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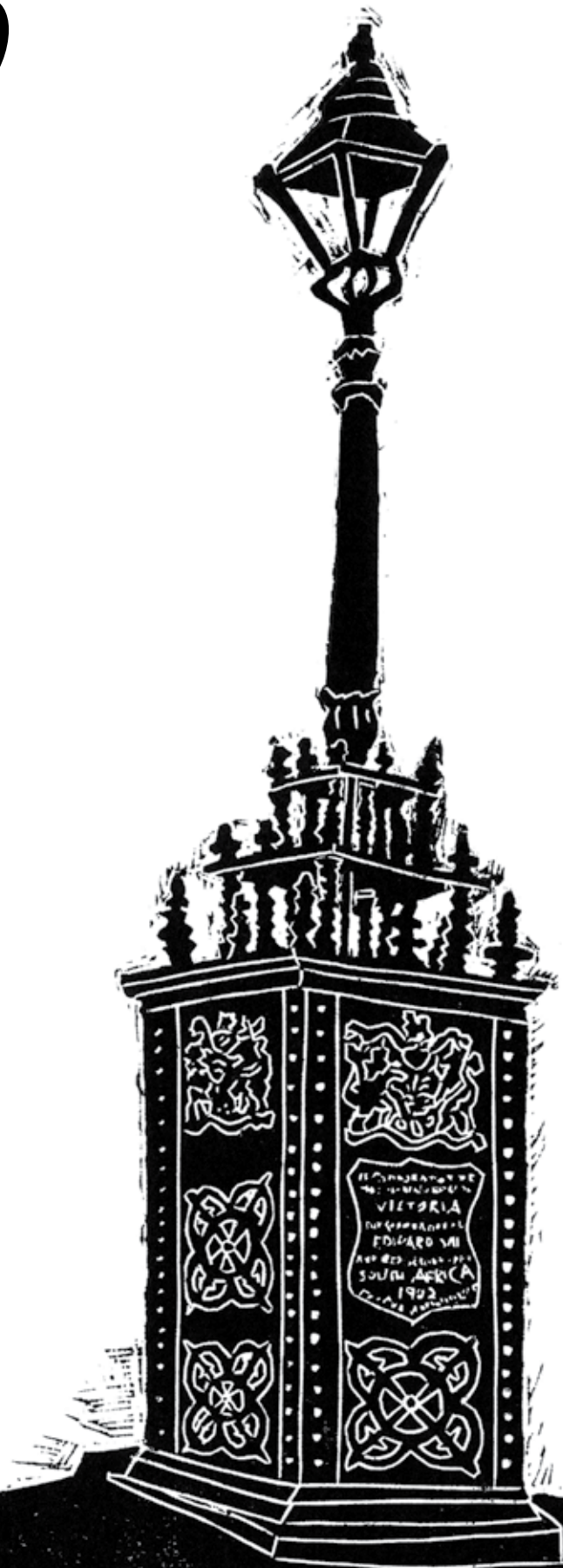
Parish Pump

St Mary's • Hemyock
All Saints • Culmstock
St Andrew's • Clayhidon
Culm Davy Chapel

FEB • MAR 2025

In This Issue:

- Become a Bell Ringer
- Hemyock Day 2025
- Valley Arts Panto
- Scouts Table Top Sale
- Strand Stores
- WWII History Talk
- Tech Award
- Snow Wardens Needed
- Hall Closure



Editorial Notice

The 'Parish Pump' is produced by the Churches of Hemyock with Culm Davy, Clayhidon and Culmstock for the people of the area. The views of contributors are not necessarily those of the Editors. The 'Parish Pump' accepts no liability for (i) any claims made by the advertiser (ii) any errors or omissions in any advertisement as submitted by the advertiser (iii) any legal action as a result of the advertisement.

The editor can be contacted via email on pump@lickham.co.uk, or by telephone on 07763 855414.

Church Contacts

The Benefice of Hemyock with Culm Davy, Clayhidon and Culmstock

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 Howard Johnston howard.johnston@btinternet.com

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PASTOR Steve Williams hembcpastor@gmail.com 07379 009325
SECRETARY Mrs Maureen Aylwin 01823 680111

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SERVICES 11.00am Morning Worship followed by Bible Times for Young People & Adults
 6.30pm Evening Service
 11.00am Family Service - 3rd Sunday only

PASTOR Jonathan Hillman, 1 Blackdown Court, Clayhidon 01823 681164

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 Children's meeting on 4th Sunday

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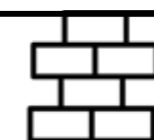
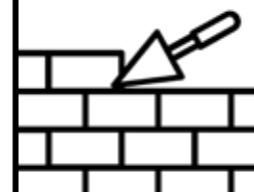
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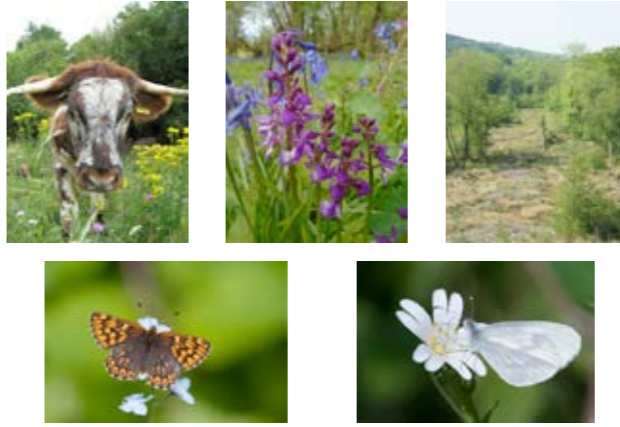
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The Blackdown Hills Trust is looking for local volunteers to help check stock fencing around the grazing units in the Neroche Forest area. These sites are managed by the Blackdown Hills Trust in the Blackdown Forest for grazing conservation: they are a magnet for rare butterflies such as Wood White and Duke of Burgundy and an array of plants, insects, birds and mammals. The areas are part of a Higher Level Stewardship and are grazed by English Longhorn cattle in the summer months.



Duke of Burgundy and Wood White butterflies, just some of the species your work would help conserve. Image credits Peter Eeles, Butterfly Conservation.

What will the volunteer role involve?
The role will involve walking the stock fence twice a year during the spring and autumn in the grazing compartments to check for any rotten posts or damage to the wire, and reporting back to the Trust. There may also be opportunities to get involved in practical conservation work, for example clearing conifer re-growth to allow native flora to thrive.

Full training will be provided for the role, including maps of the sites, appropriate contact information and information on what to look out for.

Interested? Contact John Greenshields on 01823660764 or parkfarmwoods@talktalk.net

The Blackdown Hills Trust is a company limited by guarantee and registered in England no. 07181053. Registered Charity no. 1138327. Registered Office: c/o Park Farm, Wellington Somerset TA21 9NP

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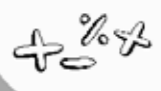
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www.jamesplanning.co.uk

Commercial Advertising

Advertisements are renewed on an annual basis commencing with the April edition. However, we do accept advertisements with each edition, if there is space. The charge will be on a pro-rata basis for the remaining editions before the next annual renewal. If you would like to place a commercial advertisement, please contact: pump-adverts@lickham.co.uk.

Next deadline for enquiries: 1 March 2025 for the April 2025 edition.

Services in the Upper Culm Valley Mission Community

The parishes of Hemyock with Culm Davy, Clayhidon and Culmstock
 ‘Communities of faith, hospitality and inspiration; loving God and loving our neighbour’
 Everyone is most welcome to services throughout the Mission Community
www.culmkirks.co.uk

SERVICES FOR FEBRUARY 2025

	Culm Davy Chapel	St Andrew, Clayhidon	All Saints, Culmstock	St Mary, Hemyock
Sunday 2nd February Candlemas	9.00am Communion Service (traditional 1662)		10.00am Communion Service	11.00am Café Church
Sunday 9th February 5 th after Epiphany		10.00am Morning Worship	10.00am Communion Service 6.00pm Sung Compline <i>with Andrew Trehwella & Ad Hoc Voices</i>	11.00am Communion Service
Sunday 16th February 6 th after Epiphany	3.30pm Evening Prayer (traditional 1662)	10.00am Communion Service	10.00am Morning Worship	11.00am Morning Worship
Sunday 23rd February 2 nd Sunday before Lent		10.00am Communion service	10.00am Morning Worship	11.00am Communion Service

In addition: A Traditional (1662 BCP) Morning Prayer Service is held each Tuesday morning at All Saints Culmstock at 10.00am.
 All services are contemporary in style, unless designated ‘Traditional’.
 Please check notices outside the churches for up-to-date information about services.

Services in the Upper Culm Valley Mission Community

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SERVICES FOR MARCH 2025

	Culm Davy Chapel	St Andrew, Clayhidon	All Saints, Culmstock	St Mary, Hemyock
Sunday 2nd March Sunday before Lent	9.00am Communion service (Traditional 1662)		10.00am Communion service	11.00am Morning Worship
Wednesday 5th March Ash Wednesday	7.30pm St Andrew’s church, Clayhidon Benefice Eucharist and Ashing			
Sunday 9th March 1 st Sunday of Lent		10.00am Morning Worship	10.00am Communion service 6.00pm Sung Compline <i>with Andrew Trehwella & Ad Hoc Voices</i>	11.00am Communion service
Sunday 16th March 2 nd Sunday of Lent	3.30pm Evening Prayer (Traditional 1662)	10.00am Communion service	10.00am Morning Worship	11.00am Morning Worship
Sunday 23rd March 3 rd Sunday of Lent		10.00am Communion service	10.00am Morning Worship	11.00am Communion service
Sunday 30th March 4 th Sunday of Lent/ <i>Mothering Sunday</i>			10.30am Benefice Communion service	11.00am Mothering Sunday Morning Worship

In addition: A Traditional (1662 BCP) Morning Prayer Service is held each Tuesday morning at All Saints Culmstock at 10.00am.
 All services are contemporary in style, unless designated ‘Traditional’.
 Please check notices outside the churches for up-to-date information about services.

*******Church Electoral Roll Applications*******

The time has come for the 6 yearly **full revision** of the electoral rolls of each parish.

If you come to church at All Saints Culmstock, St Mary's Hemyock, Culm Davy Chapel or St Andrew's Clayhidon, you are very much encouraged to join the church electoral roll, so that you can take a full part in the annual meeting and also register your commitment to the church.

For everyone who has previously registered, you will need to apply again this year.

The people to contact for an application form are:

Hemyock with Culm Davy: Di Cooper ((01823) 680175
cdicooper@live.co.uk

St Andrew, Clayhidon: Julie Bullett
sandjbullett@gmail.com

All Saints, Culmstock: Sandra Sampson; sampsonsjm@aol.com

Deadlines for registering:

Hemyock with Culm Davy: Friday 21st March 2025
 Clayhidon: Friday 25th April 2025
 Culmstock: Friday 18th April 2025

Our Benefice Churches (Culmstock, Hemyock and Clayhidon) continue to recruit new Bell Ringers

The bells are part of our village life and for centuries have sounded, calling people to worship, in celebration of special occasions, in remembrance and to mark special events.

If you would like to learn this ancient and traditional skill and join our team, starting in February we are running open sessions for new recruits at St Mary's Hemyock on Thursday evenings from 7:00pm to 7:30pm. Even if you are just curious, please drop in and see what it's all about. Entrance to the tower is to the left of the main door. Or please contact Lin Holway on 01823 681522 to learn more.



BELLRINGING

Why learn to ring?

- A global group of friends
- Lifelong learning experience
- Maintain a traditional skill
- A service to the church
- Team activity
- A great mental workout
- Opportunity to visit amazing places

Come and see

Listen for the bells at a church near you, or visit www.cccbr.org.uk to find a tower in your area, then go along to see what bell ringing is all about.

Change Ringing

The origins of change ringing lie in the sixteenth century when church bells began to be rung with a full wheel. This gave ringers control of their bell, which allowed sets of bells (rings) to be rung in a continuously changing pattern.

Music is created by moving bells up and down the ringing order to a defined sequence of changes known as a method. Learning a few simple methods allows ringers to join in with other bands in towers around the world.

Could I become a ringer?

Ringling is well within the capabilities of most people. The initial teaching takes several weeks, after which a learner can begin to ring with the rest of the band. Most ringers practise once or twice a week and ring before or after church on Sunday.

"Being able to count is all the maths needed and you can become a very good ringer knowing nothing about music."

"One of the delights of change ringing is the endless opportunity to learn new things."

Once you've got the bug, it's hard to give up:

"I learnt to ring over forty years ago and I still get the same buzz that I did when I first started."

Parish Pump | No. 307 | February – March 2025



Turning water into wine in our lives

How have your fresh starts been? Your New Years resolutions? Your hopes for the future? Well, it's now February so if you're like me they are a bit of a distant memory!

Alongside all the excitement at the beginning of a new year we still carry our worries, uncertainties and questions.

What are we running out of? What do we wish could change in us and in our lives and be reset?

The servants at the wedding were told to fill the six huge ceremonial jars with water. They trusted Jesus with ordinary water, and he turned it into something amazing.

Christians believe we have an amazing source of hope and renewal in Jesus Christ. He can transform the ordinary into something extraordinary in our lives, just as he transformed water into wine. Our hope is that no matter how ordinary you feel or how messy life gets, Jesus can transform it. You don't have to be alone.

Our hope is that no matter how ordinary you feel or how messy life gets, Jesus can transform it. You don't have to be alone. Start the year by inviting Him to work in your life. You might be surprised at how much he can do. Bring what you have and hand it over to Jesus. Do whatever he tells you.

A story that has been inspirational to me is in the Bible. It's where Jesus turns water into wine.

Imagine the scene where a joyful celebration is interrupted by a potential disaster when the wine runs out. Jesus steps in, quietly and powerfully transforming ordinary water into the best wine anyone has ever tasted and there's a super amount of it!

Christians believe we have an amazing source of hope and renewal in Jesus Christ. He can transform the ordinary into something extraordinary in our lives, just as he transformed water into wine.

"Do whatever He tells you" are the words used to the servants in the story. Look at their faith! As they served out the water they had filled the jars with, out came wine! We can't reset ourselves, but we can be transformed by God. Try asking Jesus to turn water into wine in your life.

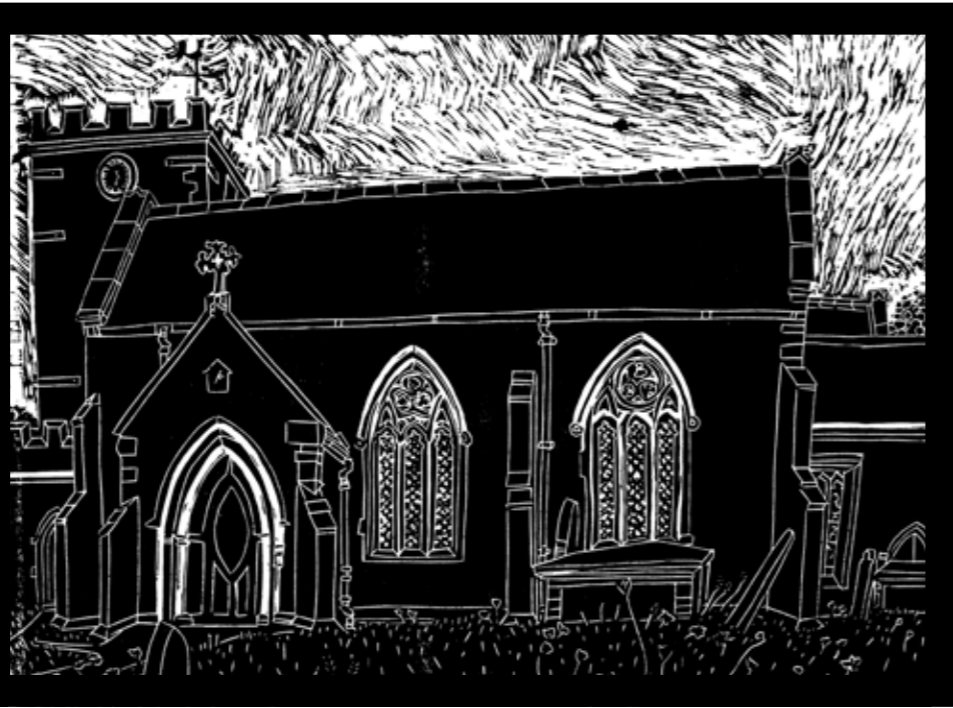
Liz Langdon, Ministry Team

New year? New beginnings? Certainly, for the young couple at the wedding they were celebrating a new life together, but something that should have brought joy was running out.

St Mary's Hemyock

In This Issue:

- Become a Bell Ringer
- Hemyock Day 2025
- Valley Arts Panto
- Scouts Table Top Sale
- Strand Stores
- WWII History Talk



Christmas Afternoon Tea

The question being asked by those organising the Christmas Afternoon Tea at Hemyock on Saturday was -should we go ahead or cancel?

Going forward in faith saw St Marys filled with stalls, delicious refreshments but most importantly visitors who braved the very strong winds caused by storm Darragh to support their village church and Culm Davy Chapel and raised almost £1,300.

Stalls included the ever popular cakes and savouries, Christmas tombola, jams and preserves, raffle and children's tombola. Culm Davy Chapel ran their well know hamper raffle and stall and 1st Hemyock Scout Group raised money for their trip to Denmark by selling handcrafted goods.

The organisers, Hazel and Sarah, were delighted with the sum raised especially considering the adverse weather. "Everyone seemed to enjoy themselves which is the most important thing and once again we showed that our church and chapel are open and welcoming".

David Bawler



Scout Group Carol Service

Members of 1st Hemyock Beavers and their families along with other members of the local Scout Group held a delightful Carol Service at the village church of St Mary's.

Attracting over 100 people the 45 minute service commenced with singing We wish you a Merry Christmas and ended with The 12 Days of Christmas when some young folk stood in the pulpit demonstrating the song actions as everyone tried to keep in time as music speeded up. In between the congregation enjoyed the Christmas story interspersed with verses from traditional carols. Rev Becky Totterdell led the service assisted by Wendy and Nigel Atkinson. Light refreshments were served with donations going to the church.

This proved to be a very popular event, enjoyed by all, and it is hoped it will become a village tradition.



Stanchester Quire Concert

A delightful pre Christmas concert by the Stanchester Quire has been held at Hemyock parish church. The 17 member Quire which was formed around 30 years ago was conducted by Eddie Upton. The concert consisted of West Country carols, poems and included a number of solos all unaccompanied and drew warm applause. The afternoon was organised by the Friends of St Mary's who provided delicious tea and cakes and raised £268 for church funds.

To the delight of those leaving the church the amazing display by the Lights Brigade had been lit ensuring everyone was aware that it was the 10th anniversary of the group, the 400th year of St Mary's oldest bell and the star on the tower was a blaze with light.



Light in the Darkness Carol Service

A Carol service titled *Light in the Darkness* has been held at St Marys Hemyock attracting over 100 people. The church had a beautifully decorated Christmas tree and each window held a lit lantern emphasising the service name

The Rev John Stone conducted the service with organist Nigel Atkinson accompanying the choir. Readings, including 2 poems - Light looked Down and The Oxen, - were given by members of the congregation after which large candles were lit

Amongst well loved congregational traditional carols the choir sang Past Three O'clock, Away in a Manger, and Up good Christian folk & Listen whilst handbell ringers chimed Silent Night.

Mulled wine and mince pies were enjoyed following the service.

A Thank You Message from Revd Canon Becky Totterdell

Thank you so much to everyone who contributed to making my farewell service at St Mary's Hemyock, on 12th January, such a special occasion. I was overwhelmed by the generosity, care and love shown at that service. It was a delight to welcome so many to St Mary's and I so valued that chance to be with you all for one last time before I retire at the end of the January. Thank you for the many cards received, the very special gifts presented at that service, and the exceedingly generous cheque to which many of you will have contributed.

I have very much enjoyed my five and a bit years here and have valued every opportunity to minister in the churches and wider community. I have been blessed every bit as much by you as you might possibly have been by me.

Please do stay in touch; Bampton isn't very far away!

With my love, Becky

Singing group

Singing group meets every Monday in Hemyock Baptist Church (next to the Post Office).

We sing along to popular songs we all know – there’s no need to be a “singer” – just enjoy singing to a great song. 7.30pm-8.45pm £2 pp to cover hall hire. Surplus funds go to Hemyock Day!

HEMYOCK DAY – ARTS & CRAFTS EXHIBITION

If you’re an artist or a maker and would like to exhibit in the Arts & Crafts marquee on Hemyock Day (Saturday 21 June), do get in touch with Jen Ingersoll on 07724 061346 who is coordinating the Exhibition.



The Garages

The Garages are primarily a youth facility; we have over 200 youths using it weekly. It is home to 1st Hemyock Scout Group and recently the Youth Club has restarted, both run by dedicated volunteers. To enable us to keep rates low for voluntary youth groups the hall is hired out for exercise classes, Blood donation service, teaching groups, Archery Group, Lights Brigade; it’s an ideal venue for Children’s birthday parties. (Bouncy castles are always popular here)

Private Hire rates from September 1st 2024 £17 per hour

If you would like to make use of this great facility please contact:

Karen 01823681034

Youth@the garages.



Easter Bingo

HEMYOCK PARISH HALL

Friday 4th April

1st & 2nd Line Prizes

Full House Easter Hamper

Raffle

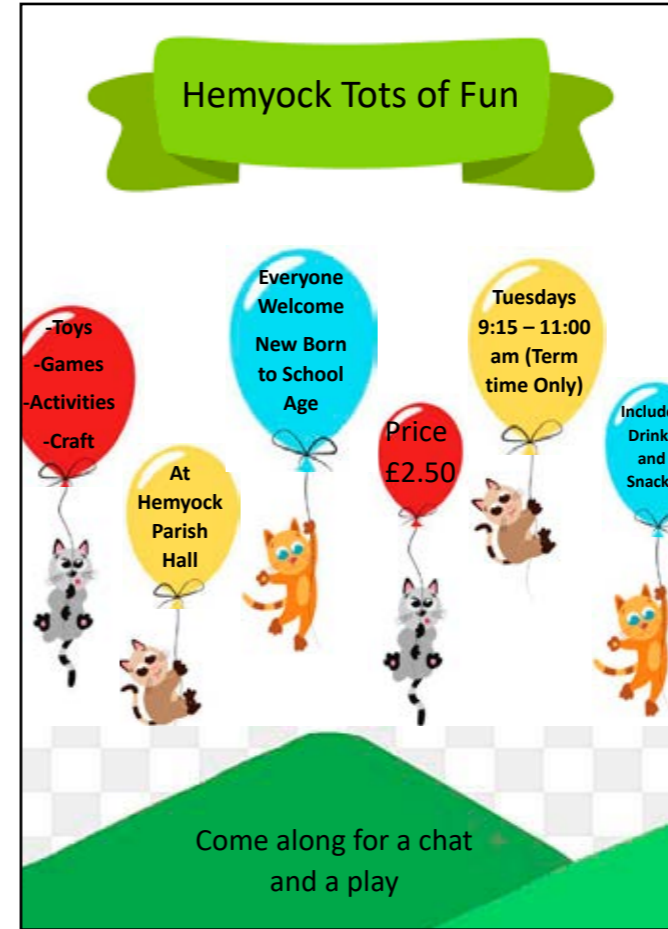
Refreshments before and during the event

Doors open 6.45pm Eyes down 7.30pm

In aid of 1st Hemyock Scout group



Hemyock Tots of Fun



Everyone Welcome New Born to School Age

Tuesdays 9:15 – 11:00 am (Term time Only)

Price £2.50


Includes Drinks and Snacks

At Hemyock Parish Hall

Come along for a chat and a play

Litter picking - can you help?

Would you be willing to give a few hours a year to help keep our lovely parish free of litter?



Would you join a group of volunteers that I can call on for occasional help?

If so, please phone me (01823 680787) or email me on steadjulia52@gmail.com

Thank you Julie

(Hi viz jackets, pickers and bags supplied)

Hemyock Gardeners’ Association

Spring Show 2025



Hemyock Parish Hall

Saturday 5th April

Viewing and Ploughmans from 12.30pm

Culmstock Cancer Research Big Breakfast



Saturday 1st March 2025

Culmstock Village Hall

9:00am – 12:00.

Raffle - great prizes

Cash only



Hemyock Day Presents

CLUB TROPICANA

80s

SADLY DRINKS ARE NOT FREE!

SATURDAY 22ND MARCH 2025

HEMYOCK PARISH HALL

7.30PM – 12PM

TICKETS ADULTS £7.50 AVAILABLE FROM POST OFFICE OR...




- DJ SPARROW
- 80'S BANGERS
- BAR AND JELLY SHOTS
- PRIZES FOR BEST FANCY DRESS

NEWS FROM HEMYOCK BAPTIST CHURCH Pastor Steve Williams 0737 900 9325 hembcpastor@gmail.com

Church Secretary Maureen 680111 Prayer Requests Chenda 662318 [Hemyock Baptist Church](#)

In the days before mobile phones, in fact in the days before there were any phones at all, long-distance communication was conducted by telegraph. So, at that time, morse code operators were very much in demand. A company advertised a vacant position for one and, from the many applicants, several were shortlisted for interview. They arrived at a busy, noisy office and were told by a receptionist to complete a form and take a seat. The group sat patiently staring at the closed office door that led to the interview room.

After a few minutes, one of the applicants got up, walked to the door leading to the room and walked in without knocking. The others exchanged puzzled glances. What was he doing? He was bound to be disqualified for his impatience, they thought. But to their astonishment he emerged a few minutes later with a man who was obviously the boss, who announced, "The job is taken. I need trouble you no further." The rejected applicants were furious and insisted that they at least be given the chance to show what they could do. The whole thing was grossly unfair, they protested.

The boss called for quiet, then explained, "Since you arrived, the telegraph over there has been tapping out a message. It read, 'If you can understand this, go through the door opposite and the job is yours.' This young man got the message, so he gets the job."

In the midst of our busy lives, I wonder how often we miss things that are right under our noses? It's often said that God sometimes speaks to us in 'a still, small voice.' Take a moment... pause... think... listen. What has God been saying to you?









Pastor Steve Williams

SERVICES IN FEBRUARY 2025

- **Sunday 2nd** 10:30 am Morning Service, Young Church & Coffee
- **Sunday 9th** 10:30 am Morning Service, Young Church & Coffee
- **Sunday 16th** 10.30 Communion Service, Young Church & Coffee
- **Sunday 23rd** 10.00 KING's BREAKFAST Family Fun Service

SERVICES IN MARCH 2025

- **Sunday 2nd** 10:30 am Morning Service, Young Church & Coffee
- **Sunday 9th** 10:30 am Morning Service, Young Church & Coffee
- **Sunday 16th** 10.30 Communion Service, Young Church & Coffee
- **Sunday 23rd** 10.00 am KING's BREAKFAST Family Fun Service
- **Sunday 30th** 10:30 am Mothering Sunday Morning Service, with Young Church & Coffee

<p>MONDAYS: TODDLER TIME</p>  <p>MONDAYS - TERM TIME ONLY 9.00 - 11.30 am Open to under 5's, toys, activities & drinks. £1 per session</p>	<p>WEDNESDAYS: CHAPEL CAFE</p>  <p>WEDNESDAYS 9.00 - 11.30 am Join us for tea, coffee & a chat.</p>	<p>THURSDAYS: 30 MINUTES WITH GOD</p>  <p>EVERY THURSDAY 10.00 - 10.30 am Silent prayer, rest & reflection; with our prayer team on hand to pray with you if you wish.</p>	<p>HOUSE & PRAYER GROUPS</p>  <p>7.30 pm TUESDAYS with Anne (680057) or THURSDAYS with Vivien (680952) SATURDAY PRAYERS 8-8.45 am please contact Anne</p>
<p>KING'S BREAKFAST SUNDAY 23rd FEBRUARY & 23rd MARCH</p>  <p>10.00 am Our fun family service with a Cuppa, Crafts & Bacon/Sausage Sandwich!</p>	<p>MESSY CHURCH FRIDAY 21st MARCH</p>  <p>4.00 pm A cooked tea, crafts, activities, songs and games for children & their adults. £1 entry per person</p>	<p>Alpha</p>  <p>Interested in finding out more about the Christian faith? Got questions? Others have too! Get in touch with us today to see what the Alpha Course is all about...</p>	<p>FILM NIGHT SUNDAY 16th MARCH</p>  <p>7.00 pm An inspiring family friendly film, open to all. Come along early for a coffee. See HBC noticeboard for more information.</p>



Hemyock Lights Brigade: Let the winds blow!

Thank you so much to all of you that supported the Lights Brigade again this year. As you are all aware the 7th December Parade couldn't go ahead due to Storm Darragh bringing us 70 mile per hour winds up the Culm Valley. We've always known that one year this will happen and have been amazed that since we started, we've been amazingly lucky with the weather - one cancellation out of ten ain't bad!

Due to the commitment of many who wanted to parade their lanterns, a mini-parade went ahead around Longmead playing field between Christmas and New Year, with refreshments, dancing and music. Thank you to all those that gave up their holiday time to make this happen.

Having spent all of November building giant Bells, Cakes with candles, notes, etc to celebrate the 400th anniversary of the oldest bell in the church tower, as well as 10 years of the Lights Brigade, the Star and Daisy the Cow, it was great to be able to display these in the churchyard, which also allowed us to recreate the lighting the star. You can see what would have been the finale film plus mini parade on our Facebook page or on our website.

We still owe a massive thank you to all our helpers, participants, committee members. Special thanks must go to our sponsors, without whom we wouldn't be able to fund the workshops, lights, road closure order, insurances, etc. - you really did us proud: Thank you to: Hemyock & Clayhidon Parish Councils, The Garages, Geoff at The Catherine Wheel, Alex Hill, The Community Shed, Durlough Sailing Centre, Hemyock Post Office, Robin Porch, Huws Gray, Cavanna Homes, Nick Stevens at Connetts Farm, Blackdown Music Trust, Sheamus Machin, Squire Biggs Law, Devon & Somerset Sweepers. Thank you also to Claire Stronach (voice of the bell) and to Hemyock Bellringers; and all those that kindly donated their electricity to light up the village.

This year some of our committee members are stepping down this summer after 10 years of devoted service. We will be calling an AGM in Spring to drum up further support, so if you want the Lights Brigade to continue then please come and support us. We'll announce the date soon in the next Pump and over social media.

Finally, look out for Daisy the Cow having a makeover on BBC 1's 'Repair Shop on the Road' this Spring. When we know the date we'll let you know!

Tim Martin
Lights Brigade Chair
www.lightsbrigade.org.uk
Facebook: Lights Brigade Hemyock

valley arts and social society PRESENTS

Robinson Crusoe
By Nigel Holmes

Hemyock Parish Hall 5th-8th Feb 2025

Tickets available at Hemyock Post Office from 11th Jan 2025
Adults £10 Children £5

Hemyock Day Fundraiser – Saturday 22 March

DJ Sparrow is back! This time with hits from the 80's. Club Tropicana will transport you back to Ibiza and beyond so dress in your best 80's gear. Prizes for best costume! Full bar. 7.30pm til midnight. Tickets £7.50 from the Post Office or see poster with QR code elsewhere in the Pump.



The Blackdown Healthy Living & Activity Centre – What’s on

Riverside Club	Mondays and Thursdays most weeks of the year, 9.30am – 3pm. Day of activities, entertainment and lunch for older residents of the Blackdown Hills. Contact Lynn Pulman (01823) 680687		
Community Shed	Sundays, Mondays and Thursdays most weeks of the year, 10am – 1pm. The Shed is a place to pursue practical interests at leisure, to practice skills and enjoy making and mending in a social setting. Contact Peta Dayus-Jones (01823) 680687		
Stay & Play Hub	Wednesdays term-time 9.30am – 11am, a drop-in stay & play session for babies and pre-school children. Art & craft, messy & sensory play, music & stories. Health Visitor clinic on the 2 nd Wednesday of each month.		
Monday	Pilates (3 classes)	9am, 10.15am & 11.30am	Louise Lyus www.connectedpilates.com
	Yoga	6.30pm	Julia Baldock (07708 469745)
Tuesday	Yoga	9.30am	Sharon (07928 953134)
	Pilates	6.30pm	Harriet Tubbs (07791234319)
Wednesday	Music Therapy	2.30pm	Harmony Haven Project
	Pilates	6.30pm	Harriet Tubbs
Thursday	Sound Baths	7pm (monthly)	Emma Dee www.emmadeesoundtherapy.com
Friday	Pilates (2 classes)	9.30am & 10.45am	Sarah Grey www.pilatessouthwest.co.uk
Therapies	Chiropractor – Sue Moore	07534 222031	Massage – Rachel Ridler 07854 973276
	Osteopathy – Martha Price	07734 431624	Massage – Ruth Bell 07892 896895
	Hypnotherapist – Helen Morris	www.innerfreedomhypnotherapy.co.uk	
	Betonica Herbal Medicine Clinics	– www.betonica.co.uk/herbal-clinic	

You can find the BHLAC at Riverside, Lower Millhayes, Hemyock, EX15 3SH
www.bhlac.org.uk or call 01823 680687



News from the Blackdown Healthy Living & Activity Centre

The Community Fridge has just celebrated its 1st Birthday and in that time, we have redistributed 15,503kg or 15.5 tonnes of surplus food. That means £48,740 saved in your pockets and 49,608kg of CO2 footprint saved (enough to drive 11,311 miles!).

Thank you to all our wonderful volunteers who drive to collect the food, weigh it all, unpack it all and keep the room clean and tidy. It costs approximately £3000 per year to run the community fridge. Mileage costs to collect the food, electricity to run the fridge and freezer and cost of supplying paper bags etc. So, if you can put £1 or £2 in the donations box when you pop in, you can help us fund the Fridge.

Finally, just a reminder, the Community Fridge is for EVERYONE and is about reducing food waste. We collect surplus, perishable food from supermarkets, restaurants and farm shops to redistribute in our community. We have a ‘larder’ within our space which has non-perishable items, many of which are donated from members of the community. These non-perishable items/toiletries are for those in the community who are struggling with the cost of living. The Community Fridge is open Monday – Friday, from 10am – 1pm.

For those new to the village, there is a lot on offer at the Healthy Living Centre:

Riverside Club – Activities and lunch for older residents of our community
 Community Shed – a place to pursue practical interests

Stay & Play Hub – play session for families with babies and pre-school children

Community Fridge – a space to share food and prevent waste

7 weekly Pilates classes (one is seated)

2 weekly yoga classes

Weekly Music Therapy class and a monthly Sound Bath meditation class.

We have 5 amazing therapists, a chiropractor, hypnotherapist, massage therapists and an osteopath. Betonica School of Herbal Medicine also run herbal clinics here.

We also have a Positively Parkinson’s monthly support café on the last Saturday of each month. Please visit www.bhlac.org.uk to view our calendar to see what’s on.



Take Part, Laugh,
Enjoy & Live Life



Fun-filled day
for older people



Two-course
lunch



Mondays & Thursdays
9.30am – 3pm
Healthy Living Centre, Hemyock
Ring 01823 680687 for further info.



Join our Facebook Group Stay & Play Hub Hemyock

Squish
Scoop

Blackdown Stay & Play Hub

Sensory Sessions

Squelch
Spray

Spin
Shake

Term time
Wednesdays 9.30am – 11am
Healthy Living Centre
£2 per family

Squeeze
Splash

TODDLERS BABIES PARENTS GRANDPARENTS NEW MUMS & DADS



'Supporting Lives, Strengthening Communities'

We are moving!

We are making great progress at Newland, and we are looking forward to welcoming you in the future.

Please note, the telephone lines will be operating as normal Monday to Friday 9-11am.



CALL for VOLUNTEERS

Please call us for an informal, no obligation chat to discuss our current volunteering opportunities.

Please get in touch

- 01823 681036
- d-icb.bsgadmin@nhs.net
- www.blackdownsupportgroup.org.uk



Happy New Year!

Thank you

Our heartfelt thanks go to the organisations listed below, for their contribution and donations to the Blackdown Support Group over the Christmas period:

- Culm Valley Meat Draw
- Waitrose Community Matters
- Connetts Farm
- Churchinford Old and Infirm Charity Football Match
- London Building Control
- Hemyock Primary School

They donated a total of **£2825.73!**

As you can see from the photographs, it meant a lot and it helped bring joy and warmth to many during these events and festive season.



Mid Devon Singers News

- February 2025

After a short Xmas break, we are working very hard on Our 2025 pantomime *Robinson Crusoe*. We will perform on the 5th, 6th, & Feb 7th also by popular request we are putting on an extra evening performance on Feb 8th, 2025. Doors and bar open at 7.00pm, show starts at 7.30pm and finishes before 10.00pm.



Singing is a great way to get a serotonin boost and combat the darkness of winter- why not make a new year's resolution to sing with the MiDS? New members are always very welcome, with no auditions to join our friendly and sociable community choir. There's no charge to try us out for your first 2 sessions & membership subs afterwards are a very reasonable £12.50 per month. We restarted for 2025 on Friday 10th January and will rehearse every Friday evening during school term time at Halberton Village Hall. Rehearsals start promptly at **7.30pm** and ending at **9.30pm** - with an all-important tea/coffee/chat break about halfway through.

If you would like to find out more about joining us or booking us for a performance, please contact us by email at info@mids.org.uk. Otherwise, be sure to keep an eye on our social media feeds for general news & performance information:

- Facebook [themiddevonsingers](https://www.facebook.com/themiddevonsingers)
- Twitter/"X" [@MidDevonSingers](https://twitter.com/MidDevonSingers)
- Instagram [@middevonsingers](https://www.instagram.com/middevonsingers)

Valley Arts



After a short Xmas break, we are working very hard on Our 2025 pantomime *Robinson Crusoe*. We will perform on the 5th, 6th, & Feb 7th also by popular request we are putting on an extra evening performance on Feb 8th, 2025. Doors and bar open at 7.00pm, show starts at 7.30pm and finishes before 10.00pm.



We are really pleased the team i.e., Stuart Summers - Director, Zelda Gray- Musical Director and Miki Hussey -Choreographer have all agreed to produce another show. Stuart has cast the pantomime and the characters are: Jasper Parrot-SONIA, Robinson Crusoe-LORRAINE, Mother Crusoe EMILY, Swash-VIKKI, Buckle-KEVIN, Captain Blood-ANDY, Polly Perkins - ALANNAH, Miss Friday CARLA, Ada-SALLY, Ethel-CAROLINE, Maude-MIKI, Gladys-GILLIAN, Cecil-CHRIS, King Neptune-BEN, Plankton-SUE, Deckhand Sam-BECKY, Deckhand Chris-VAL, Ghost-ELAINE, Chorus- DANIELLE and ENSEMBLE. We are pleased that so many people are taking part, including three new members, we are all enjoying rehearsing some popular and lively songs and dances with lots of laughing and lots of fun! Hemyock Post Office is kindly going to be our box office and Tickets are on sale from 11th Jan 2025 Adults £10 Children £5.

All our Technical and artistic support teams are now coming into their own, with Dave on lighting, Graham on sound, Lynn, Alice, Julie and Rose on costumes, Jessica on Make-up, Barbara prompting, Gillian on props, Mandy on Scenery, and many other support roles quietly beaver away to put on our annual village event. This includes plans with our stage construction and front of house teams, who will be in action just before and during show week.

The Christmas meal at the Catherine Wheel was delicious and we were very well looked after, mainly by Alannah, who incidentally is now a cast member, she is a lady of many talents!

Unfortunately, Geoff is more low-key with the pantomime this year, due to an accident and an operation, we miss him and wish him a good recovery and hope that he will soon be back with us.

If you would like to join the group or to participate in any way, contact Lynn at lynnpulman@btinternet.com Caroline at cjpinder@hotmail.co.uk or Stuart at stuart.summers28@gmail.com.

Caroline Pinder (Secretary)

Blackdown Support Group
'Supporting Lives, Strengthening Communities'

Community-based social groups
Signposting and support in accessing other services

Wheelchair Accessible Vehicle Community Transport
Befriending Bereavement support
Prescription delivery Form Filling Lunch Clubs
Coffee mornings
Toenail Cutting Wheelchair Loan
Errands and shopping support

CARDIO - TENNIS
Hemyock Tennis Courts

YOU DON'T NEED TO BE ABLE TO PLAY TENNIS.

BRING A RACKET IF YOU HAVE ONE OR YOU CAN BORROW ONE FROM THE CLUB.
COST £6.00 PER SESSION - CASH ON THE DAY. YOU ONLY PAY FOR THE SESSIONS YOU ATTEND.

IF YOU WOULD LIKE TO TAKE PART PLEASE CONTACT:
JO - 07836287423

THURSDAY'S 9.00 - 10.00AM

What's On February 2025

Sat 1	Charity/Coffee Shop 10-12 CR
Sun 2	PH booked all week for Valley Arts Panto
Mon 3	Toddler Time 9-11.30am HBC
Tue 4	Charity / CoffeeShop 10-12 CR
Wed 5	Panto 7-10 PH BSG Hemyock Lunch Club , 12.45 BHLAC Parish Council , 7.30 BHLAC
Thu 6	Panto 7-10 PH Taunton Farmer's Market
Fri 7	Panto 7-10 PH
Sat 8	Panto 7-10 PH Tiverton FM
Sun 9	
Mon 10	Young Farmers 7.30 FL
Tue 11	Charity/Coffee Shop 10-12 CR. Tuesday Club, 7.30 FL
Wed 12	Gardeners, 7.30 PH Empty Spaces 2.30 BHLAC
Thu 13	Taunton FM History Group 7.30 CR
Fri 14	Empty Spaces 10-11.30 BHLAC
Sat 15	HEMYOCK MARKET 10 - 12pm PH
Sun 16	
Mon 17	Devon Schools Half Term week
Tue 18	Charity/Coffee Shop 10-12 CR
Wed 19	Young Farmers 7.30 FL
Thu 20	Honiton & Taunton FM. Poppy Group 10 - 3pm CR
Fri 21	
Sat 22	Cricket Club dance PH Positively Parkinsons' Support Café 10.30-12 BHLAC
Sun 23	Kings Breakfast 10 am HBC
Mon 24	Young Farmers 7.30 FL
Tue 25	Charity/Coffee Shop 10-12 CR
Wed 26	
Thu 27	Taunton FM
Fri 28	

Weekly Meetings in Parish Hall and Elsewhere (Forbes Lounge, Church Room, BHLAC & Garages etc)

Sun	Community Shed	10-1pm	C Shed
Mon	Riverside Club	9.30-3pm	BHLAC
	Community Shed	10-1pm	C Shed
	Short Mat Bowls	9.30-12.30	PH
	Toddler Time	9.00-11.30am	HBC
	Mature Movers	11-12noon	Garages
	Badminton	1.30-3.30	PH
	Art	10-12pm	FL
	Salsa DX Dance	6.30-7.30	PH
	Pilates	9am-10am	BHLAC
	Pilates	10.15-11.15	BHLAC
	Seated Pilates	11.30-12.30	BHLAC
	Yoga	6.30 - 8pm	BHLAC
Tue	Coffee/Charty Shop	10-12noon	CR
	Toddlers	9.15-11	PH
	Yoga	9.30-11	BHLAC
	Pilates	6.30-7.30	BHLAC
Wed	Tai Chi	11am-12pm	PH
	Come & Craft	6.30-9.30	FL
	Stay & Play	9.30-11	BHLAC
	Music Therapy	2.30-3.30	BHLAC
	Pilates	6.30-7.30	BHLAC
	Chapel Café	9-11am	HBC
Thu	Riverside Club	9am-3pm	BHLAC
	Community Shed	10-1pm	C Shed
	Devon Dance	6.45-9	PH
	30 mins with God	10-10.30am	HBC
Fri	Pilates	9.30-10.30	BHLAC
	Pilates	11.15-12-15	BHLAC

These WEEKLY activities happen regularly each week with occansional breaks for Bank and School Holidays. They will not be in the monthly What's On.

Fortnightly and Monthly meetings will be placed in the Monthly What's On Section.

Please contact **Gillian Hawkes:** gillian.parishpump@gmail.com if there are any alterations, or additions to this list.

- PH - Parish Hall
- FL - Forbes Lounge
- BHLAC - Blackdown Healthy Living and Activity Centre
- C. Shed - Community Shed
- CR - Church Rooms
- HBC - Hemyock Baptist Church

What's On March 2025

Sat 1	Charity/Coffee Shop 10-12 CR Nosh & Knowledge Quiz 7pm PH
Sun 2	
Mon 3	
Tue 4	Charity /CoffeeShop 10-12 CR
Wed 5	BSG Lunch 12.45 BHLAC Parish Council 7.30 BHLAC
Thu 6	Taunton FM.
Fri 7	
Sat 8	Tiverton, Wellington,FM
Sun 9	
Mon 10	Young Farmers 7.30 FL
Tue 11	Charity /CoffeeShop 10-12 CR Tuesday Club, 7.30 FL
Wed 12	Gardeners , 7.30 PH Empty Spaces 2.30 BHLAC
Thu 13	Taunton FM. History Group 7.30 CR
Fri 14	BSG Empty Spaces 10-11.30 BHLAC
Sat 15	HEMYOCK MARKET 10 - 12pm PH Film night 7pm HBC
Sun 16	
Mon 17	
Tue 18	Charity /CoffeeShop 10-12 CR
Wed 19	
Thu 20	Honiton & Taunton FM. Poppy Group 10 - 3pm CR
Fri 21	Messy Church 4pm HBC
Sat 22	Repair Café 10-1pm PH 80's Night 7.30PH
Sun 23	Kings Breakfast 10 am HBC
Mon 24	Young Farmers 7.30 FL
Tue 25	Charity /CoffeeShop 10-12 CR
Wed 26	
Thu 27	Taunton FM
Fri 28	
Sat 29	Scouts Table Top Sale am PH Positively Parkinsons Suppport Café 10.30-12 BHLAC Change clocks +1hour
Sun 30	Mother's Day BST begins
Mon 31	

Forthcoming Events 2025

June

14th - Coffee morning at 1 Pencross View, Hemyock, in aid of Alzheimer's - 10-12am.

If you wish to give people early notice of your events by putting them into a Forthcoming Events column, please notify **Gillian Hawkes** at gillian.parishpump@gmail.com by the Parish Pump deadline date.

- PH - Parish Hall
- FL - Forbes Lounge
- CR - Church Rooms
- LM-Longmead
- RS - Riverside
- BC - Baptist Church
- SM - St Mary's
- SA - St Andrew's
- ASC - All Saint's Church
- CPH - Clayhidon Parish Hall
- BHLAC - Blackdown Healthy Living Activity Centre

Editorial, Advertising and Distribution Details

Parish Pump Deadline
Apr - May 2025 issue: 14th March

Editor: **James Winrow** - pump@lickham.co.uk

Commercial advertising:
pump-adverts@lickham.co.uk

Distribution: **Sharon Hunt** - Sharon@huntfamily.me

Hemyock Parish Council update

We hope that everyone had a wonderful Christmas and New Year. Despite the storms and unfortunately having to cancel the Lights Brigade procession on Saturday 7th December the Village put on a fantastic display of decorations for the Christmas Lights competition which were judged by Cllr Emma Buczkowski (Deputy Mayor of Cullompton) on 22nd December.

The results are as follows:

1st place 10 Lower Millhayes
2nd place 6 Castle Park
3rd place 14 Station Road
4th place 8 Lower Greenfield

We thank Cllr Buczkowski for taking the time to judge the competition.

Well done to everyone who took part. Could the winners please contact the Parish Clerk to collect their prizes if they have not already done so.

January saw the retirement of our Vicar, Becky Totterdell. A service was held on 12th January at St Mary's for the Parish to say their goodbyes to Becky. The service was attended by members of the Parish Council and our Chairman, Cllr Paul Doble presented Becky with a book of the History of Hemyock, flowers and a card to thank her for her support in the community over the years.

At the end of October the flood warning cameras donated by DRIP (Devon Resilience Innovation Project) were fitted. The project aims to help communities like Hemyock which are subject to flash flooding. Over the last few months residents have found them



helpful in planning their journeys when we are dealing with bad weather. If you have not already done so please see the log in details below.

iPhone : <https://itunes.apple.com/us/app/community-level-sensor/id1356282888?ls=1> HYPERLINK nes.apple.com/us/app/community-level-sensor/id1356282888?ls=1&mt=8"mt="https://itunes.appl
Android: https://play.google.com/store/apps/details?id=uk.co.vision_link.communityviewer.production

We are said to report the recent death of Stephan Lehner who ran the Blackdown Repair Cafe. We send our condolences to his family at this sad time.

Please could residents check where their hedges join footpaths to make sure that vegetation is not overhanging and becoming dangerous. After last years vigorous growth there are lots of brambles which are creating hazards. Now is the time to cut these back before the birds start nesting.

The Violet Chapman Trust

The Violet Chapman Charity (Charity registration number 299996) was established in 1986 after Mrs Violet Chapman, who was a patient of the Blackdown Practice, gave a substantial gift to the doctors, which was intended to provide patients with services and help that were not available under the NHS.

The original Trustees were Dr Jonathan Meads, Mrs Chapman and Sir Christopher who, at that time, was senior partner with Ashfords Solicitors and one time president of the Law Society. The Trustees were, at this time, all volunteers not drawing any salary or expenses, and this remains the case to date.

The Trust has discretion to give grants for medical equipment and treatments as well as giving financial assistance to patients of the Blackdown Practice for numerous purposes.

All grants are given for the physical and mental wellbeing of the patients, and many will gain support by the help the Trust gives in supplying counselling where the NHS is unable to supply.

There are many examples that we could give of the patients we have helped recently and would cite one that required

their bathroom to be modernised to enable them to continue to live at home; another patient who needed a chair that would help them in getting in and out without assistance. Another example is a patient who had severe back pain and a grant was given for them to have remedial massage.

If you feel the Trust can help you we would suggest you talk to your GP or any person who gives you support and submit an Application form which can be found online or pick one up from any of the Blackdown Practice surgeries. The Trustees are only too happy to consider any applications. Alternatively for more details please contact the secretary, Mrs Judy Barton on 01823 680975 or j.h.barton@hotmail.com.

The Trustees are proud of the speed with which they are able to help patients and in many cases are able to provide financial assistance within two weeks.

The current Trustees are Stephen Walker - Solicitor, Shirley Wyatt - Chairman, Sue Brocklesby, Penny Browning and Judy Barton - Secretary.

COULD WE HELP YOU?

The Council are still working closely with Cavanna on the Community Land project we are particularly concerned about having the land handed to us in a reasonable state. We will continue to meet with Cavanna to ensure that they undertake an remedial work necessary.

The Community Larder goes from strength to strength with some pop-up events over the Christmas period held at Longmead which again saved a lot of food going to landfill. We are grateful to the volunteers who gave their time and effort during the holiday period as well as throughout the year. Please continue to support this valuable asset to the community.

The next Hemyock Day will be held on 21st June. Sue Scantlebury and her team are hard at work in organising another superb day for us to enjoy. Fund raising events have been taking place at the end of last year with a further event - Hemyock 80's Night to be held on 22nd March. Please keep an eye out for information on how to purchase tickets. It's sure to be an amazing night.

Planning

Residents may view and comment on planning applications submitted to Mid Devon District Council on their Planning Portal: www.middevon.gov.uk/residents/planning/public-access-search-and-comment-on-planning-applications/

Our monthly meetings are held on the first Wednesday of the month at the Blackdown Healthy Living Centre at 7.30pm. The agenda is posted on our website and on Facebook. Please do join us for our meetings as it gives an opportunity for residents to raise any issues or questions.

Don't forget that you can also contact the Council through our Facebook page and via e-mail to the Parish Clerk if you have any questions or comments.

HEMYOCK DAY 25 – The Longest Day – Saturday 21 June

Plans are being made for this second Hemyock Day. There will be a great line-up of bands on stage, children's entertainments, an arts & crafts exhibition and great offerings of food and a full bar. If you're able to help, beforehand or on the day, we'd be delighted to hear from you.

Longmead

The Pavilion is an ideal venue for smaller events needing outdoor space, birthday parties, christenings, family gatherings and of course meetings. The building has a large screen tv and there are basic kitchen facilities for your use. **The MUGA** (Multi Use Games Area) is also available for hire, why not combine the two and have a football party? Its ideal for 5 aside football, netball, hockey, we also have basketball hoops for use, is anyone interested in starting up a new club?

Hire charges

Pavilion - £7.50 per hour
MUGA - £15.00 per hour

If you wish to book any of these facilities or would like some more information please contact Karen 01823 681034 or email kazapinder@hotmail.com.

Hemyock Gardeners

Hemyock Gardeners' Association meets the second Wednesday of every month except in the Summer when we visit gardens near and far. You are most welcome to join us for any of your meetings. Visitors can come along and enjoy our talks. Admission is just £1 with complimentary refreshments.

It was such a shame that the January Social Evening had to be cancelled due to the Amber Weather Warning from the Met Office. But hopefully February and March will be much kinder, with daylight hours increasing and the weather getting a little milder.

Karen has been very busy booking some great speakers for our meetings.

Wednesday 12 February is a brilliant talk entitled **"Help! Someone's given me an Orchid!"** Clive Lloyd will give us some pointers on keeping your orchid happy and advice on blooms, propagation and general care.

Wednesday 12 March is on a much talked about topic for Gardeners. Kate Turner will talk about **Peat Free Compost**, its benefits and how best to use it in the garden and containers.

Coming in April, we have the **Gardeners' Spring Show – Saturday 5 April**. Viewing and with Ploughman's lunches and afternoon refreshments in the Parish Hall from midday.

And a few days later we have our famous **Plant Sale** with plants both homegrown and bought in. It's the afternoon of **Wednesday 9 April** in the Parish Hall with afternoon tea. So do come along and pick up a plant or two (or three!). This is instead of our regular evening meeting, brought forward so everyone can come along and buy!

Susan Scantlebury 07976 611238

Around Hemyock

It seems appropriate to begin this by wishing our **Rector, Rev Canon Becky Totterdell, a fond farewell** as she retires. Having spent 5 years working within the Upper Culm Valley Becky will be missed by many. The warmth which people feel for her was shown by the number – almost 200 – who attended the final service on 12th January when extra seating had to be brought into St Mary's.

The Archdeacon of Exeter, the Venerable Andrew Beane, said that the Rector had been one of the first women to be ordained and spoke of her 30 years of ministry whilst **Churchwarden, David Bawler** on behalf of the churches, spoke warmly of Becky's time amongst us.

Becky was presented with a beautiful drawing of the three churches and chapel by local artist **Philip Murphy**, a cheque and flowers, whilst **Paul Doble, Chair, Hemyock Parish Council** gave a copy of The Hemyock Book and a bouquet.

A book was available for people to sign on leaving the church after enjoying Bucks Fizz and cake.

Enjoy your retirement Becky. May it bring you good health and much happiness.



It was so disappointing that all those who had prepared for the **Lights Brigade 10th parade** through the village were unable to do so due to the strong stormy weather in early December. Determined not to be beaten the group managed to get the star onto the church tower and some amazing lanterns in the churchyard representing the church tower 400 year old Enigma Bell, Daisy the Cow (soon to be featured on BBC's Repair Shop programme) and their 10th anniversary cake with candles.

The group's efforts were much admired by everyone, and the LB finally held a walk around Longmead with some lanterns. Well done and thanks to all concerned.

Hemyock Community Library - when we were informed the travelling library would no longer be available **Frankie and her family** decided to turn a shed adjacent to their home into a mini library. Sadly, due to escalating heating costs to prevent damp and the lack of support the library has now closed. This was a brilliant idea, and it is disappointing for those who used it. Thank you, Frankie.

Condolences and love are sent to those who have recently seen the passing of a loved one

Diana Bradbeer.

Known to everyone who knew her as Di passed away on 27th November aged 85 after a long illness. She was born at Kellands, a house between the turnings for High Street and Station Road, with siblings Colin and Faye, and lived in the village most of her life moving with her husband Arthur (Art) Bradbeer, to Wellington just a few years ago. Di and Art who married in 1964 had 2 children Deborah and Dean with grandchildren Lucy, Oliver, Mark and Olivia and nine great grandchildren. Di was not a great one for joining organisations but enjoyed chatting to people and had an infectious laugh. Her working life had been spent at Wides Egg Packing Station (which was opposite St Mary's) and Relyon at Wellington. Di enjoyed cooking, reading and doing puzzles.

Graham Howsam was also a long-term resident, and his sudden death along with that of **Stephan Lehner** and **Geoffrey Acland** has shocked many.

Many of our residents have been suffering with the viruses floating around over the past months and we send all good wishes to all who are unwell including **Mark, Chris, Mavis, Tony, Mary** and **Andrew**. Our thanks go to all the staff at the **Blackdown Practice** for their expertise, care and patience throughout the year.

As well as all the traditional Christmas events it was a delight that our **Scout Group** toured the village carol singing offering sweets and drinks as they raised funds for their forthcoming trip to visit friends in Denmark, whilst **Father Christmas and his elves** raised funds for Bristol Children's Hospital and Devon Air Ambulance.

Spring is on our doorstep with snowdrops and daffodils already appearing. We have much to look forward to.

Please contact me on jbawler1947@hotmail.co.uk if you have any news you would like to share with our community.

Jamice

History Group Report

We started the new year with an interview on Somerset Sounds, the BBC local radio program about the Milk Factory which operated in Hemyock from 1886 through to 1975 when it closed due to the closure of the Culm Valley Railway. It opened again a few years later to produce the low fat spread St Ivel Gold, but due to the vegetable oil having to be transported from Liverpool to Hemyock proved unsustainable and finally closed down with all buildings and machinery removed to make way for housing in 1999. We can thank St Ivel for leaving the one building that is still in existence and can benefit all our lives, the Healthy Living Centre.

There is still plenty of history in the area that can benefit from research and a number of local people interested in retaining books and documents that capture the images and stories that can fascinate us all. The age range of our members however is still advancing, resulting in difficulty in them making the journey to the Church Room for the Thursday evening meeting night. We will continue to organise heritage days, open days when the books and archives are on display and various meetings when speakers are booked to give illustrated talks.

Our February talk will be given by Peter Fisher and the widow of an active participant in the capture of Pegasus Bridge in Normandy in 1944. This story has been well researched with fascinating detail provided by Peter. Our March talk will be given by James Bradnock on the History of Wellington School involving the Corner family. Our April talk will be given by another local resident who had a career in the army providing legal advice and guidance at various trouble spots, including the handing over of Hong Kong to China, the UN peacekeeping force in Bosnia and maintaining the independence of East Timor. A fascinating outline of how our forces are constrained by international regulations from Alasdair Morrison.

We then have further talks planned on subjects that are of great interest to our membership such as the changing financial implications of the modern world, the cost of care and the technical implications that will impact us such as the removal of land lines and the move to solar power. We have recently developed talks using AI and the subject of AI will have an increasing impact on our lives. Innovations have always changed our lives, usually for the better, provided we welcome them with knowledge of their implications.

We also have an AONB in our community, or what they are now called National Landscapes, with controlled release of Beavers which would interest our members on National Trust land. Devon Wildlife Trust is also an organisation that would interest our members. What a caring active community we have in Hemyock so keep checking our reports in the Pump and our Facebook History Group Page for details. We welcome suggestions from our members regarding future talks, subjects for research and group visits to places of interest.

Poets Corner

BIRDS THE APPLE TREE SUNLIGHT AND SHADOWS

The apple tree is resting after it's autumn pruning,
And winter leaf drop,
It is now clothed only in a thin,
close skin of bark whose colour changes with the shadows
of the daylight;
That match so closely the
colours of the birds that flit among the branches;
A quiet wonder that waits for spring,
And the promise of new life.

David Palmer

Mary Waldron Trust

Left Uffculme School? Continuing your Education?

The Mary Waldron Trust may be able to assist you financially in vocational and further education (including Richard Huish College) with purchases of books and equipment, including computer requisites. To be able to apply you should be normally resident in Hemyock or Clayhidon and have received full time education at one or more of:

Hemyock Primary School
Uffculme School

Applications from students (not their parents) are welcome and must be in writing or email. Actual receipts for purchases made must be provided in due course.

If you would like further details or to request an application form, please contact the Secretary as follows:

Mrs Sally Cartledge, 22 Station Road, Hemyock, EX15 3SE

Email sallycartledge@hotmail.co.uk

Phone 01823 680367 (mob 07734 282094)

TONDER 2025 UPDATE

1ST HEMYOCK SCOUT GROUP FUNDRAISING APPEAL

1st Hemyock Scouts have launched a fundraising appeal to support our historic 50-year exchange partnership with Scouts from Tonder in Denmark. A group of young people from Hemyock hope to visit Tonder in 2025 and the Leaders, parents and Scouts are fundraising hard to support this unique trip.

Huge thanks to everyone who has contributed to date, we have raised £4000 so far with 6 months to go and some big events coming up!



*****SAVE THE DATE*****

We are very excited about our Tabletop and Pre-loved Clothing sale on Saturday 29th March 11-3 at Hemyock Parish Hall – book a table or come along and grab a bargain PLUS refreshments, activities and raffle! See poster for more information.



*****CRAFTY CREATIONS*****

Thank you to everyone who donated their time and crafting expertise to the Scouts - we had a fantastic range of beautifully made items to sell at various markets over the festive period, including Uffculme School, Uffculme Mill and

St Mary's Church. We raised almost £300 and the Scouts and Explorers had a lot of fun making and learning about selling the items they produced.



*****MAGICAL MUSICAL MOMENTS*****

Group members of all ages and their families toured the village singing carols on Monday 23rd December, there were some truly magical musical moments on a misty night in Hemyock - thank you to everyone who donated, we had a great time and raised over £160.

We had a lot of fun at the wreath making workshops in the run up to Christmas and came away with some lovely looking Christmas wreaths, thanks to all those who attended and to our brilliant parent organisers for this lovely event which raised just under £600!

Huge thanks to our corporate sponsors who have donated so far:-

- Aspirations Support
- Monument Fuels
- ActivInsights

If you know of a local business who might be interested in supporting this project please get in touch!

We also have exciting plans for a takeaway curry night in April, an auction of outdoor kit in May and Summer village event just before the big send off in July.

A reminder that you can support us in the following ways. Can you...

- Sponsor a Scout? Make a personal donation and a

Table Top & Pre-Loved Clothing SALE

Saturday 29th March 11am - 3pm

Hemyock Parish Hall

Tables £7.00 each

Refreshments - Activities - Draw

If you would like to sell, please book a table
 contact Ruth at ruthwest.36@gmail.com or Hilary 07967 283444 / hilary@lickham.co.uk | In Aid of the Scouts Tonder Appeal

Scout will write to you explaining why they want to attend, what they hope to get out of it and how they get on during the trip itself.

- Sponsor the trip? Are you involved with a local business that could make a contribution or match fund in exchange for advertising?
- Offer a Scout an odd job? Groups of Scouts and Explorers will be offering home or garden help around the village in exchange for donations. If we can help let us know!
- Scouts are aged between 10.5-14
- Explorers are aged between 14-18
- Support our fundraising events – raffle prizes and cakes are always needed!
- Have a clear out and book a table at our Table-top Sale in March

Scouting gives young people skills for life. It aims to support the development of their social, practical and outdoor skills as well as instilling a strong sense of community and personal responsibility.

Please help us maintain this historic friendship and support our young people in their fundraising efforts.

For more information contact anne.1sthemyscouts@outlook.com
 Follow our progress on Facebook - Friends of Hemyock Scout Group

Thank you, 1st Hemyock Scout Group.

Hemyock Youth Club

Youth Club is back All welcome

£2 Entry 6-8 Mondays Ages 10-17

- Pool
- Air Hockey
- Games Console
- Games Craft
- Table Tennis
- Physical Activities
- Games Hall
- Movie Room
- Quiet Room
- Café & Tuck Shop
- Learning Workshops
- Youth Life Topic Talks
- Much More

@thegarages, Lower Millhayes, ex15 3TB
Contact; youthclubloolies@icloud.com
FB; [youth@thegarages](https://www.facebook.com/youth@thegarages)

Strand Stores

As seasonal round up! Wishing everyone has had a peaceful new year after such a busy few months! Culmstock has braved the storms, the river has been up and the winds have been a-blowing! We have welcomed weathered cyclists, soaked walkers, and many wet dogs, as well as our lovely local regulars! We have completed many cyclist and singer suppers, lunches (BSG) quizzes, fish and chip nights, ending with a truly bottomless brunch!

As we look forward to February and March we will continue to be celebrating local artists, singers and authors in and around the cafe, in person and on the walls! Please see the Yerrrrr... whasson board outside the shop for all the activities you and yours can get involved - including the great garden bird count, story telling week, pancake day, Mother's Day treats to beautiful eclectic art by local artists such as Daisy Baker.



If you would be interested in having your art work displayed here please contact Ellie at the Strand.

We look forward to seeing you all in the coming weeks for a cuppa, a chat, breakfast, lunch, or coffee and afternoon cake. Or just for a read of a fabulous book! We have some interesting literature being shared.

Our opening times:
 Monday Tuesday Wednesday Thursday 9am- 3pm Friday and Saturday 9am-6pm and Sunday 10am- 2pm.

Heaps to one and all!

Opening Times

Hemyock Surgery: 01823 680206

Hemyock opening times:
 Monday – Friday 8.00-18.30 (please note the dispensary is closed between 13.00-14.00)
 Saturday 9.00-12.00

Churchinford opening times:
 Monday, Tuesday and Thursday 8.30-12.30 and 15.00-18.00
 Wednesday and Friday 8.30-12.30 (closed in the afternoon on these days)
 Weekends - closed.

Dunkeswell Surgery:
 Monday and Wednesday 8.30-12.30 and 15.00-18.00
 Tuesday, Thursday and Friday 8.30-12.30 (closed in the afternoon on these days)
 Weekends - closed

If you require urgent medical assistance or advice outside of normal surgery hours **please call 111. In a genuine emergency you should call 999.** Chest pains and / or shortness of breath constitute an emergency.

The Blackdown Practice
 Hemyock Churchinford Dunkeswell



1st Hemyock Scout Group

Hello all and welcome to 2025. I am sure there will be lots more elsewhere in this edition of the Pump regarding 11.00am on 12th January. The

Service marking the retirement of Rector Becky. So briefly I was pleased to be able to attend on behalf of 1st Hemyock Scouts. Over her years at St Marys she has been involved with many scout events including St George services and services with our Danish friends from Tonder. So, Rector Becky may I on behalf of 1st Hemyock wish you a happy retirement and a big thank you from us all.

I have recently been in touch with our GSL Julie and she says that all sections have another exciting programme of events for the Spring term. Her final comment was that our leaders are coming to terms with our transformation! More of that later.

Last month all leaders received an email from our Chief Scout Dwayne Fields. He thanked all leaders for the work that they do. He is also honoured that HM King Charles III has agreed to become our new Patron. He finished by saying-- When the world sometimes feels a troubled and uncertain place Scouts remain a beacon of hope. What all leaders do for our young people is so special, giving them the encouragement and skills to dream big and to do their best. Thank you leaders for being the difference, its never been so important. Thank you Chief Scout we agree with you.

Other news from County and HQ. Devon scouts are holding a young Leaders Weekend at Watcombe Campsite 14/16 February. I am sure you remember that Watcombe site in Torbay is where we camped with Tonder scouts in 1972 and 2022. Some new ideas from HQ. Make campfire pasta in a tin, Reaction rockets, Play map reading six figure bingo, Make suffragette bead bracelets for International Woman's Day, Bake Purim cakes, Spot phishing emails. I hope our young leaders have a look as full details are given. Things to do outside in the dark-- star gazing, campfire story telling, feed the birds (in the dark?), puddle jumping, fly a kite, practice morse code. They add, make sure you stay safe. They also say that the great outdoors does not close for Winter. They must have seen our programmes!

I said that I would get back to it. Transformation. We entered the tunnel as analogue a while ago last year and now we have emerged at the other end of the tunnel as digital. What does this mean? Probably that our leaders are coming to terms with it as well as continuing to produce excellent programmes for our young people. Old Rikki's view. I think it means that we can still go up to Great Falls and other outdoors sites, cook on open fires, get totally dirty and muddy but HQ's computer system will know on a central basis, accessible by any registered member of the scout movement who has a password to get in, and yes even Old Rikki has a password! In one of the emails that I received from HQ, they stated that the advisors there are overwhelmed with calls from scout members but that our calls are important and will be answered as soon as possible. I'm sure that you have all heard that before while listening to music you don't like! So Hemyock leaders it would appear that you are not the only ones coming to terms with the new system. As copies of this report will be digitally held on the central computer, Rikki may well be writing the next one from the Tower of London!

DK25. Our leaders continue to work on getting us to see Tonder scouts this coming summer. I am sure that they will update you with progress in another section of the Pump. But just a reminder that there will be a do in the Parish Hall on 29th March, hope to see you there.

Can't leave you without a finally, so I dug out my 1960 version of Scouting for Boys for a Campfire yarn. But I did not get too far as some of the old sayings I bored you with ages ago were tucked inside. Two or three left! To run is not necessarily to arrive. He who learns teaches. Looking for something can get in the way of finding it. I also spotted the scout law of that time. There were ten of them. Now there are seven. Briefly: A scout is trusted, loyal, friendly, belongs to a worldwide family, has courage, good use of time, has self respect and respect for others and has courage in all difficulties. I always remember the last one from years ago as: a scout smiles and whistles under all difficulties. I am sure we all try to do this, I know I do.

So lets look forward to Spring, chat with you then from the Tower.

Old Rikki

Hemyock Bus Timetables



Taunton - Hemyock - Honiton - Seaton

Timetable valid from 25/07/2016 until further notice.
Direction of stops: where shown (eg: W-bound) this is the compass direction towards which the bus is pointing when it stops

Mondays to Fridays								Saturdays											
Taunton, Castle Way (S-bound)	--	--	0850	--	1115	--	1415	--	1715	--	--	0850	--	1115	--	1415	--	1715	
Hockholler, Heatherton Grange Inn (SW-bound)	--	--	0900	--	1125	--	1425	--	1726	--	--	0900	--	1125	--	1425	--	1726	
Wellington, Post Office (SW-bound)	--	--	0911	--	1136	--	1436	--	1736	--	--	0911	--	1136	--	1436	--	1736	
Sampford Moor, Blue Ball Inn (SW-bound)	--	--	0920	--	1145	--	1445	--	1745	--	--	0920	--	1145	--	1445	--	1745	
Nicholashayne, opp Post Box	--	--	0924	--	1149	--	1449	--	1749	--	--	0924	--	1149	--	1449	--	1749	
Culmstock, All Saints Church (E-bound)	0729	--	0930	--	1155	--	1455	--	1755	0729	--	0930	--	1155	--	1455	--	1755	
Hemyock, Castle Park (NE-bound)	0738	--	0939	--	1204	--	1504	--	1804	0738	--	0939	--	1204	--	1504	--	1804	
Hemyock, Prowses (S-bound)	0741	--	0942	--	1207	--	1507	--	1807	0741	--	0942	--	1207	--	1507	--	1807	
Hemyock, Catherine Wheel (N-bound)	0743	--	0944	--	1209	--	1509	--	1809	0743	--	0944	--	1209	--	1509	--	1809	
Sheldon, Sheldon Turn (S-bound)	0749	--	0950	--	1215	--	1515	--	1815	0749	--	0950	--	1215	--	1515	--	1815	
Dunkeswell, opp Royal Oak	0753	--	0954	--	1219	--	1519	--	1819	0753	--	0954	--	1219	--	1519	--	1819	
Dunkeswell, Jenwood Road (W-bound)	0756	--	0957	--	1222	--	1522	--	1822	0756	--	0957	--	1222	--	1522	--	1822	
Combe Raleigh, opp Combe Raleigh Turn	0803	--	1004	--	1229	--	1529	--	1829	0803	--	1004	--	1229	--	1529	--	1829	
Honiton, Job Centre (Stop D)	0810	0815	1011	1015	1236	1240	1536	1540	1836	0810	0815	1011	1015	1236	1240	1536	1540	1836	
Honiton, Tesco Superstore (E-bound)	--	--	0820	--	1020	--	1245	--	1545	1841	--	--	0820	--	1020	--	1245	--	1545
Honiton, Waterleat Avenue (NE-bound)	--	--	0824	--	1024	--	1249	--	1549	--	--	--	0824	--	1024	--	1249	--	1549
Wilmington, White Hart Inn (E-bound)	--	--	0830	--	1030	--	1255	--	1555	--	--	--	0830	--	1030	--	1255	--	1555
Shute, Shute House (S-bound)	--	--	0839	--	1039	--	1304	--	1604	--	--	--	0839	--	1039	--	1304	--	1604
Colyton, The Square (S-bound)	--	--	0846	--	1046	--	1311	--	1611	--	--	--	0846	--	1046	--	1311	--	1611
Colyford, opp The Elms	--	--	0850	--	1050	--	1315	--	1615	--	--	--	0850	--	1050	--	1315	--	1615
Seaton, Health Centre (S-bound)	--	--	0852	--	1052	--	1317	--	1617	--	--	--	0852	--	1052	--	1317	--	1617
Seaton, Marine Place (Stop B)	--	--	0857	--	1057	--	1322	--	1622	--	--	--	0857	--	1057	--	1322	--	1622



Seaton - Honiton - Hemyock - Taunton

Timetable valid from 25/07/2016 until further notice.
Direction of stops: where shown (eg: W-bound) this is the compass direction towards which the bus is pointing when it stops

Mondays to Fridays								Saturdays										
Seaton, Marine Place (Stop B)	--	--	0900	--	1200	--	1500	--	1700	--	--	0900	--	1200	--	1500	--	1700
Seaton, opp Health Centre	--	--	0904	--	1204	--	1504	--	1704	--	--	0904	--	1204	--	1504	--	1704
Colyford, The Elms (NE-bound)	--	--	0908	--	1208	--	1508	--	1708	--	--	0908	--	1208	--	1508	--	1708
Colyton, The Square (N-bound)	--	--	0913	--	1213	--	1513	--	1712	--	--	0913	--	1213	--	1513	--	1712
Shute, Shute House (N-bound)	--	--	0920	--	1220	--	1520	--	1718	--	--	0920	--	1220	--	1520	--	1718
Wilmington, opp White Hart Inn	--	--	0929	--	1229	--	1529	--	1726	--	--	0929	--	1229	--	1529	--	1726
Honiton, Waterleat Avenue (SW-bound)	--	--	0935	--	1235	--	1535	--	1732	--	--	0935	--	1235	--	1535	--	1732
Honiton, Tesco Superstore (E-bound)	0701	0938	--	1238	--	1538	--	1735	--	0701	0938	--	1238	--	1538	--	1735	--
Honiton, Lace Walk (Stop C)	0705	0942	0944	1242	1244	1542	1544	1739	1740	0705	0942	0944	1242	1244	1542	1544	1739	1740
Combe Raleigh, Combe Raleigh Turn (NW-bound)	0712	--	0951	--	1251	--	1551	--	1746	0712	--	0951	--	1251	--	1551	--	1746
Dunkeswell, Jenwood Road (E-bound)	0719	--	0958	--	1258	--	1558	--	1753	0719	--	0958	--	1258	--	1558	--	1753
Dunkeswell, Royal Oak (N-bound)	0722	--	1001	--	1301	--	1601	--	1755	0722	--	1001	--	1301	--	1601	--	1755
Sheldon, Sheldon Turn (N-bound)	0725	--	1004	--	1304	--	1604	--	1758	0725	--	1004	--	1304	--	1604	--	1758
Hemyock, Square (W-bound)	0733	--	1012	--	1312	--	1612	--	1806	0733	--	1012	--	1312	--	1612	--	1806
Hemyock, Castle Park (NE-bound)	0735	--	1014	--	1314	--	1614	--	1808	0735	--	1014	--	1314	--	1614	--	1808
Hemyock, Prowses (S-bound)	0738	--	1017	--	1317	--	1617	--	1811	0738	--	1017	--	1317	--	1617	--	1811
Culmstock, opp All Saints Church	0748	--	1027	--	1327	--	1627	--	1820	0748	--	1027	--	1327	--	1627	--	1820
Nicholashayne, Post Box (NE-bound)	0753	--	1032	--	1332	--	1632	--	--	0753	--	1032	--	1332	--	1632	--	--
Sampford Moor, Vine Cottage (NE-bound)	0757	--	1036	--	1336	--	1636	--	--	0757	--	1036	--	1336	--	1636	--	--
Wellington, Post Office (NE-bound)	0806	--	1045	--	1345	--	1645	--	--	0806	--	1045	--	1345	--	1645	--	--
Silver Street, Heatherton Grange Inn (NE-bound)	0813	--	1052	--	1352	--	1652	--	--	0813	--	1052	--	1352	--	1652	--	--
Taunton, Castle Way (S-bound)	0831	--	1105	--	1405	--	1705	--	--	0831	--	1105	--	1405	--	1705	--	--

Data Provided by South West Public Transport Information (SWPTI) - 33 - 06/09/16

HEMYOCK - TIVERTON

Via Burlescombe, Holcombe Rogus, Huntsham

Redwoods 697

Friday only (Except Public Holidays)

HEMYOCK, Lower Millhayes	0915
HEMYOCK, Castle Park	0917
HEMYOCK, Square	0919
CULMSTOCK, All Saints Church	0926
CULMSTOCK, Millmoor	0927
BURLESCOMBE, Rail Bridge	0934
WESTLEIGH, Bus Shelter	0938
HOLCOMBE ROGUS, Whitebrook Terrace	0942
HOLCOMBE ROGUS, Frog Lane	0945
HOCKWORTHY, Village Hall	0950
STAPLE CROSS, Inn	0955
HOCKFORD WATERS	0957
HUNTSHAM, Shelter	1001
STAG MILL, Cross	1009
UPLOWMAN, Bus Shelter	1012
CHEVITHORNE, opp Church	1022
CHETTISCOMBE, Post Box	1024
TIVERTON, Carew Road	1027
TIVERTON, Bus Station	1034

TIVERTON, Bus Station	1315
TIVERTON, Carew Road	1324
CHETTISCOMBE, opp Post Box	1327
CHEVITHORNE, Church	1329
UPLOWMAN, Bus Shelter	1339
STAG MILL, Cross	1342
HUNTSHAM, Shelter	1350
HOCKFORD WATERS	1354
STAPLE CROSS, Inn	1356
HOCKWORTHY, Village Hall	1358
HOLCOMBE ROGUS, opp Whitebrook Terrace	1403
HOLCOMBE ROGUS, Frog Lane	1406
WESTLEIGH, Bus Shelter	1410
BURLESCOMBE, Rail Bridge	1414
CULMSTOCK, Millmoor	1421
CULMSTOCK, All Saints Church	1422
HEMYOCK, Square	1429
HEMYOCK, Castle Park	1431
HEMYOCK, Lower Millhayes	1433

This service is financially supported by Devon County Council



Come and play cricket !!!

Hemyock Cricket Club would like to welcome new and old players of all standards and ages for the upcoming season. We are a friendly social club that plays Saturday afternoons in Division 3 of the West Somerset League, and some friendly matches.

For more information please contact :
John Hurley (Captain) 07972 744279 jchurley66@googlemail.com
Malcolm Steer (Secretary) 07456 690503 malcolm653@hotmail.co.uk



St Andrew's Clayhidon



In This Issue:

- Tech Award
- Snow Wardens Needed
- Hall Closure

St. Andrew's Church News

We send our love and our very best wishes to all our community in this large parish for a very happy and healthy year 2025. Perhaps we have already had the coldest days of winter and so we will look forward to warmer days to come and the delights of spring to follow.

30th November is our time to remember St Andrew's Day when people came to our church from Culmstock and Hemyock to share with us a special service and afterwards enjoy various refreshments with a glass of remembrance.

December, of course, has its special services which are a particular delight for the children. On 8th December there were 26 children present for the special Christingle service. Helen guided us through the elements which together with an orange form a Christingle. The final component is the candle to go on the top, our Light of The World. As the candles were lit we all gathered round the church to remember the birth of Jesus.

The Christmas tree sparkled with its lights when the Carol Service took place on 18th December. We had the added delight of music sung for us by the Ad Hoc voices conducted by Andrew Trewhella and the large congregation joined in joyfully for the additional carols.

On Christmas Eve many of the children participated in a special Crib Service led by Helen as they dressed as the shepherds and others, to tell the Christmas story. Once more so many adults and children came to the service which was a delight to everyone and a wonderful start to Christmas.

We send our deepest sympathy to the family of Stephan Lehner who died during this time and whose funeral service took place in January when the church was filled to overflowing. He will be greatly missed.

On 5th January our dear Rector took her last Communion service with us at St Andrew's. It was a well attended service by so many who wanted to thank her for her service to us in so many ways. She will be remembered for her love of music, her originality of preaching and her love of St Andrew's congregation. A special tribute was paid to her by Helen on behalf of us all. We do wish dear Becky happiness in the future and good health.

P.Reynolds. PCC

Snow Wardens

Would anyone like to help out the Clayhidon community in snowy winter conditions?

Two of our local parish councillors and farmers, Jamie Blackmore and Richard Drew have volunteered for many years to try and help keep our roads clear in heavy snow but they have plenty of other responsibilities like their livestock so the parish would welcome other volunteers willing to help out.

If you would like to know more contact them or our parish clerk, Susan McGeever at clerk@clayhidonparish.gov.uk.

MEMBERS of THE CLAYHIDON VILLAGE HALL COMMITTEE

wish to inform you
that the Hall will be closed
to allow for upgrading of the kitchen
from 12th January 2025
for approximately 3 months.

We look forward to
welcoming you back in the Spring.

Tech South West 'Spotlight' award for innovative Psychologist

Dr Craig Newman, a Clayhidon resident and Clinical Psychologist and digital health inventor, has won the 2024 Tech South-West Spotlight award in the context of 400 other tech businesses.

Craig has been recognised for his impressive achievements in innovation, creating significant impact to NHS staff, patients and domestic abuse victims, worldwide.

He was instrument in the development of a range of technologies over the last decade, that have won him a plethora of prestigious national awards for the impact created in the lives of many people and struggling NHS services.

From 2012, Craig has delivered technologies to transform dementia assessment in clinics worldwide (ACEmobile app – free for services worldwide), to reduce epilepsy risk and unnecessary deaths (EpSmon App – free for people in the UK) and to support the development of the Cornish digital health ecosystem via the EPIC project he co-led. During COVID he launched the not-for-profit 'Project 5' as a voluntary CEO, where 1,000 professional therapists and coaches were trained and supervised to provide free burnout prevention coaching to NHS staff, providing a free support to over 4,000 NHS staff and evidencing improved wellbeing for those helped. Project calculated that they had gifted the NHS almost £2million in free support services for their staff over the 4 years it ran (closing April this year).

Following his own departure from a domestic abuse relationship, he turned his sights to supporting others out of abuse and into recovery. He wrote a book about what he learned about recovery which has since been published into the UK, with plans for its release in another 6 countries in the next 6 months. The book is called, Get Out Get Love. In 2024, with UK government funding support, he launched the "Get Out Get Love" digital platform, which provides survivors of domestic abuse resources to support their recovery long after they have escaped the relationship. The programme is now used by regional domestic abuse services, the numbers increasing steadily.

Craig won the Spotlight prize this week, recognised for the huge scale of social impact he has delivered through his work. His work has been repeatedly prize winning, including 2 x BMJ awards which are perhaps the most prestigious UK awards for health innovators and the Prime Minister's Award during COVID for his volunteer work. He shows no sign of slowing down, with his recent domestic abuse app being selected as a part of the national FemTech Accelerator in London, where he is recognised as leading a digital innovation that could change the lives of many women nationally.

Craig said, "It is a great honour to be selected. I accept the award as a recognition of the many, many people who have helped me to build these projects over the years. As a clinician, I can help a few people every year in my clinic room – but as an inventor of technology we can impact the lives of many and this has been a lifelong calling to me and those I attract to work alongside me. Right now, I hope people see this award as a beacon of light shining on the needs of abuse survivors nationally".

One Tech Award SW judge commented, "the scale of social impact Craig has demonstrated in his career, is astounding".

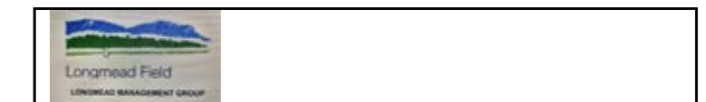
Sammy Ashby, the CEO of SUDEP Action, the national epilepsy charity who have worked alongside Craig for over 9 years, said about him, "Craig played a pivotal role in creating and designing the Epsmon App. With over 21 epilepsy-related deaths each week in the uk and up to 80% of these thought to be preventable - the power of the EpSmon app cannot be underestimated. He is an inspiring person to work with, who is tireless when it comes to ensuring the project he is working on gets his full attention, reaches it potential and most importantly makes a real difference to those he sets out to help."

Craig's full attention is now on supporting the 20% of UK adults who have experienced domestic abuse, most of whom cannot access support. He hopes his intervention will empower people of all sexes and ages to understand their past and how to recover.

Available Resources:

Epilepsy Risk Self-Monitor App: <https://sudep.org/about-research/epsmon-app/>

Get Out Get Love Programme: www.getoutgetlove.com



The pavilion is available for hire when not in use by football clubs and tennis club, it's an ideal venue for smaller events needing outdoor space such as birthday parties, smaller family gatherings and of course meetings, it available in the day during the week and out of season at weekends. The building has basic kitchen facilities for your use.

The MUGA can also be hired for private use.

Pavilion - £10 per hour

MUGA - £15 per hour

Would you like to raise funds for your local charity/voluntary group?

We have heard that the Community would like a cafe; this is your chance to have a go and raise money for your local community groups.

We are offering the use of The Pavilion @ Longmead free of charge to hold fundraising events such as coffee mornings/afternoon teas etc in return for 25% of profit for the Longmead Field. Times/days will be limited.

If you are interested please call me or email to find out more.
01823681034
kazapinder@hotmail.com

Reflections From Rosemary Lane Chapel

Slow Sheep

Recently, despite its sometimes bad language, I've been enjoying the Apple TV+ series 'Slow Horses'. Based on the books by Mick Herron it stars the excellent Gary Oldman, and tells the story of a bunch of failed MI5 agents who, as a result of their inadequacies, are sent to Slough House, a fictional dead end department of the British Secret Service where they are expected to spend the rest of their working life engaged in dull administrative tasks.

But despite their unpromising circumstances, and their ongoing incompetence, they still manage to find themselves involved in a series of vital missions which they proceed to carry out with varying degrees of success under the watchful eye of the appalling yet brilliant Jackson Lamb, the acerbic head of the organisation who, despite his apparent callous disregard for those under his charge, does actually seem to care for them, and frequently intervenes so as to ensure that things ultimately work out in at least a reasonably satisfactory manner.

With some very important caveats, the show reminds me of the church, a similarly quirky body of people, one into which all manner of failed men and women are warmly welcomed.

These flawed folk, despite their frequent ongoing incompetence, also become involved in all manner of vital activities that they too carry out with varying degrees of success under the watchful eye of their far from appalling but instead perfectly holy Heavenly Father.

"We all like lost sheep have gone astray, but the Lord who is our Shepherd, and who lovingly laid down his life for us, will bring home all who both recognise and listen to his voice."

And his love for them is one that is never in doubt as he too intervenes, albeit sometimes mysteriously, to ensure that all things work together for the good of his people and in complete accordance with the counsel of his will.

The program is, for me at least, a small reminder that our worth as Christians is not determined by our actions, but by the love in which we are held by Almighty God. And that, irrespective of what terrible things we may have done in the past, not only can we be forgiven through the atoning sacrifice of Jesus' death on the cross, but our lives can continue to have great purpose, as we are sent out into the world in the power of the Holy Spirit to both live and work to the praise of God's glorious grace.

Or, as it is described through the always beautiful language of the Bible: we all like lost sheep have gone astray, but the Lord who is our Shepherd, and who lovingly laid down his life for us, will bring home all who both recognise and listen to his voice.

However slow we might sometimes have been!

Pete Aird

On behalf of the fellowship at Rosemary Lane Chapel,



BRINGING HOPE TO MID DEVON

CHAT have been working in the Mid Devon community since 1995, supporting people to make positive changes to their lives. We know life is not always easy and we are here to help.

We believe that everyone is entitled to food to eat and somewhere to call home.

We offer free support and advice on:

- Housing and Tenancies
- Debt and Money
- Food and Household essentials
- Energy Costs

Please get in touch if we can support you in any way or if you would like to explore opportunities to get involved in our work in the community.

CHURCHES HOUSING ACTION TEAM (MID DEVON) LTD.
T - 01884 255606 E - theoffice@chatmid.co.uk W - www.chatmid.org
Registered Charity No. 1049478



The Area We Cover



"Mid Devon Mobility is my lifeline, without it I would not be able to do my shopping independently" - Freda

Our Other Services

- Mobility Aid Supplier
- Transport Advice
- Prescription Aid Service
- Photocopying Service

If you would like to find out more about our services contact us
Tiverton: 01884 242099
Crediton: 01363 773303
 Our office opening hours are:
 Monday - Thursday 9.00am - 4:00pm (Tiverton & Crediton)
 Friday 9:00am - 4:00pm (Tiverton Only)

For copies of this leaflet in other formats, please contact us on 01884 242099

Updated September 2022



Funded by the UK Community Renewal Fund

NEWS FROM COLDHARBOUR MILL

Home of the Working Wool Museum and much more!!! Current opening Times:
 Tuesday to Saturday Museum & Shop: 11am - 4pm (last admission to Museum 3pm)
 Grist Mill Café Bar: 10:30am - 2:30pm
Special Winter Ticket Prices!!
Visit the Mill website to book: www.coldharbourmill.org.uk/visit-us/ or phone 01884 840960.
 Visits by groups and schools can be booked for any day -
email visitorservices@coldharbourmill.org.uk or phone 01884 840960



CRAFT WORKSHOPS at the MILL

All materials supplied, refreshments available. Places are limited so do book soon! For more info and to book, visit the 'What's On' page of the Mill website, or phone 01884 840960.

Heartstrings: Needlefelted Heart Garland Workshop - Sat 1st February: 11am - 3pm £30

Magical Felted Mobiles: A Needle Felting Adventure for Children! - Wed 19th February: 11am - 2pm
 Ticket required per child only. All children to be accompanied by an adult.
 Maximum of two children per adult £10

Petals & Pins: Craft a Beautiful Flower Brooch - Wed 19th March: 11am - 3pm £30

Woven Wall Hangings: Wed 26th March: 11am - 3pm £30

VOLUNTEERING

Last year the Volunteer Programme at Coldharbour Mill was awarded the King's Award for Voluntary Service!

If you have some spare time each week to join one of the volunteer teams at this unique heritage site, please contact us by phone or email (see below) for more info and an informal chat, and to arrange a taster session. See also www.coldharbourmill.org.uk/volunteer/

COLDHARBOUR MILL Uffculme, Cullompton EX15 3EE
 Email: info@coldharbourmill.org.uk Phone: 01884 840960
 Website: www.coldharbourmill.org.uk
 Coldharbour Mill Trust Ltd is Registered Charity No: 1123386

Quaker Meeting for Worship
Spiceland Quaker Meeting Uffculme EX15 3AZ
We Meet for Worship at Spiceland every Sunday at 10.30am till 11.30am - this is a blended Meeting also available on Zoom - All are very welcome.
Meeting ID: 865 5570 2735 Passcode: 498173
 For more information phone Ali Dominy 07810768557 or use the "contact us" form on our website: <http://www.spicelanduffculmequakers.com/> or email spicelandnotices@btinternet.com



The Open University (OU) is offering a peace education course for the first time, thanks to a partnership between OU staff and Quakers in Britain.

The free self-study course, Principles and practices of peace education, hosted on the OU's learning platform OpenLearn, explores how peace can be fostered in classrooms.

It marks a milestone in making peace education more widely accessible.

The online course is open to all, including trainee and experienced teachers, as well as those working with young people in informal or community settings.

Participants can work through the 12-hour course at their own pace and gain a certificate of participation at the end.

Isabel Cartwright, peace education manager at Quakers in Britain, said: "We are grateful to the Open University for their investment in peace, for developing the course with us, and putting so much work into promoting it."

"The reach of OpenLearn will open up the potential of peace education to so many more children."

Developed in collaboration with Quakers in Britain, the course introduces themes such as inner wellbeing, constructive conflict resolution, and critical thinking about global issues.

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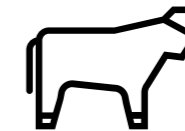
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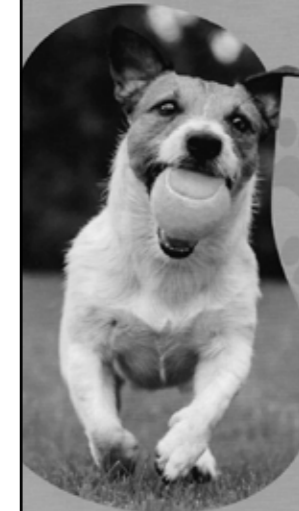


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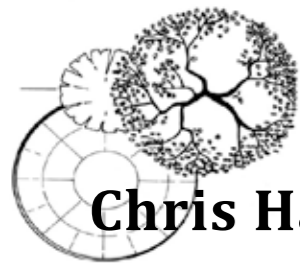
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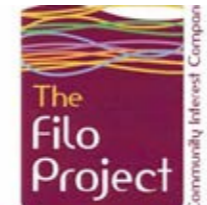
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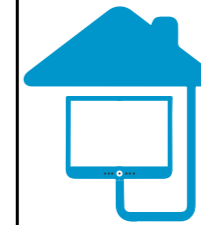
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Next deadline for enquiries: 1 March 2025 for the April 2025 edition.

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Clubs & Associations Contacts

BADMINTON CLUB (HEM)	<i>Mrs S Phillips</i>	680652	
BLACKDOWN HEALTHY LIVING CENTRE	<i>Centre Manager Peta Dayus-Jones</i>	680687	
BLACKDOWN SUPPORT GROUP	<i>Elizabeth McNabb</i>	681036	d-ccg.bsgadmin@nhs.net
BLACKDOWN SURGERY	<i>Hemyock Reception</i>	680206	
BOWLS CLUB	<i>Jo Blackmore</i>	680868	
CLAYHIDON COUNCIL			clayhidonparishcouncil@gmail.com
CLAYHIDON COUNCIL CHAIRMAN	<i>Alison Weekes</i>	01823 681093	Alisonweekes@gmail.com
COUNTY COUNCILLOR	<i>Ray Radford</i>	01884 820000	
CLAYHIDON FILM NIGHTS	<i>Valerie Slabbert</i>	07793 066111	valerieslabbert@icloud.com
CLAYHIDON FRIENDS	<i>Anne Langford</i>	680086	
CLAYHIDON HALL	<i>Caroline Bendle</i>	681047	
CLAYHIDON HISTORY	<i>Pam Reynolds</i>	680481	
CLAYHIDON TODDLERS	<i>Emma Hillman</i>	681164	
CRICKET CLUB	<i>John Hurley</i>	07972 744279	
DEVON HIGHWAYS	<i>(8am – 8pm Mon–Fri, 9am–1pm Sat)</i>	0345 155 1004	
DISTRICT COUNCILLOR	<i>Simon Clist</i>	07855 027595	
	<i>Natasha Bradshaw</i>	01884 233247	nbradshaw@middevon.gov.uk
FOOTBALL CLUB	<i>A.Vickery</i>	07815 122031	
GARDENERS ASSOCIATION	<i>Susan Scantlebury</i>	681393	
HEMYOCK CHURCH ROOMS (BOOKINGS)	<i>Mrs J Bawler</i>	jrawler1947@hotmail.co.uk	
HEMYOCK HISTORY & ARCHIVING ASSN.	<i>Mike Cooper</i>	680175	
HEMYOCK COUNCIL CHAIRMAN	<i>Paul Doble</i>	07812 393259	pauldoble123@aol.co.uk
HEMYOCK PARISH COUNCIL		07545 832781	hemyockpc@gmail.com
HEMYOCK PARISH HALL	<i>Becky Thomson</i>	680517	
HEMYOCK SCOUT GROUP	<i>Karen Pinder Chairman</i>	681034	karen.1sthemyockex1@outlook.com
HEMYOCK TENNIS CLUB	<i>Bob Hawkes</i>	680047	
HEMYOCK YOUTH FOOTBALL	<i>Lisa Lynch</i>	Lisajlynch@hotmail.com	
LITTER PICKING	<i>Julie Steed</i>	680787	steedjulie52@gmail.com
LONGMEAD FIELD AND PAVILION	<i>Karen Pinder</i>	681034	kazapinder@hotmail.com
BABY & TODDLER	<i>Karen</i>	0774768055	
HEMYOCK PRE-SCHOOL	<i>Pre-School Administrator</i>	680240	
PRIMARY SCHOOL	<i>Administration</i>	680240	
ROTARY CLUB OF WELLINGTON	<i>Michael Parsons, President</i>	01823 252635	
SHORT MAT BOWLS	<i>Doreen Perrott</i>	680850	
SNOOKER CLUB	<i>Martin Dear (Hon Secretary)</i>	07805 254115	
ST MARY'S CHURCH	<i>Mr B Samuels (Sec)</i>	664729	
ST MARY'S RINGERS	<i>Mrs L Holway</i>	681522	
THE GARAGES	<i>Karen Pinder</i>	681034	kazapinder@hotmail.com
THE RIVERSIDE CLUB	<i>Lynn Pulman</i>	680687	riverside@bhlac.org.uk
TUESDAY GROUP	<i>Diane Denman</i>	680139	
VALLEY ARTS & SOCIAL SOCIETY	<i>Mrs C Pinder</i>	680854	
WALK AND TALK	<i>Penny Scoynes, Health Walk Co-ordinator</i>	01392 824752	
YOUNG FARMERS	<i>Michelle Batting</i>	07738 114113	

