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Editorial

My thanks to both Carole and Jim Campbell for their help and support to me whilst learning the ropes on the production of the Witheridge Voice.

Alan and I moved to Witheridge last August, having lived in a very urban area all our lives. “Escape to the Country” is a dream come true for us and we couldn’t envisage living anywhere else now!

As this is my first issue as Editor, I hope I have managed to keep up Carole’s good work. If there is anything you would like to be included in future issues, then let me know and I will do my best to accommodate it.

Thank you to all our advertisers and to those who have contributed articles and information. Please keep them coming by e-mail, written notes, phone or I can come and talk with you.

Our AGM is on Thursday 12th May at 7.30pm in the Committee rooms in the Parish Hall - everyone is welcome. The Summer issue will be going out at the end of July and the deadline for articles and information is Monday 27th June.

Jill Horwood

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Jill Horwood

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Thank you for your continuing support
In rural areas this is very difficult to achieve. The UK Resuscitation Council say that if you are more than 5 minutes away from medical help, then local initiatives are essential. In these situations, access to emergency first aid techniques, including CPR and using an Automatic External Defibrillator (AED), can make the difference between life and death.

AEDs can be based inside shops and village halls, but for 24/7/365 access it is better that they are kept in high-visibility yellow weatherproof cabinets, either locked or unlocked, and located on external walls in public places e.g. outside a post office or village hall. Locked cabinets can only be opened by a member of the public with an access code given by the emergency services via a 999 call. As part of the Community Heartbeat scheme, public awareness sessions and a community training programme can be arranged to ensure that everyone is aware of the AED’s location and how to use it in case of an emergency.

WHAT IS A DEFIBRILLATOR OR AED?

A defibrillator delivers an electric current through the chest which aims to shock the heart back into a normal rhythm allowing it to pump again. Rapid response using automated technology can significantly improve the quality of life of a survivor, as the longer the brain is starved of oxygen, the more damage can occur.

An AED is a portable defibrillator which uses intelligent technology to restore a ‘shockable’ heart rhythm. When applied to a patient, a sequence of voice commands and screen messages guide the user through the defibrillation process. This means the machine may be used safely by people with no medical background or training. Under current guidelines, an AED should not be restricted to use by trained personnel only.

Our Village has a defibrillator. It is on the wall of the toilet block opposite the newsagents.
WHAT IS SUDDEN CARDIAC ARREST?

Sudden Cardiac Arrest (SCA) is an electrical malfunction of the heart where the heart stops pumping blood due to an abnormal rhythm known as an arrhythmia. As an individual loses pulse, consciousness and the ability to breathe, they verge on death and can only be brought back to life in a very small window of time using a defibrillator or AED.

DID YOU KNOW?

- Out of hospital Sudden Cardiac Arrest (SCA) happens around 100,000 times a year in the UK, making it one of the UK’s largest killers.

- The potential for saving a life is dependent on time; the faster medical help is administered, the better the chance of survival.

- To achieve a positive outcome when dealing with SCA, medical assistance must be given within 4 to 5 minutes of the event. In remote areas it can take more than 8 minutes for an emergency medical team to arrive on scene, and this is why Community Public Access Defibrillators (cPAD) play a vital role in helping to save lives in rural communities.

- Statistics suggest that the survival rate after a SCA with CPR alone is 5%. By using a defibrillator, the survival rate increases to 50%.

- According to the British Heart Foundation’s Guide to GPs, ‘the development of the automated external defibrillator (AED) has been described as the most important advance in resuscitation practices for many years. The AED has made the whole process of defibrillation simpler and has greatly increased the range of people who can use one.’

- Current international resuscitation guidelines advise that evidence supports the establishment of public access defibrillation programmes (with the installation of an AED) when:
  - The frequency of cardiac arrest is such that there is a reasonable probability of the use of an AED at least once in two years.
  - The time from call out of the conventional ambulance service to delivery of a shock cannot reliably be achieved within 5 minutes. (For practical purposes, this means almost all of the United Kingdom).
  - The time from collapse of a victim until the on-site AED can be brought in less than 5 minutes.
WHO IS THE COMMUNITY HEARTBEAT TRUST?

The Community Heartbeat Trust is a national charity focused on the provision of life saving defibrillation equipment to local communities. Working in co-operation with the ambulance service, its aims are:

❤️ To support communities in provision of AED Community Public Access Defibrillation (cPAD) services.

❤️ To promote, educate and train in all aspects of ‘First Person on Scene’, ‘Emergency First Aid’, ‘Basic Life Support’ and similar medical programmes and schemes.

❤️ To fully support the establishment of Community Responder (or similar) schemes in local communities.

The charity is run by volunteers and local groups offering advice and support to meet these aims on a local basis.

ALWAYS DIAL 999 IN AN EMERGENCY

cPAD SCHEMES DO NOT REPLACE THE AMBULANCE SERVICE BUT MAY HELP SAVE LIVES ONCE AN AMBULANCE HAS BEEN CALLED.

COMMUNITY HEARTBEAT TRUST
REGISTERED OFFICE: 78 Loughborough Road, Quorn, Leicestershire, LE12 8DX

REGISTERED CHARITY NUMBER: 1132824

www.communityheartbeat.org.uk

Tel: 0845 86 27739

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DANGER

Ensure the scene is SAFE
For yourself and others. If it is not safe or you are uncertain call 999 and wait for help to arrive.

RESPONSE

Check the casualty needs help
Check response by TALK & TOUCH
Speak to the casualty in both ears, tap collar bones.

SHOUT

SHOUT for HELP
If the casualty does not respond, SHOUT for help.
Do not leave them at this stage. Dial 999 now!

AIRWAY

Ensure the airway is OPEN & CLEAR
Open the airway by lifting the casualty’s chin and tilting their head back. Do not put your fingers in the casualty’s mouth, you may push an obstruction further down.

BREATHING

LOCK, LISTEN & FEEL for normal breathing
Keep the head tilted back and listen for breathing. Look to see if the chest is moving. If the casualty is not breathing normally or you have any doubt, call 999.

COMPRESSIONS

If not breathing normally start compressions
Raise your hands in centre of the casualty’s chest and press down hard. Just do compressions unless you feel confident to give breaths at rate 30:2. Press 2x per second.

DEFIBRILLATION

Get someone to fetch a Defibrillator
Get your nearest community defibrillator, attach the electrodes (pads) and follow the audio instructions from the machine.

ADDITIONAL COMPRESSION/BREATHING INFORMATION

- If you are unable or unwilling to give rescue breaths just do the compressions continuously.
- Give 30 compressions at a rate of 100-120 per minute and then give 2 breaths.
- Repeat 30 compressions and 2 breaths sequence.
- Continue until help arrives, you are too tired to continue, or the casualty starts breathing normally again.

FOR AN ADULT USE 2 HANDS & COMPRESS 5-6 cm
FOR A CHILD USE 1 HAND & COMPRESS 1/3 CHEST DEPTH
FOR AN INFANT USE 2 FINGERS & COMPRESS 1/3 CHEST DEPTH

Augmented reality – if you would like to see some videos on how to do chest compressions and how to use a defibrillator, use your smartphone to scan these QR codes.

The Community HeartBeat Trust – the UK’s community defibrillator charity – www.communityheartbeat.org.uk
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Golden Wedding
Fifty years ago on 26th March 1966, George and Eileen Haynes were married at St. Mary's Church, Luton. They met in 1961 in Looe, Cornwall where their families were on holiday. George lived in Burnham, Buckinghamshire and moved to Luton just before he and Eileen were married, both aged twenty. They have a daughter, Linda and three sons, George, Robert and John, also eleven grandchildren and six great grandchildren. They moved to the village in 2006 to care for George's mother, Doris.

Litter Picking
Can you spare a couple of hours to help?
A small, but enthusiastic group of volunteers gathered on 12th March for the Clean for the Queen litter pick. We managed to cover roads within the village boundary and even beyond. We collected 21 bags of assorted rubbish from pavements and hedgerows (bottle, cans, plastic, cigarette butts, cardboard etc). Please can we all remember that litter is both unsightly and a danger to wildlife. We intend to plan our next litter pick just before St. John’s Fayre. If anyone would like to join the litter pickers please contact me on 01884 860817 or carol.northam1@pobroadband.co.uk

Carol Northam

In memory of
John Bryant
Doreen Hammett

Welcome to the Village
Joyce and Roy Harknett

Volunteers needed to help with planting, watering and TLC to keep our village looking at its best. Please contact Chris Kershaw on 01884 860208

Volunteers needed to help with planting, watering and TLC to keep our village looking at its best. Please contact Chris Kershaw on 01884 860208

On Saturday 12th March, the Firefighters held a Charity car wash in aid of the Firefighters Charity, and raised £358. A big thank you to everyone who supported us. Hannah Hawkins

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Tales of Dart Raffe – a boy’s paradise

During my first months at Dart Raffe, I looked in awe at the vast area of wild country to the north, known as Dart Raffe Moors. It was 1947 and I was just nine years old.

Other than to walk a little way into this area, I had not ventured far because of the bogs, which according to the farm men, had, since the beginning of time, swallowed up everything from sheep and cattle, horses and carts, tractors and alarmingly not a small number of people. It was said that on quiet foggy nights, the voices of ghosts could be heard crying out for help. Father said best not go there because the bogs were a bit dangerous and anyway there were plenty of other places to go and things to do. Well, as I am sure you will understand, boys being boys, this had to be my first area to explore.

Dart Raffe Moors are what is known as Culm Measure Moorland. They have thin black soil over a yellow and blue Lias clay through which water cannot permeate. Until 1838, the Moors were open country with no hedgerows and may have been to some extent common land. An Enclosure Act of about that time divided the area into six large enclosures, mainly with straight hedgerows planted with beech and hawthorn.

This enchanting, atmospheric, wild Moorland, with its Bronze Age burial mounds, bogs, little streams and ponds and the immensely varied flora and fauna became my paradise. Despite the changes over time, to this day it remains a place of great fascination.

My first tentative exploration of the Moor did indeed confirm the presence of bogs of varying size and nature. Some were just a few feet across with a small eye of oozing blue, treacly liquid, ranging up to the vast raised peat bogs, covered with sedge clumps as tall as me, that when walked upon quaked and rippled alarmingly. The whole area was a maze of mires and bogs with myriad butterflies, bees and insects and the constant clicking sound of grasshoppers. Long ago, in the mists of time, some of these bigger bogs had given birth to beautiful tiny streams only a foot or so wide that have cut deep into the clay and were completely concealed by tall reeds and grasses. These little streams were veritable traps for the unwary explorer.

As the streams crossed the level areas, they hesitated to form little, clear, shallow ponds that were occupied by tadpoles in springtime and in summer by myriads of translucent, blue-winged dragon and damsel flies. On leaving the ponds, the little streams quickened on to a larger, gravelly stream.
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After heavy autumn rains, I was astonished to find sea trout and salmon spawning in this little stream, as it was only three or so foot wide and no more anywhere than a foot deep.

The topography of Lower Moor was undulating and varied. Wet, rushy areas where the whimpering snipe nested, were interspersed with slightly higher dry knaps and knolls, populated by skylarks with their nests and broods, along with dozens of rabbits that appeared to live entirely above ground rather than in burrows.

Lapwing and curlew seemed to nest wherever they fancied. Many was the time when I was lured into following a lapwing feigning a broken wing as she attempted to protect her chicks by getting me away from the nest.

The Moor, and the feel of the Moor, changed with the seasons and the weather or the time of the day or maybe with my changing moods. Sometimes, on warm sunny days the sky was like a wide burnished dome and the horizons seemed a long way off. On those days, I would feel happy and light of foot, whilst on cloudy dull days, with the wind sighing eerily in the reeds and sedge it felt as if those supposedly lost souls in the bogs were mourning their lot and calling out for help. It was at times like that when I felt uneasy and a bit scared and would leave the Moor rather quickly. The most exciting times were when just lying on my back in the warm sunshine, motionless on a dry grassy knoll, staring into the blue and listening to the skylarks trilling their beautiful song and rising ever higher until disappearing altogether, leaving their song hanging in the warm breeze a long way from where they actually were.

At such times, I remembered a wonderful story told me by my father when I wasn’t very old, maybe four or five years old. It went as follows: One day amongst all the wild birds of the field and wood, an argument broke out as to which of them was capable of flying the highest. So the raven and the buzzard came up with an idea, that in order to determine the truth, all the birds should have a competition the very next day. The raucous magpie, who had been making more noise than anyone else about his high flying capabilities, was sent off to tell all the birds to gather in the nearby wood at sunrise.

Well now, the buzzard, being the hot favourite to win, had taken control of the event and was making sure that every bird was quietly perched on a branch ready for the off. But the little skylark, who lived on the ground when not in the sky, and was unable to perch on a branch, came up with a good idea. He would hide away in the feathers of
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one of the big birds when nobody was looking. The buzzard gave the signal for the off and the sky was darkened with the magnitude striving to be the high flier of all bird kind. Up and up and up they went, until all the birds had dropped out of the race except the buzzard and the raven. Still upwards the two big birds went, until the raven dropped to the face of the earth with exhaustion.

The soaring buzzard, excitedly declared to the whole world that he was the winner. But it was not to be. The little skylark popped out from under the buzzard’s wing to fly on and on, ever upwards towards the sun.

The buzzard, who was tired and was afraid of getting his feathers burnt, could fly no more and he also dropped to the face of the earth. The buzzard challenged the skylark’s victory and asked that a panel be formed to adjudicate. All the birds, who admired the little lark for its cheekiness, elected a parliament of crows, knowing that the crows hate the buzzard and that they would come up with the right answer, which unsurprisingly they did. To this day, the buzzard never flies higher than the lark, for if it does, you will see that the crows mock the buzzard until it drops to fly at a lower level to leave the larks as masters of the sky.

Gerald Manning

---

Joys of Spring

The days are getting brighter
The nights are getting shorter.
The temperature is rising
Pond ice has thawed to water.

Birds ignore their peanuts
As insects come to life.
A young dove on a wire
Looks down for a new wife.

Buds appearing everywhere
And leaves are turning green.
Must buy some garden secateurs
So where’s my magazine.

Some sunny day in April
You’ll find me on the beach.
The novice surfers stand in line
As the teacher’s there to teach.

The allotments are turned over
Watched closely by the robins.
Hungry soil is made ready
From bulging compost bins.

Time to find the beansticks
Before the beans take root.
Will avoid the clinging mud
By wearing my new boots.

© R.E.Thorne
A frequently asked question is “Why did you move to Thelbridge” and after almost 10 years we still struggle with the definitive answer! We both have quite separate childhood memories of family holidays in the 1950’s either in Gorran Haven or St Ives - it was never cold, the sun never stopped shining and wasn’t the sea warm in those days! I clearly remember my father driving us through Lynmouth in August 1952 in his Ford Prefect immediately after the flood.

Sarabella and I met in North Devon in the 1970’s, and with family then and indeed still living in Devon, no doubt West Country runs in the blood. I spent over 40 years in the “Smoke” of London and when a move became viable we both decided to move to “Fresh air” – but where? After huge searching throughout the West Country, as often is the case, we came across our eventual location by chance. Having made an offer, and before completion, we then read one morning in the Daily Telegraph (in 2007) about a bull rampaging through Witheridge main street – what had we let ourselves in for moving to such a dangerous area?

An estate agent we knew said Thelbridge was good but both wet and windy - for once an estate agent spoke the full truth! So, what do we think now? Well for a start we are not, and never (understandably) will be, “local”, but everyone is so kind and friendly and above all helpful. The informal neighbourhood watch system is much better than CCTV. It is such a helpful community. Our three daughters all had their wedding receptions from here and many of the local ladies were amazing at offering help decorating the marquee on each occasion with flowers etc. If we have a broadband problem there is always help close by.

We seem sometimes to be a source of local mirth. We both clearly recall when we managed to get both a small tractor and car well and truly stuck in the mud. We were standing looking rather forlornly at both vehicles, fully aware that it was beyond self help. At that moment, a neighbour, who had been muck spreading, drove past on the public highway and, from his high tractor cab peered over the hedge and asked if we needed any help. “Yes please” we chorused and he shouted “hold on, let me just park my trailer”. He proceeded to park his muck spreader by the side of the public road and immediately came into our field and retrieved both vehicles - now that is a good neighbour.
Do we have any second thoughts? Absolutely not. Is there any downside to living here? Well I guess to go anywhere involves a long car journey which one quickly accepts as norm, but what a small price to pay to be in such a quiet and probably one of the most beautiful parts of mid Devon. We count ourselves fortunate to live in such a community and area, but wish the rain would stop!

York and Sarabella Dawson

New Year’s Eve Raffle

The Annual New Year's Eve Raffle drawn at The Mitre, was a roaring success. This year there were two prizes; first prize a large food & drink Hamper (with gin, whiskey, wines etc) donated by The Old Pound House and a second prize of a chocolate basket, donated by The Mitre. The Draw took place at 10:30 on New Year’s Eve and the winner of the first prize was Mr Robert Shepherd - congratulations; the second prize was won by Mr Michaels, who kindly offered the chocolate basket for auction, producing, what has become an annual tradition, the battling wallets of a number of celebrants, resulting in a final bid of £95 for the chocolate basket. The winner was Mr Smale of Alfreton, and this money added to the ticket sale of £426 making a grand total of £521, which is a fantastic amount.

All prizes were donated by residents, and the total amount raised is once again presented to the Village Hall rebuilding fund. Thank you everyone who took part, a great opportunity for all in the Village to take part in something that benefits the entire Village. Thanks to Andy & Barbara for hosting this annual event and without doubt, selling most of the tickets!

Robert Brown

The Annual New Year’s Eve Raffle is organised by The Mitre & The Old Pound House with 100% of all monies raised going to benefit a good cause in Witheridge and for this, the second year running, The Village Hall Rebuilding Fund, was the recipient of the funds raised.

Robert Brown
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Charity Knitting

The Witheridge Charity Knitting Group was started on 7th June 2011. When attending the annual North Devon Hospice ‘Knit-in’, some of the ladies so enjoyed that special time of getting together, chatting and knitting, that we thought it would be a good thing to get together on a regular basis. Over the years we have knitted for The Salvation Army, The Petroc Centre, premature baby units at two hospitals, a centre for dementia sufferers, Apostleship of the Sea, a refugee camp in Kurdistan and hospitals and orphanages abroad. We have made a wide range of items to supply to these causes. Unwanted wool oddments are always welcome and we thank those kind people who have donated knitting yarn to us over the years.

Our group meets every fortnight on a Thursday between 2.00pm and 4.00pm at the Rest-A-While Centre. Future dates are: 19th May; 2nd, 16th 30th June; 14th, 28th July and 11th, 25th August. We welcome anyone who would like to join us.

Eileen Haynes  860212

Allotments

Spring is here and hopefully it will bring the better weather. It is time to start digging and planting!

Inquiries about plots  Sam 01884 861527

Little Dart Singers

We are a singing group based in Witheridge. We need members who enjoy singing and can commit to one evening a week and to the 3rd Sunday each month. We occasionally sing with other local churches.

John Harris.

Practice Tuesdays 7.20pm  Witheridge Parish Church

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**Witheridge Ladies’ Club**

In **December** we had an enjoyable gathering at the Thelbridge Inn where we tucked in to our Christmas lunch.

In **January** we had a return visit from John West who gave us an absorbing and amusing talk on aspects of his life. He also brought several food dishes for us to sample and comment on. A very welcome, very tasty, start to 2016!

In **February** we welcomed the medium Robert Brown who told us about his life, his retreats and his counselling of bereaved parents. His talk was very well received.

The Ladies’ Club also has a book club, craft club and luncheon club. Why not come along to see what we are up to! A warm welcome awaits you.

(We are now meeting in the main hall, not the small meeting room).

*2nd Tuesday in the month. Parish Hall 2 - 4 pm.*

*Coral Simmonds*  

**Witheridge Community Composting**

Green garden waste will be collected again from March 2016. The cost of this service is £8 per year. We collect trailer loads of garden waste, £10 for members, £15 for non members. We also sell finished compost at £1.25/bag delivered in the village, or collect at £1 per bag. **Volunteers still needed.** We meet on Mondays and Thursdays 9.00am - 12.00. You need to be fairly fit, but most of us are in our late 60s, some in their 80s and still going. Tools and training provided plus coffee and sometimes cake!

To order compost phone **Greg Henderson 860819**

Green garden waste collected **Thurs mornings from March 2016**

**Witheridge Young Farmers**

Witheridge YFC's charity pledge auction made £2500, raising money for Children Hospice South West and the new Devon YFC Rural Hub.

Everybody enjoyed the marvellous donations, a splendid ploughman's lunch and not forgetting it was a great social get together.

*Emma Gillbard*
Chartered Physiotherapist

Colette Frost BSc.(Hons), HCPC, MCSP

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cf.nimbus2000@post.com
It’s hard to believe it is almost a year since we had fun at the 2015 Fayre. The SJF committee members have been feverishly booking stalls and entertainment so we can all have another fabulous day out right here in the heart of the village.

As usual, the day kicks off with the Parade at 11.15am, this year led by Crediton Town Band and Street Heat Samba, closely followed by Tarka Pipes & Drums, New Generation Majorettes, Vintage & Military vehicles and of course the school children in fancy dress. We are also hoping that Minnie & Mickey will be able to fit us in to their busy schedule again this year.

Once the Fayre has been officially opened, there are plenty of stalls to visit, many run by our village groups and charities, including the Ladies Club, The Youth Club, People4Ponies, The Knights of Witheridge and more. Throughout the day, there will be events in The Square, the Village Hall car park, including performances by the various bands and majorettes.

Of course, no St John’s Fayre would be complete without the Dog Show or Ferret Racing. Paul Zee and Really Wild will be on hand to entertain the children in the hall. There will be various children’s rides and games around the field and Funlands Funfair in the Sports Centre Car Park.

As always, there will be plenty of food to choose from – the coffee shop inside the hall, Mabel’s Ice Creams, Quince Honey Farm, & various hot food stalls dotted around the village.

Don’t forget to buy your programme for a chance to win £50. Ask at the shop for your copy. New for this year is a children’s colouring completion, with a £10 prize for the winner.

Of course, we don’t just have events lined up for the day time. At 7pm, the fun starts again with the live band and licensed bar in the hub marquee and yet more food. So make sure you bring your dancing shoes...

We are also on the lookout for people who would be willing to help out in the lead up to and on the day. If you are interested, please contact one of the committee members, or via our Facebook page.

www.facebook.com/stjohnsfayre
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**Rest-A-While**

Hi Witheridge, so our weather has been wet and cold since Christmas, but you will always get a very warm welcome at the Rest-A-While. We’ve been pleased with all our new friends who have come in and joined us. On the last Friday of each month we have a Bring and Buy sale with raffle, bric-a-brac, cakes and biscuits, so why not come and join us. We are always looking for helpers, so if you have two hours a month free, please give me a call.

860163 Open Monday - Saturday 10am - 12 noon.
(Closed only Christmas Day)

Eirene

**Surprise Party**

“Happy Birthday to you, happy birthday to you, happy birthday dear Queenie, Happy birthday to you”, rang out from the Rest a While as Queenie Pyne entered the room and walked right into a surprise party. 90 year old Queenie was speechless; over 40 of her Rest-a-While friends had arrived to share in the surprise, and what a wonderful time she and Gordy had. A big thank you to all those who made the morning so special for them.

Happy birthday Queenie from us all. Val Dickinson

---

**Monday Club**

The Monday Club is open for anyone in the village who is over the age of sixty. We are a very friendly, young at heart group who meet every other week, either in the Day Centre or on our Coach trips.

We have some very interesting speakers coming to see us and some different Coach trips planned for this year - look out for the posters regarding the Coach trips as these are open for non-members and you will be made very welcome.

We start our meetings at 2.30pm usually finishing about 4pm. Our coach outings leave the square at 9am. The time home depends on where we have been and if we stop off for a cream tea on the way home! We are not usually later than 7pm. For more details please phone Val Dickinson 860709.
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**Bingo**

We are a Charity-linked Bingo with any spare monies going to various charities suggested by the Bingo supporters. We have 11 games per evening, with the 11th game being the money flyer and there are two meat prize lines on every game. We have tea and coffee mid-way, while the draw is taking place, so everyone has a chance to natter.

I have recently taken over organising Bingo as Ken Botfield is leaving the area. We would like to say a very big “Thank you” to Ken and Desni for all their work over the years. We are a friendly Bingo club and I very much look forward to seeing friends old and new.

We meet on alternate Tuesdays at 7.30pm at the Rest-a-While.

The dates for the next few months are: 3rd and 17th May; 14th and 28th June; 12th and 26th July.

Marion Crane 01882 860530

**Witheridge Garden Club**

In February we were treated to an excellent slide show of wildlife photography by Kevin Keatley, a local wildlife photographer, and for our March meeting we had an informal question and answer session on gardening topics – a very lively and entertaining evening.

The results of the Spring Show are on pages 31 and 32 of this issue – congratulations to all the winners and thank you to everyone who helped in whatever way to make this show such a success.

**Saturday 7th May** is our annual Plant Sale starting at 2.30pm. If you have any plants to sell, please bring them to the Parish Hall during the morning.

Programme for the next 3 months:

**Wednesday 25th May**  ‘Rescued from the Floods in Umberleigh’

**Wednesday 22nd June**  Sarah Chester from RHS Rosemoor

‘From Fashion to Horticulture’

**Wednesday 27th July**  Henry Cruyss

‘Growing and Presenting Vegetables for Showing’

All meetings start at 7.00pm in the Parish Hall.

Contact Kit James, Chairman, for more information 01884 860666
Witheridge Parish Church

Many people, Christian and non, will quote from the bible to support their opinions. I make no excuse for doing the same. 'For you always have the poor with you' (Matthew 26:11). This verse can sometimes be used as a reason for not helping our neighbour, those in need either here at home, or in the developing world.

Once a man was walking along a beach. The sun was shining and it was a beautiful day. Off in the distance he could see a person going back and forth between the surf's edge and the beach. Back and forth this person went. As the man approached, he could see that there were hundreds of starfish stranded on the sand as the result of the natural action of the tide.

The man was struck by the apparent futility of the task. There were far too many starfish. Many of them were sure to perish. As he approached, the person continued the task of picking up starfish one by one and throwing them into the surf.

As he came up to the person, he said: "You must be crazy. There are thousands of miles of beach covered with starfish. You can't possibly make a difference."

The person looked at the man. He then stooped down and pick up one more starfish and threw it back into the ocean. He turned back to the man and said: "It sure made a difference to that one!"

We can all make a difference, no matter how small, to one person, one community, one country. To quote again from Matthew 25:40 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me'. Whatever your belief we are all called to be human and help each other through this life with compassion and empathy.

May God bless you. Adrian

Wednesday May 25th
7.30pm
Witheridge Parish Church
Concluding Season Spectacular
A Concert of Music for Trumpet and Organ

Trumpet
Crispian Steele-Perkins

Although Crispian features regularly as a concert soloist he has also recorded with popular artists including Kate Bush, Bob Geldof and Harry Secombe. In addition he has performed on numerous TV scores for shows including Dr Who, Oliver Twist, and Inspector Morse.

Organ
Ian leGrisce

Ian has had a long association with the Temple Church and was officially appointed Assistant Organist in 1983, a position he still holds. His career embraces all aspects of organ playing.

Tickets: Nave £15 North and South Aisles £10
**Methodist Chapel**  
Rev John Wiltshire 01363 877281  
**Sunday Services** 11am  
(Except Churches Together service -see noticeboards)  
**Women's Fellowship**  
❖ 1st Thurs in month from March - December 2:30pm

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<td>Tues 3 May</td>
<td>United Churches Luncheon Club</td>
<td>Parish Hall</td>
<td>12 for 12.30</td>
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<td>Tues 3 May</td>
<td>Archdeacon’s Visitation</td>
<td>Parish Church</td>
<td>7.30pm</td>
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<td>Sat 7 May</td>
<td>May Coffee Morning</td>
<td>Church Rooms</td>
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<td>Sun 29 May</td>
<td>Ecumenical 5th Sunday Service</td>
<td>Methodist Chapel</td>
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<td>Tues 7 June</td>
<td>United Churches Luncheon Club</td>
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<td>United Churches Luncheon Club</td>
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**Note:** All dates are subject to change. Please check the church notice board.

**Witheridge Music Season**

The Witheridge Music Season is coming to an end with only one concert left in the programme. The two recent events were exceptionally well received. Oyez, Oyez, Oyez,” A blast from the past” it certainly was, with Jonathan Weeks, but the entertainment was bang up to date. Jonathan played so many Medieval Instruments, it was surprising that he had any breath left for the funny commentary - he had us laughing and clapping our hands too. We look forward to part two next season.

At a very special service in our Church in Witheridge, the Exeter Cathedral Choir, held us spell bound with their beautiful clear voices as they sung their way through Evensong. A fantastic evening, enjoyed by everyone.

The final event takes place in May and is a spectacular concert of music for organ and trumpet given by Crispian Steele-Perkins, trumpet and Ian leGrice, organ.

Details for these events can be obtained by phoning 01884 860709.

From the Church of St John the Baptist, Witheridge
Spring Show Results 2016

**Most Points in Show**
- Ros Knight

**Runner Up**
- Sheila Manley

**Best exhibit classes 1-4**
- Ann Webber

**Best exhibit classes 6-20**

**Children’s Class**
- Meg Kelly

**Best Exhibit classes 21-43**
- Lucy Kelly

**Best Exhibit in Show**
- Lucy Kelly
Spring Show Results 2016
**Witheridge Art Group**

WANTED AMATEUR ARTISTS. Last year we lost a couple of people from our group and would like to build the membership up again, so if you would like to spend a sociable hour and a half on a Wednesday evening from 7.30 to 9.00pm, drawing or painting - do join us. We are mostly self-taught, although some have had tuition and we are very proud of the progress we have made over the years, as you will know if you have seen our exhibition in St. John's Fayre.

We have tea and coffee facilities in the committee room of the Witheridge Parish Hall and a ramp for wheelchairs.

We charge £1.50 a week and a yearly membership fee of £5.00. We have materials if you would like to try us out before spending money on supplies. Please contact Eileen on 860564 or just come along and see us.

---

**Witheridge Parent, Baby Toddler Group**

‘Bumps and Beyond’, Witheridge's parent and toddler group, that meets at the Parish Hall on Wednesdays from 9:30-11:30am, have had a great few months. We have enjoyed a Bookstart course thanks to South Molton's Children's Centre, enjoyed welcoming some new families and babies and finished with a special ‘Spring into Easter’ end of term event with Easter bonnet making and bouncy castle. £1.50 per family per session. There are always refreshments and a warm welcome.

Denise Henson
East Worlington Primary School PTFA

What an action packed term we have had! Following our successful jumble sale on 6th February which raised £690, we have been able to pay for a West End in Schools and Forest School day for the whole school.

We kicked off our World Book Day events with style when we were visited by the fantastic and talented Clara from West End in Schools who, to pick a few things off her impressive CV, helped to choreograph the Olympic opening ceremony, the Take That tour and has starred in Charlie and the Chocolate Factory in the West End. The children enjoyed reading Gangsta Granny and Where the Wild Things Are and then they attended workshops where they developed dance and drama to retell the stories.

We then were treated to a day in the woods with Forest School instructor, Tracey Maciver. The children created stick figures and made dens and houses for them, as well as shelters using tarpaulins for themselves. They also learnt about the woodland environment and collected leaves to make bunting with leaf dying. The day was finished with a get together around the fire to toast brioche, marshmallows and drink hot chocolate!

**Dates for your diary:-**

Saturday 14th May – Summer Jumble & Plant Sale, Witheridge Parish Hall, 2pm

Saturday 18th June – Duck Race & Dog Show, gates open 11.30am – see [www.worlingtonptfa.org](http://www.worlingtonptfa.org) nearer the time for full details.

*Donna Webber Chair PTFA*
The Mount Pleasant Inn has been a popular meeting place since the 1700’s when the weary traveller would stop for a rest. The pub was once an ostler’s house and the restaurant was a blacksmith’s forge. Anne and her family have been opening the doors at The Mount Pleasant for 28 years this year. So if you are travelling by foot, car, bike, tractor, horse or steam engine you are all welcome to rest and refuel as many have always done.

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www.mpli.ltd.uk
I am writing this letter to let you know that at the end of the summer term, July 2016, I will be hanging up my Brownie/Guide Leaders hat.

I have been volunteering with Girlguiding for over ten years supporting and encouraging girls from Witheridge Brownies and Guides to fulfil their potential. I have loved my time as a leader; it’s been fantastic to watch so many girls grow in confidence in a girl’s only space. I have had lots of adventures, fun and laughter, and made lifelong friendships during my time at Witheridge but feel the time is right for me to move onto another chapter in my life. I would like to say a huge thank you to everyone who has supported me over the years.

Witheridge Brownie/Guide units will continue to run after I’ve finished. There will be a stand-in Leader, until a permanent leader can be put in place. We also need to have some unit helpers. So we are now on the lookout for new volunteers to join Girlguiding at Witheridge. If you, or someone you know, would like to come along to see what being a volunteer leader or helper is all about then please contact me.

Anyone interested in volunteering a few hours a week please contact either me or Sam Eaton (district commissioner).

Jacqui Adcock: 01884 251494  jacquiadcock@yahoo.co.uk
Sam Eaton: 01884 258883  sam@honiton-hearing.co.uk

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www.thelbridgexinn.co.uk
Parish Hall

I am happy to say that the Parish Hall is going from strength to strength. The regular bookings are good and the one-off bookings such as weddings, parties and events are up. The Hall looks brilliant, and the decoration has just been freshened up. When the sun shines in and with the wonderful views, it is a hall that is hard to beat. So make the most of it, when we put on events please support them.

As I always say, if there is anyone who has any ideas of events we could put on please get in touch with me as we are always keen to hear new ideas.

Oddsocks production of *Much Ado about Nothing* will be on 25th August and the gates will open at 6.00pm - don’t miss this, you will really regret it if you do: their last production was absolutely brilliant. It is world class theatre on your own doorstep.

Contact Clare Spicer at Spicerclare@gmail.com

United Churches Luncheon Club

On the 1st Tuesday of every month at 12 noon for 12.30pm at the Parish Hall, a home-cooked three course meal is provided, for a small charge of £4, for people who live on their own. For the last seven years people have been able to attend and enjoy good fellowship and delicious food. The people who have attended on a regular basis have been grateful for the quality and variety of food that has been provided.

If you live on your own and would like to attend, then we should be glad to meet you. Just ring our Chairman, Yvonne Childs on 01884 860012 to book a place, and then come along and enjoy the atmosphere.
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In a Former Life - Foster Carers

In 1993, at the ages of just 25 and 28, Peter and I became foster carers. At that stage we had no children of our own, but were both involved with voluntary youth work, where it became apparent that the needs of some young people were so much more than could be met at a youth club.

The application process was fairly lengthy and quite invasive, involving interviews, both together and individually, interviews with personal referees and police checks, after which there were training sessions.

We opted to foster teenagers, as that was where our experience was, but soon realised how little we really knew. Thankfully we had the support of our own Family Support Worker, plus we attended a Foster Carers Support Group regularly, as well as many different training events.

Some young people just stayed for 1 night. We were on the Emergency Duty Team list, which meant that you could get a call in the middle of the night to take a young person for the night, and then Social Services could take the time the next day to move them on to a suitable placement, or stay longer with us. Others stayed for much longer, the longest being 4 years. Some went back home after a while; some moved on to other placements for various reasons and some stayed until they moved into some form of independent living.

Each young person had an impact on our lives: each had a story to tell, a past to overcome and a future before them. Some flourished in our care and some seemed to hit out against everything and everybody.

We did not always know the impact we had on their lives. I remember getting a phone call from one young man several years after he had left us on fairly difficult terms. He was in a mental health unit and he wanted me to go and visit him. When I got there he apologised to me for the way he had behaved and thanked me for the support we had given him at a difficult time in his life.

Peter and I fostered for 17 years. We did alter the age range during that time when our own children were a little older, but it was mainly teenagers. There were some tough times, but many good times too. We saw young people achieving things, both in and out of school, that they never dreamed were possible - success in sport, relationships, university, business to name a few. Peter has given two away in marriage and our extended family now includes grandchildren too. Facebook has made it easier to keep in touch with some of the 106 young people who stayed, but some still visit face to face, bringing boyfriends, girlfriends, husbands, wives and children.
Our proudest moment was being nominated for the Pride of Britain Awards for the London and South East Regions. We reached the final and were chauffeur driven up to the ITV studios to meet the other finalists and a host of famous people. Unfortunately we did not win, but it made us realise what a difference we had made in the lives of some young people.

We have heaps of stories to tell and would be happy to share some of them with you.

Andrea Court

Witheridge Trivia

We are often being told that in the old days it was the man who went out to work, but that today there are more women than ever in the workforce. However in Witheridge in 1881 the workforce was comprised of 269 men and 267 women. Guess who still did all the housework!

The main occupation for men was agriculture and for women domestic service.

Another Witheridge tale from down under - A report from an Australian newspaper the Wodonga Express May 1916: A pigeon that was entered in a race from Bordeaux has returned to its loft at Witheridge, Devon, after an absence of three years.

Devon derives its name from the Celtic word ‘Dyfneint’. This being the tribe living here at the time of the Roman invasion and means ‘deep valley dweller’.

So are Witheridge folk, living on top of a ridge, really true Devonians?

At one time people whose surname is Witheridge (or variations) assumed they could trace their family tree back to the village. Now it’s thought that some of them originally came from the ancient manor of Wederige (near Plympton) most of which disappeared long ago into the sea due to coastal erosion.

There were no surnames in Anglo-Saxon Britain. They didn’t come about until the 13th/14th century, when many surnames developed after a person left their village ie: Alfred of Witheridge.

The first person ever to appear on a Witheridge census (1841) was Thomas Comins a schoolmaster aged 50, living at what is now 1 Fore St.

Jim Campbell
Knights of Witheridge

The Knights had a great turn out for our recent Pudding Quiz Night where we made £500 so a big ‘thank you’ to all who attended to support us. We intend having two quiz nights a year so the next one will be on Saturday 12th November giving you more than enough time to read a few encyclopaedias!

Our next event in conjunction with Witheridge School will be Frog Racing in the village hall on Saturday 28th May where you will be able to bet on your favourite coloured frog, or if you prefer race it yourself for prize money. It is tremendous fun and can be seen on You Tube by typing in Frog Racing to view some terrific examples of what is involved.

We will as usual be attending the St. John’s Fayre where by popular demand we will be bringing back our Balloon Burst flying plane which we introduced for the first time last year. We will also have this fun event at the South Molton Vintage Rally on Saturday & Sunday 4th & 5th June and hopefully at the Mid Devon Show on Saturday 23rd July, so see you there!

The Knights are pleased to confirm that we will be offering funding to individuals and local organisations within our Parish once again this year. Please go to our web site at www.knightsofwitheridge.org.uk to download a funding application form which must be forwarded back to us before our committee meeting to be held on Tuesday 3rd May 2016 where all applications will be considered.

Finally do remember that the Knights now own a large (3m x 4.5m / 10ft x 15ft approx.) gazebo which is available for hire within a 5 mile radius of Witheridge. It is ideal for extending any social event from your house into your back garden giving you extra space for food and drink to be laid out. Two Knights will deliver/erect it and return after your hire to dismantle/collect it all within the price which will go into our fund for distribution back to our village every year. For further information go to our web site.

Fred Hanbury
Chairman Knights of Witheridge

Witheridge Voice AGM
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Parish Hall
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**Witheridge Sports Club**

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**Tues**  7.00 - 11.00
**Wed**  7.00 - 10.00
**Thurs**  7.00 - 11.00
**Fri**  7.00 - 12.00
**Sat**  12.00 - 9.30
**Sun**  12.00 - 7.00

**Short Mat Bowls**

We meet in the Parish Hall twice a week throughout the year. Club shoes and woods are available for those who have not played before. The first three evenings are free, then a green fee of £2.50 per session and a subscription of £20.00 per year. Short mat bowls is open to residents of Witheridge and surrounding villages. Children over 10 and under 16 must be accompanied by an adult at all times.

**ACTIVELY SEEKING NEW MEMBERS**

**Tuesday & Thursday 7pm for 7.15pm start**

**Badminton**

The Badminton Club meets in the Parish Hall on **Mondays from 2-3pm**, £2.50 per session.

We can provide rackets if needed. We welcome all ages and abilities. For safety reasons children are not allowed.

**Table Tennis**

Come and join our friendly small group for adults aged 16 or over. All equipment is supplied and we offer tea and coffee too. Come along and pass an enjoyable hour. All levels of ability, from beginners to Olympic contenders, are most welcome.

**Friday 11.00am - 12.00 in Parish Hall**

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AND
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46
Wetheridge Football Club

1st Team
As usual for the time of year, the fixture list has been decimated by bad weather with only 7 games being played since the start of December which results in us being 10th in the league table with games in hand so hopefully the minimum of a 6th place finish is still possible.
One game which did manage to go ahead was the St Luke's bowl semi final against higher league opposition Buckland Athletic which after 90 minutes ended up 1-1 and went to penalties from which Wetheridge came away winners, so a huge well done to all the players and management as we can now look forward to a final against either Exeter City or Plymouth Argyle, once a date has been confirmed.

2nd Team
Unfortunately the stop start season hasn't been too kind to the 2nd team with results not going too well for them and they currently sit bottom of the division but with a few games in hand, so hopefully a good run of games can help them climb upwards, as I'm sure Darren and his players won't want to be there in May.

3rd Team
The 3rd team continue to improve each game and are sitting mid table which is a credit to them in their 1st season, as along the way they have had some very good results against other teams which can only show a promising future for Wetheridge football club.

Tennis
After such a wet winter, and as part of our plans to improve our facility, we have just had a pathway built linking the clubhouse to the steps down to the court – it is looking good!
We are also planning two one-day Open Tournaments during the Summer, the first on Saturday June 18th and the second on Saturday July 16th which will be a lot of fun if last year is anything to go by! Rachael had her first children’s coaching session during the February half-term and will be running more during the Summer holidays.
We are always looking for more members so please contact me, Vine, at evelynspragg@btinternet.com for more information
Andy, Barbara and the team welcome you to our traditional village inn, the way pubs used to be. We serve an excellent selection of home-made dishes, sourcing local, fresh ingredients where possible, bottled wines and Exmoor and Exeter brewery real ales.

We are extremely proud to have been awarded the 'Trip advisor certificate of excellence for 2015' courtesy of our customers reviews.

Sunday roast lunch at £8.00pp includes a weekly choice of two meats from Exmoor beef topside, west country leg of lamb, turkey breast, leg of pork and home-cooked gammon ham. Treat yourself to a dessert for an additional £4.50.

We cater for weddings, various celebrations and buffets with restaurant seating for up to 34 and with additional places in the bar area.

Please contact us to find out what we can offer you for your function.

We offer a take-away menu for collection which includes our popular beer battered cod, chips and pea puree, and home-made 1/2lb beef burgers. Pre-orders always advisable especially during busy periods.

Our bed and breakfast rooms are clean and comfortable and are available from £50 per night for a single room and £60 for a double.

To book either a table or a room or for any other enquiries please telephone 01884 861263 or email us at: the.mitreinn@mail.com

www.themitreinn-witheridge.co.uk

Like us on Facebook to catch us early when we post offers and events.
The John Kemp Spring Trophy was contested at Waterbridge on 30th March for an 18 hole Texas Scramble competition. The competition had been deferred for three weeks as the result of a waterlogged course. On the winning team were John Avens, Colin Gunn and Jim Steele. The Wooden Spoon trophy was won by Witheridge players Graham Clarke and Keith Jenkins and Chulmleigh player Michael Williamson. The dates of future meetings at Waterbridge are: the May Trophy on Wednesday 11th May and the Summer Trophy on 6th July. New members are always welcome. The emphasis will be on enjoyment through a team game. Contact Andrew Clark on 01884 860612 or e-mail at astonguy@tring92.f2s.com.

ANDREW CLARK

We have 2 league teams playing in the North Devon League mainly on a Sunday afternoon. We also run a social side playing the odd Friday game plus some 20 over evening fixtures. Our season starts the first week of April but our home fixtures do not start until the end of April as our outfield is usually unplayable early on. Anyone is welcome to play, from 14 upwards to 80 downwards, male or female. We also play some touring sides, dates as per web site (when we get some and when I put the fixtures up!). Our ground and clubhouse is situated at Nomansland, 400 metres from the Mount Pleasant pub on the Witheridge side (between the two wind turbines) and our address is Gratton Park, Nomansland, EX16 8NW. We are affiliated to the Sportsmans club in Witheridge and also operate a fully licenced bar.

Club Contact: Dave Gooding tel 07967534420 or 01884 860840
E mail account: Witheridgecc@hotmail.co.uk
Web site : (you can also contact me via this)
http://www.spanglefish.com/WitheridgeCricketClub/
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https://www.facebook.com/groups/104677514153/

Dave Gooding
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News From The Surgery
I would like to thank the outgoing Editor Carol for all her hard work and wish her well for the future whilst congratulating Jill on assuming this important role for the Witheridge Voice and wishing her every success.

New Computer System
Having mentioned this in previous editions our new GP Computer System is finally upon us! We will have switched over to its use on the 13th April which has involved a lot of effort on the part of our Practice Manager Jane Hunt and all of our staff so a huge thank you to them.

As the Witheridge Voice will not be published until after the switch over, there follows a brief resume of the timetable of events that, hopefully, will have resulted in an updated computer system in the surgery.

Tuesday 5th April there was no access to any computer system during the morning.

From the afternoon on 5th until 12th April we will have been able to read your medical notes but not add to them – we will have documented each consultation as normal in another way and they will have been added on 13th April to ensure your medical records remain complete which will have been a considerable undertaking.

From 1st until 12th April we will not have received blood results etc., electronically, as we normally do. We will have received paper results which will have delayed receipt by several days. Any urgent results for markedly abnormal results will have, as currently, been phoned through to us. We will then have received all of those results on 13th April!

Routine blood tests will have been minimised until after 13th April. We endeavoured to keep the impact on our patients to a minimum and hope that this will have helped to clarify the situation.

Spring, lifestyle and health
As the days grow longer we have a greater opportunity to re-consider our general fitness and by improving this we can help reduce our weight, our blood pressure and our cholesterol and in this way help prevent conditions such as diabetes, heart disease, kidney disease and also strokes and dementia. Exercise can also help with bone strength, joint mobility and also our mood.

So what can we do? Areas to consider are exercise, smoking, alcohol and our diet.

We can help those who want to stop smoking – book a routine appointment with our Practice Nurse to discuss this if you want help.

Recommendations for alcohol have recently been changed – a maximum of 14 units for both men and women a week with at least 2 days of no
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alcohol. If you are concerned your alcohol intake is damaging your health come and talk to us about it. There is a lot of helpful information about healthy diets and diet plans through the NHS website – I suggest looking at the following or coming in to discuss your weight with one of us. www.nhs.uk/Livewell/weight-loss-guide/Pages/losing-weight-getting-started.aspx

Exercise advice varies on your age and the types of exercise do too, as an example for those aged 19 to 64 one option is to do 2.5 hours of moderate aerobic activity a week such as cycling or fast walking together with strength exercises on at least 2 days a week which work your arms, legs, back, chest and abdomen.

For more detailed information take a look at the following www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx which has information and links for all ages.

Hayfever ...
If you suffer with hayfever – sneezing, runny or congested nose, itchy red eyes and throat are typical symptoms, now is the time to start thinking about its management, there are many medicines that we can offer to help!

Asthma ...
This can worsen during hayfever season, if you have but rarely use inhalers are they in date? If your asthma worsens do you know what to do? Any problems with your breathing make an appointment to discuss it!

As always, if you have health concerns please do come and see us to offer help, advice and support.

Dr Thomas Owens

Then and Now

Witheridge Garage on Fore St closed about 2000 and is now Anstey Close

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Neighbour
by Eileen Haynes

Hello, I just called in to say
I’m fine, and how are you?
It seems so long since yesterday
And there’s not a lot to do.

Well, I hope I’ve not intruded,
I don’t intend to stay,
In your plans I’m not included,
And I’ll just be on my way.

Perhaps tomorrow I’ll call by,
It may be different then,
You’re busy, but I’m sure you’ll try
And then we can chat again.

But if tomorrow will not do
There’s always the weekend
I like so much to visit you,
And you’re quite my closest friend

Quick & Easy Recipes : Bobotie
A cheap and tasty South African favourite

YOU NEED
750g-1 kg lean minced beef
2 tablespoon oil / butter
1 thick slice of bread
1 cup of milk
1 tablespoon apricot jam
4 tablespoons lemon juice
2 teaspoons curry powder (more if you like it more tasty)
75g raisins/ sultanas
1 teaspoon salt
Pinch of pepper
2 eggs
2 bay leaves ( optional)

WHAT TO DO
Gently sauté the onion in the oil/butter. Soak bread in ½ of the milk. Mix all ingredients except the milk, egg and bay leaves. Put the mixture in a casserole and press in the bay leaves. Beat the eggs and milk together and pour over the meat mixture.
Bake 45mins at 180C
SERVE With rice & mango chutney

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Substitute 1 cup of dried lentils for the meat.
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Incomer’s Guide : The Lost Gardens of Heligan (Spring )

**Distance** 84 miles  **Time** 2 hours  
**Directions:** Tiverton road, right fork to Thelbridge → Lapford. Left onto A377 → Copplestone, right in Copplestone A377 → A3072 Okehampton. Join A30 Launcestone→ A391 St Austell. B3273 Mevagissey then brown signs to Heligan.  
**Via M5** Witheridge → Tiverton→ M5 south. Join A30 south. See above.  
**Bus** 471 from St Austell station.  
**Bicycle** Route 3 →Mevagissey, St Austell.  
**Ferry** Fowey → Mevagissey. 1.5 mile walk to Heligan. Ask on ferry for map.  
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**Tickets** -not National Trust or RHS.  
**Adults** £12.50  **Seniors** £10.50  **Students** £8  **Children** 5-17 £6  **Family** £30  
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News in Brief (Full details on the website www.witheridgepc.org)

**Community Defibrillator** – The defibrillator/cabinet has now been installed at the public conveniences in The Square opposite the newsagent. In an emergency Ambulance Service call operators will issue the cabinet code and instruct attendees to fetch the equipment if required. Over 40 residents attended the Awareness Sessions which demonstrated the equipment.

**Playgrounds** – At the time of writing Wickstead Leisure will be starting the installation of additional playground equipment at the parish hall playground. At the Adventure Playground new outdoor fitness equipment will be installed, and the remains of the trim trail which is reaching end of life removed.

**Audit 2016** – We are fast approaching year end, please watch the main noticeboard and website for information on exercising your elector rights to review the process and accounts.

**Website** – We have a new website as a result of a change in our district council hosting systems. You can keep up to date with the parish council and its meetings / decisions here at www.witheridgepc.org.

**Councillor Vacancy** – If you are interested in co-option please contact the clerk.

**Council & Committee Meetings**

Meetings are held at the Parish Hall Committee Room, North Street, Witheridge. Un-Scheduled meetings are advertised separate to this notice. Residents can make representations in writing to the clerk or in person verbally during the public session at the start of a meeting.

Agendas (with planning applications for consideration) are published at least three days in advance on the council web site at www.witheridgepc.org together with minutes of all meetings.

Planning applications received after agenda publication will be dealt with owing to a 21 day limit on the council responding to consultations from the Planning Authority. The parish council is only a consultee, and does not determine applications. Paper copies are available on request.

**Contacting the Council** – Tel: 01363 460046 Email: parishclerk@witheridgepc.org

Please telephone or email to arrange a mutually agreeable time and venue. Contact details below, a full list of councillors and their responsibilities can be found on the website.

<table>
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<tr>
<th>2016 Meeting Schedule</th>
<th>Chairman: Cllr J Harvey Tel: 860629</th>
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Oct - Mar M-Fr 9- 4:30 Sat & Sun 10- 4:30

NHS Patient Advice & Complaints Team

NHS Northern, Eastern and Western Devon Clinical Commissioning Group (NHS NEW Devon CCG) patient advice and complaints team is a service to provide patients, carers, family members, the public and staff with help, advice and support with concerns or comments relating to NHS services.

The team provides free and confidential help to investigate and resolve problems as they happen and aim to do this as quickly as possible. They can also organise in depth investigations of any problems relating to healthcare across a number of different services.

Hearing from patients helps us to make improvements and gives us early warnings of system problems. It is very important for the CCG to hear when things are going wrong.

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