



illustration - Annabel Gregory

For the People of Modbury & Brownston

Online Only Edition

Volume 20, Issue 254 - June 2020

Coronavirus Lockdown Edition 2

MODBURY CELEBRATES VE 75 DESPITE LOCKDOWN

Modbury was determined to celebrate 75 years since Victory in Europe Day despite being under lockdown because of the coronavirus crisis. The Union Flag was flying on Palm Cross Green and houses were decorated in red, white and blue. Although in their own homes and businesses, many reflected on the occasion when a lone trumpeter sounded the Last Post over the rooftops of Modbury.



Afternoon tea in Long Park to celebrate VE Day

As the afternoon wore on, street parties began - with social distancing measures strictly in place. You could walk the length of Long Park to enjoy 3 separate gatherings, from the turning circle gathering in the north, through the green gathering in the middle to the garages gathering to the south. Music could be heard from the new houses in Palm Cross and George Formby's distinctive banjolele and voice singing "I'll be leaning on a lamppost at the corner of the street until a certain little lady walks by" from a wind up gramophone in Long Park and glasses were raised in Scolden's Close and Silverwell Close. The Modbury Branch of the Royal British Legion hopes to celebrate a combined VE/VJ Day later in the year if we can all get together again.

For more reports, photos and multimedia clips from around Modbury for VE 75 celebrations, see inside.



VE DAY

75TH ANNIVERSARY

A SHARED MOMENT OF CELEBRATION

8 - 10 MAY 2020



Lynne Barnes Champagne toast in Scolden's Close



hcpc health & care professions council



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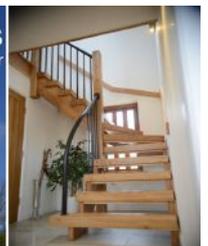
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The impact of COVID-19 is not only on health. Families who were just getting by before the virus struck, but now find a breadwinner has lost a job and income due to the economic shutdown, may experience difficulty in providing even the basics.

Modbury's Emergency Support Plan can (depending on circumstances) provide short term help, allowing a little breathing space while longer-term assistance can be put in place.

We can help with the basics of food and top ups of cards for pre-paid energy meters and keys. We do not have the ability to provide cash payments. But we can introduce you to a network we have established with local charities and other agencies who are able to provide further help as well as advice on aspects such as benefits, debt management and mental health.



Call the **Modbury Emergency Support Team on 01548 897 534** (dial the full no not just the last 6 digits) and please leave a message. Your message and phone no will be automatically sent to the person on duty at the Emergency Support Team.

WHAT TO DO

Call the **Modbury Emergency Support Team on 01548 897 534** (dial the full no not just the last 6 digits) and please leave a message. Your message and phone no will be automatically sent to the person on duty at the Emergency Support Team.



MODBURY
PARISH COUNCIL

Or email emergencysupport@modburypc.co.uk

CONFIDENTIALITY: Please be assured your identity and circumstances will be regarded as strictly confidential.

Colin Whybrow

Issued on behalf of Modbury Emergency Support Team

MODBURY EMERGENCY SUPPORT TEAM LEADERS

Streets Covered	Warden	Email	Mobile	Home
Galpin Street, Scalders Lane and adjacent streets	Paul Romney	paul.romney415@btinternet.com	07971 662944	01548831 126
Broad Street and Church Street	Lucy Whitehorn	lucywhitehorn@gmail.com	07976432213	
Poundwell and New Road	Tom Coates	tomcoates@modburypc.co.uk	07812065171	
Benedict Way, The Priory and Church Lane	Lucy Johnson	lucyjohansonpr@gmail.com	07866497976	01548831548
Barracks Road, Champenowne and Long Park	Caroline Gibbons	c.gibbons15@yahoo.com	07932 759 484	
Palm Cross Phases One and Two	Sally Smale	sally.smale07@outlook.com	07814 849131	
Dark Lane, Oakwood Drive and Cromwell Park	Sue Grist	sue@suegrist.com	07722079653	01548831398
Brownston Street and roads off inc. Back Street	Rob and Gill West	rob@robwest.me.uk	07817632058	01548 830135
Brownston & California Cross	Julie Lee	jules.lee@hotmail.co.uk	07748964927	
Silverwell Park, Ayleston Park and Tuckers Brook	Clive and Carol Holgate	cliveholgate@gmail.com		01548 830 752
Hamlets, farms and outlying properties north of A379	Stuart Richardson	lapthornegrange@gmail.com	07805124437	01548830557
Hamlets, farms and outlying properties south of A379	Cate Evans	cate@oldaport.com	07919532027	01548831 340

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The post is for 16 hours per week over a 52 week year. The salary is £10.16 to £11.67 per hour depending on the successful applicant's experience/qualifications.

For more information on how to apply and receive a person specification please contact Sacha Hagar, by email on parishclerk@modbury.pc.co.uk or contact Councillor Peter Watts (Chair) on 07721 918129 or Councillor Margaret Middleton (Vice-Chair) on 07736 545199 / 0548 830677.

The closing date for the application is Friday 26th June 2020.



Sacha Hagar

Litter Pickers

A group of Modbury Litter Pickers was formed way back in the dim and distant past I think it was February.

Needless to say our group activities were brought to an abrupt halt, but we were heartened by offers of help from a number of others.

Litter pickers have continued doing our bit individually, with due care and attention to health, safety and biosecurity, and the roads round here are looking pretty clean.

I suspect the problem will resume once the litter louts start chucking their takeaway sarny and drinks containers out of the car windows again, though wouldn't it be nice to think that even some of them may have paused to reflect on this during the period of lockdown?



Boony Bowers, on behalf of the Litter Pickers

Back to "Normal"?

We are all well aware of the disruption to the way we lead our lives caused by coronavirus. Amongst the tragedies and hardships it has brought about last month's Messenger showed that for many of us it has emphasised what makes life meaningful – connection with others and with the natural world. It has highlighted the appreciation of good neighbours, local businesses, the quality of our environment, local nature and the services which perhaps we took for granted. As we slowly move towards a life with fewer corona virus restrictions now seems to be a good time to reflect on how we think about some things differently and, maybe, how we don't want everything to return to how it was – the old "normal". Here are a couple of short videos I've come across in recent weeks which might get you thinking about, and doing, something about, change:

[Natural Climate Solutions](#) - Greta Thunberg and George Mobiot. 3.5 mins video
[Going Local: the solution-multiplier](#) from The Economics of Happiness. 2.5 min video

Tim Beavon



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Modbury Parish Council Report

This meeting was held remotely via Zoom at 7.00pm on May 14th 2020 with ten Councillors and the Parish Clerk taking part from their homes. South Hams District Councillor, Bernard Taylor and Devon County Councillor, Rufus Gilbert also attended online. Two members of the public also took part in the meeting from their homes. The meeting had been advertised on the Parish Council website, as will all future online meetings.

Public Forum: No members of the the Public Forum wished to speak.

Council Meeting: Seven planning applications were considered, 5 were supported and two had "no comment".

The formation of the Palm Cross Allotments Management Committee and the rotavating of the said allotments was ratified by Modbury Parish Council.

Grass cutting of the areas the Parish Council is responsible for in Modbury will continue to be done by 'Back to Nature Gardening & Property Management'.

The Year End accounts for 2019-20 were approved.

County Councillor's Report - this had been emailed to Parish Councillors. Rufus Gilbert is still trying to get news about the works on the A379 at Edmeston and will report back at the next meeting. He hoped to report on increased funding for Highways next month also.

District Councillor's Report - this had been emailed to Parish Councillors. Bernard Taylor wished to congratulate Modbury Parish Councillors on their organisation of the Coronavirus Emergency Cluster Groups. He outlined details of a new welfare grant that can be allocated to people in genuine financial need. He announced that the recycling centres were gradually opening but there would be very long queues, so asked that people only please use them if they are prepared for a long wait; and if their trip is really necessary.

The meeting ended at 7.53pm.

Chris Barnes

Modbury Messenger July Copy Date 10/06/20

The copy date for the July 2020 Modbury Messenger is 10th June. Please email all articles, notices of events and paid advertisements to modburymessengercic@gmail.com.

The Modbury Messenger is published by the Modbury Messenger CIC and is printed by Kingfisher Print. The views expressed in the Messenger do not necessarily represent those of Modbury Messenger CIC.

modburymessengercic@gmail.com

Contacts:

Police Community Support Officer: Sergeant James (Jim) Timmis

Email: James.TIMMIS@devonandcornwall.pnn.police.uk

County Councillor (Salcombe Division): Rufus Gilbert. Tel: 01548 856659

Email: Cllr.Gilbert@southhams.gov.uk

South Hams District Councillor (Charterlands): Bernard Taylor Tel: 01548 830844

Cllr.Taylor@southhams.gov.uk

MODBURY PARISH COUNCIL OFFICE

2 Galpin Street, Modbury PL21 0QA, Tel: 01548 830222

parishclerk@modburypc.co.uk

The Parish Office is closed during the coronavirus crisis. The Parish Clerk can be contacted by email

Planning Applications: Notices of planning applications lodged with SHDC are displayed on the Parish Noticeboard outside the Post Office. Copies of plans relating to these applications can be inspected at the Parish Office during the above office hours.

Contacting Parish Councillors: Parish Councillors attend the Parish Office, on a rota basis, on Saturday mornings from 10.00 -11.00am. Should you have any parish matter you would like to discuss come along to the Office or call in to the Office and speak to the Parish Clerk, Sacha Hager. Alternatively you can write a letter or speak at the public forum held at the beginning of each monthly meeting of the Parish Council, on the second Tuesday of each month (except August) at 7 pm in the Mars Pavilion at the QE II Recreation Ground.

The Editorial Committee reserve the right to précis/abbreviate any copy submitted for inclusion in the Modbury Messenger. The contents of the Modbury Messenger may not be reproduced in any form without the prior written permission of Modbury Messenger CIC.

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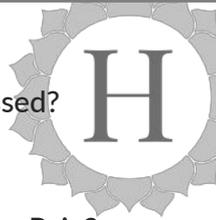
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CHRISTIAN COMMENT: Surprised by Hope

As I write, the church buildings still remain closed but we look forward to celebrating the re-awakening of these significant buildings in our communities.

We have all seen in our streets and lanes up and down the country rainbows hanging in front windows, from doors and gates. The splash of colour they bring are a way of saying don't give up, don't despair and don't lose hope. Rainbows are bright signs of hope. After the storm, the sun shines out.



There is a rainbow in the heart of one of the early stories in the Bible. After Noah and the ark come through the flood we are told God placed a rainbow in the sky as a sign of his commitment to the Earth.

That promise of commitment is of great hope during this current storm. As the Bible's plotline unfolds, the commitment pointed to by the rainbow is seen most brightly with the coming of Jesus. Christians when they look at Jesus' life, death and resurrection see the height of God's commitment to us. For it is Jesus' life, death and rising to life once again from the grave that brings hope to the biggest storm of all - death.

I encourage anyone who has not thought seriously before about the Christian hope for life beyond the grave and its foundation in the resurrection of Jesus, to take this time now to do so. There is no risk in taking time to look into it and a wonderful hope to gain if it is true.

If you would like to find out more then have a look at our website: www.modburyteam.org or I would be happy to talk over the phone or meet in person once social distancing is lifted.

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Matt Rowland



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Long Park VE Day Celebrations



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Celebration



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Art in Lockdown

Walking around Modbury I am sure we have all noticed some of the great art that has sprung up in so many windows. Our children have been busy creating beautiful rainbows paying tribute to the NHS. I love painting and in retirement have taken up oil painting again. It has become a big part of my life enabling me to make new friends, opportunities to exhibit and sell: in fact creating a complete new 'Third Age' for myself! This strange time we are in has meant that many people have been taking up new hobbies such as painting and finding a great way to express themselves. In fact Modbury is home to many talented artists and I have been lucky enough to see some of their 'lockdown' work on Facebook. Children can be so uninhibited in their art and more of us are discovering the same freedom of expression.



Everyone has appreciated the amazing spring during this 'lockdown' period. As an artist, the wonderful spring flowers in our fields, hedgerows and gardens have been an absolute inspiration. I often paint seascapes but, like many Modbury folk, recently I have frequently walked along Runaway Lane, in the fields and The Kennels.

The wild garlic has been stunning and I can't remember ever seeing The Kennels look so beautiful as the path was alight with the bright white flowers. So I painted it! My art is quite contemporary in a fairly abstract style and this is the result.

The blossom in the gardens has been fantastic and so my 'Red Jug' painting was completed.

In Modbury so much has had to be cancelled, and for me personally the same has happened: no 'Art at the Hart', no Salcombe Art Club exhibition, no Totnes exhibition. All these things will take place eventually and meanwhile long live creativity!

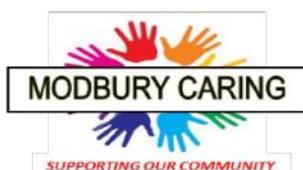
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Diana Booth



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MESSAGE FROM MODBURY HEALTH CENTRE

Thank you to everyone for all the support and understanding you have shown us during the lockdown period.

Your kindness towards us has been demonstrated in so many different ways and we are truly grateful.

We really appreciate how patient everyone has been in adapting with us to the current systems we have had to establish in order to protect the safety of all.

The health and wellbeing of all our patients remains our absolute priority and we wish to emphasise that we are still open and delivering care.

Please do not hesitate to contact us and a member of our medical or nursing team will telephone you to discuss any concerns and arrange appropriate care as necessary.

Finally, we would especially like to thank all our wonderful volunteers who have supported us during these challenging times. Your support is invaluable and makes us all feel so proud to be part of such a dynamic and caring local community.

Thank you again,

from all of us at Modbury Health Centre



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Multimedia Modbury Messenger

One of the advantages of the Modbury Messenger coming to you online this month is that we can include some hyperlinks to multimedia files. Just click below to listen to some of the sounds from the VE Day 75 celebrations. If you are reading a printed edition, clicking below will make holes in the paper. If the videos don't work then try clicking here: <http://www.bcsmodbury.co.uk/multimedia-links.html>



Brian says that the wind up gramophone, purchased from Vesey Stoneman in Kingsbridge (teephone number 12 engraved on a plaque inside. Not many phones around then! Not many new needles left in the tin now but Brian gathers you can now get them from a guy in Pentire, Cornwall who is suitably nerdy regarding gramophones. The lid of the gramophone needs a repair as the laminate top is delaminating due to the glue drying out. Apparently it is an animal glue so the careful application of a hot iron over a cloth softens the glue and it should re-stick. It also needs a new fabric liner for the speaker so a little more tlc.

Even once we have returned to the printed Modbury Messenger, we can include multimedia links in the Messenger as it is always put online as well. Many people have said they have enjoyed reading the Messenger online so we would like to have your opinions. Would you prefer to receive the Modbury Messenger online? Would you be happy to receive the Modbury Messenger online? Whatever your responses we will always have printed Modbury Messengers for those who have no online access.

We will be contacting our advertisers to ask their opinion on an online versus printed Modbury Messenger. The Messenger will always be a print based magazine, just also available online for those who prefer it that way or who don't have a Modbury Messenger delivered to them. For example, our son is presently on a Navy Frigate in the Gulf and he enjoys keeping in touch with Modbury happening via the online Messenger.



Lynne Barnes

Greetings from Sidmouth

We thought fondly about our good friends in Modbury when we realised that it was time to replace our lawnmower. The mower was purchased using a voucher given to us by the Chamber of Commerce when we left Modbury in 2001. It is still going strong, but it's now time to replace it with a lighter version.

In these difficult times, it is good to look back at the 18 years we spent amongst you and remember the lovely friends we shared.

With best wishes

Jean and David Laidler



VE DAY
75TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION
8-10 MAY 2020

Changing Times

Hi everybody, I'm Paul or "Woody" in the music world. Before the Covid19 outbreak I was teaching face to face in the pubs and clubs and at home. Very nice, as my wife says I don't have a real job, well as a musician I guess this is the life. Then "Isolation" what to do? We're always on a tight budget, like many of us. How or what can we do to keep the wolves from the door and of course Covid-19. Well, one of my students asked if I could do a WhatsApp lesson, Whoa! Technology?, not sure about that. Well we did and it wasn't easy having to listen really hard, trying to see what the fingers were doing, but it worked and he was very pleased. Then another student asked a similar question, by the end of the second week it seemed the wolves were not so close to the door and we could make it through thanks to my students' willingness to keep playing.

Google Duo, Zoom and FaceTime, Skype then Whats`App, this is fun.

So at present a very big thank you to all my students putting up with "freeze frame, sorry can you do it again, I didn't hear you and I'll send you an email, re-dial."

Work in progress - but supporting each other in Modbury.

What an incredible town we are.

Paul Woodcock



Explore with Murphy

Only being allowed out to exercise once a day, and having a collie who loves to go out for "walkies" I have made the most of exploring as many of the local lanes as possible from my doorstep. I have discovered so many hidden gems, walking between the banks of wildflowers and enjoying the lack of road traffic.

It was like stepping back 50 years and made me feel so grateful for living in such a beautiful area. Sadly the roads are already much busier so I doubt that we will ever again walk these routes so safely and with the time to observe the birds and insects. A very personal but positive side to these troubled times.

All our routes are recorded on my faithful OS map which will always remind me of how we spent our spring of 2020.

Sarah Hart



Evacuation to the South Hams

During the last war thousands of children were evacuated from London to avoid the ensuing devastation which was to come. My mother was just 13 when she and her friend ended up on the platform at Kingsbridge station wondering what lay ahead. All the other children were collected by host families but no one had yet been allocated to them and they were left on an empty platform as darkness fell. Eventually they were taken away and lodged with two separate households. My mother was fortunate in being cared for with compassion and kindness but her friend was treated very badly, with meagre food and often excluded from the house in the evenings to wander the streets.



VE DAY

75TH ANNIVERSARY

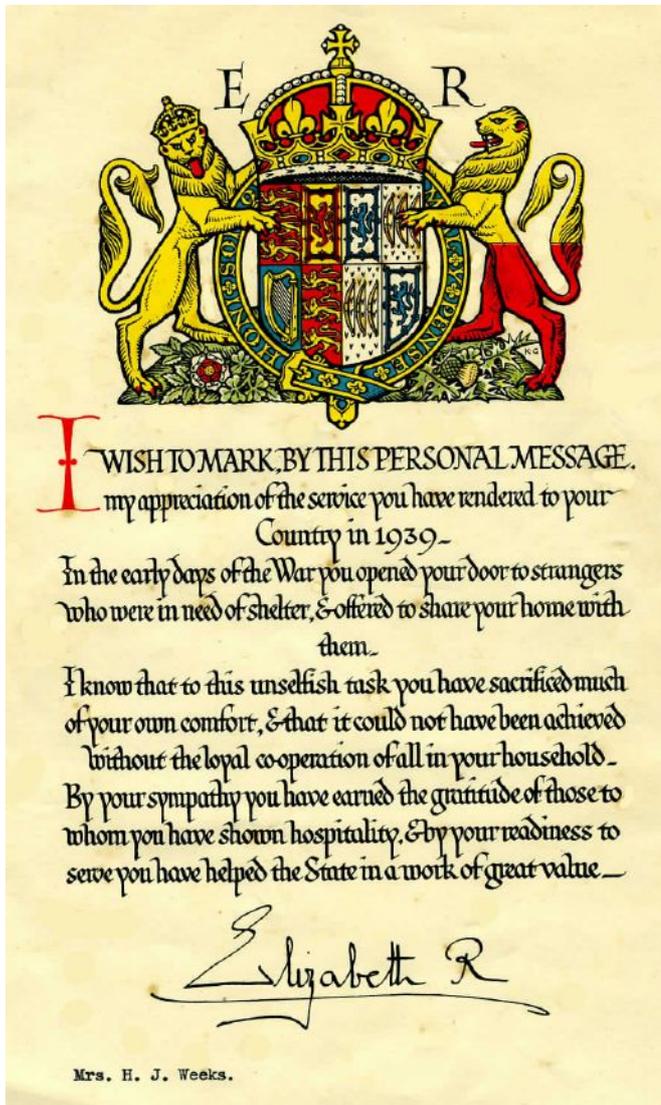
A SHARED MOMENT OF CELEBRATION

8-10 MAY 2020

After the war my mother stayed with her hosts for a while. Their son returned from the arduous campaigns across Europe after suffering the trials at Dunkirk and the D Day landings. The son established a relationship with the lost soul from London and they got married in 1946. My brother was their first born and I followed later. I thank my namesake, HMS Malcolm and their crew for rescuing my father from the beaches of Dunkirk. The ship, which was a Destroyer, was an old one from WW1. I have my dad's telegram sent to family after returning from Dunkirk and all it says is "Arrived safely". That was it. Any communications were stripped to the bone - unlike today.

There were, of course, many thousands of children evacuated to America, Australia and the Dominions. The years of separation in those cases must have been truly heart breaking. Life for many in this instance was often a revelation due to better living standards and life styles. Returning to a grey, drab, ruined and hugely impoverished Britain was a shocking experience. With our recent experiences of lock down many of us have experienced enforced separation from families and loved ones but perhaps this is nothing compared with the awful scale of what so many experienced during the war years and we should reflect on that in this Anniversary year. A thank you communication to my grandparents is shown here, recognising the sacrifices and efforts made at the time.

Brian Malcolm Weeks



walk&talk

Walks will resume when we are advised we can by the government.



Modbury volunteer walk leaders:

Sue Rogers (831289)
Catherine Speight (830195)
Deena Farrell (830692)
Jean Wright (810029)
Louise Evans (Active Devon)

Walking for Health Co-ordinator
louise.evans@activedevon.org
Tel: 01392 925150



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NOW BASED IN MODBURY (HOME VISITS AVAILABLE)

TALES FROM DISTRICT 5

When asked back in March if I could assist with the Parish Councils' Covid 19 'action plan' little did I, or anyone else, know how it would pan out, or consider that almost three months later we would still be in a not much better situation.

I was to be one of 12 District Team Leaders, my area being Barracks Road, Champernowne and Long Park - now to be known as District 5. My contact details were duly published in the April Messenger, and I think it was the day after the magazine distribution that I got my first call and registration of the first of an eventual 12 'Persons In Need'.

It didn't take long to realise what an important and necessary scheme this was going to be, and it was surprising how many shielding or vulnerable households there were who either did not have the technology to access online shopping, or indeed had the technology but were unable to book a delivery slot. Most of these people were usually able to do their own shopping and collect their prescriptions, and therefore fiercely independent and found it difficult to ask for a bit of help.

Our district is blessed with a fantastic team of volunteers who are quick to respond to any pleas via a phone call or the WhatsApp group, we became a lifeline to many in our community. And so began our almost daily trip to Modbury Pharmacy, initially patiently queuing for up to an hour - passing the time in the sunshine with fellow 'queuers' became quite a social activity even at 2 metre distancing, and multiple shopping trips.

At this point I must offer my personal thanks to the pharmacists, dispensers and staff at the Pharmacy and the Modbury Health Centre who have worked so hard, coping with prescription requests so admirably, always with a smile or humorous banter - and initially without physical safety barriers. Ditto to Nicky and her staff at the Co-op, Kelly and all at Pickles, Adam at Mackgills Deli, Adrian and Aune Valley Meat, Hen at Spindlebrook and Justine, Peter & Steve at the Post Office - all of whom have kept the shelves stocked, our fridges full and our money flowing. We have also been able to treat ourselves to takeaways from the Exeter Inn and The White Hart. We are lucky to live in such a community.

Tuesday trips to the supermarket in Kingsbridge continue to be akin to a cross between Crackerjacks 'Cabbage Game' and Challenge Anneka (for those of you not 'of a certain age' you will have to Google these iconic TV shows!) - One trolley, 3 baskets, gloves, mask and up to 6 shopping lists! Back home to sort out which bits belong to who, photograph the receipts, and get it delivered before the ice cream melts. Knock on the door, stand back, await payment, wait until customer goes back indoors, collect payment, go home and email Peter the paperwork - phew! It's been a revelation, and a temptation, seeing and having to share, all the necessary treats you ordered - the flowers, chocolate and doughnuts (you know who you are!). All this is done happily, in a variety of ways, by all the volunteers across the town.

I have now handed the baton of Team Leader on to Caroline so it's not quite as hectic but I still continue as part of the Core Team and as one of the gallant volunteers. I am sure I can speak on behalf of all the Core Team, Team Leaders and volunteers that it has been a pleasure to be able to help in these difficult times to keep our vulnerable residents safe. Anxious moments have been shared, much laughter has been heard on doorsteps and many new friendships have been made that will continue long after Covid 19 has surrendered. Until then I'm pleased to confirm our band of merry men (& women!) will continue to buzz about the town shopping & dropping for our shielding neighbours and anyone else who needs us.

Thank you all, and continue to Stay Safe.

Margaret Middleton



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(If lockdown is lifted)**

Saturday June 27th
Poundwell Square 09:30 to 12:30

Tuesday June 9th
Ayleston Park 14:45 to 15:30
Poundwell Square 15:35 to 16:35

An illustration of a person carrying a large stack of books.

8-year-old Sophia from Modbury Has Started a Business in the Lockdown

Eight-year-old Sophia Keith from Modbury has launched a website selling t-shirts she has designed. She plans to donate 20% of her sales to NHS Charities Together.

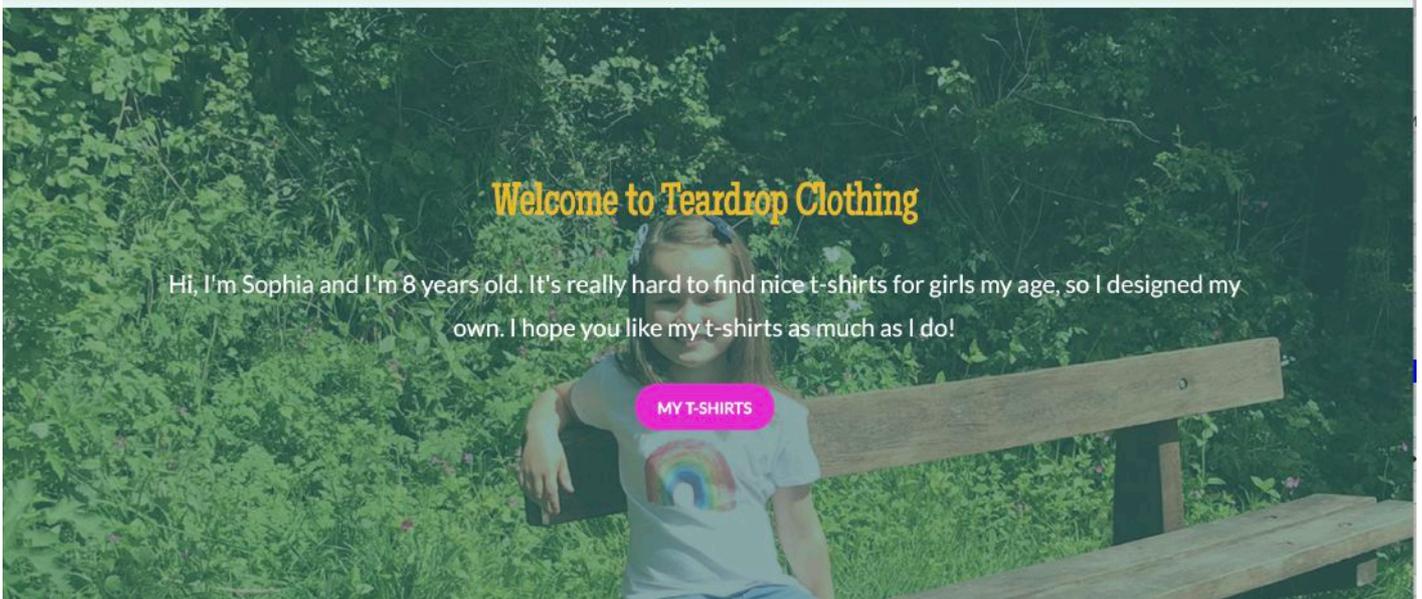
When it was announced that schools were closing, Sophia decided that she wanted to start a t-shirt business. Within an hour, she had come up with the name 'Teardrop' and designed a logo and her first t-shirt. Sophia said: "My school is closed because of coronavirus, so I'm doing home schooling with my parents. As well as doing the work from my teacher, I decided to start a business designing t-shirts for girls like me."

As part of her home schooling, Sophia learned how to build a website, and how to scan and print her t-shirts. Sophia wanted to donate some of her profits to the NHS. She said: "I also wanted to do something to help the people who are helping with Coronavirus, so I decided to give 20% of my sales to NHS Charities Together."

After seeing rainbows in windows all over Modbury, Sophia even designed a rainbow t-shirt so that children can wear a rainbow too. Sophia hopes that other children in Modbury will be inspired by her story. She said: "I hope other children see the fact that I'm a child starting my own business, and decide to do the same too!"

Sophia's t-shirts are available on her website <https://teardrop.clothing>.

To help people during the COVID-19 crisis, I will be giving 20% of my sales to [NHS Charities Together](#)



The website Sophia designed <https://teardrop.clothing>



Sophia modelling her rainbow T shirt



Sophia at Burrator in her rainbow T shirt

Small Business vs Coronavirus!

2020 has been a tough year for small businesses. Firstly we were affected by Brexit and the uncertainties surrounding that. Then we were battered by storms that kept our customers away and now the Coronavirus pandemic! All of this has happened for us whilst still in our first year of business! Worrying times indeed, not only for us but for all small business owners.

During March, we could see that the inevitable was coming. We had already started putting protective measures in place to help stop the spread which included limiting the number of people in the shop, only accepting card payments and reducing our trading hours. With a heavy heart, we then took the decision to close the doors to our little shop. We made this decision before the government made their announcement for the safety of ourselves, our customers and the wider community.

So there we were, less than 11 months into running our first business and suddenly we were closing our shop. The first week after this we were kind of in limbo, wondering what we were going to do moving forward. We started taking telephone orders and were offering free delivery to Modbury residents and free kerbside pickup too. We also offered free gift wrapping on all our products.

It was great to have the support of the locals and to be trading again, even on a small scale. We then decided to move forward and think about how to adapt and grow the business, especially as we had no idea how long the shop would be closed for. So we then set to work on building an online shop. An online shop doesn't give the same experience at all of wandering around our shop and discovering things, but it at least gave us an outlet. A month later and we're still gradually uploading stock onto the site. Photographing and putting every item online is no mean feat and we will continue to work away at it.

Like many small business owners, we're probably working longer hours now than when the shop was open! We have invested in new stock. This includes some brand new items as well as expanding some of the ranges we already stocked.

Lots of other businesses in Modbury have been adapting too, and it's great to see what businesses are doing to keep themselves going and to try and offer some sort of service to their customers.

We are all now gearing up to hopefully reopen again very soon. It's a very different world now and it means having to invest in signage, screens etc and think about how we're going to reopen and what restrictions we're going to put in place. This is a steep learning curve for us all and we've had to change our mindsets and the way that we work.

One thing's for sure, this pandemic will not beat us. We will be back.

We would like to say a massive thank you to everyone who has supported us and other small businesses in the town during this crisis.



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Stone's Close VE Day Party



VE DAY
75TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION
8-10 MAY 2020



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E-mail: emmajbryan@btinternet.com

Silverwell Park's Sparkling Celebration



Silverwell celebrates
with a Sparkling Salute
at 3:00pm
Friday 8th May

Bring a bottle of something sparkling
and be ready to pop your cork,
in your front garden at 3:00pm



The toast is:
"To those who gave so much,
we thank you"
and while we're at it, let's raise a glass
to the day life returns to normal

There was a great turnout of residents for Silverwell Park's Sparkling Celebration of the VE Day 75th Anniversary.

Unable to arrange the traditional 21 gun salute, Silverwellians improvised by bringing bottles of sparkling wine which were individually uncorked in their front garden's at 3:00pm, as a 21 cork salute. As corks popped the nationwide toast was made: "To those who gave so much, we thank you" We also took a moment to raise a glass to the day life returns to normal.

After everyone's long periods of being confined to barracks it was a pleasure to be outside on such a wonderfully warm spring day. Being a cul de sac, and with so many joining in, the road effectively became closed for a socially distanced, three hour street party.



VE DAY
75TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION
8 - 10 MAY 2020

The turning circle at the end of Silverwell was bedecked with flags and bunting, all of which added to the celebratory mood. Once throats had been suitably lubricated it didn't take much encouragement for people to join local resident and Kingsmen's singer, Chris Birch with renditions of vintage songs like 'We'll meet again' and 'White Cliffs of Dover', made all the more memorable by live saxophone accompaniment.



For some Silverwell residents, like British Legion legend, Don Masters, the day started early with the flag ceremony at Palm Cross Green followed by an interview about the Legion's activities on Omnium Radio, a Plymouth-based online radio station. Other residents recalled the impact that VE Day celebrations had on their younger selves; one recalling how it seemed as though a switch had been thrown and instead of sombre darkness there was colour and light and gaiety. A Navy veteran recalled being on a destroyer in the Mediterranean when the news came through. The captain announced the ship would stop engines and sea boats were lowered so members of the crew could go for a swim in the Med. Unfortunately a ship used to steaming at 20 knots doesn't just come to an abrupt stop and after the crew's brief dip, boats had to be despatched to round up some who found themselves further from their ship than they intended. But all were accounted for and after such a long and brutal conflict, a brief moment of such carefree fun was welcome.

Seventy five years later we remembered those we loved and those we lost. Those who took part in the Silverwell celebrations made the most of the occasion, and despite the restrictions, managed to keep their distance and just enjoy a day in the sun to mark a very special event that could not go uncelebrated.



Local Author Writes Children's Book to Help the Homeless

Flash, the Tiny Teenage Tortoise.



'A tortoise will never be homeless, he carries his home on his back.'

When **Mary McClarey** became the proud keeper of a tortoise called "Flash" it gave her the idea of writing a book which would raise funds for homeless people.

Yazmine Labban (a second-year art student and mother of three) offered to illustrate the book.

Mary and Yazmine share a desire to help homeless people and those seeking to rehabilitate themselves. This collaboration has resulted in a children's book which aims both to raise funds for Shekinah and also to raise awareness amongst the youngest members of our society; those who will, in time, have the most influence in shaping the future.

Flash, the Tiny Teenage Tortoise, a small book (Like the Mister Men series) suitable for children aged between 3 and 6 years of age, **is available now for £5.00**. Free P&P included.

If you would like to purchase a copy, please contact:

marymcclarey@gmail.com

"Help us to end the injustice of homelessness by buying this inspiring book. All profits go directly to help people who need it most."

Shekinah

Mary McClarey is an established author living in Modbury, having published two novels 'Long Road, Many Turnings' and 'Time for a Change.'

Yazmine Labban is a qualified counsellor, as well as an artist, and has worked for Barnardo's Charity.



Modbury Messenger in Lockdown

When we heard we were going into lockdown the decision had to be made whether to cancel the Modbury Messenger completely because a printed Messenger couldn't be printed and delivered or to go online. I wondered if I would have enough to fill an online Messenger as there would be no events to advertise or report. But Modbury never disappoints. I put out an appeal for contributions and I was overwhelmed at the number of people who contributed. I wanted the online Messengers to become a record of Life in Lockdown - I hope the Modbury History Society keeps copies for their records.

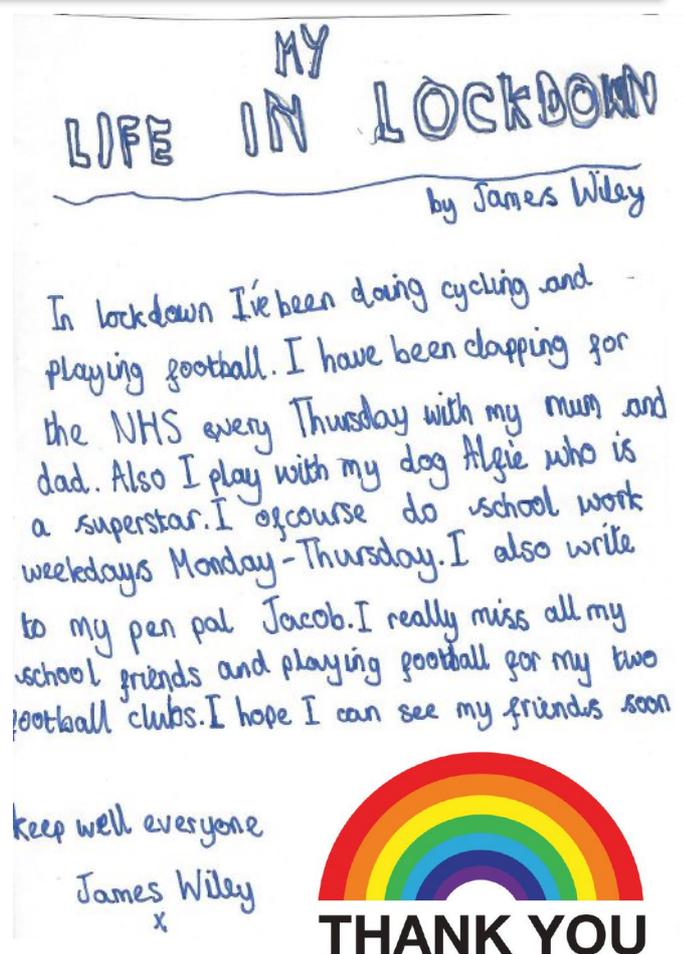
Normally the printed Modbury Messenger is 16 pages, the May online Messenger was 22 pages long and this one a bumper 34 pages long. Thank you - all you wonderful contributors.

One of the surprises about putting the Messenger online was just how far our news travelled - I had emails from people who read it locally in Ugborough, Ermington, Plymouth but also from Kent, the north of England and Wales. I was delighted to receive a message from David Laidler who used to be our Modbury Pharmacist - see p.17.

Please feel free to send the Modbury Messenger onwards around the world.

Lynne Barnes, Editor

Page 19



Sustainable Modbury: Wildlife and Your Garden

Following on from John and Boony Bower's articles here are some other ideas for increasing interest, biodiversity and wildlife in your garden.

Lawns and Verges

The Middle English word 'launde' originally referred to a glade or opening in the woods; thanks to the invention of the lawn mower these 'laundes' have become ubiquitous and popular garden features in the 20th century.

The fashion for large expanses of lawn is now dwindling. Too much lawn can be seen as a sea of boring grass needing lots of care and endless mowing. If you have children, then a large lawn is a bonus and needed: but if you don't, why not mow it less often and make the area much more interesting to look at, to be 'in' and improve the wild life habitats in your garden too?

As Devon Wildlife Trust says in its recent "Taking action for Insects"

"Keep some grass long. A short-mown lawn doesn't provide shelter or much food for insects. Allowing your lawns to flower in mid summer also provides important food".

The charity Plantlife has recently done a huge survey ([Every Flower Counts](#) -) of British lawns:

- to reveal not only the astonishing diversity of wild flowers growing on Britain's lawns, but that incredibly simple changes in mowing can result in enough nectar for ten times more bees and other pollinators.

- *Over 200 species were found flowering on lawns including rarities such as meadow saxifrage, knotted clover and eyebright*
- *The top three most abundant lawn flowers are daisy, white clover and selfheal. Over half a million flowers have been counted, including 191,200 daisies.*
- *First ever National Nectar Score for our lawns: all lawn flowers in the survey combined produced a colossal 23kg of nectar sugar per day, enough to support 2.1 million - or around 60,000 hives - of honeybees.*
- *'Mohican' lawn cut suits all: Highest production of flowers and nectar were on lawns cut every four weeks, whilst longer, unmown grass had a wider range of flowers.*



Leaving longer periods between mowing will also increase the resilience and health of each grass, encouraging the roots to grow deeper and therefore better able to source nutrients and water in the soil, so requiring less watering in the summer.

The older your lawn is, (providing that herbicides haven't been used), the more diverse the collection of plants. The lawns at Chatsworth in Derbyshire which are 280 years old are made up of hundreds of different species including grasses, mosses, sedges, wildflowers, fungi and mycorrhiza.

Tame the temptations of your flymo and stop your garden becoming too neat!
(Continued on p21)

You can combine mowing along paving edges with letting the lawn grow up, this is a very good way of merging our desire for a 'neat and controlled edge' with better and more interesting biodiversity, as shown in the images in this article. Letting the grass grow up around the edges of the garden near shrubs or trees can be good too. These areas would act as a retreat for insects when other areas of the garden are being mown, and are good cover for birds, for instance robins, blackbirds, blackcaps, thrushes and starlings all eat insects and will benefit from areas of longer grass in gardens where no herbicides or pesticides have been used.

Have fun with where you mow, create patterns and shapes, the areas of long grass can change over the summer; and it doesn't matter if it fails, it is easy to correct!

Grass verges can be left for longer before cutting too. We all enjoy the wild garlic, primroses and campions growing on the verges along the lanes. Privately owned verges can do the same. In a Neighbourhood Plan questionnaire in 2016, 42 respondents said they would prefer to have meadow grass and wild flowers, rather than mown grass on the verges of Modbury.

Visibility to drivers must be considered and this is usually a maximum growth height of 75cm (2.5 feet), if the verge is on a road junction. Just imagine the biodiversity, colour, textual interest and feel if all those front lawns that are rarely used for anything could be mini meadows instead!

Can you control your mowing instincts?!

For those who would like to go a step further we shall write a short piece about creating small wildflower meadows in your garden next month.



Charlotte Rathbone

Martin's Quiz

Many of you have said how much you enjoyed Martin's Quiz on the 1920's in last month's Messenger. I even cheated and used the questions in a family Zoom quiz. So here is another contribution from Martin to tax your braincells in lockdown. Answers on p. 30.

For each of the following statements, find a car name that is an anagram.

1. Main sin cars
2. Modern food
3. An untidy cache
4. Lax valour cash
5. Large neat menu
6. Knave follows GG
7. Sex or action
8. Roach and cod
9. I put on fat
10. Too loyal actor

What word can go in the middle of the two words to form two new word pairs

- | | | |
|------------|-------|----------|
| 1. French | _____ | Shopping |
| 2. Sun | _____ | Cake |
| 3. Clock | _____ | Trick |
| 4. Traffic | _____ | Jar |
| 5. George | _____ | baby |
| 6. Rat | _____ | Horse |
| 7. Jail | _____ | Down |
| 8. Blood | _____ | Hood |
| 9. Chair | _____ | Hole |
| 10. Hair | _____ | Work |

Martin Hunt

Carry on Cubbing



Learning Tracking Signs.

The Modbury Cub Scouts have had a virtual pack meeting every Thursday since Easter, with these taking place through the medium of their private Pack Facebook page.

A regular cohort of cubs and leaders have taken part in activities enthusiastically every week, with the help and support of their long suffering parents. Under normal conditions the various cub leaders, who answer to the names of Shere Khan, Chil, Bagheera, Kaa and Mowgli, are responsible for taking it in turns to mastermind and lead each weekly pack meeting, and this pattern has continued with the virtual format, with some success I think.



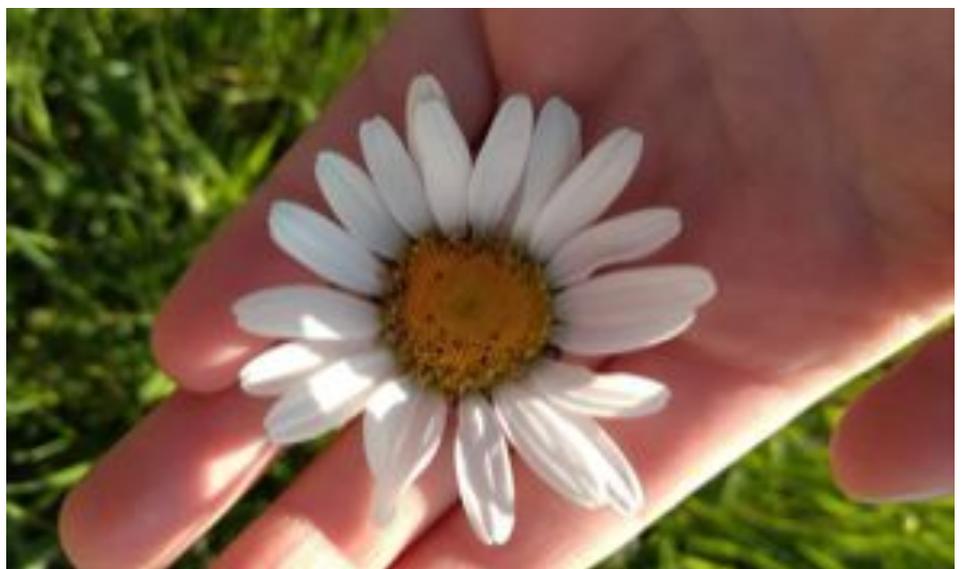
Cubs before social distancing

Before the pandemic we would meet weekly at the Scout Hut and try to do lots of outdoor activity, games, camp fires, singing, learning about trees, first aid and all that sort of thing.

With the lock down, the Cubs have been encouraged to get out in their own gardens, and the themes of the meetings have varied from using tracking symbols in the garden to make a trail, to building towers, making bird feeders, using recyclable materials to make a model of a local building, and having a DIY nature treasure hunt. They have also been encouraged to learn to identify birds in their gardens by sight and sound. The leaders feel the meetings have been enjoyable and well worth the effort, but look forward to getting back to normal as soon as it is considered safe to do so.



Lockdown rainbow bird feeder



Learning all about the local flora on lockdown wildlife



Cubs and leaders may have been at home in lockdown but all dressed in uniform for their virtual meeting

On April 30th there was an extra special night. This was an international 'camp at home' event, to help allay some of the disappointment the young people in the Scout movement have felt at not being able to take part in their normal camping activities. The children and leaders were encouraged to put up a tent, build a den or shelter and sleep in it overnight. A number of the Modbury contingent took part, despite the fact that it was quite a cold, wet night (though they were allowed to build a den to sleep indoors if they wanted to). A total of 67 countries around the world took part and there were more than 95,000 registered campers that night, so a new world record was set!



Mowgli

Modbury Cubs taking part in the international "Camp at Home" event



If your club or society has been running throughout lockdown then tell us all about it. Articles and photographs should be sent to modburymessengercic@gmail.com by 10th June to be included in the July Messenger.

Please get the permission of people in the photographs for publication, or from parents for those under 18.



Wildlife Close to Home

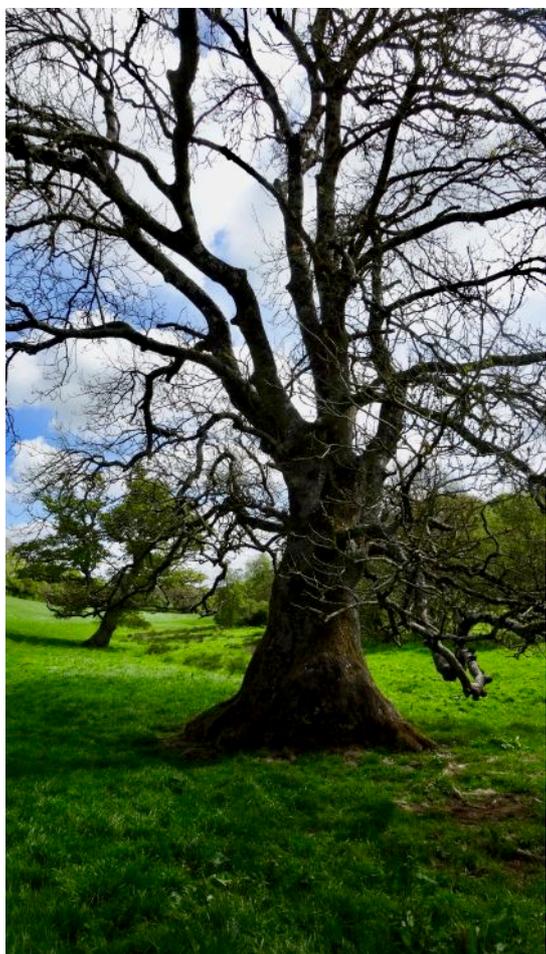
For those who are able, there have been benefits to the lockdown with walking the footpaths around Modbury. With wonderful sunny days it has been a chance to notice all the wildlife in our landscape. Below are a few observations to the south of Modbury. If anyone can either talk more about the subjects mentioned or on other observations they have made on walks, we would love to know.



Looking south west from the gate near the Church car park entrance you can just make out the patches of bluebells on the side of Prigdon Hill and white flowers of wild garlic beneath the trees along the top of the field. 10 days before there had been a sea of primroses over the field too; and now there are orchids along the field boundary with Kennel Lane. We are lucky that the field is a County Wildlife Site, and hasn't been ploughed, fertilised or limed, which would alter the soil and damage the native plants. It is an example of one of the few remaining steep sided valleys near us that have retained their woodland

flora, and are invaluable as wild life habitats for insects, birds and mammals.

The hedges and trees have been cut back along the western end of Runaway Lane this February. This has allowed us to see all the wonderful ferns and flora growing here. The farmers, the Stallards, say that they will be leaving the native shrubs and trees to grow back, which is good news for bird life. Shrub and scrub around lane and field edges are important wild life habitats - as they are in our gardens too. The more rough our edges the happier the wildlife!



If birds don't migrate in winter, where do they live? In the hedges we merrily cut in winter? Any ornithologists out there who might know?

The ash and oak in the meadow near Cottlass are wonderful examples of ancient trees.

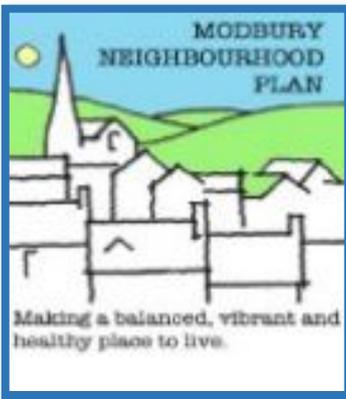
The ash has a diameter of around 4 metres. This could mean it is around 400 years old. The location of these trees is on the edge of a low bluff, which must have been carved by the stream when it meandered to the side of the meadow many years ago. These trees could be considered veteran trees and as such are unique wildlife habitats. Let us hope that the ash will withstand ash die back, which is causing so much death to these trees in the South Hams; perhaps it has unique genetic make up to protect it.

Charlotte Rathbone

NEIGHBOURHOOD PLAN

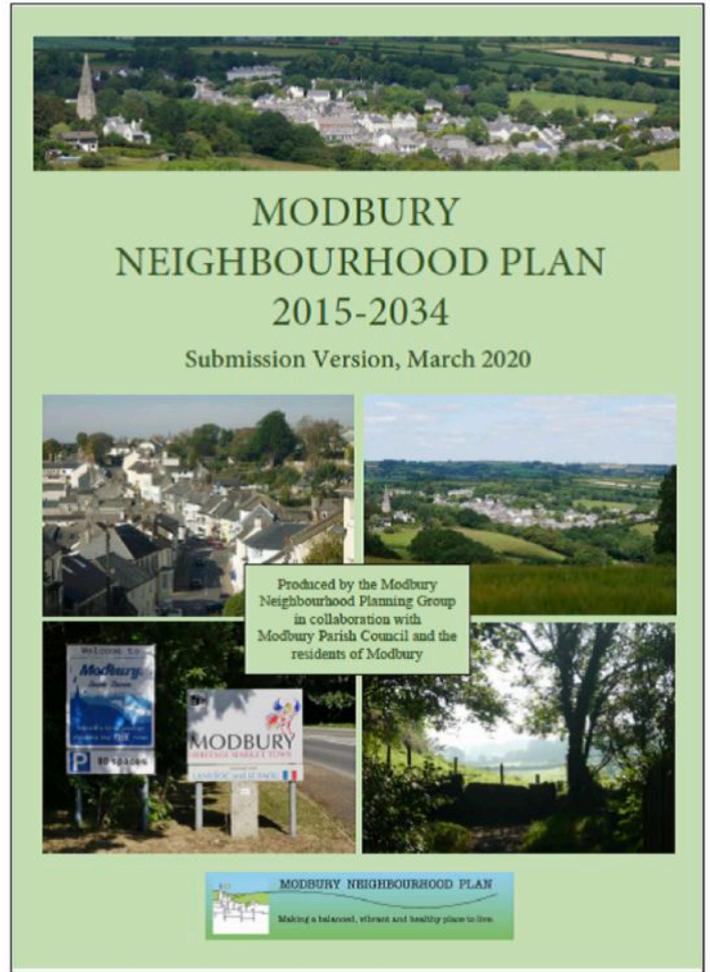
The Neighbourhood Plan has been submitted to South Hams District Council who will arrange a consultation period during which the Plan can be viewed and comments can be made to the Council. The Covid-19 crisis has caused a delay in arranging this consultation but new government guidelines have allowed councils to resume the Neighbourhood Planning process. The consultation is independent of the Parish Council and Neighbourhood Plan Group. On completion of the consultation process, the Plan will be sent to the Independent Examiner.

Information from SHDC advising the start of the consultation period will be posted around the town and on the Neighbourhood Plan www.modburynpg.co.uk and Parish Council websites www.modburypc.co.uk



The Neighbourhood Plan website has been updated. The submitted Neighbourhood Plan and further information about the next steps in the process are available on the site. Updates on progress will be posted on the Home Page, under Latest News.

Ann Turner



Champernowne VE Day Celebrations



HERE WE GROW!

The Palm Cross Allotments

Some of you may be aware that land was set aside on the Palm Cross estate for the use of community allotments. Despite many setbacks and long delays we are all very excited to announce that FINALLY plot holders are now able to access the site and start gardening.

This has been a day that many have waited for patiently and at times wondered if it would ever happen. Although there are several major issues still to be sorted, the most important outcome is that plot holders can at last get onto their allocated plots and begin digging.

The Parish Council have been extremely helpful and accommodating in allowing plot holders access to the land and we are grateful to them for their flexible approach. In particular we would wish to thank Cllr Whybrow and Cllr West for all their efforts and enthusiasm in making this happen.

However, for this to have been achieved at all there are a great many people behind the scenes who must also be thanked. Namely, Brian, Jane, Martin and Alayne, committee members of Modbury Allotments



Association who have devoted so much time, effort and expertise towards the development of this new community asset. Thank you to each of you, we are very grateful that through your selfless endeavours Modbury can now boast a further 21 new allotment plots!

We also need to thank Christine and Jane for facilitating the final push!

A new Palm Cross Allotment group has been formed, the main aim of which is to work together to develop a gardening community which will benefit all members as well as reaching out to the wider area. If you haven't visited the site yet come up and find us on the Palm Cross estate, perhaps someone will be there busily digging away and will stop to say hello. Obviously, each plot is a completely blank piece of earth but hopefully with time you will see the progress and produce developing.

If anyone is interested in having a future plot there is a waiting list, please contact us with your details.

Please email SARAH HART

(PCA secretary) petersgrovehart@aol.com

Janet Wyatt

The MODWAGS Photo Competition No 1

Thanks to all who submitted photos of wildlife around Modbury. Once this virus thing eases off there are plans to start a Modbury Wildlife Action Group – the MODWAGS!



Meanwhile here are some of the wonderful pictures taken by you – no placings or prizes this time, but please continue snapping away for next time, probably late summer. Still waiting for a Red Kite. Pickles have sold out.

Jeff Booth

1. Lizard by Nigel

More of Nigel's wonderful pictures can be seen at <https://www.theunseenview.com/>



2. Blue tit by Ron



3. Hedgehogs by Alex, age 8

4. Dragonfly by Nigel





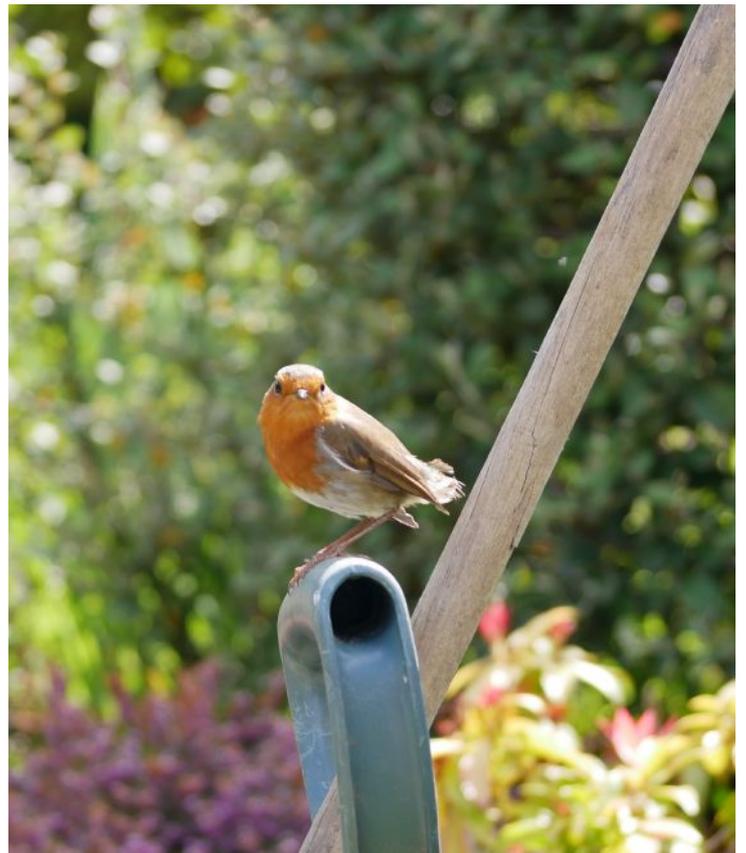
5. Sloworm by Deb



6. Bee by Deb



7. Orchid by Caroline



8 it is. Robin by Mark

Remember that this is an online version of the Modbury Messenger so you can see these fantastic photos in more detail by zooming in on them.

Send your photos and ideas for MODWAG to Jeff Booth at jeff24545@gmail.com and if you have any other ideas for articles or competitions write to modburymessengercic@gmail.com

NATURE TALK: Garden Life and Springtime Bird Behaviour

Many of us, here in Modbury, are lucky to have a few shrubs, trees and bushes in our gardens, and in ours we have cultivated one area as a wild shrub and flower area. Here we have sown bluebells, snowdrops, red champions, stitchwort, yellow archangel, gorse, hazel, ferns, pencilled, bloody, Pyrenean and shining cranesbills, and other attractive wild flowers, either purchased or from seeds gathered on walks. Bluebells produce masses of seeds, which can be collected in July/August. This is all in an attempt to make our surroundings more wildlife friendly, not just for birds, but also for bees, butterflies, moths (which pollinate at night), and hedgehogs.

The bird life has thrived; we have 3 Blue Tit nest boxes occupied, and they have even taken over our House Sparrow 'terraced' box (House Sparrows like nesting in colonies). Dunnocks and Blackbirds have nested in our straggly Lonicera bushes, a Robin in the open fronted nest box, and two beautiful wrens' nests – one in the garden shed, and one between a wooden fence and post.

I'm sure we've all, during this coronavirus time, been amazed at the volume and amount of birdsong (and wild flowers) around Modbury gardens and surrounding countryside. Whether this is due to the fantastic spring weather we've had, the lowering of pollution, or also in the case of birds, the lack of traffic or other work noise is debatable, but it has been wonderful. The outstanding birds to me have been the Song Thrush, and the Blackbird. Both have beautiful, loud songs but quite different. The Blackbird sings a very melodious shortish musical song, then stops, but often starts again a minute or so later with a very similar song. The Song Thrush, often from the very top of a tall tree, sings short, repeated different 'phrases', perhaps three to six in a row. Then starts again in 20-30 seconds. The other two frequently heard songs in gardens are the Woodpigeon, 5 coos, and the Collared Dove, 3 coos.



Young Blackbird - note the juvenile feathers give a speckled appearance

As I write this in mid May, we have adult birds feeding young in the garden. Blackbirds steal our hen food from the feeder in the coop, and give it to the open-beaked young asking for it, but then shortly after, noticeably stand back and wait for the frustrated fledgling to go to the feeder and pick some up itself. Classical learning behaviour. It's the same with the Starlings. With the early morning dew of late, slugs have come to the surface on the lawn, and a Starling's family has moved in to eat them. The adults seem to find a large number of slugs at that time of day, and when the young rush up for a mouthful, it stimulates the adult to feed it. Then they too stand back, and the young, having watched the adults pick up slugs, start to imitate them, and find their own. Fascinating.



Starling feeding young

Two common pests to watch out for are the Magpies and the Grey Squirrels. I'll never forget, some years ago, watching a pair of Magpies ripping a Mistle Thrush's nest apart in a Scotch Pine tree, and eating all the chicks. Squirrels will eat the bird food and also destroy your feeders unless you use squirrel-proof ones.

Nature can be cruel at times, but is nevertheless always fascinating.

John Bower



Grey squirrel frustrated with squirrel-proof feeder

Palm Cross VE Day Celebrations



Music to Celebrate VE Day in Palm Cross



Dressed for the occasion in Palm Cross





MODBURY TENNIS COURTS ARE OPEN

Half price membership now available
 Single £20 Family £32.50. Open to non-members.
 Currently activity is limited to no more than two per court other than where players are from the same household.

For membership and bookings visit:
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 Email: modburytennisclub@btinternet.com
 Tel. 07766 447979

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MARTIN'S QUIZ ANSWERS

- | | |
|--------------------|------------|
| 1. Nissan Micra | 1. Window |
| 2. Ford Mondeo | 2. Cream |
| 3. Hyundai Accent | 3. Card |
| 4. Vauxhall Corsa | 4. Jam |
| 5. Renault Megane | 5. Bush |
| 6. Volkswagen Golf | 6. Race |
| 7. Citroen Saxo | 7. Break |
| 8. Honda Accord | 8. Brother |
| 9. Fiat Punto | 9. Man |
| 10. Toyota Corolla | 10. Net |

The White Hart Special Charity Takeaway!

The White Hart are holding a charity lockdown party and competition on the 6th June! The idea is a nautical themed "house party" an excuse to dress up in your very best and pretend you are on your very own private yacht. Use video call and enjoy with family and friends.

Get creative with the decor and send us a picture. 🧑🏻🎨 🧑🏻🎨

Most creative photo and caption will win a dinner for two! 🍴🍴

Don't hold back, let's have yachts of fun!! 🚢

We'll be doing a special dinner party takeaway menu with all Chris' best dishes he served to the rich and famous in his super yacht days and a bottle of bubbles included! 🍾🍾

20% of income will be donated straight to the NHS 🧑🏻🧑🏻
£40 per person including a bottle of Prosecco

Must pre order by 31st May.

White Hart		Modbury
CAPTAINS TABLE		
SET SAIL		
Crab Katsu curry croquettes		

ON THE RIGHT TACK		
Devon Spring lamb wellington, wild garlic mash, asparagus		

AN EVEN KEEL		
Beccsands lobster thermidor, pickled fennel salad		

LAND AHOY		
Panna cotta, ruby chocolate acro, fresh berries, pistachio cream		

THREE SHEETS TO THE WIND		
Bottle of Prosecco		

Making a Bug Mansion

I made the bug mansion to encourage insects to my garden - they pollinate the flowers. I was inspired by a photo I had seen on the internet so decided I'd try making one in an unused part of my garden that was sloped and full of clay.

I started with a couple of pallets and some wood and it has grown organically. I have put some bought plants around the area but it is a case of any wild flower or weed that lands here can live here.

When out on walks I try to pick up a piece of "treasure" for the bug mansion, such as sheep's wool rocks, moss and lichen covered sticks. My own chicken supplies the birds with her feathers for nest building.



My inspiration



Early days for my bug mansion

So, to make your own bug mansion, choose an untidy, quiet, bit of garden, stack your pallets, stuff the holes with bits and bobs like bamboo canes, bits of wood and broken pottery then stand back and let nature reclaim and design. The birds and the bees will love you for it.

Jo Woodcock

The bug mansion is now four pallets high and houses many bugs and creepy crawlies: speckled wood butterflies, small blue butterflies, red admirals, peacock and tortoise shell butterflies, cabbage whites and many moths live here. They enjoy a nice supply of water as its near a small stream that runs down to Modbury town.



My bug mansion this spring



You do not have to feel isolated and lonely!

Join our Devon Highlights Virtual coffee meet ups every Tuesday!

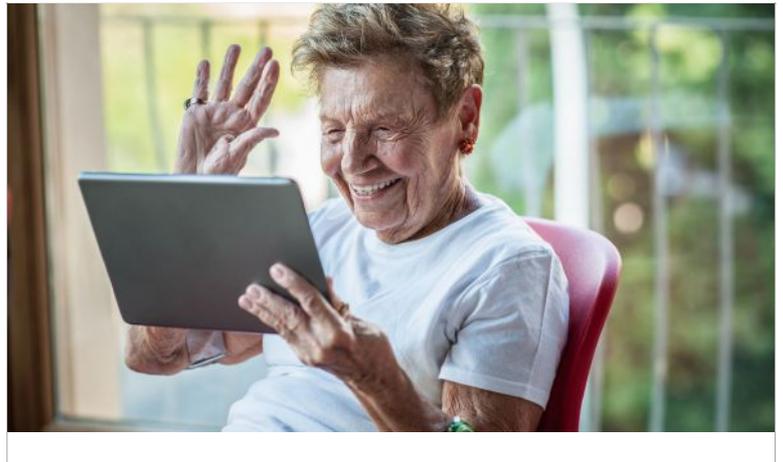
Coronavirus is affecting all our lives now and many people feel alone, isolated and lonely. For many of us, especially those in later life, loneliness and isolation can have a significant impact on our health and wellbeing. It can also define our life. But we can help you to feel less alone!

Devon Highlights is a community project led by Devon Communities Together, funded by National Lottery's Community Fund and HM Government that supports people in later life (aged 55+) living in Devon, who may be at risk of loneliness and isolation.

Every Tuesday we run weekly, hour long, virtual coffee meetings via Zoom for people living in Devon.

The sessions are very simple, friendly and easy going, with a mixture of chat and activities like quizzes, chair yoga, virtual museum visits and tours or a drawing practice.

Last week, for example, we had a shiatsu and mindfulness session with Sandhya who is a shiatsu practitioner. She taught us breathing exercises and simple self-care methods to relax and to relieve pain and anxiety and everyone really enjoyed it! After the session, people were saying they felt very relaxed and calm, we all noticed that even our faces changed and we looked happier. It was a great outcome! You can view last weeks session click [here](#).



Through our virtual coffee meetings, we provide an opportunity for people to meet online, make new friends, try out new activities and build informal support networks.

It is very easy to join us, if you feel this is something you would like to try to get involved with, just follow the invitation with details of the meetings below or if you feel you need support to get you on Zoom on your home device please contact us and we will guide you through.

Once we are in touch, every week we will let you know the activities that we will be looking at for the following week and forward to you the online link or resources, so that everyone is able to participate with a common theme and have a chat and coffee time together.

Our weekly virtual coffee meet ups are:

TOTNES, PAIGNTON & TEIGNMOUTH VIRTUAL GROUP - EVERY TUESDAY WITH AGGIE:

Every week on Tuesday 2pm-3pm, until July 7, 2020 (12 occurrences)

Join us on: www.zoom.com Meeting ID: 873-5995-8435

If you wish to join us via phone just call this number :+44 203 481 5237 United Kingdom

And quote this reference when prompted using the keypad: Meeting ID: 873-5995-8435
Password 306864



OTHER AREAS VIRTUAL GROUP - EVERY TUESDAY WITH HARRY

Every week on Tuesday 3:30pm-4:30pm, until July 7, 2020 (12 occurrences)

Join us on: www.zoom.com Meeting ID: 86449535593

If you wish to join us via phone just call this number: +44 203 481 5237 United Kingdom

And quote this reference when prompted using the keypad: Meeting ID: 864-4953-5593



Please find more information about the project, [here](#) or call us on 01392 248919. We hope you, or someone you know, can join us every Tuesday to connect with others - Harry & Aggie

This article is included at the request of Modbury Parish Council

GHR

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