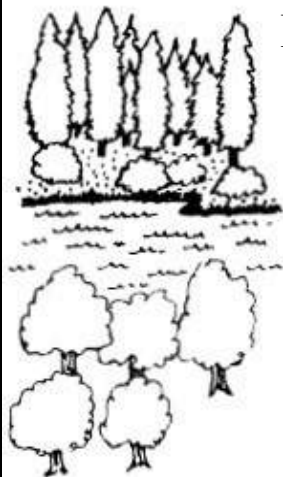


FEBRUARY 2021 50p



Bridford



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Ashton



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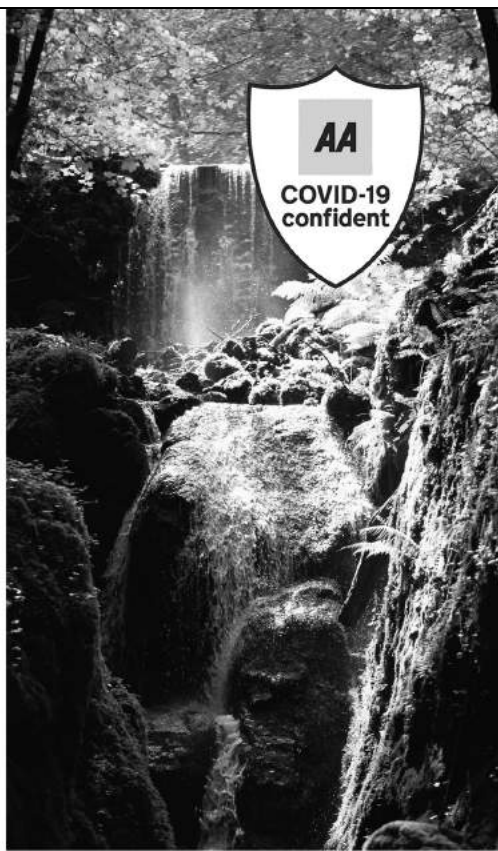
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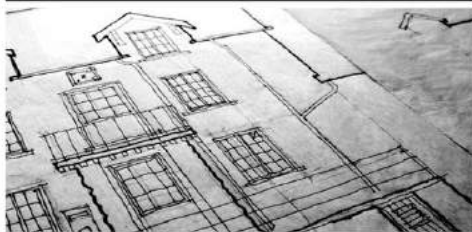
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Thursday	Beavers	5.15-6.30 pm	Paul French	01647 252721
(Term Time)	Cubs	6.30-8.00 pm	Paul French	01647 252721
Friday	Fencing	8.00-9.00 pm	Lynne	01647 253588

CHRISTOW TEIGN VALLEY COMMUNITY HALL

Monday	Yoga	7.00 - 8.30 pm	Jan	01626 853236
Tuesday	Table Tennis	2.30 - 4.00 pm	Richard/Jane	01647 252653
	Country Club	5.45 - 7.00 pm	Sue	01647 252731
	Acorn(alt)	10.00 - 12 noon	Donna	01647 252701
	TV Dance	4.00 - 6.15 pm	Bernie	01626 854435
Wednesday	Pilates	7.00 - 8.00 pm	Abi	01647 252174
	Bowls	7.30 - 10.30 pm	Derek	01647 252064
Thursday	Breast feeding	10.30 am-12.30pm	Sally Longstaff	07973 928007
	Badminton	7.30 - 10.00 pm	Derek/Chris	01647 252064
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Sunday	Bowls	7.00 – 10.00 pm	Derek/Chris	01647 252064

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TEIGN VALLEY AND HALDON HILL MISSION COMMUNITY

The Teign Valley & Haldon Hill Mission Community includes the parishes of Ashton, Bridford, Christow, Doddiscombsleigh, Dunchideock and Dunsford.

Rev'd Ruth Frampton (Priest-in-Charge) can be contacted on 01647 253164 or tvhrectory@yahoo.com.

Pastoral Care

If you would like, or know someone who would be glad of, a call or “virtual” visit from Rev'd Ruth Frampton, or another member of the church community, please contact the rectory (contact details above), or the Churches' Administrator (see *Getting in touch...* below).

Coronavirus

As a result of the current lockdown, services of worship are only being held at St Mary's Dunsford, and other churches are closed. The situation is, however, constantly changing – please check the “A Church Near You” website for your parish for updates.

Please do not come if you are suffering any symptoms of coronavirus, but contact NHS 111

Please ensure that you clean your hands on entering and leaving the church building

Please observe social distancing and follow all the safety guidance inside the church

Private Prayer - Days and Times of Opening:

With the exception of Ashton, all our churches remain open for private prayer, as follows:

Monday	Dunsford	10:00am - 12 noon
Tuesday	Bridford	12 noon – 2:00pm by appointment*
Wednesday	Christow	12 noon – 3:00pm
Thursday	Dunsford	2:00pm – 5:00pm
Friday	Dunchideock	10:00am – 12 noon
Saturday	Bridford	10:00am – 12 noon by appointment*
Sunday	Christow	12 noon – 3:00pm
	Doddiscombsleigh	12:00pm – 6:00pm

- for Bridford please telephone 01647 252180 / 252515 / 253239 to make an appointment

Sunday Services

The 9am telephone service continues (see details below for how to join).

For details of services at Dunsford, please see the separate schedule below - check the “A Church Near You” website for any changes.

In line with national requirements, church services have strict measures in place to ensure people’s safety e.g. the wearing of face coverings, increased cleaning, hand sanitisers, social distancing of 2 metres, no singing, communion in one kind only, no refreshments or meeting afterward. You will be asked to give your name and contact details in order to comply with “track and trace” requirements. This information is covered by GDPR and will be destroyed after 21 days. Alternatively you can use the NHS app to scan the “track and trace” QR code.

Wednesday Evening Prayer

There is a regular, short service of evening prayer each Wednesday at 6pm by telephone – see details below for how to join.

For telephone services, you do not need internet access, but simply a landline or mobile telephone. Between 5 and 10 minutes before the service begins, please dial 0333 011 0616 and enter the code 334 7721, followed by the # key, when asked. You will also be asked to give your name. The cost of the call is the standard cost for any 01, 02 or 03 number, but will vary according to your telephone contract. It may well be covered by your “inclusive” minutes, or by free evening or weekend calls, but you are advised to check.

Giving

It is now possible to make a donation towards the general mission and running costs of each of our six churches through an online giving page on the “A Church Near You” website – see <https://www.achurchnearyou.com> and search for the relevant parish. The “Give Now” button will enable you to make an online donation, which can also be Gift Aided.

Treasurer Wanted!

Christow Church is looking for a volunteer treasurer to supervise its money and prepare the accounts. Phil Trotter, our valued treasurer has retired after many years' service. We are very sorry to see him go and wish him well. He is happy to help whoever is willing to take over and to lead them through the systems. Full training is available!

Resources

During this time, you may find the following online and telephone resources helpful.

Daily Prayer: <https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

General prayer resources: <https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-parishes/coronavirus-covid-19-liturgy-and-prayer>

Daily Hope – a free phone line of hymns, reflections and prayers – 0800 804 8044

Recording of Rev'd Ruth Frampton's "Reflection" from the previous Sunday – 01647 407047

If you are anxious about the current situation or would like prayer or pastoral support (e.g. because of illness or bereavement), please do not hesitate to contact Rev'd Ruth Frampton or the Churches' Administrator (Steve Cook) – contact details above and below.

There is a separate notice elsewhere in the magazine giving details of how the churches are working together with local parish councils and others to co-ordinate shopping, collect medication etc for those who need to "self-isolate" or who can't leave their homes.

From the registers...

Funeral:

26 January – Colin Bond (Dunchideock)

EDITORIAL

Hello Everyone,

Well here we are In Lockdown once again and I truly hope you are all staying safe and well. Advice and guidance can be found on page 26.

Back to online learning with surprisingly little protests!! My children are their last year of Secondary School and GCSE exams are cancelled and everything is all up in the air but we will get through it!!

We are all in the same storm but in very different boats. Support can be found locally or the Charity Mind is a good place to seek some help and guidance and you can also find peer support if that is something you feel comfortable with. Their web address is **mind.org.uk** Their Helpline number is **0300 123 3393**. The Samaritans contact number is **0330 094 5717** or **116 123** The web address is **samartitans.org**

If anyone would like to volunteer to help with Unity then please get in touch! Another mind may be good to check things through. The 3 Ds have a team of people to go through their magazine and each have a role to play, whereas I am the only one and I would quite like not to be the I in the team.

Briony emailed with the following when I was feeling a little sorry for myself:

I do love editing the Unity and I am so pleased about our regular contributions and I hope more people will come forward with different pieces for me to include.

I would like to say a huge Thank You to Kay at Christow Stores and JoJo Haws at Bridford Post Office for allowing us a place to have our magazine there to be collected by our readers. Without their kindness we would not have been able to go to print and the magazine would have only been available online.

Best wishes

Michelle x

MENTAL HEALTH SUPPORT

Some wonderful support groups if anyone is struggling with their mental health; if you are struggling please seek help you are not alone and there is always someone who can help in your darker moments. Contact your G.P



A rather wonderful group for males is available called Andys Man Club, they have meetings up and down the country every Monday, with local groups in Exeter and Newton Abbot. They can be found on Facebook and Instagram.

The web address is <http://www.andysmanclub.co.uk>. Email addresses are newtonabbot@andysmanclub.co.uk or info@andysmanclub.co.uk.

A similar group for females is Womens Wellbeing Club Newton Abbot, they meet on Tuesdays, these can also be found on Facebook and Instagram. The web address is <http://www.womenswellbeingclub.co.uk> and their Email is newtonabbot@womenswellbeingclub.co.uk



The Charity Mind is also a good place to seek some help and guidance and you can also find peer support if that is something you feel comfortable with. Their web address is mind.org.uk Their Helpline number is **0300 123 3393**

The Samaritans contact number is **0330 094 5717** or **116 123**

The web address is samaritans.org



Please remember it is okay to talk

A LETTER FROM REVEREND RUTH

Lighten our darkness,
we beseech thee, O Lord;
and by thy great mercy defend us
from all perils and dangers of this night;
for the love of thy only Son,
our Saviour, Jesus Christ.
Amen.

A familiar prayer for many of us in the evenings, but a prayer I have found myself repeating at all times of the day and night in these Covid times. But February brings its own light. On 2 Feb we celebrate Candlemas, the commemoration of the Presentation of our Lord in the Temple: the baby Jesus was brought to the Temple to be dedicated to God and was recognised by the elderly Simeon and Anna as the “light of the Gentiles.” Traditionally on this day people would bring their candles, together with all the church candles, to be blessed in the name of Jesus, Light of the World. We will celebrate this feast in St Mary’s, Dunsford at our 10.30am service on Sunday 31 January – why not bring a candle with you for a blessing?

This has been a dark winter indeed, but we have seen so many glimpses of light in our communities: of kindness and sharing, of care and conversation, of hospitality and warmth.

Now the days are noticeably longer, flowers are beginning to bloom, the promise of Spring is closer - just listen to the birdsong!

On Wed 17 Feb we start our annual six week pilgrimage towards Easter. Let us use the days of Lent to discern with God how best to build on these signs of light and hope, to live in harmony with our community and with all creation.



CORONA VIRUS ADVICE AND GUIDANCE

Coronavirus – help for those “self-isolating” who need shopping and/or medications collected – STILL AVAILABLE!

The situation with Coronavirus continues to change, so these arrangements may well have to be reviewed. We plan to keep this scheme running as long as it is required.

Government and NHS advice is available as follows:

NHS: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Government information: <https://www.gov.uk/government/publications/coronavirus-action-plan/coronavirus-action-plan-a-guide-to-what-you-can-expect-across-the-uk>

Teignbridge District Council:

<https://www.teignbridge.gov.uk/coronavirus-covid-19/coronavirus-help-and-advice/coronavirus-updates/>

Significant numbers of people in the valley are still having to “self-isolate” or not leave their homes to go shopping etc. The churches and other groups are working together to try and ensure that those who may need practical help with shopping, collecting medication etc in this situation can receive help if needed. Details are available at the following:

A Church Near You websites:

Ashton – <https://www.achurchnearyou.com/church/8766/page/53729/view/>

Bridford – <https://www.achurchnearyou.com/church/8767/page/53727/view/>

Christow – <https://www.achurchnearyou.com/church/8765/page/53726/view/>

Doddiscombsleigh – <https://www.achurchnearyou.com/church/8793/page/53728/view/>

Dunchideock – <https://www.achurchnearyou.com/church/8770/page/53671/view/>

Dunsford - <https://www.achurchnearyou.com/church/8792/page/53725/view/>

Christow website - <http://www.christowparishcouncil.gov.uk/>

Doddiscombsleigh website - <https://www.doddiscombsleigh.org/>

Dunchideock website - <https://www.dunchideock.org.uk>

Dunsford website - <http://www.dunsford-village.org.uk>

Mission Community Facebook page - <https://www.facebook.com/tvhhmc/>

Each village has a local co-ordinator to link up those offering to help with shopping and/or collecting medication with those who need some assistance. Arrangements are currently as follows:

- Ashton: John May – T: 01647 252212 or E: johnmay1926@gmail.com
- Bridford: Kathy Fitzjohn – T: 01647 252515 or E: tessaderby@gmail.com
- Christow: Phil Trotter – T: 01647 252874 or E: phil.trotter1@btopenworld.com
- Doddiscombsleigh: Elliott Fairs – T: 01647 253169 or E: fairselliott@hotmail.com and
Toby Berry – T: 07764 547556 or E: toby.berry@btinternet.com
- Dunchideock: Steve Cook – T: 01392 832332 or E: tvhchurches@gmail.com
- Dunsford: Karen Morris at The Shop – T: 01647 252330 or
E: dunsfordshop@gmail.com

COMMUNITY POLICEMAN

Our Community Policeman is Mark Easton and he can be contacted by **email at** mark.easton@devonandcornwall.pnn.police.uk or telephone **101** and leave a message

MOBILE LIBRARY TIMETABLE 2021

Village	Stop	Arrive	Depart
Dunsford	Orchard Close	9:50	10:30
Bridford	Scatter View	10:50	11:20
Doddiscombleigh	Nobody Inn	11:30	11:50
Higher Ashton	Village Hall	12:00	12:45
Christow	Church	13:30	14:00
Christow	Village Hall	14:05	14:35
Trusham	Square	14:50	15:30

ASHTON

What a different world we are living in , we mostly thought that spring lock down was just about bearable & rather enjoyed the relative peace of the road, with so much less traffic. This world now, is very difficult to negotiate, one feels compelled to keep oneself informed , but find ourselves dragged down by the information & attempting to make some sense of the appalling numbers involved and how to live with the restrictions.

The PCC have reluctantly decided to follow the advisory guidelines, for church access and it will remain closed for both private prayer & public worship, to be reviewed initially by the PCC meeting on JANUARY 27TH but we feel it is unlikely that restrictions will be lifted by then – so it could be well into February when we feel confident to re-open. Many will remember that Ashton has in the past joined with christow & other valley parishes for winter services at TVCH – we have always been conscious of how treacherous our access paths are & given the drop in temprature – we all felt better choose safety for us who open & prepare the church & more especially for unwary visitors. It is my understanding , at the time of writing, that Christow, Bridford & Dunsford will remain open for services, subject to strict guidelines - and phone services will continue on Sundays & Wednesdays. Numbers for these services have seen a big increase with the lock down becoming more & more a factor in church life , & people in the valley becoming more uncertain of their safety & firmly advised to remain at home.

TEIGN VALLEY HISTORY SOCIETY Graham Thompson, who does such sterling work in keeping the society running , is appealing for Ashton memorabilia /photographs, documents - he is currently digitising the Teign valley archive and is hoping all the villages will be well represented. I know we have many old houses in our village , many with fascinating histories, in themselves & of previous occupants over the centuries and it would be great if we could create an archive , within the larger one , for our current household 's interest & for posterity

Please do have a hunt for material which would be of interest , we all have a bit more time on our hands & this would be an excellent opportunity to make use of this & create a collection to show off when we are all able to get together again & possibly display at the great Village revival event. (it will happen , one day)

You can contact me on 252212, with details of anything you find & Graham & the team will get cracking on cataloguing it , all items will be returned after use.PM .

It only remains to say , keep well, look after yourselves & your neighbours and seeing the first primroses & snowdrops has brought some lightness to my current dark days , will hopefully do so for you .

BRIDFORD PARISH COUNCIL

Clothing Bank

The clothing bank was emptied in December as planned and despite the new reduced rate per kilo, we raised £57 which the Parish Council will put to good use to benefit the community of Bridford.

There was some loose muddy footwear and some unbagged items which had to be discarded. Soft toys are no longer accepted so the bag of toys was passed on to a charity. Most items were bagged, which is really helpful and makes the job of emptying the clothing bank easier and cleaner.

If you have items to donate and would like some bags, please contact Joan Banks (tel. 252805) and delivery will be arranged.

Christmas Tree

With all the Covid restrictions being in place, it was lovely to see the fairy lights twinkling on the Christmas tree in the Village Garden over the festive period. Grateful thanks to the volunteers who were involved in putting the tree in place and putting up the fairy lights, to Mr & Mrs Scull who kindly donated the tree and to Rachel Sim and Joe Hewings at Barnstone, for supplying the electricity to power the lights. Villagers would normally meet to sing Christmas carols around the tree but this year, in order to observe social distancing, this was to have taken place outside the Village Hall instead. Unfortunately, heavy rain on the day curtailed the event.

Snow Warden Team

The Parish Council would like to express its very grateful thanks to the Snow Team "Boss" Anne Mayes and her dedicated team of volunteers who go out, often at short notice having just got in from work and in extremely cold weather conditions, to grit the hill. Three more volunteers came forward to offer help in December which is fantastic. However, Anne has suggested that, ideally, it would be helpful to also have two or three more volunteers who could be called upon who have the use of a vehicle with a tow hitch. If you can help, please contact the Clerk tel. 01647 252805 / email: bridfordpc@btpopenworld.com. The more names on the list, the less often you will be called upon to go out.

Dartmoor National Park Recent Planning Decisions

Stonemill House, Bridford – Grant of Conditional Planning Permission re amendments to previously approved scheme including changes to building dimensions, windows, doors and materials.

Wheal Augusta, Bridford – Grant of Conditional Planning Permission re erection of two storey rear extension with alterations to existing utility room roof.

Birch Tree Farm, Bridford – Grant of Conditional Planning Permission re demolition of existing derelict pig sty building and construction of new general purpose agricultural building

Connecting Devon and Somerset – programme update

Connecting Devon and Somerset with support from DCMS have signed new contracts with three suppliers, Airband, Truespeed and Wessex Internet that will deliver full fibre connectivity to 56,396 homes and businesses across six procurement lots within Devon and Somerset. The contracts covering Devon have been awarded to Airband. Delivery will be in phases between 2021 and 2024 and now the contracts have been placed, the CCDS team will be able to share further detail in the New Year relating to the phasing and sequencing of the work.

Date of next Parish Council Meeting

The next Parish Council meeting will be held online via Zoom on Monday February 1st. Meeting ID and access code to be advised.

BRIDFORD CHURCH YARD

We are very grateful to Councillor Brook for approving a grant of £500 from the DCC locality funding. This is to enable us to remove a very large tree from the higher part of the churchyard. Bridford PCC

OUR UNITY

I have heard people say that they like the new format for our magazine; I have also heard that some people have grumbled.

Our new editor, Michelle (who actually lives in Dunsford and not in the Unity catchment area) very nobly took the job on when no one else came forward, aren't we lucky! As I have mentioned before it took two people 40hrs a month to produce Unity, and none of the people who have edited Unity since it was started by the then Rector, Bill Pearce, many years ago, have been paid, they do it all for ? love ! So if at any time you want to grumble, just ask yourself: Would I take the job on, and will I volunteer when/if Michelle resigns?

We all make mistakes, and surprisingly: Michelle is human!

To end, may I remind you to pay your subscription if you haven't already, if you would like to continue to receive your copy! Briony.

CHRISTOW PARISH COUNCIL NEWS FEBUARY 2021

Corona virus News - Sadly, we are back into another lockdown, please keep in mind the Covid - 19 Fund which the council still hold which is available to reimburse volunteers helping vulnerable people in our community. Fuel costs for collecting food or prescriptions can be refunded to claim complete and submit the claims form to the clerk. The form is available either through the website or contact the clerk directly at clerk@christowparishcouncil.gov.uk or call 01364 661532.

The advice is changing so quickly, and it is difficult to keep up to date through monthly newsletter therefore the latest advice is available from the Teignbridge District Council website follow this link -

<https://www.teignbridge.gov.uk/coronavirus-covid-19/coronavirus-help-and-advice/coronavirus-updates>



Parish Award Due to Covid the Annual Parish Meeting for all councils were cancelled and for Christow this meant our Parish Award was not presented. The Council agree that due to the incredible response from the community the entire parish deserves this award for last year and this. The whole community have pulled together during this difficult time ensuring lives can be managed in the best way that is appropriate and everyone should be congratulated. We look forward to the day when we can all meet up again and display the parish award for all to see. Thank you once again to everyone in this amazing parish.

Council vacancies If you have time to spare and wish to become part of the Parish Council team people contact the clerk for a register of interest form and more information at clerk@christowparishcouncil.gov.uk or call 01364 661532.



New Tree. At the January meeting the WI have requested permission to plant a tree in the recreation field to celebrate 100 Years of the Devon Federation, the councillors were happy to grant this request and we look forward to seeing the new tree in place and congratulations on 100years with many more to come!

Report a Highways Problem

If you notice a defect on or near the highway no need to wait for the next council meeting. Please report it directly to DCC via their website or use the link <https://new.devon.gov.uk/roadsandtransport/report-a-problem/>



Next Parish Council Meeting

On Tuesday 2nd February 2021 at 7.30pm via zoom. The meeting is a public meetings and members of the public are invited to log on and join the meeting. The same procedures apply with the Public Forum still being included. The link to the meeting is available from the agenda on the parish notice boards and from the website.



The next Parish Council meeting will be on Tuesday 2nd February 2021 at 7.30pm. and details from previous meeting Minutes and Agendas can be found at www.christowparishcouncil.gov.uk.

CHRISTOW COMMUNITY LAND TRUST

Grants available

Christow Community Land Trust (CCLT) has a small fund to distribute each year for community groups and projects that are based in the Parish of Christow and its environs. Each year we receive 'ground rent' from Teign Housing Association for the land at Stafford Close. This income must be used for the benefit of the community and up to £1,000 in total is available for small grants, usually between £100 and £500. Previous grant recipients include Christow School, Junior Tennis, Teign Valley Players, Teign Teens and the Teign Valley Museum and Archive Trust. If your group or project would like to apply for funding you can download a form with eligibility criteria and guidance on how to apply from the Christow Parish Council website (look for the link to the Community Land Trust page on the left) http://www.christowparishcouncil.gov.uk/Christow-Pc/community_land_trust-16828.aspx.

Join our Board!

We currently have a vacancy for one additional board member. If you are interested in joining us and want to know more, contact the Chair, Coronay Edwards, coronayedwards@gmail.com

CHRISTOW WI

Hello ladies of the Teign valley and WI it is time to look forward to spring so browse the catalogues, order your seeds, plan your garden makeover, dust off your spring/ stroke summer glad rags and have hope for a brighter future. The dictionary describes the word HOPE as “a feeling of expectation or desire for a particular thing to happen” The ability to be hopeful is I believe an inherent part of being human, a means of making the current situation more bearable and looking to a brighter future. Easier said than done when the press is constantly bombarding us with news of the R rate rising and worries of the NHS being overwhelmed. We have come this far, and we are very nearly there, so let’s all do the right things and protect ourselves and others and remember that change is on the horizon. The vaccines are being rolled out and as I write this, they are on the way to a surgery near you. In fact, some of you reading this may have already had it.

At this time of year all WI members get the chance to vote on a resolution which could change Government policy when debated by National Federations of WI and potentially improve the lives of women everywhere. This year’s contenders are: 1. A call to increase awareness of the subtle signs of early ovarian cancer meaning women seek early treatment leading to a better survival rate. 2. To stop women dying prematurely from coronary heart disease. Women often do not have the textbook signs of heart disease and therefore can be misdiagnosed or not come forward for early treatment leading to a worse prognosis. 3. Stamp out systematic racism and discrimination. We should all be ashamed that 71% of people from ethnic minorities surveyed in 2019 still reported racial discrimination. 4. Stop the decline of UK wildlife by creating wildlife friendly communities. This is something we can all do in our own back gardens. 5. Stop the destruction of peat bogs to tackle climate change. When peat bogs are damaged, they release Carbon dioxide into the atmosphere. You can help by buying peat free compost.

Each member votes for the resolution they believe in and the one with the most votes is taken forward to lobby the government for change. If you would like to make a difference the Christow WI are waiting to welcome, you as a member. Friendship, camaraderie, laughter and sharing skills are all part of the deal. We also make particularly good tea and cake which we look forward to sharing with you in 2021.

Stay alert safe and well. Protect yourself and others by washing your hands covering your face and making space.

See you all soon.

Anne Rice

For more information regarding WI membership contact Lyn our secretary 01647 253295

CHRISTOW COMMUNITY PRIMARY SCHOOL

Once again how we work as a school has had to change due to the national lockdown. As a UN Rights Respecting school, we are acutely aware that all children, whether at home or in school have the right to an education and are working as a team to ensure this happens.

In some ways, this lockdown is easier as we have been here before and have some systems and processes in place ready to go. We have also developed how we support children at home. Each day, all children have at least one live video meeting with their class. Staff are also more familiar with the technology so we are able to provide more individualised support. Children are adaptable and older children are already recording stories for younger children to enjoy. Our eldest children also worked collaboratively to create a retelling of a Fairy Tale, recorded, and shared with the whole class. Our younger children already have a writing project with 'penpals' (older volunteers in our local community) which we hope to continue. A high point in our first week was the cacophony of children in both school and at home singing Happy Birthday to one of their classmates.

In many other ways, this lockdown is much harder, than the first. The weather is less forgiving for children needing to have daily exercise outside and the nights get darker earlier. As is the case for many around the country, many families who are having to work remotely and stay at home are in a trickier situation. Some families have multiple children of different ages, with only one parent who can support the children. Whilst we have again shared our school laptops with the community (whilst we await the promised government laptops) and provided IT support via Education South West, the trust which we are part of. However, anyone who has had an online meeting will know that technology can be challenging. Now imagine trying to support a 4-year-old, 8-year-old, and 13-year-old whilst working. This is the reality for many families.

As is the case in many schools, we have a much higher percentage of children attending school. This is due to the definition of critical workers being broader than before, however, we still have families who do not meet the criteria but are begging for their children to be allowed into school. This adds to our workload and whilst we want every child in school, we are trying to balance this desire with the very clear message that if possible, people need to remain at home.

Despite having six staff who are unable to work in school, we are working incredibly hard as a team and trying to support all our families as well as we can. Messages like this from parents have kept us going:

'Whilst this is not a situation any of us want to be in, I feel very fortunate to be at Christow, and am hugely impressed by what you and the team have achieved this week to keep learning going for the children. I also think the communication has been excellent.'

On behalf of Christow Community Primary School, I hope that readers are staying safe and well. If any readers have any suggestions as to how our school can help support the wider community, then please let us know.

If you are interested in registering your child at the school or preschool, then please look at our virtual tour of the school <http://www.christowprimary.org.uk/virtual-tour/> do not hesitate to contact Mrs. Fleming on (01647) 252542 or email reception@christowprimary.org.uk for more information.

TVCH ART COMPETITION

Background

The almost zero footfall over the last 4 months has enabled an acoustic, aesthetic, and hopefully warmer transformation, of the Teign Valley Community Hall.

A team made up of professionals and volunteers has fitted acoustic clouds in the foyer, special panels to the walls in the Main Hall and acoustic tiles to the ceiling in the Bowden Room. In addition, low noise, re-circulating fans have been fitted to ensure better heat distribution in the Main Hall. Finally as the paint surfaces were looking tired they have been dealt with as well.

At the conclusion of the main work there were 12 panels left over. These have been installed in the passage way from the foyer to the south door. This 11metre long corridor is boring and rather than paint the panels ourselves we have decided to offer the opportunity to transform these five blank canvases to creative folk in or connected to the valley.

The Design Challenge

We would like to hear from individuals or groups who have the talent and skills to create a design which they can transfer to one or more of the panels. The design needs to transform the space and be timeless.

It could create a space for quiet reflection, it might inform, energise, uplift, amaze, intrigue, astound or impress. Although the valley is interesting and beautiful and may inspire the design, it need not dictate the form that this takes.

A detailed design brief and timetable will be available soon- watch this space and/or get in touch with Jill Arthur on 01647 252922 or email himalayantoad@hotmail.com

DODDI 100 CLUB

The winners of the Doddi 100 Club Christmas Superdraw were:

- 1st Malcolm Crow
- 2nd Patricia Mitchell
- 3rd Ali Porter
- 4th Maggie Turney

To join in and support Doddi School, Pre-School and Church please contact Kate Berry - 01647 253232 / kate@tjbrec.co.uk

TEIGN VALLEY HISTORY GROUP

On Tuesday 12th January, Derek Gore took us on a fascinating journey in the footsteps of the Vikings in the West Country. We learned that the first Viking raiders were almost certainly Norwegian though the term 'Danes' later came to describe both Norwegian and Danish invaders. The Norsemen would have had a fairly easy journey from their homeland to the Isles of Orkney and Shetland and from there would have travelled round the East and West coast of the mainland to eventually reach our shores.

As their ships improved, becoming faster and more lightweight, they could be sailed or rowed to land on beaches or mudflats without the need of harbours. People in nearby villages who saw the Viking ships land would have been shocked and horrified with good reason. The attacks were savage. Churches, monasteries and rich or royal estates were mercilessly plundered and people slaughtered. Three kingdoms of what was to become England had been taken by the Vikings when King Alfred defeated them in Wessex but by the second Viking age, c980 – c1069, Ethelred of England was toppled by the Danish Knut who became king. In 1001 a Viking force penetrated the Teign and burned Teignton. The population sued for peace, in other words, paid the Vikings to go away, which they did, sailing off to attack Exeter. Stirring tales indeed.

Next meeting of the history group is on March 9th at 7.30.

BRIDFORD AND TEIGN VALLEY GARDENING CLUB

Committee members have been working remotely to put together a 2021 programme. This will be very similar to that not followed in 2020 due to the pandemic. There will be no lunch gathering nor meeting in February. We will wait before deciding what to do about March (watch this space) and the hope is that we can restart outdoor visits from April, following the covid restrictions at that time.

Newsletters will continue going to members, who will be offered a one-off, reduced membership fee in 2021. New members are welcome at £6 per head for the year.

TRUSHAM MEMORIAL BENCH

It was with the saddest of starts to 2020. We lost David 'Daj' Davies on 19th January and 5 weeks later Daj's good friend and neighbour of nearly 30 years Roger Northcott passed on 22nd February.

Daj spent 39 years in Trusham many of those supporting the local committee as the treasurer and his tireless work on getting the Teign Valley Community hall built is still spoken about, helping secure the lottery funding needed.

Caroline, Daj's daughter was keen to have something in Trusham to remember her father by and as Roger was such a good friend wanted to include him, so they came up with the idea of a bench. The site was obvious, a copse close to both Daj's and Rogers homes just by the War memorial. Diana, Rogers wife and family were delighted with the idea.

So, during the first lockdown a plan was hatched, Caroline and her husband Tom would hold table top sales at the end of the drive! At weekends throughout the summer cakes were baked, plants, jigsaws, books and bric-a-brac were donated and sold. A grand total of £890 was raised by sales and donations. A massive effort and thank you to everyone who bought and/or donated goods or cash.

Audrey & John Compton of Deer Park Farm donated the Oak for the bench, the landowner gave permission for the bench to be sited and Rowan Stickland was commissioned to build it.

It is now sited and looks amazing. The views across the hills to Farley Farm, Chudleigh and beyond are beautiful. It is the perfect resting place to contemplate and remember both Daj and Roger who were the best of friends.



TEIGN VALLEY LARDER



A new year, a new home?

The Holy Grail for the Teign Valley Larder is a permanent site in Christow, which would not only provide the largest selection of items but would also serve as a home for the store cupboard, where we would store items not out on display.

We have been very fortunate so far in that kind residents have donated space in garages and sheds, and St James's church in Christow has allowed us to use the church porch right from day one.

A substantial trailer has always been at the top of our list for a more permanent home, and has always trumped other options in terms of versatility. Its only major drawback has been an available site upon which to place it, even on a temporary basis.

Needless to say, this has left us feeling frustrated, especially since we have the funding to buy one and to kit it out according to our needs.

Thankfully, we are very pleased to report that the Parochial Church Council has stepped in and allowed the Teign Valley Larder to use space within St James's church for a trial period subject to review later in the year. If all goes to plan, then we will use the funds raised to fit out the new home, and maybe buy a smaller trailer for storage, which could be kept elsewhere.

Talking of churches, the church hall in Ashton has become the new home for the village's collection box. The donation box is still in Lower Ashton opposite the Manor Inn.

Finally, the Christmas Dinner service was successful, with the joint enterprise of Acorn Community Support, the Teign Valley & Haldon Hill Mission Community, and Teign Valley Larder providing Christmas Dinners to 35 local residents – most of them on their own for Christmas Day. We would like to thank all of them who responded by making a donation, as well as the volunteer team of drivers who made the deliveries.

As always, thank you to everyone who has donated money and/or food, and you can always check teignvalley.org for items that are in short supply (supplies of UHT milk are currently running low!).

TEIGN GREENS

@ OXEN PARK FARM

COMMUNITY POWERED VEG

Signs of a spring awakening have been around for a couple of weeks already, as dusk creeps later and later each afternoon. I notice the crisp white snowdrops at the end of the garden, heralding the warmer times to come.

Each day the postman brings another bulky parcel of seeds. Packets of potential that will be transformed into tonnes of beautiful vegetables over the next 12 months. Many of our organic wholesale seed suppliers have had to temporarily close after being inundated with orders this year - a good sign that lots of people are turning to growing vegetables in our Covid 19 times.

Some of the seeds have such romantic names; Chioggia, Robushka, Cyindra and Burpees will all be beetroots of different crimson shades. Cabbages have mysterious names like Dowinda, Rodynda, Fildekraut and Langedijk while the onions; Red Baron, Jet Set and Sturon make me think of aerial fighters of one sort or another.

All the seed we use here is organic and most varieties are open-pollinated. This means we can save the seeds for next year from many of the crops - creating resilient races of plants that are best suited to our warm, wet Devon climes. This year we'll be saving seed from as many different plants as we can.

February is also the month to start sowing our first seeds of the year. Chillis and aubergines will be first, seed trays balanced on all the south-facing windowsills in the house. In the polytunnel we'll sow radish, spring onions and spinach to top up the veg bags during the lean months of April and May. It's always easy to get carried away in February, excited about Spring to come. But beware! It's still too early to sow most things - and plants like tomatoes will grow leggy and weak with lack of light, if they germinate at all. So my advice would be to wait until mid-march if you can bear it. Another good February job you can do at home is planting broad beans in deep module trays inside and, if the ground is dry enough, start preparing beds for summer. Some of ours will get a generous spreading of compost or manure this month ready for the good times ahead.

In the Teign Greens veg bags at this time of year are the last cabbages and sprouts, delicious carrots, parsnips and beets from the store as well as swede, celeriac and turnips. Also from our stores will be onions, garlic, squash and spuds. Outside the kale and chard are still going strong and most weeks we'll have our fresh salad mix too. We're chuffed that we've reached capacity of 50 weekly veg bag members, so from now we'll have a waiting list for people to sign up. Contact us if you'd like to know more.

Tim Dickens is a grower at Teign Greens @ Oxen Park Farm, Ashton
Email: teingreens@gmail.com Facebook @TeignGreens

ACORN COMMUNITY SUPPORT



Business as Usual At Acorn

Acorn Community Support continues to be available to anyone who needs a helping hand. If you personally, or you know of a friend or neighbour who needs some help, please do not hesitate to contact us. Over the last 10 months we have been able to flex and adapt and help everyone who has come to us, regardless of what help has been required. Some examples of the support provided are:

- Provision of shopping buddies and telephone buddies
- Access to Acorn's Cashpoint machine
- Transport to medical appointments
- Transport to Vaccination Clinic appointments
- A regular befriending service
- A listening ear
- Prescription deliveries
- Financial support

Particularly over the coming weeks, if people need transport to get to the vaccination clinics, please do not hesitate to ring. We have plenty of lovely drivers who are happy to help and will transport you to your appointment in a covid secure way.

Financial Hardship

For any individuals or families who are feeling financial pressures as a result of the pandemic, we have been alerted to a hardship fund that is accessible through St Basils Church Neighbourhood fund. The community fundraised pot of money is there to enable emergency grants (up to £300) to help if someone is unable to buy groceries, pay bills, fix a car, replace household appliances etc. All applications will be confidential and for more information you can visit <https://www.stbasils.church/neighbourfund> or email felicity@stbasils.church.

In the meantime, please keep yourselves safe and healthy and we very much look forward to getting some of our more usual services up and running asap.

Best wishes

The A(corn) Team



Take a cup of kindness

The title for this article makes up part of a verse from Robert Burns' poem Auld Lang Syne; and whilst singing these words on New Year's Eve, I realised that probably what we all need right now is to 'take a cup of kindness'.

When we think of ourselves as being kind, it's usually when we've acted with genuine compassion and thoughtfulness towards someone or something else.

How often are we truly kind to *ourselves*? Kind in the same way that we would be towards someone we love?

I think it's safe to say that the majority of us spend more time, care and energy looking after our house, car and garden than we do ourselves! We could all benefit from more self-care.

A good place to start is to think about what you would do for a friend in a moment of need, so that they felt loved, peaceful, joyful and content. Then think of ways that you could begin to weave that same level of care into your life for yourself. When do you feel loved, peaceful, joyful and content?

Buddha said: 'You yourself, as much as anybody in the entire universe, deserve your love and affection.'

So take a cup of kindness for yourself; you are certainly worthy of it.

With love and appreciation!

Joe Arnold (Doctor of Chiropractic, MChiro) & Jess Gordon

Dartmoor Chiropractic

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SURGERY TIMETABLE**

CHERITON BISHOP SURGERY

OPEN SURGERY: 8am to 9.30am Monday to Friday. Two doctors will be available for the open surgery each morning. No appointment necessary.

Appointment Surgeries: mornings

Dr Hamilton	Monday	10.0am to 11am
Dr Hamilton	Thursday	8.30am to 11.00am
Dr Vaile	Monday/Thursday Wednesday	8.30am to 11.00am 10.00am to 10.50am
Dr Singhera	Tuesday Friday	9.30am to 11.00am 8.30am to 11.00am
Practice Nurse	Mon/Wed	9.00am to 12.30pm
Practice Nurse	Friday	9.00am to 12noon
Health Care Assistant	Mon/Tues/Wed Thursday Friday	8.30am to 12.30pm 8.30am to 11.10am 8.30am to 11.30am

Appointment Surgeries: afternoon

Dr Clunie	Monday	2.50pm to 17.10pm
Dr Singhera	Monday	2.40pm to 17.10pm
Dr Hamilton	Tuesday	2.50pm to 4.50pm
Dr Hayter/Dr Clunie	Tuesday (Alternate)	2.50pm to 4.50pm
Dr Singhera	Tuesday	1.30pm to 5.00pm
Dr Vaile	Wednesday	2.30pm to 4.30pm
Dr Hayter	Friday	3.00pm to 4.30pm
Practice Nurse	Monday	2.00pm to 4.30pm
Practice Nurse	Tuesday	2.00pm to 6.50pm
Practice Nurse	Thursday	2.00pm to 5.30pm

Evening Surgery: Cheriton Bishop only

We recognise the need for those who work to be able to access a convenient surgery appointment time, so there will be an evening clinic on Tuesdays run by Dr Clunie and Dr Hayter by appointment.

Branch Surgery - Christow - by appointment only

Dr Hayter	Monday	8.20am to 10.20am
Dr Singhera	Monday	8.30am to 11.30am
Dr Hamilton	Tuesday	8.30am to 10.30am
Dr Clunie	Wednesday	2.30pm to 4.30pm
Dr Hayter	Thursday	3.00pm to 5.00pm
Dr Singhera	Thursday	2.50pm to 5.30pm
Dr Clunie	Friday	3.00pm to 4.30pm
Practice Nurse	Tuesday	8.30am to 11.30am
Practice Nurse	Wednesday	2.00pm to 4.30pm
Practice Nurse	Thursday	2.00pm to 5.00pm
Practice Nurse	Friday	2.00pm to 5.00pm
Health Care Assistant	Monday/Tuesday	8.30am to 11.30am

TO MAKE AN APPOINTMENT FOR ANY SURGERY OR SPEAK TO A DOCTOR:

Please ring 01647 24272 Monday to Friday between 8am and 6pm (except Bank or statutory holidays).

OUT OF HOURS When the surgery is closed and you need to speak to a doctor please ring 111. **IN AN EMERGENCY TELEPHONE 999**

MORETONHAMPSTEAD SURGERY
01647 440591

Dr Sadie Penfold	Monday	08:30 - 11:30am
HCA Clinic – Paula	Monday	07:50 - 12:30pm
Dr Sadie Penfold	Monday	3:00 - 7:00pm
HCA Clinic – Paula	Monday	2:10 - 4:30pm
Practice Nurse	Monday	3:00 - 7:00pm
Dr Tom Waterfall	Tuesday	08:30 - 11:00am
Midwife – alt weeks	Tuesday	09:00 - 1:00pm
Dr Tom Waterfall	Tuesday	3:00 - 5:30pm / alt weeks 6:30 - 7:30pm
Practice Nurse	Tuesday	2:00 - 4:50pm
Health Visitor alt weeks	Tuesday	1:30 - 3:30pm
Dr Sadie Penfold	Wednesday	09:30 - 12:30pm
Dr Tom Waterfall	Wednesday	08:30 - 10:30am/ Manaton 11:30 - 12:30pm
Practice Nurse	Wednesday	08:30 - 12:00pm
Dr Tom Waterfall	Wednesday	3:30 - 5:30pm
Practice Nurse	Wednesday	2:00 - 4:50pm
Dr Sadie Penfold	Thursday	08:30 - 11:30am
Dr Tom Waterfall	Thursday	08:30 - 11:00am
Practice Nurse	Thursday	09:00 - 12:00pm
Nail Cutting Clinic	3 rd Thursday	09:00 - 12:00pm
Dr Sadie Penfold	Thursday	3:00 - 5:30pm
Dr Tom Waterfall	Friday	09:30 - 11:00am Drop in clinic
HCA Clinic – Paula	Friday	08:30 - 12:00pm
Dr Tom Waterfall	Friday	2:30 - 4:50pm

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7 2 Before Lent	<p>9:00am Worship at Home: Scattered Church by Telephone <i>Other</i></p>					
	<p>10:30am Holy Communion at Dunsford <i>Order 1</i></p>					
14 Sunday Before Lent	<p>9:00am Worship at Home: Scattered Church by Telephone <i>Other</i></p>					
	<p>10:30am Holy Communion at Dunsford <i>Order 1</i></p>					
17 Ash Wednesday	<p>6:00pm Ash Wednesday - Telephone Service <i>Other</i></p>					
21 Lent 1	<p>9:00am Worship at Home: Scattered Church by Telephone <i>Other</i></p>					
	<p>10:30am Holy Communion at Dunsford</p>					
28 Lent 2	<p>9:00am Worship at Home: Scattered Church by Telephone <i>Other</i></p>					
	<p>10:30am Holy Communion at Dunsford <i>Order 1</i></p>					

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