

# THE LYPMPSTONE HERALD



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## PARISH COUNCIL NEWS

September's PC meeting reverted to the first Monday of the month and hopefully now (Covid19 pending) PC meetings will return to the first Monday of every month.

Future PC meeting dates for the remaining municipal year should be held on the following dates:

**2021:** 4 October, 1 November, 6 December

**2022:** 3 January, 7 February, 7 March, 4 April including the Annual Parish Meeting, 9 May

**Report from the Chairman** – The Chair hoped everyone had an enjoyable summer break, she thanked all for attending and welcomed everyone back. The Chair explained that Gulliford Burial Ground was hosting two Heritage Open Days on the 11th and 12th September, and all were very welcome to attend. She reminded all present that Covid19 was on the increase in the area and asked everyone to continue to remain cautious and safe.

**Public session** – A member of the public explained that a new Government initiative was now up and running called 'Active Travel' - Putting pedestrians, cyclists & horse-riders at the top of the new hierarchy of road users. The car no longer king. A Prime Minister backed initiative, "The most radical

change to our streets since the arrival of mass motoring." More information about this initiative can be found at About Us | Active Travel | Encouraging a 15% Spend on Cycling & Walking He asked for the PCs support in encouraging Parishioners to help set up a new committee to aid Active Travel in Lymptstone to make the Parish a more friendly pedestrian place. If you would be interested in this new initiative and becoming a committee member then please contact myself, the Clerk, at [lympstonepc@gmail.com](mailto:lympstonepc@gmail.com) to find out more.

**Website** – There is a need for technical support with the Lymptstone website. If there is anyone who is IT confident and feels they could volunteer to help, then please contact myself, the Clerk for more information.

**Community Hub** – The PC wish to send their sincere thanks to Mrs Lyons and her team for providing community lunches for the most vulnerable during Covid19. They hope to keep this going then slowly open up the Village Hall to make it a more of a community event.

**Environment** – Cllr Tyrrell reported on the Brook and believes, using the photographic evidence, that there was pollution. Cllr Staddon reported that she had now received a water testing kit

from the River CSI Project and would be able to regularly test the water and enter findings online to a national database to monitor. In the meantime, it was agreed to contact the EA again to test the water to establish a defined detection of what chemicals and/or other pollutive elements could be identified in the water.

### **Gentle reminders from the Parish Council:**

All PC meetings are open to the public to raise questions from items on the agenda. All agendas are posted on the PC notice boards and, on the website, at least 3 working days before the next meeting. Additional public information can also be found posted here. All Lympstone Parish Cllrs including the Clerk, District and County Cllrs can be contacted via phone or email to discuss any queries from members of the public to take back to the full Council. All contact details can be found in the notice boards or online via the Lympstone website. Your local Cllrs work tirelessly to do the best for your community - please come along and listen to find out more about what your local Parish Council does for you and your Parish!

The FLOS group continue to work hard with the PC, EDDC and other external funding sources to raise the necessary funds to refurbish the play areas in

Candy's Field. NB that the PC have allocated £20,000 towards the project. All other funding in the PCs bank account is budgeted for annually for the entire Parish and cannot be used solely for one project. An annual internal and external audit verifies this. By written request to the Clerk, the accounts can be viewed by any member of the public. Candy's Field is owned by the PC and open to the public as a shared, community open space. Please respect this area and if you are wanting to hold a regular or one-off community event then permission must be sought and granted by the PC. **It is imperative that permission is sought for the area to remain safe for all users and timetabling contractors.**

From the end of September, it will be time to check any overgrown hedges and cut them back please.

Another gentle reminder to dog owners. Please pick up after your dog when walking through and around the Parish and please keep dogs on leads where signage requests.

### **Request from a keen metal detectorist**

- Mr Kevin Shanks is a keen metal detectorist who is looking for land to secure permission to explore. He has been detecting a few years now and has thousands of hours experience.

He has his own full insurance and always declares finds to landowner and appropriate authorities (FLO). He can be found by searching his name on Exmouth for sale/Community pages where you will find numerous examples of him reuniting lost rings/phones etc. If there are any private landowners who would be interested in providing land for this hobby, please contact Kevin directly on flobolobs@yahoo.com

The next PC meeting will be held in the Village Hall on Monday 4th October at 7.30pm.

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## PARISH CHURCH

**Services.** The Sunday services continue at 8am and 9.30. They will alternate in 'traditional' form and 'All Age Worship'.

The Wednesday morning service moves to 11.30 on 3rd and 5th Wednesdays. In between there will be a 'Quiet Prayer Time' at the same time on the other Wednesdays.

We welcome back the new term with '**Tick Tock**' on Fridays.

**Harvest** this year will be on Sunday 3rd October when 'all will be safely gathered in.'

**Streaming Services.** Early in September the church is being fitted with equipment to be able to stream live services to all who wish to join in the worship at home, on holiday and anywhere in the world. Holy Trinity Exmouth and Littleham churches, within the Mission Community, will also be having the equipment and all will stream services as a regular offering. We feel this will help those who may not be able to attend the 'live' service in church for any reason and also for those who may just want to 'see what happens' and gaining from the experience may then wish to join us in person. Look for details on the church notice board under the arch for advice on how to view the services, once the

equipment is fully operational.

**Produce Stall.** Once again the produce stall has proved popular on summer Saturdays. We thank all contributors, purchasers and those who ran the stall. With one week to go the total contributions to the church stand at £1,020.

**Curate.** We may now welcome our new curate Jonathan Reynolds and his family to the Mission Community.

**The funeral of Audrey Doidge** took place at the end of August. Many of her family in the USA were unable to attend. The service was broadcast on Zoom and a recording made. If you were unable to attend and would like to see and hear about her interesting life please email [fbmather@btinternet.com](mailto:fbmather@btinternet.com) and a link will be sent so you may watch it.

*Brian Mather*



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## THE HERALD HISTORY SPOT

### 1960s Floods

produced by Lympstone History Society

Lympstone has always suffered flooding. With the tidal Exe estuary on one side and the Wotton Brook coming from the other, carrying spring and rainwater from the Common and all the land between, the danger was always there.

The worst flooding came early in October 1960 and affected the whole village. Mrs Bastin of 12 Bakers Cottages, near the top of Longmeadow Road, said 'the water was blood red with mud.' Inside the cottage it rose to a depth of over one metre.

At the lower end of the village things were even worse: Mrs Coombes, manageress of the hairdresser and drapery in the Strand, reported, 'At 1 p.m. the water was round our ankles; half an hour later we were soaked up to our waists.' Miss Stevens at Webbers lost important documents because the water rose above the top of her desk; and Mrs Jarenicz at Brookside found sewage floating in the waist-high water. 'I've even had to wash it out of the curtains,' she said.

More floods came over the next two weeks, worsened by blockages in the Brook and culverts. Rose Cottage and Ventnor Cottage were among

those flooded this time. Underhill became impassable except by boat and residents of Church Path had to take long diversions to get to the shops.

There was an appeal to help those affected and each household received half a hundredweight of coal from the Parish Council as well as some financial assistance. P.C. Edwards 'excelled himself' according to Councillor Mrs Ware and was 'on the scene from start to finish.'

After the floods, the Wotton Brook was channelled between two high walls in the heart of the village and work was undertaken to clear blockages higher up. In 2006 the Environment Agency spent £900,000 raising sea defences and installing floodgates along the estuary.

*Graham Banks*



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## RETURN OF THE FILM SOC

Yesterday was the film we showed at the Covid-delayed AGM in August. “Things are not what they used to be,” seemed appropriate words, “There’s a shadow hanging over me...” But the shadow is beginning to fade, and the first film of the new season has now been projected to a socially distanced audience.

Three tables are available for drinks in the newly carpeted Function Room, and an awning makes it possible to drink outside. You are asked to wear a mask to enter the hall, but you can remove it when you take your seat. And you can choose to have an empty chair either side of you.

Fifteen films can be seen altogether, nine of them from *Knives Out* to *The Constant Gardener* in the main programme on Friday evenings, as well as the new Wednesday Matinees of Classic Films and Local Films. The next Friday film is the light-hearted and very funny *The Two Popes* with Anthony Hopkins and Jonathan Price on 8th October. The first local matinee, on 27th October, is *Tied to the Tide*, starring Jason and the Compass Rose, and the first classic matinee is *Ninotchka*, one of the funniest screen comedies ever, starring Greta Garbo and Bela Lugosi, which will be shown on 24th November.

The new Village Hall management have invested in replacement sound equipment (to which the Film Society have contributed), and payment for drinks and ice creams will be through the card machines, which we have purchased.

Membership is only £20, or you can try it out by paying £5 per film on the door. Join by contacting Helen Dimond: [dimond@hdimond.plus.com](mailto:dimond@hdimond.plus.com), or on the door.

For information about the full season, pick up a Film Soc leaflet at one of the pubs or from Susannah’s or the shop. Further information, and the programme notes in advance, from [lympstoneentertainments.net](http://lympstoneentertainments.net).

*Harland Walshaw*

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A portrait of Roger Wilkinson, a middle-aged man with short, light-colored hair, smiling. He is wearing a dark grey suit jacket over a light blue and white vertically striped shirt and a dark purple tie with a small, repeating elephant pattern. The background is a solid light grey.

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## HOUSE WANTED IN LYMPSTONE

Can you help? We are an Exeter based family desperate to move back to Lymington to be closer to our elderly parents and the primary school.

We're looking for a 4/5 bed detached house, away from the main road, with a garden and parking. We are very happy to take on a project and are in a position where we can proceed quickly.

If you (or someone you know) are wanting to sell, we'd love to hear from you!

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## **CLEAR OUT YOUR UNWANTEDS: LYMPSTONE FREECYCLING DAY(S)**



We propose to hold a freecycling event in the village. The idea is simple. If you have items surplus to your needs or wants, you put them outside your house or in a convenient spot nearby (off the road of course) and others can take them. No money is to be involved – it is ‘free’cycling. If you wish to let us know that you are going to put things out, we will compile a list of locations by road or full address and the list will be on the village website and posters. One poster will certainly be under the railway bridge. If you want to chance that people will just find you that is fine. And you could choose to share a spot with neighbours.

Because the event this time will be October and because weather could get in the way, we are identifying two days – Sunday October 17th and Monday 18th October between 10.00am and 4.00pm.

You will be responsible for displaying items in a safe place, and taking them in again. Put out as little as you want or as much as you want but label what you put out clearly as ‘Lympstone Freecycling Event’ and don’t for example, leave your lawnmower too near by!

If you want to be on the list let us know by 13th October – and say if you want road only or full address\*. If this event seems to be a success – in terms of clearing out, or as a bit of fun on an autumn day, it could happen again.

\*Jennyamoon@gmail.com

### **WHEN WAS THE LAST TIME...**

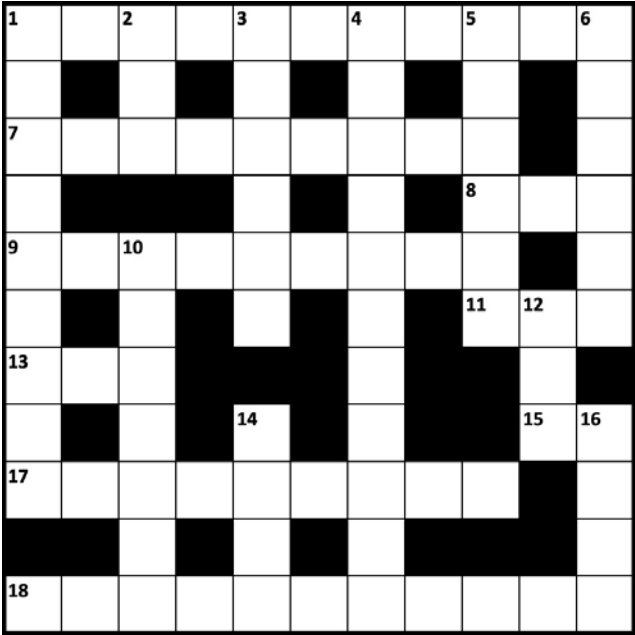
...that you posted a letter through your own letterbox? Maybe you never have done so.

Recently, I tried to post a card through a neighbours’ new door/ letterbox and hurt my hand because the inner letterbox brush and flap were so tight. Ouch! Please spare a thought for our posties... check your letterbox and ease the action if necessary.

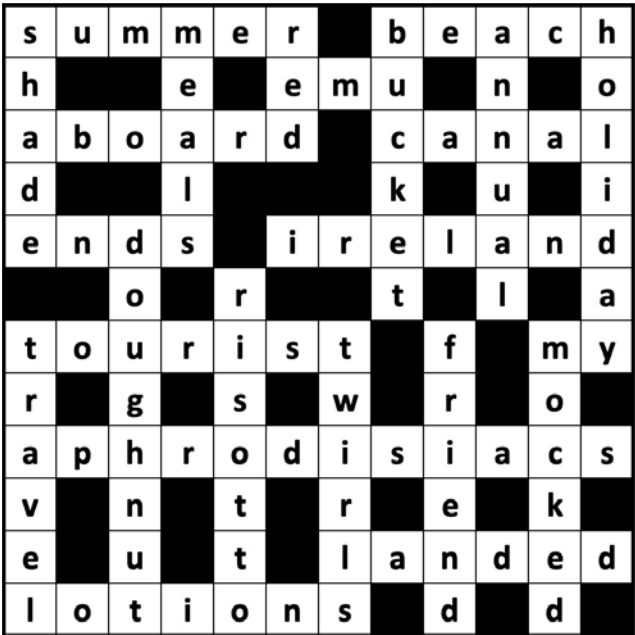
P.S.Thank you to our posties for working all through the pandemic. ☐☐ ☐...anon.



# THE LYPSTONE CROSSWORD



Set by Tenzing



Solutions to last months crossword below.

Correct answers from: Alice Henderson, Arthur Laney-Hubbard, The Burtons, Frances Pearce, Neal Andrew, Ann Hurley, Fiona Archer, Simon & Liz Griffiths, Viv Day, Dick & Sue Francis, Clare Smith, Jane & David Lees, Roger Pearson & Harriet Yeates, Brian Bennett and Alexandra Egan, Margaret Turgoose, Larry Jessett, Mark Brown, Dave & Teresa Field, Pete Acca, Nigel Passmore & Bex Smith, Jackie Michelmores and Joan Denison.

The winner of this month's voucher is Larry Jessett. Send in your answers this month for another chance to win a £25 voucher for The Redwing.

## ACROSS

1. Not the full English land mass (11)
7. Val waited around for the massive bore (5-4)
8. The new upgraded one (3)
9. We people violently unhand Kim (9)
11. What astonishing nous! Lacks nothing! The brightest thing we've ever seen! (3)
13. Tree seen in parts of Chelmsford (3)
15. It's not on! (2)
17. Alter gin? V disturbing! Move along! (9)
18. Salute basin - absolutely mashed! Can I keep doing this? (11)

## DOWN

1. Cat led them astray within China. What a watershed! (9)
2. Agree with the quirky Don (3)
3. Hidden away, this landing site is surrounded by water (6)
4. AA direction worked - gets rid of it completely (11)
5. Turkey leads the way. Ends the latest crazes (6)
6. Amazing goal on salt lake (6)
10. Multimedia messaging service included an eccentric Lama! But never cold-blooded! (7)
12. Run awkwardly - gone to pot (3)
14. Same wild plateau (4)
15. Flower that will ooze, I heard? (4)

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## ADVERTISING RATES FOR 2021 - HELD AT 2020 PRICES!!

Advertisers who book 6 issues will effectively get one advert free, and those who book 11 issues (i.e. a 12-month period) will get 2 adverts free.

ADVERT TYPE	MONTH	HALF YEAR (6 issues)	YEAR (11 issues)
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Half Page	£50	£250	£450
Quarter Page	£25	£125	£225
Boxed Advert	£15	£75	£135
<b>SMALL ADS (min. charge £5)</b>			
Example: 5 lines or less	£5	£25	£45
Example: 7 lines or less	£7	£35	£63
Example: 10 lines	£10	£50	£90

Copies of the Lymington Herald are delivered free to every household in Lymington (approx 1100) every month with further copies being sold through the village shops. Please send your enquiries to Steve Morgan : [sjmorgan222@gmail.com](mailto:sjmorgan222@gmail.com)

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**DISCLAIMER** This news letter is compiled from emails sent to the editors by numerous people and very little of the information is checked before publishing which is done in good faith. *Rob and Claire Hilton, Editors*

# UPDATE ON LYMPSTONE COMMUNITY HUB

## SAVE THE DATES

The Queen's Platinum Jubilee will take place from Thursday 2nd June to Sunday 5th June 2022.

The Bank Holiday Monday will move to Thursday & Friday. Lympstone will be holding a number of events to celebrate in line with national guidelines.

If anyone in the village has ideas for the celebrations, or wishes to take part in or help organise events – please contact Linda Lyon (malcandlinda@aol.com) or Jenny Clark (merryfield@etcpm.com) for more information.

## COMMUNITY LUNCHES

The Hub is continuing to support the delivery of monthly Sunday lunches to between 30 – 35 people who are isolated or vulnerable in the village. Again our thanks go to Lloyd Maunder butchers in Exmouth who continue to supply us with meat at a discounted price.

Over the past year the Hub has been given £1200 in grants from Devon County Council, Lympstone W.I. and Harlow Consultancy to support this initiative. There are sufficient funds left to continue delivering meals at home for at least the next 4 months. September, October and November meals will continue to be delivered to homes but the December Christmas Lunch will be held in the Village Hall where we will also provide some form of entertainment. This will enable those people who have isolated for nearly 2 years to be able to socialise again. Those December recipients who are unable or unwilling to attend will still get their meal delivered to their home. More information on the December meal will appear in future Herald issues.

**We would also like to invite others in the Community to come along to the December meal and also request more volunteers to help organise this. Please contact Linda or Jenny for more information.**

The lunches for the next 4 months will be :-

- 1pm Sunday 26 September Roast pork meal / Apple pie & cream or custard
- 1pm Sunday 31 October Shepherds pie / Sponge pudding & custard
- 1pm Sunday 21 November Sausage Casserole / Rice Pudding & fruit
- 1pm Sunday 19 December Roast turkey dinner / Christmas pudding & cake

If anyone would like to start having these meals delivered or know of someone who would, please contact Linda or Jenny

## FUTURE EVENTS

The Hub is also supporting more events this year, such as the Freecycling Days and the Advent Windows.

If any individual, group or society in the village would like to organise a community event and needs support, please contact Linda or Jenny

*Many thanks*

*Linda Lyon*

*(Community Hub Organiser)*

## ELECTRIFICATION

I was just thinking about my birth town, Wolverhampton, and about the 2030 plan for electric vehicles.

When I was a child in the Midland town we had electric buses. Known as TROLLEY BUSES, they were quiet and as smooth as the road surface allowed. Above the road, two parallel wires were suspended from posts and supports, all along the various routes, about three feet (1 metre) higher than the buses. Two poles were attached to each bus roof and each pole linked to the overhead wires which carried the electricity. The link ran freely along the wires as the bus moved. I presume one wire was negative and the other positive? Thus the bus obtained its power. Not by battery but by sliding connection to the overhead power cables.

When a junction of two double wires coincided, the bus had to stop. The conductor/ticket collector, yes there were two operators on each bus, or was

it the driver?, got out with a long pole and changed the connector poles from one part of overhead wires to the ones above the new route.

This happened often and was annoying when a passenger was in hurry but life was at a slower, quieter pace then 1950's 1960's.

No pollution by fumes or noise. Just the ding of the bell to signal the driver to move on, when all passengers were aboard and seated. The clinking whirl of the little ticket machine on a strap over the conductor's shoulder.

At the first LOCKDOWN we relished the silence, the fresh air and the birdsong. Let us dream of the day when electric vehicles pass along the A376 quietly and without pollution. Maybe our children's, children will breathe clean air when waiting for a bus?

*Hopefully, Jenny Delahaye (50 years in Lymington)*

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## LADIES OF LYMPSTONE

As the W.I. has ceased to function as an organisation in Lympstone we thought there might well be a number of ladies who would like to meet monthly for tea, cake and a chat.

This would take place in the Village Hall Function Room, on the first Wednesday of the month, the initial event to be held on Wednesday 6th October, from 2.30pm to 4.30pm\*\*

The meeting would be open to any ladies in the Village and not just ex W.I. members. Should this prove popular we might be able, in the future, to include speakers and to organise other events.

If you would like to attend it would be most helpful if you would contact Sue Pritchard, either via email

supercharge33@gmail.com  
or by 'phone 708779.

If we know approximate numbers of attendees, we can ensure enough cake to go round!

In addition, volunteers to help with the clearing up and future gatherings would be appreciated.

\*\* The Village Hall has been paid for by the W.I. but there will be a small charge of £1 to cover other costs.

*Sue Pritchard*

## A PILGRIMAGE UNDER SAIL OR THE CIRCUMNAVIGATION OF HELVELLYN

That's the intriguing title of a talk by the Revd. David Arnott in the village hall on Monday 22 October, starting at 7.30pm. What's it all about?. A small boat adventure the telling of which David says will 'splice together Sailing, Saints, Seafaring Sinners, Shipwrecks - and Shanties!' The boat, David says ,was: "An old gaff cutter in which Fr. Robert, rector of Withycombe and I set off to sail round Britain - crossing Scotland by canal to avoid the terrifying Pentland Firth. Huh, merely a circumnavigation of Helvellyn, said our Yacht Club bore. But a Pilgrimage too - as we aimed to visit some of the many remote holy sites around our coasts. We didn't mean to go to Ireland - but did, and there found, not quite at rainbow's end, the forgotten historical secret of Western Civilization."

The evening is organised by the Friends of the Church to help raise money to maintain the church building. Entry charge on the door £5.

Clive Wilson

# Ride On

Cycling for All

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Help us get more people cycling.

Ride On is a bike recycling charity in Exeter. Our vision is for a cleaner, healthier, and more active city. We refurbish second-hand bikes – *since 2011 we have put over 3800 bicycles back into use in Exeter and Devon.*



### If you have a bike you no longer need, why not donate it?

If you can deliver it to the Ride On workshop that's great (see address below). If not, we have bike drop-off points at the following locations:

- Briar Crescent, Wonford
- Lewis Crescent, Digby (St Loyes)
- Lymptstone
- Exmouth

Lymptstone Drop Off Point – 8 Grange  
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## **HARBOUR MATTERS**

The annual craning of boats from Wotton Brook is planned for the morning of Saturday 9th October 2021 from dawn to midday. A large mobile crane will move through the village to the Harbour during the afternoon of Friday and depart early afternoon on Saturday. Owners of vehicles normally parked on the route between the Harbour via The Strand, Bergmann's Hill, Nutwell Road and the A376, particularly on the corner turning into the Harbour outside the Swan Inn, and at the parking bays on The Strand furthest from and in sight of the railway bridge are asked to park such that the crane can pass easily. For safety reasons, the Harbour will be closed to all during craning and during crane movements. Thank you for your co-operation.

*Richard Crisp for the Harbour Board.*

## **LYMPSTONE VILLAGE HALL**

We are aware that there has recently been some local noise disturbance from late night events at the Village Hall. Partly this is because hirers are following Government guidelines and keeping doors and windows open to improve ventilation. In the past, we would have asked hirers to keep windows and doors closed to contain the sound. We do apologise for any disturbance people may be experiencing and we will be looking to see if there is anything we can do to mitigate the problem.

*Mary Turner*

**THE CURRY LUNCH** - a date for your diaries.

In 2020 the Friends of the Church's annual Curry Lunch was another of the victims of Covid rules last year. But it is rising from the ashes, and should be hot and ready again on Sunday 7 November. More information next month.

*Clive Wilson*

## **LYMPSTONE HISTORY SOCIETY**

We are excited to be offering a programme of talks, starting on Tuesday 21st September with a talk entitled 'CANALS THEN AND NOW' by Brian Cotton. The talk will be held in the Village Hall Function Room commencing at 2.30pm (doors open 2.15pm). We have decided to operate in a Covid safe manner so there will be some social distancing and good ventilation in place. Our move to the village hall has meant some compromises, and it means that we need to hold all our talks on Tuesday afternoons, and we can no longer provide refreshments afterwards. We hope you will like the new venue and that you will join us for this and future talks: coming up (subject to Covid restrictions) we also have talks planned. On 19th October Brian Mather will be sharing some films of Lymptone with us, and on 16th November (Don Mldenhall will be talking about some of the old maps of Lymptone on 16th). We hope to see you there.

*Mary Turner*

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## LYMPSTONE GARDENING CLUB

It has been a strange year with unseasonable weather in April and May, and so I decided to ask some Lymptone gardeners how they have fared. There were problems in common, new varieties tried, different methods used, extraordinary growth, and star plants which did well. The following is a resumee of their responses.

Here are some of the problems and solutions: worst year ever for slugs and snails (and I would add moles), masses of ant hills appreciated by the green woodpeckers, ferocious weeds, blight on potatoes controlled by cutting off all the foliage and blight on tomatoes both in the earth and in the greenhouse, poor crops of tomatoes in the greenhouse possibly due to variations in temperature [I found a dose of epsom salts (for the tomatoes!) brought mine back to better foliage and fruiting]. Some people had barely any plums/damsons which may have been due to late frosts on early blossom, and the early wet in May affected flowering plants such as zinnias.

Gardeners are not daunted and there were many pluses. Some flowering plants were more productive in secondary growth after being cut back, and some plants such as nicotiana appeared after a couple of years absence. Leafy plants did well after

surviving strong winds and all that May rain invigorated many shrubs (lots of pruning to come). There were fulsome hydrangeas, beautiful ornamental grasses swaying in the breeze and lots of sweet peas climbing and scrambling about. Dahlias have had an excellent time, and I was very pleased with my seed-grown ones. Someone sowed their sweet peas in the autumn for the first time, overwintered under cover and had lots of strong early flowers. She also sowed different coloured cornflowers with great success, and her giant scabious reached eight foot high! All great news from a new gardener in Lymptone.

Other star plants were *Diascia personata*, blooming from early spring and still keeping going (takes easily from cuttings), the Mexican sunflower (*Tithonia rotundifolia*) providing a tall cheerful display of orange flowers at this time of year and easily grown from seed, and an even taller display of large white flowers on *Eucryphia nymansensis*.

Regarding fruit and vegetables - good crops of autumn raspberries and blackberries, brassicas and legumes have done well, courgettes and cucumbers have been prolific and someone's three mini cucumbers produced six kilos of fruit in the greenhouse! Another garden produced 'sweetcorn strong and stately

surrounded by wild fennel and oregano'.

An interesting point to end on in this report is the appearance of the North American Mocking bird, clearly off course and singing his beautiful, shrill song high up in the tree tops next door to Averil. This must account for the twitchers I saw on the road into Exmouth a while ago.

The gardening club talks are beginning on 26 October in the village hall with Peter Cantrill speaking on 'Plants that Excite', followed by Lesley Weekes on 16 November on 'Handy Hints for the Thrifty Gardener'. Also, the National Garden Scheme still has garden visits up to and including October - South Wood Farm, Honiton in particular.

*Jill Wilson*



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# HAVE YOU HEARD OF THE EXETER COSY ROUTES?

Exeter Dementia Action Alliance (EDAA) has collaborated with Dementia Carer & marathon runner Jo Earlam & Cartoonist Tony Husband on their innovative, wellbeing project across Greater Exeter including Topsham.

The circular route created is made up of eight shorter loops taking the participant around Exeter and the surrounding area. The trails are called COSY routes (“circle of somewhere yours”) and have been cleverly created to encourage people to get outside in the fresh air following familiar paths.

Walk or run it, the routes take the participant from Countess Wear Swing Bridge, and proceeding in a clockwise direction takes in Exminster, just in neighbouring Teignbridge, Marsh Barton trading estate, Alphington, the edge of St Thomas and Exwick, Stoke Hill, the highest point at 550 feet, Pinhoe, and the city’s eastern border fringes with East Devon, Sowton, Clyst St Mary, Clyst St George, back into the city boundary at Topsham and returning alongside the River Exe to the swing bridge.

Gina Awad, EDAA lead explains “we feel this is a project that could become a real asset for the city. However at the heart of this project is our mission to raise dementia awareness and encourage

people living with a dementia and their families as well as the community to get out, enjoy nature and create a general sense of wellbeing as well as providing funds to continue our work”.

The good news is that anyone can join in. Karan Bennett, Alliance board member said “As keen walkers we're very excited about the COSY Routes and have already tried a couple! We thought we knew the Exeter locality well but discovered footpaths we didn't know existed, fantastic views and many points of interest”.

For more information visit [www.exetercosyroutes.wordpress.com](http://www.exetercosyroutes.wordpress.com) which includes the COSY Routes Challenge. The Challenge launching this September for World Alzheimer’s month gives an added incentive for people to do the full marathon distance in as many stages as they wish, with a medal on completion. The first 50 participants will receive a voucher for an Afternoon Tea for two at Topsham Museum, kindly sponsored by Rodney Spiller Wealth Management.

*PHOTO: Gina Awad and Jo Earlam*



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### **GARDEN JOBS - Jenny Moon**

Jenny is still digging for Oxfam. £10/ hour, all to Oxfam. Tel: 01395 708850

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