

DREWSTEIGNTON PARISH POST

Parish Post Issue No. 232

February 2026

News from the Parish Council

The Parish Council met on the 15th December 2025 at the Church Space, Drewsteignton and again on the 19th January 2026 at the Whiddon Down Village Hall. A minute's silence provided time to reflect on the loss of Mrs Jane Cox, former Parish Chair, and all those parishioners lost during the year.

Public speaking time heard a report from Jackson-Stops regarding future development of Thompson's Field, Exeter Road/barn Close, Whiddon Down following DNPA's rejection of outline planning and the withdrawal of Heritage Homes from the project. New plans will be developed in 2026 with a reduced scale of development, to align with the feedback received from the previous application.

The Council agreed to extend the freeze to the Parish precept for Band D homeowners and use existing reserves and grants to fund council activities, including car park improvements and the connecting pathways in FY2026/27. WDBC and DCC are expected to approve an increase of 4.99%.

Planning matters: Section 73 variations to existing planning permissions 0394/25 Old Rectory, Drewsteignton, EX6 6QT and 0384/25, Teignwood, Sandy Park, Chagford, TQ13 8JW; supported. 0406/25 Listed building consent for the reconstruction of a collapsed garden wall at Knowle Cottage, Drewsteignton, EX6 6QZ; supported. 0407/25 full planning application for new custom-build dwelling for a local person on land at Sx735 908, Drewsteignton, EX6 6QS. Site visit conducted by Cllrs prior to meeting. The applicant and several parishioners attended the 19th January meeting. The council determined a negative view. Decision: Object. Draft minutes will shortly be available on the parish website.

The next **Parish Council** meeting will be held on **Monday 16th February - 7.30pm, in the Church Space, Holy Trinity Church, Drewsteignton**. All are welcome to come along, engage and participate in matters affecting the Parish. Please note that any changes to meeting dates or venue will be posted on the website. www.drewsteigntonparish.co.uk



West Devon
Borough Council

Local Government Re-Organisation

A business case for reshaped and reimagined local services has been jointly submitted to the Government by seven of Devon's 11 councils. The full proposal, *Reimagining Devon: Believe in Better*, is available to view at <https://www.reimaginingdevon.org>.

A decision on which proposal will be taken forward is expected from the Secretary of State for Housing, Communities and Local Government in summer 2026. Elections for the new authority would take place in May 2027 before it commences in 2028.

Action to tackle damp and mould in rented homes

WDBC have launched a new campaign to help residents and landlords tackle damp and mould, so tenants can live in warm, safe and healthy homes. The campaign comes in response to national concern about the health risks caused by poor housing conditions. Following the tragic death of two-year-old Awaab Ishak in his home in Rochdale in 2020, the Government issued clear guidance outlining the responsibilities of landlords and tenants, alongside new laws for social housing providers which were introduced this October.

WDBC intends to build on this national drive, aiming to prevent similar incidents locally by supporting early action and shared responsibility between landlords and tenants. Providing good quality housing is a key priority. The campaign encourages open communication so that problems are reported quickly and resolved before they become serious.

To make it easier for residents to get help, WDBC have introduced a new online reporting form for unresolved damp or mould issues.

Landlords can also access up-to-date information on their legal responsibilities and practical advice on how to maintain their properties.

A new section on WDBC website offers straightforward guidance and resources, including:

- How to recognise and treat damp and mould problems
- Simple prevention tips to stop issues from recurring
- Legal and best practice advice for landlord

For more information, to access advice, or to report damp and mould issues, visit www.westdevon.gov.uk/dampandmould

6A Okehampton – Whiddon Down – Tedburn St Mary – Exeter

All change! Stagecoach will only operate the 0730 Okehampton to Exeter and 1635 Exeter to Okehampton on Exeter College Days. **All other Monday – Saturday journeys will now be operated by Dartline as service 66.** A new timetable which includes a two-hourly off-peak frequency has been launched. Crockernwell is no long a “timed stop”. The Sunday service will continue to be operated by Stagecoach, but as service 66 – see www.devonbus.org for a Sunday timetable.

Exeter - Okehampton via Tedburn St Mary	Dartline 66
Exeter - Okehampton via Tedburn St Mary	Stagecoach 6A
Monday to Saturday (except Public Holidays)	following reopening of East Street

	NS	CSH	CD							
EXETER, Bus Station	0510	0610	0745	0905	1105	1305	1505	1635	1720	1805
EXETER ST DAVIDS, Rail Station	0518	0618	0753	0912	1112	1312	1516	1649	1732	1813
EXETER ST THOMAS, Railway Station	0525	0625	0800	0919	1119	1319	1523	1658	1740	1820
PATHFINDER VILLAGE, Shelter	0537	0637	0813	0932	1132	1332	1538	1714	1756	1832
TEDBURN ST MARY, Garage	0541	0641	0818	0936	1136	1336	1543	1719	1801	1836
CHERITON CROSS, Young Farmers' Club	0547	0647	0824	0942	1142	1342	1549	1725	1807	1842
WHIDDON DOWN, Post Inn	0557	0657	0834	0952	1152	1352	1559	1736	1817	1852
STICKLEPATH, Devonshire Inn	0605	0705	0842	1000	1200	1400	1607	1744	1825	1900
OKEHAMPTON, Fore Street Arcade	0615	0715	0852	1010	1210	1410	1617	1755	1836	1910
OKEHAMPTON, Railway Station	0618	0718	0856	1014	1214	1414	1621	1759	1840	1913

	NS	CD	CSH							
OKEHAMPTON, Railway Station	0630	0730	0730	0930	1030	1230	1430	1630	1845	1930
OKEHAMPTON, Fore Street	0635	0735	0735	0935	1035	1235	1435	1635	1850	1935
STICKLEPATH, Devonshire Inn	0647	0747	0747	0947	1047	1247	1447	1646	1859	1944
WHIDDON DOWN, Post Inn	0655	0755	0755	0955	1055	1255	1455	1654	1907	1952
CHERITON CROSS, Young Farmers' Club	0706	0806	0806	1006	1106	1306	1506	1705	1917	2002
TEDBURN ST MARY, Garage	0712	0812	0812	1012	1112	1312	1512	1711	1922	2007
PATHFINDER VILLAGE, Shelter	0716	0816	0816	1016	1116	1316	1516	1715	1926	2011
ST THOMAS, Precinct	0730	0834	0834	1031	1131	1331	1531	1730	1938	2023
EXETER ST DAVIDS, Rail Station	0735	0839	0839	1036	1136	1336	1536	1737	1943	2028
EXETER, Bus Station	0741	0848	0848	1043	1143	1343	1543	1744	1950	2035

CODE: CD - Service 6A operates College Days Only
 CSH - Saturdays throughout, also Monday to Friday during College Holidays
 NS - Not Saturdays

Service 66 is financially supported by Devon County Council

HOLY TRINITY, DREWSTEIGTON

We have had good news from the DNPA. We have been told that our applications for 24 solar panels on the roofs and for two air source heat pumps tucked around the north-eastern back corner of the church, have both been approved by the Park. This is the culmination of over a year's hard work in fulfilling a seemingly endless stream of requirements for yet more documentation and specialised drawings, interspersed with bouts of discussion and debate with the planning officers – sometimes more than

We shall display all the relevant information about the proposed new heating system and the solar panels inside the church for people to peruse. If you have any comments or suggestions, please do not hesitate to email either myself or Nigel Padfield – we would be very happy to discuss. Our email addresses are below.

Meanwhile, I am still pursuing funds to set up a dedicated area for children. I have been determined on this for a year and, although sadly my application to the Bernard Sunley Foundation was not successful 😞. I am now optimistic that, thanks to the Parish council, we may be close to achieving this necessary amenity. Drewsteignton village has nowhere for children to go and play that is inside, warm and free. We want to provide a variety of creative and constructive play equipment as well as suitable furniture. I am hopeful that my current applications will find favour with the funders and we may soon have our children's provision.

Our February Services are as follows:

1st February – Family Service of Light at 5pm – with candles and a baptism – stay for high tea and go home spiritually and physically refreshed!

8th February – Family Holy Communion 11:15am with Bishop Nick leading and a confirmation. Four of our wonderful young people are being confirmed, my own grandson Tom, his friend George and Ann and Andrew Smith's daughters Alice and Esther. We encourage everyone to come along and celebrate afterwards.

15th February – Quiet reflective service 6pm

22nd February – Morning Worship 11:15am This is a wonderfully reflective service. It is informal and thoughtful: those of indeterminate beliefs might well find it sympathetic.

1st March – Family Service at 5pm – St David's day with stories and daffodils!

Ruth Merttens –Church Warden ruth@merttens.co.uk or 07781334669

Nigel Padfield, FODC member nigelpadfield@icloud.com





West Devon
Borough Council

West Devon Mayoral Awards

Nominations are now open for the Mayoral awards, which celebrate outstanding people deserving of public recognition for their unpaid work or contributions to their community in the borough. We want to hear from you about the individuals, groups and organisations making a difference where you live.

We are all looking forward to hearing about these stories, so please send in your nominations today and help us to honour those people in West Devon who may be our unsung heroes.

There are four categories in this year's awards:

The West Devon Mayoral Award for Under 18s

This award celebrates a noteworthy achievement of a person under the age of 18 living in West Devon.

The West Devon Mayoral Award for Over 18s / organisation

The award for an adult or organisation in West Devon who have done something noteworthy or enhanced the borough's reputation nationally.

The Mayor's Green Award

This award recognises the work of individuals or groups who have made a significant contribution to conservation and protection of the West Devon natural environment.

The Mayor's Award for Long Service

The nominee should be a person (or people) who deserves to be recognised for their long service. It could be someone who's been involved in a community group, volunteered locally or worked alone to improve the lives of people in West Devon.

If you know someone who you think is deserving of an award, you can complete a nomination form online, giving us details of why you have nominated them. Nominations close on **Friday 20 February**.

Find out more and nominate here:

www.westdevon.gov.uk/mayoral-awards

 **National Trust** News from the Moor

Hi everyone

I hope that you have all had a happy and healthy Christmas and New Year. Thank you to everyone who visited Castle Drogo over Christmas to take part in some 1970s joy. It was wonderful to see so many local folks dancing in the Service Corridor to 70s tunes. It was the perfect way to wrap up our 50th anniversary year.

Time is doing its usual thing of flying and, as I write, the Dartmoor National Trust team are busy working away preparing for re-opening after winter closures. Wooden floors have been polished, kitchens have been deep cleaned, paths have been cleared. Castle Drogo opens the visitor centre and gardens on 31 January and the Castle then opens 13 February; Finch Foundry opens 11 March and Lydford Gorge on 14 March.

Regular visitors to Castle Drogo may have noticed the gradual decline of the Holm Oaks on the main drive. This decline is a result of general age, pest damage and wind stress, and we lose on average one tree every 2-3 years. In between that, significant limbs can fail, and branches snap out. As a result of this we will be felling and replacing the trees over the next 5 years, starting with the trees at the end of the drive where it joins the road. We will start with the tree immediately on the right of the drive entrance, as this tree has extensive internal rot.

We will phase the work, so when all trees in an area are felled, we will replant with young Holm Oaks to reflect the original Lutyens designed layout. To better manage these new trees long into the future, once established, we will pollard them. This will help to keep them to a manageable size and reduce the stress on them due to wind exposure. These young trees, as they grow away, are great carbon sinks as they generally absorb and store more carbon than an older tree.

A bit of joy for March is a wonderful art exhibition which will be in the Castle for March. We have worked with a collective of artists called 'Herding Cats' who have been inspired by some of the lesser-known stories of Drogo, particularly of the women of Drogo, and have created art pieces in response. It promises to be a beautiful and interesting way to discover more about the history of Castle Drogo which launches on 1 March. I hope that you have chance to come and see the pieces during March.

Finally, thank you once again to those who were able to come along to the community meeting at the Drewe Arms on 15 January regarding Glebe Cottages. I continue to be moved by the care, kindness and support that the community show as the process to rebuild these important cottages continues. It truly means so much to me personally, the Castle Drogo team and our regional colleagues – many of whom have cared for the properties for many years. The constructive ideas, comments and feedback are incredibly helpful. We will continue to hold meetings every 4 months while the work continues but, as suggested at the meeting, we will hold an extra meeting in February to provide updates on the contractor appointment and dates of when work will begin on site. As soon as a date is agreed with the successful contractor (in the process of being appointed as I write this article), I will get posters up on site and in the pub. Thank you again to the whole community and the Drewe Arms team for all the support.

Best wishes all,

Paula

Volunteering & Community Manager, Dartmoor
07826 945107, paula.clarke@nationaltrust.org.uk

Gifts in Wills & Donations

Personal legacies and donations are a transformative way for parishioners to secure the future of their local parks, community halls, and heritage sites. Leaving a gift in your will to your parish council is a profound way to ensure your values live on in the villages and spaces you called home.

Unlike broad national charities, gifts to parish councils can be used for specific local projects, such as upgrading playfield equipment, maintaining war memorials, or enhancing village greens.

Donors can specify whether a gift is "restricted" for a particular purpose (e.g., a new community garden) or "unrestricted," allowing the council to address the most urgent local needs. Donors can take confidence in the strict statutory framework that governs parish councils and the rigorous financial oversight.

Choosing to support your parish council through a legacy or donation is more than a gift; it is an investment in the resilience and vibrancy of our local community for generations to come.

TEIGNTON BAZAAR

Buy and sell things ♥ indoor market ♥ Drewsteignton

10am
-1pm **SATURDAY 14th FEBRUARY** ♥

in the ***LONG ROOM***

at the ***Drewe Arms***

EX6 6QN

sellers
info & booking
call or text
07503296545

only £5.50 per pitch

*One Person's Trash,
Another's Treasure!*

Shingles Vaccine – Are You Eligible?

Shingles can be painful, but the NHS offers a vaccine that greatly reduces the risk. You may be eligible if:

- You've **just turned 65** (you stay eligible until age 80)
- You're **aged 70–79** and haven't yet had the vaccine
- You're **18 or over with a severely weakened immune system**

If you think you qualify, contact your GP surgery to check and book your vaccination. A quick appointment now can help protect your health for years to come.



Wellbeing Wednesdays

Living with Dementia with
Acorn Dementia experts

The Acorn team has a wealth of experience in supporting families and couples to overcome the challenges that arise when someone we love begins to show symptoms of Dementia.

25th February 2026
at Cheriton Bishop Village Hall OR
4th March 2026 at Christow Village Hall

10am: Tea, Coffee & welcome

11am: A relaxed discussion in safe surroundings;
providing insight into symptoms to look out for,
managing tricky situations at home, when and
where to find help and importantly how to care
for yourself as a carer

1pm: Delicious bring and share lunch

 [AcornCommunitySupportDevon](https://www.facebook.com/AcornCommunitySupportDevon)
www.acorncommunitysupport.co.uk

Charity No. 1194245

Supported by



DEVON CARERS
AT WESTBANK

THE DREWE ARMS
COMMUNITY PUB

**JOIN US FOR OUR
FIRST EVER
SUPPER CLUB**

SAT 14TH | **DREWE ARMS**
FEB | **DREWSTEIGTON**

Enjoy a season-led, set menu served as sharing platters in the cosy surroundings of our community pub.

£29 PER PERSON
BOOK YOUR TABLE AT THE BAR





Devon Air Ambulance

daat.org ■ daatel.co.uk ■ shopdaat.org

Saving lives. Together

Happy New Year!

We would like to take this opportunity to thank you all for your support over the last year. During 2025 our network of Community Landing Sites (CLS) grew, as we launched our second site within Plymouth at Central Park, along with Lee Moor in May and then in November, a site at Cranbrook. We now have 207 landing sites to choose from when tasked at night, which is incredible and entirely down to the support you've all provided to DAA over the last 10 years we've been flying at night!

Our crew have landed to help 66 patients using the CLS sites. This figure doesn't tell the full story as the crew also use the CLS for crucial training flights which help keeps our operation in the air. None of those landings, and more importantly the patient care we were able to deliver into your community and to those 66 patients would have been possible without your CLS and your support. So thank you.

Our crews are currently completing the training they need in order to undertake Night HEMS Tasking to ad-hoc sites. This means that as well as utilising the 207 CLS's, our crews will also be able to land at sites nearer the patient. The really good thing is that the crew have been able to use the CLS to train in a safe environment and therefore increase our operational capacity quicker than we thought. That's entirely down to the CLS network and your support.

Graham Coates, Landing Site Manager, DAAT



Our next talk is on the:

9th February 2026 at Whiddon Down Village Hall.

Call Alison Chapman 01647 281197 for more information.

Friends of Holy Trinity Church

George Gillard and your North Dartmoor Parish Magazine.

Our wonderful friend and “delivery boy” George Gillard has decided that after 30years, it’s time to hang up his boots and he will no longer be delivering your North Dartmoor Parish magazine anymore (the one from the church!)

I think that I can be safe in saying that for George this decision has not been taken lightly and is tinged with sadness for him, as he has over the years met and chatted with many of you in and around Crockernwell and beyond on his delivery round and he will miss seeing you. We have been incredibly fortunate that he has been able to do this for us over such a long time and our heartfelt thanks are sent to him.

We are therefore going to be trialling a new system where we will put a covered substantial plastic box in the Crockernwell east-bound bus stop with the magazines in for you to collect at your convenience. The magazines are published every 2 months with the next one being for March and April and we will remind you again via posters, facebook, email and here in the Parish Post as to when they will be ready.

We thank you for your co-operation in getting this off the ground and ask that you please ensure that the lid is put firmly back on the box after you have collected your magazine.

Thank you, JH.

WHIDDON DOWN VILLAGE HALL

Happy New Year from Whiddon Down Village Hall. Our usual programme of meetings and classes have now resumed after the Christmas break. Unfortunately, one of our gas heaters is not working at present in the main hall. We are awaiting quotes, to repair or replace the existing system. As this will be a costly business, you will appreciate that it is necessary to decide on the best and most economical solution. Please bear with us. However, in the meantime there are electric convector heaters available if required. As yet , we have no planned fundraising events for 2026 - any ideas please let me know. Stay warm and well. Best wishes Jenny.
Tel: 07708634426 or email jennyjturner21@gmail.com



The Stone Lane Gardener

Gardens tend to go a bit quiet during the winter. Especially with all this wet, gloomy weather. People just don't want to go outside more than they have to. The relentless rain can cause the ground to become slippery, turning a pleasurable wander into a risky adventure. But at Stone Lane Gardens life carries on, whatever the weather. Our winter tasks tend to be the bigger, heavier work that we avoid doing in the busier seasons. There is also a lot of planning and preparation for the year ahead. We are always trying to improve the paths and bridges for our visitors. This winter we have built a new wooden bridge over one of the streams. This has been built entirely from an oak tree that fell

over in the gales. A complex operation that required cutting up the trunk and branches, then fitting them together so that the natural curves and contours of the wood created a beautiful jigsaw. Mainly the work of our assistant gardener Jesse, it is a piece of art that fits well in our naturalistic woodland garden.

Dead trees need removing from the garden if they pose a risk. Our birch have such beautiful bark that it seems a shame to cut them up for firewood. So we try to make use of any long stems when constructing shelters, fences or seating. The resinous bark will look good for years, even when dead. But if we don't need to cut them down, dead trunks are left as habitat for a **whole host of insects, fungi, birds and mammals.**

Nursery

The garden may be dormant, but our tree nursery is busy. We grow and sell many of the unusual and attractive birch in our National Collections. All our trees are field grown. We lift and sell them in the winter when they are dormant. A 3- or 4-year-old tree will soon become a beautiful feature in your garden. Most have attractive peeling bark and the colours range from the pure white Himalayan birch through creamy pinks of *Betula* 'Fascination', the coppers and reds of the *Betula albosinensis* cultivars to the dark chocolate brown bark of our *Betula utilis* 'Mt Luoji'. Our website shop has full details of our stock and you get a generous discount for collecting from the nursery.

Arboretum

Over the last four years we have been busy planting young trees into our new arboretum. Hundreds of trees have gone into the ground, a legacy for future generations to enjoy. Wet winter days are a good time to catch up with all the documentation. Entering the details of each tree into our database, so that the history and provenance are recorded for future gardeners and researchers to access. It's time-consuming work that somehow gets put off until the bad weather sets in!

In the polytunnel, signs of life are beginning to emerge. The dwarf narcissi seed we sowed in the spring are just starting to germinate and poke through the compost. They will need careful nurturing in their plugs until they have a healthy root system, before being transplanted by our wonderful garden volunteers into our wildflower meadows, to add a welcome splash of spring colour.

Stone Lane Gardens is open 5 days a week all year round. See our website for details at www.stonelangardens.com

Stone Lane Gardens is situated in the northeast corner of Dartmoor National Park, OS map ref: SX 708 907 (OL28 Dartmoor).

Stone Lane Gardens, Chagford TQ13 8J What3Words: keys.trombone.crab



MORECARE - Providing transport to get you to your medical and other healthcare appointments.

Morecare volunteers can provide transport services to and from medical facilities, collect prescriptions and help with other needs, where possible, to those registered at Chagford Health Centre or living in Chagford and the surrounding area. Instead of set charges, donations are suggested for our services.

We need more volunteers to ensure that we can meet the community's needs. **Volunteer drivers** can claim back their mileage expenses. **Volunteer call handlers** answer requests from clients and put them in touch with volunteer drivers. If you can help, or if you need health-care related transport, please contact Morecare by phone or text on 07914 853 726 or email via our website www.morecarechagford.co.uk



“There is always in February some one day, at least, when one smells the yet distant, but surely coming, summer.”

~ Gertrude Jekyll

Acorn is rolling merrily along the year. We are always striving to make sure that our clients enjoy the best of times together with our volunteers who are the **BEST!** See below for this month’s feast of fun!

Activities From Cheriton Bishop

- **Lunch Clubs**, at **The Kings Arms** - Tedburn St Mary **Tuesday 3rd February 2026** - contact Jean Martin on 01647 24586 to book (a couple of days in advance please). **3rd March 2026 will be the next one**
- **Shopping** at Sainsburys Alphington – **Wednesday 4th and 18th February 2026**. The bus will collect you from home and return you safely back with your shopping.
- **Outings –10th February 2026** – Teignmouth and Smugglers Inn for lunch
- **Warm Spaces – Exeter School. 6th February 2026**. Please ring the office for more information.


For those in any Area of Acorn’s domain!


- **Tea @ the Hub** – Fortnightly on a **Friday 2-4pm** at the Young Farmers Head Office Building in Cheriton Bishop. Join us for Tea, Talk, Coffee, Cake and a mingle, making new, and catching up with old, friends. **Friday 13th and 27th February 2026** No need to book just turn up.
- **Memory Lane Café –12th and 26th February 2026**. If you know of someone who you feel may benefit from this targeted club, then please call as below.
- **Rainbow Club** – Carers Support Group. **20th February 2026**. Do you care for a partner or a close family member? Then perhaps a monthly get together with other Carers in a similar position might be just what you need. Free informal/confidential chat with a cup of tea. Please call the office number below to learn more.

If you would like to book a seat on the minibus for any of our trips, lunches or coffee mornings, then please contact Mandy or Fran at the Office on 01647 252701.



Our winter break is over! We are fully recharged and looking forward to seeing you all soon.

 **Cream Teas & Cakes** Indulge in our beloved Cream Teas and freshly baked cakes, served daily from 11am right up until half an hour before closing. Whether you're after a comforting bowl of soup or a full three-course feast, our menu caters to every appetite—with a focus on top-quality ingredients, generous portions, and a welcoming atmosphere.

 **Sunday Carvery** Join us for our ever-popular Sunday Carvery, featuring a tempting selection of roast meats alongside vegetarian and vegan choices. Each plate comes with a bountiful array of fresh, seasonal vegetables. Available from 12pm to 2:30pm in the bar, restaurant, or out on the sun-drenched terraces. Please note reservations are taken in the restaurant only, and we kindly ask that dogs remain outside this area.

Current Opening Hours:

Monday - Thursday open 11am– 4pm (food available 11am – 3pm)

Friday open 11am– 4pm 6pm - 9pm (food available 11am – 3pm & 6pm – 8pm)

Saturday open 11am – 9pm (food available 11am – 8pm)

Sunday open 11am– 5.30pm with food available 11am – 4.30pm

Many thanks for your continued support, The FBI Team
Tel: 01647 281287 or email info@finglebridgeinn.co.uk

WURLITZA return to Drewsteignton

SAVE THE DATE

WURLITZA Return to Drewsteignton – **7.30pm Saturday 21st March**. If past experience is anything to go by, tickets will sell out in days so make sure you put the date in your diaries. Wurlitza are a 6-piece band who have been adding live soundtracks to famous silent films for over 20 years, to considerable critical acclaim. They create something truly unique and magical. You won't want to miss it! Tickets will go on sale from the beginning of March with more details in next month's Parish Post.

Every Mind Matters - Small Steps Make a Big Difference

Looking after your mental wellbeing is just as important as caring for your physical health. The NHS *Every Mind Matters* campaign offers simple, practical tips to help you manage stress, lift your mood, sleep better, and feel more in control each day.

Whether you're supporting yourself or someone you care about, you'll find free, trusted guidance designed to make life a little easier.

Discover your personalised Mind Plan and explore helpful resources: www.nhs.uk/every-mind-matters/



We welcome everyone aged 10-28 to our very active club with a meeting & social each month. Check out our Facebook page:

<https://www.facebook.com/cheritonandtedburnyfc/>
or follow us on Instagram.

Parish Post Copy Deadline

Our next issue is the March 2026 edition, so please send your events and articles by: **Sunday 22nd February**

Parish Post Editors cldr.p.brennan@drewsteignton-pc.gov.uk & Shelley.mansfield@me.com



ACE Archaeology Club.

It's the beginning of the new year and the beginning of lots of ACE archaeology events. Just over a week ago we had our yearly new year's meeting where we had two amazing guest speakers:



Dr Emma Stockley from Lincoln University who gave a speech on lithic flints, and Alan Endacott from Exeter University who gave a speech on ritual sites on Dartmoor. Both speeches were fantastic and everyone enjoyed them both! We also kept our first aid knowledge up to date with a first aid speech on CPR and how to use defibrillators, which was an insightful talk which we can keep under our hats when out on our digs this year! And finally, Janet gave us a talk on stratigraphy which is where you use rock layers to learn about the history of the site including any key events from the time and even the date of when it happened. To show how it works visually she baked a fantastic cake showing the layers under the ground and how we put them on a graph. A tasty and informative talk!






Talking of digs... It's slowly getting closer and closer to our yearly Moistown dig which will take place from the 11th July to the 9th August. This is a fantastic dig which is a fantastic way of learning a bit more about some local archaeology. If you are interested, please do get in contact - even if you have no knowledge of archaeology! It takes a lot to get ready for a dig and so on the 14th of February we will be heading over to Moistown for a cleanup day to get the site ready for us. Then, in June we have some contour surveying at Moistown, which is where we use mapping equipment to make a map of the land's shape. This can be a useful tool so we can see what is underneath the top layer including forgotten walls, roads, or land features which may indicate something which was manipulated by the human habitation of the past

Outside of Moistown, we have plenty of other things happening during the year including a tour of historic sites from Andy Crabb, experimental archaeology including some flint knapping, mudlarking, a visit to Avalon Marshes, and many more exciting things!

For more information about anything you've read above or anything else archaeology related, make sure to take a look at our website (acearchaeologyclub.wordpress.com)

Hazel Worsnop, Feb. 2026

Recycling & Waste Collection Dates

			 		
2nd Feb	Monday	✓	✓	✓	
9th Feb	Monday	✓	✓		✓
16th Feb	Monday	✓	✓	✓	
23rd Feb	Monday	✓	✓		✓
2nd Mar	Monday	✓	✓	✓	

Check Bin Day! <https://westdevon.fccenvironment.co.uk/mycollections>

Useful Contact Information

Doctors Surgeries

Cheriton Bishop	01647 24272	Out of Hours	111
Chagford Health Centre	01647 433320	Emergency	999

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Contributions for the next edition by the 22nd February 2026.

Thank you. Ed.