
MILTON DAMEREL

PARISH NEWSLETTER

Spring 2025

98th Edition



Ready, Steady, Sow!

Planning to grow your own flowers, vegetables, or herbs this year? Now is the perfect time to get started and buy your seeds. Whilst a trip to the garden centre for a ready-made plant can be delightful, there are many excellent reasons to embrace growing from seed.

Why Choose Seeds?

Save money: Seeds are economical and budget friendly. With just one packet, you can grow a garden full of plants at a fraction of the cost of buying them ready-grown.

Get a head start: Sowing seeds indoors allows you to begin early, giving you mature plants sooner and a head start on the season.

Enjoy variety: Seeds offer an unparalleled range of options. From heirloom vegetables to unusual flower varieties, there's something to suit every gardener's taste.

The joy of growing: Watching seeds germinate, seedlings grow, and plants flourish is immensely satisfying. It's a hands-on way to connect with nature and your garden.

Seed Tips and Tricks

Take your pick: there are lots of suppliers and a huge range of choice so shop around.

Quality: if you value reliability, look for seeds with the RHS Award of Garden Merit (AGM) to find the best plants for your garden.

Quantity: seeds are available in large or small volumes. For a plentiful supply of a reliable favourite bulk buying may be the perfect choice. Trying something new or unusual? Then a few seeds may be all you need.

Store for later: Many seeds can be kept for future use if stored properly, making them a sustainable choice. Label and store your seeds in cool, dark and dry location.

Collect your own: Harvest seeds from your own plants to save money and preserve your favourite heritage varieties.

Share the love: Swap seeds with friends and neighbours to discover new plants and expand your plant collection.

Starting your garden from seed is an adventure that's economical, exciting, and rewarding. Whether you're a seasoned gardener or a curious beginner, now is the time to grab your seed packets, prepare your pots, and watch your garden grow. Happy sowing!

Melissa Clark Horticulturist

RHS reserve the right to demand the immediate removal of the images at any time.

- 1 First emergence of a seedling ©RHS/Melissa Clark
- 2 A vegetable garden grown from seed..
- 3 *Ammi majus* grown from seed ©RHS/Melissa Clark



The Market Café

Open Tuesday – Friday 9.00am till 2.30 pm

**All-Day Breakfast – Sandwiches – Burgers
Weekly Specials, or pop in for a Tea or Coffee
Eat in or Take Away!**

LJ & VH Harris

Find us at Kivells, Holsworthy Livestock Market,
New Market Road,, Devon, EX22 7FA

The Market Café

On Tor

Mobile catering provided for your event !

Contact Linda; 07800 865 295
themarketcafeholsworthy@gmail.com

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Abbots Bickington and Church news

Services at the Church are held on the 2nd Sunday of the month, taken by the Rev Mark James. The Snowdrops are coming through on the verges and soon the Daffodils and Bluebells will begin to show along the outside of this pretty little Church in Abbots Bickington Parish. It is always a pleasant view when walking along the lanes.

Keep your dog on it's lead.

How many times have you seen that or read it but still there are reports in the agricultural newspapers of dog attack on livestock, mainly sheep but also cattle and horses, some people just don't get the message. Most people in Milton Damerel and the surrounding area are aware of the damage a loose dog can do and keep theirs under control but folk new to a rural area may not realise that even the smallest dog can terrorise a flock of sheep, (all dogs have wolves as ancestors and the hunting/killing instinct is still within them) chasing ewes at any stage of their pregnancy can cause stress and abortion and can result in death, farmers are legally entitled to shoot any uncontrolled dog that is worrying their livestock. The next couple of months see's the lambing season in full swing.

Also be very careful walking in any field with your dog where there are cattle, they are very inquisitive creatures and will often come over and have a look at you, if there are cows with calves in the field you could be putting yourself in danger.

Also do you know that if you don't regularly worm your dog & you allow it to defecate in a field & you don't pick up after it, you could cause Neosporosis. Infected dogs excrete Neospora eggs in their faeces, cattle become infected by ingesting contaminated grass or hay, this usually causes them to abort their calf, there is no treatment & generally means the cow has to be slaughtered, so please clean up after your dog & regularly worm them.

Remember to keep your dog under control and keep it on a lead when out and about.

Parish Clerk: Jane Elliott Devon, EX21 5BN

E-mail: miltonadmerelpc@gmail.com

Tel: 07773 679559

Councillors:

Stephen Moyse (Chairperson)	07966 671543	Richard Piper (Vice Chairperson)	01409 261114
Jim Richardson	07866 406977	Gareth Piper	07966 558385
Teresa Walters	01409 261871	Peter Bromley	
Edgar Pett			

Meetings of the Parish Council are usually held on the third Wednesday of each month. The agendas for all meetings are displayed on the notice boards and available on the Milton Damerel Website, no later than the Friday before the meeting. The draft minutes are posted to the website within 30 days, but are not officially approved until the next meeting. Members of the public and press are always welcome, time is set aside for comments but they may not take part in discussions at any other time.

Parish Clerk

The new Parish Clerk is called Jane Elliott, although employed from the 1st February this is Lorraine writing her last report for the newsletter, I sincerely hope that Jane will enjoy her time with the Parish Council as much as I have.

District Councillors

Councillor Kit Hepple has been unable to attend meetings but is always available if he is needed, recently he approved the Grant of £500 towards the new defibrillators, for which the Parish Councillors are very grateful
Councillor Ken James attends meetings on a regular basis and is a great help to the Parish Council, his continued support and advice is very much appreciated.

Hardship Fund

Councillor Ken James has informed the Parish Council that funds are again available to anyone who is in need of financial help. the grants can cover various things such as problems paying Utility bills, council tax, replacement of household items, purchasing of food. For further information please contact Councillor Ken James via email: Councillor.James@torridge.gov.uk

Devon County Councillor James Morrish

Councillor James Morrish has been unable to attend meetings recently due to pressures of work.
If any resident has any concerns, he is always willing to help and can be contacted by email.

Holsworthy Neighborhood Policing team.

PS Donna Gutteridge is the contact for Holsworthy, she has recently been in contact with the Parish Council regarding complaints raised by residents and Parish Councillors.

Bus Shelters

The bus shelter is in the process of being repaired, after the damage caused by the storms.

Planning matters:

Very few applications or decisions have been received since the last newsletter

Town Farm

No information regarding if or when the development would be started is forthcoming...

Details for all planning applications are available on Torridge District Council website; applications to be considered by the Parish Council are stated on the Agenda for Parish Council Meetings. These are then discussed at the meeting and comments passed on to Torridge. If residents have any objections or concerns regarding an application, they can convey them in writing either by post or email to Torridge District Council planning department, you can also inform any Councillor or the Parish clerk. As there is now a strict 21-day consultation period it is imperative that you get your comments to the relevant department as soon possible.

Annual Open Meeting April the 16th 2025.

This is your opportunity to meet your Parish Councillors and discuss any concerns you may have. All local organisations are invited to attend to give their reports. In recent years the meeting has been very poorly attended, which is a missed opportunity for you to air your views.

Annual Precept

It is the Parish Councils unanimous decision to keep the Precept at the sum received last year. This is to ensure that if another election is forthcoming there would be enough resources to cover the cost. The precept request has been sent to Torridge Finance department

The Council tax Band D will remain the same apart from the general increase from Torridge Council.

The Step Back in Time Fund:

For young people has a balance of £53.02. A grant of £50 has recently been awarded. This fund is available to help young people of the Parish undertake special activities, such as volunteering at an event at home or overseas. Applications in writing can be sent at any time to the Parish Council via the Parish Clerk, outlining the project for which the grant is requested.

Website

If you have any events that you want advertised, please let me know or email to me in pdf format, the website Cannot be kept up-to-date if I do not get the relevant information.

Community Defibrillator (AED):

The AED's sited at Holsworthy Beacon and Sanders Garage have now been replaced. The new ones are slightly different and are fully automatic. Please note the defibrillator cabinets light is motion activated, so although it is not lit all the time as soon as a person is near to it the light will automatically come on. If residents would like to be updated regarding the use of them, I am quite willing to come out one evening for an AED and Life support session. Contact can be made through the new Clerk who will then contact me.

The cost of the defibrillators was £1,600, a grant of £500 was received from Torridge District Council, with thanks to District Councillor Kit Hepple for his support, the balance will be paid from Parish Council Funds.

Condition of the Roads in and around Milton Damerel:

The Parish Council receive numerous complaints regarding the poor state of the roads, the Parish Clerk regularly passes on the complaints to Devon Highways, please notify me of any problems, copies are always sent to Councillor Morrish, who will substantiate our complaints.

The more people that go onto Devon County Council's website and reports potholes and poor road surfaces the better, the Parish Council, District and County Councillors encourages residents to do so as often as they can. See web page below.

[https://www.devon.gov.uk/roads-and-transport/report-a-problem/report-a-pothole/?](https://www.devon.gov.uk/roads-and-transport/report-a-problem/report-a-pothole/?fbclid=IwY2xjawlkNDhleHRuA2FibQIxMQABHQAFXssmK1KO--zJFkZmnwUac6xuYK4nXumsD6bsFZp92PJ9UVoNLnoA_Q_aem_4A8Alua1EfaDXEBWFtZWg)

[fbclid=IwY2xjawlkNDhleHRuA2FibQIxMQABHQAFXssmK1KO--](https://www.devon.gov.uk/roads-and-transport/report-a-problem/report-a-pothole/?fbclid=IwY2xjawlkNDhleHRuA2FibQIxMQABHQAFXssmK1KO--zJFkZmnwUac6xuYK4nXumsD6bsFZp92PJ9UVoNLnoA_Q_aem_4A8Alua1EfaDXEBWFtZWg)

[zJFkZmnwUac6xuYK4nXumsD6bsFZp92PJ9UVoNLnoA_Q_aem_4A8Alua1EfaDXEBWFtZWg](https://www.devon.gov.uk/roads-and-transport/report-a-problem/report-a-pothole/?fbclid=IwY2xjawlkNDhleHRuA2FibQIxMQABHQAFXssmK1KO--zJFkZmnwUac6xuYK4nXumsD6bsFZp92PJ9UVoNLnoA_Q_aem_4A8Alua1EfaDXEBWFtZWg)

Parish Footpaths

The Parish Footpaths are now looked after by George and Wendy Preston, and they are doing a grand job, their report is printed elsewhere in the newsletter. They report directly to the Parish Clerk if there are any problems. Whilst out walking the paths if you see a problem can you please report it to ensure we get it put right without too much delay.

Freedom of information: Requests for information under the Freedom of Information Act should be sent to the Parish Clerk. Some information can be made available by email free of charge, paper copies will be charged at 10p per A4 side. Copies of the recent Parish Council meeting agendas and minutes are available on www.miltondamerel.com

A note for the residents of Milton Damerel Parish Council.

It has come to the Parish Councillors notice that some residents wonder what the Parish Council actually does, they state that they would like the Council to be more proactive with residents.

A discussion took place during the October meeting as written in the minutes.

All residents are welcome to any Parish Council meeting, usually we have just two regular attendees.

The Annual Parish Meeting where residents can have their say and ask questions is arranged every year but is always very poorly attended.

If you have ideas where the Parish Council could be more proactive please come along to a meeting

Where your ideas can be discussed.

THE GARDENER'S GROUP

We have 15 members using Whatsapp and 3 who still receive emails. We have not corresponded for a while, but the winter months can be quiet for gardeners. Each doing their bit, just plodding on getting their own garden organised for the coming year. We will once again tidy the pots around the Parish Hall and replace the pot that was damaged by a car....!!

We hope to organise a group visit to a couple of open gardens. Hopefully a member will have an invite for us to visit their garden. Also have a seed and plant swap, if our members have any going spare.

Melanie Richardson 261 353
Lesley Self 261 294

Chapel News – Mar 2025

Dear friends,

I have now seen my first daffodil of the New Year. This was while out for a walk on 5th February. Clearly a sign that spring is round the corner.

In the Church, the signs of spring are parallel to the season on Lent; building up to the high point of the Christian year – Good Friday and Easter.

One of the downsides of my life as a Methodist Minister is attending too many meetings. Of course, we have to have them to be able to manage the affairs of the Church correctly; but I am not convinced that time spent in meetings is as profitable as it might be. It will certainly be one of the things that I will not miss when I “sit down” (Methodist speak for retirement) later this year.

So, at a meeting (!) last year, a group of us set up a challenge to make arrangements to have no such meetings in Lent. No Meeting Lent, sounds a good idea to me; and I hope that we can achieve that.

For some Lent is about giving things up. I would rather it be, taking things on – say some extra Bible Study or prayer.

No Meeting Lent will give us the opportunity to do that. We cannot say that meetings will get in the way.

Just consider how many hours can be saved by those attending and contributing to a meeting? What use can we make of those gained hours?

There are so many options – visiting folk in the Church and in the community; especially those who find getting out difficult. If that is not possible – a phone call or two. Sharing a walk with friends – we certainly live in such a beautiful part of the world and are spoilt for choice.

Maybe to undertake various acts of kindness to those around us.

Or even, just to pause and consider the world about us and our own place within it.

I would like to think that No Meeting Lent gives us an opportunity to share something of the Love of God that we experience in Jesus Christ. That is especially so at this time of the year, when we see that love most clearly displayed as Jesus goes to his cross on Good Friday; and is raised from the dead most gloriously on Easter morning.

And why not continue to spread that Love throughout the whole year?

Blessings

Rob

Revd Rob Blackhall Superintendent Minister

Services at Milton Damerel Methodist Church from March to May

Sunday, 9th March All Age Worship with Mr Roy Harris

Sunday, 16th March Café Worship

**Sunday, 13th April Café Worship with Ruth Jones, Holsworthy
Community College Youth Chaplain**

The visit of Ruth Jones on Palm Sunday (13th April) will be an occasion to hear about Ruth's work in the College, and also with youth activities in Holsworthy. Ruth not only assists with teaching (she has a science degree) but also provides mentoring support in the college and Christian support. Anyone interested – young people and “older” ones - to learn more, please feel welcome to come along and share refreshments and meet Ruth.

**Sunday, 20th April All Age Worship with Mr David Ley
EASTER SUNDAY Holy Communion**

**Sunday, 11th May All Age Worship with Mr Duncan Withall
Sunday, 18th May Café Worship**

Our 2 services per month, normally held in the Schoolroom, are inclusive of all ages from the youngest to the eldest. The 2nd Sunday service is normally led by one of our Ministers or Lay Preacher, and an activities table for children is included. The 3rd Sunday service is normally in Café Worship style and is inclusive of activities, crafts, songs, readings, etc., for all to contribute and join in. For April the services are ‘swopped’ as Easter Sunday is on 20th April. Please come along to any of our services – a warm welcome to you. Tea & Coffee served during Café Worship and following All-Age Worship.

Flower Plan

9th March
Mrs Margaret Fishleigh

13th April
Mrs Sheila Daniel

11th May
Mrs Ann Poole

Dates of Services at Lake Methodist Church (Shebbear)

On the 4th Sunday of each month, the churches within the Shebbear Church Council, are meeting for morning worship together – **all at 10.30am and at Lake Methodist Church**. Normally these are United Services with members of St Michael's Parish Church, Shebbear.

Sunday, 23rd March **Preacher: Mrs Linda Davis**
Sunday, 27th April **Preacher: Mr Frank Watson (Holy Communion)**
Sunday, 25th May **Preacher: Revd Rob Blackhall (Holy Communion)**

At Home Worship - Circuit offers Zoom services and Live Stream of Buckland Brewer's services.

Zoom @ 6.30pm – Sunday 9th March led by Revd Andrew Vidamour; Monday, 14th April led by Mr Frank Watson; and Sunday 11th May Easter Offering led by Mrs Elsie Potter

The service can be accessed via a computer/laptop with camera/microphone, iPad/phone or using the normal phone – even if you have a device with camera/microphone and do not wish to be seen, you can join in without the camera on – please contact Sarah Richards, our Circuit Administrator, on 01237 472649 or email her sarahrichards185@gmail.com for details on how to join the 'meeting'.

Live Stream – Buckland Brewer continue to Live Stream Services on the **Buckland Brewer Methodist Church You-Tube Channel** on the 3rd (not Easter Sunday) & 4th Sunday in the Month

CHRISTMAS – We had a good number in the congregation for our Carol Service on 15th December, led by Revd Rob Blackhall, and £104 was forwarded to Action for Children from the collection. Thanks have been received.

BIBLE STUDY – 10.30am in the Schoolroom at Milton Damerel Chapel, This is an Ecumenical 'venture' and a warm welcome to anyone interested in joining us. Please contact David & Janet Fisher (Tel: 07858506973) or Grace Millman (Tel: 01409261251) for further information. We have not set dates yet for March and beyond – do please contact us if you are interested in joining with us.

Torrige Methodist Circuit Newsletter - If you would like to receive this monthly Newsletter please let us know. It includes diary details, the preaching plan for all the chapels in the Circuit, information on weekly Bible Study groups, other study events, and news from the Methodist Church. The Newsletter is also available on line at www.torrigemethodistcircuit.org.uk and there is also a Facebook page for the Circuit. Finally, there is also a private Facebook Group, where we share thoughts, prayers and other material – this is Torrige Methodist Circuit Group – if you wish to join please go to this Facebook page and use the Join button.

CONTACTS – *For further information or help please contact: Our Superintendent Minister: Revd Rob Blackhall (01805 628041) Our steward: Jeremy Sharp (Tel: 261548), Property Steward: vacant; Secretary: vacant.*



Milton Damerel Parish Hall News

Belatedly welcome to 2025! The last event of 2024 was the Community Carols, raised £80 for Devon Air Ambulance. Unfortunately we cancelled the Dec. Cafe because of storm Darragh. The community event with the Chapel and Trinity Church did not take place as once again there was insufficient ticket sales to make it viable.

January has been a quiet month but we kicked off February in style with the ever popular Big Breakfast. Finally work on the second phase National grid supply should be installed by the time you read this (I think I said that last time). We have a confirmed date of 17th & 18th Feb. This will be followed by the new heating installation, date tbc!

For those with healthy New Year resolutions we now have yoga classes on Mondays at 1.30pm with Vicki from Total Balance. This is gentle yoga and can be tailored to all abilities and also includes chair yoga for the less mobile.

On Tuesdays we have Dancercise at 7.45pm with Sue. It is similar to line dancing with a varied selection of music from pop to classics and is a fun way to exercise and get those steps in!

Unfortunately at the time of going to print we had not got our future events planned, also partly because of the planned works to the hall. You will see these on the flyer that has been delivered with your newsletter or look out for posters and postings on facebook.

As ever we welcome any new volunteers to join us as committee members or just as regular volunteers. The Hall belongs to the community and is run by just a few members of the parish.

Holy Trinity Church News

Rev. Mark James 01409 251015



Spring, Growth, and Hope

As spring approaches, the world around us stirs into life. The first green shoots break through the soil, lambs appear in the fields, and the days lengthen, bringing warmth and light. Spring reminds us that even after the stillness of winter, new life and possibilities emerge.

“The earth is the Lord's, and everything in it, the world, and all who live in it.” Psalm 24:1

Your parish church is more than a building; it is a place where life has unfolded across generations. Only a short while ago, we stood within its walls as candlelight flickered on the Christmas trees, voices lifted in carols, and the joy of the season filled the space. Through baptisms, weddings, and funerals, it has borne witness to the joys and sorrows of our community, standing as a constant in an ever-changing world.

We give thanks for all who have helped care for this church, and especially for those who have served as churchwardens. Their dedication and service have ensured that this place remains open, welcoming, and part of the fabric of our village. Now, as they step down, we recognise that their absence leaves a gap. The responsibility for the church does not rest with one or two, but with all of us who value its presence. At this moment, our legal council (PCC) is barely quorate, which places the future of the building at risk. There is work to be done, not least on the roof, and these practical needs remind us of the care that is required.

Yet, even in challenge, we find hope. Spring reminds us that life finds a way, and we trust that God is at work among us. We also take this moment to give thanks for our silent heroes, those who, without fanfare or recognition, have tirelessly given their time, skills, and effort to maintain this church so that future generations can enjoy it. You know who you are, and we are deeply grateful.

If you have ever wondered how you might be part of the life of this church, now is the time. Whether through practical help, governance, or simply by being present, your involvement matters.

With willing hands and faithful hearts, we can ensure that this church remains a place of worship, welcome, and community for generations to come. May we move forward in faith, trusting that God will provide, and that with His guidance, new growth will come.

God bless you all

Revd Mark James, Rector@bradworhtybenedice.org, 01409 251015

Hello Everyone

Already 2025 is moving on apace. The snowdrops are looking especially lovely this year with masses of flowers, the churchyard looks lovely and already the grass has been cut – thanks to Steve and Adrian - I see the green leaves of wild garlic popping up around the perimeter and of course the primroses and daffodils are coming into bud -with Mothering Sunday being the 30th March we hope that there are a few left for the traditional posies.

The Christmas Tree Festival held on 7/8 December was quiet on Saturday but Sunday – wow -I think a coach load arrived as we were bursting at the seams, so lovely to see so many people filling the aisles and/or enjoying cake and cup of tea. The entries were very individual, very artistic and very well thought out. All had come up with fantastic ideas marking each exhibit as outstanding. Handmade decorations adorned many trees; knitted, crocheted, drawn and cut out, rolled out, pom poms, snowmen - and yes traditional too. Visitors had a hard task choosing which was their favourite to vote for - they were they were all amazing. Children and adults enjoyed searching the church for the 'in plain sight' game of 'find the xmas trees'.

Thanks to each and every one of you who participated or visited the event.

The church 'Carol Service' seems a long time ago now but not too long ago that we can't thank you for joining us at this special service to celebrate the birth of Jesus. There was an element of surprise- especially for those who I accosted at the door to 'play a part' thankfully enough people agreed and made it a success story. Our grateful thanks to those who took part in the 'drama enactment' without your willingness to participate it would have been an absolute failure. We tried to bring something different to the carols service and feedback has been very good.

Votes for the 'best liked tree' was as follows:
The best liked was awarded to 12 year old Leah for her tree entitled
'CROCHET CHRISTMAS TREATS'.
Followed by Sutcombe Church's entry
'SNOWY SNOWMAN'
Next were jointly
C Ward **'FELTING TREASURES'** and Diane with **'WOOLLY CHRISTMAS'**



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There are changes at Holy Trinity – nothing stays the same: Roy and I are no longer the church wardens – 2024 was a turbulent year for us personally and by the end of the year we literally 'ran out of steam' but I will remain as treasurer, at least for the time being. We are still wholly supporting Holy Trinity and want to see it move forward, especially as we made such advancements in the last year. Plans for new guttering were in place and roof repairs, indeed we have - with another person - already purchased some traditional guttering, but it needs sprucing up.

Support your church as without you the door will be closed for ever.

Isabel

CONGRATULATIONS



To:-

William Johns of Gratton successfully passed the HGV test for articulated lorry driving last week



WELCOME



To:-

Michael and Janet New, who have moved into Ruby View, Shop Cross



OUR SYMPATHIES



To:-

Eileen Pett of Kenmar, Venn Green, whose husband Bill passed away in January.
 Grace Millman and Family of Chapel View, whose husband Walter passed away in January
 Ron Gifford, Derek Gifford, Linda, Alex & Paul Gifford on the very sad loss last week of Alan, of Whitebear, a beloved son, twin brother, husband and father.



We are sorry if we miss any occasions for this page, our coverage is only as up-to-date as YOU provide information to us. see contacts page for details. Thank you.

Regular Events

YOGA - Parish Hall	Every Monday 1.30pm
Dancercise - Parish Hall	Every Tuesday 7.45 pm
Milton Damerel Over 60's Club – Parish Hall	1 st Tuesday every month 2.30pm
Parish Council Meeting - Parish Hall	3 rd Wednesday every month
Whist Drive – Parish Hall	3 rd Saturday every month 7pm for 7.30pm
Chapel Sunday Worship	2nd. Sunday every month 11 am
Chapel Café Worship	3 rd Sunday every month 11 am
Trinity Church Holy Communion	2nd Sunday every month 11.30am
Trinity Church Morning Service	4th Sunday every month 10.00am
Holsworthy Walk & Talk	Every Monday & Friday 10.30am.
Community Café - Parish Hall	1 st Saturday every month

Holsworthy Walk and Talk

Firstly, a very belated Thank You to the volunteers at the Youth Centre who so generously hosted our Monday Walk Christmas Bring and Share lunch. We had a very festive morning with much food and laughter. It's good now to get back to our weekly walks again.

Our new programme started on the 10th January and walks have been very well attended throughout. We have our Group Lunch on the 7th February 2025 when we will not be walking. In times past we had used to have lunch after the walk but, having had some wet walks, it was decided that steaming in soggy clothes wasn't too conducive to enjoyment or digestion!

At this time of year gym subscriptions generally have a boost, which is good, but variety is the key to overall fitness. Working different muscles or the same muscles in a different way can be beneficial and enjoyable. Walking in a group and 'walking and talking' can take the mind away from the more physical element. When stopping to 'admire the scenery' and take a breather it can be a surprise to look back and see how much ground you have covered adding a sense of achievement.

The 17 January saw 31 of our members split between our 2 Friday groups. 23 were at Milton Damerel where they enjoyed a circular route taking in footpaths 15 & 16 and enjoying the quite spectacular views seen from the Chapel View to Higher Gratton road. The other group were at Bradworthy where they also were blessed with bright sunshine and equally good views across to Dartmoor.



Highampton Nov 2024



Milton Damerel January 2025

If you would like to join us at any time we walk on Mondays and Fridays. All walks start at 10.30 am and are **FREE**. Membership forms are available from our Volunteer Walk Leaders prior to the start of the walk.

Our website has lots of up to date information, together with our current programme of walks, details below.

Contacts:

holsworthywalkandtalk@gmail.com
<https://holsworthywalkandtalk.co.uk>
Gillian Aston 07584677784



MILTON DAMEREL AND DISTRICT OVER 60's GROUP

A Christmas Meal on 12th December, at the Royal in Bideford, was once again really enjoyable. Several members and friend of the group travelled by coach and after spent a few hours in Atlantic Village... Infinity as its now called. Quite a bit of Christmas Shopping was done.

We started our meetings again on Tuesday 4th February. Our Treasurer stated that we will keep with Lloyds Bank, although they have now started banking charges. Also that the cost of the Hall had increased.

The members who attended made lists of places that would be interesting to go to, on this years Coach Trip. Before the next meeting the Committee will decide on which places would be suitable. They will also discuss whether the cost will have to be increased, once they have spoken to the coach company. The afternoon continued playing Beetle and having Tea and Biscuits.

Our next meeting is on Tuesday 4th March.

Although we call ourselves 'Over 60's Group', you do not have to be over 60 years of age to become a member. All ages are welcomed to join us for a social afternoon and any Coach Trip. Once members have booked a coach trip, any remaining seats are available for friends of the group. We do use Milton Damerel Community Page to say if any seats are available.

Our regular meetings are on the first Tuesday of each month, from 2.30 to 4.30 at Milton Damerel Parish Hall. At present, membership is £4 and monthly subs £2. This does include a raffle ticket, tea and Biscuits. Our Coach Trips at present, £10 members and £12 Non Members, are on the 3rd Tuesday of the month.

New Members always welcome

Chair: Linda Gifford
Vice Chair: Margaret Walters
Treasurer: Iris Tel 261 322
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NEWSLETTER FINANCES 2024

The Group reports on the finances for the year 1st January to 31st December 2024. The financial statements are set out below.

		2024	-2023
Receipts during 2024:			
Advertising	Notes	1299.00	1273.38
Grant – Parish Council		0.00	100.00
Subs Fund Raise		0.00	
Other		0.00	
Total		1299.00	1373.38
Payments during 2024			
Printing		1016.46	1220.01
Other	Payment for Parish Hall	10.00	9.59
Total		1026.46	1229.60
Surplus for the year		272.54	143.78

Funds in hand at 1st January 2023:

Nat West Treasurer’s Account.....	3302.54
Cash & Cheques held	0.00
Total	3302.54
Add net gain for year	272.54

Funds in hand at 31st December 2024 3575.08

Represented by: Nat West Treasurer’s Account.....	3575.08
Cash & Cheques held.....	0.00
	3575.08

Note: 1 Kivells paid £1 over Invoice

Note: 2 Slee Blackwell part payment for 23/24 advertising year

The Newsletter Group decided not to request a grant from the Parish Council in 2024

Various forms of community support enable the continued delivery of approximately 240 copies free of charge, to each household in the parish and in Abbots Bickington.

We record our sincere thanks to all our supporters and to those who deliver your newsletter to your doorstep, and to Tracey Toft for independently examining our records and accounts.



Local Co-ordinators:

Strawberry Bank

Edwina Hale

Tel: 261263

Gratton, Whitebear & Fore Street

Edgar Pett

Tel: 261277

Venn Green

Mike Jackson

Tel: 261196

PCSO - Jessica (Jess) McEldon – Contact via 101

Bude Police Station is open 10 am to 3 pm Monday to Saturday
Okehampton Police Station is open 10 am to 3 pm Monday to Thursday
Barnstaple Police Station is open 9.30 am to 4.00 pm Monday to Saturday

The police have recently updated their website and the **Crime Prevention** advice is now clearly categorised and very easy to find and read at:

<https://www.devon-cornwall.police.uk/cp/crime-prevention/>

There are also clearly marked labels which take you to other relevant parts of the site, such as reporting forms and related matters. Overall the site seems to be much improved and far more user friendly.

Community Speed Watch(CSW): The Holsworthy Group, which covers Milton Damerel, would like to recruit some additional members to boost their team numbers. CSW is an educational exercise rather than a punitive scheme, whereby an offender receives a letter explaining the risks and consequences of their actions. Persistent offenders will receive a visit from the police and will become the subject of focused enforcement and then criminal prosecution. CSW sessions usually last for about an hour and the Holsworthy group operates 2 – 3 times per month. It is up to the group co-ordinator to organise the sessions and the number of times that they operate depending on how much time the members wish to donate. If this is something which you might like to get involved with there is more information, together with a short video at:

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

Like many aspects of life, application is now completed on-line, followed by some short on-line training modules. Once completed your local group will contact you to arrange some practical training, which usually amount to 2-3 sessions, usually as part of when the group is running a 'live' session.

Note: When registering, use the side bar and go to 'Existing Group' and then look for 'Holsworthy'.

Op Snap – This is the scheme which the police set up to allow video footage from dashcams, mobile phones and other recording devices to be uploaded to the Devon & Cornwall Police site to be reviewed. If the quality is of a good enough standard then the police will take appropriate action. The aim being to clamp down on bad and dangerous driving in order to prevent more accidents. Last year there were 20,000 submissions and the quality of them was of such a good standard that the scheme is being continued. Adrian Leisk, D & Cs head of road safety stated that: "Submissions to Op Snap have resulted in everything from driver education courses to penalty points, hefty fines and even disqualifications. Remember, more people than ever own dashcams, helmet cameras, mobile phones and even video doorbells, so it's increasingly likely that poor driving will be caught on camera". The Vision Zero South West road safety partnership has made a short video which can be viewed at this link:

<https://www.youtube.com/watch?v=36LAAaR1ms>

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actionfraud.police.uk



Evelyn's Walk 9/12/24

It was debatable whether the walk would go ahead as planned on Monday 9th December given that Storm Darragh had been raging over the weekend. Thankfully, the wind dropped considerably & although it was chilly, it was a nice prospect to go for a walk having been confined to barracks for a couple of days. We met in Bradworthy Square which was a hive of activity with the Christmas decorations going up. It will look a picture once complete. We turned left by H.J. Wicketts & followed the lane which took us past the School on our right. At the bottom of the hill, we contemplated the name of the river which we crossed. It wouldn't come to me which was really annoying! The water level was much higher than when we last walked this way in July'23. We strolled up the hill through the beautiful avenue of trees admiring the far reaching views to the left. Amazingly, there didn't appear to have been any casualties during the storm. We followed the footpath sign which took us along the drive towards Berridon Farm. As most of the leaves had fallen, we had an opportunity to admire the wooden chalets in the field on our right. It must be a very tranquil environment for visitors but there wasn't any evidence of them in December. We followed the footpath sign which took us through a wooden gate on our right & across a beautifully kept field. The route is cleverly marked with a couple of strategically placed granite gate posts. We went through a couple of self-closing galvanised gates at the far side of the field. We turned right & entered a large field that would normally be grazed by cattle during the summer months. We were pleasantly surprised by how dry the track was underfoot. I think the storm had played a part in drying out the ground as in reality, the storm hadn't brought much rain. We crossed the wooden footbridge & again we contemplated the name of the river which we crossed. It was right on the tip of my tongue but annoyingly, it still wouldn't come to me! When we reached the lane, we turned right & then turned right again which brought us back to The Square. This is such a nice circular walk of approx. 2.3 miles & we were all pleased that we had made the effort. Oh yes, when I got home the name came to me..... River Waldon.



This was the last walk for the year & there isn't one planned for January. I would like to take the opportunity to thank everyone for their company over the last twelve months. I must also thank the land owners who have very kindly given us permission to park on their land. This enables us to walk routes that would otherwise be awkward due to a lack of suitable parking. I am so grateful to the P3 volunteers who are usually associated with our Parish Councils as they check our local PROWs for accessibility & report back to DCC if there are any problems.

Evelyn's Walk 10/2/25

Our walk on Monday 10th February was the first one of 2025. Seven of us met at Devon Wildlife Trust's Nature Reserve at Dunsdon in Pancrasweek. I have to admit that it isn't the easiest place to find & I commend everyone for finding it. It was one of those really grey days with a chilly wind so everyone was well wrapped up. We walked along the track from the car park back to the lane & turned right towards Lana. We could see St. Pancras Church in the distance but we couldn't enjoy the far reaching views that we would have done on a clear day. At the point where the lane went round a left hand bend, we turned right & then joined the footpath on the right. This is a lovely level walk alongside the Bude Aqueduct, the feeder arm of the Bude Canal. There was evidence that volunteers have been busy recently along the route. Given the rate that everything grows, it's no mean feat to keep the route accessible. It goes all the way to Lower Tamar Lake so it's quite a distance to look after. We were all surprised that it wasn't muddy underfoot. We noted that the galvanised gates now have labels on them enabling us to identify our position along the route. There are strategically placed benches so that walkers can rest awhile & enjoy the tranquility. We didn't meet anyone. We walked as far as Puckland Farm & then turned right along the lane. When we reached the T-junction, we turned right & continued past Broomhill. By turning right at Dunsdon Cross, we returned to the entrance to the car park. By this stage, we had all warmed up & rosy cheeks were evident having walked approx. 3.25 miles. We did see a few Snowdrops & a Camellia was in bloom but I don't think there was as much evidence of spring as there had been at this time last year. It's just a bit more chilly! The forecast says that it will warm up in the next few days & then I think the birds will be doing more singing & probably be thinking about building nests.



The next walk is planned for Monday 10th March. We'll be setting off from Thornbury Holiday Park in Woodacott, EX22 7BT at 10am. Everyone is most welcome to join me. If you would like more information, my contact details are

Evelyn Sharman Tel: 01409 259 848 Email: evelyn.sharman@btinternet.com

Gingerbread Men.

350g/12oz plain flour, plus extra for rolling out
1 tsp bicarbonate of soda
2 tsp ground ginger
1 tsp ground cinnamon
125g/4½oz butter
175g/6oz light soft brown sugar
1 free-range egg
4 tbsp golden syrup

To Decorate. water icing (optional),

Method.
Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar. (You can rub the butter in by hand, if you don't have a food processor.)

Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in cling film and leave to chill in the fridge for 15 minutes.

Preheat the oven to 180C/160C Fan/Gas 4. Line two baking trays with baking paper.

Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them.

Bake for 12–15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations, if using.



Rural Footpaths in the Parish

The original booklet was prepared following the outcome of the Parish Plan in 2009/10, when it became apparent that many residents who had not been born in or brought up in the Parish, were not aware of our rural footpaths. Over recent years many of the stiles have been replaced with user friendly gates to allow greater accessibility and failing bridges have also been updated. The booklet has now been revised to reflect these changes and can be downloaded from the Parish website or by following this link:

http://www.miltondamerel.com/Local_InfoEvents_20037.aspx

Rural Footpaths
in
Milton Damerel



7 Public Footpaths within the Parish
(©2009 - 2009)



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WHAT'S ON

Arts & Entertainment in our area

HATS Theatre, Holsworthy

www.holsworthytheatre.co.uk

HATS is an amateur theatrical society in Holsworthy, having their own 250-seat theatre and produce plays and pantomines for the local community. Also the theatre is a venue for other entertainment:

HATS hosts Mevagissey Male Choir & Reading Male Voice Choir

5th April @ 7.30pm

Tickets can be booked via the web-site

The Plough Arts Centre, Torrington

Box Office: 01805 624624

www.theploughartscentre.org.uk

The Plough Arts Centre based in Torrington provides an extensive, varied and interesting programme, including workshops – programmes and one-off days; live events – open air theatres and events at numerous locations around North Devon; theatre; comedy; films; music; and exhibitions and has its own Café & Bar “Charlie’s@The Plough”. The diary found on the web-site provides details of events, workshops, etc., programmed for each day. Many workshops are also programmed at The Plough @ St.Anne’s, Barnstaple. Selection of workshops/regular events in Torrington during March - May:

Saturdays, 1st March – 5th April

PYT* Seniors (14-18yrs) with Sara Pruce from 10am

PYT* Middlies (11-14yrs) with Katherine Lockett from 11am

PYT* Infants (5-7yrs) with Sara Pruce from 12.30pm

PYT* Juniors with Katherine Lockett from 1pm

Creative Dance (8-16yrs) with Katherine Lockett from 3pm

Mondays, from 3rd March

Ploughcoppella with Rosa Robecka from 7.30pm
North Devon Community Choir

Tuesdays, from 4th March

PYT* TheatreTots (2-4yrs) with Sara Pruce from
9.30am

Plough Prism Drama for Adults with Disabilities from
10am

Motion Dance for Adults with Disabilities from 1.15pm

Wednesdays, 6th March

Writing for Performance (8-18yrs) with Katherine
Lockett from 5pm

50th Anniversary Pantomime Rehearsals from 6pm
Rehearsals started in January; performances on 11th
April at 7pm & 12th April at 2pm

Saturday, 8th March

Craftivist Collective Workshop at 11am

Accessorise Your Underwear Workshop with Toni
Alexander at 3pm

For films, music events, and NTLive screenings
please go to web-site. PYT – Plough Youth
Theatre

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SUDOKU

By KrazyDad

2	9		6	5	7			
	3					7		
		7		1				
	2		9		6			3
4			7		5			2
				6		5		
		8					3	
			3	7	2		6	9

Difficulty: Tough

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9. Use logic and solve the puzzle without guesswork. For puzzle solving tips, and more puzzles, visit KrazyDad.com.

Word Search

U W O G X Z V M S H T N I C A Y H
D Q S R C F J R L O E S E S T F S
D Y U A A K S N H Q R E W Y W P P
H A C P T I C P U K S S Z O M U G
Q I O E K A Y A R A N O Z E D S T
D H R H I F A N X K A R L T A S A
P T C Y N O N S T M R M K I D Y S
D Y R A H Y A Y O Y C I T N C W E
A S H C L V I S L K I R E O T I A
B R J I I O L X J C S P L C I L K
S O F N D Q L L M P S R O A V L C
G F N T O W E Z G Z U K I S O O Q
D S F H F T M Y N T S D V I I W V
H A L V F B A T U L I P J K B R M
U F S D A C C S N O W D R O P N I
T L M G D H Q B L U E B E L L R E
F E D E N O M E N A R A Z O N H O

- | | | | |
|----------|----------------|-----------|----------|
| Aconite | Pussywillow | Iris | Crocus |
| Anemone | Daffodil | Narcissus | Snowdrop |
| Bluebell | Forsythia | Pansy | Tulip |
| Camellia | Grape hyacinth | Primrose | Viole |
| Catkin | Hyacinth | | |

Where Does The Torridge Rise?

The name Torridge comes from the old word 'toric' meaning noisy and violent rough stream as opposed to its companion river, The Taw, which means smooth and placid. The sources of the two rivers are about 26 miles apart and they follow very different routes before meeting in a broad estuary.

The river Torridge rises on the border of Devon and Cornwall, just east of the A39, only some 15 miles from where it meets the sea. Its source is made up of three headwaters that combine to form the river plus a rather more impressive tributary that rises on Deptford Moor and joins the Torridge above Horton Bridge .

Brimford Bridge is the first of many bridges and in its upper reaches the river is very secretive, losing itself in a tangle of willow and reeds. Kismeldon Bridge is the first bridge of any importance. It was constructed of iron girders in about 1912 and replaced an old, narrow humpbacked bridge. After Putford Bridge, said to have been built in 1900, there are secluded pools and a series of loops and curves as the river widens between tree lined banks on its way to the attractive little Haytown Bridge. This is a well built single arched bridge of roughly dressed local stone.

Woodford Bridge could be said to be the first public appearance of the Torridge, after having been hidden in the countryside. At Newton Mill, in a wooded valley below Newton St Petroc a rusting iron footbridge crosses over the river, the only footbridge along the entire length of the Torridge. The next crossing is at Gidcottmill Bridge, west of Shebbear, which is believed to have been preceded by a clapper bridge. The Torridge is joined by the River Waldon just above Bradford (broad ford)

Then comes the single span bridge at Dippermill, a pretty spot where the river broadens into pools and shallows with a shingle beach and overhanging trees , but which is notorious for flooding.

A farm bridge with two arches which may well date back to the mid 18th century crosses the river near Black Torrington and, further downstream, the narrow, ancient Sheepwash Bridge joins the villages of Sheepwash and Highhampton. Built in the 17th century, with four arches and a dry arch, this bridge would have provided an important route for Sheepwash out to the south and west when it was a thriving market town.

Below the village of Meeth the Torridge is joined by the River Okement, bringing waters from Dartmoor. The railway bridge, carrying the branch line from Torrington, crossed both the rail and the river on its way to Hatherleigh Station near Hele Bridge, a graceful structure but narrow. It has been widened since it was originally built but that was many years ago and larger lorries have to give and take.

It is possible to stop and park the car by the Torridge at Newbridge, east or Huish near the estate of Heanton Satchville, home of Lord Clinton. In the churchyard of Huish Church within the parkland there are memorials to many members of the Rolle and Trefusis families. Downstream from Newbridge the Torridge makes a big loop on its way to Beaford bridge, near the former Beaford Mill, where it is possible to walk along by the river on a public footpath. From there it flows on to Torrington.

End of part one! Thanks to Moira Brewer & The Crier.

THE NEWSLETTER GROUP and GENERAL DATA PROTECTION REGULATIONS

The Newsletter Group has reviewed the guidance on how we should comply with the new requirements which came into force in May 2018. We have compiled 3 documents:

- Milton Damerel Newsletter GDPR Statement Privacy Notice
- Milton Damerel Newsletter Data Protection Policy
- Milton Damerel Newsletter Data Protection Procedures

Which set out the data we collect about individuals and organisations, our policy in collecting data, and the procedures we follow to protect the data we hold. All of these documents are available on request.

In summary we hold personal data as openly published in the Newsletter and for the purposes of administration in liaising with our advertisers and subscribers to the Newsletter. Regular readers will note the level of detail included on Page 10, about celebratory occasions and residential 'comings and goings', has been amended to comply with our data protection statements, and most importantly to achieve good protection of personal data, minimising the risk of inappropriate use of the data.

If there are any concerns about the data we hold or publish please contact any member of the Group to request changes to the data. Group members and contact information is listed over the page.

If you would like to receive, or stop receiving, a digital copy of the Milton Damerel News Letter by email, please drop a line to the Compiler.

Disclaimer: The views and opinions expressed in any article are those of the authors and do not necessarily reflect the official policy or position of the Milton Damerel News Letter Team.

Advertisements

Conditions of acceptance. Orders for insertion of advertisements in this newsletter are subject to the approval of the members who may refuse or alter any copy. The newsletter and the members:- a) accept no liability for any loss or damage caused by an error or inaccuracy in the printing of any advertisement. b) Shall not be liable for any loss caused by the failure of the advertisement to appear on any particular day, in any specified position or page or by its failure to appear at all, and they reserve the right to refuse to continue its publication regardless of terms and conditions of any order or contract. Trades Descriptions Act 1968-All traders are reminded of the needs to ensure that goods offered for sale by advertisements comply with all relevant provisions of the above mentioned act.

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**The deadline for submission
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16th May 2025.

Useful Contact details:

Parish Councillors:

Stephen Moyse (Chair) Tel. 07966 671543
 Richard Piper (Vice Chair) Tel. 01409 261114
 Jim Richardson Tel. 07866 406977
 Gareth Piper Tel. 07966 558385
 Teresa Walters Tel. 01409 261871
 Peter Bromley Tel. 01409
 Edgar Pett Tel. 01409 261277
 Jane Elliott (Clerk) Tel. 07773679559

Chapel:

Revd Rob Blackhall Tel. 01805 628041
 Steward Jeremy Sharp Tel. 01409 261548.
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 Secretary (vacant)

Church:

Revd Mark James Tel 04109 251015
 Church warden
 vacant

Parish Hall:

Booking Secretary Hayley Garner 07515770641
 or Melanie Richardson 07929 509534 .

Walks:

Gillian Aston Tel. 01409 254642
 email: holsworthywalkandtalk@gmail.com
 Evelyn Sharman Tel. 01409 259848
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Over 60's Club:

Chair: Linda Gifford
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Holsworthy Rural Police:

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 holsworthy@devonandcornwall.pnn.police.uk

Neighbourhood Watch:

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 Edgar Pett Tel. 261277
 Mike Jackson Tel. 261196

The Gardener's Group:

Melanie Richardson Tel. 261353
 Lesley Self Tel. 261294

Newsletter:

Chair

Vacant

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Regular contributors and features:

Rose Haynes
 Lesley Self
 Peter Bromley
 Mel Richardson

SUDOKU Answer

2	9	4	6	5	7	3	8	1
1	3	6	4	9	8	7	5	2
8	5	7	2	1	3	4	9	6
7	2	5	9	8	6	1	4	3
6	8	3	1	2	4	9	7	5
4	1	9	7	3	5	6	2	8
3	7	2	8	6	9	5	1	4
9	6	8	5	4	1	2	3	7
5	4	1	3	7	2	8	6	9



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