

May 2004

## Could it be you?

It is with regret that, after 5 years, Edna and I can no longer publish the Newsletter. This is due to increasing family & work demands. We would love to see the Newsletter continue and therefore are looking for someone to take up the reins.



It is feasible that one person could fulfill this task but we find that at least two people means that you are not alone and can share tasks. You can bounce ideas off each other and make decisions together. Edna & I have different skills and therefore different functions within the running of the newsletter.

The main tasks besides fund raising & selling advertising space to keep the newsletter going are:-

Finding contents for the Newsletter, it may be of help if one of you is actively involved with the community.

Processing contents via the computer (typing editorials, importing artwork, designing advertising, e-mail etc.) Designing the layout of the newsletter, pasting it onto boards & getting it to and from the printers. Assembling, stapling & folding. Organising distribution to the whole of Milton, including Abbots Bickington & Holsworthy Beacon. On the finance side strict accounts are kept and invoices and receipts have to be issued to advertisers, payments to printers etc.

Candidates might have an artistic streak, computer knowledge is essential as is financial management. All this can be learned and we are happy to pass any information on.



This position is voluntary and does take up a certain amount of time but it is rewarding. We have enjoyed the last five years publishing, we want to see the Newsletter continue and will support whoever takes it on.

So Please let us know if you are up to the Newsletter Challenge!

Edna 01409 261433 or Sarah 01409 261473

# Milton Damerel Parish Council

Clerk- Anne Binns Tel 01409 261381  
Little Derworthy E-mail [Anne-John@22hundred.freeserve.co.uk](mailto:Anne-John@22hundred.freeserve.co.uk)  
Milton Damerel  
EX22 7LH

Chairperson- David Poole 01409 261282 David Kirby 01409 261314  
Councillors Charles Bellew 01409 261214 Janet Elliott 01409 261422  
Sarah Harper 01409 261473 Gareth Piper 01409 261473  
David Dyer 01409261412

The council has continued to meet each month as this is the most efficient way of keeping up with the planning applications and correspondence that drops through the door. This way all work gets dealt with without delay. There have been one or two planning applications to look at each month but no other big issues. The organisers of Horseywatch have recently contacted me. They are trying to encourage everyone who owns a horse to sign up to this scheme. (Details given in this magazine.)

In April I attended a mornings course for clerks. I found this very useful but there was insufficient time to cover accounting and audits. This was disappointing, as this is the task I have in hand at the moment. The accounts are almost ready to go to the internal auditor.

The next Parish Council Meeting will be on Thursday 20<sup>th</sup> May at Woodford Bridge. I would like to remind all parishioners that they are welcome to attend. Anne Binns (Clerk)

## Lizzy's Larder

Milton Mill Farm, Milton Damerel, Holsworthy, EX22 7DN

### Saturday and Sunday 9<sup>am</sup> to 1<sup>pm</sup>

We stock a wide range of high quality, local, fresh, frozen and preserved produce including: -

Bedding, Container and Vegetable Plants

BBQ

Homemade Meals

Ham

Cakes

Summer Soups

Tel: - 01409 261440

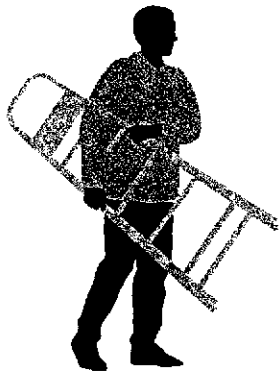
Trout

Cook-In-Sauces

Herbs

Goose Eggs

# Window Cleaner



# Handy Man

**Reasonable Rates**  
**Ring David Seggons on**  
**01409 241702**

## Parish Hall Country Walk

On the 29<sup>th</sup> of May there will be a guided Country Walk in aid of the Parish Hall.

It will start at 1.30pm at the Parish Hall.  
Adults £3, Children free.

A light tea will be provided at the finish either at Tor View if the weather is good or if inclement at Moor View Farm.

Any queries telephone Lesley on 261294.



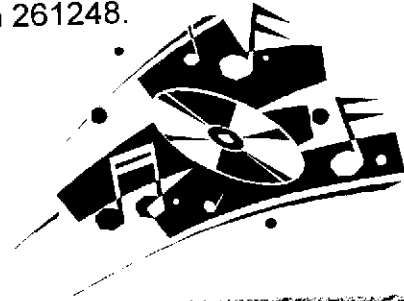
## Line dancing

We are a small friendly group who welcome all line dancing enthusiasts.

We meet every Tuesday evening at the Parish Hall from 7pm - 9pm.

Cost £1.50 each.

Any queries telephone Lesley on 261294 or Mary on 261248.



## Holsworthy Family Workshop & Resource Centre

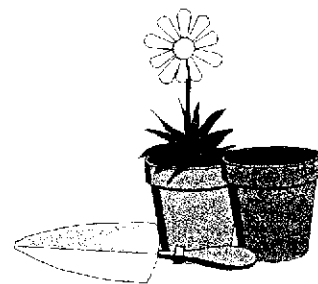
### **PLANT SALE**

for Holsworthy Resource Centre.

**On Saturday 22<sup>nd</sup> May 10am - 12.30 pm**  
**at the Community Centre, North Road.**  
Parking at the football field.  
Please come and support.

Your chance to purchase reasonably priced plants.  
A wide variety of bedding & perennial plants.

See you There



### **SUNDAY CLUB & FAMILY SERVICES**

Sunday Club meets on the 2<sup>nd</sup> and 3<sup>rd</sup> Sundays of each month and Family Services are held on the 4<sup>th</sup> Sunday. Family Services are planned for:

Sunday, 30<sup>th</sup> May - led by David Ley

**This service will be the annual celebration of Sunday Club and will be followed by coffee in the Schoolroom. The young people will be helping during the service. Please come along and show your appreciation of their contribution, and also financially – as the collection at this service is the main fund-raising for the Sunday Club for the year.**

Sunday, 27<sup>th</sup> June - led by Brian Down

Sunday, 25<sup>th</sup> July - led by Sue Griffin

### **STOWFORD YOUTH CAMP**

This annual week-end for age group 10 years and above (unless accompanied by an adult) is on Friday, 25<sup>th</sup> June to Sunday, 27<sup>th</sup> June. The week-end includes lovely worship with Band – Free Signal, Saturday night disco with DJ absolute Abandon, plus sports, drama and dance workshops. A great event, but if wishing to go, places must be booked – forms available from Sheila (tel: 261466).

### **FRIENDSHIP CLUB UPDATE**

The Friendship Club meets on the last Monday each month from 2.30 till approx. 3.30pm in the Schoolroom, and “friends” attend from Milton and other parishes. There is no charge. We have a cup of tea, chance to chat together and usually a speaker. Sometimes we have a stall for the benefit of Children’s Hospice SW. Please feel free to come along and join in with our friendly group – Age – young or not so young – is no barrier! In February we visited Deer Park Nursing Home, sang a few familiar songs and met some of the residents over tea. In April Alan Andrew was our visitor, who told us in general terms about his work as Rural Support Worker for the Methodist Church. This work is also sponsored by other Christian denominations. Alan visits those in stressful situations, some on farms, others in the rural communities, many suffering depression and some with cancer, and supports not only the sufferers but also their families. His work is founded in the highest levels of confidentiality. A question and answer session followed with discussion about some of the serious problems facing rural life at present.

Future meetings:

**Monday, 31<sup>st</sup> May** – no meeting in our Schoolroom as we shall be visiting Lake Schoolroom, Shebbear for their open afternoon looking at arts and crafts. We are asked to take along any of our own art works to share. If you would like transport please telephone 281214 or 261466.

**Monday, 28<sup>th</sup> June** – meeting at 2.30pm in Milton Schoolroom and our speaker will be Ms Mandy Wright from Bradworthy. Mandy was a member of the Metropolitan Police Force, and is now an Outreach Support Worker for the Anglican Church. Bring and buy stall for Children’s Hospice SW.

**Monday, 26<sup>th</sup> July** – meeting at 2.30pm in Milton Schoolroom with a visit from a member of the Ark Angel Christian Bookshop, Bude, speaking on the history of the Ark and its aims. Bookstall with items for sale.

**EASTER CELEBRATIONS** – Easter Day was a great day of celebration for the chapel. Our morning service was led by Rev Patrick Crow, who we are always delighted to have back with us, and he gave us a very moving account of what happened to each of the disciples, in the early Church, after the spectacular Resurrection of the Lord.

The Withey Family, from Torrington, were our guest artistes for the Gospel Special in the evening, presenting a full programme of Easter music – song and instrumentals – together with linking commentary – and under the chairmanship of Mrs Rachel Parsons. (She kindly deputised for her husband, Peter Parsons). The variety and high standard of music given was very fitting for a day of celebration and giving Glory to God.

**PRAYER & BIBLE STUDY & DISCUSSION IN DEPTH** – Normally meets every Monday evening at 7.30pm in the Schoolroom; open to all Christians of any denomination. We are currently following a study of II Corinthians with plenty of discussion – light-hearted and deeply spiritual – followed by time of prayer for concerns within our area. Would you not like to learn more of the inspired word of God – come along and find out – it could change your life!

<b>CHAPEL FLOWER PLAN</b> for the months of May, June and July					
MAY		JUN		JUL	
2 <sup>nd</sup>	Mrs Phyllis Piper	6 <sup>th</sup>	Mrs Gladys Palmer	4 <sup>th</sup>	Mrs Marjorie Colwill
9 <sup>th</sup>	Mrs Petula Sanders	13 <sup>th</sup>	Mrs Eunice Hearn	11 <sup>th</sup>	Mrs Phoebe Overy
16 <sup>th</sup>	Mrs Valerie Carter	20 <sup>th</sup>	Mrs Valerie Harris	18 <sup>th</sup>	Mrs Ruth Sharp
23 <sup>rd</sup>	Mrs Grace Millman	27 <sup>th</sup>	Mrs Margaret Fishleigh	25 <sup>th</sup>	Mrs Mary Carter
30 <sup>th</sup>	Sunday Club Anniversary				

**Thank-you to every-one who bring and arrange flowers for the Sunday services – such a variety of arrangements enhance the chapel and give visual pleasure.**

**DATES FOR YOUR DIARY:**

- Sunday, 6<sup>th</sup> June**                      **Chapel & Church Lunch at Putford** – Please book through Lorna Dawe (Tel: 241279)
- Monday, 7th June**                      **Coffee Morning for the Newsletter** – Schoolroom from 10am – 12 noon. Horse Brasses Display. Bring and Buy stall.
- Sunday, 25<sup>th</sup> July**                      **Gospel Special with the Culm Valley Crusade Choir** at the chapel at 7.30pm
- Friday, 30<sup>th</sup> July**                      **Fun Evening for Charity at Rowden** – Car Treasure Hunt from 7 pm, B B Q, stalls , etc.

**CIRCUIT NEWS** - Did you know the Shebbear Methodist Circuit publishes a quarterly Magazine and Plan (MAP)? Included are many articles about what is happening around the Circuit, thought provoking and amusing contributions by the Minister, members of the circuit, and others. It also lists planned preachers for each Sunday and diary dates. Lots of material for a good read and for keeping in touch. Highly recommended. If you would like to receive one, next copy due at end of June, please contact a steward.

We extend a very warm welcome and invitation to any-one wishing to come along to our regular meetings/clubs. Just come along to any events/clubs you see advertised, or if you would want to know more or have an introduction, please contact any of the leaders. If you find the times of our activities and services inconvenient then you will be given a warm welcome by other congregations within the Shebbear Circuit. For further information contact:  
 Marjorie Colwill (Tel: 281214); Sheila Daniel (Tel: 261466); Lillian Luxton (Tel: 261355); David Poole (Tel: 261282)

## VARIEGATED THOUGHTS

I suggested sometime ago that the prominence given to some items of news against others in our dreadful press was reprehensible. In the last week we have seen massive coverage of the behaviour of a few members of the coalition forces in Iraq. As bad as that is, on the inside pages of what is supposed to be 'the best selling broadsheet' one column of approximately three inches was given to the fact that 630 bodies had been buried after an attack on Muslims by Christian militiamen in Nigeria in the first week of May this year. This figure could reach one thousand as many charred Muslim bodies were still lying in the streets. That is obviously not something of very much importance!! - 'for whom the bell tolls'.

From the same rag I quote..... 'at an airport lounge there is a lady. She has spiky hair with red streaks. She wears a top that is too small for her. As she slumps forward to slurp her coffee, she exposes two or three inches of flesh that cascades down at each side over her trousers, which are also too small for her. In the middle of this pool of floppy pink flesh there is a tattoo and when I go round to have a look at her, I see a ring through her nose and that she is in her fifties. Leaving aside for a moment the repulsiveness of her appearance, she was probably off to Spain or Greece for a holiday and she had an obligation to show her country off in the best light - not let it down. Not only does she look repulsive and stupidly inappropriate for her age, but she makes in some small way all English women of her age look the same.....'

I also recall seeing an identically described lady going into a building in Exeter. The thought crossed my mind that perhaps she was not, to me, particularly attractive to look at. After a few moments she reappeared with a seriously disabled man in a wheelchair and another holding her arm. As she passed I made the comment that she had her hands full. She smiled and said "I do this whenever I can, it gives them a change of scenery and it gives me pleasure as well". It would have been nicer if the author of the rag's whole page diatribe of outrageous snobbery had looked beyond the dress sense of his airport lady and found perhaps that her qualities far outshone his.

On another subject, why do people in hospital get free meals? If they were at home they would have to pay for them. Unless diet is a part of the treatment, let everybody contribute towards the cost of their food and save the National Health Service many millions of pounds which could be put to more important use.

Paws



Q.1 Does your Community need an Out of School Club/Holiday Playscheme?

Q.2 Does your Community need a Pre-school Playgroup/Nursery?

Q.3 Have you ever thought of becoming a Childminder?

Q.4 Would you like to work with Children?

If you have answered yes to any of these questions, then zero 14 plus can help.

**FREEPHONE 0800 056 36 66**

For free, friendly advice.



First for Children in Devon

Zero 14 Plus is the Devon Early Years Development & Childcare Partnership

Happy   
Anniversary

*to Anne and David Poole*

*in April*

*Reg Stevens*

## **ELECTRICIAN**

Alterations, Additions  
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**To B.S. 7671**

*Friendly reliable service*

Telephone  
**01409 241859**

## **Holsworthy Secondary School**

### **Proposed reunion**

Were you at the above school in the years between -

**1954 - 1957?**

If so and are interested in a reunion please contact Rosemary Goodman (nee Sanders) on -

**01392 436425**

# MILTON DAMEREL YOUTH CLUB

## May 2004 Youth Club Update



Thank you to those who managed to make it to the recent meeting to discuss the clubs future. Also to those who phoned with apologies and expressed ideas. It was pleasing to find that everyone, members and parents are very keen to keep the club running!

One mother had put forward the idea of a rota with two mums being responsible for running the club for a month i.e. two fortnightly sessions. (Either 1<sup>st</sup> and 3<sup>rd</sup> fri' or 2<sup>nd</sup> and 4<sup>th</sup> fri'). We all felt this to be a very good idea and agreed to give it a try. The two on rota will be responsible for organising and running Y. Club, getting refreshments, making all the arrangements and getting enough help, getting anything needed, equipment etc. to run the session. They will be given the cash box for the month and a register of club members names and addresses to contact as necessary. The cash box etc. will be handed back to the treasurer at the end of each month to pass on the next two on rota.

Those who have agreed to take a turn on the rota are - Catherine (Bellew), Sheila (Daniel), Tracey (Dunmore), Sarah (Harper), Sally (Jago), Jackie (Pett), Sue (Tribble), Judy (Wood), and Tracey (Woodhouse). Others are very welcome to take a turn, please let us know.

With this system everyone should get a turn no more than two months in a year, with holiday breaks this could be even less.

### Other ideas to bear in mind: -

The youth Club could run their own club sometimes with adult supervision, older club members could be given more responsibility, some older members could help as junior leaders, with adults.

We hope to meet in June and July but will be back to normal fortnightly sessions in September.

**Important Friday June 11<sup>th</sup> 7pm in the Schoolroom will be the next meeting of mums to organise the new rota. All those interested in taking a turn please come!**

Finally our thanks to Bridgette who is now stepping down as treasurer, we appreciate all that she has done to help the club. Sheila will now be responsible for book keeping and handing the cash box on each month.

Thanks to all for your continued support.



## Bradworthy YFC

We believe we are the first YFC Club to be the proud owners of a Club Bus! No doubt many of you will have seen it patriotically displaying the St. Georges flag around the roads, give us a hoot if you see us!

So far the bus has been a good asset to us, enabling more younger members the chance of a doorstep-to-doorstep lift, also promoting more club members to go to more competitions and dances etc.

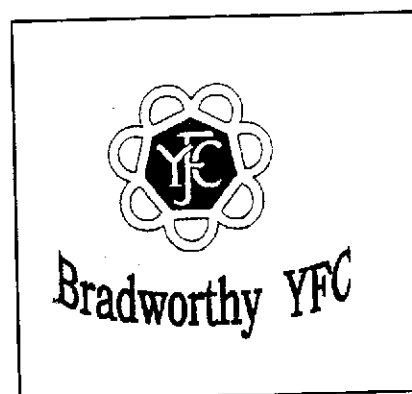
Recent club events have been a well supported Scavenger hunt in April, we had a lovely evening to finish off with a BBQ. Members have also taken part in the Tarka Group Stock judging, the following results were club members competing at Dairy Stock judging: Rowland Lcy, 1<sup>st</sup> Senior: Natasha Dayment, 2<sup>nd</sup> Intermediate : Kayleigh Dayment, 1<sup>st</sup> Junior.

Members also have been to the South West Area Competitions weekend at Weymouth in March, and the National YFC AGM at Blackpool. They were both excellent weekends (from what we remember!)

We are now getting ready for Devon County Show, our club exhibit theme is weddings. If you are going to the show please take the time to visit the YFC tent, a lot of hard work goes into displaying all the work the YFC do.

Outside of Bradworthy, Well Done to Buckland Brewer YFC who won the group Drama Competition at the H.A.T.S. Theatre, with their performance "A Dog's Life". They came joint 4<sup>th</sup> at County round.

Also Rhiannon Ions, Secretary of Shebbear YFC is Devon Junior Member of the year. Her hard work and dedication to YFC enabled her to get all the way to the South West Area Competition, held at Weymouth, where she came 4th.



## Shoppers Delight!

I recently needed a present for my Mum and fell upon a little treasure I thought worthy of telling you about. Although many may know of it already!

**Clarriets gift and flower shop** behind the post office in **Shebbear**. They stock a very interesting selection of reasonably priced gifts and ,Im told, the stock is always changing. I was also told that delivery of flowers locally is free, better check that one though.

If you need a present that's a bit different/special I recommend taking a look.



**Contact Karen Bowden**  
**Tel 01409 281777**  
**Open Tuesday - Friday 9am 1.30pm**  
**Saturday 9am - 2pm**  
**Sunday 10am - 12 noon**

## Shopping for Horsey folk!

Continuing from above I recently needed to visit **Dobles Business Park** on an errand for my husband (see it was his fault!). Being a bit lost I stumbled upon **Horsemad World** and thought it worthy of a look (I do like shopping, ask my husband!).

I was delighted with what I found. A large range of stock catering for all tastes and prices from the Happy Hacker (such as myself) to the competitor. Tack, equipment, supplements etc. for the Horse and clothes, hats, equipment etc. for the rider. I found a large range of equestrian books and novelty products plus much more. Ranges are from John Witaker, Loveson, Charles Owen, Aerborn, Tagg, Woof Wear, NAF, Horseware, Equaitech etc.

I met Di and Sarah who were pleased to help and will order in special requests. Di will also soon be a neighbour as she is moving to Milton Damerel shortly.

**Contact Di, Essie or Sarah - Tel 01409 253900**

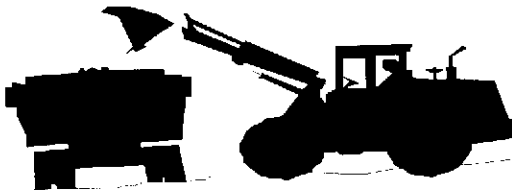
**Horsemad World**  
**Torridge Way**  
**Dobles Business Park**  
**Holsworthy**  
**Devon**

**Opening Hours**  
**Mon - Fri 8.30am - 6pm**  
**Sat - 8.30am - 1.30pm**



## X Country comes to Milton Damerel (Hopefully!)

Talking of horsey things, I had a chance meeting down a lane with Ashley Quance t'other day. He mentioned that he and Di (his wife) are intending to build a X country course on their farm at Milton Damerel in the near future, to which horsey people will be able to subscribe. So watch this space, as soon as I know more you will too! I for one will be very glad of some off road riding.



## Local Aggregate Suppliers

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### Watch Development. Horse Watch

My name is Michael Moore & I am your Watch Development Officer covering North Devon & Torridge. Today I want to tell you about Horse Watch & Hopefully enlist your aid in making the Watch better.

Horse Watch is comprised of a group of people who have an interest in reducing thefts of horses, ponies, donkeys, their tack & all associated equipment. One easy way to get involved is to sign up for the **free** Community Messaging System offered by the Police.

This is a simple way to spread information to a large group of people interested in a particular subject or field eg. Horses. As well as joining Community Messaging there is a group, "The Devon & Cornwall Horsearch Scheme" that runs in a similar manor to Neighbourhood Watch. They have their own Sign and produce news letters to keep their members aware of what is happening in and around the county.

If you or your friends have an interest in horses then perhaps you would like to join? Horse Watch can be contacted either by Telephoning Roseann Burch, the area representative on 01598 763498 or Gina Dale on 01837 840716.

Should you want to sign up for Community Messaging, give me a call on 01271 335317.  
I look forward to hearing from you.

#### Volunteers needed who hear the call of the wild!

Volunteers are needed across Devon to help run highly successful wildlife activities. Wild Nights Out are run by Devon Discovery which provides outdoor and residential education for Devon County Council, in association with Wild Wise Events. Wild nights Out are overnight, wildlife camps which offer a unique variety of activities, blending environmental & wildlife encounters with an exciting outdoor experience.

Devon Discovery is currently recruiting for the coming season from may to September, Volunteers do not need any experience as full training is provided. More details by phoning 01769 580667 or e-mail [wembcent@devon.gov.uk](mailto:wembcent@devon.gov.uk)



## CLEARWAY HELPLINE

For all who are affected by drug mis-use

08451 20 37 38

(low call)

Support and information on drug related problems

The aims of the CLEARWAY Helpline are:

To provide confidential support and information on drug related problems to ...

...Those seeking to make change in their own lives in regard to illicit drug use.

...The families of drug users.

...Anyone whose life may be or had been affected by drug misuse.

The helpline is open on Monday evenings and Friday evenings

08451 203738 (Low Call)

Calls will be charged at a local rate.

If you would like to talk to someone in confidence about any issue concerning drugs, whether it's information or just a chat, then call us.

Are you worried about someone you are close to who may be using drugs? If so, you can talk to us in confidence.

Has someone you love died through the use of drugs? If you need support, please call us.

## CLEARWAY

CLEARWAY is a drug project managed by the charity Torridge Addiction Action Group.

We work in a client centred way, the emphasis on reducing harm caused by drug use to individuals and the wider community.

## OTHER USEFUL NUMBERS

The Quay Centre

01271 344454

Addiction Alcohol Services

01271 325232

National Drugs Helpline

0800 776600

Samaritans

08457 909090

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### Homeopathic remedies for Indigestion

Try taking one of the remedies below if your symptoms match. Take one dose (6c or 30c), every 15 - 30 minutes until there is improvement, for up to three doses.

**Nux Vomica** - *Brilliant hangover remedy!* After over-eating, especially rich food and coffee. Will often feel very irritable. The stomach feels bloated heavy and tender.

**Carbo Veg** - After eating rich or fatty foods - constant belching with a sour taste. All food turns to wind. Burning pain in stomach. Feels better after belching. Stomach feels as tight as a drum so tight clothes feel very uncomfortable.

**Lycopodium** - Eating small amounts creates a feeling of being full. Has to loosen tight clothing. Burning belches and rumbling bowels. Cramping, pressing pains in stomach. Prefers drink to be hot and sweet.

**Pulsatilla** - After eating too much rich or fatty food - bloating, gurgling stomach. Not thirsty. May feel emotional, tearful.

If you suffer from persistent or recurring digestive problems, it is recommended that you consult a qualified homeopath for constitutional treatment.

### Digestive Tips

Relax and eat slowly during a meal. Giving yourself plenty of time to chew food.

Watch your posture while you eat - slouching will inhibit the natural process of digestion.

Avoid smoking before, during or after a meal.

Slippery elm powder made with milk (or soya milk) is a soothing and gentle drink that neutralises acid in the stomach and aids digestion.

Tea, Coffee, Alcohol. Spicy or rich foods, excessive sugar and smoking can aggravate the stomach's discomfort.

Try a soothing herbal tea such as ginger, peppermint or fennel tea. Make your own root ginger tea by grating a small amount of fresh ginger and infuse in boiling water, Add honey to taste.

## Don't miss out on free prescriptions, says CAB

Thousands of people on low incomes may be missing out on free prescriptions because of confusion over changes to the benefits system, Bude and Holsworthy Citizens Advice Bureau warned this week.

An annual cost-of-living increase this month has led to many people on Incapacity Benefit losing the income support top-up that also entitled them to free prescriptions. They then faced having to meet the full cost of all their prescriptions out of their benefit income - just when prescription charges in England have gone up to £6.40 for each item.

But After Citizens Advice Bureaux raised concerns about the impact of these changes, new rules were rushed through to protect people in this position. As a result, anyone whose weekly income is no more than £3.20 above income support levels is now entitled to free prescriptions - but this will no longer happen automatically, so they will have to make a claim.

They will need to complete form HC1 (available from local benefit offices, NHS hospitals, dentists, opticians & pharmacists) to get a certificate exempting them from payment. They can do this before they need treatment. But if they do not have a certificate when they get a prescription dispensed they can get the charge refunded if they ask the pharmacist for form FP57 at the time they pay. They will not be able to get these forms at a later date.

CAB manager Margaret Lightfoot said:

"We already know that around 750,000 people a year go without prescriptions because they cannot afford the cost, so it's great news that the government has acted so promptly to avoid what would otherwise have been a double whammy for a lot of sick and disabled people. Many people on Incapacity Benefit - by definition likely to be heavy users of prescriptions - faced losing their right to free prescriptions at the same time as prescription charges were increased".

"But we are worried that many of those people previously exempt from prescription charges will not realise that, while they are still entitled to free prescriptions under the new rules, they will now have actively to make a claim to get them.. They are in danger of missing out because the rules are so complex and confusing. We would strongly urge anyone unsure of their position to contact us for advice.

Holsworthy 01409 253372

Bude 01288 354699

## D & I BRIDGMAN & SON

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FAX: 01409 261520

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## Grandparents - What Rights Do They Have?

**Q.** *My son and his wife are getting divorced. We are really worried that we may not be able to see our granddaughter anymore. Is there anything we can do? What rights do we have?*

**R.** You do not say why you fear you will not be able to see your granddaughter, & whether this could be resolved informally. At the end of a relationship, many parents are able to make arrangements amicably between themselves about where a child will live and visits from the other parent & grandparents.

Sometimes, family mediation or counselling can help if there are problems. If it is impossible to resolve the situation informally, the court can make decisions about children. There is no legal requirement that disputes about children have to be settled in court and it is always open for the carers of a child to make their own arrangements without involving the court. This is obviously less disruptive to the child and avoids the expense and delays of legal action. Grandparents have no automatic rights or responsibilities in relation to their grandchildren. But you can apply for a contact or residence order. Although grandparents are considered to have an important role in a child's life, the court will examine the role the grandparents have played in the child's life and whether an order is in the child's best interest. If your grandchild has been living with you for three years, you can apply for a contact or residence order, if not you must ask the court for permission to apply. This is often useful in situations where the parents are separating and the court is making decisions about the child; or a child's parents are refusing to let the grandparents see the child; or if the child is going to be adopted; or if an unmarried father is applying for a court order. A contact order allows you to be in touch with your granddaughter and states how frequent the contact must be. A contact order usually lasts until a child is 16. A residence order would give you parental responsibility for your granddaughter for as long as the order remains in force.

If you need more advice get in touch with your CAB for help.

**Bude 01288 354531**  
**Holsworthy 01409 253372**

**Exams and tests** seem to be part of everyday living for our children these days and for many, practice and experience doesn't ease the distress suffered. When faced with a situation where we now we have to perform well, our bodies can create the most unexpected and unwelcome symptoms! These can include sweating, palpitations, tremors, nausea, diarrhoea, headaches, bed-wetting, sleeplessness, a poor memory and an inability to concentrate.

Homeopathic remedies can do wonders to help people of all ages deal with a variety of worrying events that create anxiety and stress - exams, stage fright, visiting the dentist or job interviews. Never underestimate the importance of talking over problems and remember to take proper rest and regular meals during stressful times. Learn to pace yourself when studying, small concentrated bursts of study are much more effective than trying to work all night!

### **Homeopathic remedies for examination nerves**

When deciding which remedy to give, it is really important to ascertain how the person is feeling both physically and emotionally. Try taking one dose (6c or 30c) of the remedy you choose the night before the event, and if required, on the morning or afternoon of the event itself:-

**Argentum Nitricum** - Over-anxious from too much study. Mind has become exhausted so that the brain feels worn out and memory starts to fail. Fear of failure. Impulsive, restless and hurried. May develop diarrhoea. They like to have company, feel generally warm and worse in a stuffy atmosphere.

**Gelsemium** - Paralysed with fear. The mind can go blank so that they can't think or speak. A feeling of trembling weakness. They want to be quiet and to be left alone. May develop diarrhoea.

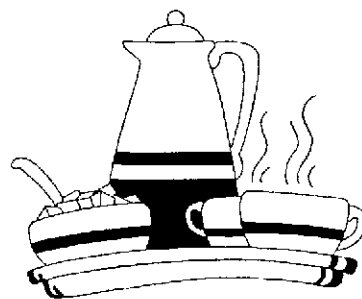
**Kali Phosphoricum** - Nervous exhaustion or headaches from over-working. Sensitive, easily startled and depressed. Forgetful. Sleeplessness.

**Lycopodium** - Great lack of confidence, Irritable and touchy. They tend to prepare meticulously for the event, fear they will fail, but do well all the same. They tend to feel particularly low between 4 and 8pm and may well develop a stomach upset.

**Bach Rescue Remedy** - can help to clam feelings of anxiety, Add 4 drops to a glass of water or small bottle and sip as required. (If there es no water available, it may be taken u diluted.)

## Coffee Morning

Kindly organised by the Chapel members.  
To be held at the Chapel School Rooms  
on Monday 7<sup>th</sup> June 10am-12noon.



There is also a horse brass display and a Bring and Buy Sale

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### Thank You

To the Bellew family who hosted a family walk and games evening for the Youth Club recently.

We all had a jolly good time, I always enjoy the beautiful walk through the woods, the wild flowers at this time of year are magnificent. Also the children had a good time borrowing the ponies paddock for a game of rounders. I hasten to add that Catherine had picked up any little gifts that the ponies had left behind allowing us to gallop around unhindered by any slippery bits! Samuel Jago enjoyed keeping everyone amused and on their toes by repeatedly throwing the ball into the sand arena! Even the dogs wanted to join in, they were good fielders but they kept hogging the ball they just didn't want to share!

We ended the evening with burgers, sausages & refreshments.

If you are aged 9years or above you are welcome to join us at the Youth Club. Held every other week usually at the Chapel School Rooms, Milton Damerel. Telephone Sheila on 261466 for details.

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### *Newsletter Rates*

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Contact telephone numbers

Sarah 01409261473 or Edna 01409261433

### **Free Horse Manure**

Telephone Sarah on 261473 or drop in at  
The Crossways, Milton Damerel  
The Horse Manure is bagged. Bags are  
returnable for reuse please.

### **Don't forget the Mobile library comes every other week. The next visit is 1<sup>st</sup> June**

In Milton Damerel it stops at Venn Green from  
14.25 - 14.35pm  
and The Crossways 14.45 - 15.00  
At Abbots Bickington Cottages  
from 11.45 - 11.55

There are other stops, visit your nearest library for details  
as I've run out of space!

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*Anthony Evans  
A.A.CH. Pod*



### Karldavian

West Wonford  
Milton Damerel

### OPEN GARDEN

In Aid Of A Local Charity  
On Sunday 4<sup>th</sup> July from 2pm - 6pm

An inspiring rural acre,  
mature and abundant with tremendous variety of form and colour.

£2 admission. Cream Tea and refreshments available

Please note that due to the many pools and streams this garden is unsuitable for children.