

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)

Issue No. 42 Spring 2026 £1.50



'A Prevailing Wind' by Merlyn Chesterman



THE HARTLAND POST

A quarterly news magazine for Hartland and surrounding area

Issue No. 42 Spring 2026

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Cover: A magnificent show of wild garlic in the Vale announces the arrival of Spring...at last



ANNOUNCEMENTS

Diana Mackarel

Paul Mackarel would like to thank all those who sent sympathy cards to express their sadness at the death of his wife Diana. It has meant a great deal at this time to have so much support from friends and neighbours.



Sailing when Diana was 78 years old

Thank You

Yvonne Heard & family would like to thank Spencer Dennis, his family & everyone involved in the charity shoot day in December, including our neighbours for allowing access to their land. An incredible £1385 was raised in memory of the late John "Walt" Heard. This money has been passed on to the Motor Neurone Disease Association.



Every day, six more people in the UK are told that they have MND, for which there is presently no cure. This money will help the ongoing research into this devastating disease.



Ivor Rowe, Paul King and Rodney Jeffery

Previous issues of the Hartland Post are available online at thehartlandpost.com. This issue will be available online when the next issue is on the news stands.

Advertising costs: 1 slot (1/18th page) £40/year, 2 slots £65/year, ¼ page £125/year, ½ page £165/year, Whole back page in full colour £170 per issue.

If you would like to join the Friends of Hartland Post and make a donation to secure the financial future of our publication, please send contributions to The Hartland Post, 102 West Street, Hartland. Cheques payable to The Hartland Post.

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IMPORTANT INFORMATION ABOUT CONTRIBUTING TO THE HARTLAND POST

Please submit all articles and advertisements to the Hartland Post by email ONLY! thehartlandpost@gmail.com

Unfortunately we cannot guarantee publication of material received by any other means. This is because of having to hunt around the different social media messaging services; something invariably gets lost or forgotten.

Thank you for understanding!

Sally Crofton, Editor

HARTLAND POST DATES FOR PUBLICATION

Issue 43 Summer: deadline 10 May 2026

Issue 44 Autumn: deadline 10 August 2026

Issue 45 Winter: deadline 10 November 2026

Issue 46 Spring: deadline 10 February 2027



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.

RUBBISH & RECYCLING

COLLECTION DATES

Black bags (household rubbish)

March 17, 31
April 14, 28
May 12, 26
June 9

Recycling & food waste

Every Wednesday

Green wheelie bins

March 16, 30
April 13, 27
May 11, 25

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

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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 May 2026.



thehartlandpost@gmail.com

NEWS *from* HARTLAND SURGERY



The NHS App . . .

More than one in two adults in the South West now use the NHS App to manage their health care through a phone, tablet or computer.

You can do so much more with the NHS App than you realise. You can quickly and easily request your repeat prescription, view your GP health record and get your test results faster. And if you turn on notifications, you will get messages and appointment reminders as soon as they are sent.

You can download the NHS App onto your phone or tablet from the App store on Apple devices, or the Google Play Store on Android devices.

The Quality and Outcomes Framework (QOF) . . .

One thing that often surprises people is that GP practices are not directly run by the NHS. We are independent contractors, providing NHS services under a Contract. This means we are responsible for our staff, our building, and our finances much the same as any other business. We therefore need to make money to survive.

One funding stream is QOF which is a national system used in general practice to help ensure patients receive high quality, evidence based care for long-term health conditions.

QOF works by setting out agreed standards for managing common chronic illnesses such as diabetes, asthma, heart disease and high blood pressure and GP practices are measured against these standards. By meeting these 'targets' the Practice earns points which in turn lead to additional funding.

Every year we work hard to meet the QOF targets by offering our patients regular, structured reviews. These reviews check that key monitoring is happening, medications are appropriate, and potential complications are picked up early.

For patients, QOF helps ensure that important aspects of care aren't missed. Someone with diabetes, for example, can expect routine blood tests, blood pressure checks, medication reviews and screening for complications, not just treatment when something goes wrong. This regular check-up can improve symptom control, reduce avoidable hospital admissions, and support people to live well with long term conditions.

For the Practice, the additional funding linked to QOF helps support us into the future.

A New Consent Process for Immunisations . . .

NHS England has recently updated its immunisation consent guidelines. Under the new rules, consent must now be obtained for each specific vaccine and only a registered healthcare professional, such as a GP or Practice Nurse, can do this.

At our Practice, Health Care Assistants (HCAs) like Lisa and Poppy have always been integral to delivering vaccinations. They are fully trained and experienced, so it may seem surprising that they can no longer obtain consent from patients themselves. While we find this change a bit perplexing, we need to follow the guidelines, and our process will be updated slightly to ensure compliance.

Here is what you can expect when you are invited for a vaccination:

1. **Information first** – Your invitation will include details about the specific vaccine, such as shingles, pneumococcal (pneumonia), RSV, or B12. This may be via text message or letter.
2. **Booking your appointment** – After reading the information, you will need to contact us to book an appointment with one of our HCAs.
3. **Consent via text** – Clare, our Practice Nurse, will contact you asking if you consent to have the vaccine administered by a HCA.
4. **Your choice matters** – If you give consent, your appointment will go ahead as planned. If you prefer you can decline and be rebooked with the Practice Nurse instead.

We understand these changes may seem a little confusing however our team has worked to streamline the process to hopefully make it as straightforward as possible.

Please Do Not Order Medications Early This Easter . . .

As we approach the Easter period, we would like to ask all our patients to plan their repeat prescriptions carefully and avoid ordering medications earlier than needed.

During the Christmas period we were only closed for two days, however our dispensary was overwhelmed with early requests for repeat prescriptions, which caused delays and made it harder for us to get medications to patients in a timely manner. We want to prevent a similar situation over Easter.

As the Practice will be closed on Good Friday and Easter Monday here is how you can help:

- Please do not request your medication early unless you will run out over the bank holidays – if you do, your request may not be processed
- If you are due to run out over the bank holiday period, you will need to order by 30th March
- If you run out of your medication and ask for it to be issued on the same day, you may be given a signed prescription to take to a chemist.

By following these simple steps, you will help us ensure that everyone gets their medication on time and that our team can continue providing safe and efficient care.

Thank you for your understanding and cooperation and together we can make sure Easter is a stress free period for everyone.

HARTLAND NHS PATIENT PARTICIPATION GROUP REPORT

I am pleased to report on the first year of activity for the group, a successful year in both fund raising and contributing towards equipment which the NHS does not fund.

The group met with the Doctors for the first time on the 10th April 2025, all the members of the group attended with Trudy Bowles, Practice Manager, Chloe Stanbury, secretary and doctors Ruth and Sam Tapsell. The group discussed the purpose of the PPG. The doctors expressed their hope that we would undertake fund raising events, similar to those held by the previous organisation, to help fund the purchase of medical equipment which is not provided by the NHS and would benefit the patients of the practice. The group agreed to fund raise.

An offer had been received to hold a Quiz night at the Anchor Inn. This was seen as an excellent first event and Jennie Wright coordinated with Anne at the Anchor with the event being held on 3rd June raising an amazing £408.00. The Doctors mentioned that the stairlift was no longer operating and was beyond repair due to new parts no longer being available. It was therefore agreed that the PPG would provide 50% of the cost of the new stairlift, using the funds transferred from The Friends of Hartland Medical Practice and the funds raised from the quiz and other donations.

I am delighted to advise that the new stairlift has been installed costing in excess of £7000. This now allows patients with restricted mobility access to the 3 consulting rooms on the first floor.

Our second meeting was held on 23rd October, when further discussions took place regarding future fund raising events, with the practice needing to replace the ECG machine and the Defibrillator used in the surgery through 2026. The current ECG machine needs to be replaced because the ancillary items such as the sticky pads which attach to the patient are no longer available, and the Defibrillator is reaching its replacement date. Fund raising events were also discussed, with a coffee morning being agreed for the 21st February 2026.

We also elected three officials namely the Chairman, and the treasurer. The committee voted unanimously that I should be the Chairman, Trudy Bowles the Treasurer and Chloe Stanbury the Secretary. We now have 8 members in the group of patients.

I would like to thank everyone who is involved with the group and thank you all for the kind and gratefully received donations through the year. If anyone is interested in joining the group please do not hesitate to contact the surgery.

Andy Rowlands, Chairman

PROJECT PRICKLES HEDGEHOG RESCUE

2026! My work continues at Project Prickles Hedgehog Rescue which is now in its 8th year.

2025 has been a challenging year for many hedgehog rescues across the country, as a virus, HhAV, has been found to be present in some areas of the UK. I, along with many rescues nationwide, have been helping with the study of this by freezing the first faecal sample of any newly admitted patients. Yes, at one time, we had a freezer full of these little parcels!! Fortunately our area does not appear to be affected. However many of the samples showed a high content of plastic!

This virus is not zoonotic and therefore not transmitted to pets or to you. However in hedgehogs, the virus presents in the brain with encephalitis and is also systemic (affecting all body systems). Currently there is no chemical treatment available and therefore incurable at present, which is why the research is critical to help find a cure.

We all know that the numbers are dwindling annually and sometimes I feel I might be fighting a losing battle. However, the reward of helping a sick and sometimes an extremely poorly hedgehog to full recovery and see it live a life back in the wild always makes it worthwhile. They are very brave little creatures and although a wild animal, they absolutely know when you're helping them. For an animal that's natural defence mechanism

is to curl in to an impenetrable ball, it will graciously unfurl to triage and heal. They never cease to amaze me.

Last year was particularly bad for lung worm, respiratory distress and cases of ringworm. Sometimes it seems an insurmountable climb but with patience and time they make a full recovery. This can mean daily nebuliser sessions, a cocktail of complimentary medication and for the ringworm victims, daily baths to kill the fungus and several weeks of flax seed oil massages to encourage spike regrowth. They really do turn from a bald, crusty ball in to a fully spikey beauty.

So I guess the joy outweighs the time, cost and lost heartbeats I suffer when I see that we at least in our local area, maintain our snuffling hedgepigs to live another day.

So many of you supply a natural place in your garden, a hog house and support feeding throughout the year. You do make a difference! Come April, it's the perfect time to check your hog houses. If empty, please dry out, mend and fill with fresh straw. They will be hungry so a dish of cat biscuits and water will be a life saver as they replenish their energy reserves after a long winter and in readiness for the breeding season.

Thank you all for your support.

Gay, Project Prickles Hedgehog Rescue

ATLANTIC ACADEMY

A Week of Wellbeing and Wonder

To celebrate Children's Mental Health Week, our school focused on balance and rejuvenation through a variety of fun activities. Students found their "zen" in calming yoga, boosted endorphins with high-energy badminton, and gained lifelong tools for navigating feelings in our Emotional Logic sessions.

The celebration extended to the Burton Art Gallery, where our students' vibrant artwork is currently on public display. Well done to all of our students whose work was selected and remember that there is still time to head down and have a look!

Looking ahead after half term, we wish our Year 10s the best of luck on their work experience and our Year 11s as they begin their exams. We know the Atlantic Academy community will continue to support them with the same resilience and spirit shown this week.

A Lewis

SLT PA and Administrator

Atlantic Academy

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

MARCH				APRIL				MAY				JUNE			
	Time	m		Time	m			Time	m			Time	m		
1	0412	7.4	16	0401	6.9	1	0517	0522	7.7	16	0450	0011	1.5	16	0021
SU	1044	1.4		1023	1.8		1147	1146	1.1		1118	0605	7.3		0615
	1641	7.5	M	1624	6.9	W	1736	1739	7.8	SA	1713	1227	1.6	TU	1242
	2301	1.4		2241	1.7		2357	●	2341	0.7		1822	7.5		1837
2	0500	8.0	17	0440	7.5	2	0553	0000	1.1	17	0538	0046	1.5	17	0112
	1133	1.0		1103	1.3		1219	0555	7.7		1206	0639	7.2		0707
M	1724	8.0	TU	1700	7.5	TH	1810	1218	1.1	SU	1759	1258	1.6	W	1329
	2346	0.9		2320	1.2		●	1811	7.8			1856	7.4		1928
3	0543	8.4	18	0516	8.0	3	0032	0034	1.1	18	0031	0119	1.6	18	0200
	1215	0.7		1143	0.8		0625	0627	7.6		0625	0713	7.1		0757
TU	1804	8.2	W	1735	8.0	F	1251	1250	1.2	M	1253	1330	1.7	TH	1415
	●			2358	0.8		1841	1842	7.7		1845	1930	7.3		2018
4	0027	0.7	19	0553	8.4	4	0102	0105	1.3	19	0117	0152	1.7	19	0247
	0620	8.6		1221	0.5		0656	0658	7.5		0714	0747	6.9		0846
W	1251	0.6	TH	1811	8.3	SA	1318	1317	1.4	TU	1336	1402	1.9	F	1500
	1839	8.3		●			1910	1913	7.5		1933	2005	7.2		2107
5	0100	0.6	20	0036	0.5	5	0130	0134	1.5	20	0204	0227	1.9	20	0334
	0655	8.5		0629	8.6		0725	0729	7.2		0803	0824	6.8		0935
TH	1321	0.6	F	1257	0.4	SU	1344	1345	1.7	W	1421	1437	2.1	SA	1547
	1912	8.3		1847	8.5		1939	1944	7.3		2024	2045	7.0		2157
6	0131	0.7	21	0111	0.4	6	0156	0204	1.7	21	0252	0305	2.0	21	0422
	0727	8.4		0706	8.7		0754	0809	6.9		0855	0905	6.5		1026
F	1349	0.8	SA	1331	0.4	M	1408	1427	2.0	TH	1509	1516	2.2	SU	1637
	1943	8.1		1923	8.4		2008	2027	7.0		2118	2129	6.7		2249
7	0159	0.9	22	0146	0.5	7	0223	0252	2.0	22	0346	0348	2.2	22	0512
	0758	8.1		0744	8.5		0823	0858	6.5		0952	0952	6.3		1120
SA	1416	1.1	SU	1405	0.6	TU	1435	1511	2.3	F	1603	1603	2.4	M	1729
	2012	7.7		2000	8.2		2038	2119	6.6		2217	2221	6.6		2345
8	0226	1.3	23	0221	0.8	8	0253	0343	2.3	23	0447	0438	2.3	23	0607
	0827	7.6		0823	8.1		0855	0955	6.1		1054	1048	6.2		1219
SU	1441	1.5	M	1439	1.1	W	1503	1604	2.6	SA	1706	1657	2.5	TU	1828
	2041	7.3		2039	7.7		2113	2222	6.2		2323	2320	6.5		25
9	0252	1.7	24	0258	1.3	9	0330	0452	2.6	24	0554	0537	2.3	24	0046
	0856	7.1		0906	7.5		0934	1107	5.8		1203	1152	6.2		0710
M	1506	2.0	TU	1518	1.6	TH	1542	1720	2.8	SU	1815	1802	2.5	W	1322
	2111	6.8		2124	7.2		2201	2343	6.0						1937
10	0320	2.2	25	0343	1.8	10	0421	0621	2.7	25	0033	0025	6.6	25	0149
	0928	6.6		0957	6.8		1032	1234	5.6		0704	0643	2.2		0815
TU	1534	2.5	W	1606	2.2	F	1643	1854	2.9	M	1312	1259	6.4	TH	1424
	2147	6.3		2222	6.5		2318				1927	1913	2.3		2041
11	0356	2.7	26	0444	2.4	11	0552	0112	6.0	26	0140	0131	6.8	26	0249
	1008	6.0		1108	6.1		1209	0749	2.6		0809	0752	2.0		0913
W	1613	3.0	TH	1718	2.7	SA	1839	1358	5.8	TU	1415	1404	6.8	F	1520
	2237	5.8		2347	6.0			2015	2.7		2030	2023	2.0		2138
12	0452	3.2	27	0627	2.7	12	0106	0226	6.3	27	0239	0233	7.2	27	0344
	1110	5.4		1247	5.8		0736	0857	2.2		0905	0857	1.7		1004
TH	1726	3.4	F	1913	2.8	SU	1355	1500	6.2	W	1508	1503	7.2	SA	1609
							2010	2116	1.8		2124	2127	1.7		2229
13	0005	5.4	28	0134	6.1	13	0224	0321	6.8	28	0329	0331	7.5	28	0431
	0644	3.4		0816	2.4		0845	0950	1.8		0953	0957	1.4		1051
F	1309	5.2	SA	1427	6.1	M	1456	1548	6.8	TH	1554	1559	7.7	SU	1652
	1942	3.3		2045	2.3		2111	2205	1.8		2212	2228	1.3		2314
14	0208	5.6	29	0257	6.7	14	0316	0407	7.3	29	0413	0427	7.9	29	0513
	0833	3.0		0931	1.8		0938	1033	1.3		1035	1055	1.2		1132
SA	1451	5.6	SU	1532	6.8	TU	1542	1629	7.4	F	1635	1653	8.0	M	1732
	2105	2.9		2150	1.8		2159	2248	1.3		2254	2325	1.1		2354
15	0316	6.2	30	0354	7.3	15	0359	0446	7.8	30	0453	0522	8.1	30	0551
	0936	2.4		1024	1.3		1023	1111	1.0		1114	1150	1.0		1210
SU	1544	6.3	M	1620	7.3	W	1622	1705	7.9	SA	1712	1745	8.3	TU	1808
	2158	2.2		2239	1.3		2242	2326	0.9		2334	●			7.6
			31	0438	7.8					31	0530				
				1109	0.9						1152				
				1700	7.8						1747				
				2321	0.9						●				

HARTLAND RECREATION GROUND

(Reg.Charity)

Play Area

Hartland's Play Area will receive a significant upgrade, with Kompan Ltd due on site from 23 February – Adrian Avery from Torridge District Council announced on 14th February. Thanks to Adrian for all his hard work.

However, we have now been made aware that the project is subject to a delay and that the work will not now start until week commencing **9th March**, weather permitting. **For safety, the play area will be closed while work is carried out.**

Please note that the surrounding fence which has been problematic will be removed for the time being, while it is decided how to enclose the play area in the future.

Local councillors, Hartland Recreation Ground representatives, and parents were all consulted before the final design was agreed. The council said this ensures that the improvements reflect the needs of children and families in Hartland and create a play area that will be enjoyed for years to come.



The 100 Club

Thank you to everyone who has joined – we now have 111 members. Next goal is 200! We have had 3 draws in December, January and February with 9 different winners! Please see below. The next draw will be early March.

Here are the results of the first 100 Club Draw on 2nd December 2025, *thanks to the Anchor Inn for hosting us.*

1st Joey Slee, 2nd Christine Southern, 3rd Sheila Heard.

Here are the results of the second 100 Club Draw on 6th January 2026, *thanks to the Anchor Inn for hosting us.*

1st Samantha Downie, 2nd Jessica George, 3rd William Olde

Here are the results of the third 100 Club Draw on 2nd February 2026, *thanks to the Royal British Legion for hosting us.*

1st Helen Heard, 2nd Shirley Pillman, 3rd Heather Scott

Thanks to everyone for their support. We would love others to join us – it is never too late. For the next draws from March to November pay £9.00 that is £1.00 / month for 9 months. Payment can be made with cash or by bank transfer. 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.

If you do wish to join or need any other information ring/text/email: Julia 01237-441347 or 07870-416362 juliaboyle383@btinternet.com, Mary 01237-441678 or 07434-200354 rowe100@btinternet.com

No. 42 Spring 2026

theWI
INSPIRING WOMEN

Hello Ladies,

We started 2026 with our post Christmas lunch at the Anchor Inn which was really tasty and plentiful. The dining room was beautifully decorated and set the mood for our feast. Thank you to all the staff for making it such a pleasant day!

March: There will be a talk by Trudy from Hartland Surgery on how the surgery and pharmacy operate and how we can protect it. We hear some very bleak stories from other parts of the country about struggling to get an appointment and never seeing the same Doctor (how lucky we are!).

April: We will be going to Woolsery W.I. for our group meeting/competition; we always look forward to meeting up with other W.I.s in the group.

May: The big problem of belonging to a group that was formed over 100 years ago is trying to keep up with many changes (called progress!). Most of our members have been a big part of Hartland W.I. for many years, some came along with their mothers once they were considered young women, not girls, and grown up with the W.I. raised funds, taken part in many events always ready to give their support making cakes/sandwiches serving teas and whatever else has been asked of them. They have lived through happy times and hard times but together Hartland W.I. has been here for 101 years!!

After Covid things have changed and we are quickly starting to get left behind. Technology has taken over at a fast rate and unfortunately we are finding it very difficult to keep up and find members to fill important jobs like Secretary/Treasurer with knowledge of the internet, email etc. Without those posts being filled we may not be able to continue!

Val Sheppard

President 01237 441552

PETER STILES

Peter Stiles will be holding a show of recent paintings at the Willoughby Gallery at the Castle in Bude from Sunday 22 March until Thursday 9th April. The show will include paintings of Bude Sea Pool and Hartland Quay.



The Hartland Post 7

HARTLAND WEATHER

November 2025 to January 2026



As November began, rainfall remained typically high with increased wet days, lower cloud and colder nights as autumn deepened towards winter. Temperatures were above typical for the season. Most notable day in

November was the 14th which saw a massive 84mm fall in just one day.

Total rainfall for November was a huge 276mm.

Consequently just 99 kWh of solar was produced.

December saw marginally higher rainfall with most of the rain falling in the first three weeks. Storm Bram brought in heavy rain, strong winds and flooding in early December although Hartland got off lightly compared to the rest of the county. In summary, mild, wet and unsettled weather dominated for most of the month. Any hope of the new year bringing an end to the predominantly wet weather was dismissed as an exceptionally wet period of weather hit the South West with well above average rainfall figures. Two days, (8th and 27th) saw 17mm of rainfall and a total of 130

mm fell in the entire month. A sequence of Atlantic low pressure systems brought repeated rain wind and flooding throughout the month with weather here affected by a raft of named storms; Goretti, Ingrid and Chandra. Coastal areas saw strong winds and large waves and rivers responded to sustained rainfall with high water levels.

Overall temperatures for January finished slightly below the national average with some particularly cold spells early in the month. The warmest day, 11th saw 12° but every night stayed in single figures which is to be expected.

January, known for being a cloudy month with short days is traditionally low for solar production and January saw just 101 kWh making January 2026 the least productive January in the past five years.

My thanks as ever to Doctor Patrick Moore of Stoke for his kind permission in using data from his comprehensive website. Check it out at hartlandweather.co.uk

Simon Phillips, Philham

ROYAL BRITISH LEGION *branch* HARTLAND

February 26th is an important date in our annual calendar. It is the day when we assemble on the cliff top at Hartland Point with both veterans and serving personnel to hold a service of Remembrance for those souls lost on that day in 1918 when an unarmed Hospital ship, HMHS Glenart Castle, was sunk off Hartland Point by U-Boat UC-56. A total of 153 lives were lost of whom 95 were Merchant Navy crew & the remainder were Royal Army Medical Corp personnel, including the matron, 8 nurses and 2 chaplains,

This year we are expecting up to 100 attendees consisting of representatives of the Royal Army Medical Association, The Merchant Navy Association as well as members of the Royal Centre for Defence Medicine Joint Hospital Group. (RCDM). We will be supported by a military piper as well as our own bugler from the Hartland Band and the service will

be conducted jointly by a military padre along with a member of our own clergy.

As in previous years about 30 members from the RCDM will be arriving the day before to assist us in clearing the memorial stone up on Hartland Point and some of our local war graves and monuments. Later in the day we will be entertaining them at the RBL Club with a competitive games evening. We won the trophy last year – so the pressure is on the Hartland teams to ensure that we retain it again this year.

The only other Spring event presently arranged is a quiz evening at the RBL Club on March 7th. We have gone to great lengths to ensure that this quiz will be different to any others that have previously been arranged, along with a raffle and generous prizes.

John Mimpriss Chairman Hartland RBL Branch



THE BURTON *at* BIDEFORD

The Burton at Bideford acquires work by internationally-renowned artist Yinka Shonibare CBE RA for Northern Devon



© 2026 Yinka Shonibare CBE. All Rights Reserved, DACS

Mayflower, All Flowers (2020) joins The Burton at Bideford's permanent collection

The work is on display at The Burton until 15 March 2026 in the exhibition 'Hubert Coop and Friends: A Legacy of Art and Influence'

The purchase is made possible with support from Arts Council England/V&A Purchase Grant Fund, Art Fund and The Friends of The Burton

The Burton at Bideford is delighted to announce the acquisition of Yinka Shonibare CBE RA's Mayflower, All Flowers (2020) to its permanent collection.

The work – a large relief print with woodblock and fabric detail – was created to mark the 400th anniversary of the sailing of the Mayflower ship to America, a pivotal moment in the histories of migration, colonisation, and transatlantic exchange

Shonibare is one the UK's leading contemporary artists, whose interdisciplinary practice incorporates painting, sculpture, prints, photography and film. Through examining race, class and the construction of cultural identity, his work comments on the tangled interrelationship between Africa and Europe, and their respective economic and political histories.

He was shortlisted for the Turner Prize in 2004, and his first public art commission, Nelson's Ship in a Bottle, was displayed on the fourth plinth in Trafalgar Square in 2010. In summer 2024 The Burton presented his solo exhibition 'Yinka Shonibare CBE: Modern Spiritual' which was attended by over 15,000 visitors.

The Burton's permanent collection includes over 3,000 artworks and objects, covering a breadth of specialisms including fine art, ceramics, decorative art, photography and works on paper. Originally established through artist Hubert Coop RBA's gift to the borough of Bideford, the collection has grown through

major acquisitions and gifts over the past 75-years to represent works of local, national and international significance.

The acquisition of Mayflower, All Flowers marks an important step in The Burton's strategy of bringing work by leading contemporary artists into conversation with the unique stories heritage and culture of Northern Devon. The work encourages conversation about migration, identity and global exchange in connection with Bideford's maritime history.

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

"Yinka Shonibare CBE RA's Mayflower, All Flowers is a significant acquisition to The Burton at Bideford's collection and we look forward to sharing this work with our audiences through our 75th anniversary year and beyond. This purchase is part of our strategy to bring work by leading contemporary artists into conversation with the unique heritage of Northern Devon, reflecting on how our rich local identity connects to vital global conversations."

Mayflower, All Flowers is initially on display in 'Hubert Coop and Friends: A Legacy of Art and Influence', an exhibition tracing the development of The Burton's permanent collection in 75 objects for 75 years. The work will be a key part of their two-year project Burton 2101: Collections for the Future supported by Art Fund, and the centrepiece of an exhibition in 2027 exploring Bideford's ceramics and transatlantic trade.

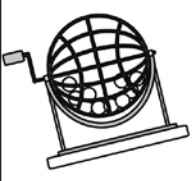
'Hubert Coop and Friends: A Legacy of Art and Influence' until 15 March 2026 at The Burton at Bideford, EX39 2QQ. Free entry.

See www.theburton.org for more details on the exhibition and accompanying events.



Hartland

BINGO



In aid of

Noah's Place
Care farm





Doors Open: 1pm
Eyes Down: 2pm



Saturday 9th May 2026

Hartland Parish Hall

The Square

Hartland, EX39 6BL

HUNGRY HARTLAND

EMBER Pizza take-away Clovelly Cross

Wood fired neopolitan 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

email: info@anchorhartland.co.uk

or support@anchorhartland.co.uk

website: 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 until the end of September (12 – 8.30pm), then reverting to the above meal times in October.

Breakfast available from 8 – 9.30pm if pre-booked.

Lunchtime Spring Specials menu for those with smaller appetites returns.

Good selection of vegetarian and vegan meals always available.

Local Devon beers, lagers, ciders and spirits a speciality

Cosy log burners

South-facing sun terrace

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

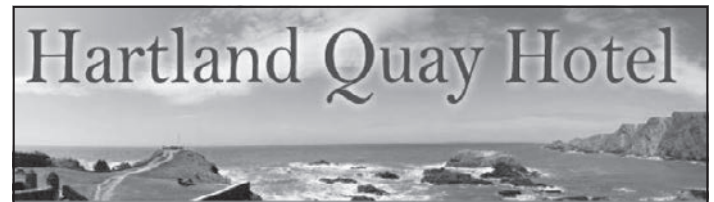
Open Monday 6-8

Tuesday and Wednesday closed

Thursday 6-8

Friday & Saturday: 5-8.30

Call 01237 440151 to book a table.



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.



Shamrock Fish & Chips: 01237 488123



Open Monday, Tuesday 5-7.30pm

Wednesday, Thursday closed

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

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



COOK'S CORNER

Simple mushroom curry



This delicious and flavoursome curry uses ingredients easily available from the Post Office or the Pop In.

Source good food

Ingredients (Serves 4)

- 50g unsalted butter
- 500g chestnut mushrooms quartered (or white button mushrooms halved)
- 4-6 tablespoons sunflower oil
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1 large onion finely chopped
- 2 garlic cloves finely chopped
- 1 teaspoon ginger
- ¼ teaspoon turmeric
- ½ teaspoon chilli powder/flakes/paste
- ½ teaspoon garam masala
- 400g can chopped tomatoes
- 1 teaspoon caster sugar
- 2 tablespoons thick Greek yogurt
- 2 tablespoons coriander (optional)

Method

1. Melt the butter in a large frying pan (or wok) over medium/high heat and cook mushrooms for 10 minutes or until all the moisture has evaporated and they're starting to brown. Transfer to a bowl and set aside.
2. Heat 4 tbsp oil in the same pan over medium/high heat and fry cumin and fennel, stirring continuously for about 30 seconds until they release a nutty aroma. Stir in the onion and garlic, cook for 12-15 minutes until golden. Add ginger, turmeric, chilli and garam masala followed by tomatoes and sugar. Cook uncovered for 5-7 minutes or until the masala thickens.
3. Spoon the yogurt into a small bowl, add a small ladleful of the hot masala and mix well before stirring the yogurt into the pan of masala. Pour in 100ml freshly boiled water and simmer for 3-4 minutes until the curry has the consistency of double cream. Season to taste and return the mushrooms to the pan and stir to warm through.

Serve with a scattering of coriander together with boiled rice or naan bread, if you like.

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.

Mondays

Dungeons & Dragons – 6 – 9pm every other week. Come and join the quest!

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.

Hartland Community Action Group meeting - last Tuesday of the month.

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

Spoots: 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.

Harrison Wallace and Friends, Jazz and Blues Jam Session, 5pm onwards - last Sunday of the month.

Special Weekend of Music 13th - 15th March:

Friday 13th March - Hand to Hand, accomplished folk musicians, 7.30pm. **Saturday 14th March** - Phil Maguire and the Balladeers, traditional and contemporary folk, rock and blues, 8pm. **Sunday 15th March** - Amanita Grove, Latin, Folk, Neo-Soul inspired, 5 - 7pm. **Sunday 12th April** - Big Dog Boogie Band, 5 - 7pm. **Sunday 31st May** - David Celia, on tour from Canada, 5 - 7pm. **Saturday 13th June** - Webster's Ragtime Trio, on tour from Texas, 8pm

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

BIN IT: A NEIGHBOURHOOD MISSION

We all know about pollution, global warming, littering and all the other things that seem to be damaging our planet. Every time we throw away a wrapper or plastic bottle, do we really know where it goes? Like, every time I'm finished with a Wagon Wheel or packet of Monster Munch, it goes straight in the bin. For all I know that monster munch packet is probably dumped onto a giant heap of toxins. I have basically just killed a seagull with that plastic.

That's why, when I needed to do volunteering for a school project, litter picking was perfect.

Well, I didn't find it that easily. Turns out volunteering had to be a 'non-profit' business, so helping set tables at the Resurgence Centre didn't count. After a bit more looking, we couldn't find anything. Online reading volunteering looked fun and like something I would enjoy but then we realised you had to be over 14 to participate. Not even if you had a reading age of over 14, sadly. The park run would have been a good place to volunteer, but there was no guarantee there would be any spots for me every week and I already ran at the park run on Saturdays. How was I supposed to volunteer now?

That's when my mum thought of litter picking. Some of my friends were already doing it. We could do it every week, not depending on anyone else, clean up the roads and help with our community. It was perfect! So, the very next Sunday, or we went for a walk down the road.

I brought one bag, expecting to collect some bottles maybe, but came back with it bursting at the seams! Not even a mile and look what we had found! Honestly, the poor hedges.

Some of the items we found over the next few weeks were:

1 packet of Stranger Things themed Monster Munch (empty, but still pretty cool)

2 cans of Monster (one of them was yellow and squished, the other one was a silvery white)

Lots of tiny bits of blue plastic (some of it was deep in the mud)

1 Tesco meal deal

1 Cadbury Milk Tray (empty)

1 Tunlock's Caramel Bar wrapper (also empty, but very tasty if you haven't tried one yet)

2 giant empty sacks

1 hi-vis (one of the stranger objects we found in the mud)

1 black sack (this was the heaviest- so heavy I thought there was a head in it for a second - just mud and sand though)

This wasn't even half of it. With such a beautiful landscape

surrounding us, it's our responsibility to be taking care of it. Except, when we do let the odd Cadbury Milk tray escape our hands, it's our job to pick it up again. Shoving the problem onto someone else really doesn't help. What I have learnt over the past few weeks is that all this rubbish is destroying our area of outstanding beauty, digging into the mud and eating away at the trees, not even to mention the animals. They are living, breathing creatures just like us.

They live on this planet, just like us. Don't they deserve some care? By litter picking, we are cleaning up the local area and building a healthier community. It's a varying job, from plucking bottle caps or the ground to full on climbing in brambles to drag out abandoned Lidl bags. I usually come back with 2 bagful's of rubbish. I guess I'm happy that I've helped the rabbits but also sad that there is so much of the stuff. Together, if we all play a part, I believe that we can clean up Hartland. Just going out once a week, maybe even just a walk down the Vale, can really help. We even met a new neighbour whilst on our litter picking,

who offered to help us! I didn't even realise we had other neighbours, but here we are. One time, a lovely couple from Speke's gave us a 'well done' whilst passing (my mum then stopped for a conversation for about 10 minutes). It's not just picking up litter in the freezing cold, it's helping everyone around you, even the wildlife.

So, let's all lend a helping hand. Litter picking is an easy way to help our local area and is accessible to almost everyone. Even after my volunteering course is finished, I would like to carry on with litter picking. Remember, every little bit helps!

*Dylan Roe
Age 13*

FEELING BEWILDERED BY COMPUTERS AND NEW TECHNOLOGY?

The libraries in Bideford and Northam are offering computer classes, from beginners and to whatever your level, free of charge.

Bideford library: Tea & IT on Thursdays from 1pm with Neil or Richard, a small facilitated group providing help for seniors. Funded by Age UK. Call Richard on 01598 740060. Also one-on-one help provided for more advanced computer users.

Northam library: One hour slots available on Wednesdays. To book and for more information call 01237 475111.



Worried about money?

We're here to help.

Money worries can feel overwhelming. Our friendly advisers can help you:

- Understand your options
- Manage repayments
- Access support and benefits
- Feel more in control of your finances

We're here to help you move forward.

☎ 0808 278 7999 ✉ moneyadvice@citizensadvicectnmwd.org.uk

👤 In person at our offices - please see our website for opening times

 Torridge, North, Mid & West Devon



www.citizensadvicectnmwd.org.uk

HARTLAND NATURE SOCIETY

*On February 7th, we did something different,
and really, quite nail biting!*

HNS hosted a meeting entitled 'Boosting Local Biodiversity' with **Guy Singh-Watson**, founder of Riverford Organics, as our keynote speaker. It was the same week that Riverford was celebrating 40 years of business and was in the newspapers, broadcast and digital media, so we kind-of felt we were part of it all!

Tiffany Tsui from Exeter talked about pesticides, their impact, and her project with parasitoid wasps, showing how the future of pesticide development might be better tailored to protect wildlife and non-target species. **Justin Seedhouse** from the **National Trust** and **Cathy Horsley** from **Devon Wildlife Trust** spoke about their projects and local initiatives that support biodiversity. **Joe Newberry** from the **North Devon Coast National Landscapes** showcased their work, the areas they cover and their Farming in Protected Landscapes project which aims to support local landowners with nature friendly farming advice. And **Steve Heard** from **Deptford farm**, talked about his family's long history of organic farming on the culm and how it makes sense to him to farm in this way. **Letty Glaister**, Steve's neighbour at **West Bursdon farm**, outlined how she supports Steve and her land provides extra pasture for his livestock. They showed us how, together, they are ensuring the culm and all its associated wildlife is thriving.



It's hard to know what to expect and what outcomes you might achieve with a meeting like this; we hoped for a good audience and to provide inspiration as well as education. I think we did – we were delighted that a total of 80 people attended and many made the effort to write personally with glowing feedback. This must mean it was a success!

- *What a wonderful morning that was. Totally inspiring and informative and interesting and positive*
- *Really excellent organisation, the speakers were all great*
- *Seriously fantastic morning – thank you. Great to see so many people and loved the energy in the room*
- *What a fantastic event. Well done! Really interesting stuff*

We will post a bigger report later, together with our short video, so watch this space. In the meantime, we are grateful to everyone who helped make this such a successful event.

Clare Gurton, HNS

HARTLAND GROWERS COMMUNITY

You may remember a selection of delicious home grown local veg, tomatoes, padron peppers, basil, chard and beetroot, that were being sold in our Post Office last summer? The green fingers behind this initiative belong to members of Hartland Community Action Group. They have now secured an allotment behind the Kings Arms and are planning a community gathering for all those interested in home-growing, including a children's group of mini-growers! Many exciting plans are in the air including seed swaps, picnics and open day. And who knows, the Springfield strawberry cream tea may return with home grown local fruit!

The first family and community working party event will take place on Sunday 12 April at the Kings Arms allotment. Watch out for posters around the village and on facebook.

If you would like to be part of the growing team and participate in a venture to grow in the village for the village please contact Kris Chapman on 07970697343.

STOP PRESS!

REPAIR WORKSHOP: The Hartland Action Group is in the throes of setting up a regular repair workshop in the village. Watch this space!

CLARE'S COFFEE MORNING

We raised a whopping £1200 for Marie Curie! All funds have been donated to Marie Curie and helping me along my way with the London marathon which is on April 26th 2026! Best get running!



We also held a big breakfast and a bingo and we have nearly raised £3000. Currently sitting at £2910! £3000 will provide overnight cover for a nurse to be with a terminally ill patient for 2 whole weeks! At the time people need these angelsI'm honoured to be running for Marie Curie. My mum is a night sitter right here in North Devon. You never know when you need someone like that. Not all heroes wear capes right?

Clare Davey

HARTLAND GARDEN SOCIETY

Happy new year to you all! As you can imagine we have already started planning and prepping for the year ahead, The Schedules for 2026 are well under way and we hope to get them out to you soon.

Diary Dates for 2026

- 23th May, 10 - 11am, **Gwen's Coffee Morning**, Pavillion
- 25th July, Show starts 2.15pm, **Summer Show**, Playing Fields
- 26th September, Show Starts 2pm, **Autumn Show**, Pavillion
- 17th October, 10 - 11am, **Winter Coffee Morning**, Pavilion
- 2nd November, 8pm, **AGM**, Church rooms

New Website!

The Garden Society have recently invested in a new website. You simply have to google 'Hartland Garden society'

The schedules will also be uploaded to this and you will be able to download the schedule and entry form. See photos and get constant updates

NEWS *from* HARTLAND QUAY

Greetings from Hartland Quay.

It's hard for us to believe but Sarah & I will have soon spent 10 years looking after Hartland Quay for the Stucley Family; our first day having been the 1st April 2016. We were honoured to be entrusted to follow in the footsteps of Chris & Jill and the wider Johns' family.



I would love to say it was all plain sailing from day one but life doesn't work that way as we all know! We lived on site for the first 2 years, and on night number 1, the fire alarm began to go off repeatedly due to a fault. The following day the main boiler fell to bits and the adventure continued! It's true to say that at this point we were wondering what we had let ourselves in for!

Thankfully though, we have had far more ups than downs. Working at Hartland Quay has allowed us to meet so many wonderful people, many of whom have become great friends.

Over the years, with the support of the Stucleys, we have managed to update and upgrade the property quite a bit. This has included full refurbishments of all bedrooms, updated décor in the public areas, new roofs on both buildings, new tarmac on the access road and street and we're currently going through the installation of 3 phase electricity to the property.

One of the perks of the job is working with various location managers and production companies for the filming that occurs here regularly. Some of the highlights include "Rebecca" in 2019, "The Long Call" (ITV series) in 2021, "The Salt Path" in 2023 and "Malory Towers" across several years up to 2024.

We would be unable to do very much at The Quay without our wonderful team and we'd like to take this opportunity to thank them all, past and present for their hard work, support and guidance over the last 10 years.

To mark our 10th Anniversary here we will be having an "Almost 10 Year Party" on Saturday the 7th March, starting from 5pm. It's a very casual event and we'd love to see as many of you as possible drop in to say hello and share a glass.

Now, back to business!

Dates for the year:

- The Shop and Museum are planned to open for the season on March 23rd.
- No dogs on the beach from April 1st
- Hillclimb will happen on Sunday March 29th & Sunday Oct 4th
- Folk sessions with Spoots on the last Sunday of every month (except July & Aug)
- Hartland Town Band will be playing on Sunday June 14th & Sunday August 23rd from 7pm
- Sea Sunday will take place on Sunday July 12th at 7pm

*Take Care
Donal & Sarah*

DAFFODILS *and* SPRING FLOWERS *at* HARTLAND ABBEY

Mothering Sunday

15 March 2026, 11am-4pm

Dogs are very welcome, on leads please!

Wellies recommended - and do wrap up warm.

The Old Kitchen Tea Rooms will be serving homemade lunches, cream teas and their famously scrumptious cakes!

While the Abbey rests through winter, we will reopen especially for our much-loved annual Daffodil Day - and in 2026 we are delighted to mark 40 years since first opening Hartland Abbey to visitors!

This special day offers a wonderful opportunity to stroll among our collection of historic daffodils, many of which were planted over 150 years ago - alongside camellias, hellebores, early spring bulbs, mimosa, fragrant Clematis armandii, and carpets of wild primroses and violets. The Orchard, normally closed, will also welcome visitors with its beautiful wild daffodils too. Enjoy glorious walks through the grounds and down to Blackpool Mill.

Your ticket includes access to our film exhibition, museum displays, historic photographs, gift shop and new exhibits. Hartland Abbey house will be open 12-3pm for a small additional charge.

Special Daffodil Day prices

Adults £10 | Children (5-15) £1 | Under 5 free

House entry £5 (12-3pm)

Further details on our website:

www.hartlandabbey.com/events-exhibitions/daffodil-days/

CHURCH ROOMS COOKERY CLUB: LET'S COOK!

The little chefs met up during the February half term and cooked up some very delicious rock cakes. While we were waiting for our cakes to cook we studied a "table of the season" with fruit and vegetables we are eating at this time of the year. Cookery club will be back during the summer holidays when we will be making recipes using seasonal produce, locally sourced where possible. Watch out for more information on facebook nearer the time. All children 6-10 years welcome. For more information contact Sally Zalewski at the Hartland Post.



LETTER *from the* HARTLAND ORCHARD

A field for everyone to call their own,
to enjoy, play, have picnics, run projects for all ages.

Dear Hartland,

After our Open Day in May last year, the orchard has begun to take shape.

Late summer, ten fruit trees were ordered from the recommended Adams Apples in Cullompton, Devon. They helped pick four apple, two cherry, two pear and two plum trees that would be good for the Hartland area. They've arrived, and with the help of children from The Hartland Primary School, we'll plant them in March. Thank you, Mrs Helen Bye, the Headteacher, for taking on this extra activity in your busy and complicated timetable.

In October, Tim Yelland kindly visited with his mini digger. First, we looked for water after the water divining activity we all took part in. I was so sure we would find some, but after digging six feet down in two places, the earth looked dry. Water could be deeper down. Plan B was to start creating a rainwater harvester. We went to Fosfelle, where we were kindly offered two large IBC containers that Tim said were worth getting. Tim levelled ground for the containers to stand on. Tangled mounds of blackberries were pulled out. Discarded metal was gathered, and some is quite interesting. Two ploughing implements might be used for something. The tangled metal fencing could be of interest to a scrap metal dealer.

Natalie Young came at the end of October with her pickaxe and got the first tree into the ground: a Bramley apple that had been requested after I had put in the order.

Paul Collom has made two lovely wide benches that came into use after I had been bashing four posts into the ground for the Bramley apple tree. Lay down on the orchard bench after each post was finally in. Paul has been keeping a walking path open through the field all summer.

In November, following a suggestion by Fred Poole I wrote a letter to The Hartland Parish Council letting them know what the Hartland Charity is doing in the field. Jill Johns, another trustee, looked over the letter and added some useful

sentences. We mentioned if they had any ideas about grants or information about orchards we would be super interested. To our delight the Council offered the Charity a bursary to help it along. We are so grateful both for the cash and for their backing. Thank you.

December Richie Heard arrived with his quad bike and brush cutter to clear ground where trees are to go. Made planning places for trees and digging much easier; plus he gave brambles another hit.

Rob Meredith, who many may know from the Hartland Farmers Market where he sold organic vegetables, sent me a report from the Bude Community Orchard and their thoughts after their experience in setting one up. Thank you Joy Cooper for alerting me to this information,

January I was downcast since the rainwater harvester was not getting built however an art school friend who continues to work as an artist, Steve Williams, said what we needed was a fencer who could get four large posts into the ground onto which a roof could be fixed. So on a Wednesday I rang Steve Heard, on Thursday I sent him some pictures of an idea, on the Friday he came for a look see, and that very Saturday he had it made. Best fixers are called Steve.

Rob Swan planned and measured for the guttering on Sunday, Monday Richard Jeffries came and helped shift the IBCs into position, guttering arrived Wednesday and Rob had it up and working Thursday. Hartland at its best.

Once trees are in The Hartland Charity will start looking for sponsorship. People can have family names attached to trees, benches or anything they wish with the approval of the trustees. We will have a welcome board by the gate and a board thanking everyone who has contributed to this field. Nick Walter kindly dropped by a board which I am using as a temporary sign.

Hope to see you in the field soon.

Best wishes. Maria Bremridge, Trustee.

Maria.bremridge@gmail.com



AGATHA CRUSTY *and* THE

This year The Hartland Players decided to put on a play instead of a pantomime and the choice was Agatha Crusty and The Village Hall Murders by Derek Webb. It was a very funny whodunnit take off of Agatha Christie and there were enough characters to give all our enthusiastic actors a part including our two young actors, Alisha and Jasmine Bond, who played a couple of punk teenagers with attitude. The main characters were Detective Inspector Twigg played by John Zalewski and Agatha Crusty (pronounced Croosty) played by Debbie

Heard. Both parts had an enormous number of lines with some quite long speeches and, in the case of DI Twigg, a lot of deliberate mispronunciations and malapropisms. How they managed it was amazing. Also we were delighted to welcome Maria Bailey to the cast who played Mandy, the model for the art class. All our actors performed really well as good timing was of the essence in this quick-fire play and, in one sense, it was home from home as the setting was a village hall played within our own village hall.



Congratulations and heartfelt thanks to theatre Director Deirdre Connis for guiding her troop through many rehearsals, organisation and preparation for the final event



Ian Chatfield plays Harry, Jane Lock as Olivia and John Mimpriss as Oliver



Elaine Page and John Zalewski



Sarah Blackmore-Heal in the role of Isabella, Richard Macdonald as PC Lockett and Sharon Lake as Alice

VILLAGE HALL MURDERS

A big vote of thanks goes to our director, Deirdre Conniss who got us all to deliver a slick performance, and of course to our audiences who were absolutely brilliant at all three performances and laughed in all the right places.

But we can never mount any production without all those backstage staff who are never seen but are essential to the smooth running of the show. The building of the set and painting of the scenery as well as costumes, makeup and hair styling plus sound and lighting are essential parts of any show. The Hartland Players are always keen to recruit new members

in a variety of roles. New actors and singers are always welcome but we also need backstage people: people interested in costumes, lighting and sound or simply those ready to lend a hand when we're building sets. We also run The Hartland Film Club on the second Friday of the month and we put on our annual production in February, rehearsing weekly from around October. Previous experience, while desirable, is not essential. Enthusiasm and a readiness to muck in is more important. Why not contact Richard Macdonald on 01237 441824.

Richard Macdonald



DI Twigg with the saucy life art class model Mandy, played by Maria Bailey



Tricia Oakley in the role of Eleanor, chair of the village hall committee and admirer of the Vicar, Toby Bishop (confusing), played by Richard Lake



Alesha & Jasmine Bond ham it up as the junior village sleuths...but did they muddy the waters?



Debbie Heard and John Zalewski star as Agatha Crusty and Detective Inspector Twigg on either side of Elaine Peak who plays Maisie, the murderer...who would have thought?!

NEWS *from* RESURGENCE

This year marks the 60th anniversary of Resurgence publishing uplifting environmental writing, championing ecological awareness, and nurturing a community dedicated to living in harmony with Nature – all from our corner of the coast. We are planning a few national events to celebrate, including a garden party at Trematon Castle in Cornwall and a conference at Wadham College in Oxford.



During January we offered an online series of meditations on the five senses, as well as Rebecca Jeffrey's 5-week course introducing us to the Gulu Wamkulu masked dances originally performed by the Nyau, a secret society of the Chewa tribe of Malawi.



In February we had a very wet guided walk from St Nectan's church to the coast with Pete Yeo. 'That Oceanic Feeling' explored seeing the literal and metaphorical wood through the trees. We also had a full day of learning about sourdough baking with Si Leworthy, head baker at artisan micro-bakery The H'artisan Bakery, based in Hartland.

Coming soon...

In March, we invite you to uncover the wonders that await in the darkness by joining us for an extraordinary live adventure as we explore the fascinating world of biofluorescence. We'll also have a spring-themed botanical printing workshop with local artist Lydia Duncan. Online we'll be hosting a conversation between two local biogenic composers: Alex H Duncan, who is also known as the 'Composer In The Woods', returns for another fascinating exploration into his music making with plants and fungi, this time accompanied by film and TV composer Adrian Carson-Smith.

Throughout May & June we will host an exhibition and creative workshops at Barnstaple Museum to celebrate 60 transformative years of Resurgence.

Contact Amy if you would like to sign up for the local monthly events newsletter so that you can book early, or if you would like to hire the centre: 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



Life drawing

Tuesday evenings: March 10, April 14, May 12, June 9
In person and online, all artists welcome. Tickets £5-10



Botanical Printing Course

Sunday 8 March
Spring themed block printing course with Lydia Duncan
Tickets £65

Guided walk

Thursday 19 March
Biofluorescence guided nature walks
Hartland Vale
Tickets £25



Online talk: Tuesday 24 March
Creating music with plants and fungi with biogenic composers
Tickets £10

resurgenceevents.org

**Resurgence
EVENTS**

NEWS *from* WELCOMBE

The winter sun hangs low over Welcombe Mouth, and while the Atlantic gales have a bite, the village is currently basking in the glow of a very busy few months. The northern lights have even made a rare, spectacular appearance over our hills recently, and the spirit in the hall and the pub has been anything but frosty.

Looking back, we enjoyed a truly magical Christmas. St Nectan's Welcombe was aglow for the Christingle and Candlelit Carols, while the donkeys stole the show during the Walking Nativity, leading a spirited crowd from the Old Smithy to the stable at Leddon Farm.

January saw the return of the legendary Salamatundi. It was a fantastic evening of community spirit, with the central table groaning under the weight of shared dishes and music from Ged Camille, Lola, Wren, and 'the choir'. We even managed to raise a heart-warming £210 for maintaining our children's playground.

Our cultural calendar has been equally full. The Film Club continues to draw a crowd to the Village Hall, with recent highlights including the remastered Becket and the charming The Penguin Lessons. For those who prefer to perform, the Old Smithy has launched a monthly Open Mic Night every third Sunday—a perfect stage for local talent to shine by the fire.

We're even bridging the gap from the Domesday Book to the digital age! The village website is being revamped and will introduce 'Welcombe AI,' a new tool to help us navigate our local history. Meanwhile, the WI recently held talks on the South West Coast Path and Commonwealth War Graves. The talk on the Path will be repeated as an open-to-everyone session before Easter.

As we move into Lent, the children at St Nectan's Welcombe are busy exploring their 'Lenten Roads'. Amid the eclectic buzz of village life, there is plenty to keep the heart warm until the swallows return.

Dates for your diary

- Book swap and pop-up tea room is now on the first Wednesday of the month
- Film club continues monthly, with the June showing the last of this season
- Planning has started for the Church fete with a major change - the event moving to the Village Hall and a date change to Saturday June 27th. It is hoped that this will enable folk who are currently working midweek to come and enjoy a fun day out, with music, a bar and BBQ
- The Garden show will again be on Saturday 1st August

Richard Bence



MOCEAN SAMBA BAND

The end of 2025 saw us hold our Brazil and Beyond night. This event has become our annual main fundraiser for the band and 2025 saw us move to The Parish Hall giving us a bigger event and the ability to sell more tickets. We had dj's Ben-Jah & Dav playing Afro beat, Latin and Brazilian vinyls as well as music from the mighty Mocean and a debut performance from Boomslang, Hartland's own youth samba band. We sold our famous caipirinha cocktails and served our own 'Mocean Rango' vegetarian spiced bean and sweet potato mix on nachos.



Look out for the 2026 event later in the year.

We finished 2025 by playing in the square at the Christmas farmers market, after first listening to The Anchor Shanty Crew and Hartland Town Band we finished the music entertainment on the night with a lovely crowd of onlookers and dancers. We are so lucky to have such an amazing selection of local music to enjoy and be part of within Hartland.

Mocean would like to take this opportunity to thank everyone for their support since our start up 3 years ago. Please get in touch if you would like to book us for any future events.

We are always open to new members joining our Mocean family, We train at Hartland Primary School 7-9pm every Monday. Also if you are aged between 7-16 and what to come along to Boomslang the youth band, their location for training is the Parish Hall on a Monday from 5-6pm.

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 or email moceandrum@gmail.com

Follow us on Facebook and Instagram

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. Check out their FaceBook page.

PILATES WITH KATE IN WELCOMBE VILLAGE HALL

Thanks for sticking with soggy Tuesdays this January/February. I'm always impressed by your focus at the end of the day, and it's been lovely working with you.

Our next 6-week block runs from **24th February to 31st March (inclusive)**, and on **Tuesday 7th April** there will be a catch-up class, free for anyone who's missed 2 or more lessons so far this year.

Depending on take-up, I hope to offer the same 2 classes as before: 5pm and 6:10, and I can be flexible if for any reason you need to switch times on the day. Max class size is 12, so book in now to reserve your space.

Priority will be given to block bookings: £35 for 6 classes: **24th February to 31st March (inclusive)**.

Or pay-as-you-go for £7 per lesson, by arrangement only (email me at katebingham@mac.com)

* To book the whole 5pm block, please pay in advance, using reference **Welcombe 5pm**

* To book the whole 6:10pm block, please pay in advance, using reference **Welcombe 6:10pm**

Meanwhile, if you have any pilates-curious family members, friends, or neighbours, do please pass on my contact details.

Kate Smith-Bingham
email: katebingham@mac.com

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**

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 2026. 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.

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

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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

NOTES from the OSTEOPATH

Over the years I've been seeing more and more patients who
are waiting for knee replacements. It can be a very successful
operation, but it's helpful if you can keep the surrounding
muscles in good shape, even if you're not considering surgery.

The knee is the largest joint in the human body, joining the
thigh bone (or femur) to the shin bone (or tibia) and kneecap
(or patella). It is a very complex joint supported by ligaments,
tendons and cartilage and these allow the knee to bend and
straighten, with the meniscus (cartilage) absorbing shock.

Knees are susceptible to all sorts of injuries, and I'm sure you've
heard of sports stars suffering with meniscal tears, ACL (anterior
cruciate ligament) and PCL (posterior cruciate ligament) tears,
but this can happen to anyone and so it's important to keep the
surrounding muscles functioning well.

Here is a simple exercise you can do at home, either lying on the
floor or your bed. Lie on your back with your legs out straight.
Do the exercise with both legs, even if you only have an issue
with one knee, because any imbalance in your movement will
affect the other leg too.

Now flex your foot to 90 degrees pointing up to the ceiling
and raise your leg, keeping it as straight and rigid as possible
to about 25cms. Now pulse your leg up and down 10 times
without touching down to the floor (or bed). Now turn that
foot outwards and repeat. Finally turn the foot in and repeat.
You might find that one of those directions is slightly painful or
weaker than the others, but the great thing about this exercise is
that it helps all the different elements of the quadriceps muscles.
Then repeat with the other leg and as you get better at the
exercise increase the repeats to 20 and then 30 times.

If you need any help with this, or any other musculo-skeletal
problem, then do get in touch.

Sally Lansdale DO, Registered Osteopath, practising in
Woolsey and Bideford.

Tel: 07885 580 050 or email sally@sallylansdale.com

Sally Lansdale DO, Registered Osteopath

07885 580 050 or email sally@sallylansdale.com

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

ST. NECTAN'S CHURCH

Spring 2026

I remember a very strange rhyme from my childhood:

Spring has sprung,
the grass has riz;
I wonder where the birdies is?



I wonder if anyone else remembers it – or even if there was any more to it, I vaguely recall something about birds being on the wing and the wing being on the bird... maybe it was just an Essex thing! Whatever its origins or however badly I might have remembered it there is something to be said for those simple words.

It's been a loooong winter. Not so much because it's been cold, but the rain has just seemed never-ending, the wind at another level to what we are used to, and the dark, dismal days dragging on – having to have lights on indoors all day at some point. That seems a small thing though compared to all those who have suffered catastrophic flooding and damage, and my prayers are with those who are still struggling to sort out the aftermath.

Today, however there has been sunshine and I got out into the garden at long last to do a bit of gentle tidying, the grass certainly has 'riz', and in all the wrong places, the birds were looking rather dejectedly at soggy bird feeders but at least they were back in my garden after their usual absence during the Great British Birdwatch, when they all choose to take their annual weekend away. I was even pleased to see the messy and always hungry Starlings, although they totally decimate the feeders, as they were noticeable by their absence last year. I'm looking forward to seeing and hearing how the bird boxes that have been put up in St Nectan's church tower, in collaboration with the Hartland Nature Society, fare. As well as some more Swift boxes, we have had Jackdaw boxes installed, which will reduce the damage they cause in the tower itself, but also give them a safe place to breed and their numbers can be monitored.

Snowdrops and daffodils are cheering me up immensely, as well as the primroses that flourish in the churchyard at St Nectan's, and I can finally come out of the winter gloom and look forward to the new season and of course, Easter.

By the time you read this we will have had Shrove Tuesday (pancake day) and Ash Wednesday, and will be well into Lent, Easter being quite early this year on 5th April. Mothering Sunday this year falls on 15th March and we will, of course, be having a service, giving out flowers and celebrating those who care for us, who 'mother' us, it may not always be our biological mothers who we remember on this day, and we celebrate God's love too in our 'mother church' – God who

is both father and mother to us all. Do come along if you can and also look out for all the other services going on over Easter; from the quiet reflective type of services during Holy Week, and the poignant service in the Square on Good Friday (with hot cross buns) to the short service we have on the Warren cliff at sunrise, with a bonfire, on Easter morning. It's always worth getting up for, it has its merits even in horizontal rain. We have been lucky the last few years to have had clear weather and a good sunrise to celebrate the resurrection of Jesus. It's an uplifting event, Easter being the time to really celebrate new life, as well as the promise of eternal life; and I never feel too guilty about tucking into some chocolate later in the day knowing that I've been up and about early :-)

I finish with a verse from one of my favourite Easter hymns:

Now the green blade rises from the buried grain,
Wheat that in the dark earth many days has lain,
Love lives again, that with the dead has been;
Love is come again, like wheat that springs up green.

John Macleod Campbell 1872-1958

Rev'd Jane Hayes.

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

March

1st	11am	Morning Worship
6th	2pm	(Friday) World Day of Prayer Service (Church Rooms)
8th	11am	Holy Communion
15th	11am	Mothering Sunday Service
22nd	11am	Holy Communion
29th	11am	Palm Sunday service

April

2nd	7pm	(Thursday) Holy Communion / The Watch
3rd	Midday	Good Friday Service in the Square
5th	6.10am	Sunrise Service above Warren Cliffs
	11am	EASTER DAY Communion
12th	11am	Morning Worship
19th	10am	Breakfast Church (Church Rooms)
26th	11am	Holy Communion

May

3rd	11am	Morning Worship
10th	11am	Holy Communion
17th	10am	Breakfast Church (Church Rooms)
24th	11am	Holy Communion
31st	11am	Holy Communion

June

7th	11am	Morning Worship
14th	11am	Holy Communion
21st	10am	Breakfast Church (Church Rooms)
	4pm	Choral Evensong for St. Nectan

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.

Flower Festival at St. Nectan's

Bank Holiday weekend, 28th- 31st August.

Celebrating our Hartland volunteers, with flowers.

If you would like to help, please contact Thirza (441267) Joy (441500) Trudy (07775 951552), Teresa (078367 410762)

We look forward to hearing from you.

st.nectans@gmail.com

Tricia

MEDDON VILLAGE HALL

Exciting news from Meddon, just before Christmas we had a film crew use the village hall for a film set. The company had been filming at Hartland Quay, but needed to erect a forensic tent in the dry, so Meddon Village Hall came to the rescue. Working late into the night it was dramatic to see police cars and a forensic van in the Halls car park. It's all very hush, hush at the moment, but we have been told the village may have a private viewing at a later date.

Meddon Village Hall is a registered charity and is perfect for everything from children's parties, organisation meetings, clubs and functions. We have an Art club every 3rd Tuesday of the month and our very popular Wine and Wisdom quiz night is held on the last Friday of the month. We have a smart up to date kitchen, a meeting room and the Hall itself, which is a warm and welcoming place.

If you are interested in hiring the Hall or meeting room please see our website <http://meddonvillagehall.org.uk> for full details.

HARTLAND ART *and* CRAFT CLUB

We are a friendly group of people who meet twice a month informally to pursue our hobbies in company. We have occasional tutorials where group members share their expertise and 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:

March 12th, 26th

April 9th, 23rd

May 14th, 28th

June 11th, 25th

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

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



DO YOU *have* PARKINSON'S?

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

Parkinson's Café at the Anchor Inn

Every second Tuesday of the month local people with Parkinson's, and family and friends, meet at the Anchor Inn for coffee and a chat. And excellent cake!

We discuss news, exchange experiences and talk about life in general. We welcome people with Parkinson's, family, friends and carers to join us at our friendly drop in.

We meet at 10.30 on the second Tuesday of each month, so the next one will be 10th March, and then 14th April.

More info from Vera Tooke 07876 524337

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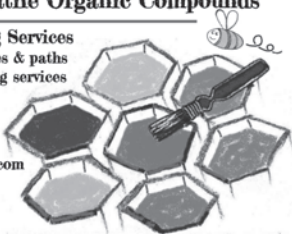
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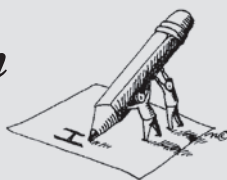


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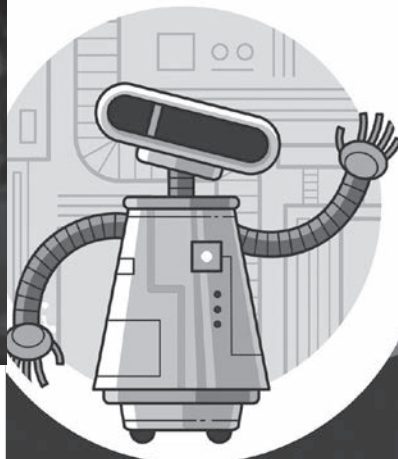
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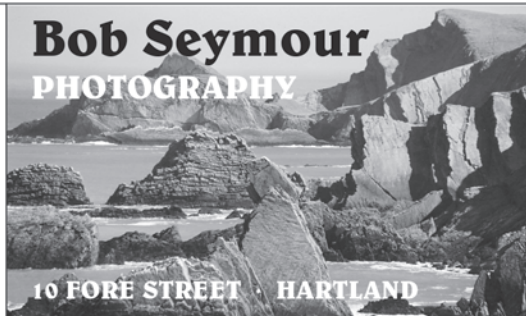
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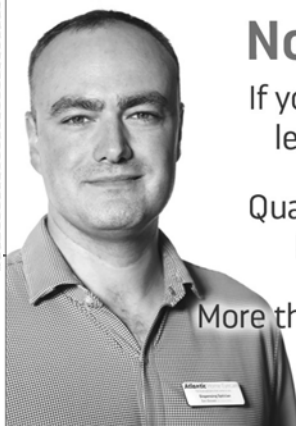
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