

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)





'A Prevailing Wind' by Merlyn Chesterman



THE HARTLAND POST

A quarterly news magazine for Hartland and surrounding area

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Cover: The Speckled Yellow, a day-flying moth, takes a break on a sunny day. (photo by Frannie Leach)



ANNOUNCEMENTS

David Young - Aged 93



The family would like to thank all those who attended David's funeral, visited us and sent cards and messages of sympathy.

David first cycled to Hartland from Lancashire as a teenager, spent his whole teaching career in North Devon and retired in 1993 in Stoke.

He sang in the church choir, was a member of Hartland Chamber Orchestra and made many friends.



Nancy Johns on 16th March

Betty Howarth on 18th March

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 44 Autumn: deadline 10 August 2026

Issue 45 Winter: deadline 10 November 2026

Issue 46 Spring: deadline 10 February 2027

Issue 47 Summer: deadline 10 May 2027

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) £45/year,
2 slots £70/year, ¼ page £135/year, ½ page £175/year,
Whole back page in full colour £175 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.

Whilst every care has been taken to ensure that data in this publication is accurate, neither the publisher nor its editorial contributors can accept, and hereby disclaim, any liability to any party for loss or damage caused by errors or omission resulting from negligence, accident or any other cause. The Hartland Post does not endorse any advertising material, product or service appearing within this Publication. The statements and opinions contained in The Hartland Post are those of the authors and do not necessarily reflect those of the editor or the publisher. Regrettably, any modifications to adverts during the running year will incur a £5 charge.



Pascaline Moisan and Mark Zalewski welcomed baby Joseph on 11 March, in Paris. Everyone is thriving in spite of sleepless nights; Joseph is looking forward to his first Hartland Carnival.

Resurgence Centre events in and around Hartland



June 2026

- 5 June **60 Transformative Years:** A talk by Satish Kumar, with poetry from Clare Goulet. Barnstaple Museum. £10
- 6 June **Sensing Nature: Creative Writing workshop:** With writer and tree specialist Cheryl Silvanwood. Barnstaple Museum. £15
- 20 June **Medicines from the Hedgerows workshop:** Create seasonal remedies with specialist teacher Linda Moran. Barnstaple Museum. £15
- 27 June **Mindful Running Meditation Online:** Learn techniques to improve your mindset & enhance your performance. Free

July 2026

- 3-4 July **Sound Healing Full Moon Sound Baths:** Slow down, release stress and tension, and reconnect with your natural rhythm. Tickets £16

17-24 July **Early Morning Blue & Green Meditations Online:** Discover the meditative qualities of two beautiful colours from Gaia's palette. Free

18 July **Introduction to Sourdough Bread Baking:** Learn the sourdough process and how to make delicious, healthy bread. Tickets £95

29 July **Children's Nature Activity Morning:** With Jen Howard from Tapeley Park Forest Club. £15

August 2026

2 August **Life Drawing Full Day – Drawing in Long Light:** A longer session with 2 models, allowing time for attention, stillness and depth. £35

For more information and to book:
www.resurgenceevents.org



Unfortunately because of rising production costs we are having to increase our yearly advertising tariffs as follows:

1 slot: £45, 2 slots: £70, 1/4 page: £135, 1/2 page: £175

Back cover in colour: £185 (per issue)

The Hartland Post cannot accept cheques for payment as these are no longer accepted for paying in at the Post Office and our bank branch in Bideford is now closed! Thank you for understanding.

RUBBISH & RECYCLING

COLLECTION DATES

Black bags (household rubbish)

June 9, 23

July 7, 21

August 4, 18

September 2, 15

Recycling & food waste

Every Wednesday
except Thursday 3 September

Green wheelie bins

June 8, 22

July 6, 20

August 3, 17

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



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NEWS *from* HARTLAND SURGERY



Devon Freewheelers...

During normal working hours, samples such as blood tests and swabs are collected by the NHS courier service. However, to enable us at the surgery to offer additional blood test appointments on Friday afternoons and during our Saturday clinics, we are supported by the Devon Freewheelers.

The Devon Freewheelers are a dedicated team of volunteer motorcyclists. Rain or shine, weekday evenings or bank holidays, these riders carry something far more precious than parcels, they deliver life-saving medical supplies to those who need them most.

Founded in 2009 and registered as a charity (No. 1180264), Devon Freewheelers, more widely known as the Devon Blood Bikes, provides a vital yet often unseen service to the NHS. Their mission is simple but powerful: to transport essential medical items quickly, safely, and completely free of charge.

From blood and pathology samples to donor milk and urgent patient medications, the group acts as a crucial link between hospitals, GP surgeries, dialysis units, and patients' homes. They also play a key role in supporting emergency services, including the Devon Air Ambulance and the Dorset and Somerset Air Ambulance, ensuring helicopters are stocked with vital blood and blood products.

What makes this service even more remarkable is that every rider is a volunteer. Each must hold an advanced riding qualification and gives their time without payment, driven purely by a desire to help others. Whether responding to urgent calls in the early hours or coordinating with other blood bike groups across the country for long-distance relays, their commitment never wavers.

Operating outside standard working hours, overnight during the week and around the clock on weekends and bank holidays, the team effectively fills a critical gap in healthcare logistics. Their work not only saves the NHS significant costs but also helps ensure that patients receive timely care when it matters most.

Despite the scale and importance of their contribution, Devon Freewheelers receives no government funding and no payment from the NHS or the patients they serve. The charity relies entirely on public donations to keep its bikes on the road and its service running.

To learn more, support the charity, or explore volunteering opportunities, visit their website or get in touch directly. Every donation helps keep these wheels turning and could help save a life.

To find out more or become a volunteer, contact 0300 800 0105 or Email: info@devonfreewheelers.org.uk or visit their website www.DevonFreewheelers.org.uk

Lumi Nova – A therapeutic mobile game for children's worries and anxiety...

Lumi Nova is an intergalactic adventure game to support young people to fight fears and manage worries. Whilst exploring planets, customising characters and earning treasure your child breaks their fears and worries down into manageable steps, learning life-long skills and building resilience.

Lumi Nova was created for 7 - 12 year olds (school years 3 - 7) who are having difficulties with fears, worries, or anxiety related to social situations, separation or phobias.

Lumi Nova is ideal for children who may:

- lack confidence to try new things
- seem unable to face simple everyday challenges
- find it hard to concentrate
- have problems with sleeping or eating
- have angry outbursts
- have negative thoughts about what's going to happen
- be avoiding everyday activities, eg. going to school, seeing friends
- become irritable, tearful or clingy

Accessing Lumi Nova is quick and easy. Go to Luminova.app/devon to register and you will receive a text message to guide you through getting started.

RSV Vaccination Clinic – For Patients Aged 75 and Over...

In 2024, the UK became the first country in the world to introduce a national programme using a single vaccine to protect both newborns and older adults against Respiratory Syncytial Virus (RSV).

The programme was initially offered to pregnant women from 28 weeks onwards to help protect their babies, as well as to individuals turning 75. A one off catch-up campaign was also provided for those aged 75 to 79.

From 1 April 2026, the RSV vaccination programme has been expanded to include:

- All adults aged 80 years and over
- Residents in care homes for older adults

If you are aged 75 or over and have not yet received your RSV vaccination, please contact the surgery to book an appointment. We are holding a clinic on Saturday 13th June but you are able to have this one off vaccination year-round.

For pregnant women (from 28 weeks), the vaccine is usually offered by your midwife. However, you may also choose to book an appointment at the surgery if you prefer.

Update on the Bra Bin!!

In the Winter edition of the Hartland Post we included an article about the bright pink bra bin located in the surgery. We are excited to inform you that we have now sent our first

consignment of bras weighing over 40 KILOS to Against Breast Cancer. By donating your unwanted bras not only helps fund pioneering breast cancer research, but also prevents landfill waste. Well done everyone!

A reminder to keep your records up to date...

Due to the rising cost of postage, we are increasingly using text messaging to communicate with our patients. This allows us to share important updates, appointment reminders, messages regarding your medication and health information more quickly and efficiently.

To ensure you continue to receive these messages, please make sure your mobile phone number is up to date on your patient record. If your contact details have changed or if we do not have your mobile phone number on your record, kindly inform our reception team at your earliest convenience.

Thank you for your cooperation.

Practice half day training dates.....

All Practices in the Torridge area will be closed from 1pm on the following dates for training:-

- 17th June
- 16th September

If you need to speak to a GP about an urgent matter that cannot wait until the next working day, please call 01237 441200 where you will be diverted to an on-call GP. If you have received a text message informing you that your medication is ready for collection, dispensary will be open between 9am and 1pm on the above dates.

LIBRARIES *in* DEVON TACKLE TECH WASTE and FIGHT DIGITAL POVERTY

Five new electronics and tech donation points are launching in libraries across Devon. People will be able to bring tech items they no longer use to be refurbished. Once refurbished, items are donated to those experiencing digital poverty.

Libraries Unlimited, in partnership with Fixy, Resource Futures, and Donate IT, is bringing the donation programme into libraries. Part of Libraries Unlimited's National Lottery-funded, Together For Tomorrow climate action project, the initiative aims to reduce electronic waste and tackle the lack of access to technology in local communities.

Over 100,000 tonnes of electricals are thrown away each year, according to Material Focus. Electronic waste is hazardous for people and the planet. With binned electronic devices identified as a leading cause of fire in UK recycling and household waste, libraries are inviting the public to rethink the way they dispose of unwanted tech. The new Fixy donation points will be launching in five Devon libraries over the spring and summer. Libraries are celebrating the new electronics donation points with launch events. Asking people to bring their old tech to the library and donate it at the launch event.

Cullompton Library launched in March, Totnes Library launches during the town's ShareFest on April 18th, Exeter Library launches on April 22nd, 11 am - 1 pm, Tiverton Library launches on May 9th, 11 am - 1 pm, and Barnstaple Library launches on July 18th, 11 am - 1 pm.

"Fixy is delighted to be working with several library trials in Devon," says Linda Hull, project coordinator at Resource Futures "Closing the digital divide and tackling the ever increasing e-waste mountain has never been more important. We know that most people have a 'Drawer of Doom' stashed with pre-loved smart tech. Not only do we need to liberate all these hoarded precious metals, but once all these devices are securely data wiped, many can be refurbished and given back out free of charge to those in digital need in our communities. It's win win!"

Alex Kittow, Chief Executive Officer at Libraries Unlimited, said:

"It's wonderful to see the Fixy boxes launch in our libraries. Libraries play such a crucial role in supporting the well-being of individuals and communities; they are spaces that evolve to meet their community's needs, constantly promoting inclusion and aiming to reduce inequalities. Libraries are uniquely positioned to share knowledge and promote projects like Fixy, donating old tech to be refurbished for those who need it. It's a great opportunity for people to have a clear out of their old tech and help the environment!"

Items accepted at Fixy donation points are:

Mobile phones and smartphones
Laptops (must be unlocked)
Tablets (must be unlocked)
PCs, desktops and towers
PC combo units
Digital cameras
Routers
Games consoles, computer games, controllers and accessories
Hard drives
Freeview recorders
External hard drives
Smart speakers
Smart tech and smart devices
Smart wearables and smart watches

Donation points cannot accept:

TVs, screens, displays or monitors
Keyboards and mice
Plug-in telephones
Printers, scanners or photocopiers
Tapes, discs, CDs or DVDs
Non-tech small electricals
Loose batteries

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

JULY				AUGUST				SEPTEMBER				OCTOBER					
	Time	m		Time	m		Time	m		Time	m		Time	m		Time	m
1	0033	1.8	16	0105	0.7	1	0123	1.2	16	0204	0.7	1	0203	1.0	16	0222	2.2
	0627	7.4		0658	8.3		0716	7.7		0757	8.2		0757	8.0		0812	7.9
W	1245	1.8	TH	1319	0.9	SA	1333	1.3	SU	1413	0.9	TU	1415	1.2	W	1439	1.8
	1843	7.7		1917	8.7		1933	8.0		2014	8.3		2017	8.1		2041	7.3
2	0107	1.7	17	0149	0.7	2	0155	1.2	17	0236	1.1	2	0235	1.3	17	0253	1.8
	0701	7.4		0743	8.3		0749	7.7		0832	7.8		0832	7.7		0857	7.0
TH	1317	1.8	F	1402	0.9	SU	1405	1.3	M	1445	1.3	W	1449	1.5	TH	1508	2.3
	1918	7.7		2002	8.6		2007	8.0		2048	7.9		2055	7.7		2114	6.7
3	0140	1.7	18	0231	0.8	3	0227	1.2	18	0306	1.5	3	0310	1.7	18	0321	2.6
	0735	7.4		0826	8.0		0823	7.6		0906	7.4		0912	7.3		0934	6.5
F	1350	1.8	SA	1441	1.1	M	1439	1.4	TU	1516	1.8	TH	1528	2.0	F	1544	2.9
	1953	7.7		2044	8.3		2043	7.8		2122	7.3		2139	7.1	☾	2154	6.1
4	0214	1.7	19	0309	1.2	4	0300	1.4	19	0335	2.0	4	0351	2.2	19	0400	3.1
	0810	7.3		0907	7.7		0859	7.4		0941	6.9		1001	6.8		1025	5.9
SA	1424	1.8	SU	1519	1.4	TU	1513	1.7	W	1548	2.3	F	1618	2.4	SA	1640	3.3
	2029	7.6		2126	7.8		2121	7.5		2159	6.7	☾	2238	6.5		2257	5.5
5	0249	1.8	20	0347	1.6	5	0336	1.7	20	0407	2.5	5	0449	2.7	20	0513	3.5
	0847	7.2		0948	7.2		0939	7.1		1021	6.3		1112	6.3		1155	5.6
SU	1500	1.9	M	1557	1.8	W	1550	2.0	TH	1628	2.8	SA	1735	2.9	SU	1832	3.5
	2108	7.4		2207	7.3		2205	7.1	☾	2244	6.1						
6	0327	1.9	21	0424	2.0	6	0418	2.0	21	0453	3.0	6	0005	6.1	21	0057	5.3
	0928	7.0		1031	6.8		1028	6.7		1118	5.9		0626	3.0		0726	3.5
M	1538	2.1	TU	1638	2.3	TH	1638	2.3	F	1730	3.2	SU	1253	6.2	M	1354	5.8
	2151	7.2	☾	2252	6.8	☾	2301	6.7		2352	5.6		1937	2.8		2018	3.2
7	0406	2.0	22	0506	2.5	7	0512	2.4	22	0614	3.3	7	0149	6.2	22	0235	5.8
	1013	6.8		1120	6.4		1133	6.4		1250	5.6		0816	2.7		0847	3.0
TU	1621	2.3	W	1727	2.7	F	1746	2.6	SA	1918	3.3	M	1431	6.6	TU	1500	6.4
☾	2240	7.0		2345	6.3								2105	2.2		2119	2.6
8	0454	2.2	23	0601	2.8	8	0016	6.4	23	0140	5.5	8	0313	6.8	23	0327	6.4
	1107	6.7		1222	6.0		0633	2.6		0806	3.3		0931	2.1		0939	2.5
W	1713	2.4	TH	1833	3.0	SA	1259	6.3	SU	1428	5.9	TU	1539	7.4	W	1544	7.0
	2338	6.9					1929	2.6		2052	3.0		2211	1.6		2204	2.0
9	0551	2.3	24	0055	6.0	9	0146	6.4	24	0305	5.9	9	0410	7.5	24	0406	7.0
	1211	6.6		0718	3.0		0814	2.5		0921	2.8		1029	1.5		1020	1.9
TH	1820	2.5	F	1339	6.0	SU	1428	6.6	M	1532	6.5	W	1631	8.1	TH	1621	7.6
				1958	3.0		2102	2.3		2152	2.5		2302	1.0		2243	1.6
10	0047	6.8	25	0213	6.0	10	0310	6.8	25	0358	6.5	10	0457	8.0	25	0441	7.5
	0705	2.4		0838	2.9		0934	2.1		1012	2.4		1116	1.0		1058	1.5
F	1324	6.7	SA	1452	6.2	M	1542	7.2	TU	1616	7.0	TH	1715	8.5	F	1656	8.0
	1945	2.4		2113	2.8		2214	1.7		2237	2.0		2347	0.7		2319	1.2
11	0201	6.9	26	0323	6.2	11	0417	7.4	26	0438	7.0	11	0538	8.4	26	0514	8.0
	0826	2.2		0942	2.6		1037	1.5		1053	1.9		1159	0.7		1134	1.1
SA	1437	7.0	SU	1551	6.6	TU	1641	7.9	W	1653	7.5	☾	1755	8.8	SA	1730	8.4
	2105	2.1		2211	2.4		2314	1.1		2316	1.6					2355	0.9
12	0312	7.2	27	0416	6.6	12	0511	7.9	27	0513	7.4	12	0027	0.6	27	0548	8.3
	0939	1.9		1033	2.3		1132	1.1		1130	1.5		0616	8.5		1211	0.9
SU	1544	7.4	M	1637	7.0	W	1731	8.4	TH	1728	7.9	SA	1238	0.6	SU	1805	8.6
	2215	1.7		2258	2.1	☾				2352	1.3		1832	8.8			
13	0417	7.6	28	0459	6.9	13	0006	0.7	28	0546	7.7	13	0101	0.6	28	0032	0.8
	1042	1.5		1115	2.0		0558	8.3		1205	1.3		0651	8.5		0622	8.5
M	1644	7.9	TU	1716	7.4	TH	1221	0.8	F	1801	8.2	SU	1312	0.7	M	1247	0.8
	2317	1.3		2339	1.8		1817	8.7	☾				1907	8.6		1841	8.7
14	0516	7.9	29	0536	7.2	14	0051	0.5	29	0027	1.0	14	0131	0.8	29	0106	0.8
	1140	1.2		1153	1.7		0640	8.4		0618	8.0		0724	8.3		0657	8.5
TU	1739	8.3	W	1752	7.7	F	1302	0.6	SA	1240	1.0	M	1342	1.0	TU	1321	0.9
☾			☾				1858	8.8		1834	8.4		1939	8.2		1917	8.5
15	0014	0.9	30	0016	1.5	15	0129	0.5	30	0059	0.9	15	0200	1.2	30	0140	1.0
	0609	8.2		0610	7.4		0720	8.4		0650	8.1		0755	7.9		0733	8.3
W	1233	1.0	TH	1229	1.5	SA	1339	0.7	SU	1311	1.0	TU	1411	1.4	W	1356	1.1
	1830	8.6		1826	7.9		1937	8.7		1907	8.4		2010	7.8		1955	8.2
16	0014	0.9	31	0016	1.5	16	0129	0.5	31	0059	0.9	16	0200	1.2	30	0140	1.0
	0609	8.2		0610	7.4		0720	8.4		0650	8.1		0755	7.9		0733	8.3
W	1233	1.0	TH	1229	1.5	SA	1339	0.7	SU	1311	1.0	TU	1411	1.4	W	1356	1.1
	1830	8.6		1826	7.9		1937	8.7		1907	8.4		2010	7.8		1955	8.2
17	0014	0.9	31	0016	1.5	17	0129	0.5	31	0059	0.9	17	0200	1.2	30	0140	1.0
	0609	8.2		0610	7.4		0720	8.4		0650	8.1		0755	7.9		0733	8.3
W	1233	1.0	TH	1229	1.5	SA	1339	0.7	SU	1311	1.0	TU	1411	1.4	W	1356	1.1
	1830	8.6		1826	7.9		1937	8.7		1907	8.4		2010	7.8		1955	8.2
18	0014	0.9	31	0016	1.5	18	0129	0.5	31	0059	0.9	18	0200	1.2	30	0140	1.0
	0609	8.2		0610	7.4		0720	8.4		0650	8.1		0755	7.9		0733	8.3
W	1233	1.0	TH	1229	1.5	SA	1339	0.7	SU	1311	1.0	TU	1411	1.4			

NEWS from HARTLAND PRIMARY SCHOOL

The summer term is always one of the busiest and most exciting times of the school year, and this year has certainly been no exception! It has been wonderful to see so many of our pupils actively involved in a wide range of opportunities, both in and beyond the classroom.

Sporting events have been a real highlight this term. Pupils have represented the school with enthusiasm and determination in a variety of activities, from judo festivals to tag rugby tournaments. Our swimming lessons are progressing well, building confidence and essential life skills, and we are all looking forward to our upcoming Sports Day. It has been fantastic to see such positive teamwork, resilience and enjoyment across all year groups.

Our youngest children had a memorable visit to Noah's Place, where they thoroughly enjoyed meeting the animals and learning about how to care for them. Experiences like these bring learning to life and create lasting memories for our children.

The Creative Arts have also been thriving. Our pupils took part in a singing festival with other local schools, showcasing their enthusiasm and talent. We are also looking forward to our Summer Music Concert, which will highlight individual musical achievements, and to further performances at our Summer Fayre later this term.

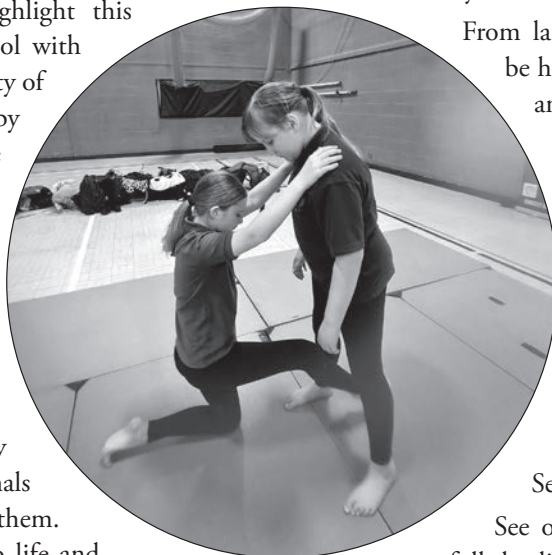
We are incredibly proud to have received a Special Award for our whole-school collaborative collage, which was displayed at the Burton Art Gallery as part of the Schools' Exhibition. This achievement reflects the creativity and teamwork of our pupils, as well as the dedication of our staff.

Year 6 pupils have been working extremely hard as they complete their SATs, and we are very proud of their efforts. At the same time, they are beginning the exciting transition to their new secondary schools. We wish them every success as they prepare for this next chapter.

Community connections continue to be an important part of life at Hartland Primary. We were delighted to work alongside Hartland Charity to plant an orchard in the Community Field. A huge thank you goes to the volunteers who joined us—your support made it a truly fantastic and informative day for everyone involved.

Finally, we are pleased to announce that we will be hosting an Open Day on **Wednesday 17th June from 9:00am–12:00pm**. If you know anyone who might be interested in joining our friendly, family-feel school, please encourage them to come along. Toddlers, Preschool and the main school will all be open to visitors, and we would love to welcome prospective families.

Thank you, as always, for your continued support. It is a pleasure to work with such a wonderful school community.



NEWS from RESURGENCE

During March we explored the fascinating world of biofluorescence with two guided walks in Hartland. We used UV torches to capture this captivating phenomenon up close.

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.

From late May through to mid-August we will be hosting 'The Art of Resurgence' exhibition and creative workshops to celebrate 60 transformative years of Resurgence.

23 May until 18 July at Barnstaple Museum and 27 July until 14 August at The Resurgence Centre, Hartland

Regular events:

Life drawing monthly group in person and online. Whether complete beginner or seasoned artist, everyone is welcome. Tuesdays 9 June, 14 July, 8 September, 7–9pm. From £5

See our programme below for details of our full-day life drawing event in August.

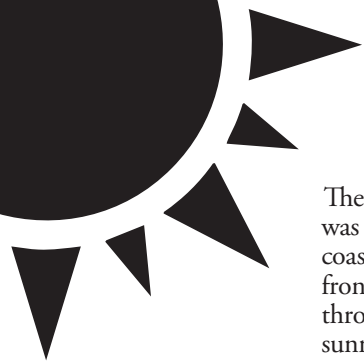
'La Cadencia' salsa social club is a new community in motion, where Latin rhythms bring people together. Wednesdays 10 & 24 June, 8 & 22 July, 5 & 26 August, 7–9pm. £5

Plant Neesh supper club for food, art, wine, people... good times. Fully plant-based and naturally gluten-free. Saturdays 13 June and 25 July 6.30pm. £40



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.



HARTLAND WEATHER

Weather report for February - April 2026



The late winter and early spring period was characterised by classic North Devon coastal conditions : frequent Atlantic fronts in February, a gradual brightening through March and a noticeably drier and sunnier April.

February was generally mild, wet and often overcast across much of the southwest. In Hartland, daytime temperatures typically ranged between 7° and 9°, with overnight lows between 3° and 5°. Strong south-westerly winds were common, particularly on the exposed coastal walks. Rainfall was above average, with several periods of persistent drizzle and occasional heavy showers moving in from the Atlantic. Sunshine levels were limited, giving the month a damp and grey feel overall. A total of 110mm of rain fell during February with only one completely dry day. With all the cloud and wet weather, it's no surprise that solar production was the lowest of the past five Februarys at just 103 kWh.

March brought a gradual transition toward spring. Temperatures edged upward, with daytime highs commonly reaching 10 - 11°. Rainfall eased compared to February, although changeable conditions continued, including passing showers, bright intervals and breezy conditions. Morning frosts were occasionally seen inland on clearer nights although coastal Hartland remained relatively mild as normal. Longer daylight hours and calmer periods became increasingly noticeable by the second half of the month .

Total rainfall for the month came in at 65mm. Solar production was 305 kWh, slightly less than an average March.

April, as expected, was the most settled month of the period. Hartland experienced cooler nights but brighter and drier days overall, with average daytime temperatures around 12° and occasional warmer afternoons reaching 14- 18°. Rainfall was lower than average for the season, and sunshine totals were noticeably improved compared with later winter. Conditions alternated between calm spring sunshine and brisk coastal breezes, particularly around the cliffs and quay . Winds remained fresh at times, but prolonged wet spells were less frequent than earlier in the year .

As mentioned, lower than average rainfall meant just 30mm was recorded. With longer days and less cloud, solar production was 459 kWh.

To summarise:

A wetter than average February

A transitional and variable March

A comparatively dry, bright April

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

Simon Phillips, Philham



ROYAL BRITISH LEGION *branch* HARTLAND

RBL Braunton and RBL Hartland are the only RBL clubs in North Devon, and here at Hartland we're always delighted to welcome visitors. Our doors are open every evening from 6pm until late, so whether you fancy popping in for a drink, a chat, or a game, you'll be very welcome.

Our next big date for the diary is **Friday 27 June – Armed Forces Day**. As well as marking the tremendous service of our Armed Forces, including their involvement in 85 operations since WWII, we're planning a relaxed and enjoyable event that brings together remembrance, friendship and a bit of fun. Working alongside Hartland's Noah's Place, we're keen to create an evening that has something for everyone.

The day will start with a sale of surplus costumes and regalia, kindly organised by the Hartland Players. There'll be complimentary tea and coffee on hand, giving everyone a chance to browse, chat and enjoy a relaxed start to the day.

In the evening, things get lively with our popular '**Horse Racing**' event. Guests can choose to be an owner, place a few bets, or simply enjoy the atmosphere and cheer the horses home — always good fun and guaranteed laughs.

We'll also be extending an open invitation through the local media to all Service veterans, Merchant Navy, and their families in the area. It's a chance to reconnect with old friends, meet new faces and, above all, say a sincere "thank you" for their service. A welcome drink will be waiting on arrival, and to help us plan properly we'd appreciate advance notice if you or your branch are hoping to attend.

Our club offers a great range of facilities including darts, snooker, skittles and bowls, and we'd love to host other branches for a friendly games evening or inter-branch competition. If your branch is up for the challenge and can raise a team, please get in touch with **Marcel Jeffery** on 01237 441499 (between 7pm–10pm) or email me at Hartland.chairman@rbl.community so we can arrange a date.

Finally, we're keen to reach out to all veterans and beneficiaries in our area, whether or not they're currently members of the Legion. Anyone is welcome to drop into the club at any time or contact me directly at Hartland.chairman@rbl.community. We'd be very happy to hear from them.

John Mimpriss Chairman Hartland RBL Branch

HARTLAND BOOK FAIR

Hartland Book Fair this year will be held in the Hartland Pavilion on Saturday 18th July from 10.00am to 2.00pm. Local authors (and hopefully some from further afield) will be there to promote their books and talk about them. Coffee, tea and homemade cake will be available. All money raised will go to Hartland recreation ground. Further details can be obtained from Keith on 07552510633 or Adrian on 07903312150.

NEWS *from* WELCOMBE

Save the Date

Church Fete in June

This year the Church fete is on Saturday 27th June at Welcombe Village Hall.

HARTLAND FARMERS MARKET

Why do I run the farmers market and what inspires me ...?

A lot of our producers have written pieces about their businesses and what inspires them, but it only occurred to me the other day that I've not written what drives me! So here's my piece.

Brought up on a mixed 170 acre farm in Northamptonshire with 2 older brothers, it was made quite clear to me from an early age that there was only one place on the family farm and that my eldest brother would take over the reins from my dad. Despite this I built up a thriving horticulture business selling at the door from the age of 6/7 years, it ended when I went to university at 18 - when I was growing about ½ acre of courgettes, runner beans and other crops that would make a bit of money. I did a HND computing course at Nottingham Trent University and ended up helping to set up quite a number of the banks' call centres across the UK. I met Heather, my wife, in Lichfield Young Farmers; she has a degree in agriculture and worked many years for the NFU. We diversified into property letting which we still do now and which allowed us to relocate to Hartland.

Agriculture and growing has always been in my blood and it's something that still interests me a lot. My eldest brother now farms many hundreds of acres of mainly arable crops and some beef cattle, it's mass production to help feed the nation. I don't particularly like the mass production methods, but it's necessary to feed a growing population. When we first came to Hartland about 10 years ago, we were excited to come to the farmers market. It amazed me that it existed on this remote peninsula and we supported it as much as possible. However I could see it was struggling and offered to help publicise it using my techy skills. I worked alongside Paul Messenger for a couple of years helping build up the market, by publicising it more and tempting new producers to try us out. Seven years ago, Paul asked me if I'd take over the reins so he could concentrate on bringing venison to the market.

In the early days of the market which started out at the Small School (now the Resurgence Centre), it always prided itself on bringing local produce into the village. This was something I wanted to continue, giving small producers a direct route to market. I don't want to see bottles of something produced 100 miles away, I want to buy things from here locally. Nearly all of the traders at the market sell what they produce, hence why I like to call them my producers. We do have some exceptions, where this isn't possible. I have struggled to find local cheese makers, so when Alan & Ali bought the South Moulton Cheese Stall and wanted to come with it, I said yes, but to mainly sell South West cheeses. They now have one of the largest selections of South

West cheeses in the South West! We don't produce many olives in the UK, so I spent 3 years persuading the lovely Megan to bring her selection to the market along with other items you can't grow easily here; she does some processing and makes her own salads, award winning hummus and more. The dog treats aren't local due to the massive regulations they are subjected to, but nearly everything else is either baked, reared, grown, farmed, caught... by the person standing behind the table.

A couple of years ago I asked the church to run the craft market at the same time as the food market, as we've always struggled to make space for craft in the Parish Hall. I'm pleased that they now run 10 markets a year and this creates additional income to help keep St John's afloat. I insisted the crafters also kept to our rules of keeping everything local. I'm also pleased that our coffee shop opens every Sunday morning so we've got two cafes at the market, ours run by Bluebell Bakes (aka Sam and Amy who live in the village). They both run at maximum capacity between 10-1 every first Sunday of the month, a vital part of coming to the village is to have breakfast and/or a good coffee at the same time! Together with our village potteries, galleries and shops, we regularly have nearly 40 local businesses open each month. But it doesn't end there ...we hope by attracting people into the village that a good number decide to have lunch or visit our other local attractions after they have done their shopping, benefitting our community further.

The market seems to be going from strength to strength, but I continue to look for excellent local food producers I can squeeze into the Parish Hall. Running it does take quite a lot of time and we are always coming up against problems and issues, so if you can spare any time to help with the running of it, please let me know. I have a number of helpers who contribute their time for which I'm extremely grateful.

The market has been running continually now for over 25 years, starting off just running in the summer months we have gradually extended our time to run all year, with our extra special Christmas evening market which is always held on the 22nd December. Finally, I would like to thank everyone who supports the markets, cafes and local businesses, and all those two who have to put up with a few hours of traffic chaos and general mayhem each first Sunday of the month! Here's to the next 25 year,

Peter

Peter Cherry – Food Market Organiser, Tel 07713 505500

Vicky Baker - Craft Market Organiser

Contact through Facebook page - Hartland Art & Craft Market

UPPER TAMAR LAKE SAILING CLUB

Upper Tamar Lake Sailing Club is delighted to announce the start of its 2026 racing season, and we are currently welcoming new members to join our friendly and active community.



Whether you're an experienced sailor looking to return to the water or simply keen to get involved again, we would be very pleased to meet you. If you don't have your own boat, we offer Club boats for Club members' use, and there are often opportunities to crew for other Club members.

Our regular sailing takes place on Sundays, with additional sessions on Wednesdays.

If you're interested in joining us or would like to learn more, please don't hesitate to get in touch—we look forward to hearing from you.

Please take a look at our website www.utlsc.org.uk or contact us on contact.utlsc@gmail.com

HARTLAND TOWN BAND

Hartland Town Band is an organisation steeped in history. It is believed to have been formed in the early 1890s, spearheaded by Mr Henry Walter of Tosberry, who moved to Hartland in 1891, alongside Mr James Seymour Hayes. Early practices were held in the loft of the Vicarage Stables, I believe to be the site of what are now the Church Rooms in the village car park. Records show what the band played as far back as 1922—and remarkably, some of that music is still in the band's possession today.

During the years of the Second World War, the band disbanded as members joined the forces, the Home Guard, and other wartime efforts. However, the story did not end there. In 1946, the head teacher of Hartland All Age School, Mr Ensol, encouraged the bandmaster of Bideford to establish a school band. Initially made up entirely of pupils, the group continued as members left school, with some former players from the original Hartland Brass Band also joining. This iteration of the band continued until 1951.

In the late 1950s, a group of local men proposed reforming the band. With support from the Parish Council, Hartland Town Band was re-established, and its first committee was formed, including Mr Pitman, H. O'Donnell, H. Conibear, E. Fulford, M. Heywood, S. Walter and L. Middle.

By 1972, the band had moved into the St Music and Arts Centre for its twice-weekly rehearsals. Prior to this, practices had been held in various locations, including the Parish Hall, the school, and even the fire station. Until the early 1970s, brass banding was largely considered a male pursuit—but in 1974, women joined the band, transforming its makeup. Today, the band is predominantly female.



Now, more than sixty years after its reformation, and under its 14th Musical Director—also a woman—Hartland Town Band remains a small, but thriving part of village life.

As Musical Director, I am very conscious that the world of brass banding needs to be seen to move forward into this century. We perform a range of concerts, including more formal programmes, but these are always carefully chosen to ensure there is something for everyone to enjoy.

In contrast, our outdoor summer events are much lighter in style—easy listening, more contemporary, and relaxed—though we still like to include a touch of the traditional. Our two Christmas concerts are always a highlight of the year, with the second half bringing a sense of fun as we take to the stage in costume.

I'm also keen to involve the players in choosing what we perform. Naturally, musical tastes vary enormously, and that's part of what makes our programmes a little "out of the box" at times.

Although we are no longer a contesting band—yes, brass bands do compete—we certainly don't rest on our laurels. We are a unique group of individuals with a wide range of backgrounds, professions and musical experience. We enjoy playing our favourites and continually working to improve them, while also challenging ourselves with more technical pieces that keep us thinking and developing as musicians—whether that's music that's been in our library for years or something fresh off the printing press.

I would love for the band to recruit more members. We currently have a Junior/training band, who are slowly filtering into the main body of the band; nevertheless, we need more. Unfortunately, we still have seats to fill to be at full complement (A Bb Bass, trombones and percussion). We are fortunate to be able to borrow players from other bands, especially Appledore, and we return this help if they needed.



OOPS!

There is no age limit to learning. In fact, one of our players joined at the age of 62, having never played a brass instrument before. Instruments are loaned free of charge, and we have a dedicated team who can teach you everything you need to know.

Perhaps you played in the past and would like to return, or you've recently moved to the village and are looking for a band to join—either way, you would be very welcome. And if playing isn't for you, there are other ways to get involved, including joining our committee and helping with the behind-the-scenes work that keeps the band going.

I know I speak on behalf of everyone when I say—you'll be made very welcome.

Hartland Town Band has been part of my life since I was ten. I've tried life without it—it didn't work! I am honoured to be the Musical Director of such a dedicated and wonderful group of people. Music, in any form, brings me joy.

"Where words leave off, music begins." — Heinrich Heine

Rosalind Toase

Diary Dates 2026

31 MAY	KING'S ARMS (St John's if wet)	7.30pm
6 JUNE	PLOUGHMAN AND PUDDING	6 – 8pm
14 JUN	HARTLAND QUAY (St John's if wet)	7pm
28 JUN	PAVILLION - Cream teas	3pm
12 JUL	SEA SUNDAY - CLOVELLY	12 noon
	SEA SUNDAY - HARTLAND QUAY	7pm
25 JUL	GARDEN SHOW	2pm
2 AUG	CARNIVAL CONCERT	7.30pm
8 AUG	HARTLAND CARNIVAL	6pm
13 AUG	VILLAGE PUBS	7.30pm
20 AUG	VILLAGE PUBS	7.30pm
27 AUG	VILLAGE PUBS	7.30pm
23 AUG	HARTLAND QUAY	7pm
24 OCT	PASTY AND PUDDING	6 – 8pm
8 NOV	REMEMBRANCE DAY - CLOVELLY	10.40am
	HARTLAND	
14 NOV	MERRY HARRIERS Christmas opening	11am
28 NOV	CHRISTMAS COFFEE MORNING	10-11.30am
12 DEC	CHRISTMAS CONCERT	7.30pm
13 DEC	CHRISTMAS CONCERT	7.30pm
16 DEC	CAROLS AROUND THE VILLAGE	7.30pm
19 DEC	CAROLS AROUND THE VILLAGE	11am-12.30pm
20 DEC	ST. NECTAN'S CAROL SERVICE	6pm
22 DEC	FARMERS' MARKET	6.30pm
24 DEC	CAROLS IN THE VILLAGE SQUARE	7pm

*Event details will be advertised on our
Facebook Page nearer the time.*

It may seem strange to be talking about Christmas in the summer but, because of an oversight, the Band's report was omitted from the last issue of the Hartland Post! So here is what you missed! Ed.

Our Christmas concerts were a huge success, and, once again, the Parish Hall was full. At these concerts, it is traditional for us to celebrate and recognise the dedication and talent our members have - not an easy choice for anyone because there are so many skills within the group. This year's awards were presented to:

Bandsman of the Year – Teresa Bennett

Most Improved Player – Blake Hosegood

The Section Cup – Euphoniums and Baritones

Player's Player – Blake Hosegood

Junior Bandsman of the Year – Nakshathra Sarangi

Most Improved Junior Player – Kaylah Reynolds

(The other members of our Junior band were also recognised for their improvement and commitment with certificates)

The Chairman's Cup – This cup is presented by our Chairman, Amanda Poole, and can be awarded to our band and committee members or members of the public. This year, it was awarded to two lovely ladies, who work tirelessly for the band and are the first faces you see at any of our events. Also known as 'The Band Babes' or 'The Band Bouncers' the cup was presented to Sheila Jeffery and Winnie Tape.

Of course, another of our traditions is to wear fancy dress for the second half of the concert. Last year's theme was Christmas tree decorations. The Band never fail to provide the most amazing costumes, which included; tinsel, lights, baubles, a candy cane, to name just a few!

Our only evening out and about the village was sadly rained off, but it didn't stop us from playing to our brilliant emergency service people. As we played, they sang, with 'The First Nowell' being their favourite. We joined St Nectan's Church for their Carol Service and the festivities of the Christmas Farmer's Market. A busy time for us all! A cold, but dry evening greeted us for our finale on Christmas Eve. This year, our collection was for the Devon Air Ambulance Trust and we raised £297.87. Thank you everyone, who came out to sing carols and supported such a good cause.

I was honoured and incredibly proud to find out on New Year's Eve that I'd been nominated for the 'British Bandsman Bands Person of the Year. To be included in the top 40 nominations was a massive surprise! Although I didn't win, I was honestly overwhelmed to have been recognised alongside such talented people. It's an amazing moment for both myself and the rest of the HTB team.

Looking forward into 2026, the Band are already preparing for concerts and other events. You will find details of up-and-coming events on our Facebook page too. Beginner's Band and Junior/Training Band are still happening on Tuesday and Thursday evenings, respectively, starting at 6:30pm – 7:15pm, during term time, and our main band practices happen on a Tuesday 7:30 – 9pm and Thursday 7:30 – 9:30pm, all in the St John's music and Art Centre.

Thank you all for your support during 2025 and we look forward to sharing our music with you this year.

Ros Toase (MD)

THE LONDON MARATHON

I ran and completed the London marathon on April 26th 2026. With the help from everyone in Hartland I have managed to raise £3507 for Marie curie to help provide care to people who need support for themselves and their families when they are approaching the end of their lives.

My Mum is a Marie curie night sitter here in North Devon and I admire her and her colleagues for the support they give. The very least I could do was to raise the funds and run the marathon to keep these people in our community providing that essential care.

Marie Curie was this years main charity for London marathon and the support before, during and after was incredible. I was also joined in London by 8 of my family/friends who supported me and managed to see me on the course throughout the day.

I ran the marathon in 5 hours and 8 minutes. It was a very warm day and the sun was shining and the atmosphere was electric.

London Marathon is an experience that if you are able to do you 100% should do it - It'll be something that stays with you forever.

What's next ...



HARTLAND GROWERS

Hartland Community Action Group had a busy working party back in April planting up the community allotment. Behind The Kings Arms there are allotments and the very bottom one is for community use. We have planted a variety of fruit and vegetables that will be ready for harvest very soon. Anyone interested in helping with the allotment please get in touch and you too can enjoy the delights of our efforts. Otherwise look out for the honesty stalls that will be set up by The Kings Arms and Resurgence car parks and of course Nikki in the post office will be stocking our produce shortly too. In June we will be launching the repair cafe, having an allotment open day and some other activities for The Great Big Green Week event 6th - 14th June. Please contact hartlandcag@gmail.com for more information.



Do you know someone who makes a difference?
Someone kind, dedicated, inspiring and who goes the extra mile

Why not nominate them to be carnival Local Champion?



Open to all members of our community, of any age
Take part in the Saturday Carnival Procession
Walk, float, truck - whatever suits them
Join other Carnival Week celebrations (optional)
Deadline 10 July 2026

Ways to nominate someone

Form available at: Hartland Post Office
Scan the QR code / Email: hartlandcarnival.com
Telephone Mary on 01237 441678



WHAT WE KEEP

THE ART OF COLLECTING

The Burton at Bideford celebrates the act of collecting this summer in an exhibition which reveals the hidden objects and stories found in front rooms, home museums and storage spaces across the South West of England.

This year marks the 75th anniversary of The Burton and its long history of caring for collections of art, heritage and curiosities. The act of collecting is almost universal – evident throughout human history from the Stone Age to the modern day – and collections can be found everywhere from the back rooms of private abodes to national museums.

Through an open call, The Burton invited members of the public to share their own personal stories of collecting - asking them what they collect and if they would be willing to show it off to the world. Almost 70 submissions were received from collectors of all ages based across Devon, Cornwall and Somerset, covering a vast range of objects including skateboards, pottery, bottle openers, fine art, handbags, glass bottles, matchboxes, tools, musical instruments, trading cards, comics, shells and vintage toys.

Taking over The Burton's galleries this summer, 'What We Keep' presents a selection of these collections in a joyful exhibition which tells the tales of how they were formed and the collectors who care for them. The accompanying events programme will include tours and talks which bring the exhibition to life and celebrate the hidden collector inside all of us.

Abi Obene, Curatorial Coordinator at The Burton and curator of 'What We Keep' says:

"What We Keep' is a celebration of our shared impulse to collect and the personal worlds we make with the objects around us. What we choose to surround ourselves with is part of who we are – it's our life experiences, beliefs, loves, fascinations and hobbies. It's putting bits of ourselves on shelves, leaving fingerprints on what might only be precious to us, and squirreling ourselves away in attic spaces and cellars to cheer ourselves up on a rainy day. That's what life and living is and what it's all about: things, stuff and us."

The Burton itself was originally established to house the personal collection of artist Hubert Coop RBA, and its holdings now contain many other collections put together by passionate individuals. This includes The Christine Halstead Collection of Studio Pottery, Arthur McTaggart Short's collection of calling card cases and The RJ Lloyd Collection of North Devon Slipware.

'What We Keep: The Art of Collecting' runs from 9 May – 19 July 2026 at The Burton at Bideford, Kingsley Road, Bideford EX39 2QQ. Free entry. For more details see www.theburton.org or get in touch at info@theburton.org.



A Plea for Stewards in 2026

If you are available to help on the day please let us know. We need between 50 and 60 willing people for various roles in order to run the procession. Without enough volunteers, Hartland Carnival cannot take place.

Important Dates / Information prior to the Carnival

2026 Fun Figures Theme: Enid Blyton Characters

Thursday 18th June

Deadline for Carnival Royalty Entries

Saturday 20th June

Announcement of Carnival Queen and the 2026 Royalty at the Pavilion Coffee Morning.

Friday 10th July

Deadline for Nominations for new category
Hartland Carnival Local Champion



Entry Forms for all the above will be available in The Post Office

Hartland Carnival Week Events in August

Saturday 1st	Judging of Best Decorated Business Premises from 7.00pm
Sunday 2nd	Dog Show
Sunday 2nd	Crowning of the Carnival Royalty at 6.00pm Parish Hall
Sunday 2nd	Hartland Town Band Concert
Sunday 2nd	Judging of Fun Figures starts
Monday 3rd	Quiz
Tuesday 4th	Bingo
Tuesday 4th	Judging of Fun Figures Ends
Wednesday 5th	Fun Night and Darts - Drawn Pairs
Thursday 6th	Skittles
Friday 7th	Film Shows
Saturday 8th	Grand Procession and Festivities in the Square / Car Park
Sunday 9th	Counting in the Pavilion – volunteers needed from 10.00 am
Friday 14th	Military Whist

More information about these events and competitions will be available on posters, our website www.hartlandcarnival.com, and social media nearer the time. For those who have Facebook please join our group "Hartland Carnival".



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

In the heart of the village for Lunch, Dinner, Sunday Lunches, coffee. Daily specials, free pool table, dog friendly, beer garden. Telephone 01237 441474. Social meal deals for events.

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 (from 11am), 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 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.

We will be increasing our hours over the next few months. To find our up-to-date hours please check out our website www.coffeeonthesquare.co.uk, our face book page, give us a call on 01237 439636 or pop by and check the notice board outside the shop.

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

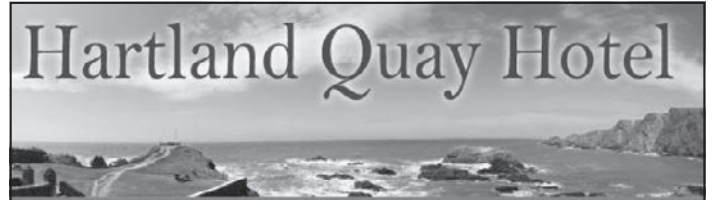
Open Monday 6-8

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 join us. The cost has recently been increased and is now £6.50 per meal, which includes a cup of tea or coffee afterwards.

Kay Greenish 441091



COOK'S CORNER

Ratatouille, or simple summer veg casserole!



Don't be frightened of the name, it's just a very versatile and simple to make summer veg dish. To be eaten on its own, with eggs as an easy lunch, jacket potato topping or pasta sauce. You may even have some of the vegetables growing in your own garden, otherwise they can be found in the Post Office or the Pop-In!

Ingredients

- 2 aubergines
- 4 small courgettes
- 2 red peppers
- 4 large tomatoes
- 4 tbsp olive oil
- 2 onions, chopped
- 2 garlic cloves, crushed
- salt and freshly ground black pepper
- small bunch basil, roughly torn (optional)

Method

1. Cut the aubergines into quarters lengthways, then cut the quarters into 2.5cm/1in slices. Cut the courgettes into 2.5cm/1in slices. De-seed the peppers and cut them into bite-sized pieces.

2. To peel the tomatoes, place them in a heatproof bowl. Pour over enough boiling water to cover and set aside for a minute. Drain and, when cool enough to handle, peel away the skins. Roughly chop the flesh.
3. Heat the oil in a flameproof casserole or heavy-based saucepan. Add the onions and cook over a gentle heat for 8–10 minutes, stirring occasionally, until golden-brown and very tender.
4. Add the aubergines and courgettes, increase the heat slightly and cook for 2–3 minutes.
5. Stir in the peppers, garlic, sugar, some salt and pepper and half the basil. Mix well and cover with a lid. Cook over a very gentle heat for 20 minutes.
6. Add the tomatoes to the pan and cook for a further 10 minutes.
7. Scatter the ratatouille with the remaining basil and serve warm.

Source: *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.

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.

Wednesdays

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

Community Shanty Singing – 7 – 9pm every week. Everyone welcome, even if you can't sing!

Thursdays

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

Spots: 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

Live Music on all Sunday evenings from 6 – 8pm during the summer, apart from the jam sessions listed below. Details of our programme are available on our website www.anchorhartland.co.uk, on our Facebook page or at the pub.

Jam Session/Open Mic – first Sunday of the month from 4 – 7pm. All musicians, poets and storytellers very welcome

Harrison Wallace & Friends – Jazz and blues Jam Session on the last Sunday of the month from 5pm

Some Summer Highlights

June: Thursday 11th, 7pm: Spanish Tapas Evening with Jules Moberly playing Spanish guitar
Friday 12th, 8pm: Webster's Ragtime Trio, on tour from Texas

Thursday 25th, 7pm: An Irish Evening with Fergal and Friends

July: Saturday 25th, 8pm: JC and the Tree, folk-rock fusion duo, on tour from Australia

August: Friday 28th, 8pm: James Dixon, singer songwriter and local legend, visiting from Cornwall

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

HARTLAND RECREATION GROUND (Reg.Charity)

Play Area

Hartland's Play Area's significant upgrade is now, (very nearly), completed. There are just one or two outstanding issues, the rubber matting under the small slide complex and the square shallow hole in the middle by the fence. Both should be resolved soon. Also, replacement of the existing fence is planned.



The children were queuing up to come in when the fence was removed and seemed to be enjoying the new equipment.

Anna Dart cutting the ribbon on 16th April 2026 with Adrian Avery of Torridge District Council happily looking on. Thanks again Adrian!

We have been Painting – Thanks to Gabriella, JR, Lou, Nick, Julia and David for sorting out the back wall.



New Pavilion Project

As part of our lottery application, we have had to acquire a post code and need to effect some complicated procedures for the Charity Commission and the Land Registry. We are working hard on the stage one application for end May.

Fundraising

We have two fundraising events coming up – posters out soon:

Saturday 20th June

Coffee Morning to announce Carnival Royalty

Saturday 28th June

we are holding an event with Hartland Town Band

100 Club

Thank you to everyone who has joined – as at the end of April we had 133 members. Next goal is 200! We have had 6 draws in total 18 different winners! Please see below. The next draw will be early June.

Here are the results of the fourth
100 Club Draw on 6th March 2026.

Thanks to all at Shamrock for hosting us.

1st	Sue Slee	£29.50
2nd	Jonathan Redwood	£17.70
3rd	Kieran Heard	£11.80

Here are the results of the fifth
100 Club Draw on 1st April 2026.

Thanks to The Post Office for hosting us.

1st	Max Richards	£32.25
2nd	Mark Nesbitt	£19.35
3rd	Shirley Langford	£12.90

Here are the results of the sixth
100 Club Draw on 5th May 2026.

Thanks to The Anchor Inn for hosting us.

1st	Vanessa Ludwell	£33.25
2nd	Kathie McGarry	£19.95
3rd	Pete Gill	£13.30

Thanks to everyone for their support. We would love others to join us – it is never too late. For the next draw from June pay £6.00 that is £1.00 / month for 6 months, then July £5.00 for 5 months etc... until we start again in December for a full year's payment of £12.00. 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/e-mail:

Julia 01237-441347 or 07870-416362
juliaboyle383@btinternet.com

Mary 01237-441678 or 07434-200354
rowe100@btinternet.com

PLANK CHALLENGE

Hi I'm Nigel Brawn and I live at Bucks Cross, having moved up from Newquay a few years ago. My wife and I still run our business Cornwall Pools Ltd in St Dennis.



I wanted to do a Cancer Research UK challenge, as several members of my close family have been and are still effected by cancer. My wife has had cancer, my sister-in-law has had cancer for 9 years and hers is incurable, her husband and another of my brother-in-laws have all had different cancers. Two days into the challenge we were told that my mum had stage 4 cancer with only palliative care being offered. So as a family we have been really impacted by this.



I know that Cancer Research UK in an attempt to raise funds bring out different challenges. In December 2024 my wife and her sisters took part in the cold water dip challenge, so I have been keeping an eye out to see what challenges they had and if I thought there were any that I was capable of doing and also enjoying. When the plank for 30 day challenge was announced, it just felt like the perfect fit for me. Not that I had ever planked before and at 64 years of age, probably 30 seconds to a minute was the maximum I could plank at that time.



Planking was hard to begin with, but as each day went by it gradually got easier and by the end of the 30 days, I could plank for 4 minutes, as the Sea Shanty Singers will vouch for in the Anchor Inn, Hartland! When I started the challenge I had an idea where I would like to plank, but sometimes the events of the day would just dictate what happened. Facebook has been a brilliant way of raising the profile and I am amazed at how many views some of my posts finally had. My son suggested the hot leg waxing, if we raised £350; when that target got broken, the next one was if I got to £1000 then I would brave the shave. I think what I have enjoyed the most, is getting all the family involved, with my 6 year old granddaughter shaving my head. My sister-in-law at the Seamoor Unit Barnstaple as she started another new chemotherapy and my wife setting up a lot of the challenges. My mum being able to be involved, you can hear her laughing in the background – a lot. My brother-in-law on the farm. My two older sons, my sister-in-law from Australia, my daughter-in-law and my wife all coming together for the final plank. It has really helped us rally through the last month.

Currently I have now raised over £1300, and I am blown away by people's support and how much they have enjoyed following the planking. I was just in Hartland the other morning and I had people coming up to me saying, you're the planking guy, we would like to donate, which is just brilliant. I would like to thank everyone for their support, sharing of facebook posts to raise awareness and donations. I can honestly say I have enjoyed every minute (other then the vegemite)!!!

The donation link is still open if anyone would like to donate via: fundraise.cancerresearchuk.org/page/nigels-giving-page-540

But mainly I would just like to say a GREAT BIG THANK YOU to everyone your have been amazing.

Nigel Brawn

FIRE CO-RESPONDERS

In March 2025, without any public consultation or notice, South West Ambulance Foundation Trust (SWAST) announced that, over the next 12 months, it would be phasing out the Fire Co-responder scheme throughout the South West and replacing it with volunteer Community First Responders CFRs.



The Fire Co-Responder scheme was set up over 30 years ago in the hardest to reach areas of the country where SWAST had their slowest response times. For over 25 years Hartland's Fire Co-Responders have been on call 24:7 for SWAST to attend patients in Hartland and the surrounding areas when an ambulance is exceptionally delayed. Our Fire Co-Responders used to be paged to both Category 1 & 2 incidents by SWAST, but now it's only Category 1.

Category 1 emergencies, which have a target response time of 7 minutes, are the most urgent and include Cardiac Arrest, Respiratory Arrest, Severe Allergic Reaction, Active Fitting, Active Choking/Drowning, Unconscious Patients, Airway Compromise/Cardiovascular Collapse, Obstetric Emergencies and Major Blood Loss.

Category 2 emergencies, which have a target response time of 18 minutes, include Stroke, Chest Pain, Sepsis, Breathing Issues, Trauma, Fits and Other Conditions.

SWAST's Claims

SWAST has repeatedly claimed, without any relevant proof, that in comparison with experienced professional Fire Co-Responders, volunteer CFRs would:

- give better cover
- be faster to respond
- be better trained and give an improved level of service, and
- be cheaper

Hartland's Response

In June last year a protest petition with 1,424 signatures was collected from Hartland, Clovelly, Bucks Cross, Woolsery, Meddon and Welcombe in just two weeks. A delegation from Hartland then presented this petition to the Health and Adult Care Scrutiny Committee at County Hall in Exeter on 20th July, and shortly after to the SWAST Trust Board in Exeter and to the SWAST Council of Governors in Tiverton. The delegation was also interviewed on BBC and ITV news.

On 20th July the Health and Adult Care Scrutiny Committee made its opposition to this change very clear and particularly to the QEIA risk assessment that SWAST had provided to support it. The Quality, Equality Impact Assessment QEIA is supposed to identify risks to the public associated with any proposed change.



SWAST only completed the QEIA for this change in July, 4 months after their decision had already been taken and announced publicly. And the only risk that SWAST identified in this 7 page document was damage to their own reputation!!



At the meeting in July SWAST agreed to put their plans on hold and return to the next Health and Adult Care Scrutiny Committee in September with a revised QEIA.

In the interim we set up the Save Fire Co-Responders Facebook page to act as a hub for information and discussion. We also carefully researched all the facts around this issue, including an analysis of SWAST's claimed benefits that CFRs would give better cover, be faster to respond, be better trained and give an improved level of service, and cheaper. In September 2025 we published The Hartland Report - an in-depth, 25 page assessment of all the issues around this change which proved all four of SWAST's claims were false. All the documentation around this issue, including The Hartland Report, can be downloaded from the Save Fire Co-Responders Facebook page.

SWAST returned to the Health and Adult Care Scrutiny Committee on 23rd September to present a revised version of their QEIA - which turned out to be still based on the same irrelevant assumptions and wishful thinking and no better than the previous one. At the meeting the Committee again strongly pressed SWAST to abandon any plans to implement these changes. SWAST CEO Dr John Martin said he could not personally give this assurance but would relay the request to his board.

Community First Responders

We understand from Freedom of Information Requests that there are presently 2 CFRs in Hartland and 1 in Welcombe.

Just to be absolutely clear, we have no issue at all with SWAST's use of volunteer CFRs in most other circumstances - we all know that the ambulance service is particularly stretched and CFRs help

PAUL WILKINSON

28/09/58 – 23/07/25

*Photographer, Film Maker, Gardener,
Samba Band Leader, Quizmaster and Wit*

them meet their attendance targets. However on average CFRs only give 16 hours cover (which they choose themselves) in a 168 hour week; so to have the same level of 2 person cover that the Fire Co-Responders presently provide there would need to be a team of at least 22 CFRs in Hartland working on back to back shifts. They would also all need to be provided with their own medical kit (which SWAST price at £3k each), would be allowed to live up to 5 miles away from Hartland and none would be able to respond on blue lights. But most crucially, they would respond alone – 1 person instead of 2.

In an area like ours where Ambulance response time can be exceptionally long, easily 20-30 minutes, having a team of 2 Fire Co-Responders arriving on blue lights is clearly a faster response and better able to sustain prolonged CPR etc than a single CFR driving their own private car. And to prove this point, Hartland Fire Co-Responders have been paged several times in the past by SWAST to assist lone paramedics perform CPR in situations where the ambulance has been considerably delayed.

What's happening now

Various key figures in SWAST, including their CEO Dr John Martin and Head of Volunteering Jane Witchelow, have repeatedly stated publicly that the changeover from Fire Co-Responders to CFRs would be an improvement in service to patients and would not happen until there were sufficient CFRs in place. However this change is already happening by stealth, without sufficient CFRs and without honouring their promise to provide at least as good a service as with Fire Co-responders.

As FOI requests show, multiple times over the past year a single CFR has been sent to Category 1 incidents in the Hartland area when a team of 2 Fire Co-Responders was available.

Hartland Parish Council has been alerted to this and is presently writing to express their concerns to Geoffrey Cox MP, SWAST and the Health and Adult Care Scrutiny Committee, amongst others.

What you can do

Firstly it's worth noting that although SWAST is a huge organisation serving 5.5 million people, our campaign has been noticed, and our Fire Co-Responder service is worth standing up for. SWAST need to realise that the public is aware of this issue and that they need to honour their promise that Category 1 emergency response will not suffer.

- Contact SWAST CEO Dr John Martin, Geoffrey Cox MP, Health and the Adult Care Scrutiny Committee to express your concern about the changes that are already being made by stealth and in bad faith. Post a copy of your letter/email on the Save Fire Co-Responders Facebook page.
- Keep careful records of your own experiences. Much of this information is naturally private, but if you, or someone you know, experience a one person emergency response to a Category 1 incident then please share this if you can. It shouldn't need to take an unnecessary tragedy to sound the alarm on this.
- Start a Freedom of Information request – for instance ask SWAST how many times they have sent a single CFR to a Category 1 incident in the Hartland area in the past year. It's not complicated and SWAST are obliged by law to respond within 20 working days. Post a copy of your FOI and their reply on the Save Fire Co-Responders Facebook page.

Mark Nesbitt

DSFRS Fire Fighter and Co-Responder 2004-2021



Paul lived and worked in Hartland for over 30 years and was a much loved and well respected member of our community. For several years he worked at Beaford Arts and for many more taught photography at the Small School. He tended gardens all around Hartland and after a trip to Brazil set up his own Samba band Energia/Vamos which generated such a buzz at Carnival each year. Paul had always been involved in film and music and made several films under his own Empyrus Films label. Over his last years Paul played a central role in establishing and recording live music at The Anchor as well as showcasing his hilarious and unforgettable comic genius each month as an Anchor quizmaster.

July 2026 will be the first anniversary of Paul's death and a GoFundMe page has been set up to raise funds for a bench in his memory in Hartland. As Paul both lived in Nattcott Lane and often went walking up there, hopefully it can be sited somewhere on Nattcott Lane.

The GoFundMe page can be found at

<https://www.gofundme.com/f/paul-wilkinson-memorial-bench>

and the funds will be used to cover cost of the bench, an inscription in Paul's memory and the necessary base to place it on.

The Anchor Inn has already very kindly offered the proceeds from their June 2026 Quiz for this fund. All donations in Paul's memory will be very welcome – thank you.

HARTLAND ABBEY SUMMER PROGRAMME

OPEN AIR THEATRE SEASON
IN CONJUNCTION WITH NORTH COAST ARTS

Outdoor Theatre 2026 – Come and enjoy some really great productions this summer at Hartland Abbey. Set against the backdrop of this historic house this year's productions promise to keep theatregoers of all ages and tastes entertained with some fantastic shows. It is a perfect reason to get together with family and friends and enjoy a spectacular afternoon's entertainment or a night under the stars! Don't forget rugs and your own chairs and picnics and drinks.

Sun 21st June 4pm 'Romeo & Juliet' by William Shakespeare. Performed by The Dukes Theatre £20 / £18.50 Under 16's / £15pp (Group of 6+) / £9 Schools

Tues 7 July 6.30pm 'Macbeth' by William Shakespeare. Performed by The HandleBards £20.50 / £17.50 Earlybird / £13 Under 21's / £5 Under 12's / £0 Under 5's. Tickets for this event are only available online via www.handlebards.com

Sun 9th August 4pm 'The Wind in The Willows' adapted from the novel by Kenneth Grahame. Performed by Paperback Theatre. Duration: 60 mins. Age advisory 3yrs+ £16 / £11 Under 18s

Tues 11th Aug 6.30pm 'Peer Gynt' loosely based on Ibsen's epic comedy. Performed by Miracle Theatre. Age Advisory: 7yrs+ £20 / £16 Unwaged / £10 Under 18s

Tickets available from WeGotTickets via the North Coast Arts website: Welcome to North Coast Arts – North Coast Arts (8% booking fee)

Paper tickets (at face value) also available at Spencer Thorn Bude, Bude T.I.C. , The Seventh Wave Gallery, Bude or on arrival.

Spend the day enjoying Hartland Abbey and Gardens before performances (normal entry prices apply). Free entry to the grounds for theatre-goers from 3.15pm for 4pm performances, 5pm before 6.30pm performances.

NB Cream teas and savoury food will be available in The Old Kitchen Tea Rooms up until 5pm.

Many people make a longer day out visiting the fascinating house with its beautiful gardens and a leisurely lunch or tea in the Old Kitchens Tea Rooms before the performance begins.

Hartland Abbey is off the A39 between Bideford and Bude. Take B3248 through Hartland village towards Hartland Quay.

Contact Us

Hartland Abbey, Hartland, Bideford

North Devon EX39 6DT

United Kingdom Tel: +44(0)1237 441496 or 441234

2026 Opening Dates and Times

2026 SEASON: SUNDAY 29th MARCH – THURSDAY 1st OCTOBER 2026: Gardens, grounds, exhibitions, gift shop, beachwalks and Tearoom: Suns to Thurs 11-5pm House: Suns to Thurs 2-5pm (last adm: 3.45pm) Groups can arrange in advance an earlier entry. NB: CAR PARK AND GATES CLOSE AT 5.30PM

DOCTON MILL GARDENS

Docton Mill Gardens and Tea Rooms open for the National Garden Scheme on Saturday June 13th all garden taking go to this charity. Open from 10am to 5pm teas and lunches are served all day as usual. Entry £6.50 children under 18 free.

HARTLAND NATURE SOCIETY

Summary of Hartland Nature Society's organised events
for the period June to September 2026

Saturday June 6th: guided farm walk at Deptford Farm Bursdon, with Stephen Heard

Saturday July 4th: Bat and Moth Evening at St Nectan's Churchyard, Stoke

Saturday July 25th: Hartland Nature Society will have a stall at the Hartland Garden Show, featuring information about wildlife friendly gardening and supporting hedgehogs.

We have a summer break from events during August.

In the autumn we hope to arrange a **lichen** walk in September and a **fungi** ID session and talk in October. Over the winter period we will hold a series of indoor social evenings including some nature-themed films and talks.

All our events are free for paid-up members of Hartland Nature Society. Non-members are welcome to attend where space allows, for the payment of a small fee.

If you would like to attend any of these events please email: secretary@hartlandnaturesociety.org.uk for more information.

For more information about Hartland Nature Society including what we do, how to join us, events and much much more, please see our website: <http://hartlandnaturesociety.org.uk/> which is regularly updated.

FERGAL NESBITT & FRIENDS AT THE ANCHOR

There will be a free open Irish session at The Anchor from 7pm on Thursday 25th June featuring Fergal and several of his musical mates from London as well as hopefully several members of our very own Spoots! Expect box, banjo, concertina, mandolin, flute, banjo, fiddles and guitar. It should be a real treat - quality, high energy tunes and some soulful ballads. Hope you can make it!



SPOOTS!

Back in 2004, Tony Evans, the landlord at the Anchor Inn, hosted a series of open acoustic sessions where musicians could turn up to play in return for a free pint. There were already similar monthly sessions in the Red Lion in Clovelly - where Rem Rossi, Leighton Jeffery and others played - and in the Smithy in Welcombe.

The Anchor sessions worked well and soon this same group of musicians were also meeting up at the sessions in the Red Lion and the Smithy. At first everyone just played their own songs or tunes but over time the group and sound became more defined. Martin Cole and Steve Walsh emerged as the key players, and the group evolved from being an open session to something a little more structured - where the same songs and tunes were learnt and played by all the musicians together. Most of the tunes were Irish or Scottish, with some Appalachian and Cajan, and the songs usually Irish, British or Americana; for a long time we were known as Martin Cole and Friends.

Since 2004 there have been over 20 musicians who have played regularly with us including

Martin Cole - Fiddle/Mandolin/Guitar/Harmonica/Vocals

Steve Walsh - Guitar/Harmonica/Bodhran/Whistle/Vocals

Tina Bennett - Fiddle

Laurie Dover - Double Bass/Guitar/Melodeon

Richard Hannington - Bouzouki/Guitar/Tricone Resonator/Vocals

Rob Conibear - Mandolin

Pat Stubbs - Acoustic Bass/Vocals

Mark Nesbitt - Bodhran/Harmonica/Guitar/Vocals

David Westcott - Fiddle

Liz Byrt - Fiddle

Bill Hudson - Guitar/Vocals

Tony Dixon - Uilleann pipes/Whistle/Banjo

Shirley White - Bodhran/Guitar/Vocals

Graham Barker - Fiddle/Vocals

Dave 'Woff' Westcott - Melodeon/Bodhran/Spoons/Bones

Sarah Davey - Fiddle/Flute/Whistle

Steve Millard - Electric Bass

Rob Widdicombe - Fiddle

Steve Tremain - Low Whistle

Kate Harrison - Mandolin/Flute/Vocals

Lainey Cole - Bodhran

Sadly some of these good friends are no longer with us.

After 15 years or so, everything came to a halt with Covid. When we started back up again a year or so later we decided to go

LIBRARIES UNLIMITED: 10 YEARS A CHARITY

Last month, we celebrated 10 years as a charity. Over the past decade, our libraries have had 23.5 million visits with library members borrowing 16.1 million physical books and 6.2 million digital reads!

In 2026, our staff work across 54 libraries, enriching communities, supporting wellbeing, and tackling loneliness and isolation in Devon and Torbay.

under the new name of Spoots! - a shortening of the name of the Spootiskerry reel, one of our signature tunes.

One of the reasons we've lasted so long is probably because there is still no defined group as such - it just depends on who turns up on the day - but we can typically number anything from 5-10 musicians. So because of this flexibility we've been able to weather all kinds of life events over the years and still keep going. We typically play for 2-3 hours, usually without amplification, and though we no longer run our nights as open sessions we quite often invite other visiting musicians up to join us.

At the moment our 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 Hotel, 7-9pm last Sunday of the month

If you'd like to hear us play and make a night of it you can usually book a table and have a meal as well.

Over the years we've also played at the Smithy Fest, Bush Fest, events in Clovelly and the Big Sheep, a number of local weddings and several pubs in Bideford, Torrington, Bude, Poughill, Bradworthy and Kilkhampton.

In 2013 we recorded a CD called 'After the Bar Rush' which we still have available (now on a USB stick!) for £5.

We also have a Facebook page - search for 'Spoots' or scan the QR code on this page with your phone - and this is the easiest way to check where we're playing and to get in touch.

Hope to catch up with you soon!

Mark Nesbitt



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@citizensadvicenmwd.org.uk

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

 Torridge, North, Mid & West Devon



www.citizensadvicenmwd.org.uk



HARTLAND PARISH COUNCIL

www.hartlandpc.org.uk hartlandpc@googlegmail.com

What have we been up to since February

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!

Lobbying SWAST and Devon County Council with regards to the proposal to replace our Fire Co-Responders with Volunteers.

Improvements to St Johns Clock Tower

Review of planning applications

Ongoing liaison with Devon Highways with reporting of potholes and blocked drains.

Defib Training

The Annual Defibrillator awareness session will take place on the 17th June at 7pm at Hartland Parish Hall.

New Play Park

The Parish Council is extremely grateful for funding from Torridge District Council which has enabled the installment of new equipment in the Play Park. Thank you to Adrian Avery (Torridge District Council), Cllr Anna Dart and the Recreation Ground Committee (Julia Boyle) for your support.

New Parish Councillor

The Parish Council welcomes Zoe Allin, who has been co-opted onto the Parish Council

Storage for Salt Required

The Parish Council requires somewhere to store salt for the forthcoming winter. If you are able to help, get in touch by calling the Clerk on 07917354619 or email - clerk@hartlandparishcouncil.gov.uk

New Parish Council Email Address

Hartland Parish Council has a new email address - clerk@hartlandparishcouncil.gov.uk

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.

Chair: Anna Dart

Chairs report and annual report, Hartland Parish Council

I shall begin with the positive news that the newly revamped play park has been very well received by all generations in the parish. Children, parents, grandparents, have all commented what an asset it now is. Thankyou for all involved!

Challenges faced by the parish which are ongoing include; our roads, whilst thankful for recent investment in some of our roads, Ford hill to Baxworthy and the lighthouse road, we continue to have to battle to get roads repaired generally. The parish has decided not to sign up to the road warden scheme after lengthy consideration of the challenges and the commitment involved in any one person signing up for the role.

The issue of SWAST not requesting the fire service to assist as co responders, and instead trying to sign up community volunteer co responders continues to be a huge concern. Despite assurances that the fire service would not be disengaged until everything was put into place volunteer-wise, the PC has become aware that the fire service simply is not being tasked to high risk category calls. This is potentially life threatening for our residents, and we continue to lobby on this situation.

It was brought to the parish council's attention about the relaxation in agricultural planning and consequential enhanced agricultural permitted development rights, which means the PC is not consulted on these applications. We continue to monitor speeding in the village at regular intervals, however, despite some regular posting on face book, by an individual, the police maintain that it is not a problem in Hartland. Parking and illegal parking continues to be a challenge, and the PC are constantly evaluating the situation and endeavouring to find a solution. We also put letters on cars parked inappropriately, mainly if this is likely to affect access by emergency services. We continue to report illegal planning to enforcement as and when it is brought to our attention.

Baker estates are taking forward Dave Jefferies's site and I think we should all acknowledge the commitment attributed to the village by David. He has without doubt endeavoured to do his very best for the village and involved the community as and whenever he could. We thank him whole heartedly for that and hope that what is eventually realised is appropriate and serves the housing needs of the village going forward.

We have invested in a new shed for our street cleaner as well as installing new lighting in St. John's clock tower; the stairs are soon to be made safe and hand rails installed.

We continue to support local club applications with grants every year. Also trying to keep council tax increases to a minimum for the parish, whilst maintaining a safe balance in the bank to fulfil increasing expectations of what is required of us. We await with interest to see if more is expected of parish councils if or when local government reorganisation comes into play in 2028 and beyond.

*Councillor Anna Dart
Hartland Parish Council Chair*

HARTLAND GARDEN SOCIETY

Diary Dates

25th July - Summer Show, Show starts 2.15pm - Playing Fields
26th September - Autumn Show, Show Starts 2pm - Pavillion
17th October - Winter Coffee Morning 10 – 11am – Pavillion
2nd November – AGM 8pm – Church Rooms

Summer Show - 25th July

With our Summer show fast approaching here is a few things to note:

Please return entry forms to Mrs J by 20th July. All classes are open to any exhibitor, with entry fees of 20p (children free). All exhibits must be ready for judging at 9.45 a.m. Please note that dogs are not permitted on the grounds and this is a cash-only event. Admission is £1.50 (under 16s free); gates open at 2pm, with the official opening at 2.15pm by Mrs Rosalind Toase. Awards will follow at around 3pm (also presented by Mrs Toase), with sports from approximately 3.15pm—free entry and open to all, with sport schedules available on the day. There will also be plant stalls, Hockings ice cream, music from Hartland Town Band, and refreshments in the Pavillion.

We're really looking forward to the Summer Show and can't wait to see all your hard work on display in the tent. Whether you're entering a class, cheering on friends and neighbours, or simply popping along for an afternoon out, we'd love you to join us—come and enjoy the exhibits, the music, the refreshments, and a bit of friendly village fun.

Autumn show – 26th September

Our Autumn Show is another event we look forward to—a lovely chance to showcase your skills and enjoy an afternoon with friends and neighbours. There are no entry forms needed for this show; simply bring your exhibits to the Pavillion from 10am, ready for judging at 11.15am. Please note that exhibits can't be removed until 4pm. Alongside the displays, there'll be a tombola, raffle and teas, and as with our other events it's cash only.

Schedules for both the Summer and Autumn Shows are available in the local shops and on our website, with full class lists and helpful guidance to make entering as straightforward as possible. If you're unsure which class to choose, or you're entering for the first time, do pick up a copy and have a read—there's something for everyone, and we'd love to see plenty of entries as well as familiar faces coming along to support the shows.

WELCOMBE GARDEN SHOW

The Sixty-Sixth Welcombe Garden show will be held on Saturday August 1st at 2.30pm. All welcome. Show entry £1, Children free. Entry forms will be available after June 14th and can be collected from the Egg Farm shop at Hollacombe, or Welcombe Church Porch. Leaflets and entry forms will be delivered to households in Welcome .

They may also be requested by emailing:
rickwillows@gmail.com

This year's show will be supporting Blood Bikers , and an important change is that entries must be returned by 1pm Thursday July 30th. Full details on entries will be on the information leaflet and entry form.



Richard Bence

NOAH'S PLACE

As we look to 2026 after quite a wet and windy winter, we are already looking at improving our animal shelters, polytunnel and pond area over the course of this spring and summer, so we are praying that the weather only gets better.



Last year we organised a few events to raise funds to build a new goat house as through the recent storms the goats themselves were a bit panicky when staying in the old pen. Marcel from the British Legion, along with our friends, Joy and David, organised a horse race evening that raised £204.95. We also held our first 24 hour sponsored swim at Noah's which was a great success. I really did think we would struggle getting people to come out and swim for half hour to an hour during the night, but our amazing Hartland folk volunteered and I must admit it was great fun with lots of tea, cake and great conversations throughout the night and day. This event also raised enough money to enable us to buy and have erected our new goat shed. I think I can safely say the goats are very happy. We also now have netting for our polytunnel that needs to go onto our 24ft polytunnel, so if there is anyone who knows how to do this, rather us struggling, please get in contact. Over the last few years the wind has torn off two covers so we are now hoping that the netting will be the solution.



If you feel that you could spare a couple of hours to help at Noah's please get in contact with Lesley 07935963161 or 01237 431511. We are open Monday, Tuesday and Thursdays 10 till 2.30; we do lots of different activities from Gardening, Crafts, Baking, Animal care and much more! Your time and patience is all we need... and a sense of humour as we are always laughing and joking around.

A big thank you from everyone at Noah's place care farm for all your support.

SARAH & STEVE RACE ACROSS EUROPE *with a GREEN DRESS*

Hartland followed Sarah Lander and Steve Threkeld's adventure on facebook. They definitely did it their way.



"It all started with a dress that Steve bought for me for Christmas 2024. I thought it would be just the dress to wear in Portofino. When trying to find out where that was, Google showed us that if we caught the 319 bus from Hartland we could get to Portofino, which is in northern Italy, the next day by bus and train. Fast forward a year and four months later, and we are off, suitcases in hand, oh, and the dress! Lilian Threlkeld is kindly opening the shop and looking after Earl, the cat. I will try to keep you all posted on our 'Race Across Europe'.



We caught the Barnstaple train via Exeter onto dear old Paddington station, and what a splendid building it is. We had a nice stopover in King's Cross. After a fine curry, we went to the King Charles pub and spied one of the vases I made for them a few years ago. It's an early start at St Pancras where you find two old farts negotiating this, find your ticket on your phone thing. Next stop Paris. Bonjour!!



Buongiorno, we made it, and what a journey. Talk about Race across the World, we found Race Across the Stations adrenaline fuelled enough. Finding the right tickets, the right Métro, and the right platform in a hurry. But, oh, so worth it. The scenery through the Alps was spectacular. Also travelling on the train you get to meet some lovely people and the staff along the way were so helpful. We arrived in Genoa at 9.45pm, where we are staying. The dress is out of the case and hanging up ready for its trip to Portofino tomorrow!



After one more train ride, a "relaxing, luxury bus" journey, the dress got to Portofino!!! And what a place, just absolutely beautiful. I even treated the dress to a coffee. Who knew that a brief question to Google would lead to this adventure. There is so much to see, and here are a few of them that I saw whilst wearing the dress! We have one more full day left before we start the return trip.



There we go, it is possible to catch a bus from Hartland and get to Portofino on public transport. It was a long journey home, but with breakfast in Milan, lunch in Zurich and dinner in Paris, it all seemed very civilised; felt a bit harder on the UK side, where we got back at 11pm to a tube strike. Luckily, we did manage to catch our bus to Exeter. It would have been great if the first train into Barnstaple met a connecting bus to Hartland. However what's 2½ hours in cafés when finally the 319 brings you back home again? And the dress, well, that will have to wait for a while before its next adventure..."

Sarah Lander

CALF STREET POTTERY

When Sarah of Calf Street Pottery is not racing across Europe, she is dreaming up and making a magnificent new collection of vases and dishes inspired by the natural spaces of North Devon.



This winter after walking along Bude canal I loved how the reeds looked and blew and rustled in the wind. I did a few photos of them to remind me. I was playing about with some bottle forms in the pottery and the tallness of them somehow reminded me of the reeds. I rediscovered my slip trailer and had a go at repeating the reeds with iron oxide for the browns. Alongside this I wanted to put a bright orange with the browns. It then kind of evolved into these three new designs. as I played. A winter well spent.

NEWS *from* HARTLAND QUAY

Hello from Hartland Quay! At the time of writing the sun is shining; hopefully a sign of things to come in this season.

As summer approaches, it's worth highlighting our opening hours:

Pub Open Daily from 11am

Food Served Daily:

Lunch 12pm – 2.30pm, Dinner 6pm – 8.30pm

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

Shop & Museum open 11am – 4pm

Dates for your diary:

Hartland Town Band: 14th June & 23rd August

Bideford Phoenix Morris & Barrel Morris: 17th June

Sea Sunday: 12th July

Sloop Groggy Dogs playing outside
(weather depending): 18th July

Folk Music: Sunday 28th June

Mini Run: Sunday 30th August

We look forward to seeing you all at a sunny Hartland Quay!
Take Care, Donal & Sarah

PROPOSED PARKING RULES

Devon County Council propose to make this under the Road Traffic Regulation Act 1984 to introduce in HARTLAND:
No Waiting At Any Time on specified lengths of Fore Street, Pengilly Way and School Lane.

The draft order, order being amended, plans and statement of reasons may be seen at <https://devon.cc/alwrp>

LETTER *from the* HARTLAND ORCHARD

A field for everyone to call their own, to enjoy, play, have picnics, run projects for all ages. Field Gate is found at what3words: /// earplugs.gateway.strict

Dear Hartland,

What fabulous children arrived from The Hartland Primary School! They set to with great enthusiasm to plant ten fruit trees. On Tuesday 10th March the children and teachers walked from the school, a morning group and then an afternoon group. As they came into the field they all picked up buckets of tree chippings which had been left in a pile by the gate.



They were welcomed by Jess Giblett of Finding Nature's Footprints, an initiative started by North Devon Coast National Landscape. Jess with Helen Bye of Hartland Primary School had arranged for the children to take part in three activities which they moved round in succession. They were all shown the rainwater harvester and then moved on to tasks. Planting the ten trees: Oscar who works part time for the National Trust had the holes ready dug and with him and me, the children got planting, knocked in a stake to tie each tree to, helped with rabbit guards and then mulched the ground with cardboard and wood chippings; secondly they took part in an eye-spy with Jess and much fun was had with magnifying glasses and hunts; thirdly they moved on to the making tables where Jill Johns, Jane Hayes, Jane Skinner and in the afternoon, Ellen Weaver were ready to help. They made bird feeders from apples stuck with seeds, seed bombs made with earth, clay dug from Stoke by Brenda Jet, and wildflower seeds which were packed into egg boxes plus some insect hotels. Everyone went home with something they had made.

It could not have gone better. And the rain held off.

In the days following Arafat helped me put cage protections around every tree, add more chippings to the mulch and pulled out the high wire fencing which was in a state of collapse. This has much improved the look of the field.

I was delighted as in the days following some of the children had, after asking, built a bike jump in the field and want to make a bike track. I so hope they continue to do so.

It was Clare Gurton who introduced me to the Finding Natures Footprints group which has made everything better planned and organised. On another day at the end of April Clare arrived with Cathy Horsely of the Devon Wildlife Trust who have given a report on the field with suggestions. Thank you Clare!

Please come and explore the field. I am working on a notice board so the field is more obvious. If anyone has time to come and cut bramble shoots please let me know!

Very best wishes

Maria Bremridge, Trustee of the Hartland Charity.

Maria.bremridge@gmail.com

More information can be found at the
Hartland Nature Society website

[https://hartlandnaturesociety.org.uk/
community-land/](https://hartlandnaturesociety.org.uk/community-land/)



A SPOONFUL OF LOCAL *and the benefits of local honey*

Honey; the sticky and sweet substance from plant nectar is in most of our lives. Unless you are allergic to honey, that's an exception. Anyway, we all know about it... but do we really? When I think of honey, honey lemon lozenges in my cupboard and honeycomb covered in chocolate for a treat is what comes to mind. A little honey and banana toast for breakfast is another delicious favorite. But really, do I know that much about it? Like, it's sticky sugary stuff that the bees make. Except, after lots of researching, I have realised it's more than that. The versatile uses, the history behind it and even the different flavours (yes that's right, honey does have different flavours) can be really surprising.

The healthier side of Honey

Although it may seem like a sweet treat, honey can be quite beneficial if used in the right way. It's still mostly sugar though, but is rich in nutrients and antioxidants. Honey contains some pretty important stuff, though not many of us consume enough of it to make a real difference. No, it's not like you can replace your sprouts for honey at dinner, but more like a healthier sweetener than straight up sugar and additives. Think of it like this. Drizzling some honey on some granola or yogurt in the morning to replace supermarket bought rice crispies once every week. It's less processed, a natural sweetener and supports local beekeepers all at once. Honey plays a tiny role in heart health and cell support because of the antioxidants it contains, but as I have said before, none of us really consume enough for it to have a really big impact on our lives. So, what are the important things to remember? Honey is a fantastic alternative sweetener with benefits for your body. Now, can different honeys have different effects? What are some of the different types of honey?

Yes, you did read that correctly. Surprisingly, different flowers have their own unique types of honey! I just thought you would go up to any flower and you get the honey, but no. Not only this, but each honey has their own special traits as well.

Wildflower honey

Made with a range of all kinds of flowers' nectar, wildflower honey is a sweet mix usually for everyday use. It's acquired a rich and complex flavour, though I haven't personally tried it myself. It's flavour and colour vary throughout the seasons, depending on which flowers the bees visit as well. I didn't even know honey could change flavour... until now. Since wildflower honey is made from all kinds of blooms and changes depending on season, no two batches are alike. It's actually the honey we find here in North Devon. We are filled with an abundance of gardens, hedgerows, orchards and coastal flora, so lots of local honey makers will use wildflower honey in Devon. Our landscape is too varied for most types of single-source honey.

Clover Honey

Another type of honey found in Devon, though not as common as wildflower honey.

Clover flowers are found in the grazing pastures we see on coast walks, and we have lots of that down here. It's light smooth 'classic honey' taste often associates it with being one of the most common types of honey. It's the type of

honey I usually use. Excellent in baking sweet treats and spread on toast, clover honey is a perfect everyday honey to pull out.

Manuka Honey

Made from the manuka bush in New Zealand, manuka honey is famous for its antibacterial properties and is often used for medical reasons such as wounds, sore throats and general wellness. I have also not tried this honey before but seems like something you would find in a supermarket health section. It can be used on food, but its dark earthy flavour makes it tasteful for those who like stronger flavours. This immune building, bold flavoured honey is definitely something useful to have in the cupboard at home.

Acacia Honey

A very light, vanilla, and mild flavoured honey, acacia honey is a sweet yogurt topper and tea sweetener. It's not as strong in flavour as Manuka Honey but has much more of a subtle, clean texture to it. Even the name sounds light. It's a monofloral honey, which basically means it is collected by bees from only one type of plant source. This plant source we speak of is called the Robinia pseudoacacia, commonly known as the Black Locust or the Acacia tree. Their honey comes from the delicate white blossoms in the spring. Acacia honey is found in places in Europe and North America. Acacia honey has a slow crystallisation process, preserving its clear runny texture for longer. If kept in the right conditions, acacia honey can stay like this for over 2 years!

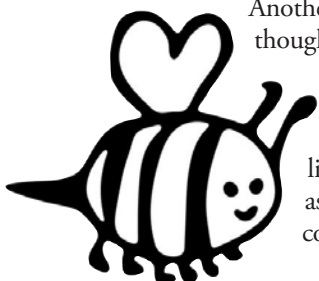
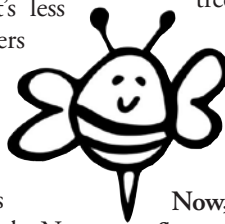
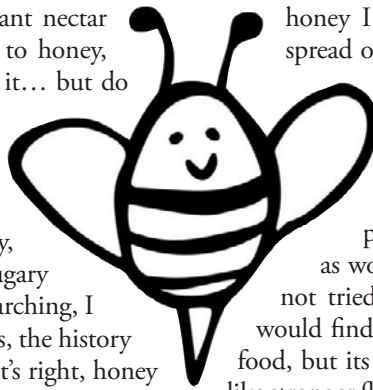
Now, can we give some credit to the bees and flowers that are the true source of honey?

To get one pound of honey, a 12-ounce bottle or jar, bees must visit around two million flowers. A bee can contribute around 1½ tablespoons of honey in its lifetime. Now that's some real effort! How do bees even make the honey? Well, bit by bit, bees purposefully collect the nectar of different flowers. They take this back to the hive to be dried out as the nectar is mostly just water. Bees pass the honey between their mouths... which may seem a bit strange to us humans... to be dried out. They also fan the honey with their wings, which can beat up to an incredible 200 to 230 times a second. The warm air takes the moisture out of the nectar, which is stored in the honeycomb and is collected by us to make honey!

A little shout out to our own local honey. Here in Hartland, we have our own beekeepers. It is generally true that a jar of local, raw honey is healthier than mass-produced honey. It exposes you to pollen in your area, building your immune system. Local honey has natural enzymes, antioxidants and trace pollen in it, which acts as a natural allergen defence. By buying local products, we also support small business in the area, so really everyone wins when you use locally sourced honey. West Titchberry Farm Pure Hartland Honey and Hartland Honey are a couple of the Hartland Beekeepers that I know of. Honey tastes sweeter when you know exactly where it's coming from, so why not pop-in to the Post Office or the Pop In for a jar today?

So, we have definitely learnt a lot about honey. I certainly have. This well-known wound healer and natural topping for a sweet treat sure has a lot hidden behind the label on the jar.

Dylan Roe aged 13



TALES *from the* TOWER

I wonder how long jackdaws have been nesting in the tower of St. Nectan's Church?

The church dates from the fourteenth century, so possibly, jackdaws have been there for over five hundred years. Over 75% of the churches in Devon are associated with them. Not all parishioners welcome them, they can be messy and noisy.

Back in the winter the ringers were asked to tidy up the tower for a church inspection. We removed four bin liners of twigs from the bell chamber, all left there by jackdaws, who enter through the louvres and mesh and build their nests on the window sills.

Rob Swan, Clare Gurton and I wondered how best to deal with their messy housekeeping. Could we provide dedicated nest boxes to contain them?



I contacted Jerry Horn who works with Devon Birds. He is running a project to install swift nest boxes in churches in Devon. We agreed that he would put up jackdaw nest boxes in one window and swift nest boxes in the remaining three windows; both swift and jackdaw nest boxes were sponsored by Hartland Nature Society.

Jerry contacted a jackdaw specialist for advice on the construction and feasibility.

We learned that jackdaws are grain eaters, not interested in predating swifts; good news as we are keen to attract swifts too.

Jerry returned a few weeks later, in February, with four jackdaw boxes and forty-two swift boxes. Rob, Clare and I helped to carry them up the steep stone spiral staircase to the bell chamber where Jerry and his son Fred, spent the rest of the day installing them.

We watched and wondered what the jackdaws would make of their new Air BnB. Would they be able to work out how to get their twigs through the restricted entrance holes? Being corvids, they are clever birds, and have made nests in all four boxes. And there are no longer twigs strewn all over the bell chamber!

Towards the end of April, Rob, our official Swift Champion, turned on the swift call system to attract swifts to the new boxes. We are watching and waiting and hoping...

Look out for an update in the next edition of The Hartland Post, when there may also be a piece on the Harlequin Ladybird population explosion in the ringing room.

We share St. Nectan's with several other species...

Frannie Leach



MOCEAN SAMBA BAND



Don't we look amazing. With an enormous Thank You to Hartland's own Lucy Curnow we are now able to supply our band members with hoodies as well as t-shirts. The picture doesn't really do them justice but we have our sparkly logo's in a choice of 4 colours (silver, gold, pink and turquoise) so we can all mix and match and really pop out as a crowd.

We have just started this years season with a gig playing twice at the Clovelly Car & Motorbike Show, based in the car park of The Milky Way, so not far for us to travel. We played two x twenty minute sets, our second set saw us parting the band to make way for a line of leather clad motorbike riders to exit through the middle of us. That's a first for us!!!

We have quite a few gigs lined up for the season which range from street parties, summer festivals, carnivals, fund raisers and our first pride procession to look forward to. BUT there's always room for some more, bookings still being taken for events, private parties or even weddings.

We are still training at Hartland Primary School every Monday (7-9pm) and happy if you want to pop along and 'have a go' if you are thinking of joining us in the future. However, if Monday doesn't suit you, We have a new venue for Thursday evening training which is now based in the school hall at Bude Primary Academy Junior School from 6.30 - 8.30pm.

We are always open to new members joining our Mocean family. Whether you are an experienced musician or a complete beginner we would love for you to join us.

For the younger generation in the local area, 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.

For further information on anything mentioned above 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

It's been lovely teaching you this chilly spring. I'm hoping for warmer classes in the next block, which will run from Tuesday 2nd June to Tuesday 7th July inclusive, with an extra catch-up class on Tuesday 14th July.

If you intend to book the full block, please tell me before midnight on Saturday 23rd May so that I can work out whether we have enough people to keep running both classes.

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

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

NOTES from the OSTEOPATH

As I am writing this column I can hear the gentle noise of tennis balls on racquets, children laughing and the occasional shout of “out” or “fifteen love” or “game”!

We are so lucky where we practice at Atlantic Osteopaths, overlooking ARC (Atlantic Racquet Centre) in Bideford. It is a multi-disciplinary practice with eight of us here now, including 3 osteopaths, a physio, sports therapist, 2 masseurs and a foot health practitioner.

We have a great rapport with our neighbours at ARC. Some of our patients come to us with sports injuries such as tennis elbow, rotator cuff tears and achilles tendonitis and we in turn recommend certain activities and exercise regimes which they can carry out in the gym at ARC.

Tennis balls are an important adjunct to some of the exercises I teach patients. A recent article in a national newspaper recommended long haul travellers to take a tennis ball in a sock on board their flight and to use it to massage their backs and legs, keeping the circulation moving and encouraging muscles to relax.

With Wimbledon tennis on this summer, many people start thinking about getting on court again. There are also tennis courts in Hartland and Woolsey and it's not expensive to enjoy a knock up with friends or family, in wonderful surroundings where you can benefit from fresh air, movement and birdsong. If the weather's not great there's badminton and pickle ball in Bideford and Parkham too. Apparently racquet ball players live 10 years more than average!

One particular exercise I advise is to stretch the IT band (ilio-tibial tract). This is a band of fibrous tissue which starts in a muscle on the outside of your pelvis (tensor fasciae latae) and extends down to below the knee. If you place a tennis ball half way down your outer thigh and lean against a wall, by bending the leg up and down (as if you're crouching down) you can relax that area. Do it for a minute or 2. It's painful to start with but it does improve!

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

Tel: 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



I'm writing this shortly after my return from a ministry weekend on Lundy. What a fabulous, if exhausting weekend it has been, reconnecting with familiar faces and meeting lots of new ones!

Fortunately, I had smooth crossings both ways on the Oldenburg or the Oldsickbucket as I affectionately call her, which was lucky as several

sailings have been cancelled this year already due to bad weather. It always seems strange that when the sea is like a millpond at Hartland Quay, it's too rough to land on Lundy.

Wildlife was very much in evidence on the island although some seabird numbers are down, especially the Puffins, due to the bad winter storms, but there are still enough to ensure that this breeding season should be a success.

Wildlife in our churchyard at St Nectan's is thriving too. The jackdaws are getting used to their new nest boxes in the church tower – they are apparently full of sticks, which shows that they are doing the job of keeping the tower stick free while hopefully providing a safe environment for nesting.

All of the churches in the Hartland Coast Mission Community are being encouraged to gain their Bronze 'eco award', so we will be keeping a careful eye on what's going on, hopefully working with the Hartland Nature Group on some projects. Some things are more difficult than others as there's not much we can do to insulate a Grade 1 listed building, and the oil heating will have to remain as it is for now, but with more repair work being done to the building this summer, it should hopefully be less damp and draughty and the heating more efficient next winter.

As our church congregations get older, we are experiencing a few gaps in the number of people to run things. Hopefully we will be able to run the refreshments in St Nectan's again this summer, as this social space & stop off point has proved popular with locals and tourists alike over the last few years. It's also a Flower Festival year, which involves a great deal of work, but is hugely popular. We are always looking for volunteers to help keep the life in our church going, so if you have any, even a little, free time, or any skills you think would be useful, please offer to get involved, there are many and varied ways to help out, and if our iconic church buildings are to survive for the next generation to enjoy and to use for those all - important life (and death) events we need people to step up now. Of course, it would be lovely to welcome some new participants in our church services too. There are a wide variety of services on offer in the churches across the Mission Community. Music always plays an important part in worship too, so if you have any talent you would like to use to enhance our worship, please get in touch.

I often mention 'The Mission Community', which may be a mystery to some of you. Basically, the days of one church (one parish), one vicar are long gone, and St Nectan's is part of a group of nine churches overseen by Rev'd Jane Skinner, with me as the part-timer, Jane's husband Rev'd Stephen, who is retired but has permission to officiate at services, and two lay (not ordained) ministers, Vera & Andrew. Our churches are St Nectan's, in Stoke and in Welcome; All Saints, Clovelly; St Anne's, Buck's Mills; All Hallows, Woolsery; St Andrew's, Alwington; St James', Parkham; St Mary & St Benedict, Buckland Brewer; and St Helen's, Lundy. So, you can see, we are kept busy! It is, however, a huge privilege to serve in such a beautiful part of the world, and here's hoping for a glorious summer for all to enjoy and for our local businesses to thrive.

Hymn tunes and lyrics often randomly come into my head, and I just found myself humming one I remember from school, so I will leave you with these words...

*Summer suns are glowing
over land and sea;
happy light is flowing
bountiful and free.
Everything rejoices
in the mellow rays;
all earth's thousand voices
swell the psalm of praise.*

Every Blessing,

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

June

7th	11am	Holy Baptism within Family Communion
14th	11am	Morning Worship
21st	10am	Breakfast Church (Church Rooms)
	4pm	Choral Evensong for St. Nectan
28th	11am	Holy Communion

July

5th	11am	Morning Worship
12th	11am	Holy Communion
19th	10am	Breakfast Church (Church Rooms)
26th	11am	Holy Communion

August

2nd	11am	Morning Worship
9th	11am	Holy Communion
16th	10am	Breakfast Church (Church Rooms)
23rd	11am	Holy Communion
30th	11am	Songs of Praise with Bishop Moira Astin

GILBERT & VANSTONE

September

6th	11am	Morning Worship
13th	11am	Holy Communion Hartland Town Band Concert 6 or 7pm tbc
20th	10am	Breakfast Church (Church Rooms)
27th	3pm	Harvest Festival followed by Bring & Share tea (tbc)

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 £6.50. 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.

For further details and updates please check the Hartland Coast Mission Community website - hartlandcoastparishes.org

St. Nectan's Flower Festival will run from Friday 28th to Monday 31st August. We are celebrating all those in the village who volunteer in any capacity. The church will be open from 10am to 5pm each day and refreshments will be available.

Tricia

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:

June 11th, 25th
July 9th, 23rd
August 13th, 27th
September 10th, 24th

Our annual exhibition and coffee morning in aid of ShelterBox is on August 15th from 10am in the Parish Hall

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

Dear All. As most of you will know by now, we are winding up the business and the shop will be closing shortly/or by the time you read this, we will have closed. You should have received a letter from us, alongside one from HBH Woolacotts. They have taken on many parts of the business and I'm sure this family-run business will take care of all your requirements as we have done in the past.

We would like to thank you for your custom during the last 41 years, which has helped the business to be the success it has. In turn, we are proud to have been able to offer our customers good service and value for money.

Mark, Gill, Marlene and I decided to 'take the plunge' and start our own business in 1985. Mark and I both worked for Granada TV, and Gill and Marlene had their own jobs. We rented Trewins shop, and opened on 16 February (my 30th birthday and I remember it being the most bitterly cold day.) As the business expanded we moved to the old North Cornwall Tractors premises, which we kitted out and opened in November 1989. This gave us more scope and meant we could grow and widen our customer base.

In July 2016 came a crossroads with the sad passing of my partner, Mark. Much soul-searching took place at that time whether to continue or to stop. With Andrew on board and with the support of our loyal staff it was decided to carry on. Andrew is now having a career change and will not be taking over the business.

I would like to say a big 'Thank you' to all past and present staff who have been with us over the years, including Liam Bunning – our shop manager over the last 17 years. Also Stuart Neal, Ben Roberts, Chris Miles, James Gliddon, Ben Hill, Aron Braund and Paul Beavan. Past staff – Mike Westlake, Ian Hiatt, Damian Inch, John Alison, Dave Gregory, Tom Wickett, Danny Huddleston, Reg Hambley, Steve Heard, Bob McKelliget, Tony Matthews, Jake Crocker and Richard Wallander.

Also a mention to all the Work Experience students we have had with us over many years, who I hope have all gone on to have good careers and jobs in whatever path they chose. I apologise if I have missed anyone in the thank you's.

I can honestly say it has been a good 40-odd years – some curve balls along the way and many headaches/problems to solve, but overall a pleasure – especially interaction with all of you people. Now is the time for us to be able to see the family and grandchildren more often, do a bit of travelling and generally take it a bit easier!

All the best to everyone.

Clive, Marlene and Andrew

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 Parkinsons, and family and friends, meet at the Anchor in 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

Lead Volunteer - Northern Devon Branch



SOUND WAVES SOUTH WEST

Sound Waves South West Music and Music Therapy Trust (SWSW) is an independent charity founded in 2000 by Judyth Gwynne. It became a Charitable Incorporated Organisation (CIO) registered no: 1167138) in 2016. Its activities began in the Bude area and now extend throughout rural North Cornwall and into Devon.

The aims of SWSW are:

To provide funding for Music Therapy for children in conventional and Special Schools in North Cornwall. We currently support over 20 children in four local schools, working closely with the Cornwall Music Service Trust, who actually employ the therapists. We are currently working towards increasing the number of children we support.

To provide free loans of orchestral instruments to children receiving tuition in the SWSW catchment area which covers North Cornwall and stretches into parts of Devon. We have over 200 instruments in our inventory ranging from Violins, Cellos, and Violas, through Flutes and Clarinets to Classical guitars.

To run professional music Workshops in local schools giving children the opportunity to experience culturally diverse music. This year we brought down a group call Toscana Strings, who together with a classically trained ballet dancer, performed to over 1500 infant and primary school students in twelve local schools.

To encourage young musicians by offering an Annual Award for Musical Achievement, which was won this year by a multi-talented student who sings, plays trumpet, piano and percussion

SWSW relies totally on charitable support and we are very grateful to the national funding bodies who support us and all the local organisations and individuals that arrange fund-raising events on our behalf.

But we need some help!

We are seeking someone passionate about social media to join us—either as a trustee or just as a volunteer—to help optimize our social media presence. We would also welcome someone would provide some external eyes on our Compliance. Neither of roles will be arduous as the Trustees carry out the core of the Charity's tasks but your expertise will help us reach more families, more supporters, and more donors in order to help us continue and grow our vital work.

If you are interested in making a difference through music? Visit www.soundwaves-sw.co.uk for further details and how to contact us to learn more.

Alan Whittle

Chair, Sound Waves South West

the W.I. INSPIRING WOMEN

Hello Ladies,

**As most of you know by now the
Hartland Branch of the W.I. has closed !**

In 2010 the Hartland W.I. was left a sum of money by a benefactor when the old hall was sold. The W.I. at the time made large donations to halls etc in Hartland for the benefit of people of Hartland and fellow W.I. Groups in the area. A portion of that money was retained for the use of the Hartland branch for educational trips and speakers etc. As the ladies before us were very frugal and only used interest accrued for necessary expenditure; a sum was left and the present group had to decide how to distribute that money! After great deliberation it was decided it should be distributed for the benefit of the Hartland community as follows: Hartland Surgery, the upkeep of the defibrillators, the Devon Air ambulance, the Town Band (always ready to entertain us come rain or shine), Mocean drummer group to help with a children's section, the Hartland Players/ Film Club, Hartland Recreation Ground to help with the ongoing Lottery grant application (£1million +) for a new Pavilion. We hope you will all benefit from these donations.

It has been agreed by W.I. head office that the Hartland branch should have a final meeting over a farewell meal together, despite having received an anonymous complaint to that effect! The small amount left will be held by the W.I. head office for setting up a new Hartland W.I. branch in the future, should anyone want to!

Thank you all for your support over 101 years of Hartland W.I.

*Val Sheppard
Ex-President*

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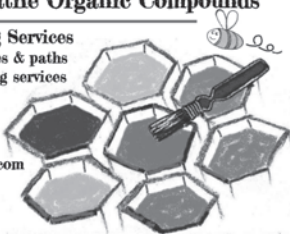
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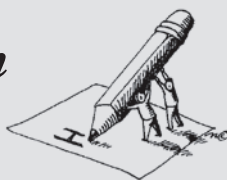
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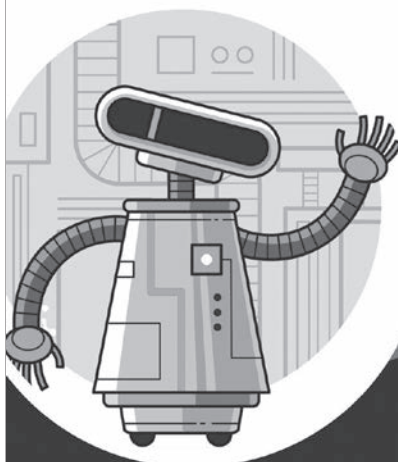
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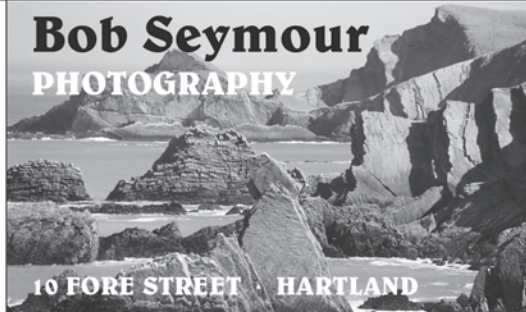
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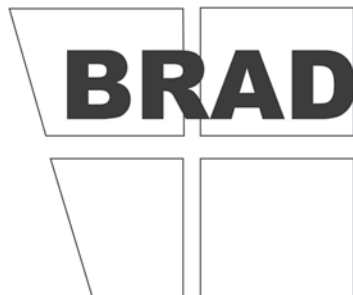
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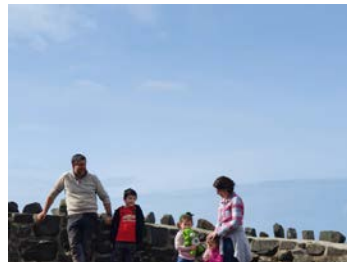
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