

THE HARTLAND POST

First published in 2015, in the footsteps of
Thomas Cory Burrow's "Hartland Chronicle" (1896-1940)
and Tony Manley's "Hartland Times" (1981-2014)



ANNOUNCEMENTS

Juliet Zalewski & Victor Blanchet were married in Spain on 11 October. Proceedings were interrupted by a massive thunderstorm but this did nothing to dampen spirits and the party continued long into the night. Juliet's parents live on West Street, Hartland and Victor is from Versailles, France; he was adopted by Hartland during lockdown.



RUBBISH & RECYCLING

COLLECTION DATES

Black bags (household rubbish)

December 9, 23
January 6, 20
February 3, 17
March 3, 17

Recycling & food waste Every Wednesday

Green wheelie bins

December 8
January 5, 19
February 2, 16
March 2, 16

NB: Bins need to be put out the night before collections but not earlier (especially if it's windy!)



CONTENTS

Page 2	Christmas Greetings A Christmas Attraction!
Page 3	Announcements Farewell To
Page 4	News from Hartland Surgery
Page 5	Baker Estates The W.I Household Support Fund
Page 6	Tidal Predictions
Page 7	Notes from the Osteopath News from Hartland Quay
Page 8	Hartland Weather Do you have Parkinson's Mocean Samba
Page 9	Barn Nativity in Woolsey Royal British Legion
Page 10	Paul Wilkinson
Page 11	Hartland Art & Craft Club Free 'do no knock' stickers Hartland Local & Natural History Group Hartland Garden Society
Page 12	Hungry Hartland
Page 13	Cook's Corner What's on at The Anchor
Page 14	Cyril & Rita Walker Painting and Poetry
Page 15	Hartland Town Band Report
Page 16	Hartland Parish Council
Page 17	News from Welcombe Hartland Farmer's Market Atlantic Academy
Page 18	News from Resurgence
Page 19	News from Hartland Primary School Hartland Players
Page 20	Hartland Recreation Ground Hartland Garden Society
Page 23	Jack Cory
Page 24	Hartland Fitness Let's Cook
Page 26	St. Nectan's Church

A CHRISTMAS ATTRACTION!

The community has joined together to create a street window advent calendar. Starting at number 12 Fore street (the old Forge). The displays will be illuminated from dusk to 9pm. The route and leaflets can be found at the Post Office. Enjoy the count down to Christmas and don't miss this lovely seasonal event!

Joy Cooper

NEWS *from* HARTLAND SURGERY



A new member of the Team...

In the last edition of the Hartland Post we shared the news that our Healthcare Assistant, Shirley, had retired after 13 years at Hartland Surgery. Her departure left a big gap in our nursing team however we are delighted to announce that this position has now been filled.



We are very excited to welcome Poppy Clarke as our new Healthcare Assistant working alongside Lisa.

Poppy brings a wealth of experience from her previous role as Healthcare Assistant at Northam Surgery and many of you will already know her as she lives in Hartland.

Our HCAs are a vital part of the practice team and play an essential role in keeping our patients healthy. They work closely with the GPs and our Practice Nurse and carry out a wide range of important tasks which include:

- taking blood samples and recording blood pressures, height and weight
- administer flu, B12, pneumonia and shingles vaccinations
- undertake NHS Health checks for patients between the age of 40 & 74
- offer lifestyle advice
- carry out wound care and dressings
- undertake ECGs

We are really thrilled that Poppy has joined our nursing team.

She brings great enthusiasm and kindness and we know she will help us continue providing the caring, friendly service that makes our Surgery so special.

Thank You for Supporting Our Vaccination Clinic...

We would like to extend our sincere thanks to everyone who attended our vaccination clinic on Saturday 4th October and for helping the day run so smoothly and successfully.

While it may seem like everything happens in a single day, the planning for our flu and COVID vaccination clinics actually begins a full year in advance. Each October, we place our vaccine orders for the following year and in the spring, we review the updated eligibility criteria, which often change from year to year, to ensure we are ready to invite the correct patient groups.

From the 1st September, our admin team begins sending out invitations, mostly via text message, but many of our patients still receive a phone call or letter to make sure no one is missed.

When the big day finally arrives, it's all hands on deck at the surgery. You will see many of our staff working at the clinic, but there is also a dedicated team of three behind the scenes, carefully recording every flu and COVID vaccination into your clinical records. This is a detailed and time-consuming process, and once the clinic ends, the whole team works together to ensure all records are up to date and often this goes well into the evening.

This year, we are proud to have delivered around 1200 vaccinations in a single day. An incredible team effort! Thank you once again for your support and cooperation in helping make our vaccination clinic such a success.

We are an official Bra Bank Holder...

We are now an official bra bank holder for Against Breast Cancer.



By donating your unwanted bras helps fund pioneering breast cancer research with *Against Breast Cancer*. Through the bra recycling initiative, collected bras are reused or recycled, preventing landfill waste, creating jobs, and raising vital research funds.

Each kilo of bras collected raises about £1, so every bra makes a difference!

Our bra bank (Bra Bin) is bright pink and currently sits in the waiting room (you cant miss it!). So, clear out those drawers and drop those bras in our bra bin during our opening hours.

Keeping your records up to date is so important...

Having an up-to-date mobile phone number on your record means that we can reach you with test results, appointment reminders, and vaccination invitations. It is much more efficient for us to send text message reminders as it not only arrives much quicker but it is also much more cost effective especially with the rising cost of postage and consumables.

If we don't have your mobile number or you believe it may be out of date, please contact us and we can add this to your record.

Fundraising...

Dr Austin Connor's 'via Francigena' Ultra Challenge

In the last edition, we shared that Dr. Austin Connor had embarked on an incredible 1,000 km journey along the Via Francigena, walking from the St Bernard Pass to Rome in memory of his wife, Sarah, and in support of the North Devon Hospice.

For those who haven't been following his adventure on Facebook, we are thrilled to report that after 43 days of walking, Dr. Connor successfully reached the Vatican on 14th October!

At the time of writing, his JustGiving page shows an amazing £5,375 raised, which includes £104.03 collected here at the Surgery.

A heartfelt thank you to everyone who has supported this incredibly worthy cause and a huge WELL DONE, AUSTIN!

Wear it Pink

Once again this year, the Surgery put up its pink bunting and the staff wore pink for the week to raise money for Breast Cancer Now. Breast Cancer Now does not received any government funding, so its only thanks to the generosity of supporters like you that helps them continue their life-changing work. This year we raised £160 – amazing.

Thank you to everyone who donated.

PUBLIC EXHIBITION – PROPOSED DEVELOPMENT *at* PENGILLY WAY, HARTLAND

Baker Estates, a Devon-based housebuilder, invites residents to a public exhibition to view and comment on their plans for the residential development of land adjacent to Pengilly Way, Hartland.

The site has outline planning permission for up to 50 homes (granted April 2024, ref. 1/0782/2021/OUTM), and detailed designs are now being prepared ahead of a reserved matters application.

All exhibition material will be available online from 9th December at www.bakerestatesconsultation.co.uk.

For any enquiries, please contact Baker Estates
on 0808 169 9116

or email consultation@bakerestatesltd.co.uk.

Hello Ladies,

We are nearing the end of another very successful year for Hartland W.I. Our coffee morning to raise funds for the Devon Air Ambulance was a huge triumph raising over £1,500, including some generous donations from people who live in the village, many thanks to everyone who gave, helped, baked and gave support to the event.

Our next fund raiser was a Tabletop sale in the Parish hall on the 8 November to raise funds for Hartland School who need a white board for the pre-School. It is important that the younger children can be taught with modern equipment to help them in their early years at school. We are working in conjunction with the school's PTA and some of the parents and children helped on the day.

Our trip to the Quince Farm was very enjoyable and all who went had a great time at the Market and then on to a lovely lunch. It was nice to go somewhere different without travelling too far. The next coach trip is to Truro Christmas Market on the 4 December. This is a very popular event so please avoid disappointment and book your seat! Everyone is invited to come along. There will be a tea/coffee break on the way, but we will be coming straight back on the return journey as it will be dark. Our Driver will drop us off where he can stop safely so let us know, within reason, where you would like to be dropped off. Contact Ann Heard on 441251 if you would like to join us.

Next year in March and again in October there will be a large Craft Fair in Exeter, the entrance fee will be £12 + the cost of the coach, depending on the response. Again this trip will be open to, all including local people.

Our new program will be in print after Christmas, full of ideas for the coming year.

The Ladies of Hartland W.I. wish you all a very Happy Christmas.

Val Sheppard, President

01237 441652 - Val, President

07733 297847 - Sue, Events Organiser

01237 441251 - Ann, Coach Bookings

HOUSEHOLD SUPPORT FUND

If you or anyone you know is in need this autumn, please point them in the direction of the household support fund.

The Household Support Fund is designed to provide financial help to Torridge residents.

The fund can pay for:

- Assistance with energy costs
- Contribution towards essentials
- White goods

Apply now - <https://orlo.uk/xrSI>

01271 371 499 - Encompass Southwest

TIDAL PREDICTIONS

From 31 March please add 1 hour to tide times for BST

ENGLAND - CLOVELLY

LAT 51°00'N LONG 4°24'W

TIME ZONE UT(GMT)

TIMES AND HEIGHTS OF HIGH AND LOW WATERS

YEAR 2026

JANUARY				FEBRUARY				MARCH				APRIL			
Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m
1	0317 7.3	16	0409 6.8	1	0511 8.0	16	0510 7.5	1	0412 7.4	16	0401 6.9	1	0517 8.1	16	0440 8.0
TH	0946 2.0	F	1030 2.4	1145 1.1	1135 1.5	SU	1044 1.4	1023 1.8	1147 0.7	1107 0.8	TH	1107 0.8	1147 0.7	1107 0.8	1147 0.7
	1549 7.6		1632 6.8	1738 8.0	1730 7.5		1641 7.5	1624 6.9	1736 8.0	1701 8.0		1736 8.0	1736 8.0	1701 8.0	1736 8.0
	2216 1.7		2251 2.2	2349 1.4	2349 1.4		2301 1.4	2241 1.7	2357 0.7	2326 0.7		2357 0.7	2357 0.7	2326 0.7	2357 0.7
2	0418 7.8	17	0452 7.2	2	0002 1.0	17	0546 7.9	2	0500 8.0	17	0440 7.5	2	0553 8.2	17	0520 8.4
F	1050 1.6	SA	1115 2.1	0559 8.4	1212 1.1		1212 1.1	1133 1.0	1215 0.7	1103 1.3		1219 0.7	1149 0.5	1149 0.5	1149 0.5
	1649 7.9		1713 7.2	1233 0.8	1805 7.8		1805 7.8	1724 8.0	1724 8.0	1700 7.5		1810 8.1	1740 8.3	1740 8.3	1740 8.3
	2314 1.4		2332 1.9	1823 8.2	1823 8.2		1823 8.2	2346 0.9	2346 0.9	2320 1.2					
3	0514 8.2	18	0530 7.6	3	0046 0.8	18	0026 1.1	3	0543 8.4	18	0516 8.0	3	0032 0.7	18	0008 0.5
SA	1148 1.2	SU	1155 1.8	0641 8.6	0621 8.3		0621 8.3	1215 0.7	1215 0.7	1143 8.8		0625 8.2	0601 8.6	0601 8.6	0601 8.6
	1743 8.2		1749 7.4	1314 0.6	1248 0.8		1248 0.8	1804 8.2	1804 8.2	2358 0.8		1251 0.8	1230 0.4	1230 0.4	1230 0.4
				1903 8.3	1839 8.1		1839 8.1					1841 8.1	1820 8.5	1820 8.5	1820 8.5
4	0008 1.2	19	0009 1.7	4	0124 0.7	19	0100 0.8	4	0027 0.7	19	0553 8.4	4	0102 0.8	19	0049 0.4
0606 8.5	0607 7.8		0607 7.8	0721 8.6	0656 8.5		0656 8.5	0620 8.6	0620 8.6	1221 0.5		0656 8.0	0643 8.6	0643 8.6	0643 8.6
SU	1240 1.0	M	1232 1.5	W	1320 0.7		1320 0.7	1251 0.6	1251 0.6	1811 8.3		1318 0.9	1309 0.4	1309 0.4	1309 0.4
	1833 8.3		1825 7.6	1941 8.2	1913 8.2		1913 8.2	1839 8.3	1839 8.3			1910 7.9	1901 8.5	1901 8.5	1901 8.5
5	0057 1.1	20	0045 1.5	5	0158 0.8	20	0133 0.7	5	0100 0.6	20	0036 0.5	5	0130 1.0	20	0129 0.5
0654 8.6	0642 8.0		0642 8.0	0758 8.4	0731 8.5		0731 8.5	0655 8.5	0655 8.5	0629 8.6		0725 7.8	0725 8.4	0725 8.4	0725 8.4
M	1326 0.9	TU	1306 1.3	TH	1422 0.9	F	1353 0.7	TH	1321 0.6	F	1257 0.4	SU	1344 1.2	M	1348 0.7
	1920 8.3		1859 7.8	2016 8.0	1947 8.2		1947 8.2	1912 8.3	1912 8.3	1847 8.5		1939 7.7	1943 8.2	1943 8.2	1943 8.2
6	0139 1.1	21	0117 1.3	6	0230 1.1	21	0205 0.8	6	0131 0.7	21	0111 0.4	6	0156 1.3	21	0208 0.8
0739 8.6	0717 8.1		0717 8.1	0832 8.1	0807 8.4		0807 8.4	0727 8.4	0727 8.4	0706 8.7		0754 7.4	0809 7.9	0809 7.9	0809 7.9
TU	1409 1.0	W	1340 1.2	F	1452 1.3	SA	1426 0.8	F	1349 0.8	SA	1331 0.4	M	1408 1.5	TU	1427 1.1
	2003 8.1		1934 7.8	2049 7.6	2023 8.0		2023 8.0	1943 8.1	1943 8.1	1923 8.4		2008 7.3	2027 7.7	2027 7.7	2027 7.7
7	0220 1.3	22	0151 1.3	7	0300 1.4	22	0239 1.0	7	0159 0.9	22	0146 0.5	7	0223 1.6	22	0252 1.3
0822 8.4	0752 8.1		0752 8.1	0905 7.6	0844 8.1		0844 8.1	0758 8.1	0758 8.1	0744 8.5		0823 7.0	0858 7.3	0858 7.3	0858 7.3
W	1449 1.3	TH	1414 1.2	SA	1520 1.7	SU	1500 1.2	SA	1416 1.1	SU	1405 0.6	TU	1435 1.9	W	1511 1.7
	2045 7.8		2009 7.8	2122 7.2	2100 7.7		2100 7.7	2012 7.7	2012 7.7	2000 8.2		2038 6.9	2119 7.2	2119 7.2	2119 7.2
8	0258 1.5	23	0225 1.3	8	0330 1.9	23	0314 1.4	8	0226 1.3	23	0221 0.8	8	0253 2.1	23	0343 1.8
0904 8.0	0829 8.0		0829 8.0	0938 7.1	0924 7.6		0924 7.6	0827 7.6	0827 7.6	0823 8.1		0855 6.5	0955 6.6	0955 6.6	0955 6.6
TH	1527 1.6	F	1448 1.3	SU	1548 2.1	M	1536 1.6	SU	1441 1.5	M	1439 1.1	W	1503 2.4	TH	1604 2.2
	2126 7.4		2046 7.6	2156 6.7	2141 7.2		2141 7.2	2041 7.3	2041 7.3	2039 7.7		2113 6.4	2222 6.6	2222 6.6	2222 6.6
9	0336 1.9	24	0259 1.5	9	0401 2.4	24	0355 1.9	9	0252 1.7	24	0258 1.3	9	0330 2.5	24	0452 2.2
0945 7.5	0907 7.8		0907 7.8	1015 6.6	1011 7.0		1011 7.0	0856 7.1	0856 7.1	0906 7.5		0934 6.0	1107 6.1	1107 6.1	1107 6.1
F	1604 2.0	SA	1524 1.5	M	1622 2.6	TU	1621 2.2	M	1506 2.0	TU	1518 1.6	TH	1542 2.8	F	1720 2.6
	2207 6.9		2126 7.4	2238 6.2	2234 6.6		2234 6.6	2111 6.8	2111 6.8	2124 7.2		2201 5.9	2343 6.3	2343 6.3	2343 6.3
10	0414 2.3	25	0337 1.7	10	0442 2.8	25	0449 2.4	10	0320 2.2	25	0343 1.8	10	0421 2.9	25	0621 2.4
1028 7.1	0950 7.5		0950 7.5	1102 6.0	1116 6.4		1116 6.4	0928 6.6	0928 6.6	0957 6.8		1032 5.5	1234 6.0	1234 6.0	1234 6.0
SA	1644 2.4	SU	1604 1.8	TU	1712 3.1	W	1726 2.7	TU	1534 2.5	W	1606 2.2	F	1643 3.2	SA	1854 2.6
	2253 6.5		2211 7.0	2337 5.7	2352 6.1		2352 6.1	2147 6.3	2147 6.3	2222 6.5		2318 5.5			
11	0457 2.7	26	0420 2.1	11	0550 3.2	26	0620 2.8	11	0356 2.7	26	0444 2.4	11	0552 3.1	26	0112 6.4
1116 6.6	1040 7.1		1040 7.1	1214 5.6	1249 6.0		1249 6.0	1008 6.0	1008 6.0	1108 6.1		1209 5.2	0749 2.2	0749 2.2	0749 2.2
SU	1731 2.8	M	1651 2.2	W	1841 3.3	TH	1917 2.9	W	1613 3.0	TH	1718 2.7	SA	1839 3.2	SU	1358 6.2
	2347 6.2		2306 6.6					2237 5.8	2237 5.8	2347 6.0			2015 2.2	2015 2.2	2015 2.2
12	0554 3.0	27	0514 2.4	12	0114 5.6	27	0138 6.1	12	0452 3.2	27	0627 2.7	12	0106 5.6	27	0226 6.8
1215 6.2	1143 6.7		1143 6.7	0740 3.3	0820 2.6		0820 2.6	1110 5.4	1110 5.4	1247 5.8		0736 2.9	0857 1.8	0857 1.8	0857 1.8
M	1835 3.0	TU	1754 2.5	TH	1402 5.5	F	1432 6.2	TH	1726 3.4	F	1913 2.8	SU	1355 5.6	M	1500 6.7
				2030 3.2	2057 2.5		2057 2.5					2010 2.8	2116 1.8	2116 1.8	2116 1.8
13	0056 6.0	28	0018 6.4	13	0248 5.9	28	0310 6.7	13	0005 5.4	28	0134 6.1	13	0224 6.1	28	0321 7.2
0709 3.1	0635 2.7		0635 2.7	0911 2.9	0943 2.1		0943 2.1	0644 3.4	0644 3.4	0816 2.4		0845 2.3	0950 1.5	0950 1.5	0950 1.5
TU	1328 6.1	W	1303 6.4	F	1523 6.0	SA	1548 6.8	F	1309 5.2	SA	1427 6.1	M	1456 6.2	TU	1548 7.1
	1956 3.0		1928 2.6	2141 2.8	2206 1.9		2206 1.9	1942 3.3	1942 3.3	2045 2.3		2111 2.2	2205 1.5	2205 1.5	2205 1.5
14	0211 6.1	29	0146 6.4	14	0349 6.5	29	0407 7.5	14	0208 5.6	29	0257 6.7	14	0316 6.8	29	0407 7.5
0830 3.0	0819 2.5		0819 2.5	1010 2.4	1033 1.2		1033 1.2	0833 3.0	0833 3.0	0931 1.8		0938 1.7	1033 1.2	1033 1.2	1033 1.2
W	1441 6.2	TH	1430 6.6	SA	1614 6.5	W	1629 7.5	SA	1451 5.6	SU	1532 6.8	TU	1542 6.9	W	1629 7.5
	2107 2.9		2059 2.4	2231 2.3	2248 1.2		2248 1.2	2105 2.9	2105 2.9	2150 1.8		2159 1.6	2248 1.2	2248 1.2	2248 1.2
15	0317 6.4	30	0309 6.8	15	0433 7.0	30	0446 7.7	15	0316 6.2	30	0354 7.3	15	0359 7.4	30	0446 7.7
0937 2.7	0942 2.1		0942 2.1	1055 1.9	1111 1.1		1111 1.1	0936 2.4	0936 2.4	1024 1.3		1023 1.2	1111 1.1	1111 1.1	1111 1.1
TH	1543 6.5	F	1547 7.0	SU	1654 7.0	TH	1705 7.7	SU	1544 6.3	M	1620 7.3	W	1622 7.5	TH	1705 7.7
	2204 2.6		2211 1.9	2312 1.8	2326 1.1		2326 1.1	2158 2.2	2158 2.2	2239 1.3		2242 1.1	2326 1.1	2326 1.1	2326 1.1
31	0417 7.4	31	0417 7.4	31	0438 7.8	31	0438 7.8	31	0438 7.8	31	0438 7.8	31	0438 7.8	31	0438 7.8
SA	1049 1.6	SA	1049 1.6	TU	1109 0.9	TU	1109 0.9	TU	1109 0.9	TU	1109 0.9	TU	1109 0.9	TU	1109 0.9
	1648 7.5		1648 7.5		1700 7.8		1700 7.8								
	2310 1.4		2310 1.4		2321 0.9		2321 0.9								

NOTES *from the* OSTEOPATH



“N” is for “neck”. Did you realise that your neck supports a weight equivalent to a bowling ball (about 12lbs or 6kgs) , and when you bend your head forwards you are putting tremendous amounts of strain on your neck. For every inch (about 2.5cms) you bend your neck forwards you can add about 10lbs (or 5kgs) to the weight of your head, so that if your neck is 2 inches forwards of an upright posture, it adds about 20lbs (or 9kgs).

This is fine in the short term, but if you are doing this on a regular basis (such as looking down at your mobile for long spells) it can put a huge strain on your neck, particularly the muscles at the back of the neck.



This can lead to referred pain either to the upper back and shoulders or up into the head causing headaches.

“O” is for “overdoing” it! This is the time of year when we have a lot on our minds, with presents to buy, food and drink to organise, as well as the odd Christmas card to write to distant relatives and remember to post in time! So don't be too hard on yourself. Take regular breaks, maybe a quick relaxation with a Mindfulness recording, or just go for a quick walk in the countryside or by the sea, and we are fortunate to have so many wonderful places to appreciate.



“E” is for “exercising” which I'm always rabbiting on about. A recent study has found that “walking for 50 minutes a day offers numerous health benefits, including improved cardiovascular health, better mood and energy, and weight management”. I also think that walking on uneven ground helps to stretch and exercise your muscles and can loosen up your joints.



“L” is for “lounging around”. No doubt we'll be doing a lot of this at Christmas, once we've spent hours preparing dinner and eating it! So be careful HOW you lounge around. Sitting in a sofa or armchair that is too low for you can cause your lower back to be too flexed (or rounded). Your low back or lumbar spine is meant to be extended (or arched) but when we sit without adequate support it can become too rounded and this can often cause pain. So just get a small cushion and put that in your low back and it'll help you to sit more upright and avoid slouching.

Wishing you all Merry Christmas and Happy New Year. If you would like to send some questions in which you think might be useful for future issues, then please email me on sally@sallylansdale.com.

I practice in Bideford and Woolsery and you can find more information at :

www.atlanticosteopaths.co.uk

NEWS *from* HARTLAND QUAY

Another season done!

Where does the time go?

This season was nice and busy – helped in no small part by the elements. It's been a long time since we've had such a consistent spell of good weather allowing so many locals to get down and swim at high tide. It was great to see so many from the village and surrounds down here so frequently.

We had to carry out some extensive engineering repairs to the main wall at the bottom of the slipway this summer. Thanks to Dave Hockin and his team for the great job. Thanks also to the local team of helpers who spent a day in early October repointing and repairing holes in the slipway; as always, it's greatly appreciated.

As usual, we've now opened the beach to dogs, and this will remain the case until the end of March.

Winter has seen the return of our pool and ladies' darts teams and it's nice to have them back each week with us.

We continue to host Christmas Parties during November and December and if anyone would like more information, please contact us at:

info@hartlandquayhotel.co.uk or 01237 441218.

Our folk nights continue to happen on the last Sunday of every month from 7pm except December.

As per previous years, our bedrooms will be closed over Christmas from December 23rd until January 1st inclusive, reopening for bookings from January 2nd.

The Wreckers Retreat Pub will be open as follows:

December 24th and December 26th to January 1st:
11am to 4pm (Food Served 12pm to 3pm)

Christmas Day:

Closed

From January 2nd we will reopen as normal for lunch & evening meals. Whilst December 28th is a Sunday, we will be running our normal menu on this day, not a roast.

*We would like to take this opportunity to
wish our staff, customers, friends & family a
Merry Christmas and Happy New Year.*

Donal & Sarah



HARTLAND WEATHER

August to October 2025

The early part of August carried on with the late summer conditions. Daytime highs, often around 20 to 25°. The hottest day of the month fell on the 12th with 28°. Overnight lows dropping down into the low teens on average with the coldest night of the month on the 22nd with just 9 degrees. Skies were a mix of warm sunny spells and occasional Atlantic-driven showers with breezy coastal mornings. Sea temperatures were still mild, according to The Mermaids! A pleasant summer month although with the usual coastal variability - long sunny spells, some sea breeze and the odd rain shower. Rainfall for the month totalled just 30mm, well below historical averages around 90 mm. Solar came in at 465 kWh which is around average for August.

Moving into September, the weather gradually shifted towards a more autumnal feel: maximums tended to fall between 18-22° with the warmest day on the 6th with 22°. Overnight lows dropped back to mid teens with just 6° for two consecutive nights on 22nd and 23rd. The transition to cooler days was quite noticeable as the season changed.

This month produced more frequent breezy days, especially on exposed coastal routes and more cloud cover compared to August. It was also a wetter than a normal month with 131 mm, which mainly fell over three days. Average for the area is normally around 90mm. Solar production was 332 kWh, more than last year but more in line with what we would expect in September.

By October, the shift in weather was clear. Daytime temperatures on average were often in the 13-17° bracket with the first two days of the month reaching 18°. Overnight lows, as we expect in this month, stayed in single digits the lowest being 6°.

As is normal for this month, we experienced more windy and overcast days, with the increasing likelihood of frontal systems passing off the Atlantic.

We expect an average rainfall of around 120mm in October, but with nine totally dry days, just 105mm was recorded. With the cloud cover that was present during the daytime, solar production was just 180 kWh.

As we go to print for the final edition of the year, I would like to wish all readers a very Merry Christmas and healthy and peaceful New Year.

My thanks as ever to Dr Patrick Moore for his kind permission to reproduce data from his website in the production of this weather report.

Check it out at hartlandweather.co.uk

Simon Phillips, Philham



We held a recruitment drive at Bude Carnival in the summer before the actual carnival which has increased our numbers that rehearse in Bude.

We then played a static set on The Bencoolen roundabout (just stepping aside for the sirens of a speeding fire engine heading out on a shout) before joining the main Carnival parade which is always well supported by onlookers.

We finished August by playing in the beer garden of The Kings Arms, Hartland which is always an enjoyable event with support from Dave and Mass playing an incredible Brazilian DJ set.

This year Sam and Kirsty from the Kings were helping to raise funds for Hartland Primary School to purchase a gazebo. We were delighted to help towards the £500 donation they made to the school.

We attended Bideford carnival in September but we must confess the organisation was a bit strange. It seems that Bideford think that onlookers only want to see the bagpipes playing.



Our last carnival this year has been Hatherleigh which we have played for three consecutive years now, the organisers are great and the supporters lining the streets were plentiful. The carnival proved a bit of a task for the organisers this year with a main road being closed and the procession having to re-route and be shorter, we however made up for this by playing a fantastic sounding static performance outside The George before following the lit tar sticks down the main high street.

We are always open to new members joining our Mocean family please get in touch.

We train at Hartland Primary School 7pm every Monday or Bude Methodist Church Hall 7pm every Thursday so come along and join us at either venue or both!!! If you are a trained musician or have absolutely no musical knowledge but would like to give it a try please contact Sallie on 07877 056823 for more information or email moceandrum@gmail.com

Also a reminder that Sallie now runs Hartland Youth Samba Band. They meet from 5-6pm on a Monday in Hartland Parish Hall. Children aged between 7 - 16 welcome.

Contact info as above.

Please get in touch if you would like to book us for any future events.

Follow us on Facebook and Instagram

DO YOU *have* PARKINSON'S?

*Would you like to meet other people like you?
Would you welcome some support? This may be for you!*

Join us for a cuppa and a chat at The Parkinson's Café, 2nd Tuesday of each month at The Anchor Inn, 10.30am - 12 noon. We offer an opportunity for local people affected by or living with Parkinson's to meet up, access information and find support. No formal membership is required and we are not 'medical' people. We want to make sure that support is available for those who want it and that no-one faces their diagnosis alone. It's OK to bring a friend/ family member / carer with you. We look forward to meeting you

For further details please ring Vera on 07876 524337
Lead Volunteer - Northern Devon Branch.

JOIN US *for a* MAGICAL BARN NATIVITY *in* WOOLSERY!

Come along for a festive Tractor Trailer ride to the Barn Nativity on Sunday, 14th December 2026.

Meet: Woolsery Hall car park to catch a lift

Nativity: Starts at 3:00 PM

Enjoy: Refreshments, The Wreckers Choir singing seasonal tunes, and the delightful Highford Donkeys to pet!

Return: Trailer rides to return you back to the village

Watch the Christmas story unfold with local actors and actresses—and we warmly encourage both the young and the young-at-heart to dress up and join in the fun!

Parking: Limited spaces at West Moor Farm for those unable to travel on the trailer. Lift sharing is encouraged, and car lifts can be arranged.

Need a lift? Contact:

Norman Andrew: 431400

Barbara Stevens: 07789 513046

Let's make this a joyful community celebration—see you there!

Louise Leonard

Woolsery PCC

Woolsery Youth Club Leader

Sunday 14th December 2025,
3pm the story begins

Nativity in a Barn
West Moor Farm, Woolsery

Tractor & Trailer Ride *Carols*

The Wreckers Coast Choir will be singing

2.15pm Tractor Trailer Rides from Village Hall Car Park
2.45pm Last Transport Run

Car sharing encouraged. Limited Car Parking available at Farm
Need a lift?

☎ Barbara Stevens 07789513046, Norman Andrew 431400

REFRESHMENTS MEET THE DONKEYS
DONATIONS WELCOME

ROYAL BRITISH LEGION *branch* HARTLAND

As we approach the annual AGM its an appropriate time to look back over the last year and review our activities.

We started 2025 with a musical quiz and took the opportunity of trialling a new variant of picture quiz. The latter created considerable interest and we intend to take this concept forward in 2026 with a jeopardy quiz where a quick answer earns more points; with the jeopardy that points are lost if the answer is wrong.

One of our major events each year is the Service of Remembrance held on the cliff top above Hartland Point to remember those lost during the torpedoing of the hospital ship Glenart Castle on February 26th 1918. This year we were joined by a large contingent from the Royal Corp of Defence Medicine who arrived a day early; allowing them to assist us in cleaning some of our War Graves head stones and the Hartland War Memorial and also to join us for an enjoyable games evening in the club.

The principal remembrance events throughout this year were celebrations of the end of WW2 in 1945. Our own celebrations involved during VE/80 week participation with the Wreckers Coast Choir in an evening concert of WW2 songs and a talk and buffet evening covering the involvement of the Devonshire Regiment between 1939 through to 1945. They were involved In all arenas of WW2 namely taking part in the defence force in Malta during the siege, involvement in the landings and taking of Sicily, the subsequent Italian Campaign, D-Day landings on Gold Beach and the eventual successful campaign through Germany. At the same time other elements of the Devonshires's were out in India and Burma

covering the retreat from Rangoon and then, along with the Indian Army, holding the line at Imphal and subsequently the push back into Burma leading up to the surrender of the Japanese Forces.

On June 17th we held an open house evening at the club as our form of 'street party' to celebrate VE & VJ 80 as well as Armed Forces Day. We had a big turn out with 73 people attending. I make mention of the kindness of both Waitrose in Holsworthy and Morrisons in Bideford whose generosity enabled us to provide both food and a welcome drink to all attendees.

On September 13th we enjoyed a very informative presentation on the art of making Cider with the added bonus of tasters afterwards. That was followed by a excellent music evening provided by Bell and the Boys who entertained us with both current as well as well known wartime songs. Those who are interested have a further opportunity of seeing them again when they perform at Clovelly Village Hall on December 5th.

On October 22nd a party of 21 visited the Fleet Air Arm Museum at RNAS Yeovilton. With over 90 aircraft on display and plenty of knowledgeable guides available to provide hands on information it proved to be a highly successful visit.

Remembrance Day was celebrated on November 9th with a service in St Nectans in the morning followed by our traditional Parade around the Memorial in the afternoon. Despite the heavy bouts of rain there was a good turn out and about a hundred participants congregated in the RBL Club afterwards.

John Mimpriss Chairman RBL Hartland Branch

A CELEBRATION *of the* LIFE *and* WORK of PAUL WILKINSON

28th September 1958 – 23rd July 2025

The Anchor was packed on Saturday 8th November for Paul's Do: Friends, both current and from as far back as college days; Anchor colleagues, where Paul was responsible for marketing and photography, and where he played a key role in organising our monthly quiz; colleagues, pupils and parents from the Small School; ex-band members from Vamanos, the samba band that Paul led; and many others, all there to celebrate his life. There was a real party atmosphere, charged with love and gratitude to Paul for the huge contribution he made to all of our lives ... but also mixed with sorrow for his early loss.

During the early part of this century Paul worked with Alex Duncan on his Assassin of Sound album 'Waltz Song', which involved many local musicians and students. Paul composed the rhythm track, and two songs from the album were the first musical interlude of the event, performed by Alex, members of his family and friends, and former members of the Vamanos Samba band. Alex commented that "Paul inspired greatness" and will always be remembered for his incredible timing and attention to detail.

Vamanos was next up, with an exhilarating and emotional Samba set on the terrace, where even the clouds were moving in rhythm. With very little rehearsal time, the performance was so tight that even the exacting Paul would have been proud of them, although Natalie did say he would have pulled them on the odd mistakes they made. We certainly didn't see anything, mainly because of the tears it brought to our eyes.



Throughout the afternoon and evening there was much precious sharing of stories and memories of Paul, often sparked by the table display of old photographs people had brought with them to share. Steve Threlkeld, who first met Paul thirty years ago at art college in Plymouth, had also made a video loop of photographs of Paul that ran continuously throughout the event. Examples of the many clever and witty posters Paul made for Anchor bands and quizzes were also on display. It showcased his talent for wordplay and multimedia creativity that entertained us with

incredible lip syncing of words from one film to people talking in a completely different one. The piece de resistance was a Mallory Towers exchange that was dubbed by a profanity-strewn extract from Tom Hardy in Legend. If you want to see it again, it will be part of a tribute to Paul's contributions at the next Anchor quiz on the 2nd of December.



The 'formal' part of the programme ended with a big bang – well a few big bangs to be precise, courtesy of Steve Threlkeld. Paul loved fireworks, which is why we chose to celebrate him on the nearest Saturday to Bonfire Night. This loud and colourful display extracted all the right 'oohs' and 'aahs' from the crowd on the terrace, with thanks to Tim and Debbie Heard for allowing us to use their garden. It was a fitting tribute to a life that sparked creativity in others and was marked by a wicked sense of fun.

The final musical event came from Amanita Grove, with many of us providing backing singing and percussion. Cheryl and Jules are new to Hartland, having only moved in earlier this year, but Paul was keen on their music and forged an important new friendship with them.

This was a very special, beautiful, fitting and moving occasion, where everyone contributed in one way or another and especially through our different perspectives and memories. Special thanks go to the organising committee of the Threlkeld and Duncan families, Tracey, Roger & Abbi Heard, Natalie Young, and Fif & Ann at the Anchor. It was unanimously agreed that we, and the whole community of Paul's friends, had given him the best send – off. Thank you, Paul.

Ann & Fif Buckingham



HARTLAND ART *and* CRAFT CLUB

We are a friendly group of people who meet informally twice a month to pursue our hobbies in company. We have occasional tutorials where group members share their expertise, and we can also arrange for members to visit other tutors.

Meetings are on the second and fourth Thursday of each month from 10am – 12.30pm in the Church Rooms. The cost is £2 per meeting.

Dates for the next few months are:

December 11th when we'll continue to make
Christmas decorations. January 8th, 22nd.
February 12th, 26th. March 12th, 26th

We are planning a few activities but have not yet put dates to them. We are hoping Mary Billson and Lydia Duncan will give painting sessions sometime.

If you are interested in joining us, do come along and see if the group is for you, or phone Kay on 441091 or Danielle 441603 for more information.

Kay Greenish

HELP KEEP *an* OLDER PERSON SAFER *in* 2025

Free 'Do not Knock' door stickers for older people

Did you know? While cold calling itself is allowed, traders must respect "No Cold Callers" notices - it's actually against the law if they don't! As a dedicated home care provider since 1980, we've made it our mission to help protect older and disabled people in our community. We're proud to have distributed over 250,000 of these protective stickers since 2019.



Do you know of someone who would like to receive one of these? If so, simply reply to this email or call us on 01603 764567. Rest assured, we keep privacy in mind - we don't store any personal information or share it with others. If you have a Newsletter, Magazine or FB page and would like to mention this offer, we are happy for you to do so.

With warm wishes from Able Community Care your live-in care specialists, based in Norfolk, but supporting families across the UK since 1980.

www.ablecommunitycare.com

HARTLAND LOCAL *and* NATURAL HISTORY GROUP

We meet at 7.30pm on third Thursday evenings in winter in the Parish Hall.

We don't meet in December as there is so much else going on in the run up to Christmas. Dates for 2026 are

January 15th when, by popular request, we are reshowing Chrisine Higgins talk on Hartland's shops.

February 12th (second Thursday as the Players have the hall in half term.) Chris Braund will be talking about Clovelly

March 19th AGM followed a talk by John Mimpriss about some of Hartland's brave war dead.

Anyone who would like to join us, please come along. The membership fee for the season is only £7, with visitors welcome at £3 each meeting.

Kay Greenish, Secretary. Phone 441091

HARTLAND GARDEN SOCIETY

As we reflect on another fantastic year for the Hartland Garden Society, it's hard to believe we're already preparing our Christmas edition!

We've enjoyed another incredible year, with two successful coffee mornings and two wonderful shows. Our heartfelt thanks go to our amazing supporters—your enthusiasm and encouragement mean the world to us. None of this would have been possible without the dedication of our brilliant committee and volunteers.

Our coffee mornings and seasonal shows unite Hartland gardeners, encouraging community and sharing tips. Gwen's Coffee Morning, established by our late longstanding member Gwen, remains a calendar favourite in her honour.

Looking ahead, we're already brimming with ideas for next year and hope to welcome both familiar faces and newcomers to our events. Whether you're an experienced gardener or just getting started, there's always something to enjoy and learn within our society. We look forward to another year filled with growth, friendship, and blossoming gardens—see you all in 2026!

2026 Diary Dates:

23rd May 2026: Gwen's Coffee Morning
at the Pavilion, 10:00–11:00

25th July 2026: Summer Show
at the Playing Fields, show starts 14:15

26th September 2026: Autumn Show
at the Pavilion, show starts 14:00

17th October 2026: Winter Coffee Morning
at the Pavilion, 10:00–11:00

We extend our best wishes to all for a joyful Christmas and a prosperous New Year.

Natasha Poole

HUNGRY HARTLAND

EMBER Pizza take-away Clovelly Cross

Wood fired neapolitan style pizza. 48 hours fermented dough. Weekends for the moment approx 4-8pm. Look out for the sign outside the old garage at Clovelly Cross for more details about opening times.

Check out their fb page or contact pizza@embercatering.co.uk

The Hart Inn: 01237 441474

Check board outside for opening hours.

Winter warmers available on Mondays 5.30-7pm

Live music, football with draught beers and lagers at £3.50/ pint during the game.

The Anchor Inn: 01237 441414

info@anchorhartland.co.uk | support@anchorhartland.co.uk
www.anchorhartland.co.uk

Open 7 days a week, 11am until late.

Serving morning coffee, lunch (12 – 2.30pm), dinner (6 – 8.30pm) and all-day roasts on Sundays (12 - 8.30pm). Breakfast available from 8 – 9.30pm if pre-booked.

Lunchtime Winter Specials menu for those with smaller appetites, served Tuesday - Thursday. Good selection of vegetarian and vegan meals always available.

Christmas menu from 1st December

Local Devon beers, lagers, ciders and spirits a speciality

Cosy log burners | Free pool and darts

Coffee on the Square

Café in the heart of Hartland serving freshly brewed coffee, hot and cold drinks, breakfasts (till 2pm) and lunches. Homemade cakes, quiches and soups. Traditional Devon cream teas. Vegan, vegetarian and gluten free options. Sit inside or outside. Takeaways available. Local art and crafts for sale. Dog friendly.

From Monday 26th May we will be open Monday to Saturday 10am -3pm and the first Sunday of every month (Farmers Market days) 10am-1pm.

From Monday 21st July we will be open Monday to Saturday 9am-5pm and Sundays 10am-1pm.

Tel. 01237 439636

The Kings Arms: 01237 440151

Child friendly beer garden. Traditional pub in the centre of the village. Fish & chips, pizza and lots more.

Winter kitchen - Open Monday 6-8

Tuesday and Wednesday closed

Thursday 6-8, Friday & Saturday: 5-8.30

Call 01237 440151 to book a table.

Shamrock Fish & Chips: 01237 488123



Open Monday, Tuesday 5-7.30pm
Wednesday, Thursday closed



Friday 12-2pm; 5-8pm, Saturday 5-8pm, Sunday closed

Hartland Quay

Hello again from beautiful Hartland Quay. All details of events will be on our facebook page. Please find below our opening times:

Pub Open Daily from 11am, Food Served Daily:

Lunch 12pm – 2.30pm, Dinner 6pm – 9pm

(Snack Menu 3-5pm Weekends & Bank Holidays only)

Shop & Museum open 11am – 4pm

As always, inside tables can be reserved by calling us on 01237 441218. Outside tables cannot be reserved and are on a first come, first served basis. If you are sitting outside, please order & pay for all your food and drink at the podium. Please know your table number as we will deliver everything to you. Inside seating is all table service, please wait at the podium to be seated by a member of our team.

WEDNESDAY LUNCHES

The school cooks can make extra meals for the community. We have been serving their delicious roast dinners - there is also a vegetarian option – since they started, several years ago. They take place on Wednesdays in term time in the Church rooms. We have space for more people to join us. Why not come along and eat a meal in company? There is no commitment if you find it's not for you after all.

We have to order meals beforehand, so please contact me by the Monday evening if you want to come on Wednesday. The cost, including a cup of tea or coffee afterwards, is only £5 per meal.

Kay Greenish 441091

Free range scotch eggs £3.00
Plain or sweet red onion sausage rolls £2.50
Various flavored sausage rolls on request.
Quiches, cheese & onion, cheese & bacon,
Cheese & tomato, broccoli & stilton,
Cheese & red pepper £6.50
Sweet & savory scones £2.00
Variety of cakes, tray bakes, brownies,
Rocky road and slices starting from
£1.50 for individual pieces.
Individual cheesecakes, Various different
Flavors weekly £3.00

Happy to take any requests.

Hartland based.

Local delivery also available.
Find us on Facebook @steerandscotch
Or text 07496596243

Fully insured & registered.
HARTLAND AND LOCAL HOME DELIVERY
AVAILABLE.



COOK'S CORNER

Spiced carrot & lentil soup

Serves 4. Easy. Prep time: 10 minutes. Cook 15 minutes

A delicious, spicy blend packed full of iron and low in fat. It's ready in under half an hour or can be made in a slow cooker. Ideal before or after the delicious, but somewhat over-the-top, Christmas lunch! All ingredients readily available in our wonderful shops.



Ingredients

2 teaspoons cumin seeds
Pinch of chilli flakes (optional)
2 tablespoons olive oil
600g carrots washed and coarsely grated
140g split red lentils
1 litre vegetable stock (from a cube is fine)
125ml milk (or coconut milk)
Plain yogurt and naan bread to serve

Method

1. Heat a large saucepan and lightly dry fry 2 tsp of cumin seed and a pinch of chilli flakes for 1 minute, or until they start to jump around the pan and release their aromas.
2. Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1 litre hot veg stock and 125ml milk to the pan and bring to the boil.
3. Simmer for 15 minutes until the lentils have swollen and softened.
4. Whizz the soup with a stick blender or in a food processor until smooth, or leave it chunky if you prefer.
5. Season to taste and finish with a dollop of plain yogurt and a sprinkling of reserved cumin. Serve with warm naan bread, crumpets or savoury scones.

From BBC goodfood



WHAT'S ON *at the* ANCHOR



Every Day

Exhibition of local artists' work – a regularly changing display of local art work for sale in our Function Room and Reception.

Tuesdays

Pub Quiz - first Tuesday of the month (Sept – June) starts 7.30pm, raising funds for local charities and causes.

Parkinsons Cafe – second Tuesday of the month from 10 – 12 noon. For more information contact Vera on 07876 524337.

Community Shanty Choir – 7 – 9pm every Tuesday except quiz nights. Everyone welcome, even if you can't sing!

Wednesdays

Dungeons & Dragons – 6 – 9pm every other week.

Thursdays

Jigsaw Swap – third Thursday of the month from 11.30am to 1pm

Spoons: Irish and American folk music - 3rd Thursday of the month from 7pm

Call and Collect Library Service – last Thursday of the month from 2 - 4pm

Book Club – Last Thursday of the month from 7.30pm

For more information contact Ann on 01237 441414

Sundays

Jam Session on the first Sunday of every month 4 – 7pm. All musicians welcome

Live music on all the other Sunday evenings from 5 – 7pm. Details of our programme are available on our website www.anchorhartland.co.uk, on our Facebook page or at the pub.

Christmas Music and Events

12th December - Rhys Whyne-Jones, ITV South West Award winner for charity fund-raising (for the homeless), will be entertaining us on the piano. All proceeds to the Harbour Project, Bideford.

13th December - Carols Supper: our popular, choir-led carol singing and buffet supper event. Starts 6pm. (Please note the new date).

20th December - Dartmoor-based storyteller Henry Everett returns to tell us a powerful seasonal tale.

21st December - Nothing But Treble - acoustic band with a focus on three-part harmony. Starts 5pm

26th December - Wilderland! Andy starts at 8pm

28th December - Harrison Wallace and Friends - a jazz and blues jam session. Starts 5pm.

Pattard Restaurant

Excellent food in a woodland setting, walking distance from Hartland village. Booking essential. For full details of their opening hours check out the website or their facebook page

Pattard Restaurant, Pattard Farm, Hartland EX39 6BY

PattardRestaurant1@gmail.com Tel. 01237 441444

CYRIL & RITA WALTER

celebrate their

70th WEDDING ANNIVERSARY

Cyril and Rita Walter celebrated their 70th wedding anniversary on 29 October. They have lived in Hartland all their lives and were married at St Nectan's in Stoke, followed by a reception in the WI Room. They had a 3 day honeymoon in Paignton. Following their marriage Cyril was posted to Cyprus for 18 months doing National Service. On his return he worked in the business of JL Fulford, which his son Nicholas is still carrying on in Hartland.



They wish to thank everyone who have sent cards, presents and donations for the Hospice. Also thanks to their son and daughter, Nicholas and Suzanne for their help.

Cyril & Rita Walter (441 256)

SPOOTS!

A group of friends playing Scottish and Irish traditional tunes and Irish and American folk songs in pubs in North Devon and Cornwall since 2004. Their present regular nights are:

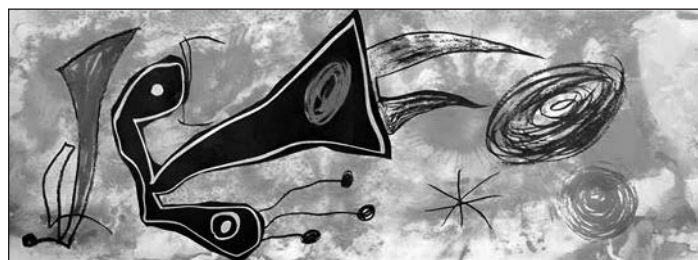
- Bush Inn, Morwenstow, 7-9pm 1st Sunday of the month
- Anchor Inn, Hartland, 7-9pm 3rd Thursday of the month
- Hartland Quay, 7-9pm last Sunday of the month
- New Inn, Kilkhampton, 8pm every St. Patrick's night, 17 March

*For regular updates on when they are playing
please follow their facebook page.*

JOAN MIRÓ:

PAINTING AND POETRY

22 November 2025 – 18 January 2026, The Burton at Bideford



Joan Miró, Untitled, 1974 © Successió Miró / ADAGP, Paris and DACS London 2025

The Burton at Bideford is proud to present the Hayward Gallery Touring exhibition 'Joan Miró: Painting and Poetry'. The exhibition will bring together 26 lithographic prints created to illustrate the writings of the celebrated French surrealist poet Robert Desnos.

One of the 20th century's most influential and recognisable artists, Joan Miró's highly individual style placed him at the forefront of Surrealism and Dadaism. Primarily known as a painter and sculptor, Miró was also a celebrated and dynamic printmaker. Within this practice the artist produced a remarkable and extensive output of book illustrations, often created for artists, writers and poets associated with the Surrealist movement.

The first prints Miró ever made were illustrations for a book of poems, and literary sources would prove a constant inspiration for the artist. Miró never considered his involvement in these books to be strictly that of an illustrator. He worked from the free expression of what the text suggested to him and embraced the process of finding the image through experiment and accident.

The exhibition will shine light on Miró's prints and how they are not only an excellent example of the richness and variety of his print production, but also his famous experimentation with vivid colours and abstract shapes.

Harriet Cooper, Director of The Burton at Bideford, says:

"The Burton is excited to present the work of internationally celebrated artist Joan Miró this autumn. The South West of England is home to a thriving creative community working in print, and this exhibition showcases Miró's vibrant and playful approach to the artform. Our collaboration with Hayward Gallery Touring on this project recognises The Burton's ongoing role in bringing world-class art to North Devon, inspiring audiences young and old."

'Joan Miró: Painting and Poetry' runs from 22 November 2025 – 18 January 2026 at The Burton at Bideford, Kingsley Road, Bideford EX39 2QQ. Free entry. For more details see www.theburton.org

HARTLAND TOWN BAND REPORT

Since our last report, the Band, as usual, have been very busy. Our Summer Season started on 1st June, where we played at the King's Arms and from then, we were out and about at Hartland Quay, Sea Sunday events and the Garden Show.

Carnival is always a busy time for us. We held our Carnival Concert on the Sunday evening, playing to a full house, which brought an amazing atmosphere to the proceedings. It was wonderful to have a lot of holiday makers – as well as our regulars – enjoy the music we played. Congratulations Amanda and Tash in their duet of 'Something Stupid'. We received high praise for the versatility of musical styles we played, and, how we really do try to cater for everyone.



As a banding community, we are so fortunate to have help from other bands within the area. Carnival night was no exception. We welcomed players from Appledore Band, Bideford Town Band, Holsworthy Town Band and Torrington Town Band. This year, for the first time, along side our usual marches, at two of our stopping points the band played 'Living next door to Alice' and, for the first time in my memory, we won the shield for the Best Marching Group. We finished off our evening by playing a small repertoire in The Square.

We finished August by playing out and about on our Thursday practice nights at the Anchor, King's Arm and Hart Inn. (Thank you to our groupies for supporting us!) Sadly, our final evening, which was due to be played at Hartland Quay, was moved into the St John's because of bad weather. Finally, the start of September saw us join forces with the Torridge Male Voice Choir in our annual concert for the RNLI. All-in-all, we have had a fantastic summer season.

Our Band is always honoured to play at the Remembrance services at Clovelly and Hartland. Thank you, Lisa, for playing the Last Post and Reveille at both of the services. We are fortunate to have other talented players, who are able to represent the Band in other communities too. Thank you.

By the time this issue is published, we will have already started our Christmas season by playing at Christmas music at Merry

Harriers. We have a full line up of events; starting with our Christmas Coffee Morning on Saturday 29th November. Our concerts, this year, fall on the weekend of Saturday 13th and Sunday 14th December. We are very busy preparing the music already and are thoroughly looking forward to them. It is, of course, also our time to celebrate the player's achievements and our Annual Awards will be presented at these concerts. This is a ticket only event. Posters are in the local shops and on Facebook with the details.

Carol playing this year is going to be slightly different (again). You will be able to hear us in the village on Wednesday 17th through the early evening, however, instead of two nights out, we are going to spend Saturday 20th December carol playing through Fore Street from 11am – 12:30pm. To help keep the tradition of our band moving forward, it is important to us that everyone has a chance to see and hear what we do. We are at St Nectan's Church, Stoke, Carol Service on Sunday 21st December, from 6pm, the Christmas Farmer's Market on Monday 22nd December from 6:30pm. Our Christmas finale is on Christmas Eve, Hartland Square for 'Carols Around the Tree' starting at 7pm.

Thank you all for your continued support of our village brass band! We really have had an amazing year. Not only playing to you lovely lot, but exploring the vast amount of music available to bring our tradition into the 21st Century. So, on behalf of Hartland Town Band, I would like to wish you a Happy Christmas and a peaceful new year.

Ros Toase (MD)



DIARY DATES:

Saturday 13th and Sunday 14th December
Christmas Concerts - 7:30pm

Wednesday 17th December
Carol Playing - 7:30pm - Village

Saturday 20th December
Carol Playing, The Square and Fore Street - 11am-12:30pm

Sunday 21st December
St Nectan's Carol Service - 6pm

Monday 22nd December
Christmas Farmer's Market - 6:30pm

Wednesday 24th December
CHRISTMAS EVE - Carols around the tree - 7pm



HARTLAND PARISH COUNCIL

www.hartlandpc.org.uk clerk@hartlandparishcouncil.gov.uk

What have we been up to since September?

The Parish Council has had a busy quarter, supporting Hartland in many different ways, here is a snippet of what we have been up to!

- Successful lobbying to Highways regarding the state of Ford Hill. The Parish Council works hard to ensure that roads are dealt with by Highways. As a Parish it is important to work together, there if you spot a pothole, broken sign, or a blocked drain, please also report this to Highways via their online portal - <https://new.devon.gov.uk/roadsandtransport/report-a-problem/>
- Approval of our Annual Parish Grants supporting our community groups in the Parish.
- Stay Bright at Night Campaign
- Road sweeping throughout the Parish
- Objecting against SWAST Co-Responder Plans
- Supporting RBL with the Remembrance Service
- Improvements to St Johns Clock Tower
- Review of planning applications

Change of Email address

The Parish Council email address is now - Clerk@hartlandparishcouncil.gov.uk

Christmas Lights & Tree

The Parish Council would like to thank our volunteers who help in erecting the Christmas Lights and Tree, without them this would not happen. Also special thank you to Hartland Town Band who raised money to support the Christmas Lights this year.

Hedge Cutting

Now that we are allowed to cut hedges, the Parish Council would like to remind you of Devon County Council guidance: Hedge cutting Under the Highways Act, roadside hedges are the responsibility of the landowner who has to:

- prevent the hedge from overhanging the highway
- prevent hedges from obscuring street lights and road signs
- clear the road of debris after hedges have been cut
- meet the obligations of the Wildlife and Countryside Act 1981 ensuring that nesting birds, bats and dormice are protected.

If Devon County Council consider that a hedge interferes with safe use of the highway and you do not take action to cut it they can serve a formal notice asking you to remove it.

They recommend trimming hedges in January and February to ensure that nuts and berries are available for birds and other wildlife. Trimming should not take place during the main bird breeding season of March to July unless it's unavoidable for road safety.

Where possible hedges should be cut on a two or three year (or longer) cycle. If the hedge has to be cut every year for visibility or drainage you should consider only cutting the top of the hedge once every two or three years. The Natural England Environmental Stewardship Scheme provides opportunities for farmers to be rewarded for sensitive hedgerow management.

On major routes Devon County Council will cut hedges on the inside of bends and at junctions to maintain visibility.

The Hedgerow Regulations 1997 state it is an offence to remove a hedgerow or section of hedgerow without notifying your local planning authority. For more details contact your city, borough or district council, or National Park Authority governing your area.

You can get advice on maintaining hedges from The Farming and Wildlife Advisory Group and the Devon Hedge Group.

Call out to our Snow Warden Volunteers

With the start of winter we are hoping you can all continue to be a snow warden volunteer.

If you need more supplies of salt and grit, please contact Cllr Donna Weeks - 01237 441996

Thank you for your support

Cost of Living Help & Food Bank

Torridge District Council can help with Cost of Living - <https://www.torridge.gov.uk/costoflivinghelp>

Hartland Parish Council Meetings

The Parish Council meetings are held in the Parish Hall on the last Thursday of the month at 7.30pm. Meetings are open to the public.

Parish Council contact details, dates of meetings, agendas and minutes are on the website: www.hartlandpc.org.uk

Agendas, minutes and contact details are also posted on the notice boards in Hartland, Meddon and Stoke. Members of the public are welcome to attend the meetings and speak at the beginning of the meetings if there are issues they would like to bring to the attention of the Parish Council.

If you can't attend a meeting but would like something to be considered by the Council please contact the Clerk at harlandpc@googlemail.com

Chair: Fred Poole

Councillors: Joy Cooper; John George; Victor Goaman; Fred Poole; Robin Julian; Terry Winchcombe, David Heard, Kevin Rowe, Sarah Gossling, Grahame Mather

Anna Dart, Torridge District Council and Hartland: councillor.dart@torridge.gov.uk

Jeffery Wilton-Love, Devon County Council: Jeffery.Wilton-Love@devon.gov.uk

Clerk: Lisa Hutchings, hartlandpc@googlemail.com

NEWS *from* WELCOMBE

The Village Hall remains busy with a lot of regular sessions and a number of one-off hirings. A Greek night was held recently with another fabulous evening of food and music,

organised by Gaye and Hazel with help from across the board. The whole hall was set up as a Greek taverna, which gave a very memorable feel to the event, with over a thousand pounds raised for the hall. Very many thanks to all those who came and supported and all the organisers. The film club continues to flourish, with recent showings of the Monuments Men, About Time, and recently the hilarious Life of Brian. The early December show will be 'The Ballad of Wallis Island'. The Wednesday afternoon book swap is held every other week in the Village hall from 2.30-4.30. The next book swap with pop-up tea room is 17 December, 7 January and 21 January.

Perhaps the most important recent news is that the Church fete organising committee has decided to move the date to the end of June (final date to be fixed as yet), on a Saturday and to hold it in the Village Hall. Although the last fete was successful financially, it has become obvious that holding it was depending on an increasingly smaller number of volunteers to move equipment into the marquee and out again, and man stalls etc during the day. It is hoped moving to a Saturday may enable many who now work to come and perhaps help, and moving to the hall will give a definitely dry venue, car park, toilets and a good kitchen. Richard Bence has kindly taken over chairmanship of the fete group, and at this stage there are a lot of ideas as to how this will progress.

The Village has also been enhanced by the opening of the 'Jolly Roger' crab shack. This is a little Bistro shack opened by the leasee of the Koa Camp, tucked down at the back. It offers excellent seafood dishes, including catch of the day, mussels, crab and lobster when in season, as well as standard fare. This contributor's opinion is that the food is excellent with a good wine list, well worth a visit, details on Facebook.

Church services for the Christmas period:
Christingle 14th Dec at 3pm,

Friday 19th, walking Nativity from the Smithy
time tbc, Sunday 21st

Dec Carols by candlelight, 6pm, Dec 24th,
'Midnight Communion' at 6pm.

Richard Willows, Welcombe

HARTLAND FARMERS MARKET

The Hartland Christmas Farmers market will be held on Monday 22 December from 5 to 8pm. There will be live music in the Square, Santa in the Hart, craft market in St John's; all local businesses and pubs will also be invited to join in the festivities.

If you have any ideas or questions please message the Hartland Farmers UK Facebook page or call Peter Cherry, Market Organiser, on 07713 50500.

ATLANTIC ACADEMY

We are very happy to bring the Hartland Post readers five recent highlights from our activities at Atlantic Academy.



1. We were very proud to recommend three year eleven students from our Student Senior Leadership Team to represent the school at Bideford's Remembrance Day Commemoration on the 9th November. The students selected were a credit to the school and our local community.
2. Our school choir has reformed, thanks to the wonderful Ms Pentecost! Watch this space for future events and performances.
3. On 6th November, our annual Careers Fair took place at Bideford College; all of our students attended, coming home with bags full of freebies and brains full of ideas about their next steps after school.
4. On 23rd October, our students celebrated a half term of excellent focus and attendance with our Streaks Event, taking part in a game of bingo, winning a load of prizes and learning some very odd bingo calls along the way!
5. Students from our surrounding primary schools have been getting to know the school at our Activate Atlantic events, having some fun and learning their way around for the transition to secondary school next summer!

Finally keep an eye out for Atlantic Academy students on the coast path as we will soon be completing our enrichment hike for the Autumn term along the coast path to Clovelly. We are keeping everything crossed for nice weather!

Olly Brown - Vice Principal

Atlantic Academy

obrown@atlanticacademy.uk

NEWS *from* RESURGENCE

We have had a busy Autumn events programme including a pop-up Plant Neesh plant-based supper club, alongside an exhibition of 3 local artists.

Local artist Lydia Duncan hosted a full-day workshop creating beautiful blocks, carving and printing. Lydia will return in March for another workshop. In half term, Amy ran a 2-hour jam packed children's baking workshop for 13 children.

We continue to host monthly life drawing sessions as well as sound meditation gong baths.

Contact Amy if you would like to join the local monthly events newsletter so you can book early events@resurgence.org Upcoming Resurgence Centre events in Hartland...

The next exhibition will be 'Layers of Reality' inspired by the

magic present in this natural world. Open on Fridays and weekends until 14 December.

Join Amanita Grove for a magical Winter Solstice Sound Journey to celebrate the longest night of the year on 21 December.

See our programme below listing all our events including a guided walk and an online breath purification workshop.

The Resurgence Centre is available for hire for events. Contact Amy at events@resurgence.org

Book your tickets now at www.resurgenceevents.org for upcoming Resurgence events, including monthly online meditations, seasonal Earth festivals and inspiring online Resurgence Talks.



Resurgence Centre events in and around Hartland



December 2025

Thurs 11

Kriya – the sacred art of purification using the breath. Online class with yoga teacher Alison Howard-Jones, 7-8pm Tickets: £10

Sun 21

Winter Solstice Sound Journey with Amanita Grove. Breathwork, relaxation and deep listening. 4-6pm. Tickets: £12

January 2026

Fridays 2–30 Jan

Early morning, guided, **online meditations** with the Five Senses. Connect fully with Nature and ourselves. Free.

Wednesdays 14 Jan–11 Feb

Andigwa World Dance Fitness Class online with Rebecca Jeffery introducing us to Gule Wamkulu – also known as 'The Great Dance'. Tickets: £45 for 5 weeks



Life drawing monthly group, both in-person and online. Whether you're a complete beginner or a seasoned artist, everyone is welcome. Professional models, facilitators and high-quality cameras to give you the best views and angles to work from.

Tuesdays 7 – 9pm | Tickets £5 – £10
9 Dec, 13 Jan, 10 Feb, 10 Mar

February 2026

Sat 7

Guided walk from Stoke Church with Pete Yeo – 'That Oceanic Feeling'. An event for anyone curious about the oneness of Life and of trees' ability to help us feel into this. Tickets: £10

Tues 17

Half term workshop for children

March 2026

Sunday 8

Spring botanical block printing course with local artist Lydia Duncan, including a delicious lunch. Tickets: £65

For more information and to book tickets see:

www.resurgenceevents.org



NEWS *from* HARTLAND PRIMARY SCHOOL

As we come to the end of the autumn term, Hartland Primary School has already enjoyed a busy and exciting start to the academic year. Our children have embraced a wide range of opportunities both inside and outside the classroom, and we're proud to share some of the highlights with our wider community.

Our Year 5 and 6 pupils kicked off the term with Bikeability training, developing essential road safety skills and confidence on their bikes. We've also seen budding leaders emerge through sports leader training, and our love of literature was celebrated with inspiring author visits as part of the Appledore Book Festival and the Scholastic Book Fair visiting our school. Year 6 delved into history during a WW2 workshop, and in Geography all children in Classes 2,3,4 and 5 practised their field work skills and using clinometers, callipers and ranging poles on a field trip to different aspects of the river Torridge. We welcomed families in to celebrate with us at our Harvest Festival in October, with the generous donations going to 'Harbour Homeless Day Centre' in Bideford.

We are thrilled to announce that Hartland Primary has been awarded the Gold Sportsmark Award, recognising our commitment to high-quality sports provision and inclusive participation for all pupils. This term alone, children from Preschool to Year 6 have benefited from sessions with external badminton and sports coaches, and have taken part in a variety of sporting events. These include an inclusion festival hosted at our school with other local primaries, a tag rugby tournament where our team performed brilliantly and secured second place, and the Stephen Shield cross country meet, with selected runners from across Key Stage 2 representing us with pride.

As a Lead School for Music, we continue to celebrate and nurture musical talent. This term, Classes 4 and 5 had the incredible opportunity to perform at Exeter Cathedral alongside choristers from Exeter Cathedral School—a truly memorable experience. We were also honoured to be invited to sing at the Clovelly Christmas Light Switch On, a joyful occasion that highlighted our strong community spirit.

Supporting our pupils' wellbeing remains a key priority. We've

begun working closely with the NHS Mental Health Support Team, who have delivered assemblies, class workshops, and individual sessions to help children build resilience and emotional awareness.



As you read this, we are in the midst of festive preparations, with rehearsals underway for our Christmas play, and excitement building for the Preschool and Class 1 songs and craft afternoon.

A reminder to families in our community: we run a friendly and popular Baby and Toddler group every Wednesday morning in the school hall. It's a lovely way to meet other families and connect with the Hartland community. We also currently have Preschool places available for children aged 2 and up.

We always welcome visits from prospective parents—please do get in touch if you'd like to come and look around our school and preschool. We're proud of our vibrant learning environment and the opportunities we offer every child.

HARTLAND PLAYERS



The Hartland Players are busy rehearsing for their play this coming February.

This time it is a whodunnit entitled *Agatha Crusty And The Village Hall Murders* by Derek Webb.

Agatha Crusty (pronounced Croosty) is a crime novelist. She's also pretty adept at solving crimes. And when her sister-in-law Alice invites her to spend a few days with her in the village of Chortelby, it's not long before she gets caught up in a series of murders which seem directed at members of the All Saints Village Hall committee.

From Toby, the Vicar, and Eleanor, Chair of the committee, to Harry Knott the caretaker and twins Olivia and Oliver Truscott-Pratt, there are plenty of suspects. And with an investigating

officer as incompetent as D.I. Twigg, there are plenty of laughs as the murders begin to pile up.

But, while packed full of wit and very funny scenes, this is also a genuine murder mystery with an ingenious plot which will tax the little grey cells of the audience at the same time!

'Agatha Crusty And The Village Hall Murders' has already had more than ninety-five productions, and hundreds of performances, in the UK, Australia and the US. Without exception, audiences have loved it and the cast and crew too.

Save the dates – 19th, 20th and 21st February. Watch out for the publicity and get your tickets quickly before they sell out!!

Richard Macdonald

HARTLAND RECREATION GROUND

Registered Charity No. 300849

Notes from the Committee

At last, we have our new bank account and our Small Society Lottery Registration which finally allow us to run our 100 Club, giving us long term fundraising possibilities. It has only taken a year of procrastination and unrealistic demands from our current bank, but we have managed to secure a new charity account with a different bank.

100 CLUB RULES

The purpose of this Lottery for members age **16 and over**, is to raise funds for our Charity and will be administered by the Treasurer and Secretary. Numbers are allocated upon payment of £12.00 per year and will be issued in the form of a ticket containing these rules. This will be e-mailed where possible or hand-delivered or posted where not. Number will be entered into a monthly draw (£1.00/month/member).

Draw will be made in **first week of every month**, starting at the Anchor Quiz on Tuesday 2/12/25. Date and time of following draws to be announced at each draw.

50% of total monthly amount will be paid in prize money as follows: (the balance will be retained by Hartland Recreation Ground)

1st = £25.00, 2nd = £15.00, 3rd = £10.00

Payment will be made via bank transfer – details will not be retained.

If the numbers of members exceed 100, the percentages above will still apply to the total prize money. For new members joining

The following poster gives all the information needed. The number of members is not limited to 100 people so we hope that as many as possible join us to help raise money for the Pavilion. The more members we get, the higher the prize money will be. Our first ticket has been issued!

during a year, payment must be received the day before the draw. Winners will be notified by e-mail and/or phone and names published in the local press and online.

Your information – name, e-mail and phone numbers only, will be kept on our database in line with our Data Protection Policy.

Payment Details

Bank: HSBC, Account: Hartland Recreation Ground
Account No: 12280914 Sort Code: 40 22 47

Ref. Your Name and 100 Club.

E-mail Julia/Mary to say payment made.

For queries or any other information ring/text/e-mail:

Mary 01237-441678 or 07434-200354
or Julia 01237-441347 or 07870-416362
rowe100@btinternet.com
or juliaboyle383@btinternet.com

THE HARTLAND NATURE SOCIETY

The Hartland Nature Society is now into its fourth year. And since our original launch in 2023, we have done a variety of things and made a difference to both people and nature in Hartland. We have held surveys, gone on walks, listened to talks and been out helping in practical ways such as pulling Himalayan Balsam. We have also eaten a fair quantity of cake!

Do visit our website to see what's on and what we have been up to <https://hartlandnaturesociety.org.uk>

On February 7th, we are doing something different, and bigger. We are hosting a meeting entitled '**Boosting Local Biodiversity**' (see poster opposite), which we hope will showcase ways of encouraging and increasing biodiversity by looking more closely at current uses of chemicals and what we can do to lessen their impact.

We are delighted that Guy Singh-Watson, founder of Riverford Organics, has agreed to talk to us. Other speakers include Tiffany Tsui from the Exeter University Department of Ecotoxicology, and more local landowners. The meeting will include presentations and interactive discussion sessions and is open to everyone.

In 1892, John Muir said "When we try to pick out anything by itself, we find it hitched to everything else in the Universe." And years later we are only just starting to appreciate the importance of biodiversity. Biodiverse ecosystems are the foundations of health; they provide critical services such as clean air, fresh water, natural medicines and food security. Yet biodiversity loss is accelerating at an unprecedented rate, with ~1 million species currently at risk of extinction. One important driver of this loss is the use of synthetic chemicals – in agriculture, medicines, veterinary products and our gardens.

These chemicals are poisons all of which are toxic to any water systems, and which kill, either insects, plants, or fungi, mostly in a non-specific way.

We know very little of the truth of these chemical cocktails, where they are used, how they are used and their impact on us and the wider environment. Did you know, for example:

- Parasite treatments for dogs and cats contain a chemical in a class called neonicotinoids. These chemicals have been banned for agricultural use on crops because they are devastating for bees and other pollinating insects, yet they are still sold for veterinary products posing a real threat.
- Most non-organic potatoes sold in supermarkets receive an average of 10 fungicides, 3 herbicides, 2 insecticides and 1 growth regulator spray in each growing cycle.
- There are more than 300 'active' substances (the part of a pesticide that acts against the target species) approved for use in the UK, of these 36 are not currently allowed in EU countries. 13 of these are considered 'Highly Hazardous Pesticides'.
- Glyphosate-based herbicides like Roundup are the most widely and increasingly used herbicides in the world. Yet glyphosate and glyphosate-based herbicides are known to increase risk of some cancers and cause reproductive abnormalities. There is also increasing evidence that these chemicals affect the nervous system.

It is these things that we hope to share at the meeting and then to talk about what is being done locally and what each of us as individuals can do to help. We hope to see you there!

Clare - chair@hartlandnaturesociety.org.uk

NOAH'S PLACE

Big Breakfast

Where: Hartland Parish Hall, EX39 6BL

When: Saturday 4th April

Time: 10am till 1pm

Raffle: £1 a strip

Choose from

Big Breakfast £8

2 x bacon, 2 x sausages, 2 x fried eggs, 2 x hash browns, mushrooms and tomatoes or beans.

Small Breakfast £6

Bacon, sausage, fried egg, hash brown, mushrooms and tomatoes or beans.

Bacon/sausage bap £4

- All breakfast options can be made veggie/vegan.

**Booking recommended (not compulsory) to
secure a table please call 01237 431 511**

(£1 off your breakfast when booked in advance)

Please call to let us know of any allergies/dietary requirements.



JACK CORY, SOUTH WEST YOUNG FARMER OF THE YEAR

At just 18, Jack Cory has been crowned in the South West Farmer Awards, the Young Farmer of the Year in recognition of his hard work, commitment and determination. From a very young age, Jack has been involved in the family dairy farm, stepping up during times of family illness to manage the daily running of the business. Now, having finished school, he can focus fully on the farm he loves.

West Welsford is a fourth-generation family farm, originally purchased by Jack's great-grandfather, passed to his grandad Denis and now run by his father, Chris, and Jack himself. The farm manages 140-dairy cows and has recently embraced robotic milking, installed the day before the first Covid lockdown. From the farm, the calves are sold locally at weaning age, with neighbouring customers returning year after year.



The new technology has freed Jack to focus on herd health, including foot trimming and working closely with the vet on monthly visits. He hopes to develop the farm's breeding programme through AI training to improve the quality of the beef calves even further. Jack also takes care of all aspects of the farm, from purchasing cows, drilling crops, silaging to slurry

management and staff organisation, relying on the family's own equipment whenever possible.

Jack's nomination reflects not just his hard work, but his resilience. Since 2017, he has navigated periods of illness affecting his mum and in 2024 his dad also became ill; after an operation early 2024, Jack took on full responsibility for the farm, whilst his dad was recuperating. His parents were sitting in a hospital waiting room watching him online,



whilst he bought cows at market! He also credits his supportive network including local farmers, especially Tom Stevens and Eddie Weeks, vets, nutritionists, agronomists and accountants for helping him succeed.

Farming has been Jack's life from the very beginning. He remembers strapping into the tractor as a toddler, learning about colours through tractor brands, and growing up surrounded by the rhythms of the farm.

Jack said: "I love farming and have been doing it from a really early age. All my play has been centred around

farming. It was all I ever wanted to do."

His goal is to take over West Welsford Farm fully, working alongside his parents to continue the family legacy while nurturing the herd, the land, and the community that has supported them for generations. Jack loves Hartland and couldn't think of anywhere better to live, he has a strong group of farming friends who all care deeply about Hartland and traditions like the carnival which they always enter.

On winning the award, Jack said: "I'm quite to be shocked to be honest. But it's brilliant! I still don't know who took the time and effort to nominate me for this award, but I just wanted to thank them very much."

Tracey Cory



HARTLAND FITNESS

PARKRUN TAMAR LAKES

What a great way to get in shape and stay in shape! Every Saturday morning 9am at Tamar Lakes, one 5km lap of the reservoir. Do it at your own pace; walk, jog, run or join the Couch to 5k group with a pacer who will help you to get up to speed. And best of all...it's free! Parking at Tamar Lakes £2.50; one dog on a short lead per runner permitted.

www.parkrun.org.uk/tamarlakes or facebook

You can also join our own Hartland Hillbillies running group who go out most Mondays at 6pm (meet at the Fire Station), they can also help with the C25K.

TAI CHI CLASSES

New Tai Chi classes on Wednesdays 7.30 - 8.30pm in the Parish hall. There are still spaces available if anyone else would like to join the 6-week starter course, £60. The class will be taught by Nick Osipczak. Nick is a former professional athlete (martial arts) and has 9 years experience teaching Tai Chi, with many more years of other teaching experience. Tai Chi is an ancient Chinese health system best known for its "form" practice, which has been described as moving meditation. Suitable for all ages, it builds balance, strength and inner peace. If you would like to watch a video of Nick performing some Tai Chi form:

<https://www.youtube.com/watch?v=zsdij52T4wI>

Please message me to secure your place,
or email nick@raisedspirit.com

BREEZE YOGA

All levels yoga class (beginners welcome)

Every Monday 10am-11am at Hartland Parish hall.

A single class: £10

A package: £34 a block of 4 classes (valid 5 weeks from starting date)

Classes also available in Bude, Morwenstow, Marhamchurch

Contact: Rita 07539270792

E-mail: breezeyogabude@gmail.com

SHORT MAT BOWLS

Get moving in 2023 do you fancy getting more exercise, making new friends and socialising at the same time? If football, tennis or swimming is not for you, why not try short mat bowls? Hartland Short Mat Bowling Club (affiliated to ESMBA) meet every Friday 2pm in Hartland Parish Hall for fun and/or competitive play, finishing with a complementary cup of tea and slice of cake.

Come along and see if it's for you, bring a friend and learn together - we have spare woods for you to try the game out and experienced players who can play along with you. If you would like to give it a go, call Tony on 01237 440095. Sessions cost £2 per person for a couple of hours tea and cake.

If you would like to try but afternoons don't suit contact Tony for a weekend session - if there is sufficient interest a regular weekend session is possible.

LET'S COOK!

As our world evolves, our food evolves with it. In the past few years, we have all seen it happen. From the pandemic, where everyone stayed inside for 4 months and school was a computer, to using AI in our everyday lives. Have we really, though, seen the unhealthy path that many children could be taking? Yes, there are people and those shops selling all those fresh, almost no additives but still good snacks, but really, it's just too expensive for everyone to eat every day, isn't it? I see kids bringing in pure sugar for their lunches, 2 bags of Skittles for a snack at break. It's not anyone's fault, we all do it, but us humans must break our children out of these cycles. Since 2023 though, I've been attending Cooking Club in Hartland. It's not something seen as big; you might have never even heard of it but to the people in it, it does mean something. Since 2023, Sally Zalewski, Maria Bremridge and Sally Lansdale, along with their team of volunteers, have been organising a fantastic way to get children eating healthier, I personally think. When I joined, it was just something to do in the half term, but I quickly grew to love the warm-hearted ladies running it and the chaotic mess of a kitchen. I've even made some new friends! We have made cheese straws, jam cakes, scones, homemade pasta (very delicious) and even peanut butter honey protein balls (the stickiest

recipe by far). It's really made me think about all the sugars and saturates we put in our foods and encouraged me to make more healthy decisions of what I eat with my friends and family. After all our creations come out of the oven, and we have managed to find out whose tray of pastries is whose (there are always somehow extras at the end that no one has claimed), the warm smell of homemade goods wafts through the air. I love it. As you can see, Cooking Club is all about building the community and teaching children how to make nutritious meals. They are building a new path for the future. It's just a small club, run by big hearts in our loving community as you can see.

Once you get to see what things are really made of, you start to realise it isn't too much sugar that's the only problem - it's also the additives hidden behind it all. With Cooking Club it's really the heart of healthy eating for me. Now I often replace my prawn cocktail and caramel bar at school for a piece of berry crisp I brought home last week. The choc-raisin bars really stuck with us as a family and my mum still makes them, over a year after! Cooking Club is a real opportunity in the local area and should be recognised for all the hard work and thought put into children's wellbeing.

Dylan Roe (age 13)



DANCE & FITNESS *with* **ANDIGWA DANCE!** **OVER 50s & ALL!**

African, Brazilian, Spanish, The Caribbean, Indian
easy to follow dances from around the world.
Online! In-person! Performances!

TUESDAYS

HARTLAND PARISH HALL THE SQUARE, HARTLAND
BIDEFORD, EX39 6BL

10am -10.45am - GENTLE CHAIR MOVES in person -
Mobility, Falls Prevention, Strength, Balance. £4 Drop in.

11am – 12 noon – ANDIGWA DANCE FITNESS in person –
for all. £6 Drop in/£30 for 6

MORWENSTOW COMMUNITY CENTRE, EX23 9SL

7 – 8pm JOYFUL MOVES in person – for all. £7 drop in. This
is an occasional class. Please enquire dates.

WEDNESDAYS

NEW CLASS! STARTS WITH A FREE CLASS ON
WEDNESDAY 17th SEPT 2025 (FIRST 3 WEDNESDAYS
OF THE MONTH).

LITTLEHAM VILLAGE HALL, App's Lane, Littleham,
Bideford EX39 5HR

11.30am - 12.30pm - ANDIGWA DANCE FITNESS
LITTLEHAM in person - a gentler class for all - £7 drop in/£35
for 6

THURSDAYS

ST PETER'S CHURCH HALL, FREMINGTON, 5 Hill Top,
Fremington, Barnstaple, EX31 3BL

2-3pm - HAPPY DANCE FITNESS in person – for all. £7 drop
in/£35 for 6

ENQUIRIES & BOOKINGS:

Rebecca Jeffery

EMAIL: rebeccam.jeffery52@gmail.com

MOBILE: 07788 475173

FACEBOOK: www.facebook.com/andigwadance

INSTAGRAM: [instagram.com/rebeccamoxonjeffery](https://www.instagram.com/rebeccamoxonjeffery)



YOGA with MAJA

Maja Luce's yoga classes on Wednesdays in Hartland Parish
Hall: 6.30 – 7.30 Drop-in: £7

Mixed ability class. All welcome. Please bring a mat and
blanket. Group whatsapp: 07930 220364

COUCH to 5K RUNNING PLAN

If the prospect of getting out of bed early on a Saturday morning and getting yourself to a Parkrun (our nearest are Tamar lakes or Bideford) is daunting, try downloading the excellent NHS Couch to 5k programme and do it in your own time. The plan involves 3 runs a week, with a day of rest in between, and a different schedule for each of the 9 weeks. It is also excellent for those getting back to sport after an injury.

So how does Couch to 5k work? Probably the biggest challenge a new runner faces is not knowing how or where to start. Often when trying to get into exercise, we can overdo it, feel defeated and give up when we're just getting started. Couch to 5k works because it starts with a mix of running and walking to gradually build up your fitness and stamina. Week 1 involves running for just a minute at a time, creating realistic expectations and making the challenge feel achievable right from the start.

Download Couch to 5K from www.nhs.uk/live-well

WELCOMBE **VILLAGE HALL PILATES**

The pilates classes run on Tuesday evenings, 6-7pm

I teach in 4-week blocks - Max class size is 12

Depending on numbers, I can offer a second Tuesday class, at 5pm. If you'd like to enrol and book in, please email katebingham@mac.com

For a discount priority booking, buy the whole block in advance: £28. Single lessons cost £8.50 and must also be booked in advance. **Sorry, no drop-ins**

Pre-paid missed classes are non-refundable BUT one missed class per block can be rolled forward to the next block, space permitting and selling/giving your space to a friend is OK if that person has also enrolled.

Wear loose comfortable clothes you can move in. There are mats in the hall but it's good to bring your own and/or a towel.

Kate Bingham

FITNESS & PILATES *with* **DANIEL HALL**

Cost: £6 per class per session

Contact: Call or text 07901 948665

Tuesday

Pilates starting at 9:30am - **Parish hall**

Body Pump starting at 6:30pm - **Pavilion**

Pilates starting at 9:30pm - **Pavilion**

Thursday

Pilates starting at 9:30am - **Pavilion**

ST. NECTAN'S CHURCH



Advent again! It's time to get up in the loft and dust off the Christmas decorations if you haven't done so already. I do have a very good friend who puts up her tree and decorations during half term, but for me, the excitement is in the anticipation (I try not to think about the inevitable tangles in the Christmas lights) and I usually start to think about it at the beginning of December when I get ready

to do my 'Advent Window'. What theme will it be this year? I've done angels and I've done stars, and the wise men have also made a couple of appearances - for some reason I seem to have quite a collection of stuffed camels. Maybe it's the time for the shepherds. I do enjoy walking round the village and seeing the effort that has gone into the wonderful window displays.

Anticipation is the key theme of Advent, as Christians await the celebration of the birth of Jesus. You might think that I would get bored of hearing the story, that same old story every year; but no; the Christmas story brings me new happiness every year, no matter what is going on in my life, or in the world, because it's a message of hope. It can be the story straight from the Bible (even if you have to jump about Matthew & Luke's Gospels to piece it together) or a quirky adaptation performed by the pupils of Hartland School, the message is the same, of miracles and of hardships being overcome by love, the love that God has for us, in coming to earth as the baby Jesus, and the love, support and generosity that are found in the unlikelyst of places, even in the poverty of a stable with the humble shepherds (yes, I think it will be shepherds this year).

Several Advent services will have happened by the time you read this but there are still the outdoor services to look forward to:

Sun 14th Dec, 3.00pm West Moor Farm, Woolsery –
Barn Nativity & tractor/trailer ride from village to the farm.

Sat 20th Dec TBC, 5.00pm Walking Nativity,
starting at The Old Smithy, Welcombe.

Mon 22nd Dec, 6.00 for 6.30pm
Nativity Live, Melbury Farm, Parkham.

These are all great opportunities to dress up and join in, as is the ever-popular Crib Service at 3.00pm on Christmas Eve at St Nectan's, Stoke. Costumes are available to borrow at this one but please do come a bit earlier if you need to be 'dressed' at the church!

With so much to look forward to December can be a bit frantic and I'm looking forward to a trip to Lundy at the beginning of the month – it will be a bit frantic there too as I try to fit Advent, Christmas & Epiphany all into one weekend, but there is always time for a bit of peace & quiet and space to take time to reflect on the important things in life as well. Even in the mist, wind and rain, peace can so often be found in the simple things around us and the wonder of nature – you don't even have to go as far

as Lundy. We have so much beauty on our doorstep. So, in the frenetic run up to Christmas, whether your celebration will be religious or secular, try to take a moment or two to enjoy what we have around this village, maybe pop into the church for a quiet space, so many people have found peace just by being in the building, whether they have a Christian belief or not. Why not give it a go. It's there for everyone, a place where history and spirituality meet.

I look forward to seeing many of you over the Christmas period – check out all of the services in this magazine; but however you spend your time, I wish you Peace, Joy, Love & Laughter this Christmas - and a Happy New Year. By the time of the next issue, I will be well into preparations for Easter!

Rev'd Jane Hayes.

Arise, shine, your light has come, the glory of the Lord has risen on you! Jesus, the light of the world has come. From the Advent hymn, 'Darkness like a shroud', by Graham Kendrick.

DIARY OF EVENTS AT ST. NECTAN'S

The following may be subject to change. All services will take place at St. Nectan's unless otherwise indicated.

Sunday services

December

7th	11am	Christingle
14th	11am	Holy Communion
21st	10am	Breakfast Church in the Church Rooms
	6pm	Carol Service with Hartland Town Band
24th	3pm	Crib/Nativity Service
	11.30pm	First Communion of Christmas
25th	10am	Christmas Day Communion
28th	11am	Holy Communion

January

7th	11am	Morning Worship
11th	11am	Holy Communion
18th	10am	Breakfast Church in the Church Rooms
25th	11am	Holy Communion=

February

1st	11am	Morning Worship
8th	11am	Holy Communion
15th	10am	Breakfast Church in the Church Rooms
18th	11am	Holy Communion with Ashing in the Church Rooms
22nd	11am	Holy Communion

March

1st	11am	Morning Worship
8th	11am	Holy Communion
15th	10am	Breakfast Church in the Church Rooms
22nd	11am	Holy Communion
29th	11am	Palm Sunday service

The **Christmas Sale** with Soup and Roll lunches will be held in the Parish Hall from 11.30am on Saturday December 13th. On February 17th **Pancakes** will be served in the Church Rooms from 10am onwards.

Every Wednesday we hold an informal service of **Holy Communion** in the Church Rooms at 11am, followed by coffee and a chat. Why don't you join us, especially if getting to St. Nectan's on a Sunday is difficult?

Other activities in the Church Rooms. Coffee Shop on Tuesdays & Fridays from 10am to midday and Community Lunches at 12.15pm on Wednesdays during term time. Come and enjoy some company with a roast meal and dessert from Hartland Primary School kitchens, followed by a cuppa, all for the modest price of £5. Meals are booked weekly, so you do not have to make a regular commitment. Please let Kay Greenish know by the preceding Monday if you would like to come along (01237) 441091. Prices may be changed for the new year in January.

Please check the news and events pages on the Mission Community website - hartlandcoastparishes.org - for further details and updates. Information may also be included in the Down Your Way pages of the North Devon Journal and on posters in the village.

Tricia

Nurturing Growth, Healing Hearts

Integrative Humanistic Counselling In Person, Online and via the Telephone



Covering areas to include;

- Relationship issues
- Anxiety and depression
- Grief, loss and bereavement
- Trauma



Introductory session £25, additional sessions £50 for up to 50 minutes

www.edelweiss-therapy.com

Call Fiona on 07850 533888



bacp
collective mark

Registered Member 403095
MBACP



EXCEL & ACCESS SOLUTIONS



- ✓ Automatic Reporting & Stats
- Send emails, create calendar appointments, VBA

Based in Bude

Are you drowning in disorganised admin that could benefit from an affordable Database or professional Spreadsheet?



Cornwall & Devon
Consultants

www.CDConsultants.co.uk
07553141918

HOT DESKING

- ✓ Affordable Shared Office
- ✓ Private Meeting Room rental
- ✓ Super Fast Fibre WIFI
- ✓ Shared kitchen with unlimited teas and coffees

Crimp Business Park, EX23 9PB

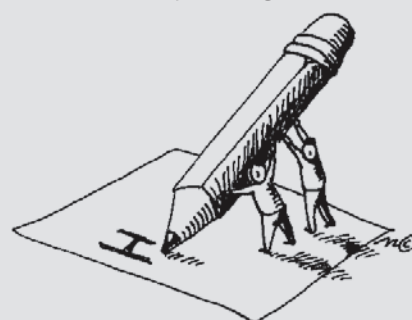


www.TheA39Hotdesk.co.uk
07704080082

Keep sending us content!

If you have anything to submit for reader's messages, obituaries or general interest articles, please submit to The Hartland Post by the next deadline of 10th of February 2026.

thehartlandpost@gmail.com



Sally Lansdale

Registered Osteopath

helping you get your life back

07885 580 050

please text or leave a message

sally@sallylansdale.com

treatment for the following:-

- muscle and joint conditions
- back and neck pain
- shoulder, arm, elbow, wrist and hand pain
- hip, knee, leg, ankle, foot pain
- sports injuries
- stress



• NEW BUILDS, EXTENSIONS, CONVERSIONS

• COMPLETE PROJECT MANAGEMENT

• DRAINAGE

• DIGGER WORK

2.7 TON MACHINE + DRIVER

• DRIVEWAYS, FOUNDATIONS

Trustworthy, friendly, reliable & professional service.

20 + years experience,

references & projects can be seen.

Fully insured

07503 152329 / 01237 441011

Woodblock printmaking
Studio open by appointment
2 Harton Manor
Hartland Devon EX396BL
07771610982 Merlyn Chesterman RE



Hartland Property Maintenance

Getting it Done

For your House Maintenance Problems

Vince Morrison

07519 645564



Your local Builders Merchants

Kings Hill Industrial Estate, Bude EX23 8QN
01288 357020

Open to the Trade and Public

Mon-Fri 7.30-5pm, Sat 8-12 noon

For all your building and DIY needs

We stock everything from sand, aggregate and cement to power tools, paints and balustrades.

Come and visit our showrooms where we are happy to design your dream kitchen and bathroom.

Come and see what we have to offer

Hearn Haulage Ltd

Septic Tanks Emptied

(Small lorry available)

Phone: 01805 601203

Mobile: 07831241531

Email: hearnhaulageltd@outlook.com



Shane Storkey

☎ 07436 991071

✉ Shane@ss-bc.co.uk | 🌐 ss-bc.co.uk



Leonard & Co

Chartered Certified Accountants

It's all about you & your business

We help & support Sole Traders, Partnerships, Limited Companies,

- Accounts & tax advice
- VAT & payroll services
- Free bookkeeping review & advice
- Cloud accounting setup & advice
- Fixed fees (*no more fee surprises*)
- Spread the cost monthly
- Business advice & support
- Free telephone advice & support

A friendly service to meet your individual requirements.

Give us a call to arrange a free no obligation meeting to find out how we can help you.

Neil Leonard (FCCA)

T: 01237 431531 E: neil@leonardaccountants.co.uk

Lane Mill | Woolsery | Bideford | Devon | EX39 5PZ

www.leonardaccountants.co.uk



The Anchor Inn

Fore Street, Hartland



A 16th century coaching hostelry

Open daily from 11am – late for morning coffee, lunch, cream teas and dinner

Sun terrace with lovely views over Hartland Vale

Real ales & Devon ciders a speciality

Live music and a piano for anyone to play

Darts and a free pool table

Bed and breakfast accommodation

01237 441414

www.anchorhartland.co.uk



T: 07854 300 915

E: JACK0120@HOTMAIL.CO.UK

Lorraine Brumham

DRESSMAKER

For all your dressmaking, alterations and repairs.

Specialising in Bridal wear



Mobile: 07909 622704



Swan Acupuncture

Tamina is a fully insured & licensed practitioner of Traditional Chinese Medicine based in Bude, Braunton and Bideford.

Conditions treated:

- acute and chronic pain
- hormonal imbalance, menopause, infertility
- digestive disorders
- sleep disorders
- anxiety and depression

For more information visit

swanacupuncture.co.uk

email swanacupuncture@gmail.com

07701 094496

Robins Plant Hire

2 Pines Close Hartland

Landscaping
Foundations
Concrete Breaking
New Storm and foul drains or repairs
Land clearance
Hedging & Ditching
Hedge & shrub cutting
All types of General Plant Hire

No job too small

Free Quotes



Call ADRIAN 07971601784

or DAPHNE 07919676166

Email adrian.robins@btinternet.com

The Hartland Quay Hotel & Wreckers Retreat Bar

The Hartland Quay Hotel is open throughout the year, offering a warm welcome, comfortable en-suite rooms and a hearty English Breakfast.

The Wreckers Retreat bar is open every day from 11am until 11pm, serving meals from 12-2.30pm and 6-9pm. Snacks are served from 3-5.30pm at weekends and every day during the summer.

Children and Dogs on leads welcome.

Free WIFI.

Special events and groups catered for.

Gift shop and Museum open from Easter until October Half Term.

Contact us on 01237 441218 or
info@hartlandquayhotel.co.uk

For more information please visit our website: www.hartlandquayhotel.co.uk

T: 01409 253 533
www.renewsw.co.uk

renew SW LTD

DOORS • WINDOWS • SOLAR PANELS

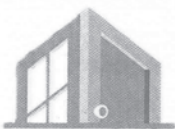
Accredited MCS supplier & installer of Solar PV Systems
RECCO ✓ certass

Unit 9 Tamar Business Units Holsworthy Ind Est, EX22 6HL

Wayne Humphreys
Hartland Windows & Construction
07795 281172
01288 358712
wayne@hartlandwindowsandconstruction.co.uk

For all your home improvement needs:

- Windows
- Doors
- Conservatories
- Roofing (all types)
- General Building
- Mini Digger Hire



References available on request



The Calf Street Pottery

Sarah Jane Lander

37 Fore Street

Hartland

EX39 6BE

01237 441883

sarah.j.lander@btinternet.com

Coffee on the Square

FRESH COFFEE

BREAKFASTS & LUNCHES

HOMEMADE CAKES

DEVON CREAM TEAS

OUTSIDE SEATING

LOCAL ART & CRAFTS

DOG FRIENDLY

TAKEAWAYS

Open 9am – 5pm

Reservations welcome

Tel: 01237 439 636

Find us on facebook

Stay at The Small School Cottage

An elegantly simple coastal retreat in Hartland



To find out more and book, visit:

www.resurgenceevents.org/stay

The Resurgence Centre

An education centre and community space for events and courses, including yoga, meditation, art & craft



For forthcoming events visit:
resurgenceevents.org/events

Looking for a venue in Hartland?

The Resurgence Centre is available to hire.
Contact: events@resurgence.org for more details.

The Resurgence Trust is an educational charity (charity no. 1120414)

JAMAICAPRESS
design • print • signs • web • office

Banners, Pop-ups, Vinyl, Interior, Posters, A-boards, Signs, Exhibition, Display, Foamboard, Di, brochures, Flyers, Newsletters, Lette

01237 452333

R & N FUELS

(Nicholls Bros)

COAL MERCHANTS

DON'T BE LEFT IN THE COLD

LOCAL DELIVERIES OF ALL SOLID FUELS

COMPETITIVE PRICES



01840 230111 (COLIN)

01840 250568 (ROGER)



Springfield Pottery

88 Springfield, Hartland, EX39 6BG

Please contact us if the shop is closed

01237 441506

philip.leachi@btconnect.com

Professional Treatment of your Foot related problems in the comfort of your own home.

Wendy Cook
SAC DIP FHP/T / SAC FHP
Mobile Foot Health Practitioner

Call Wendy on
01288 331311 or
07813772095



Telephone 01409 241421
Remnants

Carpets, Vinyls, LVTs, Altro
Laminates, Hardwood Flooring Supplied and Fitted.
Increasing range of Rugs and Mats.

Free measuring and quotation with no obligation, samples available to take home.

The Square, Bradworthy, Holworthy, Devon EX22 7TB
E-mail cornerstores-carpets@btconnect.com Web cornerstorescarpets.co.uk

(Located off the corner of Bradworthy Square)



RELAX...LET US TAKE CARE OF YOUR MOVE

- UK Removals
- Business Removals
- Office Removals
- Storage & Self-Storage
- Full and Part Packing Services
- Packing Materials
- Dismantling & Reassembling
- Professional Service

CALL US
TODAY
FOR YOUR
FREE
QUOTATION
ON 01237 478256



"STRESS FREE" SOLUTION TO MOVING
AND STORING AT COMPETITIVE PRICES



Graham's Roofing Services

25 years experience, C.I.T.B., C.S.C.S.

TILING • SLATING • LEADWORK • ROOF
WINDOWS

GUTTERING • CHIMNEY • POINTING
FIBREGLASS FLAT ROOFS

GRANT/INSURANCE/REPAIRS WORK
COMPLETE ROOFS

Distance no problem

PHONE 07395002220 NOW

COVERING HARTLAND AND BEYOND



CARICATURES

By LUKE WARM.

Have Caricatures drawn
on the spot at your Wedding,
Party or Corporate Event!

Caricatures drawn from photos
make great Birthday, Wedding,
Christmas, Leaving and
Retirement presents!

Please call Mark on
01237 441 559

www.CaricaturesbyLukeWarm.co.uk

SUSAN MACDONALD

CURTAIN MAKER

Curtains - Roman Blinds

Cushions - Pelmet

Curtain Fabrics - Tracks - Poles

Vertical - Venetian and Roller Blinds

CHOOSE AT HOME SERVICE

01237 441 824

www.susanmacdonald.co.uk

Hartland Post Office & Stores

Freshly Baked Bread, Groceries, Fruit & Veg, Tobacco, Off Licence, Confectionary,
Toys & Gifts, Cards & Stationery, Newspapers & Magazines

Post Office Services Including: Car Tax, Stamps, Foreign Exchange, Pension &
Benefits, Insurance & Telephony Products..

Mon-Sat 8am-9pm

Sun 8am-1pm / 4:30pm-7:30pm

Tel - Direct to Post Office 01237 441169

Office 01237 440251

MULTI AWARD WINNING FUN



www.themilkyway.co.uk

North Devon, EX39 5RY

All tickets must be pre-booked online

ALL-IN-STEEL

ALL-IN STOCK

Mild Steel

- RSJs, Beams, Channels
- Angle, Flat Rounds, Square
- Convex Section Bars
- Box Section, Tubes, Galvanized Pipes
- Plate Steel, Galvanized Sheets

Bright Steel

- ERW Section & Solid Section

Brass

- Solid Bar & Sheet

Stainless Steel

- Hollow & Solid Section
- Stainless Sheet

Aluminium

- Angle, Flat, Hollow Section & Sheet

Re-Enforcing

- Fabric, Mesh, Panels, Re-Bar, Tying Wire,
Chairs and Spacers, Gabion Baskets

ALL-IN SERVICE

We Offer

- Cutting Saw, Guillotine & Plasma
- Drilling & Punching
- Pressing & Rolling

- Painting & Galvanizing

- Daily Deliveries in North Cornwall & Devon

And Much More

Please either call or email us for all your metal needs

T: 01237 441 177 E: info@all-insteel.co.uk

SHED STORED SEASONED HARDWOOD

£70 small builders bag

£90 large bulk feed bag

Larger orders on request!

All fallen trees (NO FELLING)

Andrew Goaman

TEL 07971376268



Louise Jeffery

Eco Friendly Painting & Decorating
using Low Volatile Organic Compounds

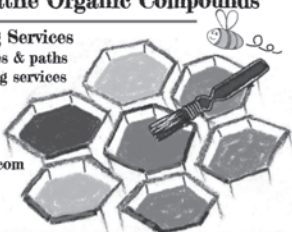
Plus Home Cleaning Services

- Power washing houses & paths
- Vacuuming & cleaning services

Contact Louise on:

- 07789 296583
- loujefery19@gmail.com

NORTH DEVON



YOU COULD ADVERTISE IN
THE SPACE FOR £40 A YEAR

The Perfect Venue...

Welcombe Village Hall is easily accessible and stands in its own quiet location, surrounded by community woodland and overlooking the dramatic Atlantic Ocean.

The hall is fully equipped & can seat up to 120, with plates & cutlery etc. A side alley can be screened off for smaller gatherings. Favorable hire rates are available for local residents and regular supporters of the Hall. An excellent playground is to one side.

The hall is an ideal venue for weddings, family celebrations, meetings, concerts, classes, dances, and community events. It is also a popular exhibition space for local artists, and as a workshop venue for yoga, aikido and tai chi.

Full details are on the Hall Website, www.hall.welcombe.org.uk or contact Pat Alexander 07876 336833 patathome@aol.com



SELF STORAGE

8' x 20' Containers

Commercial & Private Welcome

Quiet location with easy access just off the A39 near Bucks Cross

For more details please phone John on 07812 542670 / 01237 451389

Award Winning Baby and Pre-schooler Classes

A fantastic choice of fun developmental classes available for babies from birth to children aged 4 years 11 months



Visit our website for more details:

www.littlestarsplay.co.uk

classes@littlestarsplay.co.uk

The Milky Way, Clovelly, EX39 5RY



FREE
taster session
available for
locals

DN DEBBIE NEWCOMBE
planning services

- ✓ Pre Planning Advice
- ✓ Planning Applications
- ✓ Appeals

Please feel free to contact me for a free initial consultation.

07971 159522

debbie@dnplanningservices.co.uk

MAKE DREAMS HAPPEN

YOU COULD ADVERTISE IN
THE SPACE FOR £40 A YEAR

JOHN BYRNE

LIME PLASTERING & COB REPAIR

01288 331479 - 07900 861247

jb.lime@btinternet.com

byrnesurfaces.com

DANCE & FITNESS WITH ANDIGWA DANCE!
OVER 50's!

Accessibility

ANDIGWA DANCE
performance and workshops



African, Brazilian, Spanish, The Caribbean, Indian easy to follow dances from around the world online and in person! Fitness classes - in doors and in Nature! Performances!

MONDAYS

ANDIGWA WORLD DANCE FITNESS - online- 6-7PM GMT UK -NEW CLASS! - STARTED Mon 8th Jan 2024! **ONLINE ON ZOOM! Please enquire!**

TUESDAYS

ANDIGWA WORLD DANCE FITNESS IN HARTLAND - in person - 11AM - 12 NOON - HARTLAND PARISH HALL EX39 6BL

JOYFUL MOVES - in person - monthly classes - 7-8pm - MORWENSTOW COMMUNITY CENTRE, EX23 9SL. Please enquire!

THURSDAYS

VERY GENTLE CHAIR MOVES in person 11am -11.45AM - in person - HARTLAND PARISH HALL EX39 6BL - Mobility, Falls Prevention, Strength & Balance.

HAPPY DANCE FITNESS - in person - 2-3pm - FREMINGTON PARISH HALL, FREMINGTON, BARNSTAPLE, EX31 3BQ

AVAILABLE FOR BOOKINGS!

ENQUIRIES/BOOKINGS: Rebecca Jeffery, Andigwa Dance.

EMAIL: rebeccam.jeffery52@gmail.com

MOBILE: 07788475173

INSTAGRAM: @rebeccamoxonjeffery

FACE BOOK: [facebook.com/andigwadance](https://www.facebook.com/andigwadance)

YOU COULD ADVERTISE IN
THIS SPACE FOR £40 A YEAR



Hartland ABBEY & GARDENS

Fascinating lived-in family home with beautiful interiors, collections and 18thC walled and woodland gardens. Walks to the beautiful Atlantic coast and Blackpool Mill, location for "The Night Manager", "Sense & Sensibility" and "Malory Towers".

Delicious light lunches and cream teas. Gift shop.
Children's Quiz and Nature Trail
Donkeys, Black Sheep, Peacocks
Dogs welcome on leads. Holiday cottages.

www.hartlandabbey.com

for further details and outdoor theatre.

Open from last Sunday in March until 3 October

(including Good Friday),

11am - 5pm (house 2 - 5pm),

Sunday - Thursday

Tel: 01237 441496 / 234



HARTLAND BIKE SERVICING SALES & REPAIR

NEW & USED BIKES BROUGHT & SOLD, ALL BIKES ARE SOLD SERVICED WITH A WARRANTY.

STANDARD BIKE SERVICE FROM JUST £10

FULL RANGE OF SPARES & CYCLE ACCESSORIES

BIKES CAN BE COLLECTED & RETURNED OR DROPPED OFF IN HARTLAND

07788133738 / MAIL@BIKETRAIL.CO.UK

WWW.BIKETRAIL.CO.UK

FACEBOOK: BIKETRAIL CYCLE SHOP

ADULTS, CHILDREN'S, BMX, ELECTRIC,
ROAD, RECUMBENTS, TANDEMS, TRAILERS,
MTB, TRIALS TOURING, PEDAL KARTS,
BALANCE BIKES, TAG-A-LONGS . . .



COLWILLS

estate agents • property management • lettings

- Your local, professional independent estate agent
- Free, no obligation marketing appraisal for selling or renting
- Worldwide marketing on four major property websites

Call our dedicated team:

01288 355828

www.colwills.co.uk

JON TAPE BUILDING

AND MAINTENANCE

Telephone:

01237 441781 / 07776 142074

tinkertape@hotmail.co.uk

Local, fully qualified builder with over 25 years of experience.

Friendly and reliable service.

Free quotations.

EXTENSIONS, CONVERSIONS AND NEW BUILDS

PLASTERING AND SKIMMING

PAINTING, DECORATING AND TILING

BLOCKED DRAINS AND ROOF REPAIRS

PATHS, PATIOS AND DECKING

FASCIAS AND SOFFITS, GUTTERING AND DOWNPIPES

Happy Paws Dog Field Secure Dog Walking Field

Donkey Meadow, Woolsery, Nr Bideford, EX39 5QH

Book Now



- ✓ Private 30-60 min sessions
- ✓ Fully fenced & secure
- ✓ Agility area
- ✓ Dry dog area



Web: happypawsdogfield.co.uk Email: hello@happypawsdogfield.co.uk

YOU COULD ADVERTISE IN
THE SPACE FOR £65 A YEAR

Glowdolls Aesthetics

Advanced Skincare & Beauty

Beautiful Home Salon located in Woolsery.

Private parking available.

Open 6 Days A Week

9am-9pm.

Advanced Skincare Treatments

Anti-wrinkle Injections

Gel Nails

Brows & Lashes

Waxing

Non-surgical Lipo

Fat Dissolving



www.glowdollsaesthetics.co.uk

DEBBIE- 07808058482

glowdolls22@gmail.com

Rich.Tech Services

Local IT Support Services

We have over 25 year's experience supporting all sizes of businesses with their IT portfolio.

Call for a friendly informal chat to find out if we can help you.

Choose us for :

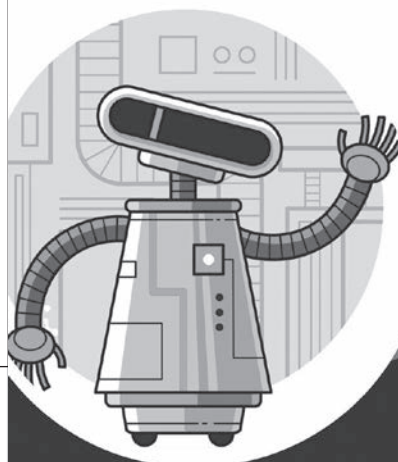
- PC, Laptop, Server & Mobile Support ✓
- Remote Support or Onsite Visits ✓
- Cloud Services - Azure, AWS, M365 ✓
- Ad-hoc or contracted support ✓
- Website Hosting & Design ✓

Contact Richard

07359 648723

www.richtechservices.co.uk

info@richtechservices.co.uk



Masonry - Carpentry - Plumbing
Decorating - Extensions - Conversions
Repairs - All work carried out by
Qualified Tradesmen

PETER FURSE CARPENTER & BUILDING CONTRACTOR

Southford, Hartland, Bideford EX39 6EE
Tel: 01237 441412



Free Website Hosting for 6 months for Hartland Post Readers!!!

J. L. FULFORD

(N.J. WALTER)

FUNERAL DIRECTORS

RICHMOND COTTAGE & COBBLES, WEST STREET, HARTLAND

**BUILDING • EXTENSIONS • REPAIRS • DECORATING • PLUMBING
ANY CARPENTRY WORK UNDERTAKEN • DOORS • WINDOWS • STAIRS**

Family run business since 1930s

Tel: 01237 441510 or 07887 617554

Graham's Roofing Services

25 years experience, C.I.T.B., C.S.C.S.

TILING • SLATING • LEADWORK • ROOF
WINDOWS

GUTTERING • CHIMNEY • POINTING

FIBREGLASS FLAT ROOFS

GRANT/INSURANCE/REPAIRS WORK

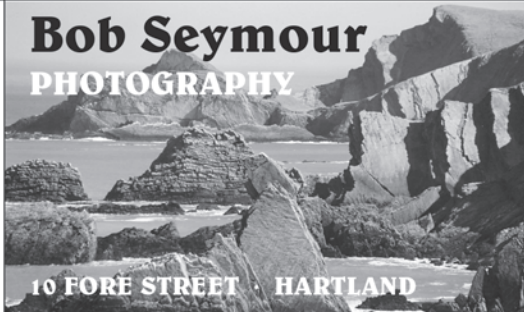
COMPLETE ROOFS

Distance no problem

PHONE **01237 441710** NOW
07772 395961

COVERING HARTLAND AND BEYOND

Bob Seymour PHOTOGRAPHY



10 FORE STREET • HARTLAND

01237 441590 www.robseymourphotography.co.uk
email: bob.seymour@hotmail.co.uk

WELDING | FABRICATION | REPAIRS 07831 394212
BRENDAN DAVEY
WWW.BRENDANDAVEY.CO.UK WELDI@HOTMAIL.CO.UK

• HYDRAULIC SERVICE 
• PTO SERVICE & REPAIR 
• PARTS, SHAFTS & GUARDS IN STOCK
• AGRICULTURAL & HORTICULTURAL LUBRICANTS
• STAINLESS/MILD STEEL/ALUMINIUM WELDING
• MOBILE WELDING & REPAIRS 
• GATES, RAILINGS & IRONWORK

STOKE BARTON FARM, STOKE, HARTLAND, EX39 6DU 



PAUL WILLBY

decorator • handyman
carpenter • renovator
hedgetrimming • gardening
slabbing • tiling
jetwashing

07877759174

Hartland EX39 6BH

pwillby@btinternet.com

CONNECT Heating & Plumbing

- Boiler breakdown & servicing
- Boiler replacement to full central heating
- Landlord safety inspections
- Kitchen & bathrooms
- Underfloor heating
- Unvented hot water systems
- All domestic plumbing services

Brian Andrew

Fully qualified, certificated & insured

16 years trained by & employed with British Gas

tel: 07494 848538 / 01409 241910

info@connectheatingandplumbing.co.uk

WRAS
Water Regulations Advisory Scheme



City & Guilds



 Find us on
Facebook

OPENING HOURS

Monday - 5pm - 7.30pm

Tuesday - 5pm - 7.30pm

Wednesday - Closed

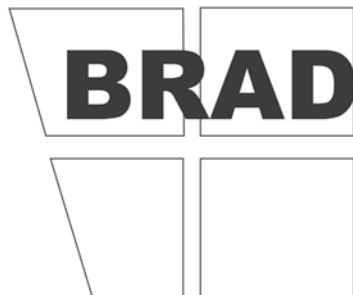
Thursday - Closed

Friday - 12pm - 2pm & 5pm - 8pm

Saturday - 5pm - 8pm

Sunday - Closed

Telephone orders taken on 01237 488123



BRADWORTHY GLASS

Upvc and glazing

Replace misted sealed units

Upvc repairs

Windows and Doors

Greenhouse Glass

Mirrors

Stained glass

Etched glass

Telephone

01409 241010

Free Delivery

Everything Glass

Above & Beyond

Tree Surgery. Woodland Management.
Man & Chipper. Stump Grinding.

 Southwest

 07518478185

 aboveandbeyondworks@outlook.com

 www.aboveandbeyondworks.co.uk



COMPACT TRACTOR HIRE WITH OPERATOR

- ROTARY TOPPING
- FLAIL TOPPING
- DRUM MOWING
- GRASS HARROWING
- ROTOVATING
- SINGLE FURROW -
PLOUGHING

M: 07904 278 391

T: 01288 331 237

PADDOCKS / FIELDS / ROUGH AREAS / VEG PLOTS ETC

Andy Turner

Carpenter & Joiner

Advanced Craft City & Guilds



andycarpenterjoiner@yahoo.com

andythecarpenter@gmail.com

Mobile:

07512 846733

Lamare Water Services

5 Turnpike Close
Higher Clovelly EX39 5RW

01237431596 / 07815787269

Bore Hole Divined & Drilled

Spring & Well Harvesting

Iron & Manganese Removal

Ph Correction (Acid Water)

Pumps & Controllers

Pressure Vessels, 25-300 litre in stock

UV Lamps, Filters & Servicing,

Bore Saver Treatment

www.lamarewaterservices.co.uk



The Pop In

Your Local Village Store

Gluten free & organic ranges available.

We accept orders for most products
before 2pm the day before.

Vegetable, Grocery & Dairy boxes
made to order all year round.



Londis



Rodda's

Groceries and Dairy - Deli Cheese and Meat - Fruit and Veg - Tobacco
Off License - National Lottery - Local Produce - Confectionery
Local Pies and Pasties - Sandwiches - Logs and Charcoal - Ice Cream
Newspapers - Milk Kiosk - Electrical Goods
Open 08.00am - 19.30pm Everyday
Except Christmas, Boxing Day & New Years Day

Tel: 01237 441488 - Email: tony@popinstore.co.uk

@ThePopInHartland

36 Fore Street, Hartland, Devon EX39 6BE

Lamare Water Services

5 Turnpike Close
Higher Clovelly EX39 5RW

01237431596 / 07815787269

Bore Hole Divined & Drilled

Spring & Well Harvesting

Iron & Manganese Removal

Ph Correction (Acid Water)

Pumps & Controllers

Pressure Vessels, 25-300 litre in stock

UV Lamps, Filters & Servicing,

Bore Saver Treatment

www.lamarewaterservices.co.uk



YOU COULD ADVERTISE IN
THIS SPACE FOR £40 A YEAR



Drysafe
Raising Building Standards

Specialist Contractors in:

Damp Proofing
Condensation Control
Timber Preservation
Structural Waterproofing
Wall Tie Replacement

Office: 01237 441235

Unit 2, Harton Way Industrial Park

www.drysafeconstruction.co.uk



Based in Bude

- Basic Computer Skills
- Excel, Word, Outlook and PowerPoint Courses for all Abilities
- Secure Password Management with RoboForm
- And MORE....



www.InnovateTraining.net
07553141918

HARTLAND CARAVAN & CAMPING PARK

- walk to the pub & local shops
- dog friendly - fishing on site
- laundry & shower block



Tents
Tourers
Motorhomes
01237 441876

Self catering mobile homes fully
equipped & furnished with all
bed linen & towels provided.
Sleep 1-6 guests 01237 441664

www.hartlandcaravanandcampingpark.co.uk

www.hartlandcaravanholidays.co.uk

PELVIC FLOOR Strengthening

with the Ultra Tesla Seat

- Based in Bude -

- ✓ Electromagnetic Muscle Stimulation
- ✓ 19,000 kegels in a 28-min session
- ✓ Non invasive, fully clothed treatment
- ✓ Free 10-min taster session & Consultation

NO MORE LEAKS!



www.VitalPelvicHealth.co.uk
07553141918



Fully Insured Qualified Technician

- SERVICING
- CAMBELTS
- CLUTCHES
- BRAKES
- ENGINE CHANGES
- REPAIRS
- TYRES

Beechlands
School Lane
Hartland
EX39 6BS

Call Kieran Johns on:
07771560695
01237 441269



Now available to hire for all types of events:

- ❖ regular classes/workshops
- ❖ meetings
- ❖ private and business events
- ❖ special occasions - weddings, birthday parties, balls, dances, concerts or discos
- ❖ pop up restaurant

Facilities

- fully equipped bar
- fully equipped kitchen
- drapes for hire
- capacity up to 200 - 400
- patio with picnic tables and benches

Bookings - Jacquie 01237 441382

www.hartlandparishhall.co.uk



The Showroom, Unit 5
Red Post, Bude, Cornwall
EX23 9NW

01288 381852
carl@cblstoves.co.uk
www.cblstoves.co.uk



- Stainless Steel twinwall flues
- Chimney Lining
- Iskoern Pumice lining
- Fireplace alterations
- Stove Installations
- Wood, Multifuel, Gas & Electric Traditional & Contemporary Stoves & Fires
- Chimney Rebuilds
- Slate, Granite & Glass Hearths
- Wood & Ceramic beams & surrounds
- Floating Shelves



YOU COULD ADVERTISE IN
THIS SPACE FOR £40 A YEAR

HOME EYE EXAMINATIONS

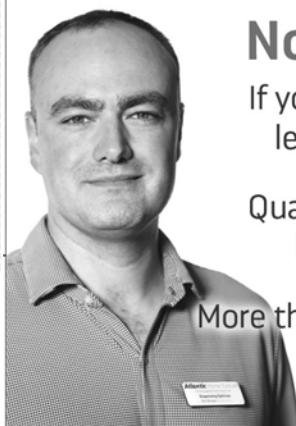
North Devon Specialists

If you struggle to get out to the optician,
let us take care of your eyes at home

Qualified, NHS-funded eye examinations
Professional spectacle dispensing

More than 10 years' experience of home eyecare

Call to make an appointment



Ben Brewer
BSc (Hons) FBDO
Dispensing Optician



Kevin Roberts
BSc (Hons) MCOptom
Optometrist

Atlantic Home Eyecare

The local opticians that come to you.

01271 590039

www.atlantichomeeyecare.com



Providing NHS services

HOLIDAY COTTAGE HARTLAND



The Shippen is a warm, spacious
barn conversion on a smallholding
just outside Hartland,
available to rent throughout the year.
2 bedrooms, 2 bathrooms, kitchen,
living/dining room, and conservatory.

Sleeps 5. Dogs welcome.

For more information: Penny 07951 581330

weststaddon@gmail.com

www.shippenbarn.com



Your Local MG Dealership and Ford Experts



Blights Motors are a friendly family run garage
and your first point of call for everything motoring:

- All makes servicing
- MOT's
- Ford Experts using the latest equipment and Ford quality parts.
- Ford Transit specialists
- FREE Courtesy cars available on request
- FREE Collection/Delivery service (15mile radius)
- FREE Vehicle Health Checks
- FREE Winter Checks
- FREE Wash and Vac with every service

bp



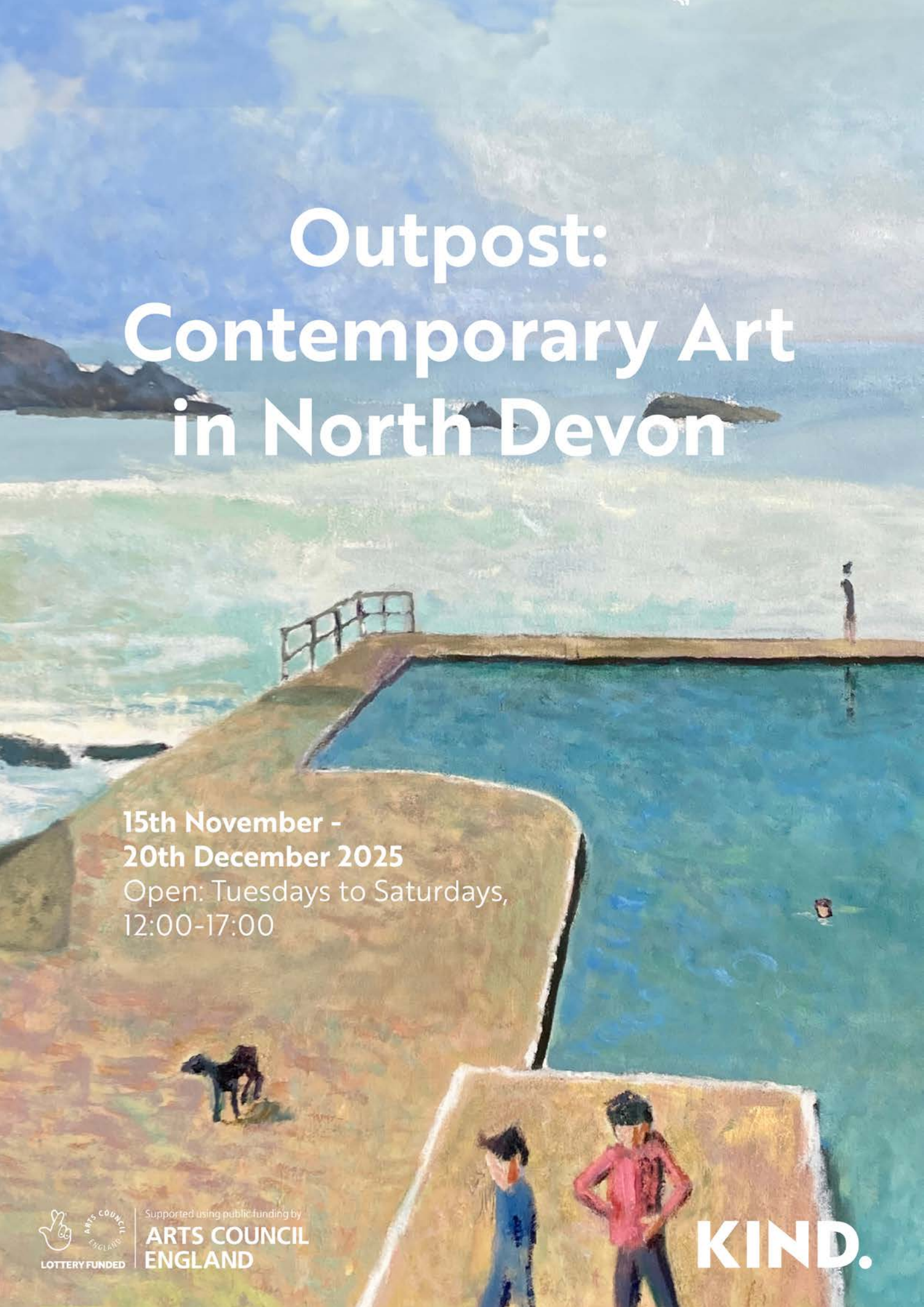
INSTAVOLT

After your first visit, receive
one of our Loyalty Cards and
receive:

- 10% off services and repairs
- Free puncture repair
- No quibble £200 discount when purchasing one of our new or used vehicles

We are located just a short distance
from Affinity Devon heading towards
Bideford on Clovelly Road EX39 3ET

01237 472282
www.blightsmotors.co.uk

The background is a painting of a coastal scene. In the foreground, a concrete path leads down to a pier. A black dog is walking on the path. Two children, a boy in a blue shirt and a girl in a red shirt, are standing on the path. The pier extends into the sea, with a person standing at the end. The sea is a deep blue-green color. In the distance, there are dark, rocky islands under a blue sky with white clouds.

Outpost: Contemporary Art in North Devon

**15th November -
20th December 2025**
Open: Tuesdays to Saturdays,
12:00-17:00



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

KIND.