

CLYST VALLEY NEWS

AUGUST 2020



Healthwatch Devon **Love Topsham**
School news *Clyst St Mary flood defence*
Sports **quiz** *New vicar's induction*
Church services start up again *John Smith's latest poem*
NORMAN'S WEATHER REPORT *Treasure hunt*

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WHITE CROSS MISSION COMMUNITY



On Monday 13th July in Woodbury Parish Church, the White Cross Mission welcomed our new Vicar, Rev'd Bill Lemmey and his wife Daff to our communities. The Induction of Rev'd Bill was led by Bishop Robert of Exeter Cathedral and was supported by the Archdeacon, Rural Dean and Rev'd Nigel who has left us to become Chaplain to the Bishop. Following Government guidelines, sadly only 30 people were



allowed to attend but this didn't take away the importance of the event which became a very personal and intimate occasion for all concerned.

I am sure you will wish Bill many happy times within the Mission and no doubt you will be able to meet him some time, somewhere. The upcoming services in August are detailed below. We do hope you can attend a church near you and meet Rev'd Bill. [Thanks to Debbie Jung and Katharine Wheeler

for these pictures. See also our cover photo this month.]

The Mission hopes that you are all well at this time. Take care.
Pat Cusa on behalf of all the Churches of the Mission.



These churches in the White Cross Community are opening weekly for private prayer:

MONDAYS	Woodbury Salterton	3 – 6 pm
TUESDAYS	All closed	
WEDNESDAYS	Woodbury	10 – 1 pm
THURSDAYS	Farringdon	2 – 5 pm
FRIDAYS	Clyst St George	4 – 7 pm
SATURDAYS	Clyst St Mary	10 – 1 pm
SUNDAYS	Exton	2 – 5 pm

Churches are open at these times only for private prayer.



There will also be one church service every week in the White Cross Mission of Churches in August led by our new vicar, Rev'd Bill Lemmey:

2nd August 9.30 am Holy Communion at Aylesbeare
9th August 9.30 am Holy Communion at Farringdon
16th August 9.30am Holy Communion at Clyst St Mary
23rd August 9.30 am Holy Communion at Woodbury
30th August 9.30 am Holy Communion at Exton (outside, weather permitting)

In addition, at 11.30 am every Sunday there will be a Zoom service led by Rev'd Bill for those who prefer not to travel to church or feel more comfortable at home at the moment or would just like to join us. I will send you a link for these Zoom services (and advice if anyone needs it on how to access Zoom) - just email me as I need your email address for the link. Jill Dupain (church admin officer) at dupain@hotmail.co.uk.

Contributions, photos and letters to the editor for the September 2020 issue of the Clyst Valley News should be sent, preferably by email, to the editor, Peter Skelton, at clystvalleynews@gmail.com or to 3 Brockwells Court, Frog Lane, Clyst St Mary, EX5 1BX by Saturday 15th August 2020 at the latest, please. Please note that contributions may be edited.

YOUR PHOTOS NEEDED FOR THE COVER OF THE CVN!

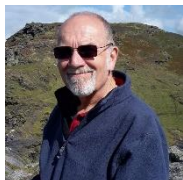


There must be a lot of budding photographers out there snapping away around our villages. After all, our neck of the woods is rather photogenic. Why not share your results with our readers? Most months we aim to put one nice pic on the magazine cover and we need yours! So please do send in your efforts to the editor, Peter Skelton, who will choose one each month. Try to use relatively high definition settings but that's not a must. Just email them across to clystvalleynews@gmail.com and we'll do the rest. Simple! Thanks.

WHY NOT ADVERTISE IN THE CLYST VALLEY NEWS?

If you are interested in advertising in the Clyst Valley News for 2021, you can be put on our waiting list, with no obligation. Please contact the Editor, Peter Skelton, at clystvalleynews@gmail.com or on 01392 879857.

EDITOR'S NOTE



Hello and welcome to this August edition of the Clyst Valley News. As you will have discovered, this is the fifth consecutive issue that is online only. The big plus is that you can read us in full colour; the downside is that I am acutely aware that there really are many of our stalwart readers out there who, for one reason or another, are not getting to see the magazine at the moment. I can only reassure them that we are actively thinking about how best to solve this dilemma – and obviously, the end of the pandemic is going

to help a lot! That may be a while away yet so, in the meantime, may I please ask those of you who can access this online version to look to see how you might share it with friends and neighbours who you think would like to see it? Thank you.

And, on the subject of accessibility, please don't forget that I'm happy to send you and/or your fellow villagers your own copy of the CVN direct to your email address every month. All you have to do is email me at clystvalleynews@gmail.com with the following message:

'I am happy to receive the Clyst Valley News at this email address once a month. I understand that the CVN will not pass on my email address to any third party without my further written permission.'

We've had a reasonably encouraging response to this offer so far but we need a lot more subscribers! So please don't delay. Do it now!

As you'll see, we're reporting on the recent happy occasion of the induction of our new vicar for the churches of the White Cross Mission Community; and we welcome Rev'd Bill Lemmey, and his wife Daff, to our community. I'm pleased to be able to let you know that Bill will be writing regularly for the CVN from next month's September issue. My thanks to Debbie Jung for our cover photo this month of the gathering for the induction ceremony.

I'd like to take this opportunity to thank Rev'd Nigel Mason for his distinguished period as WCMC vicar; and to wish him well in his new role as Chaplain to the Bishop of Exeter.

Well, there have been a significant number of relaxations of the lockdown since I wrote last July and, of course, these will be greeted by most of us as important steps on the way to a return to some sort of normality. For many local entrepreneurs the sight of tourists returning

to our region will be welcomed – seen as the chance to breathe life back into their businesses and go back to providing those services essential to the economy of the South West. Finding the balance between reviving the economy of our country and safeguarding our health and wellbeing is a delicate tightrope walk that no government ever expected to have to face up to. I guess it's now up to each one of us to act responsibly and sensibly to ensure that we don't end up creating another spike in coronavirus infections that sets us back in the encouraging progress we have made so far in re-establishing something like the lives we were living before March. Fingers crossed!

Finally, just to let you know that there are plenty of good things to tempt you into the pages of the CVN this month: good news on the re-opening of our churches on a limited basis for services; another fun quiz from Barbara Scales, this month on sports; a jolly treasure hunt from Clyde Bish; another lovely offering from our resident poet, John Smith; Norman's weather report; news from our three schools; an update on the Clyst St Mary flood defence improvements; encouraging news on Topsham's resurgence; and plenty more!

Have a good read; stay safe and enjoy this lovely summer. As always, a huge shout out to all the NHS and frontline workers in our communities for the brilliant job you are doing to keep us safe and sane. Best wishes. Peter Skelton

CLYST ST MARY



Clyst St Mary Church

Clyst St Mary Church will continue to be open for private prayer. You are very welcome to come along to the church on a Saturday from 10 am to 1 pm. What to do is all explained when you enter the church and the sanitisers are there so we would ask you to adhere to all the present social norms which enable us to keep you all safe. As we move through the weeks, we may be able to add another day so please look out for notices and the Facebook pages.

Thank you and we hope that you will make use of the chance to catch a breath and sit for a while.

Please also note in the White Cross Mission Community section of the magazine that there will be a Holy Communion service held at the church on Sunday 16th August from 9.30 am.

Pat Cusa, on behalf of the Parish Church Council

Coffee Mornings



These have been suspended until further notice.

Walking Group

Walks have been suspended because of the coronavirus outbreak until further notice.

Wombles



Obviously and sadly, we have had to suspend our litter picking activities over the last few weeks - although the litter doesn't get any less...which might lead to the question as to whether those going out more at this time are the mess-makers in our society?!

However, I appreciate that many of you are walking for exercise and already two very kind volunteers have borrowed the equipment to 'go it alone'. If you'd be happy to do this, please let me know and I'll leave the gear outside my garage for you to collect. If full sacks are too much for your own bins, I will arrange to get them



collected from opposite the village shop. Roger Norman (01392 874597 or rogernorman@clyststmary.net)

Village Hall



We continue to be in urgent need of new members to help in the management of the Hall if we are not to lose this important village asset. If committee work is not for you, we also need helpers for maintenance and repairs. If you think that you would like to get involved, please get in touch. At our website www.clyststmaryvillagehall.co.uk you can view a calendar of current Hall bookings and hire charges as well as downloading hire forms and conditions of hire. We have several Saturdays and Sundays available for hire in the post-coronavirus period. Anyone wishing to start a regular club should contact the caretaker for the special rates available to regular hirers.

Clyst St Mary Flood Defence Improvements



The Environment Agency has started work on a £1.8m scheme to reduce the risk of flooding in Clyst St Mary. These are essential works that will reduce the risk of flooding for 50 homes in the area. The scheme will improve flood defences along the east side of the mill leat, including a higher access ramp, temporary stop logs at either end, raised earth embankment and sheet piling in front of and on the same alignment as the existing defences.

The Environment Agency and contractor, Kier, are keen to limit disruption in the village as much as possible. If the works directly affect you as a resident you will be contacted individually to discuss. Exact timings will vary in specific areas but standard operating hours are 8 am-6 pm Monday to Friday.

Becky Richards, Project Manager at The Environment Agency said, 'I would like to thank residents of Clyst St Mary and the surrounding area for their continued co-operation. Some

disruption is inevitable but we will continue to work with residents directly affected to limit this wherever possible. I am looking forward to delivering this scheme that will see 50 local homes better protected from flooding.'

If you have any questions regarding the scheme please contact Kier's public liaison officer as follows: Call 07716 223056 or email Exmouth.PLO@kier.co.uk.

Clyst St Mary Primary School



August sees us taking a break from the daily routines of school, although much work is continuing in the background to prepare for the return of all pupils in September. Whilst this is a

welcome step forward 'normality' will not have returned as social distancing rules still have to operate for staff, parents and bubbles of children which will mean that sadly we cannot return to operating our usual open-door policy for families and volunteers.

The future remains a very uncertain place and our recent pasts have impacted everyone's emotional well-being so our focus at the start of term will be on enabling children and staff to settle into the new school routines and feel safe, secure and ready to learn whilst devoting a considerable amount of time to hand washing and additional cleaning. Soap and disinfectant manufacturers must be some of the biggest beneficiaries of COVID-19! We will also be

welcoming 28 Reception children to the start of their school journey and four new teachers and a teaching assistant in September. Jo Osman will be joining us to teach Year 1, Rhiannon Evans to teach Year 2, Jack Harness to teach Year 4 and Harriet Cook to teach Year 5.

We are looking forward to restarting Forest School in September, especially as one of our new teachers is a forest school specialist. Sadly, singing events are still curtailed but we will find ways for the children to experience the therapeutic benefits of singing which is likely to mean we're singing in the playground; we hope our near neighbours enjoy sharing the children's enthusiasm for celebrating with song. Sporting activities are opening up again and there will certainly be plenty of exercise opportunities for the children in school. One of the many negative effects of COVID-19 has been the reduction in exercise taken by the population in general and children especially so we will be looking to redress this.

Our Clyst to Cape fundraiser and activity promotion event (where our families and staff recorded the mileage they were doing, walking, cycling or running so we could travel virtually from Clyst St Mary to Cape Town) was a great success and at the time of writing we are just 61 miles short of Cape Town. Thank you to all those who have supported us by donating to our Just Giving page to support NHS Charities Together, Show Racism the Red Card and the fund for the new school toilets at Clyst St Mary. Our thanks go to our School Business Manager, Catherine Potts-Baldwin, for coming up with the idea and then bringing it to fruition with great enthusiasm.

Wishing you all a safe and happy summer.

Clyst Valley Pre-School

Clyst Valley Preschool - Clyst St Mary
www.clystvalleypreschool.org - Phone: 01392 876615
Email: admin@clystvalleypreschool.org

Places available for September 2020

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Table Tennis Club



The Table Tennis Club has suspended all play for the time being but hopes to be back very soon! If anyone is interested in joining the club, please contact Pam Gardner either by telephone (07714 097220) or by email at pamelamgardner9@gmail.com.

FOR THE TENNIS, SHORT BOWLS AND BADMINTON CLUBS PLEASE LOOK OUT FOR NOTICES IN SUBSEQUENT ISSUES OF THE CVN AS TO WHEN ACTIVITIES WILL RESUME.

A Village (Clyst St Mary) Treasure Hunt for the Holidays

Start at the car park at the top of the village near the garage then walk down the Village Street keeping a close look-out. The clues are in order but could be on either side of the road. (You don't need to cross the village road to find the answer to a clue, but be careful crossing Manor Park and Frog Lane!)

1. What can you do for free?
 2. What number is above the H?
 3. Which cottage is named after a tree?
 4. Which house has the sound of an animal in its name?
 5. Which house is named after a flower?
 6. Number 3 is not what?
 7. Where is the school twinned with?
 8. Whose house has a blue tit on the name plate?
 9. At what times can you NOT park opposite the school?
 - 10.. What is under all the small square covers along the pavement?
 11. What is the name of the single house?
 12. Find a girl's name on a metal cover.
 13. Which house has a face above the knocker?
 14. What number is below DP?
 15. Who Home Bakes Cakes?
 16. Who protects the Old Maltster?
 17. Where does the Grumpy Old Man live?
 18. What do you think PERVEL MARWELEATH might mean?
 19. How fast are vehicles allowed to go?
 20. Which house dances?
 21. Who made the padlock?
- CROSS MANOR PARK CAREFULLY!**
22. Who puts the Lush in Slush?
 23. Who does the Dry Cleaning?
 24. What is full of beans?
 25. When can a driver return?



26. Who can you call on exchange 01404?
 27. Who might live at number 5?
 28. When can the people who live in Long Meadow park outside for more than one hour?
 29. What are two things you are not allowed to do in the Private Road?
- CROSS FROG LANE CAREFULLY!**
30. Which house supports the Worldwide Fund for Nature?
 31. Which house has a heart?
 32. What is the sign of a great pint?
 33. What do you have to do to the black door?
 34. Why might Cummins get wet?
 35. Whose cottages might be in a field?
 36. What is the black dog by number 9 doing?
- You should now be on the old bridge just before the mill stream. If you have missed any clues you can look for them on the way back up to the top of the road. Happy searching!*

[Once again, warmest thanks to Clyde Bish who researched and compiled this treasure hunt – fun for kids and grown-ups alike! Answers after Lockdown Laughs.]

CLYST ST GEORGE AND EBFORD



Church News

Clyst St George Church will continue to be opening on Friday afternoons from 4 to 7 pm for private prayer. We have had to follow Diocesan guidelines so the church looks different in that we have had to rope off areas. Please pay attention to the signage; the church will be quarantined for 72 hours after opening and cleaned before the next open period. We ask for your understanding during this difficult time. No doubt there will be changes over the coming

weeks. Best wishes, Paul Bragg and Jacque Manser, Churchwardens

CSG Parish Council Chairman's Report August 2020

The Greater Exeter Strategic Plan or GESP is going to be high on our agenda and will, along with East Devon's new Local Plan, shape our community for the years to come. GESP is expected to be out to initial consultation in September, but you can read the reports, aims and objectives online at www.gesp.org.uk. Please do so and comment during the consultation.

The Parish Council is now planning on holding our delayed AGM on Wednesday 9th September at 7.30 pm, if Covid-19 restrictions allow. It will be our first meeting back in the Parish Hall, so do come along. Keep Safe.

John Manser

john@jmanser.co.uk

01392 874861

Nature Garden

Clyst St George has a delightful nature garden by the side of the parish church. The aim of the garden is to grow local Devon indigenous plants and trees and to encourage a Devon meadow

with local wild flowers. Should you wish to help develop this 'green' facility, you can come along on the first Saturday of every month from 9.30 to 11 am. (PLEASE CHECK IN ADVANCE.)

Norman's Weather Report



Towards the end of both the second and third weeks of June, heavy rain fell in amounts of 1½ inches, to contribute to a monthly total of 92 mm or 3.6 inches here at Ebford. This is well above the 20-year average of 63 mm but well in line with the last four years (with of course the exception of 3 mm in 2018). Last year's June figure was 87 mm here locally.

So after a cool, windy third weekend, temperatures rose to provide a return to summer for a while. However, the coolness of the last few days of June has continued now into the beginning of July. Norman Cann

Lady Seaward's C of E Primary School



Grants from both the District Parish Council were also gratefully bolster this community appeal.

With the addition of the fantastic apparatus, all-weather surfacing different play equipment, our provision will be further enriched great source of engagement and the children.

The newly installed equipment will promote active play all year round and support the development of our children's social, motor and core skills (agility/balance and co-ordination) along with encouraging the key aspects of team building and communication and learning through play which is so vital to all children's ongoing education.

We are extremely pleased to share photos of our newly installed outdoor play area which will be accessed by our KS1 pupils from the commencement of the 2020 academic year. As a school we identified this area as an area for development after recently adding a modernised Year 6 classroom onsite. We have received incredible support from our school PTA who have worked extremely hard to fundraise on behalf of



the school for the completion of this project. Council and received to

new climbing and range of continuous and provide a stimulation for



Clyst St George Parish Hall



All our users will be aware that we have taken the decision to close the Hall until further notice. It is a regrettable decision but our main priority is to keep our Hall users safe.

For the villages of Clyst St George and Ebford there are groups set up to care for the vulnerable members who will now be in isolation. The Ebford Residents Group is happy to receive any requests for help and they can be contacted by email to jralsmith@hotmail.co.uk and for Clyst St George residents Claire Marks is organising assistance and she has an advertisement on the Clyst St George and Ebford Facebook page. Furthermore the Estuary League of Friends is arranging assistance for local residents and Darts Farm is taking orders for food delivery. We are extremely lucky that we live in an area where there is so much support for and within the local community. Pamela Diffey, Chairperson

Greetings Cards



We are always grateful to receive cards (except Christmas ones) for remaking and they can be left in the church which is normally open between 9 am and 5 pm each day. Visitors will also find boxes of made up cards for sale covering birthdays, get well, sympathy, new home, thank you, anniversary, etc as well as cards with no message or wording suitable for any occasion. Do call in and enjoy a few quiet moments browsing and perhaps buy a card. Linda Wilkerson (01392 873699) SUSPENDED UNTIL FURTHER NOTICE

Little Dragons Pre-School

We are pleased with the outcome of our Ofsted inspection in April 2018, where we were judged to be 'good'. We have now re-opened and will be operating at full capacity from September. We are based in Lady Seaward's School and open four days a week, from Monday to Thursday 8.45 am – 3.15 pm during school term times. Do come and visit and meet our highly experienced staff team. For more information please telephone Elly on 07939 995486 (in school hours), email littledragons@live.com or visit our website www.littledragonsclyststgeorge.com.

WOODBURY SALTERTON



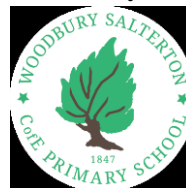
Woodbury Salterton Church will continue to be open for private prayer. You are very welcome to come along to the church on a Monday from 3 to 6 pm. What to do is all explained when you enter the church and we would ask you adhere to all the present social norms which enable us to keep you all safe. As we move through the weeks, we may be able to add another day so please look out for notices and the Facebook pages.

Monthly Coffee Mornings



These have been suspended until further notice.

Woodbury Salterton Church of England Primary School



As we race to the end of the school year we are missing the events that make this time of year so special: our annual summer show and PTA fête. We are missing giving our wonderful Year 6 group our traditional send-off which includes a water fight from the back of a tractor trailer in countryside style. We are planning something different this year and getting used to keeping in touch with our pupils in different ways.

Plans are in place for a full re-opening next September and our teaching team for the three classes are preparing a recovery curriculum to support pupils returning to school. The aim is to ensure that pupils' emotional health and wellbeing are good as this will support them in their learning and to make sure that they have not been disadvantaged by the interruption of their education, with a focus on core skills. Parents and carers are advised to check our website over the holiday for any announcements on our latest news page as we work closely with Devon County Council and the Department of Education responding to the everchanging government advice.

We are so proud of our children and grateful for the support of our parents and carers and have enjoyed having some of the children back in school. The work that has been completed in school and sent in from home has been wonderful as we have all followed themes in our work to inspire

and interest. We have had marvellous art work sent in and photos of creations, poems and writing that prove that even in the strangest times our children keep learning. Our staff team have worked without stopping since the spring half term putting in place measures to keep learning going both in school and at home and responded to the challenges of infection control and the logistics of running a village school with social distancing. They have been simply marvellous from our most senior leaders to our teaching assistants and catering staff and we are grateful for their work in such difficult times. We know that regrettably many of the senior staff will be continuing over the summer to make the return to school work, but we hope they have a break and time to recover.

Even with school partially closed collective worship has continued and each Friday our pupils have a chance, wherever they are, to participate in worship using the resources on the website. It is a collegiate act as a school community, knowing that wherever we may be we can remember God's love to us all and the values that make our school the place it is.

Our act of worship on 10th July was based on the theme of peace; a relevant message for all at this time. In Mark chapter 4 verses 35 -41 we read that Jesus was with his disciples on a boat on Lake Galilee. Jesus falls asleep and a storm blows up; at last, one of the disciples could bear it no longer. He shook Jesus and woke him up. 'Master, please save us,' he shouted. 'Can't you see that we're all going to drown?'

Jesus woke up and looked at the storm for a moment. Then he stood up, raised his arm and said, 'Hush, be still.' At once, the wind died away and the waves became calm. 'Why were you afraid?' Jesus asked his disciples. 'Don't you believe I will take care of you?'

This year will have at times felt like a scary storm and many will have felt like praying in their fear for what is ahead. Jesus brought peace to the storm and to his disciples and he can do that for us too as we face the times ahead. Wherever we are he is with us and will take care of us. Our collective worship prayer was:

Jesus, calm the storm.

When I'm worried and afraid,

Bring your peace and love.

Amen.

We look forward to being together in September and wish you all a good summer break.

Village Hall Activities

Woodbury Salterton Village Hall



The Hall is a great asset to the village and is a great space for community and private events. We have a few regular groups open to all: community coffee morning, first Monday of the month, 9 to 11.30 am; Woodbury Salterton parent and toddler group, Monday mornings, 9 to 11 am; Woodbury Salterton WI, second Wednesday of the month, 7.30 pm; whist, third

Tuesday of the month, 7.30 pm.

(PLEASE CHECK IN ADVANCE WHEN THESE ACTIVITIES WILL RESUME.)

Whist Drive



This has been suspended until further notice.

Scarecrow Event Quiz



O'Gorman from kindly gave the prize bringing the total raised The annual autumn Bloom will be available October.

Thanks to all who especially to Carol Rowe in Exmouth, thereby Katharine Wheeler

This year we missed out on seeing scarecrows all over the village so here are a few photos of past entries. However, the Scarecrow Event Quiz, which had been intended to run in conjunction with the Scarecrow Challenge, had been launched before lockdown and proved a popular diversion.

Thirty-one people submitted entries and 19 of these, including Rev'd Nigel's, were deemed to be completely correct. The prize had to be allocated by a draw and the



winner was Joyce Wolverhampton. She money back to the church, for church funds to £423. quiz, entitled Britain In from the beginning of

participated and who sold copies to friends raising over £100.



AND FINALLY...

The FORCE Cancer Charity Support & Information Centre is temporarily closed

but we are still here to help

Monday-Friday 09:30-16:30

For cancer support and information plus advice on claiming benefits

☎ 01392 406151

✉ support@forcecancercharity.co.uk

For psychological and emotional support

☎ 01392 406168 / 406169

✉ help@forcecancercharity.co.uk



The Exeter Forum



Meetings of the Forum have been suspended due to the coronavirus outbreak until further notice.

Exmouth and District U3A Monthly Meetings



Meetings have been suspended because of the coronavirus crisis but will resume as soon as it is safe to do so – we hope in September. Look out for our announcement and stay safe!

Cryptic Quiz on Sports

by Barbara Scales

Please be prepared to think outside the box for some answers; all are the names of sports.

1. Radio 4 long running serial swaps the end to sound like a why?.....
2. Part of a hat, but could be a crown or flat
3. This is a foul in football.....
4. A vegetable.....
5. Minus the day after Christmas
6. These are sewn into clothing.....
7. A burst of many things in succession before a sphere.....
8. A mint.....
9. This looks like people are arguing.....
10. This is done on the net.....
11. The Menace swaps his initial for tea.....
12. The south west Chinese pottery and I'm in the middle.....
13. A type of German wine goes before a means of gaining access.....
14. ? tongs.....
15. Looks like a potato dish.....
16. An insect.....
17. Sounds like a naughty type of sweet with the opposite of off.....
18. Posh word for gravy and a female deer.....
19. A chart with figures precedes a ball game.....
20. A barrier.....
21. The far east being guided along the course without its start.....
22. A projection at the front of the saddle goes before Red Rum.....
23. A comparison before the pubs.....
24. This can be a star.....
25. You may wish to talk about this?.....

[Thanks again to Barbara for compiling this. Answers after Lockdown Laughs. Ed]

Put Devon First Urges Leading Charity



A new campaign encouraging people who live in Devon to put their county first as it begins its recovery from the coronavirus pandemic has been launched by the charity Love Devon. As Devon navigates its slow and cautious route out of lockdown, it is encouraging people to put #DevonFirst.

Love Devon is the trading and fundraising arm of Devon Communities Together which works with a very broad range of people, from rural and coastal

communities to more urban centres, people like you, or people you might know. The charity supports them to tackle a wide variety of challenges facing their communities in areas including affordable housing, entrepreneurship, rural isolation and loneliness, community buildings, sport and play, health and wellbeing, and responding to climate change.

The charity's Acting CEO Nora Corkery said: 'Funds are stretched and resources are set to get tighter as the recession deepens. Yet the need for support has never been greater. Those who donate to Love Devon will be helping our team of community project workers to make a real difference to people living in the county.' The projects include supporting older and vulnerable people who are struggling more than ever with loneliness and isolation or who are worried about physically reintegrating into their communities, as lockdown restrictions are lifted.

The charity will also be working with village halls across Devon as they reopen their doors and try and adjust to new ways of operating to remain at the heart of their communities; working with young people as they face challenges around unemployment and new ways of working; and supporting communities to develop and adapt their community emergency plans and increase their resilience.

Nora added: 'With the support from those who live in Devon, we can do all this and more and help rebuild Devon.'

To get involved, the charity is urging people to set up a regular donation for which they will receive a welcome pack including a reusable shopping bag. Donations can be set up online by visiting www.devoncommunities.org.uk/donate. Love Devon is also encouraging people to use the hashtags #DevonFirst and #RebuildDevon where possible.

Poetry Corner

Quicksilver

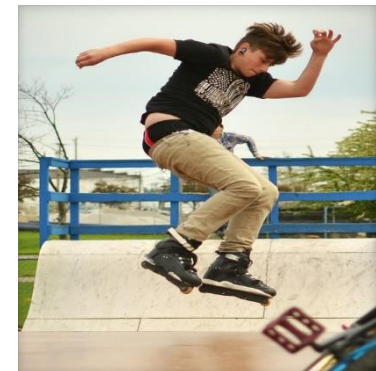
By John Smith (of Clyst St Mary)

Whirling and twirling
Like a human tornado
He goes speeding by.

Flailing and sailing
Arms keep tenuous balance
Thrashing the sky.

Spinning and dinning
Wheel-shod mercurial feet
Speed thrill high.

Living and thriving
In the moment –
Ah, to be ten years old again
With new roller skates.
©John Smith



Topsham Is Back - Have You Been Yet?



Have you been back to Topsham yet? We hope so, because there's so much happening in the town, and all in a safe way, as it recovers from coronavirus. Firstly, almost all of the town's pubs, restaurants and bars have now reopened; most have table service and some with a booking system, so do check online or by telephone. Many have enhanced outdoor areas too, making them perfect for summer as well as being smoothly managed to cope with government guidelines. All the cafés and some of the pubs and restaurants have takeaway options now, including sandwiches and light lunches as well as brilliant cakes and coffee.

Plus there are additional benches at the Quay, too, provided for visitors and locals by Love Topsham with a much-appreciated contribution from local Councillor Andrew Leadbetter's Devon County Council Locality Fund. There's no better view than from a Love Topsham seat - check out the boats and paddleboards on the estuary or monitor work on the restoration of the wooden barge *Vigilant*.

If it's hard-core retail therapy you want, the town's independent shops are back - there's even a new pet shop on Fore Street too, and soon a permanent and very fine wet fish shop as part of The Salutation Inn restaurant-with-rooms.



Topsham's businesses are proud to be part of an Exeter-wide campaign called Good To Go - it's an accreditation from Visit Britain that acknowledges a business's adjustments to make their shop safe to visit in these times, and as a result helps to build confidence for people to go back to shopping locations like ours.

As ever, we'd recommend you kindly check www.lovetopsham.co.uk to see what's happening: many businesses now have delivery options, and there are offers galore for Love Topsham Card holders as the shops want to tempt you back in fashion. Did we say Love Topsham Card? Well just in case you don't know already, our cards are available for a minimum donation of just £3 per month and entitle you to deals at many of the different retailers - the full list is updated frequently on our website. All funds go to making our community what it is for visitors and locals, from providing those new benches to our annual spectacular Christmas lights.



One of the many businesses in Topsham offering discounts to Cardholders

We'll be reporting back next month on our plans for a Topsham autumn. Hope to see you in the town in the meantime!

* For more information on Love Topsham's work including how to get hold of a Love Topsham Card, visit www.lovetopsham.co.uk.



Estuary League of Friends



Volunteer Thank Yous. We would like to say again a huge thank you to all of our wonderful regular volunteers who help with the smooth running of Estuary League of Friends. And also a massive thank you to all of our new volunteers who have stepped forward and done so much to support the vulnerable in the community in and around Topsham during the Covid crisis. We couldn't have done it without you!

Sandwiches

Served with salad

Cheese	4.00
Ham	4.00
Tuna	4.00
Bacon	4.00
Egg Mayo	4.00

Paninis

Served with salad

Cheese	4.00
Ham	4.00
Tuna	4.00
Bacon	4.00

Jacket Potato's

Served with salad

Cheese	4.00
Tuna	4.00
Beans	4.00
Chilli	4.00
Curry	4.00

Special's

Fish and chips	6.00
Sausage and chips	6.00
Chilli with Rice	6.00
Chicken Curry with Rice	6.00
9inch Wonky Pizza Choice of 3 toppings: Pepperoni, Ham, Peppers, Pineapple, Tuna, Extra Cheese, Onions, Mushrooms, or Sweetcorn	6.00

Pasties or Sausage Rolls

Pasty	1.50
Sausage Roll	1.50
Pasty and Chips	3.00
Sausage Roll and chips	3.00
Chips	1.50
Cheesy Chips	2.00

Drinks

Tea	1.50
Hot Chocolate Cadbury hot chocolate	2.00
Coffee Americano	2.00
Coffee Mocha	2.00
Coffee Cappuccino	2.00
Cans Selection of canned soft drinks	1.00

Café Take Away Menu. The Bradbury Café is open for a take away service. All orders can be placed by calling 01392 879009. Orders must in by 11 am on that day and is a COLLECTION ONLY service! Everything is cooked to order with fresh, locally sourced ingredients by our in-house chef at Nancy Potter House. Above is our take away menu.

Meal Home Delivery. Would you or your loved one(s) like a hot delicious meal delivered to your door? Estuary League of Friends are offering two different meal choices each day. For example, one day you can have cottage pie with veg and gravy OR chicken curry and rice. YUMMY! And it comes with a dessert for £6! If you fancy any of these meals, please call the office on 01392 879009.



Shop Donations. Estuary relies heavily on our income from the two charity shops. This income isn't possible without donations of clothes, shoes, books, bric-a-brac and small pieces of

furniture. Donations for us from now onwards will be only be accepted at Nancy Potter House on a Monday and Wednesday between 9 am and 4 pm. Please note the charity shops will not be able to receive donated items. Please ring the doorbell at the hub and a member of staff will guide you to a safe area to leave them. This will enable us to sort, price and prepare them for sale in the shops and have staff available to place them in accordance with new Covid guidelines into a secure disinfection process. Please don't leave them outside our shops on the pavement or outside the hub doors as this not only causes a trip hazard but also puts our staff at risk having to handle them unnecessarily. We appreciate your support and can't wait to welcome you back in to the charity shops which will be following social distancing guidelines fully. Thank you.

National Lottery. We are delighted to announce we have been successful in our application to the National Lottery Community Fund (Protecting Vulnerable during the Coronavirus Outbreak). The award of £100,000 will enable Estuary League of Friends to continue to assist all those in need in our community over the next six months. Thank you The National Lottery Community Fund!

Home Help. We provide tailored services for people of all ages who require our help and assistance to live as independently as possible in their own homes. We provide cleaning, ironing; help with your laundry, and general housework.

- Running occasional errands - Provide a list of your shopping needs whether from the local shop or supermarket and we will collect for you. We can also collect prescriptions and help with banking, sorting mail and completing forms or paperwork.
- Sitting Service - This is a subsidised scheme for carers, which enables them to have daytime or evening breaks from their caring responsibilities. We can take the person you care for, for a walk, visit or drive.

If you would like to start any of our services, please give us a call on 01392 879009 and we will get you booked as soon as possible.

- **Nail Cutting.** We have now restarted our nail cutting service! Nail cutting will be held on Tuesdays and Wednesdays at Nancy Potter House by appointment only. £13 one-off first payment for clippers (which you can keep) and then £10 for each clinic booking, Start time: 9.15 am onwards; finish time 4 pm. If you would like to book an appointment, please call us on 01392 879009.
- **Booked Laundry / Post Office**



Estuary League of Friends
booked laundry SERVICE

Price List:

Wash, Dry and Fold:

Small (up to 6kg) £10.00
Medium (up to 7kg) £12.00
Large (up to 9kg) £14.00
Excluding duvets and large items.

Ironing will be charged at £14.60 per hour

Duvets and Large Items:

Polyester Duvet
Single £11.00
Double £13.00
King Size £15.00

Feather Duvet
Single £15.00
Double £18.00
King Size £22.50

Pillows
Polyester £5.00
Feather £7.00

Thick Blankets / Bedspread
Small £10.00
Medium £12.00
Large £15.00

Collection and delivery available; please call 01392 879009.

Topsham Post Office Is Open For 1 To 1 Appointments.

Our Opening Days & Times:
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Share your feedback on health and social care

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healthwatch
In Devon, Plymouth and Torbay

There has never been a better time to share feedback as UK looks to the future after COVID-19.

COVID-19 has resulted in a number of changes to our NHS and social care services – but what has this meant for you? We are here to listen and act on your feedback to improve care for you and others. That's why we've launched our campaign – #BecauseWeAllCare - alongside the Care Quality Commission, which highlights the importance of providing feedback on your experiences of care.

Find out here

Every piece of information is valuable for those delivering health and social care services, so it's vital that people don't hold back from giving feedback – whether it's big or small, good or bad. It takes only a few moments, but it could make a real difference to the care that you, your loved ones and your community receives.' Sir Robert Francis QC, Healthwatch England's chair.

Help valued services recover from the effects of COVID-19 by telling us your story:...

- **On our website**
- **Email us at info@healthwatchplymouth.co.uk**
- **Or call one of our lovely advisers from 10am-4pm, Monday-Friday on 0800 520 0640.**

Devon Charity Supporting Village Halls to Reopen Following Changing Guidelines



Independent charity Devon Communities Together has been supporting village halls and other community buildings throughout Devon during the past few months and is now working with these vital rural

hubs to help them safely navigate their way out of lockdown as Government guidance begins to make reopening possible.

Village halls have been closed since the lockdown was imposed and were due to be considered for re-opening when the Government's plan reaches stage three. However, on Monday 15th June the government changed the rules to permit holding indoor markets in community buildings, and it was expected that wider reopening of these important assets would be allowed from 6th July. Therefore, Devon Communities Together has circulated guidance on how to prepare for re-opening, based on the national guidance provided by Action with Communities in Rural England (ACRE), the national charity which champions and supports community-led projects and assets in the countryside.

The extensive guide, prepared by ACRE in conjunction with the network of county village hall advisors, helps halls through the regulations and guidance provided by government, local authorities, public health and professional bodies. Halls are encouraged to contact their user groups to work out how they could return whilst complying with social distancing requirements, good hygiene practices and knowing what to do if a user becomes ill. The guide provides checklists and model documents to help committees get their halls open safely.

Nora Corkery, acting CEO of Devon Communities Together (pictured), said: 'DCT has provided



extensive help to village halls ever since Covid-19 started to have an impact on communities. We have provided advice and guidance on a wide range of subjects and guided halls to apply for the Government's Covid relief funding, through our helpline and our village halls advisor. We have extended our service beyond our membership and have tried to reach all of Devon's village halls and similar community buildings. 'We look forward to the time when halls can re-open and welcome back their users. The requirements are demanding and we are pleased to be able to assist the volunteer committees that run such important community facilities.'

Deborah Clarke, ACRE's Rural Evidence and Village Halls Manager said, 'Over the past couple of months we have been contacted by numerous volunteers who manage village halls wanting to know how and when they can re-open and help their community recover from Covid-19. That's why we've been working with relevant government departments to make sense of the emerging regulations and produce this guidance which is tailored to village halls. I encourage all village hall committees to read this information as it will allow them to put in place measures needed to make their buildings safe for use before they are given the green light to open their doors once again.'

To access specialist support in reopening your village hall or other community building, please contact 01392 248919 or email info@devoncommunities.org.uk.

Lockdown Laughs



I used to dress off the peg, but now my neighbours take in their washing at night.

A neighbour suggested that I put horse manure on my strawberries...
Nope. I'm definitely going back to double cream.



A man was walking down the street and he met a small boy. The man asked what was his name. The boy replied, 'Six and seven-eighths.' The man asked him why his parents had given him such a strange name, and he replied, 'They just picked it out of a hat.'

A man goes into a fish and chip shop and says, 'Can I have fish and chips twice please?'

The shop owner says, 'I heard you the first time.'

What do you get if you cover a woman called Clare in chocolate? Choclatey Clare.

Notice in the butcher's:

'Please do not sit your children on the bacon-slicing machine as we get behind with our orders.'

Bob had been out diving off the Florida Keys for days looking for sunken treasure, but had had no luck. One day, while wading back onto the beach, he tripped over a chest filled with diamonds, rubies, and emeralds! Bob was heard to say as he carried the chest away, 'Well it just goes to show you that booty is only shin deep!'



Answers to the Cryptic Quiz on Sports

- | | | | |
|------------------|------------------|-------------------|----------------------|
| 1. Archery | 2. Bowls | 3. Handball | 4. Squash |
| 5. Boxing | 6. Darts | 7. Volleyball | 8. Polo |
| 9. Rowing | 10. Surfing | 11. Tennis | 12. Swimming |
| 13. Hockey | 14. Curling | 15. Croquet | 16. Cricket |
| 17. Badminton | 18. Judo | 19. Table tennis | 20. Fencing |
| 21. Orienteering | 22. Pommel horse | 23. Parallel bars | 24. Shooting. Discus |

Answers to the Treasure Hunt

- | | | | |
|--|---------------------------------|--------------------------------|-------------|
| 1. Park | 2. 150 | 3. Myrtle Cottage | 4. LYONESSE |
| 5. Jasmine Cottage | 6. Craig's Cottag | 7. Calagne Elementary School | 8. Craig's |
| 9. Between 8.30 am and 4 pm Monday to Friday | 10. Water | | 11. 411 |
| 11. Coniston | 12. Pam | 13. 1 St Leonards | 14. 411 |
| 15. Kay | 16. Guardian Fire and Security | 17. 1 Bishops Clyst | 18. 411 |
| 19. 20 mp | 20. Kaylie | 21. Abloy | 22. 411 |
| 21. Snow Shock/Yeti | 22. Ideal Cleaners | 23. Fresh Coffee (Smokin' Bean | 24. 411 |
| 23. Otter Driveways | 24. Old Tom | 25. After 6 pm until 8 am | 26. 411 |
| 25. 2 Forge Cottag | 26. 3 Forge Cottages | 27. Cask Marque | 28. 411 |
| 27. He's in a marsh! (Cummin's Marsh) | 28. Glen's (Glenfield Cottages) | 29. 411 | 30. 411 |
| | | 31. 411 | 32. 411 |
| | | 33. 411 | 34. 411 |
| | | 35. 411 | 36. 411 |



The Countryside Code

Respect Protect Enjoy

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs

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Resources Wales



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A stunning photo of a perfect rainbow over Grindle Way, Clyst St Mary, early evening on Saturday 27th June. Captured by Mary Gibbs.



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