



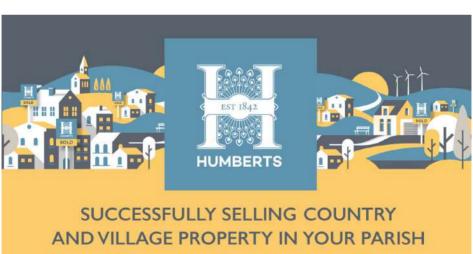
IN LOVING MEMORY OF KEN CARTER

Ken sadly passed away on 25 July. He lived all his life in Luppitt and was brought up on Snooks Farm, moving to Millrise following his marriage to Jean.

Jean Carter and her family would like to thank all those who attended his funeral as well as thank the Reverend Peter Holder for such a lovely service.

Grateful thanks are also extended to everyone who gave donations (amounting to over £500) in support of the Hospice Care and Children's Hospice South West charities.

Ken is pictured here with Jean taken last year as they celebrated their 65th Wedding Anniversary.



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If you would like any advice, please contact your local Devon team:

THE LUPPITT PACKET



As summer draws to a close, we look back on long warm summer

days and evenings spent with family and friends. We had a wonderful Village Flower show and Fete which was very well attended and a great success. Our congratulations to all the winners and Brian Pulman for winning the Waldon Perpetual Cup for the most points won at the show.

As always, with the evenings already beginning to shorten, our thoughts start to turn towards the changing season. The Autumn terms will be starting soon and the harvest is nearly upon us. We look forward to the popular Harvest Supper on 29 September giving us a chance to get together and enjoy good food and company - we hope you will take the time to come along.

Please take the time to read the article on Page 7 & 8 which provides an important clarification of all landowners responsibilities regarding the maintenance of trees, hedges and ditches on or adjoining their property.

Learn all about Crying the Neck and try our Plum Sauce recipe for those of you who have a surfeit of fruit.

Put 5 October in your diaries to support a good cause and enjoy the Big Breakfast being sponsored by Maria Warren in aid of Parental Minds.

Whether you have been busy at work, in the fields or the garden, helping with local events, or simply enjoying life, we hope you find something to interest you in this issue. As always we welcome ideas for articles in future editions.

Christine Ryder, Michele Turner and the Luppitt Packet team

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Luppitt Entertainments Committee Events

Events coming up:

Monday 29th September: Harvest Supper

Saturday 4th October: Apple Day

Save the Dates!

Friday 24th October: Autumn Bingo November 14th November: Quiz Night

Saturday 13th December: Christmas Party

REGULAR EVENTS IN THE VILLAGE HALL

Short Mat Bowls 7.30pm Thursdays Friday Coffee / Market 11am until 1pm

except for last week of the month which is on Saturday

The Luppitt Inn 7:30pm every Monday, Wednesday & Friday

Early opening on Fridays at 6pm

(for a trial period)

Church Cleaning and Flower Rota 2025

6 September Mary Joyce and Pearl Pulman

13 September Mary Hill

20 September Sue Piechowiak

27 September Jean Gardiner and Joy Tofts

Harvest decorations - all

4 October Pat Bussey, Mary Joyce and Pearl Pulman

11 October Mary Hill

18 October Sue Piechowiak

25 October Jean Gardiner and Joy Tofts

THE LUPPITT PACKET IS ALSO ONLINE

Additional information and photographs can be found at www.luppittpacket.co.uk All archive PDF copies of The Packet dating from 2010 to the current edition can be found on www.luppitt.net (hosted by Peter Sage) which also contains a wealth of information about Luppitt – its history, people, photos, family trees etc.

DIRECTORY

Parish Council Chair Vice Chair	www.luppittparish.gov.uk Michele Turner Martin Summers	07525 796197 01404 46845 07748 780096	
Clerk	Rosalind Buxton clerk@luppittparish.gov.uk	01404 861565 07944 625025	
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Surgeries	Blackdown Dunkeswell Honiton Medical Centre Honiton Minor Injuries Unit	01823 681720 01404 548544 01404 540540	
Devon Air Ambulance East Devon District Council TRIP (community transport) Citizens Advice Bureau		01392 466666 01404 515616 01404 46529 0344 411 1444	
Location of defibrillators			

Location of defibrillators

Village Hall EX14 4RT Lowmans Farm, EX14 4TX (near Red Doors)

GARDEN JOTTINGS

Hostas, tallish mauve flowers in early summer and streaky leaves throughout the summer, are woodland plants best suited to fairly shady places. They are named after Host, an early scientist from Austria. Apart from their stripy leaves hostas are famous for attracting slugs and snails.

BBC Gardener's World recently claimed hostas are far less attractive to these pests if you grow them in the ground rather than try to protect them in pots. Some years ago I grew hostas in the ground very successfully. My garden then however was



strangely two feet of sand over heavy clay, an unusual arrangement thought to have been caused by ancient winds. Never in my eight years there did I see even one snail. Slugs were a rarity too.

Hostas may have mauve upright flower spikes, but they are mainly grown for their variegated foliage, often with fawn or white stripes. There are many varieties. My now well-out—of-date Plant Finder handbook lists 15 pages of hostas and where to buy them.

Being woodland plants, hostas do best in shady places. Here they are said to suppress weeds. Avoid hot, open sun baked sites for best results.

Jacki has had a couple of hostas in pots for several years. With great care they can usually manage to grow without being marred by slug holes. But they do need great care.

We are still visited from time to time by an unknown black cat. Unfortunately we have lost our grey Jason. In younger days I well remember him running about a rather wild garden with our hens who were let out in the afternoon to explore. As soon as he came, our rat problem of those days disappeared overnight. Jason lived with us for 15 years. Requiescat in pace.

David Street



Installation of Revd Nigel Candelent as Rector

Revd Nigel will be installed as Rector of our six Mission Community Churches at a special service at St. Nicholas, Dunkeswell at 4pm on Sunday 7th September. The service will be led by the Archdeacon of

Exeter, Ven. Andrew Beane. Please do attend if you are able.

Harvest Festival Service and Supper

The Harvest Festival Service will be led by Revd Nigel Candelent at the later time of 4pm on Sunday 28th September.

The Harvest Supper and Auction of Produce will be held on Monday 29th September in the Village Hall from 7pm for 7:30pm. To book please contact Jean Hooper on 892969 by 22nd September. Adults £12:50, children £7.50.

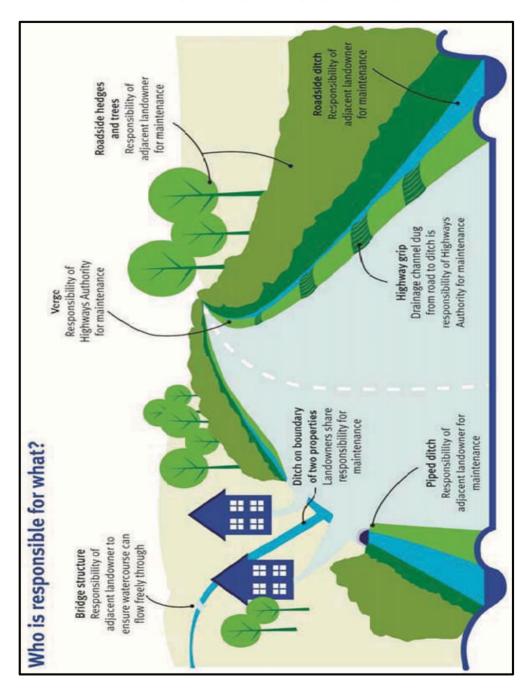
05 Sep	04:00 PM	Friday @ 4, Throgmorton Hall			
07 Sep	09:30 AM	Holy Communion BCP	Rev N Candelent		
21 Sep	11:00 AM	Holly Communion CW	Ven J Rawlings		
28 Sep	04:00 PM	Harvest Festival	Rev N Candelent		
There is no service at St. Mary's on 14 September, alternatives are:					
Dunkeswell	09:30 AM	Holy Communion	Rev N Candelent		
Upottery	11:00 AM	Holy Communion with Baptism	Rev N Candelent		
		-	-		

A huge THANK YOU to Andy for removing the broken bench from the Churchyard and installing the lovely replacement. Thank you to everyone who has made a donation to help the Church with the cost of this purchase.

Please do come along, sit awhile and enjoy the splendid view.



LANDOWNERS RESPONSIBILITIES



LANDOWNERS RESPONSIBILITIES GUIDANCE ON HEDGES AND VERGES

The Parish Council is concerned that there is still confusion relating to property/landowners responsibilities in respect of ditches, hedges and trees. There remain several overgrown hedges and overhanging trees around the parish that are causing obstructions and are a hazard to road users. The clerk has checked and confirmed with the Neighbourhood Highways Officer that there is no availability for a lengthsman to come to Luppitt. The Neighbourhood Highways Officer reiterated the current advice that landowners are responsible for ditches, hedges and trees on and adjoining their land The Parish Council would like to draw property owners attention to the diagram on the left and the guidance provided by Devon County Council below.

Land and property owners have a legal duty to maintain roadside ditches, hedges and trees where they are on the edge of the highway so that they do not cause a hazard for traffic and pedestrians. The following notes are intended to provide helpful guidance. Full details can be accessed on https://www.devon.gov.uk/roads-and-transport/factsheet/hedges-and-verges/maintaining-hedges-and-trees/

Owners and occupiers are required to:

- trim hedges and trees to ensure growth does not obscure the view of road signs;
- trim roadside hedges to maintain visibility for road users, particularly at junctions and on the inside of bends;
- trim any hedge that directly abuts a road, footway, cycleway or public right of way so that growth does not prevent the passage or affect the safety of the highway user, including cyclists and pedestrians;
- remove dead or decaying trees and other growth that may fall across the highway;
- remove dead branches and other growth that may prevent the passage of high-sided vehicles or obstruct light from a street light;
- ensure the highway (including footway and drainage features) is left clear of debris from any cutting operations.

Hedges should be cut back to maintain the minimum required clearances for roads and footways as follows:

- 1.5m clearance on footways for safe passage
- 5.2m clearance for hedges overhanging roads
- 2.1m clearance for hedges overhanging footpaths

The minimum clearance for tree branches overhanging the highway is:

- 5.2m for trees overhanging roads
- 2.1m for trees overhanging footpaths
- 2.5m for trees overhanging cycleways

The Luppitt Flower Show and Fete

A big thank you to everyone who entered the Flower Show. All the entries were amazing especially the children's scarecrows. Didn't they do well!

Here is the list of the cup winners:

T.D.Hussey Cup for Vegetables Sue Jenkins

Beacon Cup for Flowers Jean Gardiner

Red Door Rose Bowl for

Flower Arranging Sandra Russell

Barn Cup for Fruit Wendy Clapp

Philip Simon Cup for Homecraft Tracy Rosewell

Flutterby Cup for Sugarcraft Marion Chown

Hartridge Tankard for Men Brian Pulman

Village Hall Cup for Children

8 years and under Florence Richards

9 -16 years Lilly Crabb

Dumpdon Cup for Novelty Jean Gardiner

Waldon Perpetual Cup for most points Brian Pulman



We hope you will all be inspired to enter next year!

Susan Wilson and Sheila Richards

Brian Pulman who won the Waldon Perpetual Cup

SPACE - THE FINAL FRONTIER!

There are quite a few exciting activities happening in the skies during September for those of you who wish to take some time out outside gazing upwards. We are lucky enough to have little light pollution compared to some locations so weather permitting we may get to see these events.



7 September - Total lunar eclipse

The Moon will rise above the horizon just in time for us to see this total lunar eclipse from the UK. The eclipse's maximum will occur at 7.33 pm BST, as the eclipse's actual maximum at 7.11 pm happens when the Moon is below the horizon. The Moon will then gradually move out of Earth's shadow until 9.55 pm.

During the eclipse, the Moon will appear a red hue because it will be illuminated by light that has passed through the Earth's atmosphere and been bent back towards the Moon by refraction.

As the Moon will be low on the horizon and quite difficult to see, find a high point with a clear view to the east to see the most of this eclipse.

19 September – Lunar occultation of Venus

In September we'll get to observe the motion of the Solar System in action as Venus takes its turn to temporarily disappear behind the Moon.

This lunar occultation will be visible from Africa, Western Russia, Canada, Asia and Europe, including London. Venus will pass behind the Moon at 12.55 pm BST, and reappear at around 2.14 pm BST

21 September – Saturn at its best

Saturn reaches opposition on 21 September, meaning it'll be directly opposite the Sun in the sky and therefore look especially bright to us.

As one of the more visible planets to reach opposition, this could be a good opportunity to try to capture some photos of the gas giant.

22 September - Autumnal equinox

In 2025 autumnal equinox will occur on 22 September at 7.20 pm BST. On this day the Sun will illuminate the Northern and Southern Hemispheres equally, and day and night will be roughly the same length.

The full Moon closest to the autumnal equinox, which usually falls in September, is called the Harvest Moon. It got this name because historically the light of the Moon helped farmers work late into the night harvesting crops.

SEPTEMBER PUZZLE

From the definition clues given below can you find the words ending in TABLE (the number of letters for each word is given after each definition.



	DEFINITION	"TABLE" WORD
1.	A steady place to keep a horse (6)	
2.	Capable of being lived in (9)	
3.	Friendly and welcoming towards guests (10)	
4.	Potatoes, swede and carrots are examples (9)	
5.	A schedule of arrivals and departures (9)	
6.	Capable of being moved to another place (13)	
7.	Certain to happen, unavoidable (10)	
8.	Rank of a policeman (9)	
9.	Behaving in a way you would expect (11)	
10.	You play your records on this (9)	
11.	Able to be filled with gas or air (10)	
12.	Right for someone or something (8)	
13.	Becoming annoyed very easily (9)	
14.	Open to discussion or argument (9)	
15.	A disease capable of being conveyed to another (13)	
16.	Kind and generous in giving money (10)	
17.	Not important enough to remember (11)	
18.	Likely to result in advantage (10)	
19.	Required to justify actions or decisions (11)	
20.	Making you feel sad or sorry about something (11)	









Rev Nigel writes...

I lift up my eyes to the hills. Where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

Psalm 121:8



I do hope that you have all had a blessed summer and enjoyed some quality down time. In July, Rev Jane and I were really pleased to be part of the end of the School academic year in the three Primary Schools within our communities. There was a wonderful selection of summer fayres and school concerts. Thanks to all the parents and staff who put in so much hard work to make them all such wonderful events. It has been really good to be involved in our schools and continue to build relationships with our head teachers, teaching staff and assistants.

There were also the Year Six leaver's services. A wonderful opportunity for the children to celebrate their time in the school and look forward to a new season in their secondary education. These occasions are always very special for all involved and for the children as they reflect on leaving the School where they have spent their formative years.

This idea of new beginnings is not just for our children as they embark on their new academic year at the start of the September, whether new school or new class, but for each one of us. September always feels like a new start after a summer break as we walk into autumn.

For our churches there will be lots of discussions and prayers this month on how we explore ways through governance and share resources to help us as community of churches to flourish and grow both individually and together.

Messy Church

During August we had 2 summer Messy Churches held as always in Luppitt Village Hall which saw many of the families from our Schools and Church communities attend and enjoy quality time together in what is becoming a very special gathering for everyone. Fri@4 begins again on September 5th occupying its same time, 4pm, but new slot on the first Friday of each month, still at Throgmorton Hall, Dunkeswell.

Pet Service

During August St Mary's, Luppitt, held a Pet service. It was a lovely occasion with people bringing along their pets along for a blessing. We also had pictures of those pets that couldn't be with us including a picture of Barbara and John

Thorne's pet rabbits - Gin and Tonic, who live in



Canada with them.
We also had the time of prayer for those beloved pets who are no longer

with us, but still loved and in our hearts, which was very special. Thanks to all those who made this service happen and to those who served refreshments afterwards.



Rev Nigel Installation service

On Sunday it is the start of a new season for me as the role of Priest in Charge which I have held for 2 years will change to Rector. There will be a service led by our Archdeacon Andrew Beane to acknowledge this. It will be at St Nicholas Church in Dunkeswell on Sunday 7th September at 4pm, followed by refreshments at the Village Hall afterwards. Do join us if you are able to.

Do also look out for our selection of different services including our Harvest festivals. You are welcome to join us. All details will be in this magazine or on our website https://www.dunkeswell.org.uk/

Every blessing
Rev Nigel Candelent
Dunkeswell Mission
Community



Dunkeswell Mission Community Dunkeswell, Broadhembury, Luppitt, Sheldon Upottery and Plymtree

Friday@4...Throgmorton Hall, Dunkeswell Every 1st Friday of the month Next one, Friday 5th September @4pm Come and join us for...Family time - Food@4 Followed by craft/activities/fun Followed by story time & song



Clerk's report of a Meeting of Luppitt Parish Council held at Luppitt Village Hall on Tuesday, 1 July 2025 at 8 pm

Present: Cllrs Michele Turner (Chair), Martin Summers (Vice-Chair), Brian Pulman, Andrew Tucker, Susan Tucker, Yehudi Levine (EDDC)

Receive apologies for absence

Apologies were received from Cllrs Lindsay Hill, Charles Murray, Colin Brown (EDDC) and Cathy Connor (DCC)

Minutes of previous meeting

The Minutes of the meeting held on Tuesday, 3 June 2025, were unanimously agreed and signed as a correct record of that meeting (proposed by Cllr Pulman and seconded by Cllr Susan Tucker).

Declaration of Interest

There were no declarations of interest.

PLANNING

Applications (for comment, support or objection)

25/0712/LBC – Little Thatch, Beacon, EX14 4TT – replacement windows The Parish Council has no objection to this planning application.

Appeal APP/U1105/A/25/3367089 – Blackenfields Farm, Luppitt, EX14 4UB – erection of a general purpose agricultural building The details of the appeal were noted.

Decisions

There were no decisions.

REPORTS

Ward Councillor

Cllr Levine had nothing to report. The reorganisation of Local Government and how it will affect East Devon continues to have an impact on staff morale.

County Councillor

Cllr Connor had sent a report in her absence which the clerk will forward to Parish Councillors.

HIGHWAYS AND TRAFFIC

Parish Highways programme - the clerk has reported the following items to Highways:

- Hillend serious road deterioration
- Pothole by well above Antelope Cottage
- Below Messhayes serious road deterioration

Parish Maintenance

No items to report.

FOOTPATHS AND BRIDLEWAYS

Bridge at Otter Falls

Cllr Tucker has made an excellent job of repairing the bridge at Otter Falls. The clerk has sent a photo of the completed work to the Public Rights of

Way Officer at Devon County Council who has agreed to a grant to cover the work.

Enhancement of existing footpaths – Luppitt Landscape Recovery As agreed, the clerk has passed on the request for input to the three Footpath Wardens for their attention.

ENVIRONMENT/COMMUNITY FACILITIES VE Day Event

- Permission to hold the event on Hartridge as in previous years was
 refused at the Commoners' AGM. Cllr Tucker would like it to be minuted
 that that decision should be considered null and void because the
 proposer of the motion had not registered their rights as a Commoner
 with Devon County Council and they were not, therefore, an active
 Commoner and in a position to put forward a motion.
- The clerk is waiting for an up-to-date bank statement before finalising the figures.

Annual Parish Meeting

There was some discussion about the general lack of interest in the Annual Parish Meeting. Attendance is very poor even when speakers have been arranged in the past. The clerk advised that Woodbury Parish Council is being cited by Devon Association of Local Councils (DALC) as a Parish Council that is managing to reverse the trend of poor attendance. It was agreed to give further thought to this when the Annual Parish Meeting is being arranged next year.

FINANCE AND ADMINISTRATION Financial Regulations

The clerk has revised the Financial Regulations in line with NALC's model template and has sent them to Cllrs Turner and Murray for consideration and comments. They will be put before the full Parish Council for agreement at next month's meeting.

Clerk's email address

The clerk has a new email address to comply with Government regulations going forward – clerk@luppittparish.gov.uk.

Remote attendance at meetings

The clerk advised that the Government is going to bring forward legislation to allow remote meetings of councils and proxy voting.

Correspondence

There was no correspondence.

CHAIRMAN'S DISCRETION

There were no items.

QUESTIONS FROM THE PUBLIC

There were no questions and the meeting closed at 8.55 pm.

Clerk's report of a Meeting of Luppitt Parish Council held at Luppitt Village Hall on Tuesday, 5 August 2025 at 8 pm

Present: Cllrs Michele Turner (Chair), Charles Murray, Paul Prettejohn, Brian Pulman, Andrew Tucker, Susan Tucker, Yehudi Levine (EDDC)

Receive apologies for absence

Apologies were received from Cllrs Martin Summers, Lindsay Hill, Colin Brown (EDDC) and Cathy Connor (DCC)

Minutes of previous meeting

The Minutes of the meeting held on Tuesday, 1 July 2025, were unanimously agreed and signed as a correct record of that meeting (proposed by Cllr Andrew Tucker and seconded by Cllr Pulman).

Declaration of Interest

There were no declarations of interest.

PLANNING

Decisions

25/0840/LBC - Antelope Cottage, Luppitt, EX14 4SN - approval

25/0950/FUL - Pulmans Farm, Beacon, EX14 4TX - refusal

REPORTS

Ward Councillor

Cllr Levine reported that 11 Local Authorities in Devon have joined together to write to the Secretary of State to say they would like a mayor for Devon, the new authority to be called the South West Peninsula Mayoral Authority. Plymouth, where there was a recent referendum which voted against a mayor, is one of the Local Authorities involved.

East Devon online survey on Local Government reorganisation

Cllr Turner and the clerk will liaise to consider completion of the online survey on behalf of the Parish Council.

County Councillor

Cllr Connor had sent a report which the clerk will forward to Parish Councillors.

HIGHWAYS AND TRAFFIC

Parish Highways programme - update on Items to Report as follows:

The clerk had reported serious road deterioration at Hillend, Messhayes and above Antelope Cottage. In all cases, Devon Highways advised that the damage did not meet their criteria for repair.

Parish Maintenance

In answer to her query, the clerk had been advised by the Neighbourhood Highways Officer that there is no availability for a lengthsman to come to Luppitt. The Neighbourhood Highways Officer reiterated the current advice that landowners are responsible for ditches, hedges and trees on and adjoining their land. It was agreed that this message from Devon Highways should be strictly reinforced by the Parish Council and this will be reflected in the Parish Council's decisions going forward. Cllr Turner will arrange for information regarding landowners' responsibilities to go in the next edition of the Luppitt Packet.

FOOTPATHS AND BRIDLEWAYS

Bridge at Otter Falls

The clerk is awaiting receipt of the grant from Devon County Council towards the cost of the work carried out by Cllr Andrew Tucker.

Pedestrian Gate

Fencing is being improved on footpath 14 between Hillend and the Brewery. Cllr Andrew Tucker reported that a pedestrian gate will be needed where the footpath crosses this area.

Landscape Recovery Footpath opportunity

Cllr Susan Tucker had spoken to the Blended Finance and Business Development Adviser at the Luppitt Landscape Partnership regarding the footpath opportunity possibility. The clerk will respond.

ENVIRONMENT/COMMUNITY FACILITIES

Presentation by the Luppitt Landscape Partnership

Cllr Turner had received an offer from Gavin Saunders of the Luppitt Landscape Partnership to give a presentation to the Parish Council on progress to date. This was felt to be a good idea and Cllr Turner will invite Gavin to the September meeting.

Defibrillators

The clerk has spoken at length to WEL Medical regarding the defibrillator batteries and has established that they do not need to be replaced at the moment. They are part of the clerk's regular two-weekly checks.

VE Day Event final figures

The clerk has finalised the food and drink figures now that up-to-date statements have been received. There was a nett profit of £77.91. The clerk will circulate the figures to the Parish Councillors.

FINANCE AND ADMINISTRATION

Quarterly Check - internal financial controls

Cllr Murray has checked the cash book and reconciliation for the quarter ended 30 June 2025 and confirmed that all is correct.

Financial Regulations

Clirs Turner and Murray have checked the amended Financial Regulations and recommended that these should be accepted. The clerk will arrange for the amended Financial Regulations to be sent to all Parish Councillors and to be uploaded to the website.

Councillor email addresses

Clirs Turner and Murray have agreed to have new email addresses @ gov.uk. The clerk will speak to Clir Summers

Correspondence

- The clerk will forward an email from East Devon regarding a parish scheme of allowances which will be discussed at the next meeting.
- A letter from the South Western Ambulance Charity was noted.
- An email from the Eastern Vaccination Service was noted. The clerk will forward to Cllr Turner for insertion in the Luppitt Packet.

CHAIRMAN'S DISCRETION

There were no items.

QUESTIONS FROM THE PUBLIC

There were no questions and the meeting closed at 9.15 pm.

Date for next meeting to be held in Luppitt Village Hall at 8 pm: Tuesday, 2 September 2025

ANSWERS TO JULY/AUGUST PUZZLE



- 3. CREATOR, 4. CAMPERS
- 5. NEUTRAL, 6. INTERIM, 7. IMPRESS

CHAPTER

- B. 1. TRUFFLE, 2. DEVOLVE, 3. DEPRAVE,
 - 4. DESTINY, 5. REPUTED, 6. FAINTED
 - 7 ALLERGY

FORTUNE

Blackdown Hills Repair Cafe Churchinford and Hemyock

Got a clock that's stopped, jewellery that's broken, or clothes that need fixing? Bring your bikes, garden tools, wobbly furniture, tricky electrics, and sewing machines with attitude to our Repair Café - let's fix it together. Why not come along and enjoy breakfast or have some tea/coffee and cake, whilst you wait for your repair to be completed.

Our next Blackdown Hills Repair Cafe will be held on 27th September from 10:00 - 12:45 at Churchinford Village Hall and 22nd November 2025 from 10:00 - 12:45 at Hemyock Parish Hall.

Quaker Meeting for Worship Spiceland Quaker Meeting Uffculme EX15 3AZ

Spiceland is open for Heritage Day on Sunday 21st September 2025, 2 – 5pm



Burial Grounds and Meeting House open to the public. You are welcome to bring your own refreshments to enjoy in the peaceful surroundings of the grounds

COME AND SEE US – ONLY 1.5 MILES FROM UFFCULME AND SIGNPOSTED FROM THE A38

For more information phone Ali Dominy 07810768557 or use the "contact us" form on

our website: <u>spiceland.quakermeeting.org</u> There are also instructions on the website of how to find us.

The Religious Society of Friends (Quakers) http://www.spicelanduffculmequakers.com/

NOTICE FROM THE BLACKDOWN HILLS MEDICAL PRACTICE

2025 Flu vaccinations

The Blackdown Practice will be offering Flu vaccinations in line with NHS guidance to:

- patients aged 65 years and over
- patients aged under 65 years in defined clinical risk groups
- patients who are residents in care homes
- patients who are carers
- close contacts of immunocompromised individuals
- pregnant women

We will have plenty of Flu Vaccines available and will be able to arrange appointments for all of our patients who are eligible.

Patients that are eligible for a covid vaccination in the Autumn campaign will be offered it at the same appointment. Currently, the patients eligible for Covid are likely to be those aged 75 years old and above, residents in care homes, and those patients under the age of 75 years in a defined clinical risk group. This is a change from previous years.

Our booking process will open during mid-September and we expect to start vaccinating from early October onwards. We will hold vaccination sessions across all three of our surgeries. Bookings will be a combination of direct mobile text self booking, online booking, and by telephone. The easiest way to book an appointment if you have a smart phone is by SMS booking – but we cannot send these if you have declined SMS messaging.

Further details of the booking process will be made available at the beginning of September– please do not contact the surgery with queries regarding flu until this information has been made available.



Support for YOU and your family

We provide parents and caregivers with a safety net of support, hope, practical guidance, and a listening ear for as long as they find it helpful. Our team consists of trained peer support workers informed by their own experience.

We offer robust guidance, developed through families' experiences, with contributions from professionals and researchers.

If you are supporting someone's emotional wellbeing, we are here to support you.

Inspiring self-care whilst supporting the mental wellbeing of others

FACE TO FACE SUPPORT



Support guides



Drop-in hubs



1:1 support



Low cost counselling

0

Helping you navigate through health and education systems

13

Opportunities to influence mental health services

PEER SUPPORT

SKILLS

COUNSELLING

SUPPORT GUIDES

SHARING YOUR VOICE





FIND YOUR LOCAL HUB

07907 614 516



facebook/PPSHUB

hello@parentalminds.org.uk

www.parentalminds.org.uk





Parental Minds Community Interest Company
Developed through families' experiences, with input from professionals & researchers

BIG BREAKFAST

Sunday, 5th October 2025 Luppitt Village Hall

Fundraising for Parental Minds CIC

Breakfast includes, unlimited juice, tea, coffee, toast with preserves and the BIG BREAKFAST!



Adults £12 / Child £6

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HARVEST SUPPER

Monday 29th September

LUPPITT VILLAGE HALL

7pm for 7:30pm start

Bar, 3 course meal

Cost: Adults £12.50, Children £7.50



With AUCTION OF PRODUCE donated for the Harvest Festival at St Mary's on 28th September

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*** BAR ***

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HARVEST TALES

The tradition of Crying the Neck was once widespread throughout Devon, although the cries varied from area to area the principles were much the same. A bundle of good wheat would be taken from the last field to be cut and made into a dolly as thick as a man's hand and probably two or three foot high. It would be trimmed and plaited and take the shape of a woman, this was called "the neck." After the pitcher of cider had been handed round (probably several times) the reapers – corn was cut by scythe or sickle, binders and women would stand round in a circle with the person holding the neck standing in the centre grasping it with both hands. He would then stoop holding the neck near the ground. Those forming the circle took off their hats, stooped to the ground and held hands, they would perform a long low cry of "the neck" raising themselves upright and elevating their arms and hats above their heads: the person with "the neck" also raising it on high. This was done three times. The cry was then changed to three cries of "wee yen! wee yen!" with the same body movements as before followed by a loud joyous laugh and flinging of caps in the air. One of the men would grab "the neck" and run towards the farmhouse where he would meet a maid by the front door holding a pail of water. He would then attempt to find another way into the house without getting doused in water, if he managed to do so without getting wet, he was allowed to kiss the maid!



"The Neck" was hung up on a hook in the farmhouse burnt the following year or ploughed into the ground on Plough Monday, the first Monday after Twelfth Night which marked the beginning of the farming year.

Of course, as always in farming there was a friendly rivalry between farms as to who would be the first to finish

and the team would often climb to the highest point and shout the following verse.

We-ha-neck! We-ha-neck!
Well aplowed! Well asowed!
We've reaped! And We've a-mowed!
Hurrah! Hurrah! Hurrah!
Well-a-cut – well abound!
Well-a-zot upon the ground!
We-ha-neck! We-ha-neck!
Hurrah! Hurrah! Hurrah!

In some cases, a gun was fired for extra impact!

Each farm or estate held a Harvest Home with much feasting, cider drinking and merrymaking – the last festival of the year before the dark days of winter.

The Custom of "Crying the Neck" of the corn probably dates back to pagan times when the neck held the spirit of the corn and was metaphorically killed, ensuring a new youthful spirit the following year!

Sadly, these traditions started to die out in Victorian times. Crying the Neck was popular in Cornwall as well as Devon and in 1843 the first Christian Harvest Festival was held in Morewenstow by the Reverend Robert Hawker a colourful poet and eccentric who thought the church should be part of the festivities



PLUM SAUCE/KETCHUP

Ingredients

1.8 kg Victoria plums or damsons

110g currants

225g chopped onions

600ml white wine vinegar

25g course salt

225g demerara sugar

Tie the following spices into a muslin bag

3-4 dried chillies

½ tablespoon black peppercorns

½ tablespoon mustard seeds

5g crushed root ginger

5g whole allspice berries

1 clove of garlic

Method

Wash and slit plums and remove stones. Place in a large pan with currants, onions and the bag of spices. Add half the vinegar. Bring to the boil and simmer gently for half an hour or until the mixture is soft.

Remove the spices and blend in a liquidiser until perfectly smooth (sieve if necessary), Rinse the pan and return the puree plus the spice bag to it. Add salt, sugar and remaining vinegar. Simmer for 1½ hours, stirring occasionally until the sauce has reduced to about 1 litre.

In the meantime, prepare bottles and lids by boiling. Fill jars with sauce to within 2.5cm of the top. Screw caps on halfway. Place on a heatproof plate inside a large pan and add water to within 4cm from the top. Bring to the boil and simmer for 10 minutes. Remove bottles from the pan, place on a board and complete the sealing.



The mixture also freezes well. 6 months in the freezer or 3 weeks in the fridge.

LEGO® ROBOTS TAKE OVER DEVON'S LIBRARIES!

Libraries Unlimited, with support from Devon County Council, has introduced hands-on LEGO® robotics and coding workshops in libraries across Devon

and Torbay, funded through the Library Improvement Fund from Arts Council England.

The initiative brings LEGO® robotics and coding experiences to libraries in Exeter, Paignton, Newton Abbot, and Barnstaple. As part of the 'Devon Digital Creator' project, the investment in Science, Technology, Engineering & Maths (STEM) technology aims to boost digital skills and creativity through engaging and accessible activities.



LEGO® robotics are sets that combine

building blocks with programmable electronic components, allowing anyone age 6+ to build whatever they want and then code it to perform functions. Inspiring imaginations and challenging minds, it allows children a route in to STEM through play, socialisation and teamwork.

Over the past year, hundreds of people have taken part in the hands-on workshops. One parent said, "The children have thoroughly enjoyed the LEGO experience. It was great to see them coding and cultivating a love of STEM. Thank you so much. Highly recommend!"

As a result of this success, Libraries Unlimited has secured additional support, including LEGO® League kits from the Institute of Engineering and Technology, and further LEGO® sets through the Reading Agency's Reading Sparks programme. These resources will support ongoing coding clubs like CoderDojo Exmouth and enable summer activities tied in to library reading challenges.

Councillor Cheryl Cottle-Hunkin, Devon County Council's Cabinet Member with responsibility for libraries, said: "This initiative is brilliant. LEGO is a classic toy which has captured enjoyment through generations. These LEGO robotics projects will teach hands-on coding skills that I'm sure will spark an interest to learn more!

Alex Kittow, Chief Executive, Libraries Unlimited, said: "This funding and the initiatives we've delivered has made an incredible difference to libraries and communities across Devon and Torbay. It's wonderful to have the opportunity to change people's perception of what a library is and to develop our programme of STEM engagement and activities for children, families and adults alike. I've been inspired and humbled to see how the children's confidence, skills, friendships and ability to play transforms over the course of a LEGO coding session."

Libraries Unlimited plans to continue building on this momentum, exploring new ways to empower local communities through technology, learning, and innovation.

News from the Luppitt Landscape Partnership

For those who are not aware, the LLP is a locally-led project developing plans for long-term environmental land management across the parish. We were selected by DEFRA in 2024 as one of 34 projects across England, and have been receiving development funding to evolve detailed plans. We will be submitting those plans back to DEFRA at the end of this year, and negotiating for 20 year's-worth of public money to support farm resilience, biodiversity, water quality and carbon storage.

As the end of the summer draws near the LLP team is busy combining information gathered about the environment of the valley, with the outcomes of conversations held with most of its landowners. We'll end up with a picture of what environmental qualities of the parish we want to protect, what changes and enhancements we could make, and what landowners are prepared to undertake. It's a complex tapestry to pull together, and will need a good deal of refining before we submit our plans to Defra, at the end of the year.

The 'baseline' information we will have amassed will include:

- A review of farming across the parish, in terms of livestock numbers and cropping patterns of those farms that are participating in the project.
- A survey of the vegetation and wildlife habitats across most of the parish, including pastures, meadows, woods, hedges and wetlands
- Detailed information about soils, covering nutrient status and soil carbon
- Audits of the carbon footprint of land management activities across the parish, to compare against figures for the carbon being stored in the soils and vegetation
- A detailed picture of the condition of the river and its feeder streams
- Data on key species groups including birds, bats and butterflies
- An assessment of features in the landscape which are of archaeological value
- A survey of visitor numbers and origins on Hartridge and Dumpdon
- Feedback from our oral history project

We are using all this information to design a set of plans, agreed with each holding, for 20 years-worth of actions to improve the environment. The information will help bolster our case to Defra for these plans to be approved and hence financially supported.

Later in the autumn we hope to share more details of the plans, once they have been agreed in principle with landowners. They will include measures to encourage farming practices which increase soil health and protect watercourses, enhance existing wildlife habitats and



restore habitat in some areas where it has been lost (including on former wet soils along the springline, and along the river corridor), and enable the community to work together to share resources, and learn more about sustainable farming and land use.



Luppitt residents enjoy reminiscing at the LLP's oral history cream tea on 15 August

A good number of residents of the parish outside of the landowning community have been involved in gathering wildlife and historical information to add to this overall effort, and we're keen to broaden involvement as much as we can. If you have any questions about the LLP and its plans, please email info@luppittlandscape.org

Best wishes from the Luppitt Landscape Partnership team

The Granary, Overday Farm.

www.luppittlandscape.org

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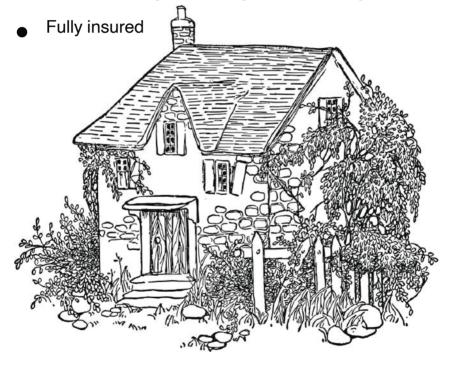
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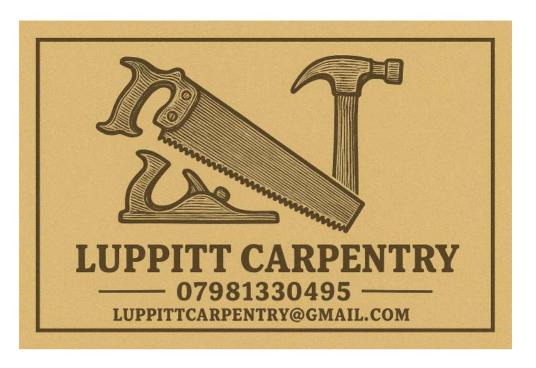
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