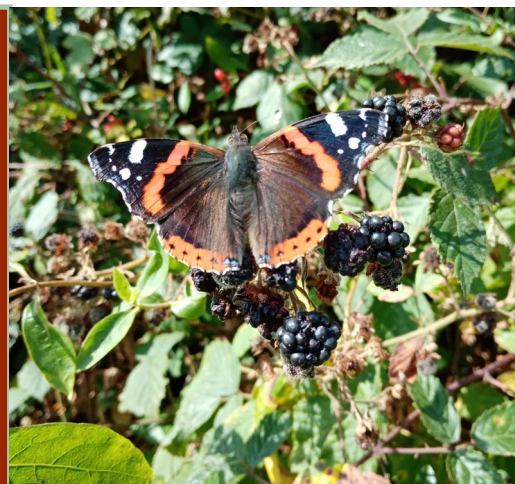


CLAWTON CLARION



October 2025

Welcome to this month's edition. As much as I would like to, I cannot take credit for the cover photo this month. Instead it was provided by Gillian's walking group. Isn't it gorgeous?

As I head out blackberry picking this afternoon, I offer advice to others gathering and preserving fruits, particularly when placing in the freezer - label them carefully. We had a rather nasty surprise this time last year. I'll write no more, but leave it to your imagination.

If you would like to see your items published in the next edition, please send them in by midday on the 20th to clawtonclarion@gmail.com. Views expressed by our contributors are their own, and not those of the Parish Council.

Alison

Event	Time	Date	Place
Women on Wednesday	7:30pm	Wednesday 1st October	Clawton Parish Hall
Whist	7:30pm	Wednesday 8th October	Clawton Parish Hall
Coffee Morning	10:30—12:00	Friday 10th October	Clawton Parish Hall
Railway Club	7:00pm	Friday 10th October	Clawton Parish Hall
Holy Communion	11:00am	Sunday 12th October	St Leonard's Church
Big Breakfast	9:00am	Saturday 25th October	Clawton Parish Hall
Craft Fair	9:30am	Sunday 26th October	Clawton Parish Hall
Café Church with Lorna	11:00am	Sunday 26th October	St Leonard's Church
Autumn Quiz	7:30pm	Friday 31st October	Clawton Parish Hall

HOLSWORTHY WALK AND TALK

BY GILLIAN ASTON



Due to the recent prolonged dry spell during the summer our Level 2 Group was able to walk through the Culm Grassland at Dunsdon Nature Reserve last

month, which we haven't been able to do for some time. Culm Grassland is found in poorly drained low-land areas of acidic soil where there is a high rainfall, which makes that section of the footpath very soggy for much of the time. 90% of culm grasslands have been lost over the last century but Devon Wildlife Trust, who manage Dunsdon Nature Reserve, have worked for over 30 years to preserve not only the grassland but the rich diversity of plants, birds, insects and butterflies. We managed to take a photo of a Red Admiral butterfly enjoying a morning snack of ripe blackberries (see front page for photo).

Level 2 walkers enjoyed a sunny walk at Bradworthy and met up with the donkeys at Berridon Farm.

Then the tranquillity of the warm summer was quickly superseded by heavy deluges which we 'enjoyed' in mid September. The Level 2 walk was scheduled to cross Efford Downs in Bude but, with high winds coming in across the Atlantic, the route was changed on the day to the quieter route alongside the canal to Hele Bridge and then back along the Sustrans Trail just in time for a heavy downpour complete with hail stones as we arrived back at the cars. The Level 3 walk at Bratton Clovelly suffered the same fate of

a downpour, but without the hail stones, which meant that we dripped our way back to the cars.

All of our walks are risk assessed and checked during the week prior to the walk by the designated Walk Leaders.

If you would like to join us on any of our walks our current programme of walks is available, taking us up to October walks start at 10.30 and are FREE.

Membership forms are available from our Volunteer Walk Leaders prior to the start of the walk.

Contacts:

holsworthywalkandtalk@gmail.com
<https://holsworthywalkandtalk.co.uk>
Gillian Aston 07584677784



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COMMUNITY NEWS



I live in Clawton and moved here just over a year ago. I work at Stratton Hospital as a nurse but one of my other passions is gardening. I trained as a gardener with the WRAG scheme (work and retrain as a gardener – details here <https://www.wfga.org.uk/wrags/>) at the beautiful Emmanuel College in Cambridge. I spent a year working alongside my other job with the fabulous garden team at the college and was immersed in the work of a professional gardener where I learned my trade. First and foremost, I found gardening so beneficial for my mental and physical health, there is something about working outside amongst the beauty and grace of nature and wildlife that left me with peace and fulfilment. Now I'm settled in beautiful North Devon, I'm looking forward to doing some more garden work.

Throughout my time, I learned about working with nature through the seasons and the importance of respect and mutuality. For example, a wildlife corridor was created within the city of Cambridge between several colleges which gave bees and insects a natural passage way from garden to garden across the city and enabled not only cross pollination but proliferation of species to continue unhindered. King's College has a wildflower meadow in front of the Chapel which was traditionally harvested each year using horse and plough and the resulting hay was shared around to develop wildflowers. The colleges all practised respectful gardening and looked to reduce their use of plastic and chemicals as well as developing their composting and no dig gardening skills. We would share these skills and good practice amongst the teams and regularly visited each other. Each college garden had something unique that we could experience or learn from.



One of my favourite places at Emmanuel was the greenhouse which had been recently renovated back to its former glory. I spent many happy hours propagating, growing from seed, caring for houseplants (to furnish the café and public lounge areas around the college) and trying out new techniques.

I developed a special love for one of Emmanuel's great trees whilst working there. The oriental plane tree 'Platanus orientalis' is in the Fellow's garden at the college and is a real focal point. Its age is not known but it is thought to be around 200 years old. Working and relaxing under the sweeping boughs of this tree was one of my favourite things to do and I feel very privileged to have had the opportunity.



Please feel free to get in touch if you would like some help with your garden, I'd be delighted to chat. Kate x

Kate can be contacted on 07508 955 884 or by email kate.cook1103@gmail.com

Women on Wednesday

The next meeting will be held in Clawton Village Hall

On Wednesday 1st October at 7.30 p.m.

With Guest Speaker Robin Hill

Guests Welcome

ST LEONARD'S CHURCH

Church Contacts

Rector: Revd. Dr. Paul Fitzpatrick 01409 254667 vicar-rubycountry@outlook.com

Baptism, Wedding or Funeral: rubycountry.beneficeadmin@btinternet.com

Churchwarden: Lorna Bowden 01409 271384

Secretary/Treasurer: Paul Grafton 01409 271456 paul@devonholidays.org

Services in October

Sunday 12th October - Holy Communion with Lorna Bowden

Sunday 26th October - Café Church/Morning Prayer with Lorna Bowden

Services begin at 11:00am

MUM'S THE WORD

Regular readers may recall a previous article in this column regarding the green garden waste bin that we'd had delivered.

It was left outside our front door on 15th July. Nobody had knocked or rung the door bell.

As soon as it was discovered, I rang Torridge council to explain that we hadn't ordered the bin and to ask where it should have been delivered. I assured them that I would be happy to take it to the rightful owner without the need for them to move it. I was told that it could actually belong anywhere, and that they would send someone to collect it. I did explain that it was stuck in the pathway, which was an inconvenience for the postman and any delivery drivers. I was then assured that it would be put on the URGENT list.

Two weeks later the rightful owner, who lives approx. 200 yards from us, called at the house and claimed the wayward bin, having read about the saga in the August edition of the Clarion.

On 15th September I answered the door to a happy chap who said he'd come to collect the offending item.

I was proud of myself for not ringing Torridge council to explain the meaning and the expectation of the use of the word Urgent!

Ann

CLAWTON PARISH HALL

Seasonal changes around us everywhere, we will be soon thinking of the dreaded C word, as I write it is reported to be 96 days away!! We will have our regular monthly Sunday craft fayres. October 26th and 30th November are the dates booked. We are extremely popular with stall holders and our regular coffee/bacon bap customers. Our new times are 9.30 to 12 noon. With the last bacon cooking at 11.30, to allow time to clean down the kitchen area.

Our autumn quiz is on Friday 31st October, Ian Parker is our QM, as it is Halloween night, fancy dress is optional. We are limited to the amount of tables as per fire regulations. Contact Maralyn 07368 621009 if you are not already booked.

In early December we will be hosting a wreath making and table decoration session. It's just a friendly get together for all, with sharing foliage etc. foam rings will be available to purchase, (stock is carried by Maralyn and Kerry for the Flower Club in Holsworthy) We will advertise a date next month. We aim to make it a three to four hour event during the day, with a light lunch (soup & roll) included.

It is aimed at those who want to make their own Christmas wreaths or rings. No competition!!

Maralyn



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COMMUNITY NEWS

For at least one Clawton resident, the summer adventures continue, despite the change in the weather and the season.

Back in the heady warm days of summer, Patrick (Patch) from Maple Barn, North Down, took part in a life changing and amazing experience run by the charity The Outward Bound Trust. And he wants to share that experience with you all.



The Outward Bound Trust was formally established in 1946 to improve the confidence and survival skills of young people while developing outdoor education work. Today, The Outward Bound Trust continues to deliver residential outdoor courses to young people aged 9 to 24, aiming to build resilience, self-belief, and leadership skills through adventure and discovery in the wild with their strap-line being 'Anything is Possible'.

And we, as a family, found this to be true. At the end of last June Patch intrepidly headed out, laden down with a large heavy rucksack from Exeter train station to Ullswater near Penrith, Cumbria. This is where he would take on the challenge of 'The Pinnacle'. This is the Outward Bound Trusts most challenging programme, for young people aged 18-22, exploring the wildest parts of the UK during an 18 night rolling camp full of authentic adventure in nature.

Shortly after arriving at Penrith station, Patch and the other young people were taken to a base camp at Conistone Lake, known for its stunning mountain views, the challenge of the Bluebird water speed records, and its connection to Arthur Ransome's Swallows and Amazons.

They all then had to hand over their mobile phones and go without them for the entire expedition, then their real first adventure started; a jog followed by jumping into the freezing cold water of the lake. This really helped to immerse them into the Outward Bound experience straight away.

Over the next 19 days Patch learnt the art of navigation, mountaineering as well as skills like canoeing and rock climbing. His camp craft skills were already honed by his years at Holsworthy Scouts and having his own camps in local woods, so quite naturally his favourite part of the experience was sleeping out at night in nature, no tents but lots of stars to marvel at.

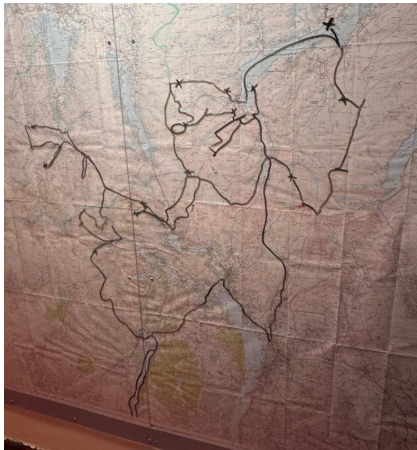
He found that the journey over both land and water, not only helped to build his resilience and fitness he needed, but also it allowed him to form new friendships with the other adventurers. From the group of 12 young people some had travelled from parts of Europe, the highlands of Scotland and inner cities all to undertake the challenges ahead.

After each day of activities such as canoeing across wild lakes and lochs, and hiking over mountains was a new campsite to set up. This consisted mostly of securing a few tarps for them to shelter under from the worst of the summer rain and storms. One evening while camping at a tarn during the exertions of storm Floris; they noticed another hiker's tent being flattened and blown away by the strong winds so they helped to retrieve it, gave them extra para-cord and help to secure it for the night.

Patch enjoyed all of the activities but was not too impressed with MRE's. These are 'Meals Ready to Eat' and are a complete, ready-to-eat, self-contained meals presented in a light-weight, water-proof pack. All the components are pre-cooked and ready to eat, hot or cold and have a high kcal per meal. These were originally invented for soldiers to use as rations when out in the field but due to their portability and nutrition value they are widely used by hikers on long treks. When hungry after a long tiring day you will of course eat anything, however, you wouldn't willingly go out of your way to dine on a MRE! Patch sorely missed home cooking.

As a group, along with the abseiling, wild swimming, cliff jumping and canoeing they completed over 180 miles on foot.

Route pictured on the next page.



COMMUNITY NEWS

Also impressively one of Outward Bound's most famous traditions is completing: 'the sheer mountain'. This, as its name suggests, is a climbing exercise where each participant must push their boundaries, trust in their abilities and implement new technical skills.

The whole group were nervous about this challenge and while preparing their ropes, harnesses and safety equipment Patch did question why he was taking part

in this - he said that they felt like they were preparing to die. Here is a photo of the group resting before the 'sheer' element of the mountain.

Luckily none of them did meet an untimely death but the experience did push them physically and psychologically, particularly when they had to transverse a steep section without any safety ropes for security.

When they reached the summit they all had a well deserved breather and time to reflect and think about their achievements so far and what they want to achieve in the future. The Outward Bound course says that sheer mountain climbing can be a transformative and its effects empowering.

After taking on many picturesque peaks en-route, including



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some of the UK's most famous mountains, Patch returned to the centre with a team that was as solid as a rock, and when we picked him up again from Exeter station he looked at least 2 inches taller with a well-founded sense of confidence. They all now have memories to last a lifetime and great friendships. They all keep in contact and have plans to meet up next summer to carry out their own independent expedition across the peaks.

In the meantime, Patch has enrolled onto an Outdoor Adventure Instructor course at Bicton College near Exeter where he will put all his summer adventure experiences into practice as he learns the important skills necessary to guide other people while they too get to experience their own transformative adventure in the wild outdoors.

For more details on either of these services, please contact Stan at Dogs Trust Ilfracombe
E: stanley.charlesjones@dogstrust.org.uk
T: 01271 817716

A dog is for life

Dogs Trust is a charity registered in England and Wales (1617643), and in Scotland (SC026314), and a company limited by guarantee registered in England and Wales (09469471).
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Katherine

EVELYN'S WALK

On Monday 8th September, we repeated the route that we had last done in Halwill in October 2021. We have walked other routes in Halwill and Halwill Junction since then but it had effectively been four years since last walking this route. We parked near the Church of St. Peter and St. James and walked down the lane to Horsebridge. There is in fact more than one old stone bridge at this point and upon close inspection, the inscription dates one of them as going back to

1930. We turned left and walked up the hill and around a right hand bend before joining the footpath on the right hand side. This took us across a grassy field and we were watched with interest by a horse and pony in an adjacent paddock. Previously, there had been an Appaloosa so maybe the property has new owners. At the bottom of the hill, we crossed the route of the old railway and the River Carey. It was a bit of a clamber up the other side and it wasn't slippery as such but the carpet of acorns added an extra challenge to the climb. By this stage, we had all warmed up and were quietly regretting wearing so many layers. We enjoyed a breather whilst soaking up the glorious view and tranquillity in the morning sunshine. The footpath became the entrance drive for a few properties at Blagaton. We then turned right along the lane. When we reached the T-junction at Quoditch Cross, we discussed whether to take the short cut back to the cars along the road via Horsebridge (one mile) or whether to turn left and follow the footpath through Langaford Farm. The consensus of opinion was the latter and I assured everyone that we would know that we were nearly back when we could see the Church tower. Interestingly,



it wasn't evident at all as the trees must have grown taller with the passage of time.

Just as we were negotiating our way around a field of turnips, the heavens opened and then we had hail. You wouldn't believe how wet we got in such a short space of time. I had envisaged visiting the Church but the prospect of returning home and putting on dry clothes was the preference. I may have put a few people off joining me on a walk for evermore after that soaking.

The next walk which will be on Monday 13th October setting off from Clawton Village Hall at 10am. You are very welcome to contact me in advance if you would like any information about the distance, terrain etc but please don't ask me to predict the weather.

Evelyn Sharman Tel: 01409 259 848

Email: evelyn.sharman@btinternet.com

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CLAWTON MEMORIES

I have been privileged to receive some photographs which I am able to share with you. This month, I have included two photographs taken in the 1970's which will conjure up some memories. This may go on to be a regular feature. Enjoy putting names to faces.

Many thanks to Henry Westlake.





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