for summer crops, and it's all systems go! The animals (mostly) start to give birth to the new generation of their kind. We perhaps associate sheep and lambs with the spring, and there are certainly many in our field right now. On June 20<sup>th</sup> at 20:51, the sun seems to be directly above the Tropic of Cancer, (our summer season). Thereafter, it's movement is the opposite, as it seems to move south again. Then we will the approach Autumn and Winter once more. (I'm not sure that I have explained it well enough, but you can read about it in any weather article.)

As always, there is much weather lore concerning this season: 'If March comes in like a lion it goes out like a lamb', and visa versa can be the case. For our village, we have so many frogs in March, so many frosts in May, perhaps it is just as well that the notice reads, 'Slow up - TOADS crossing'.

Just out of interest rainfall figures for Beach Cottage in January = 55.4mm, February =148.7mm, so February was certainly a 'Fill dyke month'. As a consequence of these figures, February was a dull month for sunshine as there was considerable cloud cover.

As I look out of the window sleet is sliding down the glass. Just a change in precipitation, makes life interesting!

Good weather watching in April and May.

**Jan Turner**





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# Grey Matter

**A BOTTLE OF WINE** to the first all correct entry (or the closest to correct - if you don't have all the answers, send in your entry anyway - you never know!) drawn on 1<sup>st</sup> May 2024. Please submit entries to: 5 Mead Lane, Thurlestone, TQ7 3PB or email: [cgwonthenet@themead.co.uk](mailto:cgwonthenet@themead.co.uk)

## FIND THE CONNECTION by Michael Stephens

Find the word that can follow each of the clue words. Some form one new word, some remain as separate words, some might be hyphenated. Take note of the number of letters.....

Eg SNOW/CORN (6).....(answer) FLAKES

1. DENTAL/CANDY (5).....
2. PULLMAN/ELECTRIC (3).....
3. PAINT/CLOTHES (5).....
4. CLOWN/GOLD (4).....
5. HIKING/GOLDEN (4).....
6. PRIVATE/SUNDAY (6).....
7. WINDOW/PICTURE (5).....
8. SHIPPING/COUNTRY (4).....
9. FRUIT/FAMILY (4).....
10. PUNCH/GROWN (2).....
11. SIGNAL/LUNCH (3).....
12. BAWDY/TREE (5).....
13. WAR/CLOTHES (5).....
14. ROYAL/CHAIN (4).....
15. SAND/NEWS (5).....
16. RAILWAY/DIRT (5).....
17. WRITER'S/ CHOPPING (5).....
18. NIGHT/JAM (3).....
19. ARCTIC/SLY (3).....
20. ZIP/ BARBED (4).....
21. CAMP/ BUSH (4).....
22. GATE/ REGISTERED (4).....
23. SPARE/ CART (5).....
24. HEART/ BACK (4).....

### Solutions to the previous Grey Matter:

1. Kingsbridge 2. Torquay 3. Exmouth 4. Honiton 5. Starcross 6. Sheepwash/Woolacombe 7. Modbury 8. Ottery St Mary 9. Holsworthy 10. Ashburton 11. Exminster 12. Topsham 13. Kingswear 14. Loddiswell 15. Stoke Gabriel 16. Buckfastleigh 17. Beesands 18. Bigbury 19. Blackpool 20. Ringmore 21. Brixton 22. Lee Mill 23. Rattery 24. Avonwick 25. Buckland Tout Saints.

*There were 3 all correct entries last month. First out of the hat, and winner of the coveted bottle of wine are David and Mary Horne. Commiserations to Marion Bushell and Howard Dingley, and Richard and Wendy Godden.*





# Fiction Addiction

## Just Like You By Nick Hornby

A romantic comedy about a relationship between a 40 something teacher Lucy and 22-year-old Joseph who has various part-time jobs including football coaching, baby-sitting and working at the local butcher's and is also black. It's set against the background of the socially divisive Brexit referendum.

Lucy is recently separated with two children and likes theatre, reading and is broad-minded in her outlook. Joseph works at a leisure centre as well as his Saturday job at the butcher's and likes to compose music with aspirations to become a DJ. They meet over the counter and after Joseph starts babysitting for Lucy's boys, who love spending time with him, they gradually grow closer and start a relationship. In spite of being different in so many ways and from each side of the social divide they enjoy being together.

As their feelings towards each other increase the reader follows the relationship through its ups and downs and all their anxieties, especially Lucy's who tends to weigh everything up and thinks about the future ahead whereas Joseph lives for the moment, but they manage to overcome the hurdles and setbacks.

This is a contemporary love story with some politics thrown in while the comedy is mainly provided by Lucy's sons. Some in the group found the dialogue between the two lovers unrealistic and therefore didn't enjoy it, whilst others did. If you are looking for an easy read, which is not too taxing that you can just pick up or down then this could be for you.

Rating 2.44 ★★☆☆☆

## The Nightingale By Kristin Hannah

A beautifully written tale about two very different sisters Vianne and Isabelle and their experiences in occupied France during WW11. The story starts in 1995 America with one of the sisters preparing to move out of their home. She comes across an identity card, evoking memories that transport you back to Paris and remote towns in France as the events of war unfold. It describes vividly how the lives of ordinary people changed and the risks they took to not only survive themselves but to save others, often complete strangers. For some, their lives will never be the same again.

The author manages to describe the hardship and fear without resorting to graphic detail. At one point in the narrative a group navigates the Pyrenees and you almost feel the biting cold with them. Conveying the lack of food and clothing and how they were taunted and mistreated by the occupier forces, while at the same time portraying the human side of some of the enemy. Ultimately it is a story of love, loyalty, courage and sheer determination, highlighting the roles women played in the war, and how they were underestimated which worked to their advantage. It was very difficult to put down as it's very compelling and we all became totally invested in the characters, but also, how bonds between sisters and friends cannot be broken.

If you are looking for historical accuracy then this isn't for you as it is a fictional story depicting the day-to-day struggles of war and must be enjoyed as such. One small negative is the lack of story after the war up to 1995, but that's only because we didn't want the journey to end.

A film of the book is due for release in 2025, but be warned if it stays true to the book it will be a tear jerker.

Rating 4.61 ★★★★★

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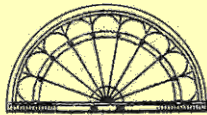
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# The Accidental Environmentalist Saving the World One Thermal Imaging Camera at a Time

By Adam Ryan-Carter



Owning a thatched cottage - whose romantic and deluded idea was that? Yes, we were warned about the expense of replacing the thatch when we bought it but that day seemed such a long way off in the future and the cottage was picture postcard perfect and close to the beach. Well, it turns out romance is overrated! Twelve years on, our latest quote to have the thatch replaced is in excess of £30,000. It's one thing finding the money to pay for it, it's another finding an available thatcher to take on the work and here we are over a year later still sitting on a waiting list.

So, what are the benefits of owning a thatched cottage, if any, and what on earth has this got to do with the environment? Well, I'm glad you asked. The first use that springs to mind is that it offers a warm dry habitat for mice, rats and spiders and the straw, (and the moss that grows on it) provides a snuggly lining for birds' nests. In the wise words of our late great neighbour Peter Hurrell, "animals have been trying to live in these houses for nearly 400 years!" - And he wasn't wrong.

When we gave the go ahead for Mike Hodges from BBATS to come round with his thermal imaging camera, we assumed our house would be leaking energy like a sieve. Several years earlier when we renovated the cottage, we thought long and hard about green energy solutions only to find out most were incompatible with a single glazed house built of cob, stone and straw. For example, it's tricky to attach solar panels. We were also advised at the time that an air source heat pump would be expensive to run as the cottage wasn't insulated enough and the pump would effectively be trying to 'heat the street'. We had even gone to the lengths of booking a visit with an energy surveyor to discuss the merits of secondary glazing, professional draft proofing and window restoration. He was a lovely guy and very knowledgeable but I'm not sure we were ever going to recoup the £12,000 quoted from our energy bills within our lifetime!

According to Historic England, there is always a balance to be achieved in older buildings; "People may have different reasons for wanting an energy efficiency upgrade for their building. For some, the aim will be to save money on fuel bills. Others might want to reduce greenhouse gas emissions or make a building more comfortable. Energy-saving measures that require significant capital investment might be cost-effective for a high-energy user, but not for a low-energy one." I was particularly interested to read their thoughts about replacing single glazing with double. We had always assumed this would be the most effective way of improving energy efficiency yet we knew listed buildings wouldn't allow us to do it. But it turns out we might have overestimated its impact. Their advice was not to install expensive double glazing but to make sure that the loft was insulated first and then invest instead in a pair of thick curtains or shutters and a roll of insulation tape! It turns out that they knew what they were doing when they built our house. Our stone walls are thick, 2 feet thick to be precise. Not only are they amazing for sound proofing (so the neighbours don't have to listen to Muppy's singing) but once they have warmed up, the stone radiates the heat back into the room keeping the temperature cosy in winter yet cool in summer. Ironically, many thatched properties in the Parish are second homes. If the heating is left off for weeks or months the

stone walls can't store the heat and by the time the cottage warms up, the occupants have left and the heating is switched off again. To be energy efficient, thatched cottages need to be lived in all year round and not just by spiders. And once upon a time the inhabitants of our cottage would have kept their animals in the house on the ground floor and lived above them. Now central heating doesn't get much cheaper than that but the emissions would still have been problematic, in more ways than one!

But back to Mike Hodges and his new-fangled wizardry. Mike arrived with a thermal imaging camera that had kindly been lent to him by neighbouring South Milton Parish Council. Mike is on a mission to increase energy awareness in our Parish and had arranged to visit a cross section of homes to help people to reduce their energy consumption. His target was to identify cold spots and drafts and give advice on possible solutions. We felt like the parents of a child about to sit an exam, knowing we probably should have paid for some extra tuition.

It was a cold wet evening which was ideal and we had switched on our heating an hour earlier than usual to make the results clearer. The imaging camera looked similar to a large mobile phone. Mike scanned it over the walls and ceilings, paying particular attention to the surrounds of the windows and doors. The warmest areas came up as red, orange and yellow images and where the temperature was cooler this changed to purple and blue so the contrast in temperature was immediately visible. The device also took a temperature reading of the area it was pointed at so you could make quick comparisons. Our thermostat was turned to 20 degrees so it was reassuring to find out that the wall temperature throughout the house was consistently 18 degrees which Mike assured us was very good as that meant comparatively little heat was being lost through our super thick stone walls. We were surprised to find out that thatch is actually the most insulating of all roofing materials and as we'd put in a super thick layer of natural wool when we did the renovations, we hoped that would also help. After a quick scan we found the ceilings also gave back a reading of 18 degrees and there were no visible blue spots at all proving to our delight that the wool was doing the trick.

The next test was the one we were most interested in; the single glazed windows. To give you some background; we had had some shutters fitted to a few rooms by a friend who happened to be a carpenter. After he'd finished, he instructed us to buy some insulation tape for the closings. So obviously we ran out and got some... only joking! It took several years and the threat of Mike coming round with his thermal imaging camera before we got round to it. But I am very glad we did. Their performance was impressive, except where a tiny bit of heat was seeping out right under the bottom. We were able to compare this window's performance to a bedroom window that only had a roller blind and there was a 6-degree difference between the two readings, proving the effectiveness of the shutters.

The front door area presented another interesting discussion point. Where most modern houses have gone down the more traditional route of using a rectangular aperture to hang their front door in, a few hundred years ago spirit levels weren't a 'thing' so our door opening can only be described as a rhombus. There was always going to be a sizeable gap to let in a howling draft and we have some sandbags that not only keep out the draft but jam the door shut so it doesn't rattle during the winter storms. Mike came up with a better solution and recommended an old-fashioned product called "Atomic" which is a copper alloy draft excluder that is particularly useful in period properties with wonky timber door frames. We'll certainly give it a whirl. The back door was slightly better fitting and Mike's solution there was very hi-tech...to hang a curtain or use a draft excluding sausage. Much cheaper than fancy double glazing!



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## **EASTER HOPE**

Hi village voice readers. I'm Revd. Colin Snell, known to some readers I'm sure. This is my first article in Village Voice. I feel honoured to be asked to submit something on behalf of the church. As some will know I've been covering some services during the current vacancy period and did so during Daniel's sabbatical and when he was on leave. My wife, Amelia, and I have been living in the area for over five years now since I retired from being a full-time vicar in Taunton. I was a parish priest for eighteen years. Before training for the priesthood at theological college and subsequent curacy in Somerset, I worked in the construction industry, latterly managing large projects but initially as a carpenter - following in the master's footsteps one could say! And what a master to try and follow. He established an all but impossible challenge - change human centred life to God centred life. We've just reminded ourselves of his mission and modus operandi throughout our Easter services. To suggest that at present we appear to be 'all at sea' having not embraced collectively Jesus' example of love for others expressed as sacrifice, mercy, love and forgiveness as we might, could be understating it. Left to our own devices we (humankind) are making a bit of a mess of things. I'm sure I don't need to record examples to illustrate what I have in mind. We know all too well. And we need only look at the news or read the papers if we need reminding. Were we able to embrace more enthusiastically and practically God's ways (and I include myself in this) who knows what wonderful things might be possible - climate change sorted, immigration problems resolved, peace chosen over war, relationships healed, resources distributed fairly.....

Tom Wright records in his book *Surprised by Hope* (a damn good read incidentally in which the author blows the lid off the idea that everlasting life is about inheriting a cloud somewhere on which we float playing a harp once our time on earth has ended).

*'Easter was when Hope in person surprised the whole world  
by coming forward from the future into the present'.*

The churches across the benefice in the past two months have been meaningfully seeking to identify their vision for the future. As I write the findings are yet to be made public. And thank you to all those who made contributions to this enterprise. At risk of pre-empting prematurely their findings perhaps the calling of the church is to bring the future to which Tom Wright refers (that is God's plans) into the present - following in the master's footsteps! How specifically? Well, how about simply bearing authentic witness to God's Kingdom and working to transform for the better human life here and now? No pressure!

Further, and paraphrasing Jo Frost and Peter Lynas in their book *Being Human* (another excellent book), the role of the church is to affirm the inherent goodness of culture, the comprehensive reach of Jesus' saving work and the responsibility believers have to actively seek now that which it is promised by God will come.

Next time you meet someone you know to be a churchgoer ask them how they are getting on with the above! I'd be pleased to hear your feedback.

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# All Saints' Diary

Churchwardens: Liz Webb 560090 & Mike Hodges 561124

Everyone is welcome at all services,  
which are at Thurlestone, unless indicated otherwise

## Church Services

### Sundays

APRIL 14, 28, MAY 5, 12, 26 8/8.30am Holy Communion (said) CW: 2nd Sun. BCP: 4th Sun.

EASTER SUNDAY MARCH 31 11.10am Easter Family Communion

APRIL 7 10.30am Benefice Eucharist (CW) at Loddiswell

APRIL 14, 28, MAY 12, 26 11.10am Morning Worship

APRIL 21, MAY 19 11.10am Parish Eucharist\* (CW)

MAY 5 10.30am Benefice Rogation Service at Shute Farm, S Milton

### Weekday Services

April 11, May 9 10.00am Holy Communion\* (BCP) (said) at Bantham

ASCENSION DAY THURSDAY MAY 9 6.00pm Benefice Eucharist\* (CW)

WEDNESDAYS APR 10, 24, MAY 8, 22 10.00am Holy Communion\* (BCP) (said)

CW = Common Worship (modern language) BCP = Book of Common Prayer (traditional language)

\* Due to the vacancy services of Holy Communion are subject to priestly cover being available, please see: <https://www.thurlestoneparish.co.uk/welcome-to-all-saints-church.html> or scan the QR Code overleaf for current information & timings of the early Sunday Services



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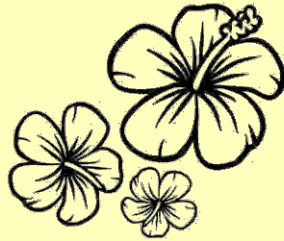
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# THURLESTONE BAY BIRDS

What a start for 2024 with 117 species recorded by the 14th March, compared with 119 in 2023 and 120 in 2022.

Some of the highlights so far this year -

A *GREAT CRESTED GREBE* in the Bay on 17th January - normally we only see these at the end of February.

A *MERLIN* over South Huish Marsh on 21st January was an early record – again in late March or early April as they chase the *MEADOW PIPITS* on migration.

Unfortunately, the bird flu epidemic is still washing up deceased birds on the beaches - 2 *PUFFIN* on 26th January were particularly unfortunate as we probably only record 3 or 4 each year.

Over the last 10 years we have seen a large increase in *EGRETS* overwintering from Europe. *LITTLE EGRET* is now recorded daily and they have been breeding for a few years. This winter a *GREAT WHITE EGRET* was watched flying along the South Milton Valley on 16th February - much taller than our regular *GREY HERONS*. On 17th February, a flock of *CATTLE EGRET* flew onto South Huish Marsh and they are still present on 13th March with a maximum of 11 birds.

The numbers of Duck on South Huish Marsh have been good this winter, with plenty of flood water due to the very heavy rainfall in January and February with 2 *GADWALL* and male *PINTAIL* on 10th January. *WIGEON* peaked at 105 on 26th January with *TEAL* reaching 80 in late February.

Birds arrive during migration; we get particularly good species with south easterly winds. Gales on 8th and 9th March brought up to 18 *SHOVELER DUCKS* to the Marsh - usually we would record only up to 6, A pair of *TUFTED DUCK* on the 13th March with a *LITTLE GREBE* also noted on the same day.

Highlights on 9th March were a male *GOLDENEYE DUCK* which landed on the sea off the flats - this is only the 3rd record of this species in the last 10 years. On the same day, the first of our summer visitors were found - behind the café, a nice male *WHEATEAR* - one of the earliest records, on the same date a *RUFF* was on the Marsh, again a scarce Spring migrant.

However, the highlight of the year (so far) was a female *SERIN* found behind the Cafe at South Huish Marsh on 11th March - this is the first record since 1982 when a pair bred in the grounds of the Thurlestone Hotel. This was my 268th different species for the Patch.

On 14th March, the second of our summer visitors recorded were 2 *SANDWICH TERN* in the Bay and on the Marsh the first *BLACK TAILED GODWIT* of the year.

By the time you are reading my report the summer visitors will be passing through on migration - look out for the first *SWALLOW*, *SAND MARTINS* and *HOUSE MARTINS*.

**Mike Passman**

thurlestonebaybirds.co.uk

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# THURLESTONE GOLF CLUB



I expect whether you know me or not, most of you will assume that as the Golf Pro at Thurlestone Golf Club I spend most of my time out on our beautiful course playing golf, giving tuition and selling golf equipment to members and visitors - and this would not be far from the truth! However, my role here at the Club as the Head Professional is to make sure that everyone enjoys their golf here at Thurlestone, whether you are a member or a visitor.

To encourage this, we have set up a number of, what we call, 'Pathways' here at Thurlestone which are designed to get people of all ages involved in golf.

If you are a local, you will know that we have a particularly popular Junior Academy which we run every Saturday in school term time which ultimately introduces children to the game of golf. These children start from the age of 4 and can go all the way through until they are 18.

But it's not just children we are trying to encourage here at Thurlestone. We also have a 'Get into Golf' group that we have set up for adults. This allows individuals the opportunity to try golf for the first time. We can loan equipment and provide group lessons for beginners, so you don't have to have all the equipment to start off with. Once the player has gained in confidence from their lessons, they are then invited to join the Club on a 3-month trial basis to see how they get on. There are a number of beginners groups who play at various times during the week. The Club accommodates players of all different abilities by having 5 different sets of tees for players to play off. This means that they can play a course which suits the distance that they hit the ball. Once the 3-month period is over, we hope that they will have developed the 'golf bug' and they are then invited to join as a full member.

**The benefits of playing golf are vast and as a low impact sport can be played and enjoyed by everyone of all ages and abilities.**

So why should you consider playing golf?

First and foremost, golf is good exercise. Not only do you spend a lot of time on your feet, but you also do a lot of walking. In fact, most courses will have you walking around 4 or 5 miles if you play 18 holes, so you'll certainly get in your daily step goals.

Obviously, you will be outside when you play a round of golf. The benefits of being outside are obvious, and there are not many better places to be playing golf in the sunshine than here at Thurlestone!

It's been proven that golfers sleep better, have lower blood pressure, decreased depression, and have less anxiety.

You can make new friends. While there's nothing wrong with playing golf with your friends, you can make new friends. Here at Thurlestone we encourage new players to join up with other willing groups.

Challenge Yourself - Unlike many team sports, golf is personal. Most of the time, you play against yourself to try to beat your previous scoring record. This makes it a lot of fun to work hard and try to do better than the last time you played. Fortunately, there are many things you can do to improve your game, so you can keep learning and improving. As you get better, you can set new goals for yourself to knock more and more strokes off your score.

A family affair - The beauty of golf is that the whole family can be involved. At Thurlestone we have many Mums, Dads, Grandmas and Grandads who now play golf because their children are playing and enjoying golf. Also, with beaches and tennis on our doorstep and a members' bar and restaurant you really can spend quality family time together.

So, if you have never played golf and perhaps considering having a go, we would love to see you here at Thurlestone Golf Club. You would be made most welcome

**Steve White** Head PGA Golf Professional

# christian aid week

12 - 18 May

## LIFE IN BURUNDI

In Burundi, malnourishment and poverty affect more than 70% of the population, making survival a daily struggle. Jobs and food are hard to come by, and those who have homes often have no electricity or running water.

**Aline's Story:** Aline felt the full force of extreme poverty when an early marriage ended in abuse and violence. Separated from her six children, she was forced to sleep on the streets of Burundi. No home. No healthcare. No security.

But Aline was determined to push back against the inhumanity of poverty, driven by hope, faith and the love of her children. Hungry, scorned and alone, Aline took her first step towards her new life. She started by participating in a transformative three-day community workshop, funded by Christian Aid.



## HOW YOU CAN GIVE DURING CHRISTIAN AID WEEK

As last year, we hope to deliver an envelope and leaflet to known supporters and ask you to return the envelope to the address on the leaflet or to Thurlestone or Bantham shop.



You can also give using the **Aune Valley Benefice e-envelope** at <https://fundraise.christianaid.org.uk/envelope-2024/aune-valley-benefice-envelope> or by scanning the **QR code** above

**Your gifts this Christian Aid Week will ensure more people in Burundi get the skills and knowledge they need to push back against the inhumanity of poverty.**

**Every envelope. Every gift. Every challenge can change lives.**

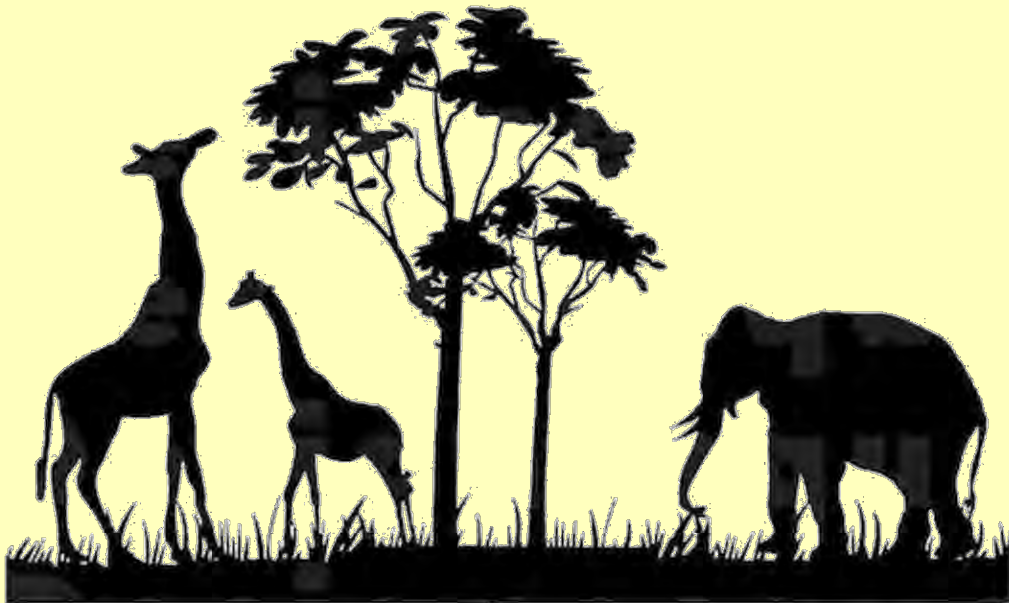
See: <https://www.christianaid.org.uk/appeals/key-appeals/christian-aid-week>

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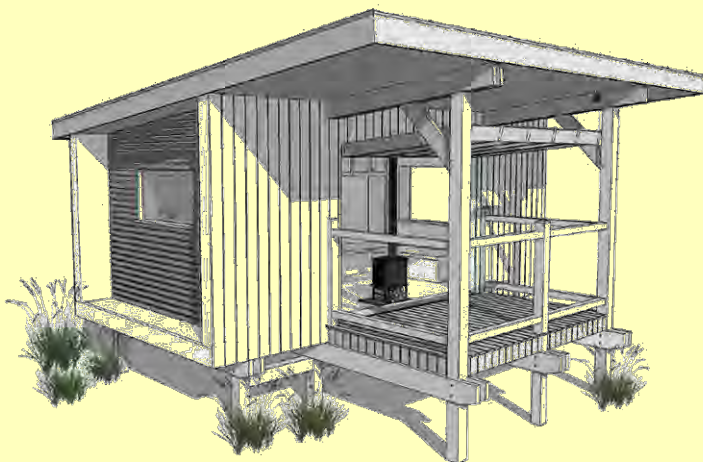
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# YOUR FETE NEEDS YOU!



We are excited to confirm that there will be a fete this summer in Thurlestone. We are very grateful to Peter and Sarah Kearney who have again kindly made available Toyes Orchard for the fete which will be on Saturday 20<sup>th</sup> July. After a year's rest, Peter Hirst is back leading the fete committee and has already got preparations off to a fantastic start by obtaining a large number of wonderful raffle prizes (remember to buy some tickets) and recruiting new committee members.

Many hands make light work and the success of the fete depends on lots of people getting involved to make it a really enjoyable community event. It's a great way to get to know people from across the village, enjoy working together, and there's lots of ways you could help.

So.... would YOU like to support the fete this year in any (or all!??) of the following ways:

- Selling raffle tickets ahead of the fete
- Putting up posters etc.
- Setting up beforehand (Friday 19<sup>th</sup> July evening or Saturday 20<sup>th</sup> July morning)
- Helping out during the fete itself
- Running a stall or a game
- Clearing up afterwards (Late afternoon/early evening Saturday 20<sup>th</sup> July)
- Joining the committee

If so, please contact Peter Hirst at [peter.hirst909@btinternet.com](mailto:peter.hirst909@btinternet.com) or 01548 560544. If there is a particular stall you would like to run or help with, do say. New ideas for games and stalls are always welcome.†

We also need donations of:

- Bric-a-brac
- Good quality second hand items
- Good condition toys
- Handmade items for the craft stall
- Bottles for the bottle tombola
- Baked goods for the cake stall

Non-perishable items can be dropped in to Peter Hirst at 17 Court Park, or the Church Meeting Room (10am-12 noon on a Wednesday). Hilary Rustad will be heading up the cake stall so please email her ([hilaryrustad@gmail.com](mailto:hilaryrustad@gmail.com)) if you are able to provide a cake to sell on the stall.



# DIARY DATES

## April

- |           |    |   |
|-----------|----|---|
| Monday    | 1  | Easter Monday   |
| Friday    | 5  | Kingsbridge Estuary U3A monthly talk at Malborough Village Hall 10am until noon - "In Pursuit of the Improbable" with Stephen Powles  |
| Saturday  | 6  | Kingsbridge Farmers Market 9am - 1pm  |
| Monday    | 8  | Parish Council Meeting, Thurlestone Parish Hall 7.30pm  |
| Wednesday | 10 | TRAMP - Buckland Tout Saints and Goveton - Annie Lukehurst  |
| Thursday  | 11 | Police Surgery, Thurlestone Parish Hall 10.30am - 11.30am   |
| Monday    | 15 | Devon Schools restart   |
| Saturday  | 20 | Kingsbridge Farmers Market 9am - 1pm  |
| Sunday    | 21 | STANBOROUGH CHORUS and Orchestra in concert - "ELIJAH" by Felix Mendelssohn at St George's Church, Modbury 7.30pm - Tickets £18 in advance, £20 on the door. Under 16's free entry      |
| Monday    | 22 | TRAMP - Frogmore 5.5 miles - Robin Hart   |
| Tuesday   | 23 | St Georges Day  |
| Wednesday | 24 | Kingsbridge Arts Society, Methodist Hall, Kingsbridge 2pm for 2.30pm (and on Zoom - 01548 532850 for a link) - Rock Art: Namibian Rock Art and the infamous "White Lady" with Paul Bahn |
| Friday    | 26 | Kingsbridge Estuary U3A monthly talk at Malborough Village Hall 10am until noon - "My Life as a Micro-Artist" with Graham Short   |
| Saturday  | 27 | Disco, Thurlestone Parish Hall 7.30pm, Tickets £7.50 on the door. Under 16's free entry   |
| Monday    | 29 | TRAMP - Beesands Circular 3.75 miles - Neil Mackay and Jenny Webb   |

## May

- |           |         |  |
|-----------|---------|--|
| Thursday  | 2       | Police and Crime Commissioner Elections - Thurlestone Parish Hall  |
| Saturday  | 4       | Kingsbridge Farmers Market 9am - 1pm   |
| Sunday    | 5       | Salcombe Crabfest - free Park and Ride Shuttle Bus in operation  |
| Monday    | 6       | Early May Bank Holiday   |
| Wednesday | 8       | TRAMP - Hembury Woods 4.35 miles - Neil Mackay and Jenny Webb  |
| Monday    | 13      | Parish Council Meeting, Thurlestone Parish Hall 7.30pm   |
| Tuesday   | 14      | TRAMP - Stokenham/Beesands Bluebell Walk - Peter and Liz Coates  |
|           | 14      | Quay Side Classics, Kingsbridge - a car meet for all classic vehicle owners (2,3 or 4 wheeled veicles) from 6.30pm   |
| Thursday  | 16-18   | Devon County Show  |
| Friday    | 17-19   | Dart Music Festival, Dartmouth   |
| Saturday  | 18      | Kingsbridge Farmers Market 9am - 1pm   |
|           | 18      | Alvington Singers in concert at Buckfast Abbey - an eclectic programme featuring the title piece "Towards the Unknown Region" by Vaughan Williams. Tickets £15 available via the Buckfast Abbey Box Office   |
| Tuesday   | 21      | Parish Hall AGM 6.00pm   |
| Wednesday | 22      | TRAMP - Hope Cove/South Huish 4.26 miles - Harry Forrester   |
|           | 22      | Kingsbridge Arts Society, Methodist Hall, Kingsbridge 2pm for 2.30pm (and on Zoom - 01548 532850 for a link) - "Mid 18 <sup>th</sup> Century English Rococo Silver, its Social Context and the Adventures of its Owners and Makers" with Ralph Hoyle |
| Friday    | 24      | Kingsbridge Estuary U3A monthly talk at Malborough Village Hall 10am until noon - "A Year at Overbeck's Garden" with Chris Groves  |
| Monday    | 27      | Spring Bank Holiday  |
|           | 27      | TRAMP - Modbury 4.5 miles - Robin Hart   |
|           | 27 - 31 | Devon Schools Half Term  |
| Friday    | 31      | Kingsbridge Food and Music Festival in Town Square - weekend festival to Sunday 2 June   |

Bolberry Down Parkrun. A free, weekly, timed 5k walk/jog/run at 9:00am every Saturday. Details at [www.parkrun.org.uk/bolberrydown/](http://www.parkrun.org.uk/bolberrydown/) or on Facebook

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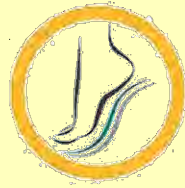
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# CONTACT INFORMATION

## CLUBS & GROUPS

ALVINGTON SINGERS (Wednesday 7pm - 9pm)	Liz Coates	714849
ART CLASS (Tuesday 11am - 1pm)	Marianne Smith	531413
AVON RIVER CHAMPIONS	Chairman Louise Wainwright	810991
BADMINTON CLUB (Friday 4pm - 5pm)	Sian Hodges	07784 893405
BANTHAM SAILING CLUB	Secretary Nikki Smith	560275
BANTHAM SURF LIFE SAVING CLUB	Clubhouse	560447
BRIDGE CLUB (Wednesday 6.15pm)	Lisa White	560505
BUCKLAND PHONE BOX	Anna Martin	560796
CRAFTY MONDAYS (Monday 10.00am - 12.30pm)	Sally Martin	561356
FITNESS YOGA with SUZI (Monday 5pm - 6pm)	Suzi Griffiths	07557 334802
FRENCH CONVERSATION (Thursday 12.30pm - 3.30pm)	Angela Luckhurst	521595
FRIENDS OF THURLESTONE CHURCH	Martin Beck	
HEALTHY MOVEMENT (Monday 2.00pm - 3.00pm)	Saffron Craig	07840 788511
LINE DANCING (Wednesday 2pm - 3pm)	Sue Bain	07989 817898
PICKLEBALL (Sunday 11.00am - 1.00pm)	Tony Burn	07909 552077
SEA BEYOND PILATES (Wednesday 9.30am-10.30am)	Sharron05@btinternet.com	
SMASH HIIT with SUZI (Thursday 6pm - 7pm)	Suzi Griffiths	07557 334802
TABLE TENNIS(Thursday 7.30pm - 9pm)	Paul Ferguson	07866 802800
THURLESTONE GOLF CLUB	Office & General Enquiries	560405
TENNIS SECTION (at Golf Club)	Book via Pro Shop	560715
THURLESTONE PHONE BOX	Mary Horne	561853
THURLESTONE SINGING GROUP	Alastair Durden	560509
TRAMP (Thurlestone Ramblers)	Linda Scott	560298
WALKING FOOTBALL (Friday 5.15pm - 6.45pm)	Martin Stern	07557 149603
YOGA with Sarah (Tuesday and Thursday 9.15am)	Sarah Scott	07879 627939

## HEALTH CENTRES

Norton Brook Medical Centre, Cookworthy Road, Kingsbridge TQ7 1AE	853551
Redfern Health Centre, Shadycombe Road, Salcombe TQ8 8DJ	842284
Minor Injuries Unit (NOT 24 Hrs) South Hams Hospital, Kingsbridge TQ7 1XT	852349
Non-emergency NHS Direct	111

## POLICE

Emergency 999 Non-emergency 101

## RUBBISH COLLECTION - Mondays (check SHDC website for Easter and May Bank Holiday collections)

Recycling Boxes 1 and 2, Reusable White Sack, and Food Waste Caddy - EVERY WEEK  
Black/Grey Bin (non-recyclable landfill) alternate Mondays from 1<sup>st</sup> April (NB Easter Weekend)  
Brown Bin (garden waste) alternate Wednesdays from 10<sup>th</sup> April  
(New garden waste subscription starts April 1<sup>st</sup> 2024 to March 31<sup>st</sup> 2025. Apply via SHDC website)

## RECYCLING CENTRE - Torr Quarry Site, Totnes Road, Kingsbridge TQ9 7QQ T:0345 155 1010

Opening Hours:

Mon - Fri 9.00am to 5.00pm, Sat - Sun 10.00am to 6.00pm (1st April - 30th September)  
Mon - Fri 9.00am to 4.30pm, Sat - Sun 10.00am to 4.30pm (1st October - 31st March)  
Open all year round (except Christmas Day, Boxing Day and New Year's Day)

## TOURIST INFORMATION CENTRES

Kingsbridge T: 853195, Salcombe T: 843927, Totnes T: 01803 269190, Dartmouth T: 01803 834224

## LIBRARIES

Kingsbridge - Ilbert Road, Kingsbridge TQ7 1EB T: 852315 Open Monday, Friday 9am - 6pm Tuesday, Wednesday 9am -5pm, Saturday 9am - 1pm, Thursday closed  
Mobile Library Service was discontinued from Thursday 29<sup>th</sup> February.

## TRAVEL & TRANSPORT

Local Bus Service - Tally Ho! Service No. 162 - Destinations from Thurlestone (Bus stop by Shop) are:- Kingsbridge, South Milton, Marlborough, Galmpton and Hope Cove.  
For timetable contact Tally Ho! on 01548 853081 or see [www.tallyhoholidays.co.uk/timetable-162](http://www.tallyhoholidays.co.uk/timetable-162)  
For other Bus, Rail and Coach information contact Traveline South West T: 0871 2002233 7am - 8pm) or visit the website [www.travelinesw.com](http://www.travelinesw.com)

# PARISH INFORMATION

**PARISH COUNCIL** Meetings take place on 1st Monday of every month except August and Bank Holidays

Chairman	Rosa Lewis	07463 856156
Parish Clerk	Helen Leather	thurlestoneparish@gmail.com
Members	Nigel Hadaway Mike Hodges Eric Palmer Adam Ryan-Carter David Smyth Gillian Stone	07885 518333 561124 07966 192902 07885 383345 07768 300358 07967 666719
District Councillors	Samantha Dennis Mark Long	07720 863626 843828
County Councillor	Rufus Gilbert	856659

**PARISH HALL** (see Thurlestone Parish Website for more details)

Telephone (payphone in foyer) 562189

Vice Chair: Alison Daily

Bookings: Ingrid French email: via Parish Website or directly on [tphbookings@gmail.com](mailto:tphbookings@gmail.com)  
or telephone 07586 560358 Mon to Sat 9.30am - 5.30pm

**PARISH WEBSITE** ([www.thurlestoneparish.co.uk](http://www.thurlestoneparish.co.uk)) Mike Bone 288436 Paul Martin 560070

**ALL SAINTS' CHURCH** See All Saints' Diary pages earlier in magazine  
Church Meeting Room Telephone Liz Webb 560090

**ALL SAINTS PRIMARY SCHOOL** Head Teacher Miss Katie Coombe 560494

**THURLESTONE POST OFFICE & STORES** Contact Sarah Tyers 561917

<b>Shop Opening Hours</b>	Mon, Tues, Thu, Fri	8.00am - 5.00pm
Opening hours may change over Easter and May Bank Holiday Weekends	Wednesday	8.00am - 2.00pm
	Saturday	8.00am - 2.00pm
	Sunday and Bank Holidays	8.30am - 2.00pm

<b>Post Office Hours</b>	Mon, Tue, Thu, Fri	9.00am - 4.00pm
	Wednesday	9.00am - 1.00pm
	Saturday	9.30am - 12.30pm
	Sunday and Bank Holidays	Closed

Last postal collection: 4.00pm Monday to Friday; Noon on Saturday; NO collection on Sunday.

**BANTHAM VILLAGE STORES & COFFEE SHOP** Contact Kelly Seymour 560645

**Opening Hours** April/May Every Day 9.00am - 2.30pm

**PUBS** The Village Inn (Thurlestone) - 563525 The Sloop Inn (Bantham) - 560489

**Organic Milk Delivery- How Now Dairy 01752 466870** - Monday and Thursday

## PARISH DEFIBRILLATORS

- Thurlestone Parish Hall
  - Thurlestone Hotel (Garage)
  - Golf Club (Tennis Pav Wall)
  - Sloop Inn Bantham (Lobby)
  - Bantham Quay
  - Buckland Phone Box
- Scan the QR Code to see these locations on a map

