

CLYST VALLEY NEWS

APRIL 2021



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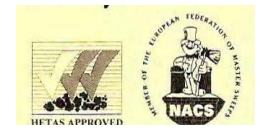
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THE VICAR WRITES...



By the time you read this we will have observed the first anniversary of the beginning of lockdown. The interesting question is how we have observed it. Was it by a march or a vigil? Or by quiet prayer? Or even a mixture of all three?

We will be observing a vigil at 6.15 am at Exton on Easter Day. We are allowed to meet outside the church, as part of a church service, as long as we meet the rules about being socially distanced. I suspect the vigil will be rather different to those we may have read about – I don't expect a police presence, though that would be nice. Vigil to me means an act of waiting, being *vigilant* and perhaps remembering someone who has died in respect. This can often be accompanied by lighting of candles, as we give thanks for their lives in gratitude. Lighting a candle can also help us when we feel we can't vocalise a prayer, perhaps in situations of deep distress. During this third lockdown, I have become increasingly aware of how our church premises, outside, can be used symbolically to represent our journey through lockdown – and through life.

If you haven't already seen them, can I commend to you the three churchyard activities that have happened throughout our Mission Community? The other day I was at one of our smaller churches and was so impressed by what a difference decorating trees and gates outside with little knitted hearts had made. This has also been used as way of remembering; I hung one in Woodbury for Sarah Everard.

I am also hoping that by Easter we may have outside some small miniature Easter gardens, as well as perhaps a bigger one in, or outside, the church. The idea is to get creative, as we are (still) stuck in lockdown.

But there is a serious side to this: to remember before God those who have died, those who are struggling, including perhaps even some of us, those who have mental health problems, as well as, of course, praying for our health and support services.

Obviously, at St Andrew's, Exton, we will be doing something else; remembering our crucified Lord and trying to feel as the first disciples, women and men, would have felt – abandoned, perhaps.

Good News will be around the corner, as indeed it will eventually be for Covid. We just need to wait patiently for it. Then, one day, as one of our youngsters said, we can have a post-Covid party and celebrate.

At Eastertide, we will celebrate Christ has risen with these words: Christ has risen. **He has risen indeed, Alleluia.**

May Christ rise in all of our hearts this Eastertide, whenever Covid is defeated, I pray. Amen.

Bill and Daff Lemmey, Woodbury Vicarage

revbillwhitecross@gmail.com

WHITE CROSS MISSION COMMUNITY

Churches Open for Private Prayer

Aylesbeare: Sundays, 10 am – 12 noon

Clyst St George: Closed due to building work

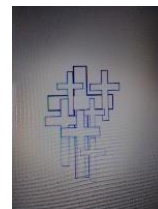
Clyst St Mary: Closed

Exton: Wednesdays, 10 am – 1 pm and Sundays, 2 - 4.30 pm

Farringdon: Thursdays, 2 – 5 pm

Woodbury: Wednesdays, 10 am – 1 pm

Woodbury Salterton: Wednesdays, 3 – 6 pm and Saturdays, 9 am – 12 noon



Church Services during Lockdown in the White Cross Mission Community

We are pleased to be able to say that we are scheduling a programme of services in all of the WCMC churches in April – subject of course to Covid restrictions. Full details at the end of the magazine.

You will see that there will also be one Zoom service this month:

Sunday, 25th April, Family Service, at 9.30 am.

Please email Jill at dupain@hotmail.co.uk for the Zoom address (it is the usual Rev'd Bill Zoom address for those who have been on Zoom before).

WHY NOT ADVERTISE IN THE CLYST VALLEY NEWS?

If you are interested in advertising in the Clyst Valley News for 2021, now's the time to get in touch - with no obligation. We have a few spare slots still, at very reasonable rates! Please contact the Editor, Peter Skelton, at clystvalleynews@gmail.com or on 01392 879857.

Contributions, photos and letters to the editor for the May 2021 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 Thursday 15th April 2021 at the latest, please. Contributions may be edited.

EDITOR'S NOTE



Hello and welcome to this April edition of the Clyst Valley News. And a very Happy Easter to one and all! Isn't it wonderful that all of our churches are re-opening – albeit under strict social distancing arrangements – in time for part of Holy Week? Another small step on the path towards a resumption of some sort of normality.

A propos, I'm hoping very much that this will be the last edition of the CVN that is published online only. I know I'm running the risk of becoming a hostage to fortune by saying this but say it I will! We have set ourselves the firm target of resuming the printing and delivery of the magazine from the May issue – while continuing to post it online and send it out via email. Fingers crossed that there won't be any last-minute changes in the situation that make that unworkable...

I wonder how many of you out there have been experiencing, as I have, strange and/or vivid dreams during these prolonged lockdown periods? Well, it appears we're not alone. It has become a not uncommon phenomenon across the country and has attracted the attention of sleep researchers and other academics who are trying to come up with some sort of explanation for what in many cases has been a disturbing experience. (I'm happy to report that my dreams tend to be action-packed rather than sinister!) I expect that most of you know that dreaming very often takes place in the Rapid Eye Movement (REM) phase of sleep. Apparently, REM takes up roughly a quarter of our nightly sleep – an active phase that is similar to being awake in many ways.

Anyway, I decided to look into this a bit more deeply and BBC Bitesize have recently (and helpfully) put an interesting article up on their website. In this they talk, among others, to Professor Mark Blagrove, a psychologist from Swansea University. He says, '...all the distress people feel when being cooped up at home' is one of the reasons dreams could be more emotional than before. He goes on to say, 'People may be having more emotional home lives

and various stresses such as being worried about their job. That would make the dream stranger and more memorable.'

Is there anything we can do to reduce the frequency of these oddball dreams, I hear you ask? Not totally surprisingly advice includes getting into healthy routines that might include deep breathing exercises; expressing our feelings to trusted individuals; and steering clear of pre-bedtime energetic activities that could induce anxiety in the brain, eg playing with screens or watching the news on telly (what??). So there you have it. Simple – if a bit tedious...

More seriously, if you are significantly bothered by your dreams, the BBC site recommends three possible sources of support: 1) Speak to a friend, parent, guardian, teacher or other trusted adult. If you are struggling with your mental health, going to your GP can be a good place to start to find help. 2) If you feel you need immediate support, you can contact Shout 85258, a free, 24/7 text messenger support service for anyone in the UK. Text the word 'SHOUT' or 'YM' to 85258 to start a conversation. 3) There are more links to helpful organisations on [BBC Action Line](https://www.bbc.com/actionline).

I hope this might help if you are having a troubled dreamlife at the moment. Incidentally, just in case there is a seasoned dream interpreter out there, most of my dreams that I can remember seem to follow a consistent theme: unfulfilled travel, ie journeys populated by numerous obstacles that mean that I never actually reach my destination. Your views on that will be most welcome. Freud would have a field day, I'm sure.

Enjoy the magazine and look after yourselves. Best wishes. Peter Skelton

YOUR PHOTOS ALWAYS NEEDED FOR THE COVER OF THE CVN!



There must be a lot of 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!

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CLYST ST MARY



Cyst St Mary Church

We are pleased that Cyst St Mary Church will be resuming services from April, subject of course to social distancing and other Covid protection measures. Please see the rota at the end of the magazine; we will not, however, be continuing with the private prayer arrangements for the time being. Please contact the Churchwardens Pat on 01392 877907 or Linda on 01392 875708 for more information. Notices and information on these

arrangements and on other matters are available at the church.

Take care everyone, stay safe and God Bless.

Lent Decorations

The PCC, Pat and Linda would like to thank everyone who joined in with our Lent celebrations at the church gates. We have so enjoyed all the hearts that you have made, crocheted, knitted and put around the cherry tree and the gates. They look so pretty and continue to remind us all of the time we live in but of the love that surrounds us all in this village of Clyst St Mary. The Cross is starting to look stunning with all the ribbons tied around it and you can continue to do this whenever you feel like it. I have to thank Ben and Keith who very kindly donated some wonderful ribbons to add to the collection so thank you very much.

I have to say that it has been lovely to have met so many of you and got to know you on your walks and runs etc. and feel that the positive bit of the situation we find ourselves in is that we all continue to say hello, wave and look out for one another. I am sure we will. Stay safe and well and THANK YOU for your generosity. Best wishes. Pat Cusa

Church Coffee Mornings



These have been suspended until further notice.

Bishops Clyst Parish Council



Play Area. Work has begun on the new play area and we hope it will be ready for use during the Easter holidays. We will keep you posted!

Parish Council Vacancies. You may be aware that there are vacancies for Parish Councillors on the Bishops Clyst Parish Council. If you would like to represent the residents of Clyst St Mary and Sowton Village on the Parish Council we would very much like to hear from you. We are particularly keen to recruit someone with an interest in the environment to be our Climate Change/Green Champion. If this appeals to you, or you have other areas of interest, please email our Clerk, Karan Bennett, at bishopsclyst@gmail.com, with a personal statement setting out what skills and experience you would bring to the council.

Parish Council Meetings. To keep abreast of Parish Council activities, meetings take place on the second Monday of the month at 7.30 pm, currently via Zoom. If you would like to attend, please contact our Clerk for the Zoom link in advance of the meeting. Agendas and minutes are posted on our website www.bishopsclyst.btck.co.uk/ and on noticeboards in Clyst St Mary and Sowton Village.

Website. Work is well-underway on our new website and we should be ready to launch by 1st May. The new website address will be www.bishopsclyst.org.uk.

Contact the Parish Council. Karan Bennett, PC Clerk, working from the PC office in Clyst St Mary Village Hall on Monday to Wednesday, 9 am to 1 pm. Call 01392 874405 or email bishopsclyst@gmail.com.

Clyst St Mary Village Hall



Having undertaken redecoration, repairs and improvements during the last six months, it's frustrating that our regular users are unable to enjoy the 'refreshed' facilities! However, we are open for business if your use is permitted within the government guidelines!

If you know that this is the case, our new Bookings Coordinator, Ali West, would be delighted to discuss availability with you and can be contacted (preferably) through bookings@clyststmaryvillagehall.co.uk or on 01392 949088.

Walking Group

Due to present meeting restrictions we are having to put the monthly walks on hold for now until the Government may make changes to the COVID rules.



Clyst St Mary Primary School



It has been absolutely brilliant welcoming all the children back and having a school full of happy chatter even though it was a bit short-lived as we had to close a bubble after the first week due to a positive Covid case - a salutary reminder that Covid is still out there and we need to remain vigilant despite the fantastic vaccination programme and falling infection rates.

We decided to delay our World Book Day celebrations until all the children were back in school and we could share all the fantastic costumes that parents put so much work into. Here is a sample of the children's and staff's outfits.

Our PTFA have been working hard to keep fundraising activities going to support the school and packed up lots of Mother's Day Tea Treats. We hope all the mums and grandmas enjoyed them and thank you to all those who contributed to the PTFA by purchasing these lovely gifts.

M&M productions are bringing their Covid-safe pantomime to the Village Hall for the children and we are practising our 'He's behind you!' in preparation for their production of the *Wizard of Oz*. Red Nose Day celebrations will see the children and staff dressing up as superheroes or wearing red and supporting the Comic Relief charity by buying red noses. The spring term will end with a fun-filled day of obstacle course challenges in the playground. We would like to thank Mrs



Rose for organising this and the PTFA for their donation of an Easter egg for each child.

Our last, but far from least, thanks go to the community of the White Cross Mission for their generosity in donating funds to enable us to purchase additional Chromebooks to support home learning. In these strange times we really appreciate the fact that the wider community of the parish have offered their support to the school and its families.

We wish you all a very Happy Easter and hope that the light at the end of the Covid tunnel continues to get brighter and closer for us all.

Clyst St Mary Wombles



Of all the tasks with which I've ever been connected, this is possibly the most potentially disheartening! Obviously, during the pandemic, we've temporarily suspended our regular 'sweeps' and in the knowledge that this is the case, wouldn't you think that our resident litter louts might take a break? No way!!

We've only lived in the village for 41 years but can recall that one of the punishments meted out at the primary school used to be 'litter picking' (around the

school grounds). I remember our daughters being 'aware' that such a fate was to be avoided if possible but it didn't leave any lasting scars (of which I'm aware!) and it did reinforce the message delivered at home, that litter is simply antisocial! Sadly, looking at our village, it seems

that no one cares any more 😞. But some do!!!

The good news is that the Clyst St Mary Wombles are only temporarily sheltering! So what's the plan, I hear you ask? Well, we can't yet safely forage together again (Old Uncle Bulgaria is quite mature you know) but already, our 'youth section' (under 70s 😊) has started up on her own and the gear is all here in my garage! So...if you'd like to make a start (maybe solo or with a socially distanced friend), why not borrow a 'picker', hoop, tabard and bag (bags are non-

returnable 😊) and get the ball rolling? If you contact me with a time that you'd like to collect, I'll leave the gear in my drive and will ensure it is sanitised before and after use.

We really would welcome some younger members and particularly residents in the village itself. It is something that you can do whilst taking your exercise and know that the village will be a nicer place for everyone to live in after your effort! Thank you.

Roger Norman, rogernorman@clyststmary.net or 01392 874597.

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Date: March 2021

Dear Clyst St Mary resident / stakeholder,

Clyst St Mary flood defence improvements – progress update, Spring 2021

Following our update in December, I am writing to let you know what the next steps are with the construction works.

Over the winter, defence levels have been maintained to the pre-works standard, with the works to date already providing added benefits in protecting the village from flooding from the River Clyst floodplain.

The further works required to upgrade the scheme will restart in the week commencing 6 April 2021.

These works include:

- filling in the temporary ~~leat~~ and diverting it back to its original route
- raising the access ramp and earth embankments at the northern end of the scheme
- reinstatement of the land between the piled defence structure and the ~~leat~~
- installation of stop log structures at either end of the scheme
- final landscaping

We expect the work to be completed by the end of June 2021.

Kier's public liaison officer Jayne Johnson will continue to be available to help you with any queries with the site works. She can be contacted on 07716 223056 or Exmouth.PLO@kier.co.uk.

Thank you once again for your patience while we carry out these essential improvement works to flood defences at Clyst St Mary.

Yours faithfully,

Becky Richards

Project Manager, Environment Agency

0208 47 45493

DCISEnquiries@environment-agency.gov.uk

Environment Agency, Manley House, Kestrel Way, Exeter EX2 7LQ

Clyst Valley Pre-School



Clyst Valley Preschool has remained open throughout the pandemic for all our children and is now full at almost every session. We are currently taking applications for September 2021 and beyond with sessions available on every day. Sadly we are not yet able to hold open days or taster sessions but hopefully this will change as lockdown is eased and things return to a new normal! To apply, or for more information, check our website www.clystvalleypreschool.org. You can also call us on 01392 876615 or email us on manager@clystvalleypreschool.org.

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.]

CLYST ST GEORGE AND EBFORD



Clyst St George Church

We are pleased that Clyst St George Church will be resuming services from April, subject of course to social distancing and other Covid protection measures. Please see the rota at the end of the magazine; and contact Jacquie Manser at jacquie@jmanser.co.uk for more information.

Notices and information are available at the church and of course we hope that you will adhere to these and

keep yourselves and anyone else who may be there safe.

Lady Seaward's Church of England Primary School



To celebrate and raise funds for Red Nose Day the children at Lady Seaward's dressed as superheroes or came to school dressed in something red to raise money for this brilliant charity. All the children across the school had the opportunity to decorate a biscuit with coloured icing and googly eyes! There were some brilliant creations made and the children really enjoyed this, although I am sure they enjoyed eating them even more!



Children from Class 1, Reception and Year 1 practised their cutting and colouring skills by cutting out superhero facemasks and decorating them. The day was rounded off with a talent show; all of the staff were completely in awe of the fantastic array of talent on show - Class 1's dance was a particular favourite across the whole school! The event was shared across the classes via shared screens and was a huge success.

Is your child starting school in September 2021? We have a few spaces remaining in our Reception intake for this September. If you are looking for



a school place or have changed your mind about the allocation you have received, please contact the school office on 01392 873629.

Clyst St George Parish Council Chairman's Notes, April 2021

Two elections for May: Devon County Council and the Police and Crime Commissioner; we will have two votes for the Broadclyst seats and one for the PCC. As yet no news as to whom is standing so just a mention as no doubt we will be getting more information soon. The election is on 6th May, and the Parish Hall is likely to be the polling station.

From Monday 12th April, assuming no problems with the 'roadmap', our Parish Hall can reopen and I intend to restart the coffee mornings in May. Most of you will have been vaccinated before then, most with the second dose. Stay safe.

John Manser

john@jmanser.co.uk

01392 874861

Norman's Weather Report



The month of February provided us with considerable contrasts in weather; very cold spells with easterly winds and some warm spring days, as the sun climbed a little higher in the winter sky.

The rainfall of 73 mm (2.9 inches) did not really 'fill dykes' as it did last year; February 2020 was recorded as 156 mm (6.1 inches). This year here at Ebford 43 mm (1.7 inches) fell during the third week and the total, 73 mm, for the month was almost exactly equal to the recent ten-year average of 73.7 mm.

March has started with sunny dry days and cool nights, continuing the conditions experienced during the last week of February. Norman Cann

Clyst St George Parish Hall



Clyst St George Parish Hall is open once more to anyone who wants to hire the Hall. We are not making the Ethel Cann Room available at the moment as it is too small to adhere to the social distancing rules. The Hall has been redecorated and is looking splendid.

There are hand sanitising units at strategic points in the building for the use of the hirers and hirers are asked to be responsible for making sure that they adhere to the government guidelines for holding gatherings in a COVID-safe way. Our cleaner will use PPE when working in the Hall and he has special cleaning fluids to make the area as safe as possible. We are confident we will resume the coffee mornings (see above), Big Breakfast and the quiz evenings, hopefully soon. Watch this space!

Enquiries to Claire Marks at clyststgeorgeandebfordvhall@outlook.com or 'phone 07834 234546. Pamela Diffey (Chairperson) 01392 877497

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 have now re-opened and have been 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.

For more information please telephone Elly on 07939 995486 (in school hours), email littledragons@live.com or visit our website www.littledragonsclyststgeorge.com.

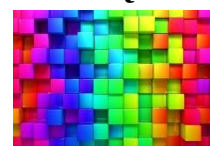
WOODBURY SALTERTON

Church Services



We are pleased that Woodbury Salterton Church will be resuming services from April, subject of course to social distancing and other Covid protection measures. Please see the rota at the end of the magazine; and contact the Churchwarden, Debbie Jung on 01395 232328 for more information. The church will continue to be open for private prayer on Wednesdays, 3 – 6 pm and Saturdays, 9 am – 12 noon. Notices and information are available at the church and of course we hope that you will adhere to these and keep yourselves and anyone else who may be there safe.

Colours Quiz



I have prepared a quiz on the theme of colours and have published it early for lockdown entertainment and it is receiving a lot of support. Entry forms cost £2; copies can be obtained directly from me, hard copies or by email, or from your usual local source – people in our local churches who kindly help us by selling copies. Thank you to all who support this.

Katharine Wheeler, 01395 232009 or avmx79@dsl.pipex.com.

Monthly Church Coffee Mornings



These have been suspended until further notice.

Will You Help Our Village Church?



Like many other charities, our village church has had a significant reduction in income as a result of the coronavirus pandemic. However, the expenses have continued to come in and recent surveys of the fabric of the building have uncovered work that needs to be done on the lightning conductors, the roof and crumbling masonry, amongst other things. Despite the building being closed for most of the time, the church community has been there to help the vulnerable and needy in the village. If you would like to support our church and help financially to protect the fabric of the building for future generations please contact the PCC Treasurer, Nigel Dupain, for details. Single donations or regular giving would be very gratefully received and can be restricted to building repairs if you wish. Completion of a Gift Aid form would mean that we could claim a further 25 per cent of your gift from the government without any cost to you or the church. Bank details: 30-93-14, 02863238. Contact details: Nigel Dupain, Little Cannonwalls, Woodbury Salterton, Exeter, EX5 1PY. Email dupain@hotmail.co.uk or 'phone 01395 232953.

Annual Parochial Church Meeting

The APCM, a meeting which is open to all, has to be held on Zoom this year. It will take place on Wednesday 21st April at 7.30 pm. Anyone who would like to join this meeting can ask Debbie Jung or Jill Dupain for the Zoom meeting link.

Lent Projects

As the church buildings are closed during nearly all of Lent this year churches in the Mission Community are all involved in three projects.



The first is to make a trail of stones or pebbles signifying the start of our journey through Lent towards Easter. Anyone can go into the churchyard and add a stone. We have started by the church door.

The second project is to hang hearts on the tree beside the church path to remember people. Rev'd Margaret Scrivener has knitted or crocheted

lots of coloured hearts and these will be hung in a bag on the tree and you are invited to take one and hang it on the tree.



The third is to tie ribbons on the tree to remember the new life of Easter. Ribbons will also be provided in a bag so anyone can take one and tie it on to a branch.

We are aiming to show that the life of the church, which is the company of believers, is still active and looking forward to Easter Day, when we have a 9.30 am Communion Service in our church.

Woodbury Salterton Church of England Primary School



It is a joy to be writing again on behalf of our school; although the school has very much been open through this latest lockdown with almost half the pupils attending (as their parents are in the frontline worker groups), school life is now fully opened up.

The children and staff have been busy and I can share with you their activities so far; for latest news about our village school check out the website and click on Latest News. As a school, we appreciate the benefits that outdoor education can provide, particularly to the mental health and wellbeing of our children as well as increased confidence, social skills, communication, motivation, physical skills and knowledge and understanding of the world around them. After such a tough year, we are eager for our Forest School site to once again be a regular place of learning so that the children can enjoy the benefits of working in the natural environment in our rural village location.

The school's Forest School site has seen improvements and repairs with support from the PTFA and Co-Adventurers. There is new signage, seating and a fire pit; as well as repairs to the shed and a thorough health and safety review. We are grateful for the financial support from donors, including the White Cross Mission Community and the PTFA, to help us to reinstate regular learning sessions which will be led by Co-Adventurers. This will ensure that the children get the fullest experience in this special space and their emotional health and wellbeing supports their return to learning in the classroom.

Looking on the website the learning space has already been enjoyed by the children. There are some lovely photos and quotes from the children themselves after a scavenger hunt for different plants and insects. They said:

'My favourite part of Forest School was when we climbed a tree and saw a spider in the grass.' (Autumn)

'My favourite part of Forest School was all the nature surrounding us.' (Elanor)

'My favourite part of Forest School was the treasure hunt.' (Finley)

Clubs are starting up again with Premier Sport both in the mornings before school and three afternoons each week with the children of all ages eligible to attend.

Woodbury Salterton is a school that encourages the children's creative skills and it is lovely to see their creations for World Book Day, which because of lockdown was a model, rather than dressing up, and a book cover design. My favourite is this creature from JK Rowling's book *Ickabog*. I don't know this book but the model has inspired me to read it.



beautiful

The

the traditions of this mothering cakes were



The winning entry from Key Stage 1 was Shelby with her *Naughtiest Unicorn*; our lower Key Stage 2 winner was

Olivia with *The Indian in the Cupboard*; and the winner from Class 3 was Brodie with *The Worst Witch*. Well

done girls – these entries have been sent to Babcock Library Services to represent our school in the competition that they are running.

I am writing this on Mother's Day and looking at the designs made using watercolours by the children. children painted these after learning about many of special day including that in the 18th century, given as gifts. They were made of

fruit, marzipan and decorated with flowers just like the lovely painting here. We pray for the health of the staff, children and their families and that it will not be necessary to close our school to all again because of Covid. We look forward to once again sharing with you the highlights from the learning and life of our school community.

For further information about our school see our website www.woodbury-salterton.devon.sch.uk/ and for enquires about places please contact the school office or see our virtual online school tour.



RIP Diana Rosemary Marks

The funeral took place on 8th March at the crematorium of Diana Marks. Her ashes were interred in the churchyard later in the month.

Diana grew up in Topsham. She got a job as a nanny in Woodbury and there met her husband, Jason. They soon married, making their home in New Way, and had four daughters – Alison, Caroline, Sharon and Samantha. A skilled needlewoman, Diana made clothes for her daughters and took in paid sewing jobs such as making bridesmaids' dresses and fête queen dresses. She was a keen royalist and made scrapbooks from magazine pictures of the Royal Family.

Diana supported Woodbury Cricket Club in which her husband was a player and washed the kit for Woodbury Salterton Football Club team. Her life was devoted to her family of four daughters, nine grandchildren and nine great-grandchildren. We extend our sympathy to Jason and all the family who took such care of her in her latter years when her health failed.

Village Hall Activities



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.]

Farewell to Alan Nixon



Friends and neighbours of Alan Nixon, a long-time and much respected and loved member of our village community, wish him well as he leaves the village in April to move nearer to his family in Oxfordshire. The last time Alan appeared publicly was when he laid the wreath on behalf of the British Legion on Remembrance Sunday last year. He was wearing his Military Cross. Once again everyone has been enjoying the colourful carpet of crocuses on the Plantation which were a gift years ago from Alan and his wife Kay, spending their prize money from winning the best window box competition. We wish Alan every happiness as he spends time with his family and hopefully can celebrate with them his coming 100th birthday in July.

POETRY CORNER

by John Smith (of Clyst St Mary)

Murmuration

Each stitch in the weave
Makes perfection of the fabric
Of this cloth of nature.

The silken swirl of the drapery
Sweeps across the sky
As if drawn by the air itself,
And one drape slides across another
To make a seamless cape
That an unseen matador
Twirls over and over again



In an instant, without signal or leader,
The dazzling cloth forms its own funnel
And pours itself into itself
Arrowlike to the trees below.

And we who watch
The murmuration of starlings
Are belittled in our awe.

©John Smith



AND FINALLY...

Exmouth Mobile Library Timetable 2021

Day	Village	Stop	Arrive	Depart
Friday	Aylesbeare	Nightjar Inn	09.50	10.10
Friday	Clyst St Mary	Cat and Fiddle	12.10	12.30
Tuesday	Clyst St Mary	Winslade Park	14.50	15.10
Tuesday	Clyst St George	School	15.20	15.40
Monday	Exton	Station	09.45	10.05
Friday	Woodbury Salterton	Kennels	12.50	13.10
Woodbury	Woodbury	White Hart	14.00	16.00

- Disclaimer: Due to operational circumstances, the mobile library may need to be off road and unable to visit on some dates. Details will be publicised closer to the time. These timetables may be subject to change.*



Topsham Back in Business This Month - and How!



Topsham is preparing for the resumption of something closer to business as usual this month - and frankly we can't wait to welcome you back! Everything we're doing as a community, including of course all of our businesses, will be in strict accordance with 'roadmap' restrictions as they lift, and there's an exciting month ahead.

Firstly, we have a page on lovetopsham.co.uk sharing the town's Easter activities, from walks to churches, via restaurants, cafés and shops with Easter treats to take away; the estuary remains the hot ticket for the best views from the *Love Topsham* benches at the Quay and the Rec. If you cannot make it in person to the town, remember to check out how you can enjoy the best of Topsham's food and drink to collect or in some cases to have delivered - our website has all you need to know.



Then in the week beginning 12th April we have the reopening of most of our shops - those which could not operate during lockdown. At the same time our pubs and cafés with outside areas have their fingers crossed for good weather, as they will be welcoming guests back as well.

Come rain or shine on Saturday 17th April we celebrate the reopening of shops with street musicians in the town, and new artwork - the long-awaited Heartstrings by local shell artist Willow Paterson - on display in the grounds of St Margaret's Church. Don't forget to look up, too, as the town will be adorned by bunting as we make a statement loud and clear that we're open for business once again.



We're also delighted that the town has again made it to the Sunday Times' *Best Places to Live* - one of only two Devon locations to win the accolade. The town is described as having historic homes lining a placid estuary, shopping streets filled with independents and not chains, and a population focussed on keeping community spirit alive - and we hope you share that feeling of warmth about Topsham. If you do, and you like the work done by our team of volunteers to promote and improve the town, why not become a *Love Topsham* cardholder?



We have Covid-safe activities planned now for the rest of spring and summer - events like the Big Afternoon Tea and Picnic in The Park, as well as street music and later in the year a business fair to celebrate the town's entrepreneurs. A contribution of just £3 a month for a *Love Topsham* card helps us fulfil this programme of activities and entitles you to discounts in some shops and invitations to VIP events later in 2021.

Please see lovetopsham.co.uk for details - thank you.

The days are getting warmer and better times are coming, starting this month!

Best wishes from the *Love Topsham* team.

Exeter Historic Buildings Trust – Establishing a Modern Medicinal Garden at St Nicholas Priory



Originally founded in 1087, St Nicholas Priory is Exeter's oldest building and has a rich history from Benedictine monastery to city museum.

In 2018 Exeter Historic Buildings Trust acquired the priory from Exeter City Council. With the assistance of the National Heritage Lottery Fund, the Trust repaired and reopened the buildings and established a busy programme of tours, performances and events.

Last summer we turned our attention to improving the garden, which we wanted to reflect the priory's history and monastic origins. Working with our dedicated team of garden volunteers, we decided to establish a modern medicinal garden, which would echo the both the monastic and Tudor history of the priory. Medicinal, or 'physick', gardens were common to monasteries for treating the ailments of the community, while Tudor gardens made extensive use of herbs for culinary, medicinal and decorative purposes. Once complete, it will be one of only two such gardens in Devon and Cornwall and we are excited about the new ways it will allow us to interpret medical, garden and monastic

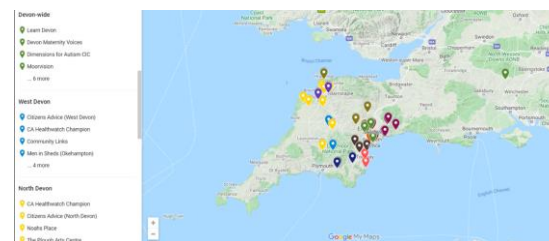
history. The Trust has secured a grant from the Finnis-Scott Foundation for the work, which will be starting as lockdown eases. We are always looking for new volunteers at the priory and we are especially keen encourage gardeners to join us.

We are also excited to welcome visitors back this Easter for outside tours of the priory and its environs. Our popular outside tours with resume on 4th April and will run every Sunday throughout the spring. All tours will of course be socially-distanced, with small tour groups of five people plus one of our knowledgeable guides. For more information about tours or to contact us about volunteering opportunities, visit our website at www.nicholaspriory.com.



Our Healthwatch Assist network is growing - are you on the map yet?

Does your group meet regularly or play and active role in the community?



Would your members be open to talk about their health and social care experiences in a confidential setting?

Is your group keen to play

an active role in shaping local health and social care services?

This network allows us to build links with communities so we can gather info about health and care services they use. We want to know what IS and IS NOT working.

This information is fed back into the community and shared with key healthcare decision-makers who can make improvements to local services.

Our network is growing - be part of a stronger voice for health and social care in Devon. Simply email hwassist@hwdevon-plymouth-torbay.org or call 0800 520 0640.

[Find out who else is on the map here](#)

British Birds Quiz by Barbara Scales

Test your knowledge of our feathered friends. Answers in the 'Monthly Giggle' section.



1. This feline nickname is fully alert.....
2. Gander from North America.....
3. Silent and belongs to the Queen.....
4. What a happy dog does after the piper who charmed the rats.....
5. Found on the beach along with the full first name of Mr Feldman.....
6. Regal catcher of fish.....
7. Goes in the horse's mouth and joins the section of the school year with a different end.....
8. A cold boob?.....
9. Short sister is a relative.....
10. William sounds angry.....
11. John's initial.....
12. Kernel emerges from an egg.....
13. Stop colour, then begin.....
14. After dark may struggle because it is very windy.....
15. Shelled amphibian meets the second bird from the ark.....
16. Let us go and fly this.....
17. Hear the bee flying near what sounds like a solid surface.....
18. Natural material precedes the male fowl.....
19. Separate the raised strip of land
20. Batman's companion.....
21. One of these was baked in a pie.....
22. Fast.....
23. Playing card character before a quarter of day break.....
24. A reflex when eating food.....
25. The infection follows musical words.....

[Many thanks, once again, for compiling this quiz, Barbara. Ed]

Force Cancer Charity

we are open

and can see you safely – Monday-Friday 09:30-16:30

For cancer support and information
plus advice on claiming benefits
☎ 01392 406151
Oncology physiotherapist ☎ 01392 403094
✉ support@forcecancercharity.co.uk

For psychological and
emotional support
☎ 01392 406168 / 406169
✉ help@forcecancercharity.co.uk

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so much

force

Registered Charity No. 104016
www.forcecancercharity.co.uk

We are very keen to let as many people as possible in communities across the county know that FORCE is still offering support to people in Devon affected by cancer, despite the impact of COVID-19. The virus brings another layer of anxiety and distress for many of the people we support so we quickly adapted our services when the pandemic restricted our ability to offer the face-to-face contact so integral to our mission.

Our main Support Centre in Exeter was temporarily closed and our weekly outreach programmes in East, West and Mid Devon have been severely impacted. But our staff were on the end of a 'phone or video link to offer advice and information on all sorts of things like claiming benefits, accessing our counselling service, how to take exercise that can boost your immune system or just general guidance on coping at such a difficult time. They were able to answer many of the questions posed in these uncertain times - and not just by cancer patients. FORCE is also supporting families and carers - anyone impacted by a cancer diagnosis in someone they love. Those online services are still available but we are delighted that our Support Centre is now open again, with strict COVID-safe measures in place to protect staff and visitors.

The nurses we fund at the Royal Devon & Exeter Hospital are also still able to deliver vital chemotherapy and we have worked closely with the RD&E to develop a new cancer hub in Ottery St Mary.

What has been considerably affected is our income. So many events have been cancelled or postponed and we have had to close our charity shop for significant periods. But we continue to get fantastic support from communities like yours. We still have a significant gap in our finances to plug, but every donation makes a difference means we can continue to help local people affected by cancer. Thank you for your continued support.



Estuary League of Friends

Working to improve the quality of life of those in need of care, comfort and support in our community since 1987

We are proud to have taken over 100 local people on return journeys to their GP or vaccination centres so that they can access the much-anticipated Covid-19 vaccination.

Our friendly team are helping people with limited mobility or those who don't have their own vehicle to attend health appointments at their GPs, at the RD&E and other local healthcare settings through our Covid-secure assisted transport service. We can provide a car or a wheelchair-adapted vehicle depending on your needs. If you or anyone you know needs help getting to an appointment give us a call and we will be more than happy to help.



If you have some free time on your hands and feel you would like to help us transport people to their appointments, we are always needing more volunteers! Volunteering is the perfect way to keep active and help others in your community! We have volunteer opportunities for people of all ages and from any walk of life. To find out more please give us a call.

Great News! From Monday 12th April we will be able to open up our café for outside table service.



We look forward to welcoming you back to the Bradbury Café where hot, delicious meals are freshly prepared every weekday by our resident chef. The menu changes daily to include fish & chips, chicken curry and rice and delectable desserts like apple pie and custard. Light refreshments including tea, coffee, juices, cake and snacks are also available. The café will be open

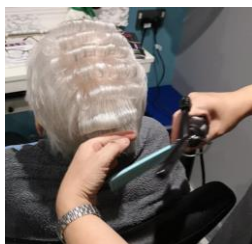
Monday to Friday from 10 am to 2 pm. ***Even though lockdown restrictions are lifting we will still be offering our hot daily meal delivery service.***

We know that sometimes people need a helping hand to live independently at home. Our **Home Help** is available to local people of all ages and is tailored to your individual needs. We can help with cleaning, ironing, laundry or general housework. We can collect your groceries and prescriptions from the local shop, supermarket or pharmacy and deliver them to your door. We can help with sorting mail, filling in forms, paperwork or banking.

Our subsidised **Sitting Service** is available for carers. Take a break from your caring responsibilities during the day or the evening while a friendly member of our team takes your loved one for a walk, visit or drive. Our dedicated team is ready to help. Call us today on 01392 879009 to find out more.

From 12th April we will be able to start offering our **Hair at Home** service. If you are housebound and are in need of some styling we can offer a basic hair at home service; we can do anything from a dry cut to a wash cut and blow-dry. To book in for an appointment just give the office a call.

The Estuary League of Friends offers a wide range of services and activities from our Topsham-based community hub, Nancy Potter House. One of the services that we offer is **Nail Cutting**. Our



friendly nail technician Louise is on hand to keep your nails trim. We have nail clinics on certain days at the hub so give us a call to get booked in.

Don't forget our puzzle club is still running - we now have over 150 puzzles to choose from. Pop on down to Nancy Potter House to have a browse at our catalogue. Each puzzle can be booked for 1, 2 or 3 weeks for just 50p a time.

We now have a new website which is up and running why not take a look:

<https://www.estuaryleague.org/>.



Estuary League of Friends

Charity Shop Opening Hours Starting
From Monday 12th April:

Monday: 10am – 3:30pm
Tuesday: 10am – 3:30pm
Wednesday: 10am – 3:30pm
Thursday: 10am – 3:30pm
Friday: 10am – 3:30pm
Saturday: 9am – 1:30pm
Sunday: Closed



Due to COVID-19 we are opening our shops on reduced hours and only allowing 2 customers in the shop at any one time.



Topsham Post Office Is Open
For 1 To 1 Appointments.

Our Opening Days & Times:

Tuesday: 9.15am – 3.45pm
Wednesday: 9.15am – 3.45pm
Thursday: 9.15am – 3.45pm
Saturday: 9.00am – 11.45am

To book your appointment please call
01392 879009.

No appointment, No entry! 

PLEASE WEAR A FACE MASK WHEN
INSIDE THE BUILDING



Face masks must be worn



Monthly Giggle



A lorry driver was transporting two chimpanzees to London Zoo when his lorry broke down. A car came along with a woman at the wheel who stopped to ask him if he was okay. He explained that he was on his way to take the chimpanzees to London Zoo and asked if she was going that way. She said she was passing by the zoo and could take the chimpanzees. The lorry driver gave her £100 for her trouble and the chimpanzees were strapped in to the back seats of her car.

Later in the day, after the lorry was repaired, the driver was in London and noticed the woman walking along the street holding each chimpanzee by the hand, much to the amusement of passers-by. The lorry driver stopped his vehicle and got out and approached the woman. 'I gave you £100 to take these chimpanzees to the zoo,' he says.

'I did,' says the woman. 'There was change left over so I am now taking them to Madam Tussauds...'

I had a bad day today. I failed my driving test on the Highway Code. The examiner said to me, 'If you are going down a country road what signs are you likely to see?'

I said, 'Eggs for sale, pick your own strawberries and free manure...'

[Thanks again to Lesley Richardson for those two. Ed]



What do you call a rabbit with fleas? Bugs Bunny.



A driver unfortunately hit the Easter Bunny hopping across the middle of the road. The basket of eggs went flying all over the place. He pulled over and sadly found the colourful Bunny was dead and began to cry. A woman driving by stopped to ask what was wrong.

'I feel terrible,' he explained. 'I accidentally killed the Easter Bunny. What should I do?'

The woman told the man not to worry. From her car boot she pulled out a spray can and sprayed its entire contents on to the little furry animal. Miraculously the Easter Bunny came back to life, jumped up, picked up the spilled eggs, waved its paw at the two humans and hopped on down the road. 50 yards away the Easter Bunny stopped, turned around, waved and hopped on down the road

another 50 yards, turned, waved, hopped another 50 yards and waved again!!!! The man was astonished. He said to the woman, 'What on earth was it that you sprayed on the Easter Bunny?' The woman showed the man the label on the can. It said: 'Hairspray. Restores life to dead hair. Adds permanent wave.'

[My regular offering for the Easter issue of our magazine. You must admit, it's a good one! Ed]

Chocolate comes from cocoa, which is a tree. That makes it a plant. Therefore, chocolate is salad. Happy Easter!

A friend was in front of me coming out of church one day, and the vicar was standing at the door as he always is to shake hands. He grabbed my friend by the hand and pulled him aside. The vicar said to him, 'You need to join the Army of the Lord!'

My friend replied, 'I'm already in the Army of the Lord, vicar.'

The vicar questioned, 'How come I don't see you except at Christmas and Easter?'

He whispered back, 'I'm in the secret service.'

Did you know Sean Connery used to save the egg shells from pancake day and paint them to use for egg hunts at Easter? It was an egg shell lent idea...

An elderly man in Phoenix calls his son in New York and says, 'I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough.'



'Pop, what are you talking about?' the son screams.

'We can't stand the sight of each other any longer,' the old man says. 'We're sick and tired of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her.' And he hangs up.

Frantic, the son calls his sister, who explodes on the phone. 'Like heck they're getting a divorce,' she shouts. I'll take care of this.'

She calls Phoenix immediately, and screams at the old man, 'You are NOT getting divorced! Don't do a single thing until I get there. I'm calling my brother back and we'll both be there tomorrow. Until then don't do a thing, DO YOU HEAR ME?'

And she hangs up. The old man hangs up his 'phone, smiles and turns to his wife. 'They're coming for Easter and paying their own way.'

True story, apparently...

Homeowners in Duisburg, Germany reported a 'stalker' staring into their window. The couple contacted authorities after seeing a figure with a 'striking' face about 1.8 metres (6ft) tall peering into their house. They then described to police that the offender was wearing a yellow shirt, blue check trousers and a green backpack. When the police arrived on the scene to apprehend the stalker, they were faced with a 6-foot statue of the Easter Bunny. One officer told us, 'We took him into custody but he hasn't said much yet.' The police believe the bunny was placed outside the couple's home as a practical joke, and will keep the bunny detained until his owners come and collect him.

Answers to the British Birds Quiz

1. Kittiwake
2. Canada Goose
3. Mute Swan
4. Wagtail
5. Sand Martin
6. Kingfisher
7. Bittern
8. Blue Tit
9. Siskin
10. Crossbill
11. Jay
12. Nuthatch
13. Red Start
14. Nightingale
15. Turtle Dove
16. Kite
17. Buzzard
18. Woodcock
19. Partridge
20. Robin
21. Blackbird
22. Swift
23. Jackdaw
24. Swallow
25. Song Thrush



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*subject to eligibility

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WCMC SERVICES APRIL 2021



Thursday 1st April: Maundy Thursday

18:30 EXT Holy Communion Rev'd Bill

Friday 2nd April: Good Friday

14:00 CSG Meditation of the Cross Rev'd Bill

Sunday 4th April: Easter Sunday

Week 1

09:30 FAR Morning Worship Christine and Dawn

09:30 WST Holy Communion Rev'd Bill

11:00 CSM Holy Communion Rev'd Bill

11:15 WBY Holy Communion Rev'd Tim Hunt

Sunday 11th April: 2nd Sunday of Easter

Week 2

09:30 EXT Holy Communion Rev'd Margaret

09:30 FAR Holy Communion TBA

09:30 CSG Morning Worship TBA

Sunday 18th April: 3rd Sunday of Easter

Week 3

09:30 AYL Holy Communion Rev'd Bill

09:30 CSM All Age Worship Christine Grist

09:30 WST Breakfast Family Service TBA

18:30 WBY Evening Prayer Rev'd Bill

Sunday 25th April: 4th Sunday of Easter

Week 4

09:30 CSG Holy Communion Rev'd Bill

09:30 Zoom Family Service Zoom Team

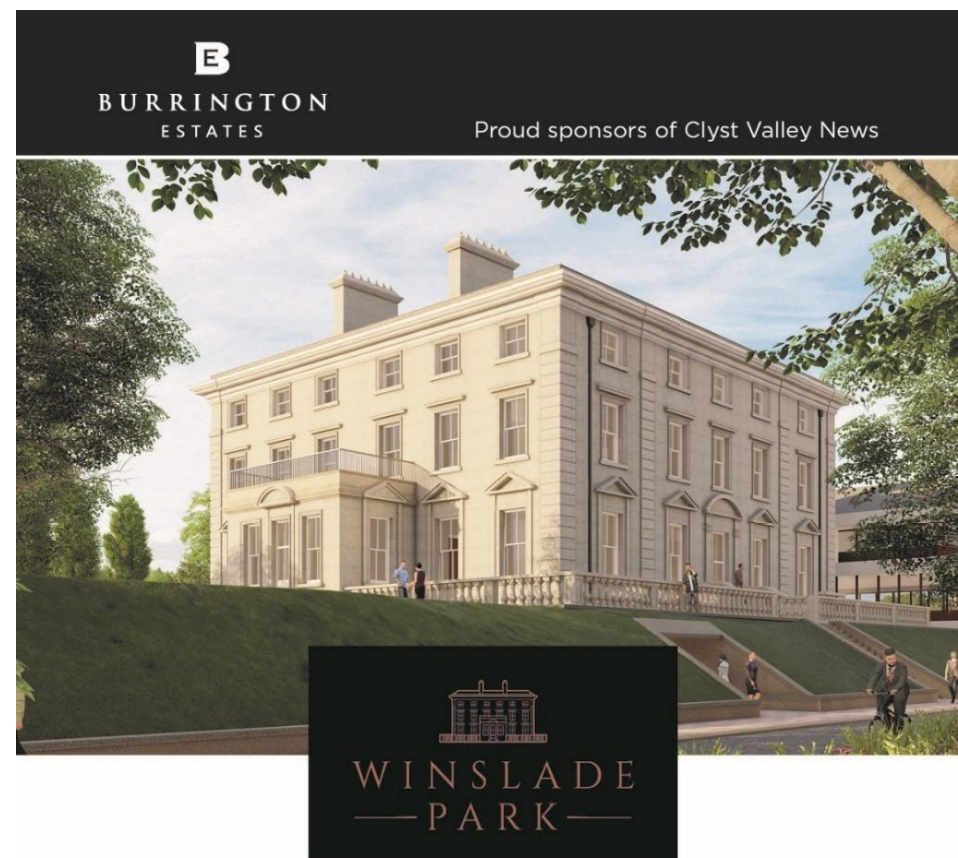
am FAR Morning Worship TBA

AYL Aylesbeare FAR Farringdon EXT Exton WST Woodbury Salterton

WBY Woodbury CSG Clyst St George CSM Clyst St Mary

If you would like a link to the Zoom service, please email Jill at

dupain@hotmail.co.uk



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