

PYWORTHY POST



Left: the donkey's at Berridon Farm, Bradworthy. The photo was snapped by a member of the Holsworthy Walk & Talk group in April.

What's in your paper this month?

Pyworthy Country Show – has added a charity Tractor Run & Dog Show to the event. There is useful gardening advice from Mike Godfrey, plus lots of local events & news to read about, please turn the page and come inside.....

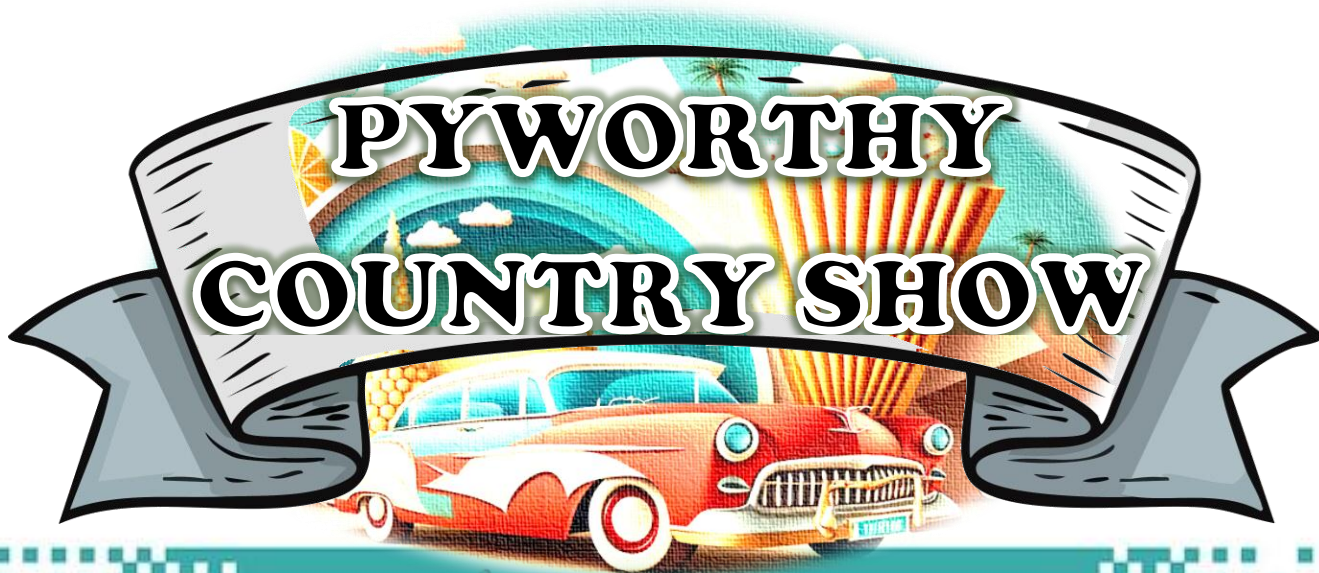


Read online at:

<http://www.bit.ly/postpy> or
<https://pyworthy-parish.co.uk/>
and view the paper in full colour.



MAY 2026
Issue number 351



“Show with a View”

13th & 14th June 2026

**Derriton Road, Pyworthy
EX22 6JY**

Featuring:

- ❖ Auto Jumble
- ❖ Classic Motorbikes
- ❖ Classic Cars
- ❖ Trade
- ❖ Stationary Engines
- ❖ Tractors
- ❖ Horticultural
- ❖ Food & Bar
- ❖ Tractor Run



**For more information phone Eileen on: 07546060660 or
email: gentillia26@gmail.com**

 **Supporting
Parkinson's Devon**

Donations can be made on the gate.

Welcome to the MAY EDITION



By Marion Ravn

Summers on its way! I hope you've been enjoying the wonderful weather we've been having. Hopefully there will be lots more sunny days to come. If there's any truth in the old rhyme about the Oak & Ash trees, then we should be ok this summer.

Don't miss Crazy Mama who will be appearing at the Village Hall on Friday the **1st May**. Liffy Lowes will be jumping off the cliff at Hartland (well abseiling down the cliff), to raise much needed funds for the repair of our village church. Liffy is seeking sponsorship, so please dig deep. This is planned to take place on the **6th May** - see page 26 for more information.

The Pyworthy Country Show on the 13th & 14th June will now include a charity tractor run (see poster page 31) also, a dog show. I should have more details on that next month.

Looking ahead to July our village church will be holding its annual Patronal Festival. This will include work by local artists, and beautiful floral displays, always a popular event. Followed by the Parish Scarecrow Trail in August. This should be fun, and anybody can enter. Show your creativity and design a great scarecrow for everybody to enjoy. Enter for free, more information can be found on page 59.

Enjoy the wonderful weather and our beautiful countryside.

Until next month. Keep safe and well.

Please keep the news & reports coming in.

Email: pyworthy@post.com

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CHURCH NEWS



By Liffy Lowes on behalf of St. Swithun's Church

Did I dream that David Braine announced on the weather forecast last night that we could expect four days of solid sunshine? I think I may believe it when I see it! But what a wonderful start that would be. I have noticed the change in the hedgerows over the past few weeks – the primroses, so beautiful this year, are disappearing but their place is being taken by the bluebells, both English and Spanish, to my mind equally pretty. The trees are at their best too, that lovely fresh green colour (or red if they're copper beeches).

The start of the month brought us to Palm Sunday, so joyful at the start of a week when everyone wanted to see Jesus ride into Jerusalem, but then so tragic at the end as he is put to death on the cross. Why did this have to happen: all a part of God's great plan for the World. Jesus knew this was all going to happen to him – could he have stopped it, maybe, but he chose not to. A service was held at St. Swithun's at 2pm on Good Friday, the time of Jesus' death: this service just fills me, it is so full of emotion. Then we move on the joyfulness of Easter Sunday; the Lord is risen and is seen by a few chosen people.

We held our service at 3pm; it was very well attended by both adults and children who really enjoyed it. There were Easter crafts for the children, followed by an Easter Egg Hunt and

Refreshments.

Talking about Easter crafts for the children, Amanda held a very successful craft afternoon in the Village Hall; if you come into St. Swithun's you can see their efforts on the branch down towards the front of the church. Amanda has done some wonderful work with the children, and they all love it as well.

Many people like to walk through the churchyard and some of you may have noticed three headstones lying flat on the north side. These were loose and could have caused damage of injury had they just been left. However, they are to be stood up again which will be a good thing. If you should notice the dates on these stones, you will see that they are relatively new; they are mounted on a plinth of cement and are thus not so secure. They need metal rods pushing through the plinth and well into the ground. This will be done to secure the three stones currently lying flat. The older headstones are made of slate and are quite thin but long; they are put into the ground at depth and so are much sturdier than the younger stones, which are generally thicker, shorter and made of granite.

Every year each church has to hold its APCM, the Annual Parochial Church Meeting. Ours is **on 30th April** this year, in the church at 7.30pm, with a Eucharist beforehand at 7pm. All of you are invited to this – you are all parishioners! This is your chance to find out what the church has done over the year and maybe a little of what the future holds. It is also your chance to ask any questions you may have. So, please do come along, we are open to ideas and **continued on page 5 ...**

St. Swithun's News continued from page 4..

suggestions from anyone.

Often, I am so grateful that we live in this peaceful and friendly village; our World today is not in a good place, and we can only hope and pray that things will get better. We can be thankful for the lovely part of the World we live in and pray that one day the World itself can be at peace with all. I pray this will be so. Liffy.

United Benefice of Holsworthy

Rector: Revd Alison Hardy, Churchwarden: Alison Davies & Liffy Lowes



Benefice Services for May

<http://www.holsworthybenefice.org.uk/services/benefice-calendar/>

Worship and Prayer in the Holsworthy Benefice – MAY 2026						
Date	Bridgerule	Holsworthy	Pyworthy	Hollacombe		
Sunday 3 rd May	11.00am Sung Eucharist	9.30am Sung Eucharist	9.30am Family Service	9.30am Holy Communion		
Sunday 10 th May	11.00am Morning Prayer	11.00am Sung Eucharist	9.30am Sung Eucharist	3.00pm Evensong		
Sunday 17 th May		11.00am Sung Eucharist	9.30am Sung Eucharist	9.30am Holy Communion		
Sunday 24 th May – Whit Sunday	11.00am All Age Sung Eucharist	11.00am at the church of St. Peter & St. Paul. Café style service.	9.30am Morning Prayer	-		
	9.30am – Pancrasweek – All Age Service					
	11.00am - Benefice service at Holsworthy Church					
Sunday 31 st May Trinity Sunday	10.00am - Pancrasweek – United Benefice Songs of Praise					

Church Bookings

To book a Wedding, a Christening, or a Funeral, or for anything else, please contact: Revd Alison Hardy, email: reverendalisonhardy@gmail.com

Tel: 07780295752.

Benefice administrator:

Libbi York – email: Holsworthybenefice@icloud.com

Tel: 07717750198.



Pyworthy Village Hall News

Martin Brennan, Chairman

Village Hall Roof Project How Can You Help?

As you all know, the Village Hall is well used and much-loved, hosting a range of activities such as wellbeing and fitness classes, social groups, meetings, and community events. It's also a very important asset and a place where we can all come together and stay connected.

The flat roof on the Hall is now over 40 years old. Although it isn't leaking at present, it has reached the end of its working life and will need replacing to avoid problems in the future. Doing the work now should prevent more serious and costly damage later and help keep the Hall open and usable for everyone.

The total cost of the roof replacement is around £24,000.00. We are applying for various grant funding, but we also need to raise some of the money locally to show community support for the project.

Our aim is to raise £5,000 through local donations and fundraising. Any contribution, large or small, will make a real difference and help us protect the Hall for years to come.

If you would like to donate, you can do so via:

HSBC: - Pyworthy Village Hall Committee

Sort Code 40-24-25

Account No- 41018248

Alternatively, for further details, please contact **Martin on 01409 691096**.

It goes without saying your continued support of the Village Hall — **is really very much appreciated**.

Email address: pyworthy@post.com Telephone number: 01409 478294 Page 6

Crazy Mama 🎵

Gentle reminder "Crazy Mama are playing in the Hall on Friday 1st May!"

Doors open at 7.30pm, Licensed Bar, Lucky Dip, and much, much more. Tickets are £10.00 Available on the Door.

We are very much looking forward to seeing you all.
Happy Dancing.



Potters Fish n Things

Just to let you all know that Olly will be at the Hall on the **Third Tuesday of each month this year**. The first evening of 2026, will be **Tuesday 19th May**.

For further details see page 48.

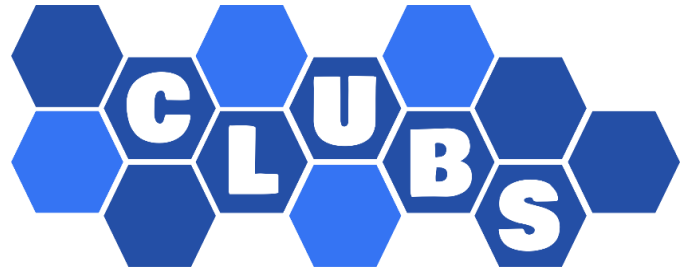
See page 45 for easyfundraising. How you can help our Village Hall, while you shop online.

Dates for your Diary



Village Hall Meeting
Wednesday TBC, starting at 7.30.

Everybody welcome.



What's on at the Pyworthy Village Hall.....

Village Hall Social Club Evenings!



This month our Social Evenings are: Friday the 15th & 29th May

Don't forget to come along and join us for Beer or whatever takes your fancy and perhaps have a go at our 'Play Your Cards Right' game. Sessions are still on going. The pot currently stands at £48. Why not come and join us for a friendly chat and a drink. Who Knows it could Be your Lucky Night!!

Doors/Bar Opens at 7pm until late.

Everybody is welcome, come along and have a good time.



Mondays: Line Dancing Club:
Complete Beginners:
5.30pm – 6.30pm
Beginners/Improvers,
6.30pm – 7.30pm
Intermediate, 7.30pm -9.30pm.

Tuesdays: Rural Art Group,
2.30pm – 4.30pm.

Tuesdays: Line Dancing Club,
Intermediate, 7.30pm -9.30pm.

Tuesday evenings: Men's Skittles Team. Playing at home & away.

Wednesdays: Beginners Ballroom dancing & Latin class, including Sequence dancing 7.30pm – 9.00pm.

Thursdays: Gill's Golden Gang,
10.00am – 11.00am.

Thursdays: **Coffee Mornings** –
1st & 3rd Thursdays of each month.
Starting at 11.10am. Everybody welcome!

Thursdays: **Creative Craft Club** –
2nd & 4th Thursdays of each month,
from 2.30pm until 4.30pm.



WHO'S CELEBRATING THIS MONTH?



BIRTHDAYS

MAY

- 1st Adrian Oliver
- 2nd Ian Watson
- 3rd Roger Stanbury
- 4th Dannee Bird
- 5th Simon Martin
- 6th Terry Ravn, Paul Fitzpatrick
- 7th Woody Steyn
- 9th Wendy Richardson
- 10th Sue Bentley
- 14th Paul Symons
- 16th Pat Lavis
- 19th Nigel Godfrey, Geoff Matthews, Hazel Durant
- 22nd Brenda Martin, Marley Cutter
- 24th Janet Grant
- 25th Jemma McKenzie
- 26th Rhonda Godfrey
- 27th Tabitha Kirkwood & Albie Bird
- 31st Geoff Young, Kim Harris



SPECIAL BIRTHDAYS AND FAMILY OCCASIONS

Community Birthday list

New Residents of
Pyworthy Parish,
please feel
welcome to add
your birthdays to
our community list.

Happy Birthday to TERRY RAVN for the 6th May.

Lots of love from

**Marion, Karen & Neal, Lewis, Phoebe,
Sophia, Alex & Hayley, Greg, Isla, Ellyn,
Sarah & Shaun, Lucas, Amber, Esther &
new puppy Syd. XXX**



**HAVE A
STOUT-STANDING
BIRTHDAY!**

Join

Gill's Golden Gang

Strength & Balance Exercise Class

for the over 55's!

Held at:

Thursdays.

Pyworthy Village Hall

10.00am to 11.00am.

Halwill Baptist Chapel Hall

12.45pm to 1.45pm.

Contact Gill Aston on: 07854677784
for more information.

Coffee Morning



VILLAGE HALL COFFEE MORNING GROUP

**Come along and join us at
11.10am on the 1st & 3rd
Thursdays each month.**

**Meet new friends, enjoy a coffee,
and have a good chat.**

For more information phone:

Brenda on: 01409 253015 or

Marie on: 01409 254924.

Now held in the main Village Hall.



**NEW MEMBERS ARE
VERY WELCOME!**

My Electricity Industry Recollections

Episode 16

Life in Littlebrook D Power Station

By Mike Godfrey



From the outset LBD was a totally different environment, we were far more on top of things and in control, unlike Kingsnorth where we were fighting from underneath and on the back foot most of the time. We were “firefighting” all the time just to keep things safe and operational; most of our work was unplanned and relatively unstructured. There was very little time for “planned” maintenance. In sharp contrast the plant at LBD was unbelievably reliable and very rarely broke down. This enabled our work environment to be far more structured and to revolve around pre-planned work. Most of the Auxiliary Plant was duplicated and, in some cases, triplicated, enabling individual items of plant to be taken out of service and isolated for safe working without affecting the output of the main turbo-generators. Many lessons had been learnt from the earlier large power station mistakes in designs and the many shortcomings and issues that ensued, including overstressed materials. There had also been advances in technology and materials that contributed markedly too much improved reliability. It probably took me well over a year from when the first turbo-generator (Unit 1) was commissioned and became operational to accept that the plant was not going to breakdown frequently.

It didn't mean that LBD was not without its problems, particularly during its

construction. It was built on very unstable ground on the Thames marshes and I fully remember from my days as a Grid Engineer back in the late 60's early 70's, when carrying out switching duties on the Grid Substation for the Littlebrook A, B and C Stations, that the switchgear and transformers were supported on reinforced concrete beams that were in turn supported by very deep piles. The ground in between the beams was constantly being washed away by the numerous underground streams which crisscrossed the site deep underground. The result was very deep cavernous holes alongside these beams, and you had to balance very carefully, otherwise a broken leg at best or possibly never to be seen again if you lost your balance. It was particularly risky if called to the site after dark or when applying large earth cables to the busbars some 20 feet in the air, which necessitated looking up whilst trying to stay on the beam.

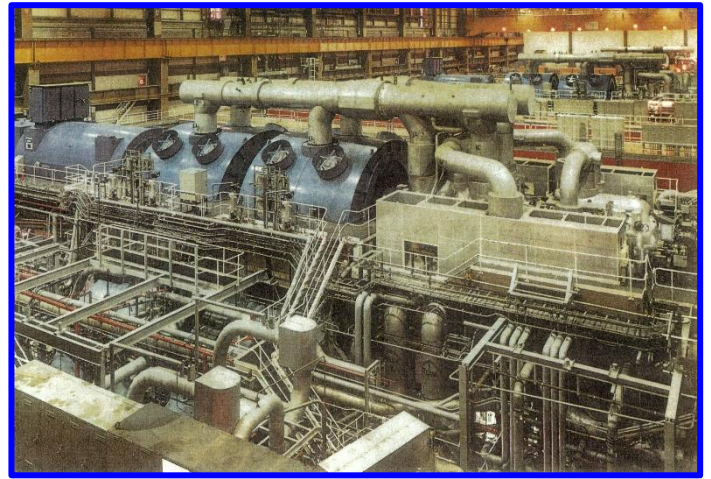
In order to build this massive new power station, it was decided that a very large concrete raft would need to be constructed to create a stable platform on which to build the Turbine Hall; the Boiler House; the Transformers that were to connect the output to the Grid system. The raft needed to be supported **continued on page 11...**

Life in Littlebrook D Power Station....

on numerous piles up to 50+ metres in length and on many occasions the pile being knocked in just disappeared into a hole far deeper than its length, before it could reach solid ground. It took far longer than planned to construct this phase of the project and even so the final very large platform moved very slightly as the tidal conditions on the Thames changed, making it very difficult to align the Turbo-generator rotors, which had to be set to be coupled together with "fitted" bolts within extremely fine tolerances. Where the edges of the raft met the surrounding land and access roadways, we used to encounter similar problems as I mentioned previously with the ground moving and being washed away, requiring many lorry loads of aggregate each year to try and maintain a safe environment.

The Generators planned to be installed were so powerful that it was not possible to design/construct a switch that could interrupt the current should a fault occur close up to the Generator. This was overcome by constructing "Segregated Busbars", which enabled the prospective fault current to be reduced by over 40%, thus enabling a suitably rated 23.5kV 19000A switch to be designed, constructed and installed.

To build a Power Station on this scale involved a planning and design process of 10 years or more, hence this process was well underway when the first world oil crisis with its associated elevated costs occurred in 1973. Prior to this the CEGB supported by the Government had decided to diversify the fuel for some power stations and



Above: Littlebrook D turbo generators

hence had also started a programme to convert many Power Stations in the south of the UK from coal to oil burning, originally for economic reasons but then possibly because of potential issues with the Miners and Coal supplies, particularly the 1973 Miners strike, which was also supported by the railway unions. Oil supplies were seen as a way of overcoming our heavy reliance on coal. When Lady Thatcher became Prime Minister in early 1979 she was determined to sort out the coal mines and the miners, following the situation that occurred 6 years earlier with Ted Heath and the 3-day week. Her weapon of choice was the Electricity Industry. Coal and Oil stocks were gradually built up in many Power Stations and in particular Oil stocks at Pembroke, Fawley and Littlebrook. We had 5 tanks with a capacity of 550,000 tonnes. Following the commissioning of Unit 1 in 1981, we went on to complete the works on Unit 2 and 3, with No 3 being commissioned in 1983, despite the very high price of crude oil. During this period the Station was being used for 2 shifting, that is, shutting down at night and also **continued on page 12...**

Life in Littlebrook D Power Station....

peak lopping, that is, at a state of readiness with the turbine(s) warmed through and the boiler(s) up to pressure to start very fast. We could be from zero to full load in about 20 minutes, adding up to 2,000,000 kW to the grid system, something a base load coal fired plant could never achieve. Our turbines were designed with extra clearances to allow this rapid expansion from high volumes of steam entering the turbine cylinders at 540 deg centigrade.

The day the Miners strike was declared the battle was on with Lady Thatcher in the vanguard. We were ordered to full load and to stay there 24/7. This had been many years in the planning and the Oil fired Stations were taking the brunt of the load. During this period we experimented with Unit 3, after it was noted that the operating temperatures on the Generator were a lot cooler than expected at nominal full load, 660,000kw. The boiler output was gradually increased until we were outputting over 700,000kws. Units 1 and 2 were similarly increased and each Turbine was operating at approaching 3 million horsepower. Littlebrook D stayed at that load for the year of the Miners strike, without a single breakdown, and generating more electricity than any other Power Station has done before or since. During that year March 1983 to March 1984, Unit 3 also generated more electricity than any other single Turbo-generator has done before or since. Those two records still stand today; from some 30+ years ago and which all the LBD staff were rightly proud of such an achievement.

Email address: pyworthy@post.com Telephone number: 01409 478294 Page 12

I have tried very hard to think of stories of major disasters comparable with those that occurred at Kingsnorth but Littlebrook D was a model Station, thanks to all of us who fought the gremlins in the first large 2,000,000 Stations back in 1960's and 70's. A couple incidents that do come to mind, firstly I had to climb inside the Main Generator pressure containment casing at the back of the Generators main winding. To inspect all this I had to climb through small holes in the supporting ribs, made from very thick (25mm/1inch) steel plate. These were very solid as was the casing in order to handle the tremendous forces created from the strong magnetic fields within the generator. I had a torch with a new fangled tungsten halogen bulb. This was very bright but also somewhat delicate. I reached the furthest point from the access door when I accidentally banged the torch on the solid metal framework. Bang out went the torch, and I was in total darkness with no means of communication. It was somewhat claustrophobic as I had no idea which direction I had to go in, I could only guide myself by feel, hoping the hole that I was about to climb through was taking me in the right direction. After about half an hour I saw my first chink of light and knew that I was heading in the right direction. I emerged all battered and bruised and vowed never to go back in again without at least 3 torches.

Finally, we did find one weakness with the Main Generator rotor. Because of the way we were required to operate, the rotors spent at least 8-16 hours rotating at 40 rpm instead of 3000rpm.

At 3000rpm **continued on page 13....**

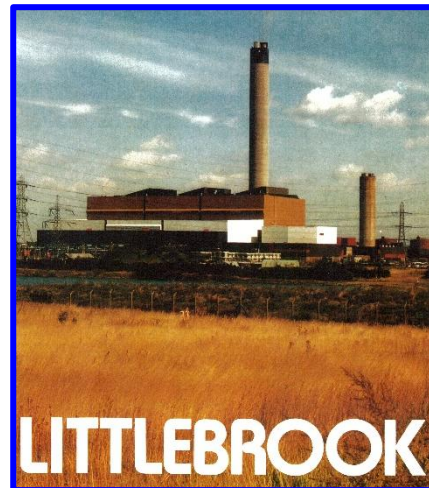
Life in Littlebrook D Power Station....

the centrifugal forces held the winding tight against the supporting metal work but at 40rpm the winding was subject up to around 30,000 cycles of movement each day, which led to stress fractures in the rotor winding connections. This caused the rotor magnetic field to be unstable making it very difficult to maintain a steady output but also causing burning within the winding and the insulation which could have written the rotor off. Each 20 tonne rotor had to be withdrawn from the stator and a large metal ring called an "end bell" had to be removed using a lot of heat to expand it so it could be removed from the rotor to expose the faulty area.

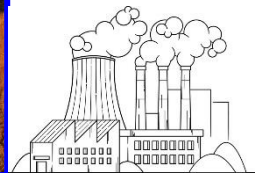
Once repaired and strengthened the End Bell had to be reheated and very

quickly relocated back on to the rotor in the correct position before it cooled down. It was a very tricky job throughout with plenty of room for mistakes and getting the end bell jammed in the wrong position.

We are now around 1986, so next time we look at my last 10 years in the Electricity Industry before I retired for the first time in 1996.



**More from
Mike next
month...**



Sailing Club Membership



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



Holsworthy History Society

The Holsworthy History Society met on Thursday 9th April and was enthralled by the talk about the sinking of the HMHS Glenart Castle during WWI. This talk was given by Keith Denby who has dived the wreck.

The Glenart Castle, a Hospital Ship, was on its way from Newport in Wales to Brest in France to pick up wounded soldiers from Flanders. It was just North West of Lundy Island when it was hit by a torpedo fired from a German submarine. The ship went down in just 8 minutes with the loss of over 150 lives. Those who died were not soldiers but nurses, doctors, clergy and crew. The Glenart Castle was showing all its lights and was clearly marked as a hospital ship so should never have been fired upon. After the war, although there was an enquiry, the German Submarine Captain was not held accountable for his actions.

This was a most fascinating talk which was greatly enjoyed by the Society's members.

The Society will next meet at 7.00pm on Thursday 14th May in the Manor Suite of the Holsworthy Memorial Hall when there will be a visit to the Holsworthy Museum which is situated just across the car park.

All are welcome, membership for the year is £25 payable by either cash, cheque or BACS (preferable) or £5 for visitors.

For more information about the History Society contact:

holsworthyhistorysociety@gmail.com

By Margaret Stacey

A memorial to those
lost on board HMHS
Glenart Castle,
during WW1.



Domestic Abuse Helpline



Phone:

**0808 2000247 for free & confidential
advice.**

More information available online.

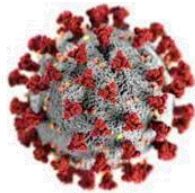
If in danger phone: 999



Episode 7

My COVID Diaries

By Mark Marriott



In Part 6 we learned how we managed to shut and reopen the hospital after an outbreak, and how the team really pulled together under intense pressure. This time we go almost back to the beginning when I caught Covid and remember social distancing, clap for carers and food shortages.

Catching Covid

After the Boris announcement about two metre social distancing we had to enter damage control mode to minimise the number of beds that we would lose in an attempt to meet the policy, so the medical director, head of nursing and I walked the whole patient pathway in full PPE from A&E, through the corridors to the wards and then back out of the hospital. We tested every space for the suitability for a temporary bed, checked every bay for the number of beds we could fit at 2 metre spacing, we walked and talked with section leaders through each and every space in the hospital to minimise the number of beds we would lose while implementing 2 metre social distancing. We also needed to understand the impact it would have on A&E, the waiting

Rooms, outpatient clinic rooms, theatres, imaging like X-ray and MRI and every single aspect of patient flow in the hospital. We spent a week walking with our teams and testing every nook and cranny for the possibility of putting in a temporary bed, this was on top of the usual 15 hour days that we were all putting in at the time. At the end of the week I was exhausted but pleased because I was due 2 days at home where I could rest and get some sanity back while Carol and I supported each other in the brief time we had together. At the time the national messaging was that if you had a respiratory problem you should stay away from hospital unless it was very urgent and that you should isolate from your family, testing was carried out by trained ambulance staff if you were lucky and results were taking 7 days or more to get back. When I eventually got home I was so tired I could hardly stand up, Carol immediately said I had COVID and told me to stay out of her way and go upstairs to bed, I could hardly climb the stairs but I managed to get into bed and slept for 48 hours, I still kept saying I was just tired but when I woke I had a huge headache and had difficulty breathing. Carol rang my deputy at Weston and explained the situation and, as staff, we'd been told that the ambulance service would come to test us at home if we suspected ourselves of having COVID, but Pyworthy is apparently too far for SWAST in Bristol to travel so they refused to come down. I had no idea this was going on as I slipped in and out of consciousness with every breath a pain to take, and Carol was sure I was

continued on page 16...

My COVID Diaries continued from page 15.....s

going to die. On the 6th day my breathing got slightly better but by now I was running a fever and unaware of anything other than the inside of the bedroom and for three days I felt I was burning up but managed to crawl to the bathroom and eat small amounts of the food and drink that Carol left out for me. On day 10 the fever finally broke and I spent the day sweating and shivering but feeling much better and on day 11 I came back downstairs to find Carol bleaching every surface in the house which apparently, she'd been doing since I got home. I rang work and let them know I was still alive and they told me the hospital was being run by the medical director from Bristol and both he and the Weston team were desperate to have me back, and because I wasn't allowed anywhere near Carol I returned to work the next day when I was tested and declared clear of the virus, later in the year I joined the Cambridge University antibody trial where I was tested and proved positive for antibodies; Carol was right, I had COVID. We had 11 cases in our ITU when I returned to work and I'm sure that if I'd had all three of my symptoms at the same time, I would have been the 12th. While I was back at work, Carol put gloves and a mask on and stripped the bedroom of sheets, duvets and pillows and burned the lot.

Public Response

The public response during the pandemic was excellent, it really raised the profile of the NHS and the spirits of the team, unfortunately the

NHS hasn't been able to capitalise on it, but that's a different story; I'd like to reflect though on my experience of the public response and how it affected the hospital and staff at Weston. Clap for carers started on 26th March, but the irony was that those carers involved in the COVID response were working so long and so hard that we never got to see it; the national COVID call for all the hospitals in the country was from 6pm to 8pm on a Thursday and sometimes the chairman would suggest that the call ended early so hospital leadership could get involved in clapping, but not very often. Patient facing staff were either on shift or resting before another one started, and so many other staff were putting in long days to cope with the unknown. What I can say is that it meant a lot to those of us working on the response to know how the public was reacting, and if you got involved, I'd like to thank you for raising the spirits of the team when at times they were rock bottom. I can only imagine that those NHS staff who complained that all they got was a clap and a cheer are the ones who were sent home with nothing to do during lockdown, and that was quite a few; not all NHS staff worked hard during COVID, and I'll probably get lots of negative comments for that, but it's the truth. Don't get me wrong, lots of staff worked extremely hard and ran unknown risks of becoming infected especially ITU, respiratory and emergency teams, and the supporting teams like porters, cooks, cleaners and security were immense and deserved all the public support they got.

continued on page 17...

My COVID Diaries continued from page 16.....

An unsung side of public support came from supermarkets and shops of all shapes and sizes; you probably remember a nurse posting a video crying in her car unable to buy food after a shift because the world had gone mad and fresh food and toilet rolls disappeared from shelves the minute they were stocked. NHS staff didn't have the luxury of hunting down toilet rolls or fresh fruit, and while everyone else was going short as well, the people fighting the pandemic were going without. Pretty soon hospitals became the focal point of public generosity, we would have bucket loads (literally) of curry delivered to A&E in the early hours just after the local takeaways closed, members of the public would bake biscuits or make up baskets of home grown fruit and bring them in, it got so generous that I had to allocate a senior manager to the role of "gift distributor" to make sure everyone in the hospital got their fair share and A&E weren't left to gorge on pizzas and chicken korma every night! One notable donation came from Poundland in Weston, who diverted their entire stock of easter eggs to the hospital after Boris locked down just before Easter, and while 5,000 boxes were happily being distributed around the site to eager recipients, the nutritionist nurse went nuts. Other acts of public spirit could be found in the supermarkets; Carol asked me to pop by Waitrose on one of the rare occasions that I was coming home because we had no loo roll and very little food, as usual I was exhausted

and walked round the empty shelves in a daze, unable to find anything, it was the first time I really understood how short, stocked shops were as I hadn't been able to visit one in weeks. A keen eyed member of staff saw my badge and asked if there was anything I needed and couldn't find, "chicken, loo roll, anything really" I replied, he asked me to wait there and disappeared into the back of the store and returned with 9 loo rolls, a chicken and some other bits and bobs including a box of chocolates and explained that Waitrose was holding stock back in case NHS workers came by, I could have kissed all the staff in the store; Carol and I lived like royalty that weekend!

Well, it went back and forth a few times, but I hope you've enjoyed the diaries from Weston, my time there ended in August 2020, after 2 years in charge, and I moved on to support NHS Dorset with their COVID recovery and long term planning for living with the virus. Little did I know that I would soon be running a service that administered 3 million vaccinations to allow the country to slowly get back to normal.

Next time, the vaccination service begins.



CRIMESTOPPERS
0800 555 111
Call anonymously with information about crime



ActionFraud
Report Fraud & Internet Crime
0300 123 2040

I have recently returned home following some surgery at North Devon Hospital and I must declare my absolute admiration and thanks to a team of surgeons headed by a Lady Doctor, actually a Ms, who I believe is an Iranian lady by birth. Please do not mistake my message my admiration is one which I am proud to say Our National Health Service, although under extreme pressure and difficulty in managing the great number of patients presented to it, struggles to give each and every patient a truly first-class service and I am equally thankful for all British and non-British medics who learn and employ their skills to the benefit of all who attend them.

It set me thinking the challenges of the ladies in other countries who are denied any opportunity to learn, practice and exercise skills of the Lady surgeon who so proficiently carried out a surgical procedure on me!

Over past years I have interviewed and employed ladies in a variety of roles, on one such occasion, an unmarried couple applied for work and wanted a sympathetic employer to employ them both, which I did. Their reasoning was that they were of different "caste" and the lady's family had banned her from associating with the boy and was under the threat of death if the relationships was to continue! Now that was truly an eye opener to me.

Moreover, all the ladies who have to manage their family commitments, raise their children and care for the loved ones and are obliged to work to help maintain a life style, whilst coping with a world of confusion and uncertainty and yet many of these ladies have great skills or who have the potential of developing great skills denied to them, because of some misguided masculine belief that a lady is an inferior being or of a weaker sex. How wrong these individuals are!

Written by a very grateful local gentleman, who doesn't wish to be publicly identified.

Sunrise, Sunset Times for the coming month:



1st MAY 2026 (UK, Exeter)

☀ Sunrise time: 05.48am GMT

🌅 Sunset time: 20.34pm GMT

🕒 Length of day: 14 Hrs 46 mins.

31st MAY 2026 (UK, Exeter)

☀ Sunrise time: 05.07am GMT

🌅 Sunset time: 21.16pm GMT

🕒 Length of day: 16 hrs 09 mins

Pyworthy MOT Ltd



Typical opening hours depending on school times and holidays.

Monday: 9.00am until 1.00pm

Tuesday: 9.00am until 4.30pm

Wednesday: 7.30am until 4.30pm

Thursday: 7.30am until 4.30pm

Friday: 7.30am until 4.30pm or
7.30am until 1.00pm.

For all your servicing and general repairs, MOTs and MOT work. M.O.T.s can be booked 30 days in advance of expiry, so booking early can catch and give time to repair, unknown faults and problems.



Call Simon - Tel: 01409 254275

Courtesy car available.

APRIL'S PYWORTHY POSER QUIZ

ANSWERS:

1. Daniel.
2. Charles, Philip, Arthur, George.
3. Rosemary (and Thyme?).
4. Scottie Scheffler (USA).
5. Rodney (At times, a right one but not only on Fools & Horses!)
6. Paul (yeah, Paul the other one).
7. Sir Lindsay Harvey Hoyle.
8. Tokyo (37 million people).
9. St. Matthew.
10. Spinach.



How did you do? Why not try this month's quiz on page 33.

Good luck from your Pyworthy Pilgrim.

In the Spotlight



Andrew Axford

Name: Andrew Axford

Age: 66

Occupation: First job on leaving school was with Kivells then worked on a farm in Clawton. Worked for SEMEX, a Canadian company specialising in bovine genetics, for 36 years. Covered the South of England from Gloucester to West Cornwall as a bovine genetic consultant and worked in many countries abroad. Now semi-retired but still contracted to mentor his replacement.

Place Of Birth: Bideford Hospital. The family lived at Whitstone.

What is the best thing about Pyworthy and why? The rural setting, friends in the parish and people working together to make the parish a better place.

What one thing would you change about Pyworthy and why?

Pyworthy should look at increasing development to bring more people into the village and parish.

Describe yourself in 3 words: Family-focused. Conscientious. Hard-working.

How do you like to spend your free time? With family, going out with friends, travelling, running a small holding, fishing and nighttime road rallying with South Hams Motor Club & photography. (Andrew is chair of the John Sanders Park Trust and Pyworthy Relief in Need Charity).

What one thing have you always wanted to do, try or learn?

To self build my own house.

If you could meet anyone living or dead who would it be?

Bernard Cornwell, author of historical fiction.

If you won a million pounds what would you do with the money?

Go farming until it was all gone. Employ some people to look after the parish.

Continued on page 21...

Community
Focus



Thanks go to Bryony Rylett for your research.



Andrew Axford

If granted three wishes, what would they be (extra wishes excluded)?

1. I would like the world to be at peace.
2. To provide opportunities for young people.
3. To have more time to go fishing and rallying.

If you had to flee your home at very short notice what three items would you grab?

1. I would make sure all my family were safe.
2. A small suitcase containing family photographs and momentos.
3. My Phone.

What three things delight you?

1. The changing seasons
2. Family; my wife, my three daughters and six grandchildren
3. Travelling

Pyworthy Rural Art Group



Pyworthy ART

Now we welcome the month of May, with lots of lovely flowers and the trees are starting to put on their summer coats. The gardens also need attention again, and the grass is growing fast.

The art group continues to enjoy producing a variety of work, despite the fall in numbers. May is our last month, but we will return on the 8th of September, all refreshed. **Our Exhibition in the Church is on the 18th & 19th July**, which will show what we have produced in the Pyworthy Village Hall. Why not coming and join us in the Pyworthy Village Hall on a Tuesday afternoon 2.30pm until 4.30pm. All abilities welcome.

The programme for MAY:

Tuesday 5th May – painting Post Cards to compete a large picture for the summer exhibition.

Tuesday 12th May – pen & wash drawing – how to start a sketch book for the summer

Tuesday 19th May – finish off any painting.

If anyone is interested, we could meet in my garden in June for outside painting. Just give me a call.

For further information contact Janet Grant Tel: 01409 259356

Men's Skittles



Men's Skittles!

Pyworthy has a Men's Skittles Team, which meet on Tuesday evenings. If you would be interested in joining them, please contact:

Andrew on 07531186466 or 01409 253509.

Training will be given!

HOLSWORTHY
Vintage & Classic Rally

& Family Fun Day

SAT 27TH / SUN 28TH JUNE 2026 - 10AM - 5PM

LIVE MUSIC FRIDAY & SATURDAY FROM 7PM

- Vintage & Classic Cars, Motorbikes & Tractors
- Full size & miniature engines
- Craft & trade stalls
- Licensed bar & refreshments
- Kids play area
- Dog show
- Wrestling display & more...



General Admission £5 Under 16s - Free

entry forms via Facebook: [Holsworthy Vintage Rally](#)



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We have so many options to make your party stand out. Make it a party you won't forget!

- ❖ We can host parties from 15 guests up to 200.
- ❖ Formal garden parties with a marquee
- ❖ Celebrations in our secret cellar bar
- ❖ Fun tailor-made children's parties!
- ❖ "Have a splash with a pool party!"
- ❖ "Birthday, Anniversaries, Christening or any celebrations!"



GARDENING MATTERS from CRINACOTT

By Mike Godfrey, keen gardener



As spring gets under way it seems that this year is very similar to last year weather-wise, the main difference being the extraordinary amount of rain that we had during the winter, which has ensured that the ground in many areas is still very wet. With the ground still being cold it probably would be best to delay planting seeds outside. I think last year was a bit exceptional, this year it will pay to be a bit patient. We haven't had too many frosts and hopefully with the blossom starting to emerge on the fruit trees and bushes we won't have any for the next 3 or 4 weeks. Last year's blossom was exceptional resulting in a really massive crop of cooking and eating apples as well as larger than usual crops of plums, pears and soft fruit. Our Brambly Apple trees had well over 1000 apples on each one. I also forgot to thin them out but strangely most of them were still their normal very large size, despite the quantity. It is a complete mystery how the trees supported such a crop. With very few frosts, so far, and very many longer sunny days interspersed with the odd day of rain I think that the 2026 gardening year has got off to quite a reasonable start. Nevertheless, we must still remember that it is still a transition period between winter and spring and the nights can still be pretty cold so we must still protect our more delicate plants and don't expect miracles from our more hardy plants or our early sowings. Nature has a way of evening things out, be it bad or good weather.



Above: green waste compost ready for my polytunnels

However, I am sure that the lower rainfall and good sunny periods will improve our seed germination in open ground. As I write this, I must confess that I still have to sow most of my seeds in polytunnels – I am running way behind this year – just too many other things need doing or perhaps I am getting too old. I am hoping that I can overcome my past issues with seed germination, I have imported many tonnes of green waste compost (see pic), which I will spread liberally in the polytunnels and other veg growing areas. However, it is still my intention to rest and fumigate one poly, which got a virus in which decimated my runner beans last year and I will move my runner beans to another poly which I hope will be virus free. My prediction last year of bumper crops of fruit even exceeded my expectation of a bumper harvest. My orchard has had a good prune this year, thanks to Al and Seb from Trigon Farm (see the mountain of cuttings that have been cleared from under the trees awaiting removal from the Orchard on page 24). I am having to clear the

continued on page 24...

GARDENING MATTERS from CRINACOTT
continued from page 23.....

area under the trees so that the grass can be cut as short as possible, as I attempt once again to establish a wildflower area. I have seeds to broadcast as well as over two hundred plug plants, half of which are Yellow Rattle; (apparently good for establishing itself and knocking back the grass, which seems to be battling to smother the wildflowers). The other wildflowers are White Champion; Oxeye Daisy; Self Heal; Common Knapweed; Meadow Crossbill; Salad Burnet; Wild Carrot and Ribwort Plantain. I am also planning to sow more cornflower and poppy seeds this year to plant out just before they start to flower.



Above: a mountain of cuttings removed from my orchard to clear the area under the trees

Jobs for this month, if you haven't already done them:-

- Clean pots and trays
- Clean greenhouses, polytunnels and cold frames
- Select and buy your seeds
- Plant onion sets and shallots
- Set seed potatoes in egg containers or similar for chitting and possibly planting out, when the soil is warm enough

Jobs for this month continued:

- Sow sweetcorn in pots for later planting out
- Clean gutters and drainage gully's
- Divide summer flowering perennials
- Cut back Buddleias
- Pinch out Sweet Peas growing in pots and trays and prepare wigwams for the plants to grow up
- Deadhead bulbs but leave the foliage to die back to feed back into the bulb
- Clean pathways and patios of moss and other debris, as these can become very slippery and quite dangerous, particularly if wooden decking is involved
- Prepare your seed beds as the drier weather allows and start to sow seeds such as peas and beans as the soil begins to warm up.
- Use fleece to protect delicate plants and blossom if frost is likely.
- Avoid cutting back hedges as April and May are the peak bird nesting months.
- Sow salad crop seeds in pots or trays if you have somewhere warm, light and airy to keep them, which is frost free. Try not to plant all seeds in one go, sow to provide continuity of supply rather than have the whole crop ready at the same time, so a lot will inevitably go to waste or the compost bin.

You can also sow vegetable and some flower seeds in pots or divided trays to get a head start. Courgettes, cucumbers, leeks, sweet corn, runner and other beans as well as flowers like sweet peas and other annuals.

continued on page 25

GARDENING MATTERS from CRINACOTT
continued from page 24.....

- Of course, if you have a greenhouse or polytunnel or even a cold frame you should be able to get a head start with seed sowing and planting out.
- If you have a compost heap, now is a good time to turn it
- On damp evenings check your greenhouse, polytunnel or patio areas for slugs and snails and remove them to the compost area before they are able to do significant damage. The slugs and snails will also enjoy munching on the rotting vegetation
- If you have a pond, now is the time to divide some of the marginal plants and generally give it a spring clean and cut back any overhanging branches from trees or shrubs.

I have been overwintering two underweight hedgehogs, which are now far from underweight, in fact I am a bit worried because they maybe too fat to roll up, which may put them at risk. Hence, I am reducing their food intake a bit for the next two weeks to hopefully reduce their weight before I release them. They both have a new hedgehog house, which are weatherproof. I am planning to move them and their houses to a prepared area in our woodland. I will continue feeding them a bit to supplement their normal diet while they get acclimatised to their new life and surroundings. As the weather gets drier and warmer (hopefully), I will try and leave some water out for the birds, hedgehogs etc. Never feed hedgehogs bread or milk, Dog or Cat food is okay and

Email address: pyworthy@post.com Telephone number: 01409 478294 Page 25

pelleted Hedgehog food is available in Mole Valley or the Pet Shop in Holsworthy.

I am still struggling to carry out my wildlife pond plans, mainly due to a lack of time as well as a lack of energy it seems. However, the two that I have constructed so far are distinctly becoming wildlife habitats. Unfortunately, the latest one suffers with water seepage due to some layers of shale which allows the water to drain during the drier periods. Hence the water levels have been pretty good throughout the autumn and winter with virtually non-stop rain but the last month of drier weather has seen them both drop their water levels, so I may have to result to pond liners, which I'm trying to avoid.

Please also remember that May can be a very deceptive month and lull you into a complacent state regarding overnight temperatures and frost. Make sure that you take precautions to be able to protect your seedlings and plants, otherwise you'll have to start all over again!!

If anyone needs to contact me on 01409 253401 or 07798 647041 or by e-mail at mikecrinacott1@gmail.com.



Left: My stunning Magnolia tree this spring

LIFFY'S TOWER ABSEIL

Some of you by now will know that I intend to abseil down one of the cliffs at Hartland to raise money to help repair our church. I would be so very grateful if you felt you could sponsor my trip. It is taking place on Wednesday May 6th. I have abseiled before and found it a lot less stressful than I thought it might be, the worst bit is going over the cliff at the top, once that is done its plain sailing, hopefully not literally! Please help.



Liffy



Liffy is looking for sponsorship for her challenge, can you help?

Donations can be transferred by BACS. The account details are:

PCC Pyworthy

Account number: 30091365

Sort code: 50-00-00

Or put your donation in an envelope & deliver to High View, Derriton Road, Pyworthy.

Thank you.

COMMUNITY VOLUNTEERS NEEDED

If you'd like to be part of Pyworthy's Speedwatch team, please contact Simon Davies on: 07989747416.

Email address:

pyworthy@yahoo.co.uk



PYWORTHY PARISH COUNCIL

Here are the contact telephone numbers for our Parish Councillors:

Councillors:

Ros Skinner: Chair

01409 254159 or 07800667842

Andrew Parrish: Vice Chair

01409 254303

Nick Lock: 01288 381529

or 07989595372

Rob Moores: 01409 254192

Angela Skinner: 07794 344117

Martin Brennan: 01409 691096

Andrew Beaven: 01409 253509

(after 7pm).

For general enquires phone:

Simon Davies, Clerk to the council on: 07989747416.

Email address:

pyworthy@yahoo.co.uk

Due to unavoidable circumstances, the next meeting has been rescheduled to **THURSDAY 4th JUNE at 7.30pm** in the Village Hall.



Bude Farmers & Craft Market
– every Friday 10am until
3pm, until September.

**The Green at Lower Wharf,
right alongside the canal and
in front of the artisan
workshops, the market offers
a fantastic setting.**

<https://budefarmersandcraftmarket.co.uk/>

Pyworthy Village Hall

SPRING CLEANING

Saturday 6th June
Starting at 10am.

Brenda is looking for a team of enthusiastic volunteers to help her clean the inside of the village hall.

Refreshments will be provided.

Contact Brenda:
07779695433



EVELYN SHARMAN

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Mobile: 07885 352 082

Email: evelyn.sharman@btinternet.com

Holsworthy Library

Tel: 01409 253514. Email: holsworthy.library@librariesunlimited.org.uk

www.discover.librariesunlimited.org.uk

Also, Holsworthy Library on Facebook and Instagram

What's On At HOLSWORTHY LIBRARY May 2026

- **Bounce & Rhyme**, Thursday 7th, 14th, 21st, - 2:15pm-2:45pm . Songs and stories for children 0-4 years old. Term time only.
- **Drop in Family Hub Advice Session**, Thursday 7th - 2pm-4pm .
- Come and speak to a **Healthwatch Devon Champion** for support and guidance on local health and social care and to share your experiences with them, Monday 11th 2pm-4pm.
- **Gardening Cuppa and Chat**, Wednesday 13th, - 2pm-3pm. A monthly meeting to talk all things gardening. Everyone welcome.
- **Sew Together**, Monday 18th - 3:30pm-4:30pm. Bring your own hand sewing project. An informal and supportive group rather than a class or lesson!
- **Free Bike Safety Check**, Thursday 21st - 10am-3pm. Book via TidyCal <https://tidycal.com/3qo4qvm/dr-bike-holdsworty-library-m7xl9zr-1k8q58n-mpn2wnd>
- Half Term Events for Children. **Lego Challenge**, Wednesday 27th - 11am-4pm. **Board Games & Biscuits**, Thursday 28th - 11am-4pm. Free, drop in activities.
- Lloyds Bank Community Banking, every other Monday 2-4.
By appointment only - call 02077143681 to book direct with Lloyds.
- **Self Service Baby Weigh**. Every Thursday - 1pm-4pm.
- **Lego and games** for children. Every Saturday - 10am-12pm



Library News!



Holsworthy Library - There are lots of exciting things happening at your local library. In addition to a great range of books, you can use your library membership to access free eBooks and audiobooks via the Borrowbox app. We also have free public computers and Wi-Fi as well as printing, copying and scanning facilities. It is free to join the library, and we are a friendly, welcoming space open to all. Free hot drinks are available, and people are encouraged to use the library as a place to relax, work and socialise as well as to find their next great read!

Opening Hours:
Monday 2pm-5pm
Tuesday Closed
Wednesday 10am-6pm
Thursday 10am-5pm
Friday Closed
Saturday 10am-1pm - Sundays Closed.





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Bude Jazz Club

The Falcon Hotel, Bude.
EX23 8SD

Forthcoming Event this month:

Sunday 10th May

The Golden Coast Big Band

Sunday 24th May

North Coast Joymakers.

Sunday evenings – 7.30pm – 10.00pm.

Members £10, Visitors £14

Annual membership only £20



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In Pyworthy - 1st of May!

PYWORTHY VILLAGE HALL
PRESENTS

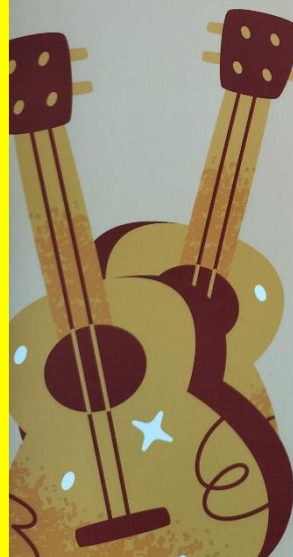
CRAZY MAMA

FRIDAY 1ST MAY
DOORS OPEN 7:30
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LUCKY DIP DRAW

EVERYONE WELCOME

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A different kind of village dining

Open Thursday to Saturday evenings.
A small, carefully curated menu with excellent
wines and beers

A place to enjoy good food, wine, and time well spent

A small restaurant with limited tables; booking is
recommended

Reserve your table:
www.themolesworth.co.uk



Community Line Dance Party held on the 11th April

Brenda would like to thank all those people who supported her event last month. It was very successful and enjoyed by all.

An amazing £134 in total was donated towards the cost of printing our community paper, the Pyworthy Post.

Marion (editor of the paper) was extremely pleased with the donation.



Contact:

07866451289 or

07970384832



Sunday 14th June 2026

The Great Knowle Tractor Run

**Departing from Great
Knowle, EX22 6JY - at
11.00am.**

**28 miles along scenic local roads,
finishing at Pyworthy Country Show.**

Open to tractors, lorries, Landrovers, Quad bikes.

Registration 10.00am until 10.45am.

£10 per tractor, passengers £5 each.



Supporting

Parkinson's Devon

THE BRIDGE MILL AT BRIDGERULE

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£5 ENTRY, CHILDREN FREE + LIVE MUSIC/MORRIS DANCING

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- **Pizza on the farm – 3 May**
- **Guided Farm Tour — 10 May**
- Summer Solstice Feast — 20 June
- Flower Arranging Workshop – 21 June
- Tomato Feast — 23 August
- Preservation Course – 6 September
- Autumn Harvest Feast — 27 September
- Dried Flowers Panel Workshop – 3 October
- Dried Flowers Wreath Workshop – 10 October

We also host private bookings and themed gatherings, including small weddings, hen dos, birthdays and bespoke group farm.

Seasonal bouquets of flowers, funeral sheafs and wreaths, wedding flowers available from April.

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Opening hours:
Tuesdays, 9.00am till
6.00pm.
Other days by appointment.

Line Dancing!



LINE DANCE

New dancers always welcome!

For more information call Brenda
on: 01409 253015

Line Dancing Classes

Our Line dancing classes are held

on: **Mondays** in

Pyworthy Village Hall.

Complete Beginners:

5.30pm – 6.30pm.

Beginners/Improvers:

6.30pm – 7.30pm &

Intermediate level:

7.30pm – 9.30pm.

Tuesdays: Intermediate level,

7.30pm – 9.30pm.

All classes cost just £5.

Come and join us!

Evelyn's Walks Update

By Evelyn Sharman,
Group Organiser



If you would like further information, you are welcome to contact me.

Evelyn Sharman Tel: 01409 259 848 Email: evelyn.sharman@btinternet.com

On Monday 13th April, we met in the Village Hall car park in Bridgerule. Two questions were being asked. Firstly, do I need to wear a coat? It was such a beautiful spring morning but there was a nip in the air so after some deliberation, we all put one on. Secondly, where are we going to go as there are no footpaths in Bridgerule? In answer to the question, we had the benefit of the company of Alan Beat who lives at The Bridge Mill with his wife, Rosie. We let Alan lead the way. Before leaving the car park, we talked about living in Bridgerule. It has a well-used Village Hall which actually has a Post Office service on Monday mornings. Adjacent is the Community shop that is run by volunteers. It will soon be celebrating its second Birthday & is well stocked with local goods including delicious pastries & pasties. There is also a lovely play area. We were a bit surprised when Alan turned right out of the car park, but he wanted to show us a new addition to the village, a community garden. It's early days but there was evidence of recent activity including a beautifully laid hedge & I believe a greenhouse is on the cards. Watch this space! We followed Alan back towards the centre of the village & stood on the ancient bridge over the River Tamar. Ordinarily, the river marks the county boundary between Devon & Cornwall. However, Bridgerule is technically classed as being in Devon whichever side of the river you live. Alan then led the way to his property

Email address: pyworthy@post.com Telephone number: 01409 478294



which extends to sixteen acres. We admired the recently restored pole barn. Formerly, it was a mowhay with a roof that could be lowered as the hay was used by means of a winch mechanism. We ventured across the meadow soaking up the sun & enjoying the sound of a Chiff Chaff, one of our earlier migrant birds. We admired the mill ponds & tip-toed past a nest of goose eggs with a parent watching us closely. Alan showed us clear evidence that beavers have moved in. Apparently, there could be young ones, kits, later in the year. Their tree cutting & earth working skills are phenomenal! Our tour took us back towards the mill itself. The spring flowers were a joy to behold. Alan tried to kid us that a felled Ash tree was the result of one of the beaver's cutting skills. Very funny!! For anyone who would like to visit, The Bridge Mill will be open to the public on **Sunday 10th May (11am – 4pm)** to coincide with National Mills Weekend. The mill will actually be operating & there will be plenty of activities & refreshments to enjoy.

Our next walk will be on **Monday 11th May. We'll be setting off from the Parish Hall in Milton Damerel at 10am.** You are very welcome to contact me if you would like any information.

MAY DAY



The History of May

May is an important month in the United Kingdom. It is a time when spring turns into summer and people have celebrated it for hundreds of years. Many traditions, holidays, and events in May come from the past.

May - Long Ago

A very long time ago, before Christianity, people in Britain believed nature had special powers. They celebrated a festival called Beltane at the start of May. This festival welcomed summer and new life. People lit bonfires, decorated their homes with flowers, and hoped for good crops and healthy animals.

May Day Traditions

In the Middle Ages, **May Day (1 May)** became a happy village celebration. People got up early to collect flowers and branches. They danced around a maypole, a tall pole with colourful ribbons. One child was often chosen as the May Queen to represent spring and new beginnings. People also enjoyed Morris dancing, which still takes place in some villages today.

When May Day was Banned

In the 1600s not everyone recognised May Day celebrations, and they were thought to be a display of bad behaviour. During this time, maypoles were banned, and celebrations stopped in many areas. When the king returned to power in 1660, the celebrations slowly came back.

May and Workers

Over time, May became important for another reason. Workers used the 1st May to stand up for fair pay and shorter working days. This became known as **International Workers' Day** or **May Day**.

In 1978, the UK introduced the Early May Bank Holiday, which is on the first Monday in May. People now use it to relax, spend time with family, or enjoy events.

May Today

Today, people in the UK still enjoy May. There are **bank holidays**, village festivals, dancing, and parades. Some traditions are old, and some are new, but May is still a time of happiness, hope, and remembering the past.

FATHER'S DAY

Father's Day is on the Sunday 21st June this year. If you'd like to place a special personal message in the paper, please email Marion at : pyworthy@post.com with your message – photos can be included.



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REMINDER!

It's time to renew your Garden bin subscription.



2026 Garden Waste Service Details:

- **Cost & Term:** £57 per bin, valid from 1 June 2026 to 31 May 2027.
- **Sign-Up:** Renew or subscribe via the official online form starting 1 April 2026.
- **Materials Accepted:** Grass cuttings, leaves, hedge clippings, twigs, bark, and small branches.
- **Materials Excluded:** No food waste, turf, mud, soil, stones, or pet bedding.
- **Collection Day:** Bins must be placed out by 6:00 am.



Torridge

District Council

Pyworthy Collections



MAY 2026 - Pyworthy Village, other villages may have a different collection schedule.

Black bag collection days are:

Friday 1st May

Friday 15th May

SATURDAY 30th May



Recycling- Every Monday, apart from Bank holiday collections on **TUESDAYS 5th & 26th May.**

Boxes/Bags & Food Caddy

Weekly collection of 2 x boxes & 2 x bags. Weekly collection of food waste in caddy.

Garden Waste Collection dates:

Monday 11th May

TUESDAY 26th May.

For more information go to: www.torridge.gov.uk

Or phone:

01237 428700

We all know how intrusive Facebook is on our privacy, or do we?

By Brian Meadows of Nofix-Nofee

Meta, owners of Facebook, Instagram and other platforms bombard account holder's computer with cookies, trackers and adverts. In the main Google Ads supply the links to different advertising contracts, they then sell the harvested data to 3rd and 4th parties, including advertising agents and other web providers for them to use.

Simple! Well, it is if you are a corporate entity who wants to profit by intruding on your privacy and bombarding you with products you may or may not want, but the algorithms installed will list you as a prospective customer and therein lies the issue. Not so simple if you are just wanting to communicate with a friend!

The data harvested includes: -

- Your Age, Gender, location, income and on and offline activity
- Active use of the platform, can reveal sleep and work schedules
- Other device information including your phone and tablet
- Payment details including transactions and Bank details
- Facial recognition via your system camera and the harvesting of other images
- Who your doctors are your geographic details and check-in activity
- Your medical health, this compared against the content of your posts and responses
- If you have debt, payment history, credit scores and off-line financial activity

- Criminal/Police records can be checked against your name and demography
- If you are pregnant, any ante-natal or post-natal requirements can be monitored
- Your political affiliations, off-site tracking and subscription payments tracking.

If you're encouraged to use Facebook for any personal or group use, be mindful of the pitfalls and ensure you have



sufficient ad and tracker blockers attached to your browser. The little known and free "Librewolf" and "Brave" browsers are particularly useful.

I say all this as there has recently been an increase in computer hacking of local users' computers and it's not only the loss of money, the cost of remedial repair to a system as hackers can, and do, encrypt a system blocking access to its data or continued functions.

Antivirus software is import, but ad blockers and tracker blockers are equally necessary these days ideally installed on both your computer and mobile phone. Ask yourself, what system protection do I have? and don't say I have an iPhone so I don't need any, you are totally mistaken. Apple is as prolific in data harvesting as any other provider or platform.

Using an AI chatbot as a search engine is equally dangerous. AI models do not drop data they are programmed to retain it and as your system uses an IP address, the system

Continued on page 40.....

We all know how intrusive Facebook is on our privacy, or do we?

Continued from page 39...

knows exactly where your computer is and what you do online! There are now over 3500 AI models in existence and over 1 million sub systems each ready to harvest and use your data.

For computer help and advice, Tel: Brian Meadows

01288 381061.

Nofix-Nofee Computer Repair Service. (nofix-nofee.com)



Holsworthy **Food Bank**

You can donate tinned food, packets or boxes of food. Unfortunately, fresh produce cannot be accepted.

Donations can be left in the box at the back of St. Swithun's Church, Pyworthy, which is open every day. Thank you.



J. Mansell 07896 945889

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Jamescancott@gmail.com

Banking Hub NOW open

A new banking hub had recently opened in Bude in the permanent location at:

1 The Depot, Lansdown Road, Bude.

Customers from all major banks can visit the hub any weekday between 9.00am and 5.00pm.

Services will include regular cash transactions including withdrawals and deposits as well as checking balances or paying bills. It also provides a banking service where customers can talk to their own bank in a private space about more complicated issues on the day their bank is in the hub.

Monday TSB

Tuesday Nat. West.

Wednesday Barclays

Thursday Barclays

Friday Lloyds



Banking Hub!

Holsworthy Amateur Theatrical Society presents

A BUNCH OF AMATEURS

A COMEDY BY NICK NEWMAN AND IAN HISLOP

This amateur production of "A Bunch of Amateurs" is presented by arrangement with Concord Theatricals Ltd on behalf of Samuel French Ltd. www.concordtheatricals.co.uk

14th-16th, 21st-23rd May 2026

Performances 7.30pm. Doors open from 7pm
 £12 (all adults)/£10 (16 years and under), available online from:
www.ticketsource.co.uk/holsworthytheatre
 from Saturday 14th March 2026.

HATS BOX OFFICE OPEN 10am-2pm
 on the 14th March, 25th April, 2nd May and 9th May
 01409 253826

Ticketsource: 0333 666 3366. Mon-Fri 9am-7.30pm and Sat 9am-5pm
 (Calls charged at local rate)

HATS Theatre, Bodmin Street, EX22 6BH. Charity Number: 1110237

PYWORTHY

SHOW

The Dog Show is part of the Pyworthy Country Show in June. More details next month.

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Holsworthy

Holsworthy Memorial Hall
Tuesdays
5.30pm & 7.00pm
Thursdays
9.00am & 10.30am



   slimmingworld.co.uk

The next edition
of Pyworthy Post
goes off to print

on:

**Monday 25th May
at 9am.**

Please email your
news as early as
possible.

Thank you.

View Pyworthy
Post online in
colour. Search:

[http://www.bit.ly
/post/py](http://www.bit.ly/post/py)

No Dog Fouling



Bag it - Bin it

**St. Swithun's Church is holding a Patronal Festival on the
18th & 19th of July 2026.**

**THERE WILL BE DISPLAYS OF FLOWERS AND
LOCAL ARTWORK.**



Contact:
Janet Grant Tel: 01409 259356,
for more details.

More details next Month!



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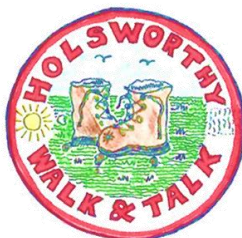


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Holsworthy Walk & Talk Group

By Gill Aston



Why not scan
our QR code?
This will take you
to our website.



We had some soggy walks last month, overhead and underfoot, but valiantly carried on wearing our much-used rain gear as can be seen from one of our photos which was taken on our Halwill walk.

The rain did manage to hold off until we arrived back at the vehicles for our Rydon Lane walk. This walk goes over the viaduct, along the Cycle Way then turning right along Lamb's lane and up to the A39 back towards Holsworthy. The date of the walk was almost 21 years to the date of our very first Group walk. That first walk was led by Michael Heryet who also led again this time with his usual energy and enthusiasm.

During the spring and summer, we can include some of the longer, more challenging walks such as Buckland Filleigh which we also did last month. It is always a delight to walk through the grounds of Buckland House, through the churchyard and out across the unspoilt parkland. There is then quite a variety of terrain and scenery interspersed with frisking young lambs and the backdrop of spring flowers. We had the added pleasure this time walking through Berridon Farm, Bradworthy to find that their donkeys have been turned out in their fields for the summer. They certainly seemed to be enjoying themselves. Our other walks have been spread across the area from Halwill Junction in the south, Dunsdon Nature Reserve in the north and Hollacombe nearer to the centre. We



Above: is the **Level 2** group on the Rydon Lane walk, on quite a chilly day.

Our **Level 3** walkers saw the Donkeys at Berridon Farm, Bradworthy. Their lovely photo can be seen on the front cover this month.

try to spread the walks around the area to cater for our members who also come from far and wide across the region. If you would like to see more of our photos we have an extensive gallery on our website.

Our Monday Walk in the Park offers a much more relaxed approach but is none the less a really good way to get back into gentle exercise following injury, illness or any other of life's challenges. The Group meets at the Youth Centre in Holsworthy, and the venue is hosted by Devon Mind who provide tea, coffee and biscuits and a very welcoming, supportive environment. The track around the park is easily navigable with plenty of benches to rest on and our ethos is more about support and encouragement.

Our walks programme is on page 45

Holsworthy Walk & Talk group report continued from page 44....

Our MAY Programme of walks:

WALKING Level 2 & 3 walks are every Friday at 10.30am.



All these walks aim to be completed in about 90 minutes.

MAY Walks: Walk starting points as indicated below:

Friday 1st May – Level 2: Pyworthy, starting at the Village Hall car park. Leaders: Jacqui & Mike. **EX22 6JJ.**

Level 3: Pyworthy, starting at the Village Hall car park. Leaders: Jan & Sue. **EX22 6JJ.**

Friday 8th May - Level 2: Torrington Cmns, starting at Cmns car park. Leaders: Mike & John. **EX38 8BY.**

Level 3: Torrington Cmns, starting at Cmns car park. Leaders: Paul & Eric. **EX38 8BY.**

Friday 15th May - Level 2: Bude Canal, starting at Bude TIC car park. Leaders: Michael & Cheryl. **EX23 8LE.**

Level 3: - Roadford Lake, starting at Roadford Lake free car park. Leaders: Eric & John. **EX20 4QT.**

Friday 22nd May - Level 2: Highampton, starting at Windmilland Cross. Leaders: Gill & Paul. **EX21 5JH.**

Level 3: Bradworthy, starting at The Square. Leaders: Sue & Barbara. **EX22 7TD.**

Friday 29th May - Level 2: Dunsdon Nature Reservoir, starting at Reserve car park. Leaders: Kim & Jacqui. **EX22 7JW.**

Level 3: Milton Damerel, starting at Parish Hall car park. Leaders: John & Kim. **EX22 7NZ.**

Email address: pyworthy@post.com Telephone number: 01409 478294 Page 45

Holsworthy Walk & Talk Group contact details:

Our website has lots of up-to-date information, together with our current programme of walks, details below:
holsworthywalkandtalk@gmail.com
<http://holsworthywalkandtalk.co.uk>

Phone numbers:

Gillian Aston 07854677784 or
Mike Jackson 01409 261196 or
Paul Davies 07731 626594.

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No
dog fouling

Keep
Pyworthy
poo free!

Dates for your diary are on
page 58 this month.

MAY ANNIVERSARIES:

32nd Anniversary, 6th May 1994 – the Channel Tunnel opens. Considered one of the most amazing engineering feats of the 20th century, the Channel Tunnel - which connects England and France - officially opened on this day in 1994, becoming the world's longest undersea tunnel.

46th Anniversary, 18th May 1980 - Mount St. Helens erupted.

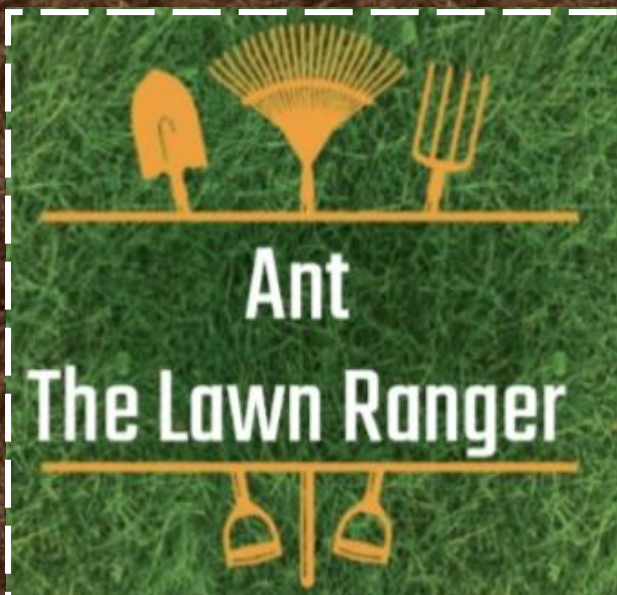
The volcano, located in the state of Washington, erupted for the first time since 1857, spewing ash over 11 miles high.

92nd Anniversary, 23 May 1934 -

Death of Bonnie & Clyde
Infamous American bank robbers, Bonnie and Clyde were ambushed by police and shot and killed.

93rd Anniversary 2nd May 1933 – the legend of the Loch Ness Monster begun. Fondly known as 'Nessie', the legend of the famous long-necked dinosaur creature swimming around Loch Ness in Scotland begun after an article was published in the Inverness Courier. The piece detailed a report from a local couple who claimed to have seen 'two black humps' in the lake.

175th Anniversary 1st May 1851 – the first Great Exhibition in London opens. Queen Victoria opened the Great Exhibition at the Crystal Palace in London's Hyde Park. The World's Fair displayed the wonders of industry from around the globe and was attended by a third of Britain's population at the time.



For grass cutting & garden maintenance call:

Antony Jarvis

Mobile: 07990016467

Email:

antony2191@googlemail.com

Update from our local hedgehog family

Hello! Humans,

We as a family have now become really active once again! Thank you to those who provided a nourishing meal of meal and water earlier, but now our family task is to slaughter the slugs and nasties in your gardens. Your young shoots need our support, just give us a chance to help (no charge!).

Harry & Henrietta and the Hog Tribe.

Save your stamps - see page 51.



John Sanders Park Trust

Lottery 2026

Lottery tickets for the Park Trust lottery 2026 are now on sale. If you would like to buy a lottery number, please **contact Jane Oliver on 07500 834620** and make a BACS payment of £10 to the Park Trust bank account adding your name as the reference. Our trustees will also be selling numbers as usual. The first draw will take place soon. There are ten draws throughout the year each with prizes of £30, £20 and £10, so lots of chances to win.

All profits go towards the upkeep and costs of Pyworthy Park.

Richard Thompson, secretary for the John Sanders Park Trust.

HOW TO BUY A £10 LOTTERY TICKET:

BACS Information:

If you wish to buy a draw ticket and wish to pay by BACS please do so, our Bank account details are below:

Barclays Bank Trustees Sanders Trust Pyworthy Playing Fields
Sort Code 20-04-59 Account number 10770388

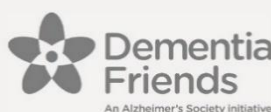


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Creative Craft Club

The afternoon craft club takes place in Pyworthy Village Hall on the 2nd & 4th Thursday of each month, at 2.30pm until 4.30pm.

A donation of just £2 towards the hall is all it costs!

Come along and join us, just bring your own craft project to do, & see what others are doing. Plenty of help available, if you have a problem with your craft project.

Phone Marie on:
01409 254924

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Coming to the Village Hall on
TUESDAY 19th MAY!

REMINDER - Potters Fish 'n' Things

By popular request, Potters have agreed to set up shop in the Village Hall Car Park, **4.30pm-7.00pm** every 3rd TUESDAY of each month, for the foreseeable future.

To pre order, head to their website:

www.pottersfishnthings.co.uk

OR alternately just turn up on the night.



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food
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Funeral ServicesDenise Wellington Funeral Services 01288 359277
Foot Care Kate Lord: 07557379099 Email: katescompletefeet1@gmail.com
General Builder James Mansell - General Builder 07896945889
Grass cutting & garden maintenance Antony Jarvis, 07990016467
Heating Engineer Greg 01409 478198
British Hedgehog Preservation Society.....Bob Gelder, 01409-253791
Herbalist Diana Lee, Registered Medical Herbalist 01409 254450
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Holsworthy Private Dental Care 01409 255525
Holsworthy Golf Club.....01409 253177
Holsworthy Library 01409 253514
Holsworthy Medical Centre 01409 253692 **District nurses** 01409 255134
Holsworthy Post office & Sorting Office 01409 253608/01409 253236
Holsworthy Rural Community Transport team ... 01409 259001
Holsworthy Walk & Talk Group ...Gill Aston 07854677784
John Sanders Park Trust Jane Oliver on 07500 834620
Line Dancing Group Brenda Martin 01409 253015
MOT & Garage Services ...Pyworthy MOT Ltd, Simon Martin 01409 254275
National Grid (report a problem line) National Grid is on 0800 032 0311
Oil Fired boilers & tanks/service & installations Greg 01409 478198
Police Non-urgent phone calls 101/email devon-cornwall.police.uk
Pyworthy Village Hall Bookings: Marie Heard 01409 254924
Organic Farm, Trigon Farm selling fruit & veg etc phone Al on 07988484069
Renewable Energy/replacement windows Renew SW Ltd, 01409 253533
Round Baling Stan Hopper 01409 253412
Stove SupplierCBL Stoves, call Carl on 01288381852 www.cblstoves.co.uk
Therapeutic Treatments CN Holistics 01288 381201
Torridge District Council www.torridge.gov.uk 01237 428700
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Tower Computer Systems for OAPs in Need!

I have a small quantity of refurbished tower computers with Windows 11 installed. I will gift these to OAP's experiencing financial difficulties free of charge (this offer does not include keyboard, mouse or monitors).

The conditions are primarily that they should be sponsored, and if delivering, installing and transferring data a small charge will be made to cover basic costs.

Phone Brian Meadows:

Tel: 01288 381061.

Save Your Used Stamps for the Hedgehogs!



British Hedgehog Preservation Society

Macmillan no longer sells used stamps, but Bob has found another very worthwhile charity, who can make use of our stamps.

Please Save your used Postage Stamps!

Used National & International stamps can be recycled.

They will be used to generate income for the

British Hedgehog Preservation Society.

Simply pop stamps into an envelope

and drop off at:

**9 Shortlands, Pyworthy or
Sunnymead, Pyworthy.**

Thank you!



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Bude Literary Festival

13th - 17th May

More information at:
northcoastarts.co.uk/events/bude-literary-festival-wed-13-sun-17-may-2026/

The Bude Literary Festival which will be taking place from 13th - 17th May inclusive. This is an annual event promoting literacy generally. The annual Bude Literary Festival is a not-for-profit Community Interest Company and has amazingly organised 89 events over the four days in 15 local venues. Some big names have been attracted to the festival to relate their own stories of writing. People such as Janet Street-Porter, Comedian Mark Steel, Nigel Planer of The Young Ones fame and comedian/writer Jo Caulfield will all be hosting their own sessions. We are very lucky to have such big names coming to Bude and they deserve to be met by large and enthusiastic audiences. Tickets for the big evening events are likely to be oversubscribed, so now is the time to book and reserve your place.

Ticket prices vary from £6 for the smaller but no less interesting events up to £23 for some of the biggest events. But don't be put off by the top price - you can be entertained for an hour by top comedian Jo Caulfield at

The Falcon for £12 and Mark Steele and Janet Street-Porter for £23 each as examples of value for money. Some events and workshops for youngsters are free and there will also be free music from the bandstand below the Castle every lunchtime between 1 & 2 pm. You can go on escorted historical trips around Bude or see the inside of the fascinating Efford Cottage on the headland beside the old

lifeboat station when the owner will escort parties around and relate the history of the house. Free 42-page programmes are available at Bude Library and Spencer Thorn bookshop at the top of Bude main street.

Tickets are available at Bude Library, online at:

www.budeliffet.co.uk or on the door if available (cash only).

Google Bude Literary Festival 2026 or Bude Lit Fest to find much more info - also on Instagram and Facebook

Ticket agency is:

<https://wegottickets.com/budeliteraryfestival>



More Useful Contact numbers:

Holsworthy Food Bank:

Tel: 01271 377077

Holsworthy Community Fridge: email

mtrudgill@dmatschools.org.uk

Samaritans: Tel: 116 123

Age UK: Tel: 0800 055 6112

**MAY
2026**



Nature Notes

By Bryony Rylett

"Because a community is more than just people."

May is "joy month of the year", according to the American naturalist and essayist John Burroughs (1837-1921) and many would agree May is the best month with the promise of warm, sunny weather and a cornucopia of emerging wildflowers.

Burroughs, who wrote of the simple joys of rural life and encouraged readers to connect with nature, celebrated the fifth month in his poem **'In May'**:

*"When joys like these salute the sense.
And bloom and perfume fill the day.
Then waiting long hath recompense.
And all the world is glad with May."*

There has been an eye-catching display of primroses this year; it will be interesting to see if this bounty is the same for other wildflowers.

Early nectar bearing flowers, such as primroses, provide essential food for emerging insects including Queen Bumble Bees. They are hungry after spending winter hibernating underground and need energy to search for nest sites and populate new colonies.

Spring light can be low and dull, so

Email address: pyworthy@post.com Telephone number: 01409 478294 Page 54

plants such as Celandines and Dandelions have evolved to attract pollinators with bright yellow flowers. These are highly visible to the sensitive eyes of bees, hoverflies and other insects that can detect ultraviolet patterns reflected on the flowers. This survival strategy is mutually beneficial.

As Spring progresses and some yellow flowers fade then pink flowers, including **Pink Campions, Clover and Orchids** have their day in the sun, or shade, depending on their preferred habitat.



Above: Early Purple Orchid in a secret spot in Pyworthy

There are some 45 species of orchid in the UK many of which are rare and confined to specific habitats and places, however some species can be found in undisturbed field corners and woodland in Pyworthy.

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Nature Note – MAY continued from page 54.....

Orchids are members of one of the largest and most evolved species in the plant family.

They are perennials with a distinctive spike of flowers on a single stem. They share a common structure having three 'sepals', the outer protective petal-like parts of the flower and three main petals with one larger petal forming a lip, otherwise known as a labellum. The lip is often the largest and most distinctive part of the flower.

The flower of the **Early Purple Orchid** (*Orchis mascula*) is often found growing in impoverished grassland. It has a long, tapering spur petal attracting long tongued insects.

Early Purple Orchids prefer to grow in moist, well-drained, clay loam in full sun or partial shade, facing East or West and in either exposed or sheltered spots.

Fragrant Orchids (*Gymnadenia conopsea*) bear fuchsia pink 'petals' with a distinct blueish/lilac sheen and have a clove-like scent. Pollinating insects are attracted to the flowers that appear in late April and early May however their flowers contain no nectar and once fertilised emit a smell akin to tom cat spray.



Left: Fragrant Orchid

Each orchid has two root tubers, one large and full, the other small and slack.

Tubers from this orchid were used by couples in Thessaly (Greece) to determine the sex of their children. The Greek physician, Dioscorides, recorded that if a man was to eat the orchid's larger tuber a boy would be born whereas a woman eating the smaller one would produce a girl.

In the Scottish Highlands the orchid is known as 'Gràdh is Fuadh' meaning love and hate as it was believed eating the larger root would make someone fall in love with you or hate you if the smaller root was eaten.

Some believe the spots on the leaves of the orchid represent the blood of Christ that fell when he was crucified.

Early Purple Orchid has many common names including: Aaron's Beard, Adam & Eve, Bloody Man's Finger, Cuckoo Flower, May Orchid and Ram's Horn.

In Hamlet, Shakespeare included the plant among the "fantastic garlands" that adorned the drowned body of Ophelia and he referred to the westcountry name of the orchid: "long purples" adding: "But our cold maids do dead men's fingers call them".

Habitat and soil need to be just right for orchids to reproduce and their tiny seeds, known as 'dust seeds', need perfect conditions to germinate.

Many orchid rely on a partnership with Mycorrhizal fungus to grow as the seeds cannot germinate on their own as they do not have enough food reserves to produce the energy needed.

The application of artificial fertilisers and

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Nature Note – MAY continued from page 55.....

herbicides have reduced the number and variety of wild orchids.

Another pink wildflower emerging at this time of year is **Red Clover** (*Trifolium pratense*). This is abundant in the UK and common throughout Europe and Scandinavia and is usually found growing in grassy places and on waste ground as well as in pasture where it is sown to build soil fertility, to cut nitrogen costs and to raise protein levels in fodder. It has the advantage of being drought resistant as it sends down deep roots.



Above: Red Clover

their Trefoil, three-lobed leaves and it is considered lucky to find a four-leaf clover.

Herbalists used infusions of Red Clover as a remedy for whooping cough and bronchitis and made poultices to apply to tumours.

Another prominent pink flower is **Red Campion** (*Silene dioica*) named after the Greek god Silenus, the drunken, merry god of woodlands, who tutored Dionysus, Greek god of wine. Silenus was often covered in sticky foam. The word Silenus derives from sialon, Greek for saliva.

Campions secrete a gummy substance on their stems helping to catch pollen from insects that visit.

Although Red Campion appears delicate, they are surprisingly resilient plants surviving into winter when tucked away in a sheltered spot.



Above: Red Campion

Red Clover is larger than **White Clover** (*Trifolium repens*) but bees prefer white clover and produce well flavoured honey from white clover flowers.

Both perennials can be identified by

Nature Note – MAY continued from page 56.....

Red Campion flowers have five, deeply notched, bright pink petals, averaging some 2cm across, carried on a hairy stem with soft, hairy leaves. In the language of flowers Red Campion symbolises gentleness and in folklore their job was to guard the honey stores of bees and to protect fairies from discovery.

In the past Campion seeds were used as a remedy for snakebites and it is associated with the Feast of St. James, on July 25th, as it is in flower around that day.

Red Campion flowers may have been worn in buttonholes by unmarried men as it is also known as Bachelors' Buttons. Other names for Red Campion include Johnny Woods, Ragged Jack, Scalded Apples, Adder's Flower and Red Catchfly.

It's **No Mow May** when gardeners and landowners are encouraged to stop cutting their grass to allow wildflowers to mature and provide food for pollinators. If leaving all your grass to grow isn't possible the campaign organizers suggest leaving an area of your lawn uncut or cutting less.

Also...the RSPB has issued **important new advice on feeding wild birds**.

From May 1st to October 31st their message is: **Feed Seasonally, Feed Safely**.

Their advice is aimed at reducing the risk of spreading a highly contagious disease called **Trichomonosis** causing a worrying decline in some garden bird species.

For more information see:
rspb.org.uk.

Advice from the RSPB

Research has shown a worrying decline in some of our much-loved garden birds due to a disease called **trichomonosis**. This is a highly contagious disease and can spread where birds gather in large numbers such as at bird feeders.

How to help birds in Pyworthy

The instruction is that from 1st May to 31st October

- ✿ Pause filling your bird feeders with seeds or peanuts.
- ✿ **You can continue** to offer small amounts of mealworms, fatballs or suet.

Feed safely

Busy bird feeders can become hotspots for disease. To help keep birds healthy, it's vital to keep things clean – which is why the RSPB have strengthened our existing hygiene guidance. It's recommended you:

- ✿ **Clean your bird feeders and water baths at least once a week.**
- ✿ **Place your bird feeders in a different spot every week.**
- ✿ **Avoid putting feeders under places where birds roost, such as under trees.**
- ✿ **Don't use bird feeders with flat surfaces, such as bird tables, window feeders and feeders with trays.**
- ✿ **Feed in moderation.**
- ✿ **Keep food as dry as possible.**
- ✿ **Change water in bird baths daily.**
- ✿ **Help birds find their own food.**

[Visit the RSPB website for more detailed information.](http://rspb.org.uk)



The paper will go to print on:
Monday the 25th May! Please
make sure your input is received
before this date, thanks.

Diary dates this month:

(Dates & events were correct at the time of printing)

Holsworthy Walk & Talk group enjoy a walk every Friday, see their programme on pages 44 & 45. Also, members take a short walk in Stanhope Park on Mondays.

Friday 1st May - CRAZY MAMA will be entertaining at the Village Hall. Also, May Day.

Sunday 3rd May = at Trigon Farm, **Pizza on the Farm Day**.

Monday 4th May – Bank Holiday & Star Wars Day.

Thursday 7th May – Local Council Elections but not in Torridge

Sunday 10th May – The Bridge Mill (working water mill) at Bridgerule has an open day.

Monday 11th May – Evelyn’s Walks group will be setting off from the Parish Hall in Milton Damerel at 10am. Everybody welcome. See page 35.

Monday 11th – Sunday 17th May – National Sun Awareness Week

Thursday 14th May – Holsworthy History Society next meet at 7.00pm, in the Manor Suite, Holsworthy Memorial Hall.

Friday 15th May – Village Hall Social Club Night (with Play Your Card Right) from 7pm.

Saturday 16th May – the final of the Eurovision Contest in Vienna, Austria.

Wednesday 20th May – World Bee Day.

Monday May 25th – Spring Bank Holiday

Monday 25th – Friday 29th May - Holsworthy’s School Half term week.

Friday 29th May – Village Hall Social Club Night from 7pm until late.

Forthcoming Events in 2026:

Thursday 4th June – Pyworthy Parish Council meeting in the Village Hall, starting at 7.30pm.

Saturday 6th June – Spring cleaning morning at the Village Hall starting at 10am.

Saturday & Sunday 13th and 14th June – Pyworthy country Show, more details on page 2.

Saturday 4th July – Children’s Craft Session in the Village Hall.

Sunday 5th July - An afternoon with ALL@C UKULELE BAND in the Village Hall.

Saturday & Sunday 18th & 19th July - St Swithun’s Church Patronal Festival.

Saturday 17th October – a fun CASINO NIGHT in the Village Hall.

Saturday 24th October – Children’s Halloween Craft Session in the Village Hall.

Saturday 21st November – Children’s Christmas Craft Session in the Village Hall.

Saturday 5th December - NOT THE COWBOYS, will be entertaining in the Hall.

Places are limited, so
email Mary asap.



A defibrillator TRAINING session has been booked for the 28th May, in Pyworthy Village Hall.....

Anyone interested in free CPR and the defibrillator training session, run by Devon Air Ambulance, is asked to email Mary Laxton at:

mary711devon@hotmail.co.uk

Take part this summer

in the Scarecrow Trail – more info next month!



Pyworthy Village Hall are organising a Parish Scarecrow Trail to run from 22nd August until 5th September 2026.

We would love to see scarecrows taking residence in Pyworthy, Derril and Derriton.

Please email angelaskinner27@hotmail.co.uk by 31st July with your name and address if you would like to take part, so that a route can be planned through the Parish.

Alternatively, drop a note into Pennikwik, Derriton Road, Pyworthy with your details.

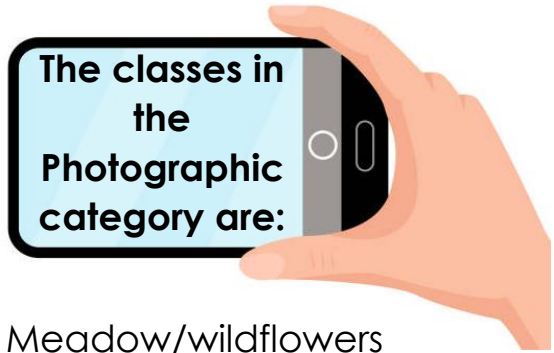
N.B. Your name will remain confidential and not publicised.



The Village Show will be held on Saturday 5th September this year.

Pyworthy Annual Village Show

Here are just two of the classes in the Annual Village Show this year, which will enable you to start work with your preparation. The full programme will be on sale next month. Details to follow.



The classes in the Photographic category are:

- Meadow/wildflowers
- Young and old
- Rockpools
- Old buildings
- Birds
- Over the farm gate

Handicrafts

- Hand knitted item
- Crocheted item
- Item of embroidery
- Make a cushion cover
- Decorate a hat
- Cross stitch
- 5 Handmade flowers
- Handmade toy
- Bunting (no more than 2 metres)
- Item made from felt
- Handmade jewellery item
- Watercolour painting
- Painting of 'Fungi' in any medium
- Miniature painting in any medium
- Free hand pencil drawing
- Produce a mosaic item
- Write an 'Anniversary' poem
- Make a wreath (any medium)
- Decorate a wine bottle

Your Local
Team



“ Kivells have served Holsworthy, the surrounding area and its community since 1885 and we are passionate about property. We know our local areas intimately and our dedicated staff strive to offer the best customer service in the industry.



Holsworthy

Kivells Property Suite
Market Square, New Market Road
Holsworthy, Devon
EX22 7FA
01409 253888
holsworthy@kivells.com



Jack Alford
Valuer



Mark Kivell
Office Manager



Daniel Stokes
MNAEA
Director



William Braunton
Sales Negotiator



Enya Garrett
Property Secretary

