



Illustration - Jennifer Johnston

For the People of Modbury & Brownston

Volume 23, Issue 290 - May 2023



## MODBURY MAY FAIR 2023

### Countries of the Commonwealth

### PROGRAMME CHANGES

Some changes to the May Fair Programme:

#### Afternoon Tea

**April 30th 3pm** - The afternoon tea organised by St George's Church will now be at the MARS Pavilion, and not in the Memorial Hall.

#### Treasure Hunt

**April 30th** - The Treasure Hunt will now end at the Pavilion.

#### May Fair Service

**May 7th, 9:30 am** - The Fair Service can now be held in St. George's Church at 9.30am and not in the Memorial Hall. This is likely to be the last service in the Church before major structural work begins

#### May Fair Programme Online

If you have lost your Fair Programme, remember it is available online at [www.modburymessengercic.co.uk](http://www.modburymessengercic.co.uk), where you can print it off, so you don't miss any of the exciting events.

Details about the ONE-BIG-STREET party are on pages 9-11 of this edition of the Modbury Messenger.

**Modbury May Fair Committee**

#### Saturday 29th April

May Fair Market  
Modbury Mile Registration  
Art@Broad Street  
Pavement Art Competition  
Shop Window Competition  
Vintage Cars  
Carnival Procession

#### Sunday 30th April

Car Boot Sale  
Treasure Hunt  
Afternoon Teas

#### Monday 1st May

Crowning  
Duck Race  
Modbury Mile  
Darts Competition

#### Tuesday 2nd May

Dog Show  
Quiz at the Modbury Inn

#### Wednesday 3rd May

Quiz at the Exeter Inn  
Acoustic Night at the Modbury Inn

#### Thursday 4th May

Beetle Drive  
Modbury Gospel Singers

#### Friday 5th May

Senior Residents Lunch at the Exeter Inn  
Bingo at the Memorial Hall

#### Saturday 6th May

Street Food Market at the White Hart

#### Sunday 7th May

May Fair Service  
Modbury History Walks

#### Monday 8th May

ONE-BIG-STREET Party

#### Thursday 11th, Friday 12th and 13th May

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# MODBURY PARISH COUNCIL REPORT

Modbury Parish Council Meeting Tuesday 4th April 2023, 7.00 pm, The Pavilion, QEII Recreation Field.



Ten Councillors were present along with the South Hams District Councillor, the Devon County Councillor and 17 members of the public. This was the last Modbury Parish Council meeting before the local elections in May when the new Parish Council will be elected.

**Public Forum:** A member of the public asked if the Parish Council would support an application to have the BBC Radio 4 programme "Any Questions" held in Modbury, most probably in the Modbury Memorial Hall. The Council supported this.

The situation of the Church Lane Allotments was raised by a member of the public as the land is being sold by open tender around June this year. Modbury has a population of 1900 and a total of 1.58 acres of allotments, but if the Church Lane allotments were to go, this would go down to 0.85 acres. This compares unfavourably with Aveton Gifford (population 929) with 1.89 acres and Loddiswell (population 1197) with 3.19 acres. Both of these parishes suffered similar issues and the parishes bought the land with a mixture of loans from the Public Works & Loan Board (PWLB) and grants. Could the council urgently look into doing something similar for Modbury before the land is sold? The Parish Council agreed to look at this on an urgent basis and Bernard Taylor, the South Hams District Councillor, will investigate if the land can be designated an Asset of Community Value (ACV).

A member of the public thanked the Parish Council for all their hard work over the past five years and then queried why the Modbury Precept for Council Tax had gone up by more than the guidelines of 5%. The Parish Council stated that inflation was at 11% and when the decision was made, there were more and more demands being made on the Parish Council. Work that used to be carried out by other tiers of council was now being passed down to Parish Council level and this required additional money to cover the anticipated cost. The Precept would have had to go up by 17%, so the Parish Council has used some of its reserves to cover the difference and the increase was about the cost of a coffee to each individual in Modbury.

**Devon County Councillor Report:** Rufus Gilbert thanked the Parish Council for all their hard work.

He reported that out of the £200 million the Government allocated for potholes, Devon Council Council has been allocated £9.4 million.

**South Hams District Councillor Report:** Bernard Taylor congratulated the Parish Council and Neighbourhood Plan Group for getting the Modbury Neighbourhood Plan approved. He also thanked the Parish Council for their support over the years and the Parish Council thanked him for his support to them.

## Planning

0384/23/OPA Penn Parks: The Parish Council read out the letter to be submitted to the planners, summarised below:

- The PC agree that new houses are needed, but with conditions
- Pedestrian access is unsatisfactory with no safe haven for wheelchairs, buggies etc. The Parish Council suggest that the Green Lane is used with proper lighting and a hard surface. This should not be dismissed because it is difficult to achieve due to ownership questions.
- Vehicular access is still a problem. The Modbury Council decision was that the application is premature and the safety issues need to be addressed before it is reconsidered.

APP/1128/W/22/3307997 Ludbrook: This is not in Modbury parish, but the PC is supporting the decision that South Hams made to object to the application

The application for a Pavement License for Broad Street, Modbury was supported.

The application to ask Time Team to investigate at Palm Cross was supported.

**Annual Parish Fair:** This is to take place at the Pavilion, Queen Elizabeth II Recreation Ground on 25th April when a representative from Plymouth University will give a talk about Dementia.

**Maintenance Committee:** The 'Patch' at Tuckers Brook: quotes have been requested for painting the railings and tidying up the trees and hedge. In addition, a specification is being requested for the section of land beyond Church Lane, to join the two sections of pavements on the south side of Church Street up to Palm Cross. Once this has been obtained quotes will be requested for the necessary work.

Devon Council is in support of a path being made across the grass corner at the Dark Lane and Barracks Road junction and a specification is being requested for this also before quotes are obtained.

**Warm Space:** This initiative worked well, especially as a community space with engagement with the Parish Councillors who were helping there. The Parish Council will look for a community space in the centre of Modbury going forward.

**cont. overleaf**

**The new tennis season is here.  
Why not join Modbury Tennis Club?**

Fees from 1<sup>st</sup> April 2023 until 31<sup>st</sup> March 2024:

Family	£52.00
Single	£30.00
Junior/Student	£20.00
Child (11yrs or under)	Free

For further information and to download a membership form please visit:

[clubspark.lta.org.uk/ModburyTennisClub](http://clubspark.lta.org.uk/ModburyTennisClub)

Or contact Gill Jolly

01548 831263 [silverhill.gj@gmail.com](mailto:silverhill.gj@gmail.com)

## Modbury Parish Council Report (cont.)

**Sustainability:** Modbury School is helping to get children to grow vegetables.

The Modbury Parish Council agreed to work together with other local Parish Councils to monitor the river quality of the River Erme, including writing to other local councils and our local MP.

**Public Transport to Ivybridge:** This is a Devon County Council issue and will be pursued further with them.

**Ukrainian Families:** The support group has got extra education help for some children and adults and has also got a house for a Ukrainian family to rent in Kingsbridge as their current accommodation time was running out.

**Parish Paths Partnership:** Our P3 representatives have been busy repairing sleeper bridges and path clearing.

The Chair thanked the Parish Council for their support and the council thanked the Chair for his hard work.

Seven Parish Councillors are standing down from the Council and the Council will be welcoming new Councillors after the May elections. The next Parish Council meeting will not be the first Tuesday of the month but will be after the election of the new council.

Meeting ended at 9:20pm.

*Chris Barnes*



## NOAH'S ARK


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## Modbury History Society

The next meeting of the Modbury History Society will take place at 7.30pm on Friday, 12<sup>th</sup> May 2023 when Nicholas Pearkes has been invited back to talk to us and this time will be telling us about his part in a Roman dig in Devon.

The Society meets at the QE11 Pavilion situated at the QE11 Recreation Ground, in Chatwell Lane, Modbury, where there is ample parking. Evening meetings take place on the second Friday most months and are advertised in the Modbury Messenger. You are most welcome to come along to hear a talk if you are not a member (fee £5).

Please contact me if you would like further information:

[rosiejaneparker@gmail.com](mailto:rosiejaneparker@gmail.com)

*Rosemary Parker*



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## St George's Church

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[www.modburyteam.org](http://www.modburyteam.org)



pray

### Welcome to St George's Church, Modbury

We are open every Sunday for public worship and the church is open every day if you wish to visit the building for a time of personal prayer and contemplation. Venue may be changed from the 14<sup>th</sup> May, but notification of any changes will be made public on the Church website and other social media.

Everyone is welcome and you can find out more about what is on offer from our website [www.modburyteam.org](http://www.modburyteam.org). If you want to speak to the Vicar, call Rev. Matt on 01548 830260 or email [matt.rowland@modburyteam.org](mailto:matt.rowland@modburyteam.org).

May	Service	Service Leader
Sunday 7 <sup>th</sup>	9.30 May Fair/King's Coronation Service ** PLEASE NOTE ** THIS SERVICE WILL BE HELD IN ST GEORGE'S CHURCH AND NOT AS PREVIOUSLY ADVERTISED IN THE MEMORIAL HALL	Rev. Matt Rowland
Sunday 14 <sup>th</sup>	8.00 Holy Communion (BCP) 9.30 All Age Service	Rev. Matt Rowland Rev. Matt Rowland
May 21 <sup>st</sup>	9.30 Holy Communion	Rev. Matt Rowland
May 28 <sup>th</sup>	9.30 Sunday Worship	Gil Snook

### CHRISTIAN COMMENT: Christ Reigns from the Cross

For over a thousand years, our kings and queens have been invested with a ring, sceptre, rod, orb and crown. Charles III will have all the coronation regalia placed in his hands and on his head on Saturday May 6<sup>th</sup>. These golden objects are adorned with diamonds and other precious stones, worldly wealth beyond measure.

And yet the ring is marked with a cross, and the other objects are each topped with one, symbolizing the authority of Jesus Christ. A dove, a symbol of God the Holy Spirit, perches on the cross at the top of the rod. Together they remind us that the Christian church believes that Jesus Christ is king over all. Yet this King didn't hoard power, but gave it up in service. Christ reigns from the cross, wearing a crown of thorns, defying the world's expectations, forgiving and loving to the end, dying and rising that he might offer life in all its fullness. True leadership is leadership that serves.

(Taken from Daily Prayers for Coronation of King Charles III, CHP)

*Rev. Matt Rowland*

### St George's Restoration

The venue for services may change to Modbury Memorial Hall if the internal restoration of the church begins.

The May Fair/King's Coronation service will, however be taking place in St George's on Sunday 7<sup>th</sup> May and not in the Memorial Hall as previously advertised.

See our website for the latest updates: [www.modburyteam.org](http://www.modburyteam.org)

### St Monica's Roman Catholic Church, Modbury

Mass weekly at 12 noon on Saturday

### St Austin's Priory Roman Catholic Church, Cadleigh

Mass weekly 11.30 am on Sunday

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f Modbury Tiddlers @modbury\_tiddlers  
mail@modburytiddlers.org.uk



## ARTS SOCIETY KINGSBRIDGE forthcoming meetings 2023

Zoom 01548 532850 for a link

May 24<sup>th</sup> at 2 for 2.30pm

**“Pots and Frocks: The World of Grayson Perry from Essex Punk  
Rocker to Superstar National Treasure”**

Ian Swankie

**Venue:** The Methodist Church, 100 Fore Street, Kingsbridge, TQ7 1AW

All welcome - no need to be a member - £10 (£8 for Zoom) donation

## MODBURY PARISH COUNCIL

Modbury Parish Council Office, 2 Galpin Street, PL21 0QA 01548 830222 email parishclerk@modburyparishcouncil.gov.uk

### Your Councillors are:

Barry Keel	07795 533704
Helen Nathanson	
Barbara Price	
George Rosevear	01548 831427
Phil Smith	07759282404
Dave Trigger	07808742372
Ann Turner	
Andy Walker	
Peter Watts (CHAIR)	07721 918129
Rob West (VICE-CHAIR)	01548 830135
Jo-Anne Woodcock	01548 831128

barrykeel@modburyparishcouncil.gov.uk
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peterwatts@modburyparishcouncil.gov.uk
robwest@modburyparishcouncil.gov.uk
jowoodcock@modburyparishcouncil.gov.uk

### How can we help you?

Councillors run drop-in surgeries on Saturdays 10 – 11am in the Parish Office at 2 Galpin Street. The Parish Clerk is in the Parish Council office on Tuesdays 10am – 4pm. Call into the office, phone, email or come along to our meetings on the first Tuesday of every month and speak in the public forum.

### Devon County Councillor (Salcombe Division):

Rufus Gilbert Tel: 01548 856659  
rufus.gilbert@devon.gov.uk

### South Hams District Councillor Charterlands Ward:

Bernard Taylor Tel: 01548 830844  
Cllr.Bernard.Taylor@southhams.aov.uk



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**Ladies and Gents who**  
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– contact Liz 01548 83

**Ladies and Gents who craft (or simply  
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Thursdays – 2 – 4pm £2. Includes  
tea contact Wendy 01548 831219.

**Ladies and Gents who Stroll and  
Chat – Wednesdays – 11 – 11.30 am**  
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Cool Bean Café.

**Ladies and Gents who meet for coffee**  
– Mondays – 11 am – Cool Bean Café –  
all welcome to join the table.



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local*

# ONE-BIG-STREET

## Party

Bank holiday Monday May 8<sup>th</sup>

### The Coronation Countdown has Begun

Our Modbury-wide celebration of the end of May Fair week and the Coronation of King Charles III takes place at the QEII Sports and Recreation Ground on **Bank Holiday Monday, May 8<sup>th</sup>**. This unique event **starts at 1:00pm, but gates will open from noon**. Everyone in Modbury is welcome.

Because of through traffic and Modbury's hills, not every street can host a party. So for this special day, we are creating a pop-up street, our own Coronation Street, at the Sports & Recreation Ground. Now everyone in Modbury can bring their street to the party.

#### Your entertainment features:

Four live bands, magical storyteller, Sara Hurley, and renowned walkabout entertainer Micky Bimble.



*Equally Guilty*



*Boomers*



*Woody and the Hound Dogs*



*Dust Devils*



*Sara Hurley*



*Micky Bimble*

**Games** include a Tug-of-War competition run by Bombers Gym, a volleyball court and a Target Football competition run by Modbury Rovers. **Prize money exceeds £200 plus a winner's medal** for the top scoring boy and girl in each of three age groups. The competition starts at 3:00pm and kick off times for each age group will be published and announced on the day.

## FAQs – Find answers to typical ONE-BIG-STREET Party questions here:

**Do I need to buy a ticket?** No. The entertainment is FREE for everyone in Modbury and has been funded by grants and sponsors.

**What time does the event start?** The official start is at 1:00pm, but the gates will open at 12:00 noon.

**What should I bring?** Picnic chairs, rugs, etc. and party food to share with your friends and neighbours.

**Will there be food and drink to purchase?** The Modbury Inn will run a licensed bar from inside the Pavilion. The Wonky Moose Pizza Company will be serving freshly cooked pizzas from their converted trailer. A restored vintage ice cream van will be selling made-in-Devon ice cream.

**Can I bring friends or family from outside Modbury?** While it is essentially a free event for the people of Modbury, personal guests and family are welcome, but please ask them not to come by car as parking will be very restricted.

**Can I bring my dog?** Unfortunately no, the usual regulations will still apply at the Sports and Recreation ground in respect of dogs. No dogs whatsoever are permitted.

**Can I bring a barbecue?** No. Portable gas rings and barbecues, of any type, are not permitted under any circumstances.

**Can I bring a gazebo or patio umbrella?** Our insurance prohibits the use of gazebos and patio umbrellas. They would also interfere with other people's visibility of stage performers.

There will be a few organiser's gazebos for those who may need shelter. These will be specially erected in a manner that complies with our insurer's regulations and will be at the rear of the picnic area.

**Do we have to sit in specified areas?** Where you sit is up to you, but we encourage people to sit with friends and neighbours from their street. To help guide you, street names will be found on sign posts at the sports field. One table is located at each sign post. You can use it to put food and drink on. Also on the table will be: a layout plan of the site, the programme of events and details of Target Football start times for each age group. Under the table will be a litter bag for anything you cannot take home afterwards **Groups are encouraged to sit in informal groups or clusters not in rigid rows.**

For those coming from out of the town or farms, we have created a pop-up street called **Coronation Street**.

**What about parking?** Parking is very limited at the sports and recreation field and priority will go to disabled parking. **Please leave your car at home or park elsewhere in the town.** Everyone's co-operation on this aspect will be much appreciated.

We recognise that people traveling from parts of the parish outside of, or on the fringe of, the town, or those bringing people with mobility issues, may need to use a car.

We have tried to obtain permission to use nearby fields for parking, but without success.

**What about toilet facilities?** The toilets at the Pavilion will be open but, please only use the front entrance to access them.

### What's the entertainment line up?

There will be four bands:

- ❖ **Boomers, Woody and the Hound Dogs, Equally Guilty and Dust Devils.**
- ❖ **Paul Woodcock** will be playing flamenco guitar as you arrive and set up your party.
- ❖ Story teller **Sara Hurley**, alias Isabella Necessity (on a bicycle) and internationally acclaimed walkabout entertainer **Micky Bimble**, alias Dr Pandemonius Fish, will be delighting us all afternoon. There will be a special story telling session by Sara in the Scouts camp fire area.
- ❖ **Games include:**
- ❖ **A Tug-of-War competition** run by **Bombers Gym**.
- ❖ A **Volleyball court** will be marked out for those who want to have a go.
- ❖ The **Multi-use Games Area** will be open as usual.

**PLUS**

**Target Football Competition with over £200 in prizes  
and medals for the winners**

❖ **Target Football Competition** The Prize money exceeds **£200 plus a winner's medal** for the top scoring boy and girl in each of three age groups: Entry is 50p for 5 goes which includes a lucky dip in the sweet jar. Prizes are Sports Direct vouchers: **£25** for under 10s, **£35** for under 14s and **£45** for over 14s up to 18. Start times for each age group will be pasted on the table at each street sign post. This competition is kindly sponsored by local company, **Mr Builder** and is run by **Modbury Rovers** who will be talent spotting for new team members. Will you be Modbury's next Beth Mead or Harry Kane?



Modbury May Fair would like to thank our sponsors without whom this event would not be possible.



**Please remember to take your litter home after the event.**

During the afternoon there will be an opportunity to make a donation to help fund future community activities.

**Colin Whybrow & Chris Birch**  
On behalf of Modbury May Fair Committee

## SOUTH HAMS MOBILE LIBRARY

**Saturday 13th May** Poundwell Sq.  
09:45 to 12:15

**Tuesday 23rd May**  
Ayleston Park 14:45 to 15:30  
Higher Green Park (Palm X) 15:35 to 16:35

**Wednesday 24th May**  
California Inn Carpark  
09:10 to 09:30



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## Six Reasons to Include Exercise as Part of your Lifestyle

- 1) Improved Physical Health:** One of the most obvious benefits of staying active is improved physical health. Regular exercise can help you maintain a healthy weight, reduce your risk of chronic diseases like heart disease and diabetes, and improve your overall physical functioning.
- 2) Better Mental Health:** Staying active can also have a positive impact on your mental health. Exercise has been shown to reduce symptoms of depression and anxiety, boost self-esteem and confidence, and improve overall mood.
- 3) Increased Energy:** When you stay active, you'll have more energy to tackle your daily tasks and activities. Regular exercise can help improve your endurance and stamina, making it easier to do things like climb stairs, carry groceries, or play with your kids or grandkids.
- 4) Better Sleep:** Exercise can also improve the quality of your sleep, helping you fall asleep faster and stay asleep longer. This can lead to improved mood, better focus and productivity during the day, and reduced risk of chronic health problems like obesity and heart disease.
- 5) Social Connections:** Staying active can also help you build social connections and relationships. Joining a fitness class or gym can give you the opportunity to meet new people who share your interests and values. This can be especially important for older adults who may be at risk of social isolation and loneliness.
- 6) Increased Longevity:** Finally, staying active and working on your fitness can help you live a longer, healthier life. Regular exercise has been shown to reduce the risk of premature death from all causes, including heart disease, cancer, and other chronic illnesses.

In conclusion, staying active and working on your fitness is important for both your physical and mental health. Whether you're young or old, have past experience, or none at all, the benefits of incorporating regular exercise into your daily routine are hard to ignore!

To help you get started, I've created a completely free 'couch to 5k' programme that provides a structure to follow over 7 weeks, it's a progressive plan that allows you to work at your own pace - all you need is 25 minutes, 3 times a week!

To join the programme, head to this link: [start.bomberspt.co.uk/couch-to-5k](http://start.bomberspt.co.uk/couch-to-5k)



Tom McKenny

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INSPIRING WOMEN

## Modbury WI

The next meeting of Modbury WI will be held at 7.30pm on Tuesday, 16<sup>th</sup> May 2023 at the QEII Pavilion when a Regional Fraud Protect Advisor, from the South West Regional Organised Crime Unit will be speaking about how to recognise and protect against economic crimes. Following the talk, a short annual meeting will take place.

Meetings usually take place at 7.30pm on the third Tuesday of the month at QEII Pavilion at the QEII Recreational Ground in Chatwell Lane, Modbury PL21 0FS where there is ample parking.

You are most welcome to come along as a visitor for which a charge of £5 is made to cover expenses, tea/coffee and cake etc) to meet everyone and see what we do.

Please contact me if you would like further information about what we do at:

[rosiejaneparker@gmail.com](mailto:rosiejaneparker@gmail.com)

Rosemary Parker

Walks on the 2nd, 16th and 30th May will be away from Modbury. The venues and travel arrangements for these walks will be discussed and decided at the previous week's local walk.

Walks on the 9th and 23rd May will be local ones around Modbury - meeting at Poundwell Meadow car park at 9.45am for a 10.00am start.

### Walk Leader contact details:-

Sue Rogers 01548 831289 Catherine Speight 01548 830195  
Jean Wright 01548 810029 Ann Brooks 01548 550300

# walk&talk

Sue Rogers

## Holbeton Film Club

Our film for this months is:

**Mrs Harris Goes To Paris, PG,**  
Saturday 13th May

Email: [harryluson@gmail.com](mailto:harryluson@gmail.com) for further details of our summer programme of films at Holbeton Village Hall.

Harry Baumer  
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## Royal British Legion - Modbury Branch

The next gathering of the Modbury and District Branch of the Royal British Legion is a curry evening at the Royal Gurkha Spice restaurant, which has been arranged by the Social Secretary - Mr Duncan Squires (07535 287299) on Friday 5th May 7.30pm for 8pm and so please book in with him.

The next business meeting of the Modbury Branch of the Royal British Legion is planned for Wednesday 7th June in The Club. Everyone is most welcome.

David Scott (Hon Secretary)

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## Let's Befriend

There are many wonderful groups making lives better for residents in Modbury. One of these is Modbury Caring.

Modbury Caring started with a group of volunteers undertaking car transport for residents in the area. This service enabled local people to attend medical appointments or other activities. Then, around ten years ago, Modbury Caring realised there was a very real need for an additional service, as many residents were experiencing social isolation. This was exacerbated by the decline in public transport. People without personal transport of their own or those who were unable to drive due to health or disability reasons were unable to get about.

The new Befriending service aimed to help residents in lonely and isolated circumstances by matching them up with a befriender who visited them regularly. This service proved invaluable to many people and it still does. However, due to the need, not just in Modbury, but also in the surrounding parishes – Modbury Caring urgently requires more volunteer benders.

Volunteer befriending can involve as little time as an hour or so a week, but it can make a huge difference to someone's life.

As a befriender, you could visit a client for a chat over a cup of tea or for shared activities such as cards or a board game. You could accompany someone on a short walk, attend a specific event or – if you can offer more time – take them on an outing, e.g. to town, a garden centre, a coffee shop, an art exhibition or to the coast.

Some examples of Modbury Caring's recent befriending situations are:

- A housebound client with mobility problems who really enjoys talking about activities like baking and gardening which she used to enjoy and who still likes to swap recipes and gardening tips.
- A client with loss of sight who takes great pleasure from outings in the car where the befriender describes the outlook, scenery and landmarks along the way.
- A client whose befriender comes from the same town and who enjoys reminiscing on shared or similar experiences while growing up in their hometown.
- A client keen on walking, but feels more confident walking with the befriender and enjoys the company and conversation.

Feedback from clients has been so rewarding. It's such a positive and stimulating experience for a socially isolated person to know that a friend will be visiting regularly. Clients really look forward to their befriending visits.

Befriending is very flexible – you arrange your time to visit. It doesn't have to be the same day and time each week either. It just needs to be regular.

If you think you may be interested in befriending a local person and would like to chat more, please call Sheila, the Befriending Co-ordinator, on 07554 997140. Please leave a message with your details. Alternatively, you can email: [modburycaring@gmail.com](mailto:modburycaring@gmail.com).

**Jackie Wesley**

## Help us to help others

**Modbury Caring has been helping local residents for twenty five years.  
Please can you help us to continue our excellent work?**

**We need assistance from people with a range of skills including social media and fund raising. If you don't have those, please bring your life experience and enthusiasm.**



**For an informal chat, please call Bill Cole:  
01548 830913**



In association with South Hams CVS  
Modbury Caring charity registration number: 1070237

*Modbury taxi*



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Tel : 07455393693

---

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**07455393693**



## An Apothecral Tail

### Novum stagnum in Roslin Villa

#### Vernum

The churchyard is a joy with the glow of primroses and **lesser celandine**. The lesser celandine (*Ficaria verna*) is also known as pilewort and has apparently been used for 1000s of years for treating piles and anal fissures; seemingly a native plant and mentioned in Culpepper's Herbal (1647) though not featured in contemporary medicine.

Around the new pond at Roslin Cottage, I have instead chosen a superficially similar, but quite different plant - **winter aconite** (*Eranthus hyemalis*)

I chose this plant as much for its name as its early colourful appearance. **Aconite** is a medicinal plant known since ancient times and mentioned by many authors. It even featured in my own undergraduate syllabus. Hopefully, the aconite also known as monkshood, wolf's bane, leopard's bane, mouse bane, women's bane, devil's helmet, and queen of poisons will appear around the pond later in the year.

Meanwhile, more on the **winter aconite** which gets its name merely by having leaves which resemble those of monkshood, but is otherwise not closely related. In the 16th century, it was normal to classify plants by appearance.

Winter aconite is not native to this country. It was first documented as growing wild in the 18th century. I cannot see any reference to it in Nicholas Culpeper's Complete Herbal (written around 1649)

Winter aconite is toxic but with a different chemical composition to its deadly namesake. It contains khelin which can be converted into sodium cromoglycate used in the treatment of asthma and allergies. It is well known, especially under the brand name 'Opticrom'. Khelin can also be converted into amiodarone which is used in the treatment of atrial fibrillation. Due to its toxicity, winter aconite has rarely been used in medicine, so don't try this at home.

#### Fiat cum secundem artem

Edward Holt



## INTENDED MONTHLY FLAG HOIST AT PALM CROSS GREEN - May

Date	Masthead	Starboard Yard (Plymouth) - West	Port Yard (Modbury) - East	Event
01-02	Modbury Flag	Gloved Hand Fair Flag	Rooster Flag	Start of the Modbury May Fair week
03	Exeter City Flag	BLITZ	1942Ans	End of Exeter Blitz 1942
04-08	Modbury Flag	Gloved Hand Fair Flag	Rooster Flag	Fair Week
08	Union Flag	VEDAY	1945	Victory in Europe Day 1945
09	Guernsey/Jersey	LIBERAT	1945	C.I Liberation Day 1945
10	London City Flag	BLITZ	1941 <sup>st</sup> subAns	End of London Blitz 1941
15	RBL Flag	FOUNDRBL	Ans1922 <sup>nd</sup> sub	Founding of the British Legion 1921
16	RAF Ensign	DAMBUST	1943	RAF Dam Busters Raid 1943
24	White Ensign	HOOD	1941 <sup>st</sup> sub	Sinking of HMS HOOD 1941
26	Union Flag	DUNKIR	Ans1940	Start of evacuation of Dunkirk 1940
27	White Ensign	BISMARCK	1941 <sup>st</sup> sub	Sinking of the Bismark 1941
31	White Ensign	JUTLAND	191 <sup>st</sup> sub6	Battle of Jutland 1916

## **MODBURY LUNCH CLUB**

We are critically short of volunteer drivers to the point where for some of our members to attend it will be very problematic. A situation that we are most concerned about. One driver is doing several trips, but, of course, they do go away sometimes especially with the summer coming!

Could I please make a request that an advert for drivers is put in the Messenger in a very prominent position. Even, if I may suggest, on the front page (obviously if at all possible).

Thank you for the help in this matter.

Lunch Club meets on most of the last Fridays of the month and pick up is to arrive at the Memorial Hall for 12.30 and to return at 1.45 pm.

The contact for those who could help is Kim Wells on 01548 830594.

Many thanks

**Jean Cater Davis**



# Festival of Walks

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See list below and for more information and updates go to  
**[www.ramblers.org.uk/south-hams](http://www.ramblers.org.uk/south-hams)**

#### **Dartmoor - Monday 12 June**

A moderate 5 or 8 mile walk over moorland, medieval village and tors  
Meeting point 10.30 am: Houndtor car park, Grid ref: SX739792, Nearest Postcode TQ13 9XG  
Leaders: John (5 mile) 07802 364417, Janet & Rene (8 mile) 07891 800370

#### **South Hams Countryside - Tuesday 13 June**

A moderate 5 or 8 mile walk exploring our rolling landscape and valleys, visit the tea room afterwards  
Meeting point 10.30 am: Avon Mill Garden Centre, Loddiswell, Grid ref: SX727482, Nearest Postcode: TQ7 4DD  
Leaders: Linda (5 mile) 07511 349061, Steve (8 mile) 07468 588490

#### **Coastal - Wednesday 14 June**

A moderate 4 mile or a more strenuous 9 mile walk along coastal paths and wild flower meadows  
Meeting point 10.30 am: Bolberry Down NT car park (£3), Grid ref: SX690384, Nearest Postcode: TQ7 3DY  
Leaders: Gary (4 mile) 07543 380773, Debbie (9 mile) 07974 952890

#### **Coastal - Thursday 15 June**

A leisurely 6 mile or strenuous 11 mile walk on coast paths exploring the coastline of Start Bay  
Meeting point 10.30 am: Stokenham Church car park, Grid ref: SX808428, Nearest Postcode: TQ7 2SZ  
Leaders: Henley (6 mile) 01803 833192, Mandy (11 mile) 01548 550423

#### **Dartmoor - Friday 16 June**

A moderate 5 or 8 mile walk over moorland, old stone tramways and ancient settlements  
Meeting point 10.30 am: Shipley Bridge car park (£4), Grid ref: SX681629, Nearest Postcode: TQ10 9EL  
Leaders: Harry (5 mile) 07487 780984, Peter (8 mile) 07954 673845

#### **Coast & Country - Saturday 17 June**

A moderate 6 mile or strenuous 10 mile along coast paths and countryside, views to Plymouth and Cornwall  
Meeting point 10.30 am: Ayrmer Cove NT car park (£3) Ringmore, Grid ref: SX649456, Nearest Postcode: TQ7 4HR  
Leaders: Paul & Julia (6 mile) 07851 690279, Isobel (10 mile) 07876 412101

#### **The Dart Estuary - Sunday 17 June**

A moderate 6 or 9\* mile walk towards Dartmouth (\*includes two ferry-crossings 70p & £2)  
Meeting point 10.30 am: Little Dartmouth NT car park (£3), Grid ref: SX874491, Nearest Postcode: TQ6 0JP  
Leaders: Alan (6 mile) 07968 793875, Gary (9 mile) 07543 380773



# MODBURY MESSENGER

## COMMERCIAL ADVERTISING RATES MODBURY MESSENGER APRIL 2023

SIZE	1 INSERTION		3 – 10 INSERTIONS (Per insertion)		12 INSERTIONS (Per insertion)		12 INSERTIONS (Year Total)	
	Black	Colour	Black	Colour	Black	Colour	Black	Colour
1/8 page	£15.00	£30.00	£13.00	£26.00	£8.00	£16.00	£96.00	£192.00
1/4 page	£30.00	£60.00	£25.00	£50.00	£15.00	£30.00	£180.00	£360.00
1/2 page	£54.00	£108.00	£43.00	£86.00	£25.00	£50.00	£300.00	£600.00
1 page	£96.00	£192.00	£74.00	£148.00	£40.00	£80.00	£480.00	£960.00

### Advertisement Sizes:

One eighth page

One quarter page

One half page

Full page

Portrait or Landscape 1.75" x 2.5" (45mm by 65mm)

Portrait 3.5" x 5" (90mm x 130mm) Landscape 7" x 2.5"

Landscape 7" x 5" (180mm x 130mm) Portrait 10" x 3.5"

Portrait 7" x 10" (180mm x 250mm)

To advertise in the Modbury Messenger, contact the Editor, Lynne Barnes via email on [modburymessengercic@gmail.com](mailto:modburymessengercic@gmail.com)

## Modbury Messenger June 2023

### Copy Date 10th May

The copy date for the June 2023 Modbury Messenger is 10th May. Please email all articles, notices of events and paid advertisements to [modburymessengercic@gmail.com](mailto:modburymessengercic@gmail.com).

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Advertisers are charged a fee for advertising in the Modbury Messenger and this covers the cost of producing the Modbury Messenger. The Board of Directors, Company Secretary, Editor, Proofreaders and Distributors are all volunteers.

**Directors of Modbury Messenger:** Christopher Barnes, Diana Lynne Barnes, Burda Gage, Bernard Taylor.

**Company Secretary:** George Rosevear FCIS.

**Editorial Committee:** John Bower, Lynne Barnes, Nicky Shepley, Ira Young.

Modbury Messenger CIC has produced the Modbury Messenger as an independent CIC since September 2018. Previously, it was published by Modbury Parish Council.

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