



LOVE DEVON

COMMUNITY NEWS & VIEWS: ISSUE 3, 2019



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PATRON: FITZ



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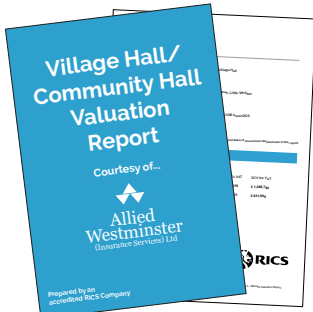


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DO YOU LOVE DEVON? SHOW US HOW MUCH!

WELCOME



Welcome to our LOVE Devon magazine where we highlight what is great and good about Devon.

I am delighted to welcome David Fitzgerald as our LOVE Devon Patron. As a born and bred Devonian, he is passionate about this county and has been a great supporter of the work of Devon Communities Together, giving time to support our fundraising and raising the profile of our work. We are also so fortunate to have renowned jockey Bryony Frost as our LOVE Devon ambassador and so pleased that she is now recovered from her injury and back on winning form.

I am sure you will agree with me that Devon is a special place to live, work and visit. At DCT, we have a special focus on Devon's communities and I hope you will enjoy reading about some of the amazing individuals, businesses and community initiatives that keep our county vibrant and thriving.

As the rural community council for Devon we have a special care for those individuals and communities for whom living in Devon can be a challenge - low wages, high cost of housing, loss of local services such as public transport and banks, and a growing older population are some of the challenges we face in Devon. LOVE Devon was created to give people who love and care about Devon the opportunity to give something back. You can help us, by becoming a Friend of LOVE Devon through giving a regular donation, supporting one of our fundraising events or volunteering your time in many ways. During the summer we will be out and about at the Devon County Show and local shows. Do come and visit us at our stand to find out more about us and to show your support!

E. Cook

**Elaine Cook, Chief Executive,
Devon Communities Together**

DCT NEEDS YOU!

If you're inspired by what you read in this magazine and think you could spare some time to support the work we're doing in communities throughout Devon, we'd love to welcome you on board as a DCT volunteer! There are lots of ways to get involved...

- Events Support Team Volunteers
- Community-based Project Volunteers
- Devon Senior Voice Strategic and Focus Group
- Office Administrative Support Volunteers
- Fundraising Volunteers
- Rural Housing Enablement Team Volunteers
- Member of DCT Board of Trustees



FIND OUT MORE:
01392 248919
info@devoncommunities.org.uk

There are individuals and communities in Devon that are facing serious challenges and need our support. There are lots of ways you can help...

DONATE! Your donations can help us help communities. Find out more on [page 7](#).

VOLUNTEER! Could you spare some time to get involved in one of our projects? Find out more on [page 2](#).

ATTEND A FUNDRAISER! Keep an eye on our website and social media for the latest fundraising events, which include dining events, rural shows, sporting events and more!

"...get behind this wonderful charity that does so much to support the people and places we love." Bryony Frost, LOVE Devon ambassador



SAVE THE DATE!

22nd Oct '19 -
LOVE Devon
Race @ Exeter
Racecourse

5th Nov '19 -
'A Question of
Racing' -
Jockeys v
Trainers @
Exeter
Racecourse

The career of jockey and LOVE Devon ambassador Bryony Frost soared to new heights after her performance at the 2019 Cheltenham National Hunt Racing Festival, where she became the first female jockey to win a Group One race over fences at jump racing's iconic showpiece event, on her "best friend" Frodon.

"With growing career demands now it is more important to me than ever that I still get back to the home comforts of Mum and Dad's, see family and friends and reinvigorate myself in Devon's wonderful environment. I am proud to represent a charity that is doing so much for the people and communities that I have grown up in, which face some real challenges.

"I am always taken aback at the generosity and spirit of those involved in the LOVE Devon events and I hope many others are inspired to join my family and friends and get behind this wonderful charity, which does so much to support the people and places we love."

MEET FITZ, LOVE DEVON'S NEW PATRON

We're delighted to announce that well known radio personality and proud Devonian David Fitzgerald is our new LOVE Devon patron. We caught up with Fitz to find out what Devon means to him.

Hi David! Let's begin with you telling our readers a little bit about your background. What is your history with Devon? Where are you from?

I'm from a small village called Bridford, on the edge of Dartmoor. I went to school in Exeter and left with just one O Level. I have been away for work, but I always return to my home county of Devon and I'm now working back here.

What led you to work for BBC Radio Devon?

I went into broadcasting straight after leaving school. I spent seven years on ITV, seven years on Sky News... but Devon has always been my home. I now work as a presenter here for BBC Radio Devon.

Talk to me about why you love Devon. Why is it a great place to be?

I love the peace and tranquillity of Devon. Seeing the first buds of spring here is unlike anywhere else in the UK. I love my home county and I always make sure I come back to it.

What makes Devon so special to you?

As soon as I see the green rolling hills of Dartmoor, I just know that I'm home. I am proud of where I live and where I have come from. Devon is such a stunning county and I hope it stays that way - beautiful and unspoilt.

What are your favourite things about Devon?

I would recommend the great outdoors more than anything - to get out and enjoy

The official 50th Anniversary of the opening of South Devon Railway at Buckfastleigh. Fitz playing the part of Dr Beeching of South Devon Railway at Buckfastleigh. Fitz playing the part of Dr Beeching.



Devon's countryside. I return to it time and time again. My key message would be to enjoy spending time outdoors, but to make sure you do so responsibly. I am going litter picking tomorrow, and I'm afraid to say that it really does have to be done. We need to keep our county looking stunning.

Why do you think the LOVE Devon campaign is so important? Why are you passionate about it?

It's in the phrase "Love Devon" - two watch words that I follow through life. It is so important that we keep our county beautiful for the next generation.

And finally, why should people donate to Devon Communities Together?

If you don't donate, you won't see real, strong communities. To be a real community, you need things like good village halls. You also need good community spirit. That's very important for keeping Devon alive. It won't become a community without the support of Devon Communities Together.

"To be a real community, you need things like good village halls. You also need good community spirit. That's very important for keeping Devon alive."

David Fitzgerald, LOVE Devon patron

BECOME A FRIEND OF LOVE DEVON

Your donation will help us help Devon's communities to overcome some major challenges and support the people and places we all love.

Set up a regular donation and receive a Friend of LOVE Devon welcome pack, including a reusable shopping bag!



ONLINE

You can set up donations via our website www.devoncommunities.org.uk/donate



ELECTRONIC BANKING

To donate via BACS or Standing Order, please use the following details:

Account Number: 20387010 Sort Code: 20 30 47 Reference: LoveDevon followed by your surname



CHEQUE

Please make cheques payable to: **Devon Communities Together** and send them to the address on [page.2](#)



ZEROING IN ON DEVON'S WASTE

Sustainability, green, eco - whichever terms we use, the drive to protect and conserve the natural environment is high on the national and international agenda, and here in Devon we're lucky enough to have plenty of passionate people and great initiatives...but we can all still do more ...



Kalkidan Legesse (right), with refillable bottles from Sancho's Zero Waste collection. Inset: Faye Jennings-Mosquera of Zero Exeter

ZERO WASTE

Zero waste is an environmental buzz phrase that's gaining momentum internationally and in Devon it's no different. Zero waste is about people and organisations mimicking the way resources are recycled and reused in nature, ensuring that nothing that we use is wasted and everything has a purpose.

Zero waste advocate Faye Jennings-Mosquera owns Zero Exeter, a zero waste shop in Exeter's Fore Street, which opened in April 2019. **"We want to show people it can be easier to live a zero waste lifestyle than they think,"** she says of the shop, which stocks an eclectic mix of entirely zero waste food, interiors and lifestyle products and is designed to be an accessible, welcoming hub for those who want to make positive changes. **"Our products are beautiful, affordable and locally sourced as well as being zero waste. We have collaborated with local makers to provide lots of wonderful**

ways to make big strides towards a zero waste lifestyle." The shop is family friendly with a colouring station for children and delicate products placed strategically out of reach of little hands. It features late night and early morning opening, braille signage, workshops and the promise of a non-judgmental atmosphere.

A close neighbour of Faye on Exeter's Fore Street is Sancho's, an ethical fashion enterprise run by Kalkidan Legesse. The store and its online site has always championed sustainable clothing made from natural fibres and in 2019 Sancho's launched a new zero waste range of accessories, beauty products, sanitary products and more. **"The zero waste range has been really popular so far and products regularly sell out - it proves there is a local appetite to buy into this lifestyle,"** said Kalkidan. **"We're quite a niche group in Devon at the moment but we're**

WHAT'S DCT DOING?

Here at Devon Communities Together we have established an environmental working group to come up with ideas and policies to make DCT more sustainable. We started by making small changes such as swapping our plastic milk bottles for locally supplied glass bottles and we have big plans to work towards a completely paper-free office. We're also working with the Devon village hall network and our partner, Smarti, to conserve water using Smarti's water-free urinal technology (see page 16).

growing and so is local awareness of the issues. For example, microplastics have always been a problem but now more people understand what they are and the damage they cause. That's why we only work with makers of natural, organic clothing; man-made fibres push plastics into our oceans every time they're washed." This also extends to Sancho's self-designed range, created because consumers deserve **"beautiful, size-inclusive, affordable fashion."**

Both Faye and Kalkidan have arrived in Devon as relative newcomers - Faye from Wales and Kalkidan from Ethiopia - but both are now a firm part of the county's burgeoning zero waste community, which is represented all over Devon. Kindly provided to LOVE Devon by Recycle Devon is a list of some of the places in Devon where you can start making those important changes (right).

KALKIDAN LEGESSE SHARES HER ADVICE ON LEADING A MORE SUSTAINABLE LIFESTYLE...

- 1 Consume less - buy fewer clothes, less packaged food and drink.
- 2 Look at your lifestyle and take one element at a time. E.g. what are you collecting most of in your recycling bin? Once you've worked it out, buy less.
- 3 Take more care over your shopping choices. Zero waste products can be beautiful, luxurious, affordable and functional - they're often actually better than what you were using before!

REFILL DEVON

Refill Devon is a campaign which aims to stem the tide of single-use plastic bottle pollution by making Devon a county in which refilling your water bottle becomes a cultural norm. To do this they are trying to encourage businesses and organisations across Devon to sign-up to become Refill Stations. This means that people can go into any of these participating outlets and fill up a bottle with water for free, cutting down on the amount of single use plastic bottles being brought. Participating businesses are added to the Refill app and there are currently almost 700 Refill Stations across Devon!

It's easy, healthy, cheap and aims to reduce the amount of plastic bottles ending up in our oceans. And Devon is surrounded by amazing ocean - what's not to love?

For more information on Refill in Devon please visit www.recycledevon.org/RefillDevon

- 📍 **Sancho's**
117 Fore Street, Exeter, Devon, EX4 3JQ
07411 361643
sanchosshop.com
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THE FUTURE IS BRIGHT

Exploring your interests, forging a career, earning money, fulfilling your potential - these are challenges faced by all young people but can sometimes be even tougher in rural communities, where opportunities may be limited.

Research shows that rural areas have a lower percentage of 16-34 year-olds and evidence suggests that young people can choose to move away from rural areas because of a lack of education or employment opportunities, and issues around housing and public transport. Yet a study from the Resilience Research Centre suggests that many of these young people would actually prefer to stay in more rural locations for a less stressful lifestyle, more open space and sense of community.

At Devon Communities Together we're committed, both in our own organisation and through local projects and partnerships, to provide opportunities to young people for apprenticeships, training and work experience which allow them to take positive steps towards their future careers within their own communities, if they choose to stay.

Meet just a few of the young people DCT has supported ...

We've so far employed three Marketing Apprentices here at DCT, including our current apprentice, Naomi. Fiona and Isaac completed their courses with flying colours and our latest 'graduate', Fiona, who finished her level 2 apprenticeship in 2018, is now working for a local digital marketing company!

We've also recently recruited a new Trainee Rural Officer, Natasha, who is working across the organisation to get a thorough grounding in rural issues and community development. Look out for her in your community soon!

We're lucky enough to work with some wonderful work experience students and volunteers. Recent success stories include Robert, who joined us from Exeter City Community Trust's Train to Succeed programme. Rob was facing a number of barriers to work but successfully completed 100 hours with us, assisting with our digital marketing and administration.

Having initially been very hesitant about work experience, Robert, who hopes to become a computer



Will Holmes



Natasha Saunders



Holly Moore



Robert Mahoney



Fiona Flynn



Isaac Butterfield-Kendall



Naomi Lofkin

"...this work experience has really helped me and has hopefully helped me get an apprenticeship soon."
Robert Mahoney

game developer, is in the process of re-joining DCT as a volunteer to further his career! You can read more about Robert's story on our website (search for 'Robert Mahoney').

We also work with educational establishments to facilitate placements for academic students who require workplace experience. We've recently been joined by several students from the University of Exeter, including Will and Holly, who've done some great work investigating our work processes and our impact in communities.

"During my time with DCT I have attained a great insight to how the charity sector differs from more commercial industries." **Will Holmes**

If you're interested in work experience or volunteering opportunities for young people, please email info@devoncommunities.org.uk.

CONSTRUCTING FUTURES

Partly funded by £574,320 from the Heart of the South West LEP's Growth Deal Funding, Constructing Futures Devon is a social purpose construction company and trading arm of DCT. We have partnered with South Devon College to give students the opportunity to work on renovation projects and new build properties as "real site" work experience opportunities. Our two full-time apprentices, Ben and Jack, have recently completed



Ben Perkins & Jack Vaughan

work on our first property renovation, supported by 36 other students who worked on the house.

"It's preparing me for the future a lot quicker ... I'll be more ready for work."
Ben Perkins



UPSKILL UNDERSTAND INSPIRE



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CONNECTING ACTIVELY TO NATURE



Devon Communities Together is a delivery partner of the Connecting Actively to Nature (CAN) project, which aims to support over 55s in Devon to discover the combined benefits of a more active lifestyle, with the psychological benefits that being outdoors in nature brings. The CAN project is funding the creation of a range of active in nature projects including guided walks, orienteering, outdoor tai chi, and wild swimming.

We're very lucky in Devon to have so many wonderful locations in which to get active - whether that's a gentle woodland walk or something a bit more adrenaline fuelled! LOVE Devon spoke to Exmouth's Shelly Stammers, who set up the Tri-hards - a local community group - about her love of the great outdoors, staying active and finding a community through a shared hobby.

Tell us a bit about yourself ... I have recently turned 40 and I'm a mum of two boys Brad, 19, and Jay, 11. I have lived in Exmouth on and off for around 25 years with my husband Neal, having been born in the Midlands. I run a childcare setting from a farm for children under 5, which is a very active job in itself. My hobbies include running, cycling, swimming, sea swimming, netball... whatever I can get stuck into!

How did the Tri-hards come about? It all started in June 2017 when I set up a bike ride for me and two friends. My husband had recently taken part in a charity cycle from John O'Groats to Lands End on a flash new road bike. When he arrived home I asked for a go on his bike. From just a short ride down the street I was shocked at how much

easier and lighter his bike was to ride than my bask bike. So... Mrs Impulsive (as many of my friends call me) within a week had a new road bike, the helmet, the lycra and all the gadgets. I rode out with my friends and we loved it. I then set up another ride and invited a few more friends. Within a week myself and Hannah Frame had decided we wanted to try swimming, so we had lessons booked with her brother who runs his own swim school. You know what's coming... we then started running! The first run was terrible, I couldn't get from the Rowing Club to RNLI without stopping! But we kept going and slowly improved.

I set up a private group on Facebook called Tri-hards and within seven days we had over 80 members! The meet-ups became regular, we started to enter events and Tri-hards began to really grow! We now have 1,800 women and over 300 men. Tri-hards has produced kit with the help of sponsors, we have put nine women and men on their Run Leader courses and also have a Cycling Leader and two Boxercise coaches. We have put over 160 people through their couch to 5k course since September 2018. The groups have become a health and wellbeing support community for Exmouth.

We have over 40 events happening a week, many of which are set up by members. They can be from a walk to a run, cycle, swim, coffee and cake etc. We also attend the Exmouth parkrun and help with the volunteering roles.

Having come such a long way in such a short space of time, what's next for the Tri-hards? We are in the process of setting

GET INVOLVED WITH CAN!

Inspired by the Tri-hards? Devon Communities Together is now recruiting volunteer ambassadors for the CAN project and is encouraging anyone over the age of 50 with a keen interest in keeping active and/or nature to get in touch.

In Devon and Torbay there are over 122,000 people aged 55+ who are doing less than 30 minutes of physical activity each week, with over 43,000 people suffering from mental health problems. The CAN programme will help more people to enjoy the combined benefits of getting active outdoors and having a connection to nature.

CAN volunteer ambassadors will receive a regular bulletin from Devon Communities Together



on the project activities in your area, and the volunteer role is to signpost and support members of your community to engage with these activities. The volunteer role is flexible and offers many benefits such as volunteer networking events and celebrations, and the opportunity to attend a wide range of training sessions.

up a Community Interest Company, asking members to pay a small membership fee (93p a week). Members will get access to online groups and a membership card with access to local discounts. We are hoping the membership structure will support Tri-hards to continue to grow and launch in other towns across Devon. We started as a triathlon group but have become much more of a wellbeing community for all ages, sizes and fitness levels.

What do you find are the benefits of group exercise outdoors eg fitness, social, wellbeing?

There are lots ...



- Improved Mood and Reduced Depression - outdoor exercise provides a mental health boost beyond that of indoor gyms.
- Enhanced self-esteem - research shows that as little as five minutes of outdoor exercise can improve self-esteem
- Low Cost
- Ease of access
- Connecting With 'Mother Nature'

Email us: info@tri-hards.co.uk, visit our website, www.tri-hards.co.uk, or use social media:  [tri_hards_uk](https://www.instagram.com/tri_hards_uk)  [trihardsuk](https://www.facebook.com/trihardsuk)



Shelly Stammers and the Tri-Hards

Examples of CAN activities* include:

-  Short Walks in Nature with Devon Wildlife Trust, King George V Playing Field, Exeter, Wednesdays, 12:15-1:15
-  Stover Country Park Outdoor Activity Club with Age UK Devon, 2nd and 4th Monday of the month, 10:00-12:30.

"It has made me feel so much happier and I have met so many lovely people that I really feel a part of the community now."
CAN volunteer

Other activities include orienteering, Nordic walking, walk to run, walking, and Freemovement Light. Activities will be advertised across a range of local channels so keep your eyes peeled!

If you would like to find out more about the CAN project, please email: louise.macallister@devoncommunities.org.uk or call on 01392 248919.

Connecting Actively to Nature is a project operated by Devon's Local Nature Partnership, which was awarded £500,000 of National Lottery funding from Sport England.

**Please note: activities are subject to change. Please check with the organisers before attending.*

NOT THE TWO MOORS WAY

Sue Viccars goes 'off piste' on the South Moor

There's a wealth of interesting features near the Two Moors Way (TMW) on Harford and Ugborough moors...

Start/finish: Stowford Bridge, Ivybridge SX 641568

Distance: 7 1/2 miles (12.1km); shorter route 5 1/2 miles (8.8km)

Time: 3 1/2 hours

Terrain: Open moorland; old railway trackbed; no steep ascents/descents

Toilets: None on route

Parking: On Coles Lane near Stowford Bridge

Public transport: Half-hourly Mon-Sat (hourly Sun) bus service to The Watermark (Plymouth-Torquay) in Ivybridge centre (follow TMW); train to Ivybridge station (signs to TMW)

Map: OS Explorer OL28 Dartmoor; OS Landranger 202 Torbay & South Dartmoor; Harvey Superwalker Dartmoor

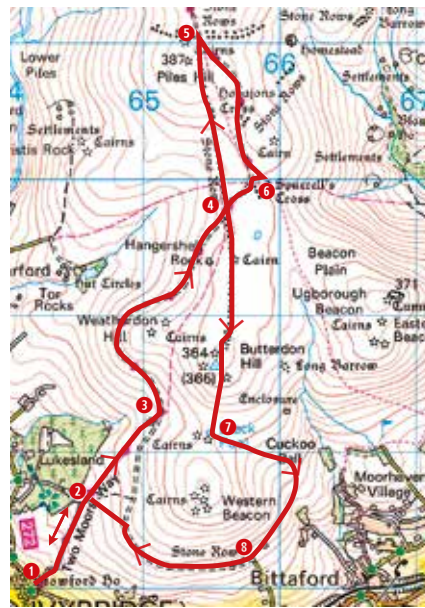
NOTE: Dogs on leads 1st March-31st July

1. SX 641568 Cross Stowford Bridge and head up Harford Lane. Opposite Stowford Farm turn right (bridleway); the track bends sharp left and ascends to a gate onto Harford Moor.

2. SX 645576 Take the middle of three grassy ways seen ahead, ascending gently. Reach a MW 2002 marker stone on the trackbed below Butterdon Hill.

3. SX 651582 Bear left along the track. The Red Lake Railway opened in 1911 to link china clay workings to the Cantrel Works at Bittaford, closing in the early 1930s. A straight stretch has craggy Hangershell Rock in its sights, below which the track bears left. To the right can be seen a line of low and widely spaced boundary stones.

4. SX 656598 The line of stones crosses the trackbed; turn left alongside the line (resembling broken teeth!). Shorter version: turn right and follow the line to Butterdon Hill: see Point 6. Ascend past Hobajohns Cross, a boundary marker, and later the Longstone (now recumbent), then cross the top of Piles Hill. The trackbed is regained at another boundary stone (H = Harford, U = Ugborough).



5. SX 654611 Turn right; follow the track south. On reaching a shallow pond (left) - just before the track bears sharp right - bear left to find Spurrells Cross, situated at the junction of old moorland tracks.

6. SX 659599 Turn right to re-meet the trackbed; bear left along it to Point 4 (Hangershell Rock straight ahead). Bear left and follow the stones uphill to the top of Butterdon Hill. Continue in the same direction (south), towards Western Beacon. Descend rocky ground to pass another Longstone and reach shallow Black Pool.

7. SX 655581 Turn left, downhill. Eventually bear right on a broad grassy way along the lower slopes of Western Beacon. Moorhaven Village comes into view below left. Keep descending gradually, soon paralleling a wall below left.

8. SX 658572 Look left to spot a gate (Cantrel Lane); just above that pick up the southern end of the trackbed, and head west along it, soon crossing a wide level area (former railway turntable). Where the tramway starts to bear sharp right and heads north, bear left across rough ground, eventually paralleling a wall, to reach the gate onto the moor. Retrace your steps to the start.

This walk has appeared in Dartmoor Magazine www.dartmoormagazine.co.uk; see also www.twomoorsway.org.

Image: 908 Spurrells Cross: Ugborough Beacon in the distance

THE CLUB BROTHERS: DEVON BAND ON THE UP



(l-r) Richard James, Adam Moran, Leigh Coleman

This outgoing musical trio is made up of Adam Moran (aka Adam in the hat), Leigh Coleman (aka Soul man Coleman) and Richard James. They formed their three-piece band just over two years ago, and are now a Devon band on the up, having supported other musicians including the Exeter-based folk band Wildwood Kin. LOVE Devon caught up with the band at the Poacher's Inn, Ide.

How did you all meet and form the band? We all began as solo performers, but we met at Mama Stones, a late-night music club in Exeter, where Leigh was already playing in a band. We would all hang out there on the weekends, and we got to know each other so well that we started to feel like family. We enjoyed singing together and decided to form a band. Richard came up with the name 'Club Brothers' to reflect how we spent our time socialising in the club and we felt as close as brothers.

How did you first start out? We started out by making YouTube videos of our performances. We also played at local artisan bars and cafes, to see what kind of reaction we got and to find out which songs were the keepers. We played our first gig at a pub in Exeter, the Old Firehouse, which was hot, sweaty and loads of fun! Once we had got our name out there, we started selling out more venues. The band is now our main focus and we love what we do for a living. We just want to create music that we enjoy playing, and that other people like listening to. We are not aiming for fame; we would rather just be happy and enjoy making music.

How would you describe your music? Is it influenced by your Devon roots? We describe our music as electroacoustic pop, but we take inspiration from a broad range of styles, including solo, jazz and country. Devon definitely influences the way that we see ourselves. We aren't consumed by the city culture of somewhere like London, where it's all 'dog eat dog'. Here in Devon, bands help one another. We are community-focused and like to support other musicians in the area. We rally together to promote each other's music and we are always happy to recommend other bands for gigs. It's a very friendly and supportive community here.

Do you give back to Devon in any other way? We've played events to support charities in Devon, for example Cancer Research and the Exeter Leukaemia Fund. We also try to be environmentally aware - Richard recently gave up plastic for Lent!

What do you love most about living in Devon? Exeter is a great central location, and you are never far from a beach. There are loads of lush beaches in North Devon especially - we love visiting places like Croyde and Woolacombe. There is a slower pace of life in Devon generally, which we find more enjoyable than the stress of city living. There is no denying that London has a good energy but it is good to absorb that energy, and then come back home to Devon. We wouldn't want to be anywhere else.

You can listen to the Club Brothers EP "Drifting" now, available on Apple Music, Amazon and Spotify. You can also follow the band on Facebook and Instagram.



We met the Club Brothers at the Poachers Inn, Ide



VILLAGE HALLS GRANTS SCHEME

COULD YOUR BUILDING BE ELIGIBLE?

For many years the village halls movement has been lobbying for relief from VAT on improvement works to halls. In last year's Budget the Chancellor announced a new grants scheme to improve community buildings. The scheme has now been launched, with a £3 million fund to be administered by Action with Communities in Rural England (ACRE). The scheme will fund up to 20% of eligible costs, with a minimum grant of £10,000 and a maximum grant of £75,000. This means overall scheme costs would be between £50,000 and £375,000.

The aim of this grant funding is the updating and refurbishment of village halls so that they are

fit for purpose and provide activities which seek to achieve one or more of the following outcomes for their communities:

- Improved health and wellbeing/ reduction in loneliness
- Demonstrates a positive impact on the environment
- Supports the local rural economy

The fund is predominantly a 'finishing' grant, aimed at projects that have most of their funding in place. Details of eligibility and the application process are on the ACRE website: www.acre.org.uk

It is a two-stage application process and, whilst we have asked for the draft process to be made easier, halls may need help and advice on making applications. The scheme is time limited and so halls should not delay in preparing an application.

Contact our Community Projects Advisor for assistance: martin@devoncommunities.org.uk

As grant funding has become increasingly hard to secure, particularly large sums for major projects, community organisations have been exploring loan funding as a means of achieving their goals. Parish Councils can support local projects by using the Public Works Loan Board and/or the local precept. Parish Councils can get more information from Devon Association of Local Councils (DALC); community groups should contact their parish clerk or our Community Projects Advisor for help.

AT THE FARM GATE

DCT Community Projects Advisor Martin Rich shares a hidden gem he found on his extensive travels around Devon...

You can live well on the road. As I travel the byways of Devon to meet with communities and provide our services, I am tempted by roadside offers of eggs, honey, preserves, home produce, even bags of manure! Taking the old A30 out of Crockernwell towards Whiddon Down, my attention was drawn to a roadside board with the name 'Oinkers'. After passing the board on several journeys, my curiosity and the thought of something interesting for tea got the better of me, so I turned off the road to explore. A further arrow on a post directed me to Higher Fingle Farm, Oinkers' butchers shop and a large building under construction.

Higher Fingle Farm, set above the Teign Valley and looking towards Dartmoor, is a Devon County Council 'start-up' farm, tenanted by Colin and Kim Drake. Both from farming backgrounds, Colin and Kim decided they wanted to return to farming and saw the County scheme as a way in. They prepared a long-term business plan and cash-flow forecasts as part of a rigorous interview process and were eventually successful.

They have now developed a fully organic farm with sheep and cattle grazing on a gourmet selection of grasses and legumes. Colin aspired to sell his meat direct from the farm and started out with boxed deliveries and farmers' markets. When he heard that the established butchery of Oinkers was looking for a new home, the opportunity for a joint venture with Drewsteignton pig farmer Richard Dunning was a way to accelerate his ambitions. The former poultry-dressing shed was converted into a butchery, initially opening on three days, but soon adding to the staff and opening Tuesday to Saturday. Their small shop is an Aladdin's Cave of local dairy, bakery, fruit and veg, eggs, preserves and craft produce.

Colin and Kim aspired to have a café on their farm and to give a 'farm to plate' experience. After conversations with chef Colin Wheeler-James of Ground Up Cookery, the the process of applying for funding and planning a building to house these enterprises got underway. The cookery school is promoting an exciting programme of tutorials and experiences, whilst the café is open Thursdays to Sundays and throughout the school holidays.

On the farm Kim is using her skills as a teacher to entertain school visits to help children understand the farming processes, the food chain and the management of the countryside. Colin has created a footpath link between the butchery, café and the adjacent Barley Meadow Touring Park, so the prospect of a holiday with dramatic scenery and the chance for tutelage by a top chef is a fine example of the special things Devon has to offer.

Behind that roadside board I found a burgeoning rural enterprise, promoting best practice in farming, an outlet for high quality local produce and products, a chance to learn about the countryside and to gain some cookery skills to impress your friends. It is providing quality employment in a very rural area and helping to drive the local economy.



'We want to be more than a farm; we want people to understand how their food is cared for and prepared. We want our customers to become our friends, to engage with the countryside and to add value to their eating experiences.'

Colin Drake




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Contact: angela.coward@devoncommunities.org.uk



 [OinkersFarmShop](https://www.facebook.com/OinkersFarmShop)



NATIONAL CITIZEN SERVICE



National Citizen Service (NCS) is a government funded programme aimed at 15-17 year olds. Petroc is just one of the National providers of NCS, recruiting from all local schools within the North Devon area. It is a 4-week long programme based over the summer (after GCSEs) and is designed to encourage growth, personal development and guidance towards independence.

Week One/Adventure - A 5 day, 4 night stay at an outdoor residential centre. Learn the importance of team building, communication and challenges. Get involved with activities such as coasteering, rock climbing, paddle sports, etc.

Week Two/Discovery - Stay away from home in local hostels, B+B and residential centres. Each team will be given a £200 budget to cook for themselves and you will attend various college-based workshops on life skills such as: first aid, driving skills, cooking, motivational talks, 3D printing, etc. Start thinking about your 'Social Action Project'.

Week Three/Action - Based at home with travel to Petroc College where you will spend this week finalising your Social Action Project/Community Project.

Week Four/Action - You'll have 30 hours to complete your Social Action Project. Typically these could include public garden restorations, care home care packs, awareness campaigns etc.

Celebration - Celebrate your graduation along with parents and other guests. A final opportunity to celebrate what you have achieved and receive a certificate signed by the Prime Minister.

The cost is just **£50** for the whole summer programme. In some cases this may be subsidised.

If you're interested in getting involved in NCS e.g. getting yourself or your son/daughter involved, becoming one of our staff team leaders, or you might be a local organisation or community group that would benefit from an NCS social action project, please get in touch on 01271 852429 or email ncs@petroc.ac.uk and we'll be happy to answer any questions.

ENTERPRISE COACHING FROM NEW START DEVON DELIVERED BY DEVON COMMUNITIES TOGETHER

DCT is delighted to be offering a new programme of FREE business coaching and support from New Start Devon, thanks to funding from the European Regional Development Fund.

What's the offer? One-to-one coaching to support start-up businesses and burgeoning entrepreneurs.

What do we aim to achieve? We want to increase enterprise in targeted areas of Devon through supportive and inspiring coaching, giving budding businesses and enterprises a real chance to succeed and contribute to the local economy. Where enterprise isn't the right option for individuals, coaches may also help them find alternative routes into economic activity.

Who's eligible? Contact us to find out if you could be eligible for support. We're particularly looking to help people and businesses that are under-represented in enterprise and have found it difficult to previously access support due to their location or other factors.

What to look out for? A mix of events, workshops, face-to-face, telephone and online coaching, plus an e-learning resource.

Contact Matthew Porter on 01392 248919 or matthew.porter@devoncommunities.org.uk



TACKLING RURAL ISOLATION



Most people feel lonely now and again - but for a worrying number of older people, the feeling of loneliness can be overwhelming and have a damaging impact on their wellbeing.

Devon HIGHLIGHTS is led by Devon Communities Together and is the result of a partnership bid with members of the Devon Senior Voice Network, The Creativity Centre Educational Trust (CCET) and Ageing Well Without Children. It aims to improve the quality of life and physical and mental wellbeing of older members of the community who are experiencing, or at risk of, loneliness, and will support the start-up and sustainable development of new, local place-based group activities that respond to the needs and desires of local participants.

Half a million older people go at least five or six days a week without seeing or speaking to a single person. (Age UK 2016, No-one should have no one)

The project is funded by the National Lottery's Community Fund, the largest community funder in the UK, and H.M. Government's Building Connections Fund, a partnership between Government, The National Lottery Community Fund and the Co-op Foundation which was set up in response to the Jo Cox Commission on Loneliness to support projects that prevent or reduce loneliness.

The first Highlights group was launched in Chulmleigh, North Devon, and throughout 2019 the project will also reach out to other areas of Devon including Totnes, Torbay,

Paignton, Holsworthy, Exmouth (Littleham) and Teignmouth.

Grants of up to £200 will be available to the groups to support projects that can help individuals, communities and local services to connect together to tackle loneliness.

Two fifths of all older people say that the television is their main company (Age UK, 2014).

One of the main difficulties with combating loneliness is overcoming the stigma surrounding it. Of the millions of people in the UK who are lonely, almost two thirds feel uncomfortable actually admitting to it (British Red Cross and Co-Op, 2016). Someone who is lonely will often struggle to reach out for support, and older people are even less likely to ask for help. One of the biggest challenges is engaging with local people who are experiencing loneliness, or most at risk of it.

To reach the right people, we need the support of local organisations and services already working in the community. Local "connector" organisations and volunteers can help us by promoting the opportunity, identifying and encouraging "at risk" individuals to join, providing information and advice to the group, and participating in a local steering group.

If you or anyone you know would like to get involved with any of the Devon HIGHLIGHTS groups, please contact Dawn Eckhart dawn@devoncommunities.org.uk or call 01392 248919.



Image from another Creativity Centre project, The Merry Widows project.

JOIN THE DCT 200 CLUB!

£ Help us raise funds for our Devon Senior Voice network

£ Sign up for 6 or 12 months of draw entries for £1 per month and you will be entered into a monthly draw where 3 lucky winners will be drawn to win a cash prize.

£ The more people that sign up, the bigger the prizes to be won!

£ Call 01392 248919, email info@devoncommunities.org.uk, or download an application form on our website: www.devoncommunities.org.uk/services/devon-senior-voice/fundraising



Devon Senior Voice (DSV) is a Devon-wide network for older people. The network provides opportunities to harness the skills, enthusiasm and experience of older people by offering volunteering opportunities and enabling them to have their say in the services that affect them. Contact dsv@devoncommunitiestogether.org.uk or 01392 248919

50% of monthly draw income goes to cash prizes to winners and the amount of winnings vary depending on the number of members. Please note anyone can enter the draw, you do not need to be a member of Devon Communities Together or Devon Senior Voice and the minimum age for participation is 16 years old.

Love Devon? Protect Devon! Join CPRE



01392 966737
info@cpredevon.org.uk

**The Voice for Devon's
Countryside**

The Devon Branch of the Campaign to Protect Rural England CIO
A charitable incorporated organisation with registered charity number 1175228

HELP US KEEP DEVON SPECIAL!

As green fields and precious agricultural land are swallowed up by sprawling new housing estates, the Devon branch of the Campaign to Protect Rural England appears to be a lone voice urging major housebuilders and planners to keep Devon special. In a county so heavily reliant on tourism, are we sacrificing the very qualities that make Devon such an attractive place to visit and live?

CPRE Devon is an independent, environmental charity (part of the CPRE network) which campaigns to shine a spotlight on the impact of new housing, one of the most pressing issues threatening Devon's countryside. We are the only non-political, non-aligned organisation tracking and challenging inappropriate development across the county.

The fact that there is a need for more new homes is not in question. An in-depth study we commissioned last year from a leading research organisation established that. However, the report "Devon Housing Needs Evidence" clearly showed that we are building more houses than needed, often the wrong type of homes in the wrong places, and that the majority are neither sustainable nor affordable to local people.

We love Devon and care about providing good-quality, energy-efficient, genuinely affordable housing using brownfield sites and empty buildings first. With more support, we can do more to protect Devon's countryside. Find out how you can get involved at www.cpredevon.org.uk

APPLEDORE COMMUNITY LAND TRUST

Supported by DCT's Rural Housing Enablers to create a stunning affordable housing scheme for local people, it's no surprise that Appledore Community Land Trust (CLT) was the 2018 winner of the Devon Rural Housing Award.

The CLT worked tirelessly for almost a decade to provide affordable rented housing for local people in Appledore. The three CLT directors, all born and bred in the parish, bought the sea-view site with their own money nine years ago, as there were so few suitable sites available in the village.

They faced many challenges in bringing the scheme to fruition, including the slope of the site, which meant high costs in groundworks (levelling, retaining walls etc). There were also problems with access to the site. After two housing associations were unable to make the scheme financially viable, Aster Group stepped in.

All of the barriers were overcome with the hardwork of the CLT and the help of DCT's Rural Housing Enablers. Appledore finally has a development of new homes, all of which are for local people who are not in a position to rent or buy in their community.

This will allow Appledore to become a more inclusive community as people on low



Affordable houses to rent for local people in Appledore

incomes will be able to stay living locally with the add-on benefits that they will support the school, local clubs and societies and boosting the economic viability of local businesses.

In April 2019, DCT was pleased to welcome Tim Goodship, Head of Rural Policy at Defra, to view the new homes as a shining example of a community-driven initiative creating positive change for local people.

"We are extremely proud of what we have achieved for Appledore's residents. These homes will be dwellings for Appledore residents for many decades to come."

Peter Revely Founder member of Appledore CLT

Affordable housing with sea views in Appledore



DO YOU NEED A CATALYST?



Catalyst is a professional consultancy service from Devon Communities Together which supports businesses, local councils, social enterprises and community groups to create positive change in Devon.

HOW WE CAN HELP?

- Fundraising Strategies
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Interested in finding out more? Get in touch...

Call: 01392 248919 Email: dawn@devoncommunities.org.uk

Visit: www.devoncommunities.org.uk/services/catalyst-consultancy

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FREE workshops with one
FREE practical driving session*

Driving Safer for Longer is a programme aimed at older drivers who want to update their knowledge of driving, stay abreast of modern techniques and changes in the Highway Code.

The course is usually run in two parts. First, an advisor from Red One will visit the community group, club or society for a **FREE workshop**. This will cover many of the issues faced by drivers of advancing years, as over time, bad habits can creep in, medical conditions can take a toll, and rules of the road change.

Then, those who wish to can pay a small fee for a one-to-one session, in their own car. This is followed by detailed and confidential feedback. The emphasis is on friendly advice, enabling drivers to remain safe and confident on the road, it is not about removing anyone's licence.

***The group organiser/appointed member of the group is invited to a FREE one hour practical driving session, prior to the workshop, in exchange for giving a personal account of their experience to their peers at the workshop.**

Driving Safer for Longer is delivered by Red One Ltd on behalf of Devon County Council.



For more information contact:
Red One on **01392 444773**
or email drivers@red1ltd.com





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