

BIGBURY COVID SUPPORT GROUP

CSG Coordinators

Valerie Scott
(Bigbury & St Ann's)
810336
valeriescott@bigbury.net

Beth Huntley
(B-o-S & Challa)
810385
bethhuntleyb@gmail.com

Keely Holland
(B-o-S & Challa)
810891
keelyholland3@gmail.com

Stuart Watts
(Easton, Combe, Kennedon)
810373
sdmw2@btopenworld.com



Charterlands Chatter



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Bigburyonsea.co.uk

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Send any ideas for the site to

John@BigburyOnSeaHolidays.com

BIGBURY NEWS 2020

Six, full colour bumper issues per year

The remaining 2020 issues are - **JUNE/ JULY** (copy date 15 May); **AUG/SEPT** (copy date 15 July); **OCT/NOV** (copy date 15 Sept) and **DEC/JAN** (copy date 15 Nov).



Five, slim, black & white versions per year.
The remaining 2020 issues are:

MAY (copy date 15 April); **JULY** (copy date 15 June); **SEPT** (copy date 15 Aug); **NOVEMBER** (copy date 15 Oct). This will feature social club reports, events, Memorial Hall page, Church page and Bigbury Parish Council minutes. There will be no Bigbury News in JANUARY 2021.

The Business Directory has been delayed a little as there has been a lot to do recently. Sorry.



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LETTER from the EDITOR

Dear Readers,

Bigbury News has delayed going to print until the last moment to ensure that our information is as up-to-date as possible.

Bigbury is now on Lock Down.

With immediate effect the United Kingdom is in Lock Down to protect us from Covid-19. This means:

EVERYONE STAY AT HOME

- Only go outside for food, health reasons or essential work
 - Stay 2 metres away from other people
 - Wash hands as soon as you get home
- Anyone can spread the virus.

You should only leave the house for one of four reasons.

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
- One form of exercise a day, for example a run, walk, or cycle - alone or with members of your household.
- Any medical need, or to provide care or to help a vulnerable person.
- Travelling to and from work, but only where this absolutely cannot be done from home.

These four reasons are exceptions - even when doing these activities, you should be **minimising time spent outside of the home** and ensuring you are **2 metres apart from anyone** outside of your household

These measures will reduce our day to day contact with other people. They are a vital part of our efforts to reduce the rate of transmission of coronavirus.

Every citizen is instructed to comply with these new measures.

The Government will therefore be ensuring the police and other relevant authorities have the powers to enforce them, including through fines and dispersing gatherings where people do not comply. They will initially last for the three weeks from 23 March, at which point the Government will look at them again and relax them if the evidence shows this is possible

SUPPORT

Recently Bigbury Drums helped to set up an initial group of able volunteers to help

The COVID-19 Emergency advice is changing on a daily basis. Information in this edition of Bigbury News was correct at the time of going to press (24 March). You should keep regularly updated on the NHS website

www.nhs.uk/conditions/coronavirus-covid-19/

those who are in the VULNERABLE / EXTREMELY VULNERABLE / SELF ISOLATING groups. For definitions of these groups page 2 in this edition.

This group is now referred to as the **COVID-19 SUPPORT GROUP** and it is coordinated by **Stuart Watts**. The purpose of the CSG is to ensure that everyone can get supplies of ESSENTIAL food and medicines if they are required by the H.M. Government to remain inside their homes.

We are here to assist and we need you to ask for assistance, rather than try to do this yourself, if you are in any of these groups. **By remaining uninfected you are helping others to keep uninfected. Please stay at home as required.**

Please read the Letter from CSG and the two Information Forms enclosed in this Bigbury News. You are being asked to provide information about what assistance you need and if you are able to volunteer for the **Covid 19 Support Group (CSG)** to assist others in Bigbury.

In view of the Lock Down - please call **Stuart Watts** to provide the information required over the telephone - **810373**.

Existing Volunteers (who were working with Bigbury Drums) are now being coordinated by Stuart Watts and need to confirm their availability for CSG by calling Stuart. Parishioners are requested not to call volunteers directly anymore because with increasing demands, their services will need to be coordinated. Thank you.

We are most grateful for the out-pouring of public spirited help from you all.

I ♥ BIGBURY

BIGBURY CSG Coordinators are:

Valerie Scott (Bigbury & St Ann's) 810336
valeriescott@bigbury.net

Beth Huntley (B-o-S & Challa) 810385
bethhuntleyb@gmail.com

Keely Holland (B-o-S & Challa) 810891
keelyholland3@gmail.com

Stuart Watts (Easton, Combe, Kennedon)
810373 sdmw2@btopenworld.com

ESSENTIAL FOOD & MEDICINES

Anyone who needs ESSENTIAL food supplies, and cannot go shopping, should call their local CSG Coordinator and provide them the shopping list (preferably by email). Until you receive a confirmatory email or phone call from the CSG Coordinator, you cannot be sure that they have received the communication.

Each CSG will collate local orders and pass these on to Holywell Stores. Please **do NOT call Holywell Stores directly** to place your order for ESSENTIAL supplies. They are too busy organising supplies and packing them up to spend time on the phone taking orders.

Any updates on procedures will be made through **Bigbury Drums**. Please make sure all your neighbours are subscribed. To Bigbury Drums. Please do not Panic Buy food and **only order essential supplies**. Otherwise our system will break down. Think of others.

Thank you to all our **Key Workers** and **Volunteers** everywhere in the UK who are helping to keep us safe. How can we ever thank you enough? We will do our best for you and **follow the LOCK DOWN rules** and accept offers of help. We are all enlisted to fight this together.

Hugs from 2 meters away

Louise



Please encourage all local friends and neighbours to subscribe to Bigbury Drums which will be providing regular updates on local support and action needed during the Covid-19 Emergency. These alerts will come directly to your in-box. Subscribe on line:

www.bigburynews.com/home
or email Editor:
bigburydrums@gmail.com

Editor Louise Wainwright bigburynewseditor@gmail.com 07908 525663 (01548) 810991 Long Easton Bigbury TQ7 4AN

Advertising Marina Leadbetter; **Treasurer** Henry Wainwright; **Production Manager** Henry Wainwright; **Compilation Team** Sharon Smith, Maggie Best and Angie Carson; **Preflight Checks** Lucinda & Aidan Ellis; **Distribution Managers** Dane and Hilary Vanstone; **Bigbury Communications Team** Stuart Watts, Lucinda & Aidan Ellis, Rose Owen, Valerie Scott and John Davies; **Distribution Team** Simone Stevens, Jim Bennett, Don Dyke, Peter & Gill Cook, Trish Bagley, Jill Gubbins, Suzy Owlett, Danny Grace, Burgh Island Causeway, NISA shop, Park Dean, Noel & Ursula Thornton, Sally Watts, Margaret Singleton, John Simes, Elise Wilson, Jenny Very, Jane Tucker, Ann Lambie, Burgh Island, Pickwick, Hexdown, Oyster Shack, Venus Cafe, Jas & Jaswinder Kooner at Holywell Stores.



BIGBURY MEMORIAL HALL

Bringing the Community Together

As I am sure you all know, the Hall is now closed due to the Coronavirus pandemic. This means that our regular events – Jill's Exercise classes, Table Tennis, Youth club and the Filling Station have all been cancelled. In addition the Community Coffee morning due to be held on April 1st in aid of St Luke's Hospice will not now take place. These monthly coffee mornings, run by Jean Wright, Yvonne Klidjian and their helpers do a tremendous job raising money for local charities as well as bringing locals together for a social morning. Elsewhere in Bigbury News you can find out what Jean is doing to carry on raising money for St Luke's - do please support her.

The next Villages in Action (ViA) sponsored event should have been 'Canterbury Tales' in May. ViA has postponed or cancelled all the remaining shows arranged for this season. It hopes to rearrange them for autumn 2020 or Spring 2021. This is very sad not only for all the artistes in the rural touring scheme but also for organisers of the village events and the public who attend the shows.

Hopefully the Hall will reopen later in the summer and we can again enjoy the activities organised.

Wishing you all a safe and healthy April.

Sally Watts

Tel. 810373 sally.watts12@btinternet.com

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MINDFULNESS 6, 19, 20, 21, 23 & 29

COVID 19 SUPPORT GROUP CAN HELP WITH SHOPPING FOR THESE GROUPS

VULNERABLE: People aged 70 or older (regardless of medical conditions); under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds): chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis; chronic heart disease, such as heart failure, chronic kidney disease chronic liver disease, such as hepatitis; chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy; diabetes; problems with your spleen – for example, sickle cell disease or if you have had your spleen removed; a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy; being seriously overweight (a body mass index (BMI) of 40 or above); those who are pregnant.

The above group are advised by NHS to be particularly stringent in following social distancing measures

EXTREMELY VULNERABLE include: solid organ transplant recipients; people with specific cancers; people with cancer who are undergoing active chemotherapy or radical radiotherapy for lung cancer; people with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment people having immunotherapy or other continuing antibody treatments for cancer; people having other targeted cancer treatments which can affect the immune system, such

as protein kinase inhibitors or PARP inhibitors people who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs); people with severe respiratory conditions including all cystic fibrosis, severe

asthma and severe COPD; people with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell); people on immunosuppression therapies sufficient to significantly increase risk of infection; women who are pregnant with significant heart disease, congenital or acquired.

www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/

SELF-ISOLATING include: people with symptoms that may be caused by coronavirus, and do not require hospital treatment, who must remain at home until they are well and those living in households with someone who shows symptoms that may be caused by coronavirus

www.gov.uk/government/publications/covid-19-stay-at-home-guidance/

Use the On Line 111 website before you dial 111

<https://111.nhs.uk/covid-19>



The church building is open for prayer and contemplation. Our regular services (including Sundays) have been suspended but we will aim to keep the building open if you would like a quiet place of reflection.

During this uncharted time of Sunday services being suspended we are going to have to be imaginative in how we don't 'Shut up shop' The last time this happened was in 1208!

There will be a weekly reflection with prayers, some ideas for response and activities for families on our website:

www.modburyteam.org

There will be an audio recorded version (like a radio program) and a written version of this reflection which can be downloaded. We will also place copies of this in the church buildings on a set aside table.

If you would like to speak to me at any point whether you normally attend church or not please feel able to get in touch: 01548 830 260
matt.rowland@modburyteam.org

Matt

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from supporters welcome/needed!

Cheques 'Bigbury News' post to
The Editor, Bigbury News, Long Easton,
Easton, TQ7 4AN.

OR ask the Treasurer for BACS details
henry.wainwright52@gmail.com

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Contributors: *George Rosevear (Parish Minutes), Marlene Johnson (Nineteenth Hole), Alice Taylor (Hedgerow News), Rusty (ODA Agent) and Monty (The Pub Cat), Gary McGuire (McBars Jars), Craig Halford (Letter from America), David Ellis (Bigbury Stories), Vic & Jill Gubbins (St Lawrence Matters and Inspired Appeal)*

Event Reporters: *Sally Watts and Charles Harrington, Michael Tagent, Hazel Osborne, Pam Trundle, Julia Stuchfield, Jean Wright and Yvonne Klidjian, Photo credits: Louise Wainwright, Marlene Johnson, Andrew Sargent.*

Next BUMPER colour issue
JUN/JULY (copy date 15 MAY)
Next SLIM black & white issue
MAY (copy date 15 APR)

I ❤️ BIGBURY

Is it time you sorted out those
old Bigbury photos and sent in a
Bigbury Story for the next issue?

DISCLAIMER

Bigbury News and Editor cannot be held responsible for any loss or inconvenience caused by any inaccurate information contained within this magazine. Please contact the relevant party directly to confirm the details of any information or event. Inclusion of a business advertisement does not imply a recommendation by Bigbury News or the Editor. Please take up references of previous clients or customers before enlisting the services or products advertised herein.



Friends of St Lawrence's, Bigbury

Invite you to attend

A VICTORIAN TEA PARTY

Wednesday 22 July 2020 3 pm
£ 10.00 (Friends £ 8.00)

Bigbury Memorial Hall, St Ann's Chapel
RSVP 01548 810864 (Alice)
Tickets from Holywell Stores

I ❤️ BIGBURY

We can't attend events - but we can support virtual events and donate online. Our local charities have had all their events cancelled. Please support the initiatives of **Jean Wright** and order your home baking before 1st April on **810029** and support **Vic & Jill Gubbins Tower & Bells Appeal 810651**

**TO LIGHTEN THE MOOD, GIVEN SOCIAL
FUNDRAISING EVENTS ARE CANCELLED,
THE ST LAWRENCE TOWER AND BELLS APPEAL
IS ORGANISING**

THE GRAND CHURCH NON – EVENT!

**THIS EVENT WILL NOT TAKE PLACE
THERE WILL BE NO RAFFLE
THERE WILL BE NO CAKE STALL
NO PLANT STALL, NO BRIC A BRAC
WILL NOT CLASH WITH OTHER EVENTS**

**THE NON – EVENT WILL PREVENT THAT FEELING
YOU GET WHEN YOU HAVE SIGNED UP FOR
SOMETHING BUT REALLY DON'T WANT TO GO.
INSTEAD YOU WILL HAVE THAT SMUG FEELING OF
CONTRIBUTING TO A GOOD CAUSE WHILST
HAVING TO DO NOTHING.**

**TICKETS £5 - REMEMBER: THEY WILL NOT BE
AVAILABLE ON THE DOOR.**


**SERIOUSLY, PLEASE DONATE TO THE FUND,
NOW SEVERELY HIT BY COVID-19, BY USING
THE APPEAL LETTER IN MARCH'S NEWS OR
WWW.BIGBURYNEWS.COM/CHURCH,
OR CALL VIC & JILL GUBBINS ON 810651
FOR A SOUVENIR TICKET!**

I ❤️ BIGBURY

Bigbury Drums wants to provide a platform for sharing Mindfulness activities organised by local people who have come together to create something positive during our 'Time Out'.

Be imaginative. Call up a couple of people who you think would join up with you to organise something on line that could be promoted in Bigbury Drums. This platform can exhibit art work, publish poems, short stories, music videos etc etc.

Bigbury Drums will also provide Covid-19 Alerts - but wants to focus on positive, creative actions of our lovely Community. Please get in touch with the Editor and take up the kind offer of **Karen Lawrence** to help you with a poster when your ideas have come together.



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or email Editor:

bigburydrums@gmail.com



Karen Lawrence has very kindly offered to make free posters for any SAFE (free) services offered to local people not involving contact between 'customer' and 'supplier' or 'Distance Events' (on line etc.) during the Covid-19 emergency.



GET YOURSELF

'FIT TO GO'

WITH JILL

MONDAYS at
BIGBURY MEMORIAL HALL
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9.30 - 10.10
PILATES
10.15 - 11.15
STRONG & STEADY
11.30 - 12.10 + tea

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LEISURE CLUB
AQUA FITNESS
(Club members only)

WEDNESDAYS at
MARS PAVILION, MODBURY
PILATES
9.15 - 10.15

THURSDAYS at
BIGBURY MEMORIAL HALL
PILATES
9.15 - 10.15

STRONG & STEADY
10.30 - 11.10 + tea

Locals & visitors, all welcome in friendly, mixed, good value, pay-as-you-go classes!

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For more details, please call JILL on 01548 810651 **FITNESS SO CLOSE TO HOME!**

All classes cancelled currently; contact Jill re: outdoors & home exercising

SOCIAL GROUPS

BIGBURY BOOKWORMS

Hazel Osborne (temporary contact)
hazel.osborne6@btinternet.com

BIGBURY LADIES

Pam Trundle 01548 810719

HISTORY SOCIETY

Charles Harrington 01548 810023

BIGBURY COFFEE MORNING

Yvonne Klidjian and Jean Wright
yvonneklidjian@btinternet.com
01548 810029

MEMORIAL HALL CHAIRMAN

Charles Harrington
charles_harri@yahoo.co.uk 01548 810023

I ❤️ BIGBURY

Community is composed of that which we don't attempt to measure, for which we keep no record and ask no recompense. Most are things we cannot measure no matter how hard we try.

DEE HOCK, One from Many



BIGBURY COFFEE MORNING

It is with regret that we have decided to cancel the April coffee morning in aid of St. Luke's Hospice on Wednesday 1st April.

Instead of our usual get together perhaps you would like to make a small donation to this much needed local charity and perhaps purchase some of Jean's homemade cakes and savouries which she normally bakes for the coffee morning and these would be delivered to your doorstep.

CAKES:

Fruit £3 Lemon drizzle, coffee, chocolate or yoghurt £2.50
Simmel cakes Large £7.50 Small £2.50

SAVOURIES:

Mediterranean squares £1 each
Homity pies £1.50 each
Individual quiche £1 (asparagus or bacon & mushroom or gammon & leek)
Cheese scones 2 for 50p.

Please phone **810029** to place an order and arrange a delivery time.

Best wishes
Jean & Yvonne



I ♥ BIGBURY

Local Bigbury Golfer, **Cathy Harrington**, has won the **Ladies Winter League** for a second year running. Coincidentally, Cathy's opponent was this year's Captain **Jane Rickman**, when last year it was **Jane Wain**, the 2019 Captain. The match was played in high winds and heavy showers, was very competitive but Jane says Cathy's putter was "very hot".

Charles Harrington reached the Semi Finals of the **Gents Winter League**, playing alongside **Nick Hanbury**. Their opponents were this year's Seniors Captain, **Mike Heath**, who played alongside last year's Seniors Captain, **Dave Bogue**. Again it was a very close match, and standing on the 17th Tee Charles and Nick were just one shot down, and needed to win the hole to continue the match. But, it wasn't to be and it is Mike and Dave going forward to the Final.

Our Ladies have been rather unlucky with the weather preventing their scheduled competitions taking place. On the day of the **Cha-Cha-Cha competition**, several players went along to the club to meet up for refreshments and a chat. They were rewarded when the weather unexpectedly broke away, and many players went out and enjoyed being able to play a few holes.

Marlene Johnson

Sorry to inform you that the Golf Club is now FULLY CLOSED until further notice.

Jason Pheasant
General Manager



Photograph: The Gents Winter League semi finalists, from left to right: Nick, Charles, Mike and Dave

BIGBURY LADIES

Future visits will be confirmed nearer the time and any changes will appear in Bigbury News.

Tuesday June 23rd

RHS Rosemoor by Tally Ho

Wednesday 15th July

River Trip Totnes to Dartmouth

Wednesday 19th August

At Gill Peet's Bigbury on Sea for "Bring a Plate" lunch and flower arranging

Tuesday 8th September

Widcombe Fair by Tally Ho

Wednesday 14th October

Cockington Village

Wednesday 18th November

Sloop Inn, Bantham for lunch

Wednesday 9th December

Christmas Lunch at St Elizabeth House, Plympton

Pam Trundle



BIGBURY BOOKWORMS

The Book Club has decided not to meet until the Pandemic is over, however, the book I have chosen for this month is **Once Upon a River** by *Diane Setterfield*, which we will discuss when we are able to get together again.

Hazel Osborne



Could you spare a few hours for the **Modbury Caring Befriending Service**? Or - perhaps you feel that you, yourself would benefit from a few hours a week from a Befriender?

Find out more from the Befriending Coordinator, **Sheila Harrison**. **07554 997140** or **modburycaring@gmail.com**. You can drop in to see her on Wednesdays from 11.00 – 12 noon at the Modbury Parish Office by the Co-op in Galpin Street, Modbury.

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This is the first time in our lives that we have been forced to slow down - together. The first time families and friends have not been allowed to gather, socialise and touch. The first time we have been forced to rely on the gifts of strangers and been asked to give to strangers. The first time we have all faced a common goal and have had to comply with laws that dictate our every movement.

But we still have the freedom to embrace new experiences and challenges and time to explore a new universe - inside ourselves and inside our community.

Whilst everything seems to be closing down, this might be the chance you have been waiting for to open up something very important - your own well being. Mindfulness is a technique which will help you to improve your general mental well being and happiness.

The NHS, schools and businesses in the UK have begun using Mindfulness as a strong tool to create more resilient individuals and communities. *Just what the doctor ordered* - don't you think?

All the spare columns in this edition of Bigbury News have been used to share some of the relevant guidelines from the above NHS guidelines (see website in header). I hope you enjoy absorbing these guidelines and Bigbury News invites you to write in to the May edition to share your Mindfulness adventures.

Louise Wainwright

Extracts:

It can be easy to rush through life without stopping to notice much.

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Some people call this awareness “mindfulness”. Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life.

What is mindfulness?

Professor Mark Williams, former director of the Oxford Mindfulness Centre, says that mindfulness means **knowing directly what is going on inside and outside ourselves, moment by moment.**

“It’s easy to stop noticing the world around us. It’s also easy to lose touch with the way our bodies are feeling and to end up living ‘in our heads’ – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour,” he says.

“An important part of mindfulness is reconnecting with our bodies and the sensations they experience. This means waking up to the sights, sounds, smells and tastes of the present moment. That might be something as simple as the feel of a banister as we walk upstairs.”

“Another important part of mindfulness is an awareness of our thoughts and feelings as they happen moment to moment.

“It’s about allowing ourselves to see the present moment clearly. When we do that, it can positively change the way we see ourselves and our lives.”

How mindfulness helps mental wellbeing

Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better.

When we become more aware of the present moment, we begin to experience afresh things that we have been taking for granted.

“Mindfulness also allows us to become more aware of the stream of thoughts and feelings that we experience,” says Professor Williams, “and to see how we can become entangled in that stream in ways that are not helpful.

“This lets us stand back from our thoughts and start to see their patterns. Gradually, we can train ourselves to notice when our thoughts are taking over and realise that thoughts are simply ‘mental events’ that do not have to control us.

“Most of us have issues that we find hard to let go and mindfulness can help us deal with them more productively. We can ask: ‘Is trying to solve this by brooding about it helpful, or am I just getting caught up in my thoughts?’

“Awareness of this kind also helps us notice signs of stress or anxiety earlier and helps us deal with them better.”

Mindfulness is recommended by the National Institute for Health and Care Excellence (NICE) as a way to prevent depression in people who have had 3 or more bouts of depression in the past.

How to be more mindful

Reminding yourself to take notice of your thoughts, feelings, body sensations and the world around you is the first step to mindfulness.

Notice the everyday

“Even as we go about our daily lives, we can notice the sensations of things, the food we eat, the air moving past the body as we walk,” says Professor Williams. “All this may sound very small, but it has huge power to interrupt the ‘autopilot’ mode we often engage day to day, and to give us new perspectives on life.”

CONTINUED PAGE 19



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Thank you for inviting me along, I hope my comments made a difference or at least, informed people of the importance of keeping safe, even pre-armed with firefighting equipment to aid their escape, or preventing a small fire becoming a large fire. Our fire risk assessment for holiday homes, to ensure landlords remain compliant with the specification issued by the Devon and Somerset Fire Brigade (attached), consists of our qualified and experienced Fire Risk Assessor completing an FRA, servicing the Fire Extinguishers and testing the smoke/heat/CO alarms. This costs £80.00 + VAT.

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KINGSTON FIRE CREW VOLUNTEERS NEEDED

Going forward we realise we are a small crew and cannot guarantee 24/7 coverage 365 days a year.

Currently very few Fire Stations can guarantee coverage!

We desperately need new members to improve this situation and would welcome any interest in joining us. For more information please call:

**Paul 810953
Michael 810735**

There will be more Fire Prevention information in the next issue of Bigbury News in May. Michael Jarvis is one of the volunteers and a local electrician.

MACMILLAN MAMMOTH QUIZ

I am writing on behalf of, what I believe is, the majority of organisers of events held at the Bigbury Memorial Hall.

Time and time again, I hear organisers complain that the people of Bigbury (and surrounding villages) do not appear to like to commit themselves to events any more than a couple of days in advance of the event – and some even on the day of the event itself (i.e. they just turn up and expect to have food etc.).

This makes it extremely difficult for organisers if, as has recently been the case in a few events, only a handful of tickets had been sold the week before.

Some events are completely 'open' and it is not necessary to commit in advance. However, for other events, the organisers may have to ensure adequate catering is planned for the anticipated number of attendees; for quizzes they have to photocopy picture quizzes and answer sheets etc; they may want to arrange decorations for the hall and of course all organisers have to arrange tables or chairs appropriately for the event.

It puts a lot of unnecessary pressure on organisers if they cannot confirm that the event will have sufficient support to be able to go ahead on the evening.

We realise that there may be occasions when a few of you cannot commit until the last couple of days – and we allow for that - but please 'you Bigbury people' try to help the organisers by buying your tickets 7-10 days in advance of the event if you can!

Fiona Dukes

Macmillan Mammoth Quiz Report

Despite some earlier concern about number of tickets sold, 10 teams competed in the 12th Mammoth Quiz (4th at Bigbury) organised in aid of Macmillan Cancer Support on Friday 28th February at Bigbury Memorial Hall.

The questions seemed a bit tougher this year (who's to say?) and I was only glad I was asking them! Peter Cook did a valiant job of keeping the scores and Gill Cook, Sally Watts, Alice Taylor and Dane Vanstone worked tirelessly to decorate the hall and make the evening the success that it was.

Once again, we were fortunately to have so many attractive raffle prizes (mainly food and drink!!) though a bit embarrassing that Peter Dukes won first prize at his favourite restaurant, the First & Last at Ermington. Highly recommended. Thanks to the local businesses for their contributions.

Together with ticket money, the raffle and some generous donations (even after the event) we managed to increase our funds raised this year to £1306 (including gift aid) for Macmillan. Thank you to everyone who attended on the evening and to my team of helpers before, during and after the event. Most appreciated!

Fiona Dukes

DANE & HILARY

ARE HERE TO HELP YOU WITH ALL THOSE JOBS

THAT YOU JUST CAN'T FIND TIME TO DO

HOUSEKEEPING – SMALL DIY PROJECTS

ONE OFF CHANGEOVERS – HOUSE SITTING

PAINTING & DECORATING – GARDENING

DOG WALKING – SHOPPING TRIPS

NO JOB TOO SMALL, REASONABLE RATES

DANE – 07563110009

HILARY - 07746072749

In my first missive I quoted Donald Rumsfeld; well, the unknown unknown of Coronavirus has now become a known unknown in terms of the effect it will have on our activities.

For this fourth chapter, we are entering a period of swan like calm – that is, whilst it may appear on the surface that nothing much is happening, a lot of frantic work is going on hidden beneath! Four more grant applications for help with the tower and bells restoration project have been finalised and sent out in the last month, to the National Churches Trust, the Wolfson Trust, the Allchurches Trust and the Garfield Weston Foundation. We anticipate hearing back on these applications in about a couple of months.

Some more straightforward maintenance work was done at St Lawrence in March – local builder Chris Lane and his team undertook some repairs to the gutters on the north side of the church; another job ticked off the list!

The major thrust now is to achieve an absolutely crucial grant from the National Lottery Heritage Fund. This will be no mean feat, as the NLHF is not allowed to promote religion. Further, the NLHF is more interested in people than buildings. Therefore, we have to concentrate on the heritage aspects of St Lawrence and so we need to prove to the Fund that the community can make active use of the church's heritage attributes. There are ideas being discussed on this, but we are very open to any thoughts anyone has for community involvement /activities at the church.

Following the meeting in Exeter with the lottery advisor, it has become clear that professional help is required to get the grant application over the line. Inevitably such help costs money, so it feels a rather 'Catch 22' situation – we need money to do the necessary works, but we have to buy in help with money we haven't got in the first place, in order to obtain the money required! However, we hope to press

on somehow, as unless we have enough money in hand or pledged from grants etc., the works on the church cannot even start. SO, apologies for the repetition, YOUR GENEROSITY is very important in making this LOCAL PROJECT in our community happen. Please take the time to read the 'inSPIRED apPEAL' article and read the appeal letter on the church page of the News website to see how you can help.

Please do contact the Parochial Council Building Sub Committee to talk about the project and any financial and practical help you can offer to safeguard our Grade 2* listed church:

Bryan Carson (01548 810296)
Vic Gubbins (01548 810651 / vic.gubbins@homecall.co.uk)

Until the next time,
Vic Gubbins

The 'inSPIRED apPEAL'

for the Restoration of the Tower and Bells at St Lawrence!

There has been a most encouraging initial response to the Appeal letter which was distributed with March's Mini Bigbury News! Seven individuals, including three non-churchgoers and a holiday visitor, and a local business have made donations totalling £860 to the appeal. I can't thank the holidaymaker, **Mrs Pittuck**, as she didn't give any means of contact, but a note attached to her cheque read "*Because we had a wonderful holiday in Bigbury!*" Isn't that good to know! Almost all the other individuals have gift aided their donations, which allows the church to reclaim from HMRC 25p for every £1 given, a great bonus and well worth doing! And Holywell Stores have been extremely generous in their support – let's make sure we support them too (and they are working so hard to help the community in the Coronavirus crisis)! Where possible, every donor is thanked directly but nonetheless thank you all.

This spring now needs to become a torrent in the coming months to increase the Tower and Bells fund significantly, particularly important in demonstrating to grant providers (as mentioned in the article St Lawrence Matters) that our community values St Lawrence, both as a place of worship and as a heritage asset, and supports its position at the heart of our community's landscape and activities.

disrupted and so the appeal is now our main way to draw in funds, outside of the grant applications we are busy working on. Further copies of the **Appeal Letter** can be found in the church or contact me for paper or digital copies. It can also be downloaded from the church page at:

www.bigburynews.com/church .

If you run a holiday let, please leave copies of the letter on an information board or file for your guests to read. We hope visitors to our lovely parish will enjoy looking round the church, (which remains open to visit even though no services are being held), and support the financial appeal also.

Many thanks to **Carole Hext** and **Helen Smith** who organised the, recently held, evening in Bigbury of Mike Wynne Powell's film show, after being impressed at its Ringmore showing. It was a real treat, raising £272 through entry donations, raffle and auction for the Tower and Bells fund. Thank you to all involved. It was at this event that Holywell Stores presented their super donation to the appeal fund!


Sadly, due to you know what, the Easter Monday Table Top Fair, a May Bank Holiday Walk with Brunch and the concert by violinist Thomas Bowes set for May have had to be cancelled; hopefully these fundraising events can be re-scheduled in due course.

A replacement event is suggested – the **Grand Church Non-Event** – to raise a smile but perhaps also some donations?? Please see the poster in this issue!

Please see the calendar of all currently remaining proposed fundraising events for 2020, save the dates and join in with as many as you can that go ahead - and/or support the 'inSPIRED apPEAL' directly by donating. Please get in touch with any offers of help you can give this vital appeal and thank you!

Jill Gubbins

01548 810651 jill.gubbins@homecall.co.uk

 ST LAWRENCE FUND RAISING UPDATE 2020	
DEVON HISTORIC CHURCHES TRUST Jan 2020	£4,000
'inSPIRED apPEAL' response in March to date	£800
SOUND & VISION 6.5 EVENT March	£272
Total to date:	£5,132
All monies above were raised for the Tower & Bells Fund. <i>Thank you and let's keep it going!</i>	

Also, due to Covid-19, our planned Spring fund raising events have been severely



CHURCH FUND RAISING EVENTS 2020

Events the nearer the date

WED 22nd JULY

Victorian Tea Party

Friends of St Lawrence

MON or WED 11th or 12th AUGUST

Summer Fete *Bigbury Memorial Hall*

FRI 30th OCTOBER

Friends of St Lawrence Musical

Evening *St Lawrence Church*

NOV - DEC

Community Christmas Card

WED 2nd DECEMBER

Community Coffee Morning for the
church *Bigbury Memorial Hall*



LETTER from MINISTER at ST LAWRENCE



Modbury Mission Community

SUNDAY CHURCH SERVICES IN APRIL

**In view of the coronavirus outbreak,
all public worship is suspended
until further notice.**

**There will therefore be
no church services in April**

Filling Station is not meeting in the normal way but members are keeping in touch with personal messages to each other. Email **James** if you want to join in:

jamesrcspencer@aol.com

This message was shared by a local resident:

LET NOT YOUR HEARTS
BE TROUBLED,
NOR LET THEM BE AFRAID

John 14 v 27

I ♥ BIGBURY

www.modburyteam.org

Rev Matt Rowland

01548 830 260

matt.rowland@modburyteam.org

Matt Rowland

Matt Rowland

Living stones?

Noel Edmunds famously described church as 'the dullest experience that we have to offer in this country.' As a vicar I have been to my share of dull services, and been responsible for some of them! In the Modbury Mission Community we want to work hard to ensure our services are accessible for all.

If you were to ask most people on the street what the church is, they would say the building on the high street, or on the hill or in the village square. But the Bible says that the church is not the building but the people who meet in Jesus' name.

The church isn't a noun – something we go to – but a verb, something we do together. The church isn't made of stone blocks but is a structure made of living stones, ordinary people who trust in Jesus. The Jesus who was carried into a cemetery dead and yet walked out alive. The Jesus who is the conqueror of death and gives resurrection life to all who come to him. The church isn't a club but a family characterised by love, and a body where each part play a vital role.

Once we return to meeting in the churches of the Modbury Mission Community we will be thinking in our Sunday services what it means to be the church. There are lots of people who put down on their census form they are Christian but don't feel welcome at church. If that is you: you are welcome to join us once services restart to see that Christianity is not just a belief system but a *belong* system.

Vicar: The Revd Matt Rowland (830260: every day except (normally) Saturday)

Readers: Joyce Howitt (01364 73370), Michael Tagent (810520)

Website: **www.modburyteam.org**

Appeal co-ordinator: Jill Gubbins, (01548 810651 / jill.gubbins@homecall.co.uk / 07745 990270) Please complete the form below, for cheque or bank transfer gifts. Please gift aid your donation if possible, (your postcode is necessary). **THANK YOU !**

I enclose a cheque for £_____ payable to **St Lawrence Church Tower & Bells Fund Account**, or I have transferred £_____ with my name as reference, into 30.94.72, 25038468, the fund above.

GIFT AID DECLARATION: I should like St Lawrence's Church, Bigbury, to reclaim tax on all donations I make now or at a later date. I understand that I must pay an amount of UK income or capital gains tax equal to the tax reclaimed. Signed & dated:.....

Name:.....Tel or email contact:.....

Address:.....Post code:.....

THANK YOU ! Please return this slip to The Church Treasurer, c/o Jill Gubbins, Sea Cove, 2 Folly Hill, Bigbury on Sea, Kingsbridge, TQ7 4AR. Please tick here for us to acknowledge receipt of gift.



LETTER FROM AMERICA

The Halfords moved from Bigbury to the USA in Jan 20 for a few years as we 'follow the flag' again – this time guided by Jo's Navy career. In 2014, I missed the opportunity to record the year that I spent in Kabul – 'A Year in the Hindu Kush' could have been a bestseller! So, these observational Letters from America are my literary penance...

Size Definitely Matters – The US is geographically huge, and 'big is better' seems to permeate all walks of life. supersized pickups, big tips and huge meal portions are the norm. So on one hand, we have become big truck owners (it suits our camping needs), but on the other, we routinely share appetisers and order kids portions, yet still take doggie bags home!

Smiling Strangers – This seems pretty ubiquitous, but surprisingly I first noticed it in New York! Americans are much quicker than us to smile at total strangers and offer a warm hello, even if they're just passing each other on the sidewalk. As a student of Neurolinguistics, I confess my surprise and it took a few "hellos" before I began to realise that it wasn't some sort of scam!

Patriotism – Americans love flying their Stars and Stripes even when it's not a commemorative day. I recently read a retail report that said 65% of consumers reported owning a U.S. flag. So, I have just wandered out on to our front porch (yes we have one of those American style porches that winds around the house) to conduct a straw poll. Of the eight surrounding houses, five are flying the US flag, one is flying the Welsh flag and two are flagless (one is being renovated)! Can you imagine 65% of homes flying the Devon flag in Bigbury?

Work/Life Balance – In the UK, holiday time is a highly valued way to redress the work/life balance and recharge the batteries whilst spending time with loved ones. In America, it seems that taking time off is treated like a sin. Americans have collective workaholicism and I think that it stems from the American Dream. The belief that anyone, regardless of birthplace or class, can attain success in a society where anything is possible through sacrifice, risk-taking, hard work... and not taking any holidays!

Age Checks – As a military veteran, being asked for ID for security purposes is 'business as usual', but not in order to check that I'm over 21 (I'm 52 by the way)! It happens a lot over here. Clearly, Jo and

I both take it as a compliment, revel in our apparent youthfulness and throw our lot in with the belief that grey is the new black.

Bureaucracy – We thought that the MOD and Westminster was bureaucratic, but they are pretenders to the throne. American society holds a collective PhD in the subject. Whether it's getting a social security number, a new cell phone, a driving licence or just getting a supermarket membership card, Americans are fastidious about detail. There are no shortcuts, so we have quickly learnt that it's wise to keep multiple forms of ID on us at all times.

Alma Mater Obsession – If an American went to college, they will have an unquenchable thirst for all things to do with their college, from sport to apparel. This goes a long way to explaining the popularity (it's televised) and enormity of college sport. College football teams in particular play in front of tens of thousands of fans and it is more accessible (cheaper) than pro-football. For example, the home of the Louisiana State University football team is Tiger Stadium and it has a capacity of a mere 102,321!

Anyway, that's enough of my ramblings for this month.... I'll see y'all later.

Craig Halford



THE VOICE of REASON



There is a clue, dear reader, in the title of my regular contributions to this organ: Reason!

My friends, too many to name here, would all confirm that I am a reasonable and undemanding creature.

Give me a good meal (well any number of them actually), a warm fire and a sofa, perhaps a good tv programme, and I will forever be one contented canine. The same would be true of most of your four legged friends, which ask little more.

So you will understand my bewilderment and frustration when I read of Mr Walt Disney's latest abomination: "Call of the Wild", starring the once successful actor, Mr Indiana Jones.

This is the story about a dog who gets adopted by some sort of hunter, and becomes everybody's best friend....(yawn). Normally I would have no problem with this kind of tosh. If people want to be entertained then they must be left to waste their money as they wish.

No! My objection is this: the said dog, named "Buck" (how American!) isn't played by a dog but by a computer. The

idea of R2D2 in "Star Wars" seems to have persuaded Americans that watching a computer is more amusing than watching flesh and blood.

But at least in the case of R2D2 one could tell one was watching a machine. (Just in case you were wondering, this was not in my local Odeon, from which I have been banned, both on account of an unfortunate incident with a tray of crisps, and the fact that the said crisp incident elucidated the fact that a misguided assumption had been made by the management that my man had an optical disability. (He has not). It was very humiliating and embarrassing, rather like parking in a disabled space and being caught, limping away from it. (He does not do this but I have seen it done by others, although not in The South Hams).

Anyway I digress. My point is that the said Buck is a computer generated image, not a puppet as in "Warhorse" or "The Life of Pi", but an actual computerised image of a non-existent dog. An insult to canine kind which cost the thick end of \$40,000,000 dollars. This sum could have gone to the cause of providing food and shelter to any number of dogs much less fortunate than myself, while I would have been more

than happy for a fraction of this sum, to play the part of Buck. I could bark with an American accent. It's simply a matter of adaptation.

I am glad to see from newspaper reports that the film is a complete flop and Mr Disney has, so to speak, backed the wrong "horse". Of course the whole point about animal movies is that they are about animals.

You can get a computer generated image to do anything. But getting a dog to perform unusual deeds demands real skill, plentiful rewards for the dog, and a sense of humour.

How do you think I learned my communication skills? On a lap.....or a laptop? And of course Monty, you can't train a cat to do anything. In the movie "Life of Pi", it wasn't a real tiger at all. Is there some ironic message here?

Rusty



Rusty the Kelpiex

THE OAK – Latin genus *Quercus*

Good old oak. Always there, always the same, but always different.

Here in Bigbury we have a few oaks – some full trees and some just as bushes in the hedgerow. They are full of surprises. We get the acorns, or “haycorns” according to Piglet in Winnie the Pooh, and the weird oak apples.

These are made by wasps laying eggs into leaf buds which the larvae feed on and hey presto you have a beautiful little gall ball!

In wine making (also sherry and whisky) oak is essential, mainly to build the barrels that much fine wine is aged in, and this is normally French or American. A friend of ours uses a combination of both for his Rioja, but this is a secret! Sometimes oak is used to “add” flavour to white wines, but this normally ends up as a horrid vanilla experience.

On a local note, this being the 400th anniversary of the Mayflower, the original ship was built of oak. Once they had got to New England there was no use for the ship and they used the wood to make barns – they weren’t going back, were they? The new Mayflower reconstruction is also made of oak.

Other common uses include the roof of the House of Commons, church beams and wine corks.

Much oak was used in our lovely St Lawrence’s Church.

Let’s celebrate the good old oak!

Alice Taylor



“I’m planting a haycorn, Pooh, so that it can grow . . .
 . . . up into an oak-tree, and have lots of haycorns just
 outside the front door instead of having to walk miles
 and miles, do you see, Pooh?”

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DARK SKIES & LIGHT POLLUTION

This article is plagiarised and only slightly modified, with permission, from an article written for **Thurlestone's Village Voice** by **Cllr Judy Pearce**, Member Salcombe and Thurlestone Ward and Leader South Hams District Council. There is an obvious relevance to Bigbury and Bigbury-on-Sea.

Those of us old enough to remember the darkness of the countryside before ubiquitous street lighting or the inevitable sky glow from nearby towns, will also remember how spectacular the night sky used to be. On a clear night, it literally felt like you were staring into the universe.

As children we were taught to locate the Pole Star, and then some of the simpler constellations such as the Plough, the Great Bear and the long splash of the Milky Way.

Today, because of light pollution, it's often hard to see any but the brightest stars and not at all easy to get that sweeping view of the Milky Way, though we are luckier than most since there is minimal street lighting in the parish. Modern housing designs with large expanses of glass are great to live in, but often send more light out into our gardens and surrounding areas than necessary. Outdoor lighting means we can sit in our gardens in the summer until late in the evening.

Over the last decade or so, however,

people have begun to realise that all this light at night is not a good thing for much of the natural environment around us. About 30% of vertebrates and 60% of invertebrates are nocturnal. Artificial light disturbs their food gathering and feeding habits, their mating, reproductive and migration behaviour and their social behaviour. They all evolved in an environment of uninterrupted darkness at night and find it difficult to adapt to artificial light.

Keeping our immediate surroundings as dark as possible is therefore important for the conservation of biodiversity. Light spill is also known to affect the reproductive behaviour of marine (and estuarine) animals.

We have a particular obligation to conserve dark skies in our parish because we live in such a sensitive land- and seascape area. This is recognised in Bigbury's **Neighbourhood Plan (paragraph BP7 - vii)** and **South Devon AONB's 'dark skies' policy**. It is also a key paragraph of the second **Development Management policy, DEV2**, in the new Joint Local Plan, which aims to 'limit the impact of light pollution on local amenity, intrinsically dark landscapes and nature conservation'. The planners are homing in on large areas of glass more and more especially in areas overlooking sensitive nature reserves,

SSSIs, foreshores and the like, but even in the more built up areas of the parish, diffused light through translucent blinds can put off foraging bats along nearby hedgerows.

A condition will usually be imposed on outdoor lighting on new planning applications to ensure minimum disturbance. When it gets dark, draw your curtains, and preferably have them interlined or use black out lining. Use as little outdoor lighting as possible and then on a PIR sensor so that you are only lighting for the required period in the areas you need to use. Get used to enjoying moonlight and natural sky glow – and even stargazing - when you sit out in the garden late on summer evenings.

Much can be done to mitigate outdoor light pollution by the use of only as much light as is required from down-casting sources. This saves energy by focussing the light only where it is needed and preserves the environment by reducing excess overspill.

Finally, when you walk around at night, wear a high-vis vest or light coloured clothing and keep your torch charged up. Let's keep our skies dark, and ourselves and nature safe.

Stuart Watts



BIGBURY STORIES

A wild animal on the loose in Bigbury.

With spring about to start I thought it might be nice to tell you about the dangerous wild animal that got loose when I was young.

Mum always liked wild flowers. Primroses were her favourite. (Bluebells were a follow up after the primroses had stopped flowering.) She liked to have a small vase on the mantle and another in the middle of the table.

When the wild animal was found the primroses had been in bloom for a week or so. It was a nice warm sunny day. Dad had the day off and was at home. Mum decided we should all go and pick primroses. The usual spot was on the back road between the village and St. Anne's Chapel, near the top of Stakes Hill. We walked to it by using the footpath to the church. It was possible to just go across the back field to the gate on the far side but Dad did not like us climbing over and through the fence. We set off. My brother was in a push chair as he was too young to walk. After a time just taking a nice walk a little way down Stakes Hill we returned. Mum started helping me pick primroses. Dad was not much into picking flowers and walked down the road to the gate and into the back field, where the old tumulus used to be.

After picking the flowers, Mum started down the road with us to find Dad. We met two women coming from the direction of St Anne's Chapel looking very worried. They told Mum to be very careful as there was some sort of wild animal loose in the field and making a terrible noise. Mum got concerned but we had to find Dad. He would know what to do. We got to the gate and could hear a lot of grunting and snorting. We couldn't see Dad along the road. Mum opened the gate a bit to try and see what was going on. Nothing. Just a lot of noise. She said that maybe the animal was trapped. It sounded like a pig.

I was told to wait at the gate. Mum took a few steps inside towards the tumulus, then shouted to me to stay where I was. A few minutes later the noise stopped and she returned with my father. It seems he had laid back on the tumulus, fallen asleep and was snoring his head off!

David Ellis

Former youngster in Bigbury, now one of our American Correspondents

Photo credit: (left)
southhamssociety.org

BURGH ISLAND
HOTEL

COVID-19 UPDATE

And so it is that we announce that our beloved Burgh Island will temporarily close its doors due to the Coronavirus pandemic. We do not take this decision lightly, but we believe this is in the best interests of health and safety for all of us in light of these unprecedented times.

We would like to take this opportunity to thank our wonderful team, who have worked tirelessly in recent weeks to make sure that our guests and friends feel safe and looked after. We cannot praise their positive, can-do attitude highly enough.

If you have a booking with us then please check our website for further details:

www.burghisland.com/covid-19/

We can't wait to see you all again when this is over and we ask that you come to visit us just as soon as it is safe. In the meantime we would like to wish our team and our guests our very best. Please do continue to follow us on social media where we'll be creating wonderfully wild posts to keep the spirits lifted!

Stay safe and look after each other.

Kati, Vlad and the Burgh Island team.





Rusty the Kelpiex



**Due to the current COVID-19 crisis
All parts of the golf club are now
FULLY CLOSED until further notice.**

**Apologies for the interruption
Lets do our bit to beat this**

Self Isolation is not easy for we dogs. We are pack animals and but I was first impressed and then confused by the advice of our scientists about “ the herd effect” . Personally, all my instincts are about staying together. I am always having to round up my family, all of whom seem to respond very well to this instinctive behaviour.

Now, I read that the same scientists didn't mean this at all. They don't WANT to herd together. They are saying they must stay on their own. They must stay at home. They mustn't go out except once a day. What they meant by “herding”, apparently, was that if enough of them catch an illness, somehow they will all become immune to it. Well, why did they not say so more clearly although as a mere dog, it seems to me an odd way of going about things?

I have therefore resisted the herd instinct. When I go for my daily walk (“Once a day to ensure my man gets regular exercise”, in accordance with the Law of Boris, who seems to have greatly improved ever since he became a dog owner)- as I say, when I go for my daily walk, I obviously meet other dogs, and since, through no fault of my own, I am very popular, they invariably wish to greet me, with a customary sniff and a lick.

But I have hardened my heart, and what I do now is WALK ON. No more “Good Day and How Are You” for me. I simply offer a friendly look and stick to my man (or lady if he is not available), like the proverbial glue).

Of course my early life has helped me develop this sense of self isolation. I was abandoned by a farmer who had detected that I would never have been a good sheepdog. (How was he to know I would become a writer and political campaigner?But still, it was unkind) None the less there was one benefit: it helped me manage the herd instinct. Actually I am quite content on my own provided that my meals are regular and my blankets warm.

So here are my hints on Self Isolation for Dogs: At least one walk a day. Even if it rains or snows, ensure your master or mistress take you out ALONE to the beach, where it is possible to enjoy the sand and sea, without having to mix. Two dogs may be difficult, much as I try to set examples of decorum and grace, one cannot guarantee the standards of one's unselected companions. Do not allow any strange dog to make advances to you. I find a quiet growl normally repels would be boarders. Avoid contact with felines. One does not know where they have been and as a breed they are resistant to herding. (Which is where we came in)

Rusty *The Voice of Reason*

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A few of our favourite things about Challaborough Bay Holiday Park...

- Set in the lush and beautiful South Devon, these are the most idyllic seaside getaways

PARKDEAN RESORTS UPDATE

All our parks are closed for holiday makers until 30th April and we will re-launch the season on 1st May.

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McBAR'S JARS



Dear Fellow Coasters,

Last night I dreamt I went to Burgh again. I stood by the gates, looking up the drive but the way was barred to me. Then, as in dreams, I passed through. On and on the drive went, twisting and turning its way as it always had done. But a change had come over the place: nature had come into her own again and had encroached upon the drive with long fingers.

Then I smelled smoke! The hotel was aflame. I made my way into the burning building. Oh gallant rescuer! I carried Vlad, our Guest Relations superstar, down from the burning timbers of the second floor in my arms and laid him down on the drive.

Then, as in dreams, it was important that I should go for a packet of ginger biscuits, Where on the island, dressed as I was, in my pyjamas, could I find these? I ran to the Pilchard, which had now become the cloisters of a church. Then a local bus turned up. How it got across the beach with the tide in is neither here nor there. This was a dream, remember.

Kati, our beloved Hotel Manager got out, carrying a pot of mince which we took back up to the office, now a complete inferno, and cooked it to a turn through the blazing windows.

Phew! Then I woke up. Remind me not to have lobster so late at night. I'm getting on. I wondered why I was seeing a lot of Tom Crocker recently.

Greetings from your rapidly ageing barman. Another Spring is almost upon us although Iain Couper, our driver, says otherwise. With it goes its fair share of challenges. We like a challenge on the island, we do. Good job too. Things were never boring over here. "If it's not one thing, it's your Mother", as the ladies from the local Freudian Society tell me each month during their flower arranging lesson.

And excuse the pun but we seem to be in the grip of this coronavirus fever thing just now. Even M. Macron, the French President, has weighed in and told everyone to avoid visiting their elderly relatives. I do hope his wife will be OK.

Welcome to Woodleigh Wood

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But I digress. Onwards and upwards we go. Check us out on April 18th on ITV (can I put this in Ed?). The things I say to passing TV chefs and they actually believe me.

In 1967, our bulky friend Mr Hitchcock came to stay. We know him as Alfred, the great film director but to me he'll always be little Albert from Shamley Green, skipping down the road in his scout uniform, filling his face with Wagon Wheels, which were much bigger in those days. To put it mildly, these film types are strange. He demanded a shower be installed in the bathroom although there was a perfectly good bath in there. His niece Janet was coming and she loved a shower and no lock on the bathroom door. I did hear some noise that night and the sound of running water but the next morning, there was still no sign of her. "She didn't come", he told me as I bumped into him by the swamp just past the Pilchard the next morning. Even stranger was to follow: he then demanded a bird table be put up on his balcony! No sparrows or garden birds here, I thought. Just big ugly crows and seagulls and, harmless though they are, who would want them perched on your balcony rail first thing in the morning, waiting to be fed? I think it's just me. I'm old fashioned. I'll bet my hat his film career went downhill after that. You see? You can't have it all.

I can't believe Easter is almost here. I reflected on this while finishing my Chicken Americain in the White Hart in Modbury last week and decided a cocktail should be created for this joyous time of the year. Here's the recipe for my Spring Snowflake which is charting well in the Palm Court at the moment:

Into a shaker, add some ice, then add 50ml Vanilla Vodka, 50ml Double Cream, 25ml Caramel Syrup, 10ml Egg White and 25ml Apple Juice. Shake and strain into a Martini glass and probably Bob is your Uncle.

Dare I say it, moderation is the key. I overdid it again as usual. You'll probably know that I was a real swinger on the safe and lock scene. My reputation as a safe-cracker went before me. I was known as Adam Briggs then and was done for three counts of housebreaking under the influence. They caught me good and proper. You see, a safe has only 3 million, 724 thousand and 521 possible combinations. Child's play for a 7 lane schizophrenic polymath with a thyroid problem like myself. "I'd stake my reputation on it", I told the judge. "You don't have much to lose then", he replied. Me? Doing a stretch? A collector of rare stamps?

Time I went. Remember where you heard it first you good people. Until we meet again. Fare Thee Well my friends. Your long suffering barman.

Gary McBar xxx



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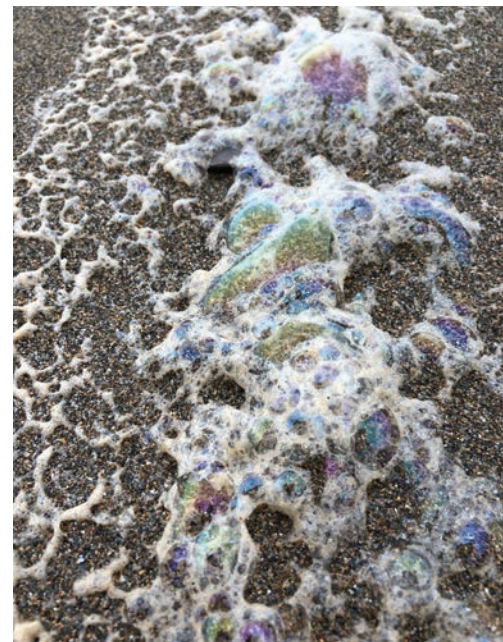
When we are out on our 'once a day' bit of exercise for 'short periods' of time, we should be mindful of those people in our parish who have been self-isolating for years due to a disability or illness.

Being mindful, slows us down and allows us to focus on a droplet of water on a leaf, a ray of sunshine, a breath of fresh air or the cheer of bird song.

Is there some way you could share this with people who can never go out or who are far from here, by taking a photograph or writing down some words about the beauty of being alive and seeing the living world around us?

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CONTINUED from page 6

Extracts: from NHS website

Keep it regular

It can be helpful to pick a regular time – the morning journey to work or a walk at lunchtime – during which you decide to be aware of the sensations created by the world around you.

Try something new

Trying new things, such as sitting in a different seat in your lounge or going somewhere new for a walk, can also help you notice the world in a new way.

Watch your thoughts

“Some people find it very difficult to practice mindfulness. As soon as they stop what they’re doing, lots of thoughts and worries crowd in,” says Professor Williams.

“It might be useful to remember that mindfulness isn’t about making these thoughts go away, but rather about seeing them as mental events.

“Imagine standing at a bus station and seeing ‘thought buses’ coming and going without having to get on them and be taken away. This can be very hard at first, but with gentle persistence it is possible.

“Some people find that it is easier to cope with an over-busy mind if they are doing gentle yoga or walking.”

Name thoughts and feelings

To develop an awareness of thoughts and feelings, some people find it helpful to silently name them: “Here’s the thought that I might fail that exam”. Or, “This is anxiety”.

Free yourself from the past and future

You can practise mindfulness anywhere, but it can be especially helpful to take a mindful approach if you realise that, for several minutes, you have been “trapped” in reliving past problems or “pre-living” future worries.

Different mindfulness practices

As well as practising mindfulness in daily life, it can be helpful to set aside time for a more formal mindfulness practice.

Mindfulness meditation involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing or parts of the body, bringing your attention back whenever the mind starts to wander.

Yoga and tai-chi can also help with developing awareness of your breathing.

CONTINUED page 20



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CONTINUED from page 19

Find the short mindful breathing exercise video on YouTube from **Every Mind Matters**.

Be Mindful is an *online course* for reducing stress, anxiety and depression, run by the Mental Health Foundation.

Is mindfulness helpful for everyone?

“Mindfulness isn’t the answer to everything, and it’s important that our enthusiasm doesn’t run ahead of the evidence,” says Professor Williams. “There’s encouraging evidence for its use in health, education, prisons and workplaces, but it’s important to realise that research is still going on in all of these fields. Once we have the results, we’ll be able to see more clearly who mindfulness is most helpful for.”

More tips for wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. Connect with other people

Good relationships are important for your mental wellbeing. They can:

- Help you to build a sense of belonging and self-worth
- Give you an opportunity to share positive experiences
- Provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:

DO

If possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together.

- Try switching off the TV to talk or play a game with your children, friends or family.
- Volunteer for a community group.
- Make the most of technology to stay in touch with friends and family. video-chat apps like Skype and FaceTime are useful, especially if you live far apart
- Search and download online community apps on the NHS apps library

DON'T

Do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people

CONTINUED on page 22



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CONTINUED from page 20

2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- Raising your self-esteem
- Helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood

DO

- Find free activities to help you get fit
- If you have a disability or long-term health condition, find out about getting active with a disability
- Start running with our **couch to 5k podcasts**
- Find out how to start swimming, cycling or dancing
- Find out about getting started with exercise

DON'T

Do not feel that you have to spend hours in a gym. It's best to find activities you enjoy and make them a part of your life

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Please share any good You Tube video links on simple exercise programmes suitable for people who are indoors, or even not able to get out of their armchair. Bigbury Drums will figure out how to share this with the Bigbury Community. Thank you.



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THE PUB CAT SPEAKS

**SENSATIONAL NEWS!
CAT LICK CURES ALL!**

Well hello, Pusspots! April has sprung upon us with exuberant fragrances of primroses, bluebells and wild garlic. My friend Bruce – a very fine Persian Blue – and I padded the flower strewn footpath from St. Anne's Chapel, via the twittering woodland, across the tumbling stream that flows down the valley all the way to lovely Challaborough.

Now you must pronounce it correctly darlings by emphasising the second syllable ChallAborough. Sounds so much more attractive, don't you think? We strolled through the jolly caravans and watched the men shovelling sand back on to the beach that the wind had blown in. There was a strange man in a tractor who driving up and down 'ploughing' the sand – perhaps he is going to plant potatoes! Someone needs to have a quiet word....

Meanwhile, Our Top Cat Bozza Johnson has issued some government advice: **NOTICE TO CATS:** In the coming weeks it's likely that your humans will be spending more time in the house. While this is obviously inconvenient, I estimate distribution of treats could increase

significantly (we await modelling on stroking).

Bruce and I realise that this is a very difficult time with the nasty COVID virus. Now, it is quite clear that cats and dogs - even Rusty – cannot pass on this horrid illness to people. All of which means that the PURRRFECT companion for anyone who is self-isolating is, of course, A CAT! Yes! Isn't that marvellous?

Now, Bruce and I have had a long conversation and feel that we must do our bit at this troubling time. We are therefore offering to be the isolation partner to anyone over the age of seventy! Yes! How about that! Yes, let us come to your home and we can sleep the days away together. Bruce and I can lay on your bed and keep it warm for you. What fun it will be for you to feed us and give us the odd treat. Bruce and I do like to go out for a stroll in the evening, but you can just carry on watching all those repeats of Heartbeat and Call the Midwife or that funny little Dog Whisperer chappie (Rusty should give those a try!).

Bozza has also told everyone to wash their hands while singing Happy Birthday! How funny! Fancy only washing your hands once a year! Our landlord, at The Artful Dodger pub, sang the entire middle section

of Bohemian Rhapsody when washing his hands. Suddenly people started running out of the pub. It sounded as if someone was standing on Bruce's tail!

Of course, hand-washing is not a problem for pussies! Ah, the benefits of cat-lick! Did you know that when cats lick you, it can mean that they are attempting to teach you to groom yourself properly and keep clean! It's a memory your cat has from being licked by its own mother. It's also a sign of real affection. Cats will also lick each other as a way to enhance relaxation. You humans should include as part of Yoga and Pilates classes!

Cat saliva contains enzymes that turn it into a natural antibiotic. If your cat licks a wound, it may be guarding against infection. These enzymes prevent infection and promote healing. They also assist in cooling the body in warm weather, distributing oils throughout the coat to keep it supple and healthy, and stimulate blood flow. That is why Bruce and I are so gorgeous! Ha! Ha!

And, darlings, there is something deeply comforting about hanging out with a sleeping cat. Don't you think so, Rusty?

Stay well and safe Pusspots!
Monty

MINDFULNESS

www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/

CONTINUED from page 22

3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- Boosting self-confidence and raising self-esteem
- Helping you to build a sense of purpose
- Helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Some of the things you could try include:

DO

- Try learning to cook something new. Find out about healthy eating and cooking tips
- Try taking on a new responsibility at work, such as mentoring a junior staff member or improving your presentation skills

- Work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online
- Consider signing up for a course at a local college. You could try learning a new language or a practical skill such as plumbing
- Try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint

DON'T

Do not feel you have to learn new qualifications or sit exams if this does not interest you. It's best to find activities you enjoy and make them a part of your life

CONTINUED page 29



BIGBURY ARTISTS

Art for Goodness Sake

Can we muster up enough artistic energy to have an exhibition in the Memorial Hall when this Covid Emergency is over? Is there anyone out there who might like to organise a virtual club for artists and get people together regularly via Bigbury Drums to share visions, colour and company on line?

Please use Bigbury Drums to exhibit your works and get people painting for the first time, exhibiting for the first time...having fun again! Contact the Editor
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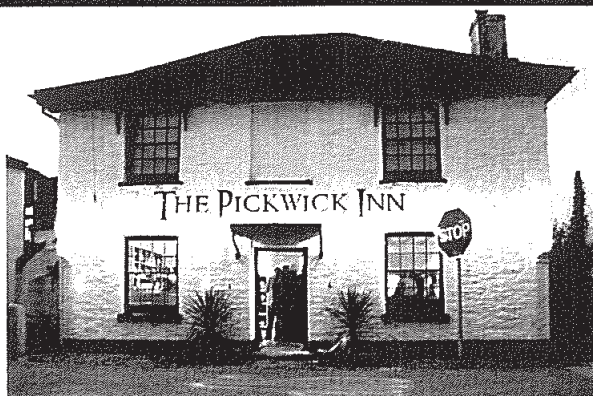


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As long as government advice going forward does not conflict with this - let's support any pubs doing this.

Check out their websites and see what they are offering.

Pay for and Order your Take Away on line and arrange that it will be dropped off OUTSIDE your door....keep 2 meters away from the delivery person.

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EXCITING EASTER AT DISCOVERY

We have been really busy preparing for the season and are looking forward to Easter. After being hit by a series of storms so far this year, we are definitely due some calm. We are earnestly keeping an eye on what's happening with the Corona Virus and we will continue to monitor developments, and hope to not be too affected by the unfolding situation. We plan to have our shop in Bigbury-on-Sea open every day throughout the Easter holidays. We have restocked of our popular changing robes and hoodies which are available to buy from our online shop too.

Our new Fast Track course will include four surf lessons over two days with the aim of improving surf skills really quickly. Dates for Easter holidays are: 31st March/1st April (12:00-13:30 and 14:30-16:00), 7th/8th April (12:00-13:30 and 14:30-16:00) and 11th/12th April (12:00-13:30 and 14:30-16:00). Please get in touch if you would like more information and to book.

Children's Discount surf courses will be on Monday 30th March to Friday 3rd April 3pm everyday and Monday 6th April to Friday 10th April (10am Mon, 10am Tues, 10am Wed, 3pm Thur, 3pm Fri).

You may have seen on social media that we have a few old boards for sale. We are asked all the time about selling our old equipment so now is a good opportunity to take a look. There is a range of boards including a couple of foamies and a few hard boards too. You can have a look on our website, eBay or Facebook to see photos and descriptions.

Surf Club membership renewals are due on the first of April. We've had a few children renew already and there are still plenty of places available on the membership list so get in touch for a form if you're keen to come to club more often (Ages 8-16 years).

We've also had enquiries about running a Woman's Surf Club. Please let us know if this is something you are interested in. That's everything we have to update you on at the moment. See you soon.

All the best - Annika, Martin, Eva and the Discovery team



Photo: Bantham Bathers Team



HEALTH HAZARDS OF SEAGULLS

The killer in our midst

If you walk down the footpath from John Tucker's field into Parker Road two things are apparent; there is a wonderful view of Burgh Island and the rooftops of Bigbury-on-Sea covered by seagulls. When we moved here over twenty years ago we could see up to a dozen gulls, mainly on the island. Now you can spot more than 200 who have adopted the village houses as their natural roost.

Herring gulls were considered an endangered species and protected by law. Protection remains but the population has increased excessively, especially around human habitation. This is not surprising as gulls are omnivores and love eating waste food. Unfortunately the increase in gull numbers has several detrimental effects including noise, mess to cars and houses and aggressive behaviour when nesting. However the most serious problem is to human health, in particular, to small children and the elderly.

Seagull excrement contains a number of serious pathogens including Salmonella

and *Campylobacter* (dangerous cause of severe gastro-enteritis in children). Also it harbours antibiotic resistant *E. Coli* (known as the "Superbug") which can cause fatal sepsis in the elderly. Several viruses have been found - and we know what trouble these are causing!

What can we do about this plague? We can discourage nesting by seagull-proofing our roofs; several newer properties have done this with good effect - spikes along ridge tiles and wire cages around chimney gullies. However by far the most important action we can take is to **NOT FEED THE GULLS!** In spite of all the publicity we still see some misguided residents feeding the gulls, this is apparent most mornings when you can see dozens of gulls swooping down into the offenders gardens as food scraps are thrown at them.

Visitors should be discouraged from feeding the gulls and reminded by notices that in the South Hams it is an offence to feed gulls. Perhaps the District Council should be invited to enact its By-Laws.

Seagulls are beautiful birds in the right setting but this unhygienic plague must be contained.

Alan Klidjian

Community Protection Notices

Allowing a build-up of dog faeces in your garden, feeding birds, sleeping in public toilets, disturbing neighbours with loud music and allowing storage of waste creating harbourage for rats and vermin were among the reasons that councils across Devon have issued Community Protection Notices. More than 50 notices against people committing antisocial and other negative acts were issued by councils across Devon in the last three years. No notices were issued by South Hams District Council.



THE BANTHAM BATHERS

English Channel Swim June 2020

Established back in April 2018, the Bantham Bathers are a group of local ladies who take a weekly dip in the sea, 52

weeks of the year, with one rule - no wet suits! Swimming in the sea allows us to soak up our beautiful coastal surroundings, whilst also gaining from the physical and mental health benefits that the sea, the cold temperatures and social aspect of just hanging out with like-minded women provides.

This weekly ritual inspired 6 of the group to embark upon a one-way cross channel relay swim which has been planned for June 2020. Some of us could barely swim a length of our local pool in front crawl. Some, have had to overcome fears of swimming out in deep open water and some have had to train their bodies to deal with the cold temperatures. All of us have had challenges to overcome and our swim in June will be the biggest test for us all.

What keeps us focused and determined to complete this challenge is the opportunity for us to raise money for 4 worthy causes, Young Devon, Harry's Giant Pledge, The Spinal Injury Association and The Primrose Foundation.

THE SWIM

Our channel swim will be facilitated by the Channel Swim & Piloting Federation (CSPF), who are permitted to adjudicate channel swims under the rules of English Channel swimming. Both the British Maritime and Coastguard Agency (MCA) and the French Coastguards, Centre Regional Operational de Surveillance et de Sauvetage (CROSS) Gris Nez, give permission to the CSPF to oversee English Channel swimming. Our Pilot, Michael Oram will escort and oversee our attempt.

Our swim will take place between the dates of 21st June – 27th June 2020. Weather and tides will determine when we set off from England and we will receive a call 48 hours before notifying us of the date and time once it has been decided.

Before the big day, we must all pass a full medical assessment and complete a two hour observed swim. In October 2019 we successfully passed our two-hour observed swim and our medicals will take place before June 2020.

On the day, our plan will be for each team member to swim in one hour intervals and continue this rotation until we reach France.

Regulation Swimsuits, goggles and swim caps must be used and there are many

BEACH BANTER

other rules and regulations (see CSFP.co.uk for the full list) that we must adhere to in order for our swim to classify as an official channel swim. Should we default on a rule or regulation, but are able to continue the swim and complete the crossing, our pilot has agreed to continue the crossing, however it will be classed as an 'unratified' channel swim.

We will be crossing one of the busiest shipping lanes in the world with the average swim times for a crossing being around 12 – 16 hours in duration, some longer, some shorter. The average sea temperature for June is between 14°

and 16° and the distance of the swim will be approximately 36 kilometres (approximately 19 nautical miles).

COSTS

There are costs which will be incurred in order for us to complete challenge and this amounts to £6,300 which covers: pilot and escort fee - £3,200; accommodation, up to - £1,200; equipment (including swimsuits, goggles, swim caps) £1,000; medicals (6 at £150 each) - £900.

SPONSORSHIP & CHARITIES

As a Sponsor, the funds donated will cover the costs incurred to complete this challenge. Any surplus sponsorship will be split between our four chosen charities, Young Devon, Harry's Giant Pledge, The Spinal Injury Association and The Primrose Foundation.

All of our sponsors will be included in our social media. We already have a strong presence on Facebook and Instagram. Our kit (where permitted), including our team hoodies, dry robes, caps and swimsuits will have our sponsors logos emblazoned on them. There are also plans for the local paper to run a feature on our challenge nearer the time.

Our charities have been selected due to a team member(s) having a personal connection to the charity. Please donate on our Just Giving page:

www.justgiving.com/team/The-Bantham-Bathers.

All support, no matter how large or small means the world to us. It will encourage us to train hard and swim our socks off on the day!

The Bantham Bathers

Jody Fendick, Lisa Simpson, Clare McIntosh, Jo Colin, Milly Dack and Elisa Hesse

Elisa Hesse

(Easton Resident)

07946 498215 elisa@hessefamily.co.uk



VENUS DEVELOPMENTS

Finally our indoor seating area is under construction after interminable delays. The building will be open daily and will seat 72 with views out towards Burgh Island through bi-fold opening windows.

We have designed the building to be cool in summer and warm in winter with a very high level of insulation and specially treated glass.

We are planning to stay open much later during the summer months of July & August so supper on the beach will now be possible. There will be a few evening treats in addition to our normal summer menu

The weather has put construction behind more than we would like. We will keep our website updated with timings.

www.lovingthebeach.co.uk.

Michael C Smith

The Venus Company

BANTHAM BOOMERANG

The Bantham Boomerang swim is a new swim for 2020: a 7-10km swim on the Avon Estuary in Devon, taking place on a Friday afternoon, with a BBQ afterwards.

If you have not yet Registered - you are now too late as it is fully booked. But it will be an exciting spectacle! Next year, keep informed by following The Outdoor Swimming Society.

The Boomerang swim starts at Bantham (home to the Swoosh), with swimmers heading upriver on the incoming tide. When the tide turns, so do the swimmers, swimming back downriver with the outgoing tide, swooshing into Bantham Beach and the finish line.

The Editor did not want to delete all these high hopes for the coming season - check websites please

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CONTINUED from page 23

4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- Helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Some examples of the things you could try include:

DO

- Saying thank you to someone for something they have done for you
- Asking friends, family or colleagues how they are and really listening to their answer
- Spending time (* on the phone during Covid-19) with friends or relatives who need support or company
- Offering to help someone you know with DIY or a work project
- Volunteering in your community

5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Read more about mindfulness* including steps you can take to be more mindful in your everyday life.

*** Check out the link on the referenced NHS website**

COUNCIL SERVICES UPDATE

Recycling centres closed

Devon County Council have closed all the household waste recycling centres in Devon until further notice. Residents are asked to safely store the waste they would have taken to the recycling centre at home until the centres reopen.

Bulky Waste Collection

The closure of the recycling centres will mean that the Council's bulky waste collection service will also be suspended with immediate effect until the centres can reopen. Anyone who has pre-booked a collection will be notified of the cancellation and refunded in full. Other waste collection are still operating as normal.

Public Toilet Closures

By 30 March, all public toilets in South Hams and West Devon will be closed until further notice. Public toilets are 'high touch' areas and therefore closing them will help reduce the spread of infection.

Notices will be placed on all entrances to advise of the closure.

Salcombe Harbour

In line with government policy to tackle the spread of COVID-19 Salcombe Harbour Authority has suspended all non essential operations whilst maintaining a watch system in line with its statutory duties. The Harbour Office is closed and services such as boat lifting and the harbour taxi are cancelled with immediate effect until such a time restrictions are lifted.

We appreciate that the next few weeks (at least) are going to be difficult but we expect everyone to follow current government guidelines such as no unnecessary journeys and only leaving home for essential activities. We therefore do not expect to see our stakeholders using harbour facilities or going afloat without a good reason that falls within the guidance published at the time.

We will be in touch with new guidance when the situation changes. The boatman will endeavour to maintain a listening watch on VHF Channel 14 daily from 30 March 9:00-4:30.

The Harbour Office phone will be answered remotely Mon-Fri 9:00-4:30 but email is our preferred means of contact for everyday business. Our out of hours contact number is 01803 867034 but in an emergency afloat or along the coast please dial 999 and ask for the Coastguard.

These efforts are being made to maintain everyone's health and safety. We look forward to getting back up and running to facilitate your enjoyment of the

Salcombe-Kingsbridge Estuary when we are advised it is safe to do so.

SHDC Play Park Closures

Further to the announcement from the Prime Minister yesterday evening, South Hams DC are commencing closure of our play parks.

The following action is being taken:

- Play park closure signs are being produced today and tomorrow, with a view to being erected (subject to staff availability) between tomorrow and Friday at SHDC owned play parks.
- Signs will be erected at fenced play areas on the gates/fencing advising of the closures. Gates will be cable tied/locked/chain and locked shut as appropriate.
- At sites with unfenced play equipment, signs will be erected at entrances to the wider green spaces, or in the vicinity of the equipment.
- Inspections of the play equipment will cease with immediate effect, however signs will carry a contact email address in the event that the public have cause for concern about the equipment.

For play parks owned by Town and Parish Council you are of course advised to take a similar course of action.

Attached is an editable sign template, which you may wish to add your contact details to, print and erect at your play parks, as well as locking fenced play areas where this does not compromise access to a wider green space.

For Town/Parish Council owned sites with play equipment typically inspected by SHDC officers, these inspections will cease for the duration of the formal play park closures – this reflecting the fact that there should be no public use of play equipment at this time, and as inspecting officers will be heavily involved with the wider COVID-19 response.

Consistent with Government advice, South Hams DC are not closing wider green spaces/parks at this time, but we will of course monitor national advice carefully, act accordingly and keep you informed as to any change to our local approach.

Environmental Protection - Stray Dogs

There will be no collections of stray dogs for the foreseeable future. We are encouraging residents to advertise locally on social media if they find a stray or to take them straight to Animals in Distress in Ipplepen, or Margaret Green Animal Rescue Centre in West Devon, known as Wingletang.

As of 1 April we will be not be using Foredown but will carry on using Animals in Distress.

Extracts from SHDC communication.

South Hams District Council has now agreed a plan to support the Council's aim of becoming a carbon neutral organisation by 2030 and to help the District of South Hams reach Zero Carbon by 2050.

A draft action plan will be shared with Towns and Parish Councils and be the subject of continual review throughout the year, including opening it up to comments from the public.

Cllr Judy Pearce, Leader of South Hams District Council said: "We have brought together a list of ideas that will form the basis of our plan for reducing our own organisational footprint, and ideas that are outside of our control which we would need to work with partners and communities on.

Evidence shows that humans have already caused climate change, the impacts of which are being felt around the world. Global temperatures have already increased by one degree Celsius from pre-industrial levels. Atmospheric carbon dioxide levels are above 400 parts per million (ppm). This far exceeds the 350 ppm deemed to be a safe level for humanity.

South Hams District Council has now established a baseline measure of its own Carbon Footprint. The total net carbon footprint for South Hams District Council is 8014.2 metric tonnes of CO₂ equivalent (tCO₂e) per year. For comparison, the average home in the United Kingdom is estimated to contribute 2.7 tCO₂e per year through heating.

The Council has already taken significant steps to reduce its footprint through actions such as reducing business miles. Now they are progressing other ideas such as investing in a solar farm, facilitating a salary sacrifice scheme for electric cars, getting an electric pool car and changing their vehicle fleet to electric.

Cllr Pearce said: "The Climate Change and Biodiversity Emergency has been working hard to understand the task ahead of us, and our role within it. You can view videos of the workshops they took part in and read about their progress to date on the South Hams dedicated Climate Change and Biodiversity website"

www.climatechange.southhams.gov.uk

groups. You can also fill in our District-wide survey or have a go at working out your own carbon footprint using the calculator on our website."

South Hams have now launched a District-wide survey asking residents for their views on climate change and what we can all do individually to make a difference.

Make sure you stay in touch with us, and get all of the latest information through our E – Bulletins

SHDC Communication Team



Energy Saving for Homes

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ARE YOU ELIGIBLE?

You may be eligible for the LEAP service if one of the below apply. If you:

- have a low income
- receive tax credits
- receive Housing Benefit
- receive an income or disability related benefit
- have a long term illness or disability.



BIGBURY PARISH COUNCIL - meeting minutes

11th March 2020 at 7.30 pm at Memorial Hall, St Ann's Chapel

Present: Cllr Beth Huntley - Chair
BH Cllr Sharon Smith SS Cllr Stuart Watts
SW Cllr Cathy Case CC Cllr Valerie Scott
VS Cllr George Rosevear – Vice chair
GR

Acting Clerk: Cllr George Rosevear
7 Members of the Public present.
DC Cllr Bernard Taylor BT

1 DECLARATIONS OF INTEREST

There were Interests declared.

2 APOLOGIES – Cllr Keely Holland and DCC Cllr Rufus Gilbert

3 APPROVAL OF THE MINUTES OF THE PREVIOUS MEETING – 12th FEB

The minutes having been previously circulated were taken as read. Proposed VS, seconded by SW and approved unanimously for the Chairman to sign.

4 MATTERS ARISING FROM 12th FEBRUARY.

Whilst there were some items, as they were not considered critical, they are to be carried over until the April meeting; on the basis there will be one.

OPEN FORUM

Although not on the agenda, it was agreed to insert the open forum at this point.

(i) Sedgewell Cove and Stargazy Lights:

The meeting was informed that many lights on this property had been left on, inadvertently for several days, the owner had been informed.

(ii) **Merrylees:** Any changes to the lighting specification are awaited, following Val Scott's intervention with the architect. In addition, it was noted that long planted trees and foliage on the footpath side of the development, had been felled and uprooted. CC took note, as this was on her family's land. It is understood a fence may replace them, whether or not there will be fresh plantings, is unknown.

(iii) Disabled Parking in the proximity of Venus Café. Cllr BT would look into the matter and report back.

(iv) It is noted that Emma Widdicombe has succeeded Cathy Aubertin, (former head of Parking), who has retired.

(v) In the absence of Cllr Gilbert a request in respect of Pot Holes and Flooding was made, in addition to the need to clear the Lincombe Lane Buddle Hole

(vi) It was noted that there would be a Parish walk in aid of the Church Restoration on 8th May VE Day. VE Day would be covered under item 10.

(vii) It was noted that there was already illegal parking on double yellow lines,

this early in the year and when there was plenty of space in the official car parks.

(viii) A member of the Council had received a complaint from a parishioner from an adjoining Parish about the extensive amount of rubbish and abandoned equipment on land in Combe valley. There were also some buildings that could have occupants; but there was no sign of life on the site. Earlier today, following a site visit, without going on the land four Councillors took stock of the situation. It was agreed that for the Clerk, Cllr GR would write and inform the planning department, copying in the enforcement team and the SHDC DC BT.

5 / VACANCY – PARISH CLERK

Three applications had been received and it was hoped to hold interviews during the week commencing 23rd March.

6 / DEVON COUNTY COUICLLOR'S REPORT

Rufus Gilbert had apologised. Cllr GR would seek to secure a copy of his report to post with the minutes.

9/ DISTRICT COUNCILLOR'S

REPORT Cllr Bernard Taylor

Well again, but pleading to leave after giving his report BT reported as follows:

(i) The District Council had set within their budget a sum of £400,000 for the Climate Change Emergency. This would come from the New Homes Bonus fund. An officer would be recruited on 1-2 year contract and part of the role would be to liaise and advise Town and Parish Councils how to assist with the programme. It was noted by Cllr BH that the closing date for applicants had already passed on 23.02.2020.

(ii) The District Council had increased Council Tax by 3%. In respect of a Band D property this was a £5.00 increase per annum. Of the total Council Tax raised, based on a Band D property the District Council only receives an 8.33% share.

(iii) Car Parking charges were to increase by 4%. This would be the only increase in this council's term, so an effective 1% per annum. The increases are likely to take effect late in the first quarter of the new fiscal year [likely sometime in June].

Cllr BH raised the issue of profits being generated when they are not supposed to be. DC Cllr BT countered that any surpluses generated would be re-invested in car parks and also put towards the purchase and installation of Electric Car charging points within the District.

(iv) CVS Grant. Although intending to cut this Grant. At council it was voted to maintain the Grant of £10,000 for a

further 12 months from April 2020.

7 /FINANCE:

Other than the regular monthly direct debit for BT there were no payments to approve. These would be deferred until the clerk's return, or the April meeting, should there be one, in order to ensure no suppliers were left unpaid.

There was no verbal or visual representation of the Council's finances, this would be deferred until the April meeting. Should there not be one, a summary of the Council's finances will be posted on the notice Boards.

Internet banking up-date. This relates to information required for the new mandate, relating to a fresh name on the mandate. The view had been expressed by the person concerned that the information was too intrusive. It was agreed to seek advice as to what was necessary and what can be omitted.

8 /PLANNING & THE NEIGHBOURHOOD PLAN

There is only one planning matter to resolve.

a Application: 0572/20/FUL Land north of Cumery Farm – the erection of an agricultural building for the storage of farm machinery.

Cllr VS led a site visit consisting of Cllrs BH, SW and GR. They met the landowners' agent Jonathan Bell and reviewed the application. The site visit team recommended Support. Support was Proposed by Cllr BH Seconded by Cllr VS and approved unanimously.

(It was noted that the general finishes in the drawings were to be green, allow the building to fit into the landscape).

b / Neighbourhood Plan up-date.

Cllr VS read her report, which would be posted with the minutes

Cllr BH request that in future, when applications are received, in our response, wherever applicable, the relevant page clause, chart or drawings are notated and also brought to the attention of our SHDC DC Cllr BT or his successors.

Time was taken to discuss and agree that in respect of the Council's Scheme at the rear of Holywell Stores, that the Council makes every effort to ensure local residents, who may or may not be on the Housing list, are made aware that for

BIGBURY PARISH COUNCIL - meeting minutes

11th March 2020 at 7.30 pm at Memorial Hall, St Ann's Chapel

those wishing to rent they should ensure their names are on the register of Devon Home Choice. For those wishing to buy, they should ensure their names are on the register of Help to Buy. These are both agencies within SHDC. Wherever possible progress with the scheme should be carried on the Community website, in the Bigbury News and Bigbury Drums and if possible those on either or both lists, kept personally informed within the context of GDPR.

From the Floor: A question was posed as to how the selection of tenants or purchasers would be made. In essence, the usual criteria for Housing Needs would apply. However, the first selections would be those who could also show a clear link to the Community. For example, (i) already living here but with family and wanting their own home. (ii) Working in the Community but obliged to live elsewhere; but with a clear familial link to the Community and (iii) those neither living in nor working in the community; but who had family here or even grown up here and been obliged to move elsewhere.

From the Floor it was also recommended, that individuals and families ought to be encouraged to get their names on the list of their choice.

However, the Council ought not to market the scheme too forcefully until the Conditional Planning and Section 106 Agreements were in place. This would be the time to uplift the scheme to the Community mediums. Probably through all three: The Community Website, Bigbury News and Bigbury Drums, with even a separate flyer.

10 VE Day 75th ANNIVERSARY COMMEMORATION 8th May 2020. Cllr GR had posed the question whether, as with the D Day Commemoration, whether the Community wished to have a similar Commemoration for the VE Day 75th. Council was made aware that there was already a planned Parish walk in aid of the Church's restoration on the 8th May. There was no wish to clash with this.

Therefore, it was agreed to provisionally book the Memorial Hall and utilise its car park and football pitch, for a street

style party on Sunday 10th May for the afternoon.

Cllr GR to organise, with support from Cllrs SS and CC.

The event will be kept under review and it will be contingent on Government advice in respect of the coronavirus pandemic – COVID19.

11 CORRESPONDENCE
None received.

12 AGENDA ITEMS FOR THE NEXT MEETING

Carried over from this meeting, as Keely Holland was not present. How to deal with the control of Seagulls [Herring, Common Gulls, or others]. In particular discouraging feeding them, or being exposed to their raiding parties on and around the beaches etc.

There being no other business the meeting closed at 8.50 pm.

The date of the next meeting is Wednesday 8th April 7.30 p.m. Memorial Hall This next meeting and future meetings will be subject to Government advice in respect of the coronavirus pandemic – Covid-19

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim,
If you can meet with Triumph and Disaster
And treat those two impostors just the same:
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss:
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much:
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

Rudyard Kipling. 1895;

I ❤️ BIGBURY

I was wondering what had been happening around 1895
to have some insight as to why Rudyard Kipling felt the
need to write this poem.

I discovered this :

March 1894

Parish councils are created

The Local Government Act required all parishes with a population over 300 to elect parish councils; smaller parishes could apply to their county council to have similar status. Women could vote in parish council elections. Under the act, almost 700 urban sanitary districts were reorganised as urban districts and a similar number of rural districts were established. In Scotland, a separate local government act of 1894 replaced existing 'parochial boards' with elected parish councils.

I don't think they are related.

**Do you have a favourite poem? Can you write poetry?
Can you write Songs? We want to hear from you.**

Reference:	0765/20/HHO
Proposal:	Householder application for modification and upgrade of existing dwelling and replacement of 3no. sheds with 2no. free standing sleeping cabins
Site Address:	Avonmouth Shantee Bigbury On Sea TQ7 4BA



The quilters have been appliqué-ing and quilting for all they are worth, and were very excited at the latest meeting where we laid the completed squares out on the table. We oohed and aaahed for ages before getting back to work! This lovely picture says it all.....

More than half the squares are complete now, and the rest well on the way. After that it will be put together, which will be mostly done by our wonderful leader, **Karen Freeman**.

We have to say thank you to folk far and wide who have joined in. Also grateful thanks to all those who donated money towards the materials. At the moment we still have all we need to complete the work, and to those lovely generous people who have continued to offer to contribute, we would ask you to keep an eye on the Bigbury News and Drums for information as to when it is likely to be completed - we hope in the summer.

Then the plan is to get a raffle going so please buy lots of tickets! Til next time...

The Quilters



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Thank you to the **Covid Support Group** drivers and the **CSG Coordinators** who are helping to deliver essential supplies to local people who are not able to leave their homes. **Please do not call us directly** to order items for people who are not allowed to leave the house. **Call the CSG Coordinators** who will collate orders from villages and send them to us. We can keep going if you respect this request. Thank you for your cooperation. See Letter from Editor for CSG contacts.

Please respect the Covid-19 guidelines to keep our customers and staff safe during this emergency. **Please do not panic buy** and help us ensure there is enough available for everyone in need. Please stay at least **TWO METERS** away from anyone in the shop including staff. Try to make your shopping trip short & sweet.

Stay safe - Holywell Team

Holywell Stores & Post Office, St. Ann's Chapel, Bigbury

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george@holbrookass.com