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MAY 2020



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MESSAGE FROM REV'D NIGEL MASON

Rev'd William Lemmey (known as Bill) is to be the new Vicar of the White Cross Mission Community. He was due to be installed as such on 20th May and we are awaiting the Bishop's decision regarding this date given the current crisis; we may be looking at a postponement! However, we welcome Bill with his wife Daphne (Daff) and by means of an introduction print his Easter sermon, from his exiting parish in the Diocese of Bath and Wells and we continue to pray for them both as they shall prepare to move to join us.

Rev'd Nigel revdnigel540@gmail.com

Rev'd Bill Lemmey's Sermon for Easter Day 2020

Psalm 13 1 How long, O Lord? Will you forget me for ever? How long will you hide your face from me? 2 How long must I bear pain in my soul, and have sorrow in my heart all day long? How long shall my enemy be exalted over me? 3 Consider and answer me, O Lord my God! Give light to my eyes, or I will sleep the sleep of death, 4 and my enemy will say, 'I have prevailed'; my foes will rejoice because I am shaken. 5 But I trusted in your steadfast love; my heart shall rejoice in your salvation. 6 I will sing to the Lord, because he has dealt bountifully with me.

May I write in the name of the Father, Son and Holy Spirit [+], Amen. The angel said (Matthew 28:4): Do not be afraid. [The women] left...with fear and great joy (28:8).

Today I want to talk, or rather write, about fear and hope. Have you ever taken a step 'out into the dark'; or in Christian terms, a 'step of faith'? It could be a new job – relevant for me, and some of us. It could be moving to a new home, as with my stepson. It could be consolidating a relationship, getting married even. Can you remember how you felt? Was there both fear and hope?

In our readings today, I want to address that fear (I have chosen the psalm, not set for today, as I read it during Holy Week, and felt it spoke to our current situation in crisis). The angel said: Do not be afraid. (In the previous verse (Matthew 28:3): for fear of him, the guards became as dead men). Angels normally do...cause a reaction of fear (which is why normally their first words are 'Do not be afraid!') Many are fearful of Covid, and as I write, the daily figures of deaths for the UK were the worst ever so far; so fearful with some justification.

So – how does our psalm help? It seems to me to be in three parts (of two verses each, as it happens): These three parts correspond roughly to the three days of our *triduum* (a period of three days' observance, specifically Maundy Thursday, Good Friday, and Holy Saturday (together with) Easter Sunday). The first part of the psalm is an appeal to God, a lament; four separate sentences begin 'How long...?'. This reminds me of Jesus in the Garden of Gethsemane crying out to the Father: 'If possible, let this cup pass from me.' The second part is when the psalmist (allegedly David) faces death: 'Give light to my eyes, or I will sleep the sleep of death.' (13: 3b)

We are facing the fear of death in our cultures, from the pandemic. There is a fear that our enemy, coronavirus, might prevail against us (verse 4a). On the cross, Jesus had to face the fear and agony of dying and death – hence him crying out: 'My God, my God, why have you forsaken me?' (Matthew 27: 46) Finally, in the last pair of verses, we have faith and hope: 'I trusted in [God's] steadfast love...I will sing to the Lord.'

As I am writing this nature sings aloud to me of God's salvation. But also as I am writing, the air ambulance has arrived; so we pray for the poor soul(s) involved. On Easter Eve, we have to trust in the Lord, for his salvation. Just as we trust in the air ambulance, that people are rushed to hospital quickly enough.

And we...have to trust that there is a way out of...this current pandemic. We, now, with the benefit of hindsight, as Christians, can rejoice in the Day of Salvation tomorrow/today, on Easter Day. But...remember the women – being fearful of the unknown. At the time, Jesus's

resurrection must have been terrifying. I can hear them saying: 'How can Jesus be alive?' What does the resurrection mean? How will it be for all of us when this current crisis is over, with however many deaths? How will it be for those who've been near death and recovered from the virus? There will be an end; there is hope, and we can see new ways of community binding together. Maybe our old systems will have to change. Maybe making money is not what life is about. Maybe we can stop over-polluting our rivers, canals and our world.

Let us pray for a day when we can sing to the Lord; that he has dealt bountifully with us...eventually. So – let's go forward in fear, yes, but also in hope, and listen to the birds – of new creation. Have a holy and blessed Easter, wherever you are. Amen.

WHITE CROSS MISSION COMMUNITY

Following Government guidance around non-essential contact during the coronavirus crisis, the Archbishops of Canterbury and York have issued advice that public worship is suspended; consequently, there will be no services at any of our churches until further notice. More details are available on the Church of England website:

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches>. New prayers and worship resources:
<https://www.churchofengland.org/more/media-centre/coronavirus-liturgy-and-prayer-resources>.

Contributions, photos and letters to the editor for the June 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 Friday 15th May 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 to take pride of place on the front cover. Go on! Don't be shy! The best results are when you 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.

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EDITOR'S NOTE



Hello and welcome to this May edition of the Clyst Valley News – our second digital, full colour version since the coronavirus lockdown forced us to suspend distribution of the usual printed version. Normal service will be resumed as soon as possible!

You'll have seen from Rev'd Nigel's words that a new Vicar for the White Cross Mission Community has now been appointed. He is Rev'd Bill

Lemmey and we extend a warm welcome to him and his wife, Daff to the community.

I'm really grateful to our long list of contributors for somehow managing to come up with some content for the magazine at a time when all village activities have been curtailed. I hope you'll agree there's some interesting reading and information contained in this issue – one or two articles a bit longer than usual as we take advantage of the relaxing of the space restrictions!

I must thank Paul Dunn for this month's cover photo. It's of the old, disused cattle bridge that used to link Courtway Farm and the adjoining farm. If it looks familiar to many of you, that's because you'll have passed it as you indulge your daily 'isolation walk' around the Courtway Farm fields, courtesy of David Burbick. (Here's another picture of the trail.) Opening up his farm and mowing a trail around the fields and along the River Clyst for the use of local residents has been an exceptionally kind gesture by David and greatly appreciated by those of us able to take advantage of it. So a huge thank you to David for showing the community such generosity of spirit at a time of need; and another thank you to Paul for his lovely picture. And, while I'm at it, heartfelt thanks and respect, as always, to all you frontline workers out there for the amazing job you are doing to keep us safe and sane. You have our unending gratitude.

I'd like to take a leaf out of the book of Hadley Freeman, the Guardian columnist, who in her piece in last Saturday's paper was extolling the virtues and benefits of spending a bit of time each day talking about and doing things which are completely normal, ie not driven by the current crisis in any way but entirely in line with the things you would consider 'everyday'. I guess this means that there is still a time and place for the quirky baking, the clearing (at last) of the loft, learning Italian, getting that old violin out, tackling the 2,000-piece jigsaw gathering dust on a shelf somewhere – all activities that probably wouldn't be happening now were it not for the stay-at-home injunction. All good. But...let's not forget the other stuff that we do almost without thinking in normal times. And, let's be honest, it's not all terribly 'worthy', is it? But so what? That's how life is and we mustn't let go; it's important, part of the glue that makes us what we are. So carry on watching your favourite soap or the back catalogue of Love Island in your onesie; keep talking to your mates and giving them stick about the length of their hair; what's so wrong about buying supermarket Battenburg cake?; it's OK not to watch Newsnight religiously every night for the latest coronavirus update – especially if it clashes with the latest impenetrable Scandi noir drama on the other channel; it's also not beyond the pale to discover you're still in your pjs on Sunday night when you settle down in front of the box after dinner to watch 'Killing Eve'; and it's really therapeutic singing along at the top of your voice to Absolute 80s while peeling the potatoes (whatever happened to Transvision Vamp, by the way?).

What I'm trying to say – badly, I know – is that we shouldn't feel under any obligation only to strive continuously to do new and slightly off the wall things during this lockdown. We're not in a global creativity competition and there's definitely, in my view, a place for keeping those terribly ordinary aspects of our lives – humdrum as they may seem – on the front burner. Because, when this is all over, those are going to be the areas to which we revert and where we will feel comfortable. And we mustn't get out of practice...

I hope you enjoy the magazine. If you've got any items that you think will be of interest for the June CVN, then please do ping them along to me at clystvalleynews@gmail.com. Stay safe and keep well. We'll get there. Best wishes. Peter Skelton.



CLYST ST MARY



Clyst St Mary Church

Just to let everyone know that the church is still locked and closed on orders from the Diocese, but the churchyard is open for those of you visiting your loved ones. All the Churchwardens of the White Cross Mission are meeting via Zoom every week so the churches are keeping up with events and needs around our communities. If you need to chat or have any questions, please look on the church notice board and you will see 'phone numbers

for Pat Cusa and Linda Beattie.

Coffee Mornings



These have been suspended until further notice.

Teddies



Dear everyone. I just want to say what fun it was to have the teddy displays during the past few weeks in my front garden and from the messages and cards I have received saying how much they have brightened your daily walks. That was the aim so thank you. The teddies are having a rest but I will see as we go through the next week as long as the weather stays

nice. I have met quite a few of you to chat to (from a distance of course) and that has been a real bonus. Stay safe and well. Best wishes. Pat and Pete Cusa

Thank You

A big thank you to *Veg in a Box* for donating boxes of fruit and vegetables to people within our community who are needing a boost during this difficult and often very lonely time. I know that they have been received with thanks.



Walking Group



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

Village Hall Meeting



Our next scheduled Village Hall meeting is in the Committee Room at the Hall on Monday 18th May at 7.30 pm but this is unlikely to be able to go ahead.

For the future, **we are 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 coming year. Anyone wishing to start a regular club should contact the caretaker for the special rates available to regular hirers.

Clyst St Mary Primary School



Hello in these new and challenging times. As you can imagine school life, like everything else, has changed beyond recognition in the past few weeks

and we would like to thank our staff for their dedication and hard work in developing the use of new tools to facilitate online learning for the children, incredibly quickly. We also send our thanks to all our parents for their forbearance when the technology is not quite on track or as straightforward to use as we might hope. School remains open for vulnerable children and children of key workers with just a skeleton staff while everyone else works from home.

We are a close-knit community and technology is helping us maintain contact. Our website is filling up with wonderful pictures of work the children have done and most importantly photos of the fun activities they and their families have engaged in. Why don't you take a look? <https://www.clyststmary.devon.sch.uk/class-pages/>.

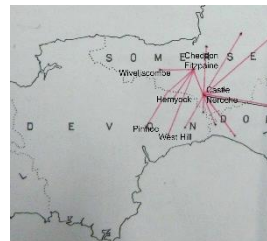
You'll also find photos of the activities the small group of children attending school have been up to.

The allocations for school places in September have been published and we would like to offer a warm welcome to the families that will be joining our Reception class in September. We will be in touch shortly to provide what information we can in these uncertain times. In the meantime, if you have any questions do please email the school at admin@csmpps.org.uk.

We wish our entire community well at this difficult time and hope that we will all look back on this and reflect that although challenging there were silver linings and positive memories. Many of our parents are commenting on what a privilege it is to have the chance to spend time with their children in a way that our busy lives don't always permit. Take care all of you and enjoy our rainbows; there are more on the school website.



Churchill's Secret Army in Clyst St Mary



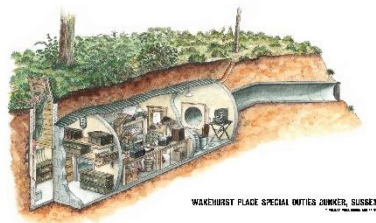
Civilian volunteers would have been part of a resistance force in the event of a successful German invasion during WWII.

In 1940 the prospect of a Nazi invasion was a very real one. Britain, having lost most of its military equipment in the Dunkirk evacuation, was to all intents and purposes on its knees. The Local Defence Volunteers (LDV), later renamed as the Home Guard, had just been formed, famously armed with pitch forks and ancient weapons, and the RAF was fighting a desperate battle in the air.

However, preparations were being made for the potential German invasion. There were at least two groups of civilian volunteers being gathered together to help resist the initial stages of any invasion. One, the Auxiliary Units, were patrols of six – eight men, made up of those who knew their local surroundings intimately such as farmers, gamekeepers and farm workers. They were highly trained to act as guerrillas and blow up transport, ammunition dumps, assassinate high ranking Germans, anything to slow down the German advance. They would have disappeared to secret underground bunkers as soon as the Germans entered their area and come up at night to hit their targets. Each man had to sign up to the Official Secrets Act and told their nearest relatives and friends nothing of their role with most going to the grave without ever saying a word. We have evidence of patrols across Devon,

including Newton Poppleford and Sidbury (more here: <https://www.coleshillhouse.com/devon-auxiliary-units-and-obs.php>).

The second group were trained as spies, who could identify German patrols, vehicles, formations and ranks. These too signed the Official Secrets Act and told no one of their role. Messages containing the information gathered would then be sent via runners to civilian wireless operators who would have forwarded the messages to Royal Corps of Signals or ATS women in underground bunkers in key areas, who would have then sent the information on to the regular army. This group of civilians, separate from the Auxiliary Units, were known as Special Duties and recruited doctors, pub landlords, Girl Guides and Scouts, anyone who could walk around villages and towns without attracting suspicion. We know that there were civilian wireless operators in a house near Pinhoe, one in the attic of the Hare and Hounds pub near Sidbury, and an underground wireless in West Hill (more here: <https://www.coleshillhouse.com/specialdutiesbranch/sds-bunker-locations.php>).



However, there is also evidence of a wireless set somewhere in Clyst St Mary. The team at the Coleshill Auxiliary Research Team have been looking at evidence and believe there might have been a set in The Maltsters Arms and have heard stories of the 'Spies in The Maltsters'. The team is now looking for any information of stories in Clyst St Mary during WWII that might shed some light on this highly secret network, especially any information on The Maltsters and particularly if anyone knows who was the landlord during the war years. If anyone does have any information, please contact Andrew Chatterton on cartpress@gmail.com or on 07855 524981.

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

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NB ALL SCHOOLS ARE CLOSED UNTIL FURTHER NOTICE.

From My Front Door (A Local Walk)



This walk (and others that may follow) were conceived when the Government stated that we should take our exercise from our home, and not drive anywhere first. In Clyst St Mary we are blessed with a number of footpaths in close proximity to the village (plus now an extra one with the addition of the isolation walk kindly provided by Courtway Farm) - not to mention the 'unofficial' walk along the levees.

This walk goes out to the Cat & Fiddle using the estate and part of the old A3052 to bypass the main road where

possible and returns using footpaths via Shepherds Farm and the church. It is about 5.5 km (3.25 miles) long. Within the directions I have included some information on sites passed to, hopefully, add to the interest - but, above all, enjoy the countryside (remembering, of course, the Countryside Code – there is a summary later in the magazine).

1. The walk starts at the top car park in the village by the garage. This was a sand quarry. It is a RIG site - the geological equivalent of an SSSI. The rock is Dawlish sandstone and shows an excellent display of sand dune cross-bedding - it was deposited in desert conditions where the frequent change in wind direction caused the layers of sand to often cross each other. The buttress of sandstone on the corner of the lane by the footpath sign is easily accessible for close study.

2. When you are ready walk up to the main road. To your right, by the bus-stop, is the Swan Sculpture, designed and constructed by Lucy Coles to commemorate the millennium. Clyst St Mary has always been known for its swans and to incorporate the medieval bridge in the design is most fitting. Across the main road to the left is White Lodge, one of four lodges associated with Winslade House.

3. Walk left, cross at the pelican crossing, turn left and follow the signed footpath into Winslade Park Avenue. The footpath you have just used marks the beginning of the Trim Tram, a path that crossed the Winslade Park estate to enable the residents of the village to shortcut to church. It is marked on the tithe map of 1839 and on the OS maps from 1842. It is still marked on OS maps, but with a rather more twisted path to avoid the houses of the estate. We will meet the far end of the Trim Tram later in the walk.

4. Follow the road left and round the bend into Clyst Valley Road. Turn left then left again into Church Lane. Walk up to the main road. The building on the right is Red Lodge, the second of the lodges guarding Winslade House in days gone by.

5. Turn right and walk past St Bridget's Nursery. Soon the footway leaves the modern A3052 and drops down on to the older road. You are now following part of the boundary of the Saxon estate of Clistwicken, perhaps given by King Edgar to his son, Athelnoth (although the existing charter is a forgery), but certainly owned by Eadgitha, wife of Edward the Confessor as recorded in the Exeter Domesday Book. The estate boundary mostly follows the present Clyst St Mary parish boundary except it ran north of the present line through the village. If you live in a house on the south side of Manor Park the bank forming your rear garden boundary is part of the boundary of the Saxon estate!

6. Walk to the crossroad. (If you want a shorter walk turn right here, walk up Oil Mill Lane and pick up the walk from point 10. On the way you will pass Old Mill House - see the note after 9). Cross over and bear left, signed Langdon's Business Park. Walk to the very end of the road and continue on the path running to the left of the garden wall of Coxes Farm. This will bring you back to the main road. Cross over the main road, turn right and walk along, passing the Cat & Fiddle Inn. On the way you will pass Hunt Cottage near where the East Devon Fox Hounds were kennelled. Counting the number of different species of wild flowers on the left of the footway is a pleasant distraction from the traffic on your right. You may be surprised by the total you get!

7. Just before the entrance to the Cat & Fiddle Park there is a traffic island. Cross here and go over the stile into the field. Follow the hedge on the left then cross the gated bridge over the Grindle Brook. The brook gets its name from the Anglo-Saxon word for gravel. Its many tributaries all start west of the B road that runs along the ridge of Woodbury Common then join up to eventually empty into the River Clyst just south of Clyst St Mary. We shall meet this brook again in our walk.

8. Again follow the hedge, ignoring three gates on the left, and you will come to another bridge. Cross this and continue following the hedge which will take you to a gate with a stile to the left. Cross the stile and walk up the track past Kiddicott Farm. Continue ahead to Shepherds Farm

where the road bears right. Kiddicott takes its name from the goats that were kept there. No prizes for guessing what Shepherds Farm specialised in! Although goats were important for providing milk, the wool from sheep was not only Devon's but England's big earner in the 1500s, although an Act of 1678 stating that you had to be buried in a woollen shroud suggests that the business may have started to need propping up.

9. This lane will take you to Oil Mill Lane. You may be wondering what an oil mill was. It was a mill that produced oil from grinding seeds - but there was never one in this lane! About half a mile along the lane to the right the Grindle Brook crosses and by this there was a mill - but it never produced oil. There is a clue, however. Old Mill House still exists close by the brook so perhaps the lane was originally named Old Mill?

10. Cross the stile opposite, then turn half right and cross the field to a bridge just to the right of a couple of tall trees. After crossing the stile at the far end turn half right again and cross the next field. Cross the stile here and aim straight across the last field for the gap in the hedge and the stile and plank bridge which will take you into a copse. The path through this is well marked and ends at a fallen signpost. You are about to join the carriageway that came from Winslade House. It curved round, following the avenue of older trees to your left, to the Exmouth road. (This gatehouse, Exmouth Lodge, no longer exists.) It was built in the mid-19th century by the shy owner of the time, Joshua Dixon so that he wouldn't be seen leaving Winslade House by the ladies of the village!

11. Continue ahead, across the quite elaborate bridge over the Grindle Brook and on to the church. As the site was held by the Canons of St Mary there would have been a Norman church here, most likely preceded by a wooden Saxon church. (We are within the manor or Clistwicken mentioned earlier.) At the gate to the church you will notice a War Graves plaque. The grave is to the right of the path to the church door and has glass domes on it. It marks the burial of Edwin Clark, a carpenter on HMS Vivid who in 1917 fell from the ship during a refit in Grimsby, fatally striking his head.

12. Leave the churchyard and walk down Church Lane. On your right you will come to a small gate set back in a curve which widens the road. Behind is a large house. This was the Rectory. Maybe the curve was to allow carriages to turn after depositing their guests. Further you will pass wide gates which would have given access to the stable block, and further still a house sign, The Barn. Opposite this is a footpath. This is approximately where the other end of The Trim Tram mentioned earlier came out.

13. Continue your walk down Church Lane (enjoying the range of wild flowers in the banks) to the turning signed Winslade Park. Turn left here then second right right into Winslade Park Avenue. Walk up to the T-junction, turn left and walk to the bottom. You will have noticed that just before the bottom the road bears to the left. You are on yet another of the driveways into Winslade House with Exeter Lodge on the left at the entrance from what was the original Exmouth road.

14. Turn right and walk for a short way along what was the old road then up the slope to the roundabout. Follow the path to the left then cross the road at the traffic island (taking care on the second section as traffic visibility is not easy here.) Turn left and walk down past the shop and cross the road. Before tackling the hill back to our starting point let's take a moment considering where we are exactly. Well, not in Clyst St Mary parish - that's the other side of the road. This side is Sowton parish - but not just here! You are actually in a one-acre outlier of Farringdon parish transferred here to house St Gabriel's Hospital (the earliest provincial hospital outside London) when it was moved from its original site at Bishop's Court by Bishop Stapleton (who presumably didn't want 'blind and infirm priests' wandering around his palace!). An old photo shows the pillars of the entrance gate to St Gabriel's where 2 Manor Cottages (that you will soon pass) now stands and an early OS map still indicates the location of the Priest's House on this site.

15. Turn uphill and walk up the road to the school. The original school was set up for 45 children in 1834. These buildings still exist but have been extended. Although compulsory attendance was introduced in 1880 it was not free until 1891! In 1890 labourers, for example, had to pay 1d per child per week - double if you didn't live in the parish (unfortunate if you lived just across the road?).

16. Continue back to the car park where we started.

[Grateful thanks to Clyde Bish who researched and compiled this delightful walk. Ed]

CLYST ST GEORGE AND EBFORD



Church Services

All services have been suspended. Please see the notice in the White Cross Mission Community section.

CSG Parish Council Chairman's Report: May 2020

The Parish Council held a video meeting, a first, and it seemed to go well. We will have to repeat it again for the next meeting on 13th May. If you wish to attend (virtually) then let our Clerk know and she will send you an email link - you may have to install Zoom on your digital device.

Community life is suspended for now, but hopefully it will slowly get back to near normal. Many thanks to all of you who are looking out for each other, as well as to the many key workers we have in the parish. Keep safe everyone.

John Manser

john@jmanser.co.uk

01392 874861

Norman's Weather Report



March provided 56 mm (two inches) of rain here at Ebford where we now experience a slight drought; no precipitation since 16th inst! Not so easy for gardeners but ideal for farmers, who have the powerful machinery to produce crop seed beds where necessary.

The 20-year average for me has been 65 – 75 mm, a little more than the amount for March 2020. However, the weekly amounts were 32, 15, 9 mm and zero; with nothing but cold easterly winds, some frosts and a little dew for the last 15 days. We are really hoping for some traditional, warm April showers. Norman Cann

Lady Seaward's C of E Primary School



parents and carers.

Lady Seaward's, like all the schools across the country, is now shut to all children except those of key workers and vulnerable children. The children are now getting used to accessing their alternative provision from the school website and working from home with help from their



The teachers have been receiving regular emails from the children and have been speaking to them on the 'phone. All the staff look forward to seeing the emails showing examples of the children's work and the other great activities that the children have been up to including art work and Joe Wickes morning workouts! Those of you who live in the village may have seen the lovely art work that the children who are in school made to support *Stay Home, Stay Safe, Support the NHS*. I'm sure you'll all agree it is amazing; well done to all who worked on this.



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)

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.)

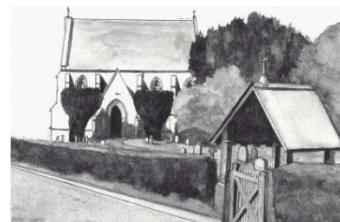
Little Dragons Pre-School

We are pleased with the outcome of our Ofsted inspection in April 2018, where we were judged to be 'good'. We still have a few spaces for children so do come and visit and meet our highly experienced staff team. 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. For more information please telephone Elly on 07939 995486 (in school hours), email littledragons@live.com or visit our website www.littledragonsclyststgeorge.com.

NB ALL SCHOOLS ARE CLOSED UNTIL FURTHER NOTICE.

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### WOODBURY SALTERTON



#### Easter

The church building was of course like all churches closed at Easter but the Church, ie the people, still celebrated Easter. There were two Easter cards on the church service sign board.



### Monthly Coffee Mornings



These have been suspended until further notice.

### What About a Quiz?

Before the lockdown started I had begun to sell a summer quiz in an effort to raise some more funds for our church. I named it The Scarecrow Event Quiz because I was connecting it to our annual Scarecrow Challenge in June.

Sadly this is unlikely to take place which means a loss of fun to the village and a financial loss to the church of around £500. If you would like to have a go as a diversion in these difficult times, I can send the quiz by email or by post. Copies cost £2 and there is a £10 prize for the best entry. Entries to be in by the end of June. You can telephone for a copy on 01395 232009 or request one by email at [avmx79@dsl.pipex.com](mailto:avmx79@dsl.pipex.com). Payment for same could be made by cheque made out to Woodbury Salterton PCC or by bank transfer to the church's account 30- 93- 14, account no 02863238, Lloyds, Exeter. Woodbury Salterton PCC account.

Thank you to those who have already supported it. I even had an extra £10 donation from Mrs Margaret Taylor in Exeter because she said she had so enjoyed having something different to which to put her mind.

I have been spending the lockdown in planning out my usual autumn quiz for the church. Entitled *Britain in Bloom*, it will come out in October. Thanks. Katharine Wheeler

### Rainbows and Teddy Bears



Rainbows in support of the NHS were up in several places

– school fence, etc.

People put bears in their windows as part of the national campaign 'Spot the Bear' to make walks more interesting for children.



### Practical Help in the Village During Covid-19 Isolation

Woodbury Salterton friends, neighbours and others joined with The Friends of Woodbury Surgery to offer support to everyone in the village. Leaflets were distributed to every home. Volunteers are offering to pick up shopping or prescriptions, post items or get in any urgent supplies. They even offer a friendly 'phone chat to anyone struggling with isolation.



## Headbands for the NHS

Some WI members are making headbands for the RD&E hospital. A call went out to all WI members to make these bands on to which face masks can be fixed with buttons. Normally face masks hook over the ears but the wearers' ears become sore and irritated over a short time so these bands, which can be washed, will make for comfort

## Scarecrow Challenge



This popular annual event is planned to take place on Sunday 14<sup>th</sup> June from 2 pm in the Glebe Field (CORONAVIRUS PERMITTING!). Please put this date in your diaries. The theme this year is *People in History – from Caveman to Spaceman!*

## Woodbury Salterton C of E Primary School



Our school might be closed to most of our pupils during the pandemic but we have been busy during term time. As our children's lives have been disrupted with the new routine of learning at home and being away from friends and teachers, staff have been working hard in the background to offer inspiring ideas whilst being open for a small number of children who have parents working in frontline professions. We would like to share some highlights of the school's work and encourage you to visit our website where there are lots of resources to keep learning going at this challenging time: <https://www.woodbury-salterton.devon.sch.uk/category/latest-news/>.

**Collective Worship.** Whilst most of our pupils will not be present for our daily acts of worship we have been encouraging our parents and children to remember this important act each day as it is a fundamental part of our school life and even more meaningful in this time of worry, of loss and bereavement. One of the prayers shared on the website was 'A prayer for the world':

God of love and hope,  
you made the world and care for all creation,  
but the world feels strange right now.  
The news is full of stories about coronavirus.  
Some people are worried that they might get ill.  
Others are anxious for their family and friends.  
Be with them and help them to find peace.  
We pray for the doctors and nurses and scientists,  
and all who are working to discover the right medicines  
to help those who are ill.  
Thank you that even in these anxious times,  
you are with us.  
Help us to put our trust in you and keep us safe.  
Amen.



**Mental Health.** During this difficult time we know that many of our children will be feeling worried about what is going on and perhaps struggle to understand why the changes are necessary. Being away from friends, family and school can make some children feel sad. On our website we have links for our pupils to access support; on 14<sup>th</sup> April we posted lots of activities from Heads Up for the children to take part in including the 21-day happiness challenge. Prior to the pandemic our children have been learning to incorporate 10 a day for positive mental health and developing healthy routines for the wellbeing of their bodies but also their minds; these activities are especially important at this time and they include:

1. Talk about your feelings
2. Do something you enjoy and are good at
3. Keep yourself hydrated
4. Eat well

5. Keep active in mind and body
6. Take a break
7. Stay connected to those you care about
8. Ask for help
9. Be proud of your very being
10. Actively care for others.

These are good for everyone in our communities, young and old, and we hope you can build these into your day too during this period of lockdown.

**Learning Resources.** Staff have posted links and suggested activities on to the website for each year group and have created learning packs, printed and available for collection because we understand that many children will have to share laptops and PCs with their working parents. Visit the website for links to our Accelerated Reading Scheme to keep going with your reading progress. Class teachers have put up exciting learning themes tied in with our current focus on the curriculum. There is lots to do!

**Governing Body.** Governors continue to work in partnership with the Federation's senior leadership team and meet via an online platform to carry on with our statutory responsibilities.

**Support to our Communities.** Children qualifying for free school meals are able to gain support from school on Mondays through a food hamper; school will contact you to agree collection.

**Foundation and Reception Children for September 2020 Entry.** By now parents will have received confirmation about their child's place for September 2020. If you are a parent and are still considering if a place at Woodbury Salterton would be right for your child, please don't hesitate to contact the school office on [admin@woodbury-salterton.devon.sch.uk](mailto:admin@woodbury-salterton.devon.sch.uk) and ask to speak to our Head of Learning, Mrs Milford.

## Village Hall Activities

### Woodbury Salterton Village Hall



The committee of Woodbury Salterton Village Hall would like to thank the Parish Council for the grant they supplied for the replacement of the front door of 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; please pop in and say hi: 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.)

## Women's Institute



WI activities have now been suspended due to the coronavirus outbreak until further notice.

## Whist Drive



This has been suspended until further notice.

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LETTERS TO THE EDITOR

Dear Peter

Rainbows in our Windows

A big thank you to all those who organised this...I was really touched when one came through my door! It makes me feel reassured and blessed to be reminded that we are all connected in a life-giving way, no one forgotten or beyond love and care.

As a Christian the rainbow speaks of God's message of peace and hope to the whole world in a time of devastating flood. God walked with Noah and, because he was right with God and obeyed Him, he and all his family were saved. So reassuring to know at this time of devastation in the world from the virus that we can be safe, secure and peaceful right now in the arms of Jesus. He is our rock and safety in every storm of life! Bless you all.

Best wishes. Sandra Andrews, Clyst St Mary (1sandraandrews@gmail.com)

--/--

Dear Peter

Teddies



I was wondering if in the next edition of the Clyst Valley News you could please include a thank you to Pat Cusa for her soft toy arrangements she has been putting in her front garden to keep the local children amused during their walks. She has gone out of her way to put a smile on the little ones' (and grown ups'!) faces during this difficult time and it has been very much appreciated by ourselves (and all the other local families that pass her house I am sure).

Kind regards. Chantal, James and Amara Bowden, Clyst St Mary

--/--

Dear Peter

Thank You to our Village Shop

I think I can speak for many residents of Clyst St Mary in wanting to say many thanks to our village shop. The news has been reminding us all to use our local shops, which in turn avoids us jumping into our cars to shop which in turn keeps us all safe. From the start Kate, Mike and Sally and all their staff have put in motion deliveries, social distancing and care for the residents of the village. In particular those who are self-isolating and elderly and perhaps on their own. Busy days but always with a smile. Thank you all for being there for us. Take care and stay well.

Kind regards. Pat Cusa, Clyst St Mary

~~~~~

AND FINALLY...

### 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. Look out for our announcement and stay safe!

**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](mailto:support@forcecancercharity.co.uk)

For psychological and  
emotional support  
☎ 01392 406168 / 406169  
✉ [help@forcecancercharity.co.uk](mailto:help@forcecancercharity.co.uk)

**force**  
cancer charity  
[www.forcecancercharity.co.uk](http://www.forcecancercharity.co.uk)

## The Exeter Forum



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

### Cryptic Flower Quiz

by Barbara Scales

See how many you can work out...

1. UV .....
2. Got out of the bed .....
3. Rode a tandem .....
4. The flag .....
5. King of the jungle preceded by  
part of a fairy tale prince .....
6. Cooking vessel followed by the Adriatic perhaps? .....
7. Churned in a drinking vessel? .....
8. Put a hand in this sly creature .....
9. One type could be an astronomer .....
10. Sound of a frog we gather? .....
11. A bit of the white stuff .....
12. Can happen if it is in the fire too long .....
13. Conjunction goes before a baby goat .....
14. Bird look out and a(n) old fashioned type of stove .....
15. Happy with a debt and not telling the truth .....
16. A defined territory with a government, following  
a mode of transport .....
17. ? Bucket .....
18. Sol Fleur .....
19. Sugary vegetable .....
20. A shade of purple .....
21. Amorous in the fog .....
22. Sweet singing bird with what sounds like a happy cat .....
23. Ivy's companion with a German wine .....
24. Campanology for Paddy .....
25. Helps to keep hands soft .....

[Thanks to Barabara for compiling this. Answers on the next but one page. No peeping! Ed]

### Words from Pope Francis



Tonight before falling asleep  
Think about when we will return to the street.  
When we hug again,  
When all the shopping together will seem like a party.  
Let's think about when the coffees will return to the bar, the  
small talk, the photos close to each other.  
We think about when it will be all a memory but normality will  
seem an unexpected and beautiful gift.

We will love everything that has so far seemed futile to us.  
Every second will be precious.  
Swims at the sea, the sun until late, sunsets, toasts, laughter.  
We will go back to laughing together.  
Strength and courage.



## Keep Busy Topsham: Responding to the Crisis by Pulling Together



Two community organisations are working together during the coronavirus crisis to provide essential information and inspiration for people in and close to Topsham. They are Estuary League of Friends - a hugely respected charity based in the town - and Love Topsham, a group of volunteers running a community interest company focused on encouraging local business and initiatives.

Estuary League of Friends, which delivers social care services primarily for the elderly, has its base at Nancy Potter House in Topsham. In addition to serving that town it covers Countess Wear, Ebford, Exton, Clyst St George, Cat & Fiddle Park and Clyst St Mary, Ringswell Park, Digby and Sowton and The Rydens.

With a patch like that, it's a hugely busy organisation at the best of times, let alone the worst. The charity typically carries out 321 care visits per week and on a recent seven-day spell during the lockdown Estuary also undertook 221 shopping trips; 55 batches of medication collected and delivered; 28 dog walks; 215 befriending calls and 27 urgent taxi'd trips. Then there are the deliveries - 178 Easter eggs and item bags for those self-isolating; 321 hot meals; and not forgetting the ten emergency food parcels to families.



Local resident self-isolating supported by Estuary and supplied with a kettle



Volunteers help support Estuary, as they cope with increased demand

The two groups work together with the community to provide as many people as possible in self-isolation with Keep Busy Topsham packs filled with items and treats to keep them occupied and feeling cared for - a mix of magazines, puzzles, books or jigsaws. More details about these packs and all sorts of ways to keep occupied at this time can be found at [www.lovetopsham.co.uk](http://www.lovetopsham.co.uk) - and it won't surprise you to know that because of this resource for the whole community, traffic to the website has almost quadrupled in recent weeks.

But it doesn't stop there, because Love Topsham is about encouraging the town's many independent shops and they, too, are pulling together right now. Several of Topsham's shops are still operating - safely, within guidelines, but trying their utmost to serve the local community. So whether someone is after a home delivery of a cooked meal, essentials from the local butcher or greengrocer, must-have food for a pet, or books, beauty products, or even telephone consultations from therapists - there's a strong chance they will be available and, of course, listed on the Love Topsham website. For example, Alex Coulter - owner of pet supplies store Pawsome of Topsham - says: 'It's so heartening to see how the town's businesses and



Pawsome of Topsham open with reduced hours and now available online

shops have adjusted and still found ways to offer their services. Topsham's streets may look quiet but from the website - you can really appreciate there's a lot going on behind closed doors.' Another example is local opticians Peter Tosh; it still offers essential and urgent eye care such as new spectacles, repairs, or replacement contact lenses. The opticians are also working with the NHS to take care of patients who would normally be seen in an eye clinic setting to avoid hospital attendance.

Check out the town calendar on [www.lovetopsham.co.uk](http://www.lovetopsham.co.uk) for activities for the whole community too - and they are still going on, even in lockdown, via Zoom, Facebook Live or other platforms. Everyone can find information about sessions such as fitness classes, meditation, Slimming World groups and counselling on the website. And, if that's not enough to keep people busy, there's also a section on the site with special activity sheets from local groups and clubs. These can be printed off and given to others in the community who may not be online.

Why not grow your own plants from vegetable ends with advice from Topsham Allotments and Gardens Society? Or try crosswords created by the owner of The Topsham Bookshop? Stretch yourself with history sheets from the museum - they're all to keep us busy and connected. So far, so good - we hope!

But even with a crisis all around us, there's a new challenge facing Estuary League of Friends and its clients in Topsham and beyond. With its hub at Nancy Potter House closed for the foreseeable future because of virus restrictions, and the charity's two shops also shut, Estuary now urgently requires £60,000 to keep its services going.

'Estuary League of Friends receives no council or government funding at all and has always relied on the generosity of donors and being able to provide services at reasonable costs to those



Estuary now appeals for funds to keep up vital community work

to everyone who can afford to donate. Many people may also recognise that they already rely on Estuary - and those that don't now, could well do in the future. To view a short video by Marilyn Ramsden, Chair of the Board of Nancy Potter House, talking about this cause, visit: <https://www.youtube.com/watch?v=XLnOSZoSuUs&feature=youtu.be>. To contribute to the appeal, visit: <https://www.crowdfunder.co.uk/estuary-appeal> or contact Estuary League of Friends at [office@estuaryleague.org](mailto:office@estuaryleague.org); or call 01392 879009. A huge thank you from Estuary League of Friends and Love Topsham.

## Answers to the Cryptic Flower Quiz

- |                      |               |               |                      |
|----------------------|---------------|---------------|----------------------|
| 1. Violet            | 2. Rose       | 3. Daisy      | 4. Iris              |
| 5. Dandelion         | 6. Pansy      | 7. Buttercup  | 8. Foxglove          |
| 9. Stargazer Lily    | 10. Crocus    | 11. Snowdrop  | 12. Red Hot Poker    |
| 13. Orchid           | 14. Hydrangea | 15. Gladioli  | 16. Carnation        |
| 17. Hyacinth         | 18. Sunflower | 19. Sweet Pea | 20. Lilac            |
| 21. Love in the Mist | 22. Larkspur  | 23. Hollyhock | 24. Bells of Ireland |
| 25. Marigol          |               |               |                      |

## Poetry Corner

*Love and Art*  
By John Smith

We have searched long for a meaning,  
Why is life on earth?  
What is it makes us human  
Gives purpose to the birth  
Of Man?

Are we just an accident,  
A chance chemical freak  
That mixed the atoms so and so  
And gave us brains to seek  
For truths.

If life's to have a value  
A purpose must be sought  
To measure out achievement  
That joy and pain has bought  
So dearly.

Well here's a goal,  
Fulfil brains worth  
(Life's there not in the heart)  
Whatever's made upon this earth  
Creatively is Art.

Our purpose is creativity  
The brain must be inspired  
To let your soul, your id, shine through  
And let your art new-fired  
Show love.

For love and art are soul mates  
That give reason to our being.  
Their joy is all in giving  
And in so doing is freeing  
Us from self.  
©John Smith

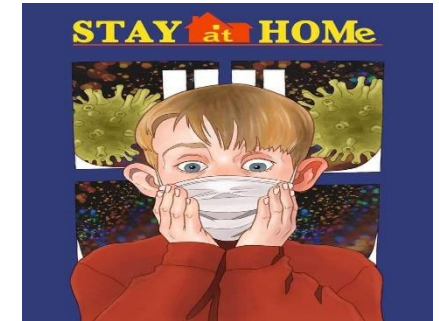
*And the People Stayed at Home*  
By an unknown author in Australia

And the people stayed home  
And read books  
And listened  
And they rested



--/--

And did exercises  
And made art  
And played  
And learned new ways of being  
And stopped and listened  
More deeply  
Someone meditated,  
Someone prayed  
Someone met their shadow  
And people began to think differently  
And people healed.  
And in the absence of people who  
Lived in ignorant ways  
Dangerous, meaningless and heartless,  
The earth also began to heal  
And when the danger ended and  
People found themselves  
They grieved for the dead  
And made new choices  
And dreamed of new visions  
And created new ways of living  
And completely healed the earth  
Just as they were healed.



## Managing St Swithun's Church and Grounds, Woodbury, for Biodiversity



(Andy Lewis 2020)

suggested as a location where this aspiration could be explored. The churchyard was the setting for one of the WWA events last May, [Robin Harford's edible plants talk](#).

Rev'd William Keble Martin's connection with Woodbury parish, his passion for botany and botanical illustration inspired the Woodbury Wide Awake Festival (WWA) of 2019. Earlier this year, the organising committee met to consider what the legacy of the festival could be. A collective desire to encourage a greater understanding and appreciation of the natural environment emerged as a key theme. One of the most serene and contemplative green spaces in the parish, St Swithun's church and churchyard which dates back to the 13<sup>th</sup> century was



Robin Harford's edible plants talk during the Woodbury Wide Awake Festival last May (Diana Wackerbarth, 2019)

Burial grounds can be surprisingly rich in biodiversity and support a fantastic array of different species. Agricultural intensification, development, pollution and the everyday use of chemicals has had a negative impact on biodiversity, but burial grounds tend to escape these changes and offer us a glimpse of a past world (*Caring for God's Acre*, 2020). With some simple horticultural and ecological interventions, the churchyard can be managed to promote these rich habitats.



The *Church of England* (2020) describes churchyards as 'important for their habitats and as refuges for wildlife and plant life' and encourages management and use of churchyards in a way that is 'appropriate and respectful'.



A drift of lady's smock naturalising in a hay meadow in Clyst St Mary (April, 2020)

Churchyards are also refuges for people, as well as places for burials and remembrance, so need to be managed in a sensitive way. *Managing Churches and Grounds for Wildlife* (2015) suggest undertaking a survey to identify which species are present before developing a management plan for the churchyard. A good example at the moment would be delaying grass cutting to allow lady's smock to flower and provide a food source for the orange-tip butterfly. The management plan will detail cultural techniques to encourage greater wildlife uptake.

Our aim within the churchyard is to create a space to enjoy where everyone feels welcome. This is difficult to achieve at the moment with the closure of the churchyard. Rest assured, pollinating insects and other wildlife have no regard for the government's guidelines for social distancing and congregating! At difficult and challenging times, it's worthwhile considering life beyond this current impasse, where the community will be welcomed to celebrate times of happiness such as christenings and weddings. At a point where we have greater opportunities to reflect and take stock of our lives, we must take care of ourselves and the places where we live.

We are involving the community and key stakeholders such as the council and contractors responsible for the maintenance and development of this important amenity and cultural resource.

We would like to create a floral welcome for those entering the church and along the bank facing the



Orange tip butterfly feeding on purple honesty, Woodbury Salterton (April, 2020)

cottages, we'd love to create an attractive, nectar-rich feeding station for pollinating insects. The churchyard is a unique place, at times busy and others where it is infrequently visited by people paying their respects or just enjoying the peaceful environment amongst the headstones. This quietude is also great news for nesting birds. So, in future if the churchyard is looking a little straggly or in need of a trim, it's deliberate. We're not self-isolating, just the opposite, we're inviting all creatures great and small...

Andy Lewis, Head Gardener, private estate, Exeter, Instagram [@andy.d.lewis](https://www.instagram.com/andy.d.lewis)

## Lockdown Laughs



A few topical funnies from regular reader, John Flitney:

- Being locked-down is far less embarrassing than being locked up.
- *Self-isolating is a doddle! Just means one puts one's ice cubes in whatever one is swigging oneself. Cool!*
- Got the ice cubes cracked, now celebrating not being a pianist; all other members of the orchestra are off work. Pianists are key workers...Ho hum!
- *Online shopping? Ha! That's a joke! Never mind the prices, I haven't yet seen a supermarket train.*

**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

Produced jointly with Natural Resources Wales

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- I have discovered while shopping online that coconut shampoo is available should you also happen to buy a hairy coconut. Also should you own an Apple computer that could use some tlc there is a shampoo for that too. (Enquired about treatment for the mouse but not sure how Warfarin would work?) Another thing on offer is an oil should you have some squeaky evening primroses in your garden.

- *Finally...Police have made fewer arrests since lockdown commenced as they find it difficult to apply handcuffs at two metres separation.* [Thanks, John. Ed]

I work in a library, and today this guy came up to me and said, 'Do you have a bookmark?' I said, 'Yes, we have loads of them...But my name is John.'

*What is another name for a water otter? A kettle.*

Did you hear that the police have put out a warning to house owners about a gang who recently failed in their attempt to steal the tiles from the roof of a local house? The police said they were roofless criminals.

*Doctor: So, tell me, what has brought you to this hospital?*

*Patient: An ambulance.*

Dave: Did you hear that Fred has got a job at the bowling alley?

Joe: What tenpin?



Dave: No, it's a permanent job.

*Why is 5 o'clock in the morning a bit like a pig's tail? Because it's twirly!*



One day a Viking named Leif returned after a long sea voyage and found that during his absence his name had been removed from the town register. He sent his wife to the town hall make a complaint to the mayor. 'I'm sorry,' said the mayor, 'I must have taken Leif off my census.'

*Old Lady: Do you always play by ear?*

*Street Musician: Yes, lady, 'ere or 'ereabouts.*

Sherlock Holmes and Dr Watson were having a rest in their hotel room when suddenly a tree walked in. 'Elm entry, my dear Watson,' said Holmes.



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