

SHORELINE

News and Views from Charmouth

Issue 10

The Charmouth Parish Plan

In February, a steering committee of parish councillors, local residents and representatives from a number of village societies was formed to develop a Parish Plan for Charmouth. This Plan will be our view as residents as to how we wish to see our village in the future and will also help identify priorities for WDDC in subsequent revisions of the Local Community Plan and will guide DCC's input in the county wide community strategy.

The Plan will only be as good as the input it gets from YOU – so come along to our Launch Day Event (see box) and make your views known on Community Safety, Commerce and Employment, Health and Wellbeing, Tourism, The Environment, Housing, Traffic and Transport and issues concerning the youth and the elderly of the village.

What do you want to protect, what do you want to change and what would you like to stay the same? These comments will help to formulate the questionnaire which will be delivered to every household in the near future. The committee aims to publish and circulate the Plan in March 2011.

Jane Morrow

Charmouth Fun Run and Challenge - 3rd July



Charmouth Challenge & Fun Run - 3rd July 2010 - go on - test your trainers. Fed up with the sound of the vuvuzela - get up from the sofa and turn off the TV. Enjoy a glorious summer's day having miles of fun raising money for local kids. visit www.charmouthchallenge.co.uk



Charmouth Parish Plan Launch Day Fun!

**CHARMOUTH COMMUNITY HALL
Saturday 26th June 11am - 4pm**

CHARMOUTH PARISH 10 YEAR PLAN HAPPENS ONLY ONCE IN TEN YEARS!
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WHAT SHOULD BE IN THE PLAN?

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**Sport and Fitness
See pages 13-17**

**Shoreline is published 4 times a year,
Spring, Summer, Autumn and Winter.
The copy deadline for the next issue is
15th September 2010**

From The Editor

'Whether we give away too much or too little of ourselves, our vitality dwindles. By balancing self and service, we invite the life-force to ebb and flow through us as it was created to do.'

Sue Patton Thoele

The Parish Plan Steering Committee is hoping for a large turnout at the Launch Day Event. Not only will you be able to make your views known on many different facets of village life but also find out more about some of the local clubs and societies which will be present. One thing they all have in common is the need for more volunteers and/or members. Time after time, the same willing people raise their weary hands and offer their time and energy to make things happen. New blood and fresh enthusiasm are needed, so this is a chance for newcomers to the village to come along and get involved. You will get to meet people whilst doing something worthwhile at the same time.

Our feature on Sport and Fitness is on pages 13 to 17. I was so inspired by Lesley Dunlop's piece on Rob Feesey that I went along myself to his body conditioning and

News from The Elms

It has been sometime since I last reported what had been going on within the Parish Council, so let's try to remedy that.

At the Annual General Meeting of the Council, appointments were made to the various committees and outside bodies. Mallory Hayter starts his seventeenth year as Chairman, with Jeff Prosser as Vice-Chairman and Chairman of the Finance Committee, Mark Osborne chairs the Foreshore Committee, David Newson Planning and I the Playing Fields and Cemetery Committee. Most significantly the AGM kicked off the final year of this present council with elections due in May 2011.

In the last few months we have lost two of our councillors. Nick Berry's employment has taken him to Cornwall and Hilary Cledon retired due to ill health and sadly passed away on June 13th, her obituary is on page 4. Several people have applied to replace Nick and an appointment will be made shortly. Since there is a strict procedure to follow, Hilary's replacement will take a little longer.

The spare land at the cemetery is finally in use as allotments and the new Charmouth Allotment Society has been formed to manage the site. Congratulations and good gardening to them all!

Many of us have been affected by the burying of the overhead power supply in The Street in recent months. This work has now been suspended for the holiday season and will recommence in September. It is anticipated to around three weeks.

Sadly we have to return to the subject of vandalism, which is again on the rise. Recently, beach huts have been damaged and there have been several incidents at the bowling green. This costs us all a lot of money and inconvenience, so please, if you see it, report it. Have a good summer, and let's hope it's a genuine barbecue one.

Councillor Keith Lander

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resistance training class last Monday. I can highly recommend it – the level of fitness of his other pupils was **very** impressive indeed!

Some of the forthcoming events this summer include the Charmouth Challenge and Fun Run on July 3rd, which, combined with the School Fete, makes for a great day out. The 19th Charmouth Fayre is on August 1st (see page 8) and the Annual Flower Show will be held in both the Community and Village Halls on August 14th.

Finally, Shoreline would like to extend a warm welcome to Richard, Sue and Catherine Grundy who are the new landlords of the Royal Oak, having taken over from Karen and Brian Prevett in April. They say they love living in such a beautiful village and look forward to getting to know more people, so pop in for a drink and say hello.

Here's to a long, hot, glorious summer!

Jane Morrow



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| Lesley Dunlop- | Feature Writer and Diary |

Letters

Dear Shoreline.

I was delighted to read that there will be an experiment to turn off street lighting after midnight. The site of a unspoilt night sky is a rare thing these days and children can hardly believe what can be seen, adults too. I hope it is a success.

Douglas Fairbank

Mrs Barbara Lacey has contacted Shoreline in reference to the article in the spring issue about Dick Phillips. She advises that the Lyme Bay tragedy was in no way associated with the Dorset Education Authority-run Lyme Regis Outdoor Education Centre, situated on Monmouth Beach. She indicates that the event was connected to the St. Albans Centre, a private firm that operated in Lyme and offered residential adventure training for young people. Mrs Lacey was Secretary to the Principal of the Lyme Regis Outdoor Education Centre between 1978 and 1993.

News From St. Andrew's Church

In my previous article for Shoreline I gave full details about the necessary programme of building repairs for St. Andrew's, recommended as urgent by our Architect. The sum involved of £200,000 is very considerable, and at our Annual Parochial Church Meeting we agreed to attempt this work in more 'bite sized' stages. The first stage will cost about £55,000 and involve a substantial amount of stone repair to the tower and aisles, and what is called 're-pointing' of the cement holding stones together. The overall project will be coordinated by a team of volunteers from the Parish Church, and we hope, the wider community. After all, we strongly believe that the Church is a resource or facility for the whole community, especially for weddings, christenings, funerals and memorial Services. So the project should rightly draw upon expertise from across the whole village. So, as we are currently recruiting the Building Appeal Team, any offers of help would be most appreciated! Contact me on 560409 or at 5 George's Close in the first instance. One bit of encouragement to set us off on this Project is that we have just received a Grant of £10,000 from the Erskin Muton Trust.

St. Andrew's will be holding various fund raising events and special events over the summer period, just like most village organisations!

- We will take part in the Parish Plan Open Day on 26th June with information on our fabric repair plans.
- We will also run a stall "Stairway to Heaven" at the Village Fayre on 1st August.
- We aim to run a special exhibition on an environmental theme from August 1st – 8th. Called "Creation Stations" it will celebrate God's presence and blessing of our wonderful world.
- Tea Party on August 21st to say farewell to our esteemed organist Heather Fairhead and husband Russell.
- Seafrost Songs of Praise Service at 3.30pm on Sunday 22nd August, on east side of the beach. This will be led by the local "Brass Tacks" Brass Band.
- Coffee Morning and Open Church to support the Dorset Historic Churches Cycle Ride on Saturday September 11th

You are of course welcome to support any of these! All the many other events around our 12 Golden Cap Team Churches are set out in the Golden Cap Magazine. Its obtainable at the back of St. Andrew's, priced a bargain 50p!

We will be joining with our friends from the United Reformed Church again over the summer period for a weekly Songs of Praise Service. They will be held as before at 6.30pm in a large tent at Manor Farm Holiday Park. The dates for these are as follows:

SUNDAYS

July 25th, August 1st, 8th, 15th, 22nd, 29th.

They will be led by a variety of clergy or ministers. Everyone is welcome. Bring along a choice of favourite Hymn!

Finally, some of you will have read that my wife, Revd Jane Skinner, has been appointed after a careful process, as Team Vicar in the Golden Cap Team. She will have special responsibilities as 'Vicar' of Lyme Regis, but also several other local churches also! It is unusual for a husband / wife clergy team to work together, but it has happened before in the Salisbury Diocese. The Diocese are very supportive indeed of this appointment. Jane's Licensing Service by the Bishop of Sherborne will be: FRIDAY JULY 23rd 7.30PM AT ST. MICHAEL'S LYME REGIS. Everyone welcome – it is a very large church, after all! This appointment will mean that the Diocese will relocate us to live in Lyme Regis. BUT I will continue to be the Rector for Charmouth, and be very often seen around the village as well as in St. Andrew's. Maybe even more so!!

Revd Stephen Skinner, Team Rector.



£50k Lottery Boost for St Andrews Community Hall

St Andrews Community Hall has been awarded £50,508 from the Big Lottery Fund. (Reaching Communities Programme) This money will be used to build a two-storey extension and improve the hall's facilities, particularly for disabled people. The improvements will enable the hall to provide a new toilet and additional space for a wider range of activities and indoor sports for all ages. Work is due to begin by September and expected to be completed within six months, during which time the hall will be open as usual for hiring. The Management Committee are still actively fund raising and will be organising different functions throughout the forthcoming months. WATCH THIS SPACE!

Linda Crawford Secretary 07813513062



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We Remember...

Hilary Cleden

13th July 1942 to 13th June 2010



Hilary Cleden died at home on the 13th June aged 67, after a long and brave battle with cancer. Many of you will remember Hilary as an active member of the community. Hilary and her husband Tony came to live in Charmouth in 1997. Hilary, a retired school bursar soon became involved in the Parish Council taking on the role of chairperson for the playing field and cemetery committee. Of late she was an enthusiastic supporter of the

affordable homes scheme in Lower Sea Lane and the new allotments by the cemetery.

Hilary was also vice chair of the school governors for Charmouth School. It was a role close to her heart and she enjoyed helping at the school for many years.

She was a keen Womens Institute member and served on the committee for many years becoming the last president before the WI in Charmouth closed.

Hilary leaves a husband, four children and seven grandchildren. She will be sadly missed by them and all who knew her.

Hilary was an optimist, always cheerful and happy with a smile for everyone. She was ready to say 'yes' and help out if possible. Charmouth will seem a slightly less cheerful place to those who knew her.

There will be a thanksgiving service at 2pm on Thursday 1st July at St Andrew's church, Charmouth.

Tony Keeler 1926 - 2010

Tony Keeler came to the village twenty years ago, and from that time until his demise in March this year, he had dedicated himself quietly and with considerable efficiency to tasks that he considered necessary. He sought no limelight and for fifteen years he gave of himself unstintingly for the service of the village. In doing so he followed an earlier tradition among Charmouth newcomers who considered it an obligation to contribute to quality of life within their new home.

Upon leaving school, Tony joined a firm of accountants where he began the sequence of exams for chartered accountancy. However, this progress was interrupted in 1943 when he was volunteered at seventeen years of age. There could have been no other regiment more appropriate for him in terms of his origins and attitudes than in being called to the colours of his father's old regiment - the Kings Own Yorkshire Light Infantry - the famous KOYLIs. He immediately underwent intensive assault training with the 4th Battalion of the regiment in preparation for the greatest seaborne operations in history - D Day: the return to France on the 6th June 1944.

The war in Europe ended on May 8th 1945 but Tony was not demobilised until July 1947; his battalion was required to form part of the occupying forces in Germany named the BOAR - The British Occupation Army of the Rhine.

On returning home he rejoined his former firm in Sheffield, completed all of his accountancy examinations and in July 1949, married Sheila, his childhood sweetheart. Tony and Sheila moved to Surrey where he joined North Lombard Central, the famous financial firm where, in due course, he became a financial director, a distinction of which he was especially proud. Following his retirement he became a trustee of Brooklands, that great British racing centre of the pre-war years. By this time Brooklands had become the museum celebrating the former glories of British car racing of that famous track

Tony and Sheila came to Charmouth in 1990. I first met Tony at the Charmouth Heritage Centre during my chairmanship of the Centre when he came to us as the treasurer. He arrived just in time to lend his expertise in an application for lottery support for improvements to the Centre which was finally granted in 2003.

At this time, there was a greater need for Tony's expertise at the Charmouth Parish Council office. He resigned as treasurer of the Heritage Centre in 1999 and volunteered his services as the audit adviser to the Council. He was later co-opted as a parish councillor to serve as Chairman of Finance, a role he filled with distinction until he retired in 2007.

Those who knew Tony would agree he was a dyed-in-the-wool Yorkshireman. Characteristics of such a man - or at least those of the popular image - is of a man direct in speech, strong of opinion, conservative with the ha'pennies and with a hint of perversity thrown in. These 'impressions' were reinforced wonderfully by the likes of Fred Truman, Geoffrey Boycott, J.B. Priestley and even Wilfred Pickles, all of whom gave some substance to such a 'behaviour' and certainly to an impressionable innocent from the south. (Tony's wife Sheila, reinforced this impression by saying that her husband became more of a Yorkshireman the farther they moved to the south.) Yes, these native verities could be seen in Tony's personality, but there was far more to the man than that. His strengths were of a natural authority, forthright in speech with total conviction. His expertise and efficiency were unquestioned - one listened to what he had to say. Yet, on another side of his personality I was able to see his evident personal satisfaction, almost an excitement in his readiness to advise and assist younger staff. in the early days at the Heritage Centre.

My ongoing memory of Tony Keeler will be of walks and talks of dogs, cars and the migration of birds. Significant sightings invariably led to mutual testing on their true identity. He was relaxed then. Charmouth has a great debt to him: he was a good man.

Peter Press

The Life in a Day of Nicky Millen



Nicky Millen is known to many in Charmouth – a jolly, extrovert lady with a ready smile. Few, perhaps, know her more serious side. She talked about her life to Lesley Dunlop:

I was born in a very rural area near Maidstone and I lived on a farm. Animals and nature were my life and horses were my passion, but my childhood was very unhappy. I hardly went to school as I was a carer. I had always wanted to be a nurse as I idolised my aunt; she was my role model. I was told at the interview that I should aim to become a State Enrolled Nurse because I wasn't sufficiently qualified, yet I remember being very forthright even at 17 and insistent that I wanted to be a State Registered Nurse. I really loved my training and when I qualified as an SRN on my 21st birthday, it was one of the best days of my life. My father used to say that I ate, breathed and slept nursing; I was so passionate about it.

In 1993 I moved to Charmouth (as Nicky Coleman) with my two young sons. Everyone was so friendly and welcoming; people here accept you for what you are. Brian Lugg and I have been together since 1995 and we have three sons of our own. My five children are my priority. Their ages range from 25 to 8 and they have all attended Charmouth Primary School. My older two were there when it was new and Mr Broadhurst was Head Teacher.

Brian has lived on Cummins Farm for 50 years. He has specialised in sheep farming, building up the farm from where his parents left off, and is now diversifying with his campsite. He is extremely supportive; I couldn't have carried on my career without him. He picks up the children from school and clubs and, if I can't go to an assembly, he'll be there. When I was 50 recently, he did so much to make it special.

I'd done amateur dramatics in nursing training, so when I came here I joined Charmouth Companions which had started the previous year. I haven't missed one panto. My parts have been stupid, quite humorous and a little bit bad. I don't mind being a baddie as long as I'm not evil! I played Effall the Bo' sun in *Jim Lad* opposite Marilyn Waterson, and absolutely loved being Mad Marion, Mike

Davies' sidekick. In one of Mike Whatmore's short plays I was a silly, excitable puppy. I loved that. I've made some amazing friends with the lovely bunch of people at Charmouth Companions.

When I first arrived in Charmouth, I did agency work for the British Nursing Association and BUPA; I was asked whether I'd teach. I did – and really enjoyed it. Then, in 2001, the directors of a training company asked if I'd become an associate. They wanted me to do an assessor's course for NVQs in social care and health. So I did that and because I was already a nurse, I took candidates to NVQ level 4 from domiciliary services, and day centre Managers to Residential and Nursing home managers. I travelled throughout Dorset and neighbouring counties to teach assess and run workshops. I've had to do teaching qualifications, and it's difficult to keep up with targets, Ofsted and central servers.

When I started nursing, we had a Kardex system on which we documented patients' care; now we have to complete numerous forms and assessments, which takes us away from the compassionate side of nursing. The paperwork is phenomenal and, I feel, largely unnecessary.

I still do bank nursing at Bridport Hospital, which provides excellent care. I prefer night and late shifts because it's mostly quieter and I can sit with someone who's frightened, or talk to someone who's awake at night or wandering. The lovely feedback patients have given me has healed my unhappiness as a child. Now my main job is teaching nurses and social services staff and I absolutely love it. My work is so varied, and I also work from home marking and referencing folders.

I constantly analyse what I say and do in an effort to improve myself; it's part of my reflective abilities as a nurse and teacher. I want to be everything to everybody and have always struggled with the balance. Whenever I do something, I try to do it properly and not let anyone down. I now play skittles and belong to a book club, but I could be out all the time in Charmouth; there are many activities here. I live life full on and sometimes feel I can't catch my breath, but on the rare occasion that I watch television, it's usually *Dr Who*.

If I died tomorrow, I'd like people to say that Nicky was a caring person and good fun and, although she was a bit scatty, she knew what she was doing. That would be fine by me!

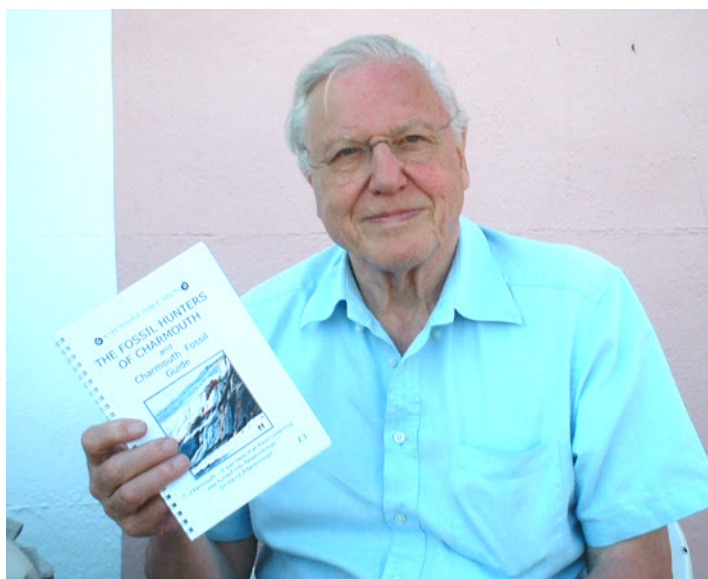
Lesley Dunlop

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Sir David Visits Lyme Regis



Legendary natural history broadcaster, producer, author and conservationist, Sir David Attenborough, was filming at Monmouth Beach and above Marine Parade, Lyme Regis, on 24 May. Fifty-six years after his famous *Zoo Quest* series was launched, Sir David wrote and is presenting *Flying Monsters 3D*. The cutting-edge documentary by Atlantic Productions will utilise CGI effects to recreate the world of pterosaurs, the flying vertebrates that dominated our skies 200 million years ago. It will be one of the first 3D television productions and will be screened in IMAX and other 3D cinemas before being premiered later this year on Sky 3D, the UK's first dedicated 3D television channel.

Sir David kindly provided a quote for the cover of Shoreline's *The Fossil Hunters of Charmouth* and *Charmouth Fossil Guide* and we gave him a copy when it was first published in March. Here he is with our publication, which is widely available in Charmouth shops and at the Charmouth Heritage Coast Centre for just £3.

Royal British Legion

CHARMOUTH BRANCH WOMEN'S SECTION R.B.L.

Our Easter Coffee Morning was blighted by the weather - the heavens opened and few folk came out. Even so, we all agreed that plus £150 is better than minus £150. We hope to do better at the Poppy Appeal Sale in November - further news of this in the next issue.

In May we indulged ourselves with a visit to Honiton; some shopped, then we all met at the R.B.L. Club, where we had a good lunch at very reasonable prices. At our June meeting Peter Press spoke to us about Canada, his 'home from home', where he taught for nearly 30 years.

I should like to take this opportunity to make a distinction between the roles of the British Legion and 'Help for Heroes' - both charities set up to support the Armed Forces, but in different ways. 'Help for Heroes' has raised large sums of money for capital projects, such as the building and development of Headley Court, where they

do wonderful work in helping those young men who have lost limbs in Iraq and Afghanistan. More recently they have been able to provide accommodation for wives and families to stay nearby while their men are being treated.

The British Legion was established in 1921 to help ex-service men from the 1914-18 war and has continued ever since, helping all ex-service personnel from any conflict - soldier, sailor or airman and their female equivalents - with physical, mental or financial problems. This help is available throughout their lives, from lobbying the Government for improved conditions and increased pay while serving, through help with finding work and accommodation on release, right through to providing retirement homes, including the latest project - a specialist unit for Alzheimer cases. The Women's Section, to which our Charmouth branch belongs, is particularly involved in support for widows, wives and dependants of Service personnel. No wonder we need a good response to the Poppy Appeal!

Our next meeting will be on Wednesday 7th July, at 2.30 pm in The Elms. At 3.00pm, Wendy Knee will tell us of her fascinating trip on a tall ship - the Stavros S Niarchos - with her friend Jennifer Grierson. We shall hold a raffle in aid of the Benevolent Fund and round off the afternoon with tea and biscuits. All welcome - local or visitor.

Pat Stapleton, Chairman

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The 2010 Defra Coastal 'Pathfinder' Project

In 2009, the Government published a consultation paper entitled: '**Coastal Change Policy**'. Many organisations responded to this call for ideas including the National Trust. The results showed that more work was needed to discover how best to assist local authorities and communities when faced with impending changes to their coastlines, especially where flood or erosion were the likely culprits. Later, Local Authorities were invited to bid for monies to further their research at 'hotspot' locations along their coasts.

Dorset teams (at County Hall) were keen to submit a bid and the Trust were invited to participate which we did with enthusiasm. The bid was submitted in September and to everyone's delight, it was announced in December that we were to be granted £378,000.00 ... 1 of only 15 successful bids in the country!

Our pathfinder will explore issues surrounding 'change' and ways of empowering local communities, also, ways of retaining community vitality by planning for and managing change in a measured way. We have selected six 'hotspot' sites / communities along the Dorset and East Devon coast that have particular problems regarding the possible changes facing them over the next 100 years. The focus for West Dorset will be coastal erosion and consequent slope movement at Ringstead Bay, N.Swanage, Sidmouth, Seatown, Charmouth and Lyme Regis.

These locations exhibit a mixture of issues to be addressed by the partnership team and will require meaningful consultations with all interested parties.

The chosen sites and issues are:

Site location - Core issues

1. Northern end of Swanage A soft eroding cliff and a number of domestic properties (plus a hotel) are at risk of loss due to cliff erosion. Should protection in the form of hard defences be considered?

2. Ringstead village Issues surrounding whether the village can be protected in the future or whether a strategy of 'roll-back' is more appropriate

3. Preston beach Road near Weymouth The 1992 sea wall will not be sufficient to protect the main road by 2050; dwellings may also be at risk. Should strategies be put in place now to minimise the risk and loss?

4. Seatown The car park and public house are at risk from erosion but this is a well-loved location for many visitors. How can these contrasting issues be resolved? Could the car park be relocated?

5. Charmouth (Heritage centre) This important building houses a unique collection of fossils and materials relating to the Jurassic Coast but it is frequently attacked by storms. The seawall has recently been refurbished but will not withstand the big storms we expect in the future. Should a new Heritage Centre be developed away from the danger zone?

6. Sidmouth (Pennington point) There are 11 substantial houses above an eroding sandstone cliff but they have long gardens and are not at risk for some 50-100 years. The residents would like to see rock armour placed under the cliff but planners are reluctant. How should we resolve this?

The agreed approach for 'Pathfinder' sits comfortably alongside the **National Trust 'Shifting Shores'** approach to coastal management that I have written about before. That is as follows:

- 1- **assessing** risks and issues
- 2- **checking** the background science is robust
- 3- **developing** a plausible 'scenario' for how each site might look in 50 years time (given rising sea levels and more frequent, severe storms)
- 4- **determining** to what degree the issues might have changed in the intervening years
- 5- **looking** for long-term realistic solutions; especially those that work with the grain of nature but fully respect the needs and safety of individuals and communities

The work is commencing *right now* and a special projects officer, Henry Aron has been appointed to carry out the community engagement work over the next 15 months. There is clearly a lot to do but with the executive team to support him, I am sure he will do a fantastic job and that we will learn a great deal to the benefit of all six communities.

You can contact Henry directly on 01305 225516 or by e-mail: h.aron@dorsetcc.gov.uk

Tony Flux

Dorset Coastal Zone Projects Manager for the National Trust

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Charmouth Fayre



The 19th Annual Charmouth Fayre is on Saturday August 1st at 2pm, preceded by the parade, which sets off from the Royal Oak at 1.45pm.

Our main event this year is a Police Dog Demonstration Team which I am sure will be absolutely brilliant. We have at last managed to book a local "Morris Men Group" to come along and put on a colourful display. As well as these new events we will have all our usual stalls and games, making it a really fun afternoon. The tea pavilion crew will be serving their usual delicious cream teas and home-made cakes which you can enjoy whilst listening to the Ottery St Mary Silver Band.

From 7pm there will be a Barbeque and Bar together with Live Music from "Mice with Glasses", culminating at 10.30pm with a spectacular firework display.

We look forward to seeing everybody there.

Peter Noel – Chairman 2010

Who will be this year's Tug'o'War champions? Let's hope that both pubs have their teams in training!

Charmouth & Wootton-Fitzpaine Conservatives

Now the work is over, it's time to party! It's not quite true, but we are planning some enjoyable events.

For those who are politically minded, April and May have been the highlight of the last five years, with the build-up to the election, election day and the setting up of the coalition government. Now it is up to the coalition government to show it is up to the task and deliver the goods!

For those of us who are not quite such political animals, we are freer to relax, socialise and generally enjoy life, whilst we wait for the next set of District and County Council elections to come along.

Our group has already enjoyed a Cheese and Wine evening, hosted by Neil & Kay Solomon and Tony Underwood, who are relative newcomers to the village. Around 50 people enjoyed the event so much, that the last revellers left around an hour after the official finishing time!

By the time you read this issue of Shoreline we will have held our Summer Barbecue. Again, around 50 guests are expected, so we are hoping for clear blue skies, but have

contingency plans to prevent bad weather putting a damper on things.

On the 9th July we will be holding a Coffee Morning. Ring Malcolm & Maralyn Hinxman (560402) or Bob & Helen Hughes for details (560487).

Early in September, we are holding a new event designed to entice those with a sweet tooth. 'A Puddings Evening,' with no time wasted on starters and main courses ...just puddings and coffee, with a little drop of wine too, to which all are invited. Ring the above for details.

During autumn and winter months the committee will be organising more events, so that we can continue to mix social, fundraising and political activities. Visitors, non-members and even non-believers are always very welcome to attend.

We hope that you enjoy our company so much that you join us. New members, particularly committee members, will help us thrive.

**R Hughes
(Treasurer)**

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Light The Blue Fuse - and Stand Up for Some Home Made Jam!

Charmouth is a great place to live, but is not necessarily known as the centre of innovation, less still the music capital of Dorset!

However, Saturday 1st May saw the first of what could become an exciting regular event, which not only entertains but, perhaps more importantly, inspires.

This event organised by Terry Reynolds has its roots set in the days before tv, radio, electricity - maybe back to our earliest days, when a cave man tapped out a rhythm with an antler horn and his family hummed along! More recently, Wendy Knee decided to have a musical soiree with a few family and friends, having, over the previous few years, learnt to play the saxophone. After several of these events, which became bigger and bigger with more musicians becoming involved and revolving around several different homes, Terry decided to take it to the next logical stage and booked St Andrew's Hall for May Day.

I arrived with my 11 year old daughter, GG, on time to find the hall pretty full and a party atmosphere in full swing, with tables bulging with drinks, snacks and picnics. With all 150 tickets sold and everyone in party mood, the signs already looked good for a great night. For the next hour, long after the music had begun, people continued to trickle in, squeezing chairs into every conceivable gap, leaving just a small dance area in front of the stage.

At last the waiting was over, as compere for the night, Russ Pearce, welcomed everyone and introduced Sax Buskers, a sextet of saxophone

players including, appropriately enough, Wendy Knee. They played two short sets, comprising a range of familiar jazz, pop and classical tunes which had toes tapping and fingers clicking.

Next up were Gabriel the Obscure, a four piece group featuring two acoustic guitars and two singers. In their first ever gig, Sandy and Deborah's singing grew in confidence over their two short sets of popular 60's songs with most of the audience singing along, while the two Chris's on guitars kept the groove rolling along!

As the evening progressed, the general hubbub increased, against which Bob Brooker was introduced with his Spanish-style guitar playing. There was a kind of hush as he played three tunes, although as he explained, on the wrong kind of guitar with the wrong pick! Finally for the first half of the evening John Garvey was introduced, playing and singing a set of folk -inspired songs with a 12 string guitar. Sadly, John's set coincided with the announcement that the food, superbly produced and served by Gillian Reynolds and her team, was ready. Not surprisingly this created a lot of noise and moving around, making it difficult to hear the music - hopefully John will play under better conditions if there is another similar event.

The final act followed a thirty minute break for food and refreshments and featured the event organiser, Terry Reynolds, on drums with his occasional band Blue Fuse. Their brand of "vanilla soul" had people dancing in the aisles(by this time there was very little dance floor left!) to a selection of well known soul and r&b songs. My particular favourites were Brown Sugar and a powerful version of Mustang Sally, played at the end of a set during which the band seemed to grow in confidence as the plaudits from the audience grew louder.

Overall the night was a great success. I went home singing Mustang Sally (although not for



Chris of Gabriel the Obscure

long as my daughter complained about the noise!) and feeling that I had been royally entertained for my £5.00 ticket. I'm sure that none of the musicians on show would claim to be of professional standard, but that really wasn't the point. They set out to have a fun night out, entertain and maybe inspire a few more people to pick up an instrument. Two of those three aims have certainly been met. As to the third, who knows - I for one started trying to play guitar last year and certainly returned to my practicing with a renewed purpose after my evening in St Andrew's Hall!

I know that Terry wants to run more of these events, and the success of this first evenings entertainment should certainly be a trigger for at least one more. To maintain the freshness of the event a few different musicians will be essential, so if you've got a talent to share, whatever the musical style, why not contact Terry on 01297 561115. He is looking to put together a loose list of local musicians who are keen to collaborate together on the 'Home Made Jam' project. Longer term, Terry sees this as a way to encourage the youth of the area to get involved with something constructive, to pick up an instrument and make some music with their mates and have a safe venue to showcase their talents.

At this time it is difficult to predict where this will lead, but Terry's drive and enthusiasm has got the project off the ground and I see no reason why it cannot be driven forward successfully.

Neil Harvey



Vocalist of Blue fuse John Leaver

A Busy Time For the Heritage Coast Centre

Summer is here and another busy season is ahead for the Heritage Coast Centre and for all the whole village! Over the May Bank Holiday weekend we hosted the Charmouth and Lyme Regis Fossil Festival with over 2,000 people visiting the Centre and taking part in activities, and a further 1,000 people visiting the fossil and biodiversity marquee on the foreshore. As well as our fossil events we had Buglife, Butterfly Conservation and the Seahorse Trust with activities and information in the marquee, and a great time was had by all. My thanks must go to all the exhibitors for their time and effort and also to the Parish Council for permission to erect the marquee and for assistance from both Mike and Keith with moving equipment over the weekend. A real Charmouth foreshore team effort!

On the subject of fossil events, my thanks must also go to Shoreline and all the participants of the "Meet the Fossilers" event held back in March. The event was a resounding success and the Centre received a donation from the proceeds which will be put to great use. Sales of the "Fossil Hunters of Charmouth" book are also going very well.

Over the summer months Years 5 and 6 children from Charmouth Primary School will be joining the warden team as junior wardens every Wednesday after school, to help the wardens on a wide variety of tasks, including marine tank maintenance, beach cleans, coastal investigations and fossil hunting. This scheme will now be running all year round, so if any children who will be in Year 5 and 6 in the Autumn term are interested, then please contact either Meirel or Nikki at the Centre or Mr Vincent at school.

The Centre is now geared up and ready to go for the summer season. We are fully booked with school groups right through until the end of term and other events planned are fossil hunting walks, World Oceans Day and Marine Week from Saturday 7th - Friday 13th August. For details of all our events please log onto our website www.charmouth.org.

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If accommodation providers would like any of our events leaflets then please contact the Centre on (01297) 560772. The Centre could not run without a strong team of volunteers who assist with a wide variety of tasks. If you would like further details on how you could help, then please contact Meirel Whaites (Senior Warden) at the Centre or email: info@charmouth.org

Meirel Whaites (Senior Warden)

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The Placebo Effect

Joe Chamberlain, the original NHS village GP in Charmouth, was an expert prescriber and dispenser. Long retired he remained full of advice: "Red painkillers work the best", he would say, and: "If the mixture didn't work, I would dispense the same stuff, but with a different colour and a nastier taste. That usually did the trick".

For the past century the aim of medical science was to discover the underlying physical basis of all illnesses, and find ways to correct it using medicines and surgery. But effective treatment remained frustratingly elusive for many conditions. For those cases it was an in-joke amongst doctors that humans could be "fooled" into feeling better by administering some useless substance and telling the patient it would cure them. It was generally assumed to be a psychological or even entirely imaginary effect, but it would often allow them to accept the patients' gratitude for their effective treatment, albeit sheepishly.

Other than that the placebo effect was a pest; it played havoc with the testing of expensively developed medicines. It was no good comparing the effect of a drug to zero treatment, because the improvement with the drug could be due to a placebo effect rather than a pharmacological effect. In order to prove pharmacological efficacy the drug had to be compared to the effect of a placebo, an identical-looking pill containing only sugar. Patients being tested had to be "blind", i.e. oblivious to whether they were having the real drug or a placebo.

Although drug trials are designed to establish the effect of the drug over and above a placebo effect, it is astonishing to see the ever-present placebo effect in all drug trials. From high blood pressure and high cholesterol to stomach ulcers and infection, and even cancer, these conditions all improve on placebo treatment in varying proportions of patients, when the subjects believe there is an even chance they are taking an active drug. The placebo effect is even greater if doubt is removed and the subject is convinced they are taking real medicine.

Astonishingly, field doctors during the war managed to obtain effective pain relief in horribly injured soldiers by injecting saline and saying it was morphine (which they had run out of). It was even proven possible to carry out surgery using placebo anaesthetics. It goes further; in many cases fake operations themselves have been shown to be effective treatment for a condition, such as pretend knee operations for arthritis: making a skin incision under general anaesthetic and immediately stitching it up (whilst the Ethics Committee slept). Even pretend operations for heart symptoms could be effective.

More people improve on a waiting list for physiotherapy compared to those not referred. People with chronic (longstanding) conditions often improve just by making an appointment with the doctor. More commonly, people improve by seeing the doctor and receiving an explanation of their condition without treatment.

In recent years it has been established that the placebo response is far from imaginary. Real physical changes take place in the body that can be measured. Through the use of Functional MRI scanning the placebo response has

recently been shown to involve activity in certain areas of the brain and spinal cord. Certain brain chemicals are boosted, such as endorphins, the body's natural painkiller (mimicked by morphine and other opiates); dopamine activity is increased, indicating stimulation of brain areas that help regulate various body functions such as the immune system and promote the sense of feeling well and energetic. Stress hormones are reduced. Cytokines, chemicals that promote inflammation, are reduced in the body. It has been demonstrated that a placebo-induced anti-inflammatory effect in rheumatoid arthritis can last for years.

There seem to be two separate brain processes through which a placebo response can be induced: expectation and conditioning. Expectation is dependent on the patient's perception and belief. The higher the confidence in the treatment, the more potent the response (the higher the outpouring of dopamine in the brain). This can be influenced by the colour of the pills, just as Joe Chamberlain had figured out long ago.

Conditioning depends on previous experience of getting better on the treatment, whether this previous treatment was pharmacological, physical or "placebo". This response does not require conscious belief. Conditioning was demonstrated by studies using immune suppression therapy, where subjects were first given a potent chemotherapy drug called Cyclosporin in a drink of distinctive colour and flavour, and the reduced immune function was measured. Subsequently they were given a placebo of identical appearance and flavour, which also produced clear suppression of the immune system (albeit less reliably). In one study the subjects were rats, - who could not have had conscious knowledge of what they were given. The study was repeated with humans, who were kept oblivious to the nature of the study and had no idea of what they were given throughout. Immune suppression in response to the placebo was observed in those who were first "primed" with real Cyclosporin, but not in those who received placebo throughout.

The area of brain involved in this conditioned response has been identified as the "Insular Cortex", which links sensory experience and emotions to body functions. However, the effect on the immune system, positive or negative, is also modulated by the amygdala, the area of brain concerned with emotional learning.

Some people are more susceptible to placebo response than others. Whilst a sceptical attitude mitigates against a good response, even non-believers can be shown to produce a placebo response. It seems that the way brains are "wired" varies from person to person, and in some people high expectations and pre-conditioning just does not lead to a dopamine boost.

In this day and age of openness and transparency it is unethical to deliberately deceive a patient by giving a coloured sugar pill with an assurance of potency in order to induce a placebo effect. However, the placebo effect still has an important place, both in conventional and complementary medicine. The effect of any genuine treatment is strongly influenced by the nature of the consultation with the doctor or therapist through the addition of a placebo effect. (Continued pg12 ..)

The Placebo Effect

It has long been known that a treatment is more effective if administered by a practitioner in whom the patient has complete trust and confidence. The practitioner can maximise this confidence by spending time to make sure the patient has understood and accepted the nature of the condition and the treatment. Very often, by giving a condition or symptom a context and a "story" of how and why it has arisen, which allows the patient to integrate it in the "story" of their life, a placebo response is induced which lessens symptoms and can actually improve the condition. Trust in the practitioner is important to impart the confidence that if the condition could be more serious he would have taken it further.

Tellingly, this aspect of practice is now referred to as "traditional" or "old fashioned" and little value is placed on it by political controllers of the health service, partly because it cannot be measured. The continuity of care and consultation time that is vital for this style of practice is undermined by the perverse incentives that are changing the way the service is provided, and by avalanches of target driven routine checks and other requirements that can be objectively documented and measured.

Equally perverse is the dismissal of benefits of therapy that are evidenced as "placebo". This particularly affects complementary and alternative medicine. The establishment requires that any therapy is "evidence based", which means it must be shown to be more effective than placebo before it is considered "effective". The House of Commons Science and Technology Committee recently decided that homeopathy should not be made available on the NHS because it did not prove better than placebo treatment. This is naïve. Even if homeopathy has no real physical effect, (and there is still plenty of mystery about that), it can induce a powerful placebo effect with alleviating and healing benefits. The recipients of such benefits are not too bothered about knowing exactly why they are improving, whether it is due to the direct effects of homeopathy or because of the placebo response it induces.

Over and above any direct effects, the power of homeopathy lies in its brand. Empathically applied it can induce a placebo response with healing effects that for a number of conditions are beyond the reach of medical treatments. To test complementary therapies like homeopathy against placebo is like emptying the bath and then wondering what happened to the baby.

The opposite to placebo is "nocebo". This is a negative effect to treatment induced by a belief or conditioning. Many side effects to medicines are nocebo rather than direct drug effects. Manufacturers of drugs are keen to list as many side-effects in the patient's information leaflets as possible, using feedback reports without establishing a true causal link. These side effects are then often experienced by patients, but only after reading the leaflet, (although more often, the listed side effects are common symptoms with many other causes).

Being injured deliberately tends to hurt more than an accidental injury, and more if perpetrated by someone you hate than by someone you love. An accidental injury takes much longer to clear up if there is blame and anger, and particularly if it involves litigation. These are nocebo effects.

Another nocebo effect was demonstrated in a study published 30 years ago, which showed that men were more susceptible to colds when mother-in-law came to visit, through nocebo-induced immune suppression.. I didn't notice whether or not the study author's name was Dr Bernard Manning!

Dr Martin Beckers

A Pain In The Back

Episodes of acute low back pain are relatively common, affecting most of us at some period of our lives. Sometimes we may be able to link these episodes to a certain activity such as bending to pick up a heavy object, twisting and lifting. Other times it may not seem so clear. The good news is that it is rarely serious, most people make a full recovery within a few weeks, and there are lots of things that you can do to help yourself.

- 95% of all back pain gets better...so think positively!
- Take control of the pain – this may be with painkillers or anti-inflammatories. Ask the pharmacist or your GP for one they recommend. By controlling the pain you will be able to move more normally, and get better faster.
- Stay as active as possible.
- Try to keep working, you may need to make some temporary changes at work if your work is particularly heavy, so ask your employer to help with this.
- Ask for help with the housework, whilst remaining as active as possible!
- Change your position frequently, sit for short periods only in an upright and supportive chair. Walk for short distances, lie flat for short periods if it feels beneficial. Try sleeping lying on your side, with a pillow between your knees.
- Take frequent breaks whilst driving.
- Use ice packs or heat, whichever helps. Crushed ice in a damp tea towel applied for 10-15 minutes may help with pain in the first 24 hours, after which a hot water bottle will probably be more comfortable.

If the back pain is not getting better, or you are feeling unwell you should see your GP. In many cases advice, reassurance, good pain relief are all that is needed. Sometimes a little more help is required. Physiotherapy can help with relieving pain, mobilising the spine, improving posture, flexibility and strength of the back. Likely causes of injury can be identified, and further episodes of back pain can hopefully be prevented.

Becky Loader, Physiotherapist.

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The Outdoor Gym On Our Doorstep

For many people doing something about getting fit means going to a gym and working out on a treadmill or cycling machine, but those of us lucky enough to live in Charmouth have an outdoor gym right on our doorstep. What's more it is free of charge and also very enjoyable to use, no matter how fit or otherwise you may be, and it lies just at the top of Stonebarrow Lane.

The network of footpaths and tracks of the Golden Cap Estate offers limitless opportunities for getting exercise just by walking (or running if you are ready for it). On a clear day you can see all the way from Portland Bill in the east to Berry Head beyond Torquay in the west, and that is just a backdrop to the glorious coastal scenery. With views like that getting fit becomes something to really enjoy, not just endure.

The National Trust car park will be the starting point for most people and their shop there will provide an excellent pictorial map. For anyone new to regular exercise, just walking along the track to its far end and back is a good start. It might take as long as an hour the first time, but you should aim to do it in 30 to 40 minutes. Once you start to exercise and you get fitter you need to do more for it to be worthwhile. Fortunately, on Stonebarrow



doing more means enjoying more and starting to exert yourself on those hills. This may be daunting at first so just include some gentle slopes to start with, but when your body and mind get used to the idea you will find yourself walking uphill quite fast without really thinking about it. There are endless possible routes but you will probably end up with a small number of favourite ones and by checking the time you take you can easily see whether you are getting fitter (or not). With some regular time and effort you will soon be ready to venture right across to Golden Cap and back, and who knows, perhaps take part in the annual Golden Cap Challenge ?

You don't need any special equipment or clothing to get started. An ordinary pair of comfortable shoes, trainers or sandals with some grip on the sole are fine when it's reasonably warm and dry underfoot. If it's raining and you don't have waterproofs then it's really not much fun, so just go another day! When you are ready to go out whatever the weather then you will enjoy it more if you make a small investment in sturdier or more waterproof shoes and clothing, but you don't need expensive mountaineering gear that would get you up Everest.

Gordon Hathway

Shoreline is now available to view online at **www.charmouth.org**.

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A Prime Location For Getting Fit On The Sea

Charmouth couldn't be better situated for those who wish to get involved in the increasingly popular sport of Gig rowing.

As a means of improving your all round cardio vascular fitness, and particularly for toning up that torso, rowing is one of the best ways to keep fit. But forget the machine in the gym, take in the scenery and the sea air and join one of the Jurassic Coast gig clubs.

Gig rowing is the fastest growing community sport in the country. With over 55 registered clubs now in the South West region, Dorset boasts 5 of them and in our immediate vicinity Charmouth residents can choose between Lyme Regis Gig Club (LRGC) and Bridport Gig Rowing Club (BGRC).

Although gig racing can be considered a high octane sport, it is not just for highly competitive, adrenalin junkies. Clubs are always mindful that they offer a balance between competitive and recreational rowing, ensuring they provide something for everyone. Whatever your age or fitness level you can take part, and there is the added bonus of a lively social scene and opportunities to get involved in associated community and fundraising events. The gig rowing season begins each May and is marked by the World Gig Rowing Championships in the Isles of Scilly where the sport originated. Rowing then continues throughout the summer until the end of September. Most



clubs then continue with a skeleton training schedule during the winter months in order to be ready for the following year, so it is a great way to keep in shape all year round.

Local GP, Sue Beckers (Lyme Ladies A - 53rd in the world!) is a keen rower. Here she explains why it is such an appealing sport to get involved with: "How better to enjoy living by the sea than to learn to row beautiful traditional boats in teams and then race them against Cornish, Devon and Dorset clubs. There's a way for everyone to get involved from boat building to coxing, driving safety boats and bonfires on the beach."

Local clubs offer a range of membership options. If you wish to try it out first, you can go along for taster sessions before making any commitment.

Find out more about the sport and your local clubs by visiting their websites,
Bridport Gig Rowing Club
www.bridportgigrowingclub.org.uk
Lyme Regis Gig Club
www.lymeregisgigclub.com

Sally Vaughan.

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The Charmouth Walkers



The origin of the Charmouth Wednesday Walking Group came to pass in 1993 as an additional activity of the Charmouth Heritage Centre. In those days the warden Richard Edmonds, underwent a seasonal trauma in attempting to answer the needs of countless folk who came to the village specifically for guidance with the fossiling experience. This was the primary purpose for the creation of the Centre, but the demands were such that a seasonal warden had to be appointed for the high summer and also to ask good people to 'volunteer' to help with the interpretative role on the beach. Nevertheless, it was an intensive activity at every low tide, from early summer to the autumn.

It occurred to two members of the Heritage Centre, Messrs Burgess and Press, that during the times of high tide and high activity on the beach, that there was an alternative activity that might add to the Charmouth experience. The idea was to provide the opportunity of introducing visitors to the glories of the Marshwood Vale and beyond, as a means of enhancing their visit.

Walks were organised for Wednesdays and Sundays, so anyone interested could meet the party and the volunteer leader for that day, at 9.30 at the Post Office. From there, the bustle could be left behind and the pure pleasures of the Vale be experienced. There were the wonders of the Iron Age hill forts of Coney's and Lambert's Castles to be explored and with perhaps a picnic or lunch at *The Bottle*. (One of our members boasted of nine routes to *The Bottle*!).

The walks became very popular and in a short time a regular like-minded local group grew together. A regular schedule of walks was posted on a notice board – a glass case actually, between Ida's and the chemist - in which a two monthly schedule of walks was published, giving the named leader for the day and the distance of the walk.

Over the 18 years of existence of the walking group, a greater variety of routes has been developed. The leader of the day would be aware of the over-use of a particular walk and would plan and lead an interesting alternative accordingly. The quest to find extended walks in exotic places was pioneered by David Burgess (who still is the prime mover in these overnights) and who to date has organised outings to Exmoor, the Forest of Dean, the Brecon Beacons and to the Gower Peninsula. Millie Goswell's efforts have centred on an annual ride on the West Somerset Railway with a beautiful walk in that area; Don Newman's expeditions are positively maritime (he was in the Navy after all) and has organised an annual trip to Guernsey for an up and down trek around the island.

There is no formal organisation of the walking group, other than our affiliation with the Friends of the Charmouth Heritage Coast Centre. In this respect, it is asked that regular local walkers become members of the Friends organisation and ideally volunteer to help the Centre in some capacity on occasions.

Ron and Jean Dampier are central to the walking group, but insist that their role is solely as co-ordinators of events. As Ron says, his task involves finding leaders to lead the group on a given day, on routes of their choice and with which they are fully familiar.

Finally, the article on the Walking Group was suggested for this issue, as it is a means of keeping fit - and indeed it is.

It has to be stressed however, that our activity is not 'a workout'. It is in no sense competitive, in fact our concern is for the mutual enjoyment of the entire party - we move as a group with that in mind.

Our walks are of an eight-mile average, a distance that provides a positive physical enhancement to anyone's fitness regime. Our activity provides more than that: it is the sense of wellbeing that is brought about by an awareness and the pleasure, of being in the great outdoors.

Peter M. Press

The Walking Group meets at 9.30am every Wednesday behind Ida's Country Corner. Heavy shoes or boots are the norm, as is comfortable clothing and, if you choose, walking poles. Please refer to the notice board by the side of Ida's for details of location, distance and lunch arrangements. The photo of a section of the group was taken by Dee Butler during a May walk near Beaminster.

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3rd July - Charmouth Challenge and Fun Run

The annual Charmouth 'Challenge' and Fun Run take place on Saturday 3rd July. The most southerly fell race in the country attracts runners and joggers from far and wide. The Challenge is an 8 mile cross-country run, including an ascent of Golden Cap, the highest point on the South Coast, with breathtaking views of the Jurassic Coast. Entries have been arriving since last year and it is anticipated that there will be around 250 runners for each race on the day. Go on, get off the sofa, drag yourself away from the World Cup and enjoy the peace (no vuvuzelas) of open countryside on a glorious summer's day!

Visit www.charmouthchallenge.co.uk for an entry form and all the details. You can also call the organiser on 01297 560341. Marshalls are urgently needed to man the course, Please call the School on 560591 if you would like to help out.

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"Big hills (up and down!) but amazing scenery. Really fabulous race but not for the faint hearted. Yes, no medal at the end but you had the option to buy a commemorative mug (and as fill it with as many cuppas as you could drink). I think the scenery made up for the lack of a medal that you just chuck in a drawer anyway. Well organised and the sea dip (optional!) at the finish was a great relief - would definitely do it again!"
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"This was my favourite ever run, but I think the hardest race I have done in 3 1/2 years of running! The scenery was spectacular and the course well-marshalled. Plenty of friendly support along the way, just where it was needed (very dedicated of people to walk up all those hills)." AM

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Ian and Liz wish all the competitors in the Charmouth Challenge and Fun Run the very best of luck!

Here is some feedback from last year's event

"Great run -friendly people - love the mugs - well done everyone. Great weather too." AH



Shoreline would like to wish all the competitors of the Charmouth Challenge and Fun Run a very enjoyable day. Don't forget to leave enough energy to visit the School Fete!

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"Just a few lines to thank you and all of your back room staff for a really great race on Saturday. If there is a harder 8 mile race in England, we are yet to find it. We had about 25 club members either running or supporting and as we were able to stay over at the Newlands holiday site, everyone had a really great time and a little too much to drink. Thanks once again, and here's to wishing you continued success with the Charmouth Challenge."
LP, Banbury

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Bodybuilding with Robert Feesey



Multi-titled natural bodybuilding champion Robert Feesey holds a weekly body conditioning and resistance training class in Charmouth WI Hall. But only ladies attend. Where, you might ask, are the men? "Men are very welcome, but they usually fall by the wayside. They're more inclined to prop up bars than lift bars,"

notes Robert. "Ladies are more informed about keeping themselves in shape and those who are serious about it come to my classes."

Robert began weight training when he left Woodroffe School, Lyme Regis. "I wanted to build myself up as I was quite weedy, but at the top level it's one of the hardest and most involved sports in the world. In a two-hour session, I can lift anything up to 60 tonnes of weight. I train six days a week, up to three hours daily, and leading up to a competition I diet to take my body fat down to an extreme level, around 3%. I certainly wouldn't recommend that to anyone else."

"There are two streams of bodybuilding. There's drug-assisted and my kind of bodybuilding: natural for life. I've won most of the natural titles, including Natural World Champion in 2003 and Overall British Natural Bodybuilding Champion." Robert has held the Mr Great Britain title 11 times, 3 of which were in non-tested shows, without taking any performance-enhancing drugs.

"People are conditioned by what they read in glossy magazines and undertake too much aerobic activity, such as swimming and jogging, and not enough resistance training with weights and dumbbells. Human beings are naturally walkers and sprinters, and excessive aerobic activity over a long period causes cortisone levels to rise through the roof and testosterone levels to sink rapidly. After you reach approximately 40-years-old muscle mass, for the sedentary, starts to decline by as much as 10% each decade, so it's important to maintain muscularity. Resistance training helps stave off osteoporosis in older ladies by strengthening the bone structure. People don't really understand that the more muscle you have, the

higher your metabolic rate and, therefore, the more body fat you are able to burn. Researchers at Tufts University, USA, have discovered that there are ten bio markers of ageing (muscle mass, strength, metabolic rate, body fat, aerobic capacity, blood pressure, blood sugar tolerance, cholesterol/HDL ratio, bone density, body temperature regulation) – and their findings indicate that regular weight-training is the best way to improve all ten."

Robert has been teaching fitness classes for almost 25 years. As a professionally-qualified international athlete, who has represented Great Britain on numerous occasions, he's keen to help local people increase their fitness levels. "Reasonably fit men and ladies of any age can take up resistance training," he says. "My eldest pupil is 76 years-of-age and she can do several sets of 20 full press-ups. I don't promote competition between pupils and my classes are very informal. My ladies chat with each other and enjoy the social aspect while they do the workouts, making my sessions far more fun and much less regimented. I encourage everyone to have their own workout at their own individual level." Dr Sue Beckers is one of the ladies. "Rob is a real professional who delivers the most effective overall body workout I know of, which really improves people's shape. It's a pleasure to train with someone of a world class standard," she says. Julie Leah concurs: "Since coming to Rob's classes I am a lot more toned and my stamina has greatly improved; probably the most effective class that I have been to." Robert advises newcomers: "Don't give up too readily. The benefits of my classes to your health and wellbeing are well worth waiting for."

Robert is currently taking a year off but in 2011, at the age of 49, he aims to compete in the Masters World Championship. In the meantime, he will be judging natural for life bodybuilding competitions as well as being Fitness Consultant and South West Representative for *Health & Strength*, the world's oldest physical culture journal, in which he has regular features.

"My advice is to start off with a light nest of weights (1½, 3 and 5 kilos), which can be purchased at Argos for around £15," says Robert. "And if, after reading this article, you're encouraged to try my pay-as-you-go sessions at Charmouth WI Hall on Mondays (9.25 – 11.00am), just turn up in suitable clothing with a keep-fit mat and a £5 note." For details of Robert's other classes in Axmouth and Whitford, call him on 01297 639969.

Lesley Dunlop



Football Fever in Charmouth -111 Goals to Boot!

Two Charmouth schoolboys (pictured) were members of the Lyme Regis U10 Football Team that won the league and cup double last month.

Henry Davy and Dominic Beardwood are shown lifting the cup after their 3-1 win over Seaton U10's.

They won the U10 East Devon league in emphatic style having won 19 of the 20 games played and scoring 111 goals in the process.

From The School



Another school year draws to a close and it is all change to a certain extent at our school. We will be saying goodbye to Naomi Giles who has gained promotion to a school in Twickenham after three years with us. Leanne Trout embarks on a period of maternity leave and expects to return after Easter next year. We will be welcoming our new deputy head, Tasmin Rowe, Chloe Richards and Naomi White to our teaching staff.

A major goodbye will have to be said to our Year 6 children who leave on 23rd July and will be making their way to Woodroffe and Colyton in September. We wish them all the best of luck and thank them for their contribution to our school. They have been great ambassadors and we will certainly miss them all. If you are on or around the beach on the last day of term, you will see them strolling into the sea dressed in their school uniform – a rather nice tradition, which we hope the sun will shine on.

Before all these comings and goings there is much to be completed with our school learning journey which is

based around a coastal theme. Children have spent time on the beach exploring and then establishing some questions they would like to find the answers to. Again, we expect to be using the outstanding natural resource on our doorstep regularly before the end of term and then exhibit a range of the learning at our open day on 13th July.

Our major PTA fundraising event of the year takes place around the publication of this edition of Shoreline on Saturday 3rd July. The Charmouth Challenge and Fun Run, organised by Nick Bale, continues to be a popular event with runners from across the country enthusiastic to take part. We are grateful once again for the sponsorship provided by Lyme Bay Holidays and to Robin Loosemore and The National Trust for giving us permission to run over their land. Last year saw over 250 finishers and this year we have had a steady stream of applications since January!

All money raised through the runs and the fete goes to provide a whole range of resources for the children in school. In the past, we have bought books, PE equipment and computers and subsidies have been provided for school visits and swimming lessons. Over the forthcoming months we anticipate the funds being raised by the PTA to be even more valuable.

Finally you may have noticed we have the builders in. A new extension at the rear of the school will provide increased teaching space and a new office and stock room. We expect the work to be completed by the end of term and everything will be up and running in September. At the end of this article I should like to thank the whole of the community for the support you give us throughout the year. It is greatly appreciated and helps to make our school the special place it is.

Enjoy a long and happy summer.

Chris Vincent - Headmaster

Sunday 18th July - "ABSENCE" – Stanton St. Gabriel

The ruined chapel at the foot of Golden Cap (like the hamlet of Stanton St Gabriel) has a chequered history. The manor is listed in The Domesday Book and the brightly-painted chapel flourished in the Middle Ages. But it fell into disuse, became a smugglers' store, lost its roof and now is a walkers' picnic site.

Local movement artist Sandra Reeve and violinist Eleanor Wynne Davis join up at the chapel to explore the histories of the site and landscape in movement, words and live and recorded music.

Include one of the three 35-minute performances (at noon, 3pm and 6pm) in your walk or afternoon on the beach!

They're free but booking is essential as music players for the soundtrack are limited.
01297 560511 or www.moveintolife.com



NEW! Beginner Art Class

**Starting Friday 17 September, 10 weeks. (no class on 29 Oct)
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Poetry

WALKING FRIENDS

The friends of the Heritage Centre, have a group that are keen on a walk,
They meet every Wednesday together, to go for a stroll and a talk.
Well maybe a 'stroll' is misleading, sometimes it's a blooming long hike,
If you get an over-keen leader, you might wish you'd taken your bike.
Eight or nine miles is the target, and most walkers think this ideal,
A break in the middle is welcome, to stop for a pint and a meal.

They may start off walking from Charmouth, and set off for Hawkchurch or Lyme,
But local walks soon are exhausted, you can't do them all of the time.
To explore other places of interest, they usually set off by car,
They might meet at somewhere like Bridport, or somewhere that's really quite far.
When planning a route it's essential there's a pub on the way to have lunch,
Sometimes as a desperate measure, a picnic is taken to munch.

Most landlords are happy to see them, 'cause this is a boost to their till,
Twenty-five walkers for luncheon, adds up to a sizeable bill.
But two of us went down to Devon, to suss out a walk for the group,
We stopped at a pub close to Exmoor, for a pint and a bowl of hot soup.
While removing our boots on the doorstep, the landlord - a welcoming guy,
Said 'Don't take those off, it's not worth it, we close in five minutes, goodbye'

But fortunately this was a one-off, the walks are a friendly event,
With woodlands and sea views to savour, the time could not be better spent.
Of course, not all the walking is easy, the Wessex terrain is not flat,
But views you don't get without hill tops, I'm sure you'll appreciate that.
The Friends of the Heritage Centre are friendly with other folks too,
So go out and join them on Wednesdays, if you've nothing better to do.

Peter Crowter

The Shoreline Magazine

What do we look forward to
In each quarter of the year?
Shoreline magazine, of course.
Anticipation as time draws near.
Articles from the local folk,
Adverts for each shop.
Interesting features,
Out from the pages, pop.
We search in great excitement.
Has our own work been accepted?
Do they like what we have written?
Or has it been rejected.
There's always something in there,
That will catch somebody's gaze.
All the local parish news.
Beach huts for sunny days.
Charmouth is an example
Of village life in all its glory.
Every day a different picture.
Everyone a different story.

Shirley Stanford



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*Steve and Gill Pile wish everyone
Good Luck for the Fun Run*

GET CRACKING

By Wendy Knee



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**Please send us your stories
and poems to be included in
the autumn issue of
Shoreline
by the 15th September**

The Second Charmouth Literary Festival

Will be held on Saturday 16th October 2010 at a variety of village locations.

Wendy Knee, co-founder of the Charmouth Literary Festival, believes that everyone can fulfil their creative ambitions. The festival is designed to support, encourage, provide access to writing networks and offer information and advice on self-publishing and beyond.

- * Free to attend
- * Audience interaction
- * Broad range of speakers and workshops
- * Opportunity to meet and talk with authors
- * A day in the world of writing and publishing

Confirmed speakers include Kit Berry (author of the popular Stonewylde series, set in Dorset), Simon Hall (who writes the TV detective series of thrillers), Anne Orchard whose new book about what it is really like to be an author will be hot off the presses, and Wendy Knee (author of *Never Die Wondering*), who will motivate you to 'Get Cracking' on your own project. (Full itinerary in the autumn issue of *Shoreline*)



Authors get together with would-be authors at last year's festival in Ida's

For more details see-
www.charmouthliteraryfestival.org.uk, email
info@charmouthliteraryfestival.org.uk
or telephone 01297 561493.

Susie Gull

One sunny day, my attention was drawn to my seaside bungalow's roof. A gull was caught up in the elaborate wiring around my chimney, which a friend had devised to keep the gulls away. Gulls are a terrible nuisance here; they settle on our roofs, squawking and shrieking from the early morning hours. Once they settle, they make their nests, produce eggs, and then carry on a continual racket whilst raising the babies, teaching them to fly, and feeding them until they are large teenagers. All this activity makes holiday visitors angry because of disturbance and villagers tired of trying to take their nests and eggs away to stop them coming back again.

Susie Gull, I'll call her that, was in a frenzied state up on the roof. She couldn't get away from the barbed wire which was holding her left wing down and every time she yanked at it, it held her fast.

My normal attitude about gulls on my roof was determination to get them off permanently - Susie was another matter. Her dilemma was of some concern, as I could see she had been tangled in the wire for sometime and had attempted to get away by biting her shoulder at the top of the wing. I could see blood and the poor thing's distress. The friend, who had originally contrived the chimney's device, said he'd come along shortly.

Two hours later he and his son Tommy arrived, ready for the rescue. By now the gull was close to death, bleeding profusely, and moaning quietly.

My friend looked at his son and said "Tommy, you will have to go up on the roof and rescue the gull." Tommy looked frightened, seeing the poor bird in such a terrible state. "Go up to the chimney, and with these wire cutters, cut the wire all around the bird and release it. Then hold it tightly around its body and slowly come back down the roof and onto the ladder. We'll set her down on the terrace and see if she survives her ordeal." Tommy looked at his father and said "Will she bite me?"

"Yes, she will, Tommy, but it won't be a hard bite and you will be saving her life."

The brave boy climbed up the roof and was met with terrible screeching and flapping of the loose wing. He carried on as his father had instructed and cut the wire from the injured wing and grabbed the bird firmly around its body. We both heard an 'ouch' from him as the bird in its terror, bit him, but he continued down the roof to the ladder and then onto my terrace. "Tommy, we'll leave Susie here to recover this afternoon. The weather is warm and Mrs. Lowis will give her some water and a piece of bread." I nodded my head in compliance and off they went, leaving me with the suffering bird. She drank some water but refused the pieces of bread. The rest of the afternoon she lay down and seemed to be sleeping.

About 5:00pm father and son returned and looked at her thoughtfully.

"Tommy, she can't fly any more now, but if we keep her a few weeks and build up her strength, she might survive. What do you think?"

"I'll look after her, Dad." With that, they managed to get her into an animal cage and went off.

Four weeks later, Tommy's father came to help me out with a task at the house. "How is the gull?" I asked. "You wouldn't believe it. Tommy has been tirelessly caring for her all this time and this morning, he went out to see her before going to school. He opened the garage, where we've been keeping her, and she was standing there looking like she wanted to go out. He bent down and picked her up. She was very tame by now. He looked up into the sky and flung her way up high. With that she flapped her wings furiously and took off. I hugged him tightly, as he wept."

"Maybe she'll return to you," I said emotionally. "Maybe," he said.

By Linda Lowis

Tunnel Vision

Take one road tunnel built in 1831 for the Bridport Turnpike Trust, but rendered obsolete by the construction of the Charmouth Bypass in 1991.

To this, add some entrepreneurial daring and determination plus a measure of Dorset design and craftsmanship, and presto – an Olympic standard target shooting range!



Local businessman Richard Clist is "Always up for a challenge." and purchased the tunnel in 2004, without any definite use for it. But he thought "Nothing ventured, nothing gained" and knew its 2,500 cubic metres capacity was valuable. He pondered various alternatives, before finally taking up the District Council's suggestion of a rifle range.

Following planning approval on 26 May 2009, work started in September and the facility is set to open in the early summer once the all-important Range Safety Certificate has been issued. Richard has worked closely with the Police Authority and all other regulatory bodies from concept to construction, and Bisley advised on range design

Click on the website www.thetunnel.co.uk to see construction images: the dank 68-metre long tunnel has been transformed into a high tech Target Shooting Complex, with separate 25 and 50 metre ranges on two floors. In addition there will be a café serving hot and cold drinks and snacks, and a shop selling specialised clothing, accessories and magazines. Recognised by Sport For All, with full facilities for the disabled, its own water supply and future plans for renewable energy, the centre has been designed to meet strict safety and security standards and environmental and Listed Building regulations.

The National Shooting Centre described the project as "Having set the benchmark for shooting facilities in the UK.", and Richard's care and attention to detail has been rewarded by the right to fly the flag of the National Rifle Association.

The Range has already been earmarked for training in readiness for 2012, by the Great Britain Olympic Junior Squad, and many local youth groups, including the Scouts and Woodroffe School Cadets have also expressed interest.

Colin Pring

Party in The Park

Sunday 30th May 2010

Our thanks to Yarlington Housing Group and their sponsorship which encouraged people to come out and collect their free burgers. The weather helped by staying mild and dry.

We had nearly 700 adults plus children at the party which was far more than we had anticipated - so much so that we had the local butcher making 50 burgers at 8pm on the night! Everybody complimented us on the firework display, little did they know that 48 hours before the party we did not have any fireworks!! It appeared our box had gone astray. Our supplier has always been very supportive and on Saturday morning he raided their two shops in the Bristol area, put together a package as close as he could to our order and drove down here to save our skins!

On the night we cleared nearly £1,800 and with the sponsorship funds it should be close to £3,000. We have in recent years managed to borrow a candy floss machine from a very considerate and kind friend, however they are now using their machine far more and it is sadly not available. Consequently we are going to buy our own machine, which when not in use, will be available for hire.

Peter Noel

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Charmouth Scouts Set For More Fun

1st Charmouth Scouts have in the past year camped, built bridges, kayaked and swum, along with the usual scouting activities.

There is also a new team of leaders running the scout troop, the scout leader is now Jason Udall and the assistant is Geoff Udall.

This year already, scouts have been able to compete in a mountain bike challenge, camp in celebration of St George's day, train for a camping competition and play in a five-a-side football competition.

This summer, the Banner Camp Competition itself will be open to Scouts from all over West Dorset, the winning team holding the Banner Trophy for the whole year will go on to represent West Dorset District at County level.

Further planned activities include swimming, rafting, camping, archery, shooting, backwoods cooking and bushcraft.

So we are going to have more fun this year.

The scout section is open to boys and girls aged between 10 and 14 who wish to join the adventure. The troop currently meets on a Friday between 7.15 and 9.00pm at the Scout Headquarters in the playing fields, Barrs Lane.

Interested?

Contact Jason Udall on 01308

427585

or Trev Jarvis on 07702 408455



Treasures Old and New

The Treasure Chest – a new venture by Andrea Grigg and her partner, has recently opened on The Street, just below the Royal Oak. They already run a successful framing business based in Axminster and this new shop will showcase some of their own unique handmade decorative picture frames, together with a wide range of arts and crafts - all Fair Trade and sourced from Africa, India and the Far East.

"We haven't got signage up yet." Said Andrea, "But we stock an eclectic mix of new, old and bizarre, with original paintings by self-taught local artist, JAK – Charmouth's answer to Banksy?" There are lots of other original paintings too, some new, others from the past and maybe something to suit everyone.

There has already been lots of interest from interior designers, landscape gardeners and builders, indicating the wide variety of goods available.

They specialise in their own moulded romantic rose frames, which are French-inspired, and they offer the only fully bespoke framing and gilding service in the West Country, using handmade decorative moulds, but also offer a variety of other modern and traditional frames to customers' choice.

They will be sourcing large garden statuary and reclamation objects, with final stock being dictated by demand, so they welcome browsers and will try to satisfy any request for an unusual gift or decorative scheme.

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Sunday - 11.30 - 3.30



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"Piano Pieces" First Concert a Great Success!



On Sunday 28 March, an audience of about 60 people gathered in St Andrews Hall for Piano Pieces, a charity concert by 18 of Sarah Smith's pupils. The pupils (from 6 years old to adults) played their chosen pieces of nursery rhymes, popular songs, classical, modern and jazz tunes. For many pupils this was the first time they had performed to an audience, and they all contributed to provide an enjoyable afternoon of music. Tea and cakes (kindly donated by parents and supporters) were provided during the interval. A beautiful flower arrangement was created by Jill Hillier. £150 profit was raised for the NSPCC. Sarah said they will happily perform another concert, possibly later this year.

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Send in your articles, letters, poems and news of events by 15th September for the autumn issue of Shoreline.

editor@shoreline-charmouth.co.uk or the address on page 2

The Coast Guards

"I can't find my child" are possibly the most dreaded words for any parent or guardian. The panic that a parent feels is indescribable. The parent immediately worries that the child has come to harm. Luckily, 99 times out of 100, the child is found physically unharmed and the family are quickly reunited.

Unfortunately, children do get lost. It is not a result of bad parenting or bad children. As "good" parents, you can be proactive and avoid, or at least minimise, the profound upset that occurs when a child is lost. With these simple tips, you can help keep your child safe wherever you go.

- Keep your children in sight at all times, which is sometimes easier said than done.
- Tell your children where to meet you if they get lost i.e. the beach shop/ cafe or by the Lifeguard station.
- Put safe, easily accessible contact information ON your child - a waterproof wristband labelled with your mobile phone number on is ideal. These are available from the RNLI Lifeboat station, Lifeguard hut or from the Coastguard. A sticky label will however do the same job!
- Dress children in bright clothing - if your child is prone to wander and explore, "there one minute and gone the next" dress them in brightly coloured clothes or a give them a distinctive sun hat/shoes.
- Carry a recent photo. On the back of the photo, note the child's eye colour, hair colour, height, weight and any distinguishing marks. If your child is one of twins, please say that as well. It is also useful to know if the child has any special needs.
- If you do become separated, don't panic! Don't wander too far away from the spot where you last saw your child. Often the child is still nearby.

• If you can't find the child straight away, call the Coastguard on 999 / 112 IMMEDIATELY (if inland, then call the police). It is better to call back to report that you have found your child than to lose any precious time that can make a critical difference in safely finding your child. The Coastguards will be able to quickly deploy 12 people to help the search in the nearby vicinity. The Lifeboat crew will also be able to carry out a prompt search of all local cliffs and beaches.

Once you are reunited with your child, be sure to celebrate with them. Don't shout at your child for getting lost. If the child ever gets lost another time they may prefer to remain lost rather than be yelled at again. More often than not the child doesn't even think they were missing at all - the child may think that you were the one lost!

Please have fun and enjoy safely the beautiful beaches along the Jurassic Coast. But remember, if you do see someone in difficulty on the cliffs, beaches or at sea, please call 999 / 112 and ask for the Coastguard.

Nick Bale

**Remember that our cliffs
are unstable and very
dangerous.**

**Plenty of fossils can be found on
the beach.**

Oil Be Blowed!



Chinese lanterns cause concern

Hello again, there are a couple of things I would like to mention in this issue. Firstly, Chinese lanterns, there are some concerns regarding these festive devices. For those of you who have not seen them they are basically a paper hot air balloon powered by a small flame device.

They are a potential fire hazard and they can contain wire. The lantern lands on grassland, the grass is cut and kept for animal feed, the wire ends up being chopped with the grass and can then end up being fed to cattle with potential health problem for the cattle. So if you do decide to get some lanterns, make sure that they are released safely and that they don't contain any wire products.

Secondly, some great news. In February we launched Stop That Oil, a scheme with local installers whereby alarms are fitted to heating oil tanks. In May, one of the alarms activated and the offenders were disturbed. As a result of this, the police attended an address and recovered stolen property.

Our crime figures are still low, though at the moment there appears to be a mini -wave of vandalism in the Charmouth area and we ask for your support in reporting any incidents.

Our recent PACT meeting highlighted two priorities - concerns over dog walkers littering in the area of Eype and continuing with the Stop That Oil scheme. The next meeting will be around October. Your local representative is Cllr Keith Lander. That's about it for now, so fingers crossed for good weather.

Just in..... a Stop That Thief alarm has just prevented the theft of a quad bike.

PC Chris Forshaw. (tel 01305 22 6912)

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Twinning Across The Sea

Charmouth & District Twinning Association With Asnelles-Sur-Mer

A total of twenty seven visitors from Asnelles came to Charmouth on the weekend of May 16th for their biennial visit and were hosted by families in the village. This was a special weekend as we celebrated the twenty fifth anniversary of the founding of the Twinning Association.

After an overnight crossing, our guests arrived on the morning of Thursday the 13th May and were welcomed at the Marsh Barn (near Burton Bradstock) with a full English breakfast! The Charmouth hosts then took them back to their homes for settling in and individual luncheon/afternoon tea arrangements were organised.

In the evening a Vin D'Honneur was held at the Village Hall. Following a speech of welcome by the Charmouth chairman Mr Geoff Poulton, and a speech from the Parish Council representative Jane Bremner, Geoff presented the Chairman of the Asnelles Association, Pierrette Georget, with a painting of 'Stonebarrow' painted by Alan Dodson (one of our Twinning members) and a mosaic panel featuring Asnelles and Charmouth town crests. After the cutting of a cake (decorated with the two town crests) the members went by coach to the 'Pilot Boat' at Lyme and enjoyed a game of skittles and a buffet.

On Friday 14th May our friends were taken to Stourhead where they were able to visit the house and gardens and fit in a delightful light lunch including a glass of wine or two, arriving back in Charmouth in the late afternoon. After a brief rest, a coach took us to the 'Ridgeway Inn' at Smallridge where we sat down to a wonderful three course meal with wine.

Fresh Lemonade

What could be better on a hot summer's day than an ice cold glass of home made fresh lemonade? The perfect accompaniment to a day at the beach, an afternoon watching the activities at the Charmouth Fayre, a refreshing reward for running the Fun Run or Challenge, or a blitz in the garden all under the gaze of a warm, English, Charmouth summer sun!

This recipe should be made the day before so that you can get it completely chilled before enjoying.

Take 3 lemons and remove the rind using a vegetable peeler. Put the lemon rind and 100g of sugar in a bowl. Boil 900ml of water and pour over the sugar and rind. Leave this to infuse until it is completely cooled. Squeeze the juice from the lemons and add this to the infusion, strain into a jug and pop in the fridge to get as cold as possible. This recipe only makes 4 glasses so you may need to double up once you've got the taste!

Serve in ice-filled tumblers. To add a different dimension, why not try it with bruised mint leaves or a splash of vodka!

Sarah Cooke

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Pierrette Georget (Asnelles-sur-Mer) and Geoff Poulton (Charmouth) cutting the anniversary cake.

The following day was a rest day when we were able to take our guests to various parts of our lovely Dorset and ready ourselves for another sumptuous 'Gala Supper' held at the Community Hall. The ladies had prepared a four course meal including pate, Coronation Chicken, Salmon, an English cheeseboard and two amazing desserts. Waiters (suitably attired) were assigned to each table and took orders for each course. A 'choir' of Charmouth members (after two rehearsals!) then sang 'Ma Normandie' and a Charmouth version of 'Singing in the Rain' which was received with rapturous applause. A duo 'Two's Company' then played for dancing including a conga and various other group dances.

On the last day a Sunday service had been arranged to celebrate 25 years of Twinning and the Rev Stephen Skinner tailored a service to commemorate this occasion. In addition, our Chairman Geoff Poulton bought over his 'Brass Tacks' brass band group to play at the service. After coffee and biscuits at St Andrew's Church, our friends said their farewells and boarded the coach to return to Portsmouth and then back to Asnelles. They were most appreciative of the 'Jumelage' time they had spent with us and we in turn look forward to our return visit to Asnelles in 2011.

Peter Bonner (Hon. Secretary)
(Tel 01297 560251)



Peter Bagley - Paintings

*A small studio gallery
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Exhibitions throughout the year.

*Visitors welcome at other times, but
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AURORA
St Andrews Drive
off Lower Sea Lane, Charmouth,
Dorset, DT6 6LN

The Way It Was

This old postcard produced by Claude Hider of Bridport in 1930 shows a view, on first appearances, similar to that seen today. But if one looks carefully it reveals a number of changes. The Sunnyside Private Hotel and Café are no more. This tall building dates back to 1894, replacing an earlier thatched bakery owned by Frank Cole. Where the butcher's is today was their baker's shop and the rest of the property was for a while run as a Hotel by his wife.

Before the 1894 fire which destroyed it, "Lansdowne" was a shoe shop kept by Mr Felstone. The site was purchased from Cole by Mr Stapleforth of Lyme who built the garage. At the time of this photograph it was run by Mr Woollard.

The next building was formerly "The New Inn" owned in 1771 by Benedicta Durston, Lady of the Manor of Charmouth. During the 1939-45 war it was a waste paper depot and used occasionally by the Home Guard. It was in very bad condition and was restored by Mr and Mrs Potter, who turned it into a cafe, calling it "The Wander Inn", which has now sadly been replaced. Directly opposite was Gear's Garage which must have made for great rivalry. How times have changed when residents now have to go miles to find their nearest garage. W.A (Billy) Gear housed his first taxi in the shed which Mr Pryer had built behind "The Wander Inn". He then went to the "George Hotel", and afterwards to the "Coach and Horses". Finally he started a small garage in Pear Close, west of the Queen's Armes. This gradually grew until Gear succeeded in erecting a large garage (now replaced by housing) and offices which are now the Fish and Chip shop. The gabled building (Abbot's House) in the distance, was then known as the Queen's Armes and was privately owned after many years as a manse for the nearby



Chapel. A tea room was being run at the time in part of the structure.

Perhaps the biggest change in this view is the long hedge on the right. Since 1835 this had fronted on to the Pryer's Stone Mason's yard. All has now gone, apart from their workshop which is incorporated into Ida's Stores. It is probably the oldest shop in the village as it was owned by Benedicta Durston in 1771 and was let to Thomas Rickard at a yearly rental of 6d. W.H Pryer used the shop when he had a monument to cut. His builder's yard was in a corner of "Pear Close" which was a field bounded by a hedge on the side of the street where there was no pavement and by the Queen's Armes where there was an entrance gate. The yard was entered by a gate close to his workshop and on the south side was a long open shed, in which ladders and building material were kept, with an entrance leading into the field. There was a figurehead of a ship which was washed up on the beach in Charmouth and Pursey Pryer placed it in his yard where it was a landmark until he died in 1931. The property was then sold and four shops were built where the yard had been.

Goodbye Karen and Brian



Brian and Karen Prevett, former hosts at the Royal Oak depart for pastures new.

The first to be built was a lock up shop by Bagshaw of Axminster, then a hairdresser's shop was opened by Charlie Pewster and Toy built a chemist's shop. Later, bank premises were built by Lloyds Bank (now the Old Bank Café) and in 1936, U.A Gear built living accommodation adjoining the shop built by Bagshaw. Pryer's workshop was purchased by J.R. Bragg of Lyme Regis which was converted into a grocer's shop and for a long time was known as Bragg's Store.

I hope this has given an insight into some of the gradual changes that have occurred in The Street during the last century.

Neil Mattingley.

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Cream Teas & Cakes to take away

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What's on this summer?

Saturday 3rd July

From 1.30pm

Charmouth School
Challenge, Fete and Fun Run

Charmouth School,
Lower sea Lane

01297 560591

Tuesday 6th July

7.00pm

Glow Worms, Bats and Nightjars
Hardown Hill, Morecombelake.

Meet at WDDC car park,
Lower sea lane

Kate Stapleton 560255

Saturday 10th July

10am - 4pm.

Book Swap Event
A fundraising event for the literary festival

Greengates, Lower Sea Lane, Charmouth

Tea, coffee and soft drinks will be available.
Anne Orchard on 01297 561591

Friday 16th July

2-4pm

Summer Party
with Cream Teas and Entertainment
in aid of Dorset Air Ambulance

Byemead House
01297 560620

Friday 16th July

6pm - 12pm

Charmouth School P.T.A
Summer Celebration
The Soul Agents Funky 9 piece band from
the South West.

Charmouth School

Sunday 1st August

1.45pm

Charmouth Fayre

Barrs Lane Playing fields

Procession starts at the Royal Oak

Saturday August 7th

10 to 12 noon

Big Cake Sale
and other stalls

"Touchwood"
Lower Sea Lane

Contact Anne on 561641
In aid of St Andrew's Church

Saturday August 7th

12.00-15.00

Summer Barbeque
with musical entertainment and
refreshments
in aid of Dorset Air Ambulance

Byemead House
01297 560620

Tuesday 17th Aug

9.00am

**Flowers, Butterflies and Tyneham
Village**

Meet at WDDC car park
bring a picnic lunch

Kate Stapleton 560255

Whitchurch Purcellian Concerts at St. Candida's Church, Whitchurch Canonorum

JUNE 26th Saturday - 7.30 pm *Pavel Timofevjesky*
(piano) Schubert and Chopin

JULY Saturday 17th - 7.30 pm *Abigail Burrows (flute)*
Daniel Swain (piano)
Debussy, Handel, Harty, Prokofiev, Bowen, Mancini, Trad
Irish

AUGUST Saturday 7th - 7.30 pm *Brothers Noel Charles*
(piano) *Leon Charles* (organ) former organ scholars of
Oriell College, Oxford and St John's College, Cambridge
respectively.

AUGUST Saturday 21st - 7.30 pm *Emmanuel*
Ensemble: Anna Stokes (flute) Simon Callaghan (piano)
Andrew Joyce (cello)

Contact: Hannah Lovegrove
hannah@ecodeveloper.co.uk

Charmouth Primary School welcomes volunteers.

Volunteers are always made welcome and are involved
with all areas of the curriculum, from academic
subjects to more creative activities.

If you would like to become a volunteer or be more
involved with this thriving school,
please call 560591 for more information.

Events and courses at Monkton Wyld Court

June 25-27 Herbs & Wild/Medicinal Plants
July 4-9 Garden Work Week
July 13 Monkton Movies: Over 50s Film Night
July 16 Biodiversity Evening: Moth Night
July 31 Dinner & Music: A Little Bit of Rock &
Roll
Aug 9-14 Bushcraft Family Week
Aug 11 Biodiversity Evening Event: Bats in the
Belfry
Sep 17-19 Wild Food in Autumn
Sep 25 Dinner & Music: Julie-Anne Gates &
Phillip Clouts
Further details are available from
info@monktonwyldcourt.org or 01297 560342

Book an Event at one of our Community Halls

| | |
|------------------------------------------|--------|
| Charmouth Community Hall, Lower Sea Lane | 560572 |
| Charmouth Village Hall, Wesley Close | 560223 |
| The Elms, The Street | 560826 |
| Youth Club Hall, Wesley Close | 561004 |

Please remember to use the 'events diary' in the
Post Office when booking your event so that
others can see when the halls are being used.

Village Diary

| | | | |
|---------------------------------------------|---------------------------------------------------|------------------------------------------------------------|-----------------------------------------------|
| Sun 2.00-5.30pm | Bowls Club | Recreation Ground, Barr's Lane | Bob Just 560557 June Rebbick 560860 |
| Mon 9.00-11am or by special arrangement | Pavey Group (village history) | The Elms, The Street. | Peter Press 561270 |
| Mon 9.00-12.30 | Monkton Wyld Steiner Kindergarten (ages 3-6) | Monkton Wyld Court | Charlotte Plummer 560342 |
| 3rd Mon each month 2.15-4.15/4.30pm | Golden Cap Flower Club | Charmouth Village Hall, Wesley Close | Lillian Bagnall 443335 |
| Mon 4.30-6pm (term-time only) | Charmouth Brownies (ages 7-10) | Charmouth Community Hall, Lower Sea Lane | Caroline Davis 560207 |
| Mon 6.30-8pm (term-time only) | Charmouth Cubs (ages 8-11) | The Scout Hut, Barr's Lane | Toni Green 560778 |
| Mon 8.00-10pm | Charmouth Badminton Club (experience required) | Charmouth Community Hall, Lower Sea Lane | Trish Evans 442136 |
| Tues 9.00-noon or by special arrangement | Pavey Group (village history) | The Elms, The Street | Peter Press 561270 |
| Tues 9.00-12.30 | Monkton Wyld Steiner Kindergarten (ages 3-6) | Monkton Wyld Court | Charlotte Plummer 560342 |
| Tues 2.00-5.30pm | Bowls Club | Recreation Ground, Barr's Lane | Bob Just 560557 June Rebbick 560860 |
| Tues 6.30-8.30 pm | Junior Youth Club (ages 8-11) | Youth Club Hall, Wesley Close | Ken Darling 561004 |
| Tues 7.00-late | Charmouth Badminton (social, began 15 Sept) | Charmouth Community Hall Lower Sea Lane | Pauline Bonner 560251 |
| 2nd & 4th Tues each month 10-noon | Coffee Morning | United Reformed Church, The Street | Rev Ian Kirby 631117 |
| 3rd Tues each month 7.30pm | Parish Council Meeting | The Elms, The Street | Lisa Tuck 560826 |
| 3rd Tues each month | Charmouth Natural History Group | For information and venues call Kate Stapleton 560255 | |
| Wed 9.00-12.30 | Monkton Wyld Steiner Kindergarten (ages 3-6) | Monkton Wyld Court | Charlotte Plummer 560342 |
| Weds 10.00-noon (term-time only) | Charmouth Cherubs | Charmouth Village Hall, Wesley Close | Kate Bonner 561603 |
| 1st Weds each month 2.30pm | The British Legion (Women's Section) | The Elms, The Street | Pat Stapleton 560255 |
| Weds 7.00-8.45pm (term-time only) | Girl Guides (ages 10 onwards) | For info call Davina Pennells 560965 | |
| Thurs 2.00-5.30pm | Bowls Club | Recreation Ground, Barr's Lane | Bob Just 560557 June Rebbick 560860 |
| Thurs 7.00-10.30pm | Bridge Club (partners can be provided) | Wood Farm (opposite swimming pool) | Vincent Pielez 560738 |
| Thurs 7.00-9pm or by special arrangement | Pavey Group (village history) | The Elms, The Street | Peter Press 561270 |
| 3rd Fri each month 7.30pm (eyes down) | Bingo (fund raising for Community Hall) | Charmouth Community Hall, Lower Sea Lane | Linda Crawford 0781 351 3062 |
| Friday 4.45-8pm | Bopper Bus | Bridport Leisure Centre Drop off /pick up WDDC Car park | Kate Geraghty 489422 Melanie Harvey 560393 |
| Fri 7.15-9pm (term-time only) | Scouts (ages 11-14) | The Scout Hut, Barr's Lane | Jason Udall 01308 27585 |

All regular meetings in the Village Diary and dates of events on the What's on? pages in Shoreline are published on www.charmouth.org.
To alter any details in the Village Diary or advertise your Charmouth event contact
Lesley Dunlop **lesley@shoreline-charmouth.co.uk** **01297 561644**

Local Contacts

| Name/Description | Contact details | Phone |
|--------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------|
| COUNCILS | | |
| Charmouth Parish | Mrs L Tuck, The Elms, St Andrews Drive, Charmouth | 01297 560826 |
| | Beach Superintendent, Heritage Coast Centre | 01297 560626 |
| West Dorset District | Stratton House Dorchester - All Services | 01305 251010 |
| | Emergencies - Out of Hours | 01305 250365 |
| Dorset County | County Hall Dorchester - All Services | 01305 251000 |
| COUNCILLORS | | |
| Charmouth Parish | Mr M Hayter - Chairman | 01297 560896 |
| West Dorset District | Mr D Newson | 01297 560855 |
| Dorset County | Col G J Brierley OBE | 01297 560660 |
| LOCAL M.P | Oliver Letwin House of Commons London, SW1A 0AA | 02072 193000 |
| CHEMISTS | F G Lock, The Street, Charmouth | 01297 560261 |
| | Boots The Chemists, 45 Broad Street, Lyme Regis | 01297 442026 |
| | Lloyds Pharmacy, Lyme Community Care Centre, Uplyme Road, Lyme Regis | 01297 442981 |
| DENTISTS | The Lyme Practice, The Elms Medical Centre, The Street, Charmouth | 01297 561068 |
| | Kent House Dental Care, Silver Street, Lyme Regis | 01297 443442 |
| | Lyme Bay Dentistry, Temple House, Broad Street, Lyme Regis | 01297 442907 |
| | M R Symes, 41 Silver Street, Lyme Regis | 01297 442846 |
| | Dorset Dental Helpline | 01202 854443 |
| | Dental Emergencies - Out of Hours | 08457 010401 |
| DOCTORS | The Charmouth Medical Practice, The Street, Charmouth | 01297 560872 |
| | The Lyme Practice, The Elms Medical Centre, The Street, Charmouth | 01297 561068 |
| | The Lyme Practice, Lyme Community Medical Centre, Uplyme Road, Lyme Regis | 01297 442254 |
| | Lyme Community PMS, Lyme Community Care Centre, Uplyme Road, Lyme Regis | 01297 445777 |
| | Lyme Bay Medical Practice, Kent House, Silver Street, Lyme Regis | 01297 443399 |
| | NHS Direct - 24-Hour Healthcare Advice and Information Line | 0845 4647 |
| | Dorset GP Service - Out of Hours Emergency Service | 08456 001013 |
| HOSPITALS | Bridport Community Hospital, Hospital Lane, Bridport | 01308 422371 |
| | Dorset County Hospital, Williams Avenue, Dorchester | 01305 251150 |
| EMERGENCIES | Police Fire Ambulance Coastguard | 999 or 112 |
| EMERGENCY | Gas | 0800 111999 |
| | Electricity | 0800 365900 |
| | Water | 08456 004600 |
| | Floodline | 08459 881188 |
| | Pollution | 0800 807060 |
| POLICE | Local Police Officers - Chris Forshaw and Mark Jones (Community Police issues) | 01305 226912 |
| | Non Urgent call number for reporting incidents / enquiries | 01305 222 222 |
| | Bridport Police Station, Tannery Road | 01308 422266 |
| | Axminster Police Station, Lyme Close | 08452 777444 |
| FIRE and RESCUE | West Dorset Fire and Rescue Service - Group Manager | 01305 252600 |
| POST OFFICES | 1 The Arcade, Charmouth | 01297 560563 |
| | 37 Broad Street, Lyme Regis | 01297 442836 |
| | 25 West Street, Bridport | 01308 422667 |
| SCHOOLS | Charmouth County Primary, Lower Sea Lane, Charmouth | 01297 560591 |
| | St Michael's C of E, V A Primary, Kingsway, Lyme Regis | 01297 442623 |
| | The Woodroffe School, Uplyme Road, Lyme Regis | 01297 442232 |
| | The Sir John Colfox School, Ridgeway, Bridport | 01308 422291 |
| | Colyton Grammar School, Whitwell Lane, Colyford | 01297 552327 |
| PUBLIC TRANSPORT | National Rail Enquiries - Information on Timetables Tickets and Train Running Times | 08457 484950 |
| | National Travel line - Information on Bus and Bus/Rail Timetables and Tickets | 08706 082608 |
| SWIM / LEISURE | Bridport Leisure Centre, Skilling Hill Road, Bridport | 01308 427464 |
| | Flamingo Pool, Lyme Road, Axminster | 01297 35800 |
| | Newlands Holiday Park, Charmouth | 01297 560259 |
| LIBRARIES | Charmouth, The Street | 01297 560640 |
| | Lyme Regis, Silver Sreet | 01297 443151 |
| | Bridport, South Street | 01308 422778 |
| | Axminster, South Street | 01297 32693 |
| CINEMAS | Regent, Broad Street, Lyme Regis | 01297 442053 |
| | Electric Palace, South Street, Bridport | 01308 426336 |
| | Radway, Radway Place, Sidmouth | 08712 30200 |
| THEATRES | Marine Theatre, Church Street, Lyme Regis | 01297 442394 |
| | Arts Centre, South Street, Bridport | 01308 424204 |
| | Guildhall, West Street, Axminster | 01297 33595 |
| | Manor Pavilion, Manor Road, Sidmouth | 01395 514413 |
| WEBSITES | | |
| www.dorsetforyou.co.uk | Dorset's portal for County/District/Town/Parish Councils and other Agencies | |
| www.saynoto0870.co.uk | Cheaper equivalent geographical phone numbers (ie those beginning with 01... or 02...) | |