

SHORELINE



Shoreline, winner of the Dorset People's Project Award 2014

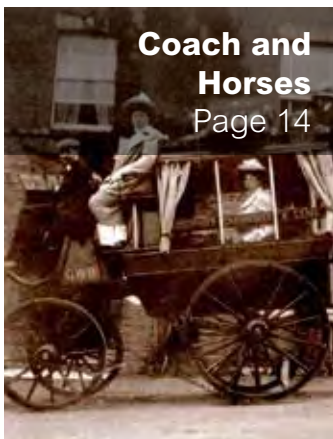
News and Views from Charmouth



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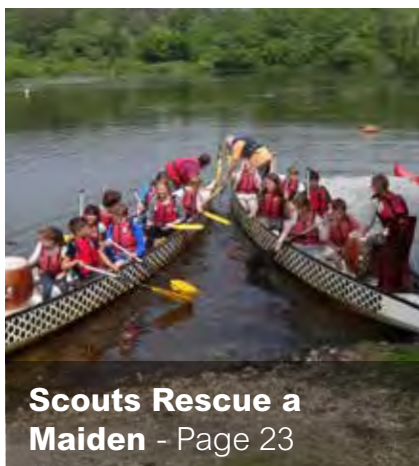


Free Body Food Chart - Page 5



Winning Walks with Julia Bradbury - Page 28

Blanche Farrar of the Black Hills Institute of Geological Research, Hill City, South Dakota, the original home of 'Sue' the most complete and best preserved *Tyrannosaurus rex* specimen ever found. Shoreline's assistant editor looks on.



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Editorial

Place your hands into soil to feel grounded. Wade in water to feel emotionally healed. Fill your lungs with fresh air to feel mentally clear. Raise your face to the heat of the sun and connect with that fire to feel your own immense power

Victoria Erickson

Welcome to the summer issue of Shoreline, a 36-page catalogue of how dynamic our village life is, thanks to the drive and determination of so many community-minded people giving their time, energy, talent, ideas and commitment, for the benefit of all.

A fine example of this is the recent honouring of the 79 volunteer Friends of Charmouth Heritage Coast Centre with the Queen's Award for Voluntary Service – the highest award a voluntary group can receive in the UK. Huge congratulations to everyone for this well-deserved recognition of their outstanding work for the centre. Read more about this wonderful accolade on page 19.

We are delighted to offer free, at the end of this document, a copy of the Charmouth Body Food Chart, devised by our very own Dr Sue Beckers. It is the result of years of planning, the input of three

focus groups and nearly all the key messages she wishes to impart in an easy and understandable format. It is also intended for use by nurses, doctors and health professionals. How fortunate we are to be offered this unique nutritional chart to help guide us all to better health and well-being and which has been so generously sponsored by the Charmouth Practice.

On page 28, Charmouthian Eric Harwood, Executive Producer of ITV's recent 'Walks With a View', writes, most descriptively, about how he created the six mile walk incorporating some of his favourite landscapes and culminating with the ultimate 'best view' in Dorset – the glorious 360° panorama from the top of Golden Cap. See Memorable Memoires on page 24 to learn more about Eric's early years in television.

It is really gratifying to be featuring so many young people in this issue: from Tom Simpson's great skydive for charity to Sean Harvey's thoughtful article on the new Seagull Explorer Scout Group. The Cubs and Beavers continue to go from strength to strength and you can read all about their latest exploits on pages 23 and 24. Lesley and I just adored the school's production of 'Alice' (in Wonderland) on 20th June. See her glowing review on page 13.

Finally, many thanks to the Charmouth Traders who have very kindly agreed to fund an extra 1000 copies of this issue, making it available to even more summer visitors.

Jane

THE SHORELINE TEAM

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IF YOU WOULD LIKE SHORELINE DELIVERED OR POSTED TO YOUR DOOR, PLEASE CONTACT THE EDITOR. THE COST IS £6 PER YEAR.

Charmouth Neighbourhood Plan

Our chance to have our say

The Charmouth Neighbourhood Plan is underway! Following a couple of village meetings in autumn 2015 a steering group of 20 to 25 people was established. This group have met every 6 weeks since December 2015.

Initially, much time was spent understanding the parameters of the plan, what needed to be researched? What questions needed to be asked? Who should be consulted?

The steering group and I are determined to ensure that this plan, when identified, will be a true reflection of what the village needs.

We are currently designing a questionnaire that will be

circulated to all villagers. We need to ensure we will be asking the right questions to the right people, so again we are taking whatever time is required to get it right. Our plan is for the questionnaire to be delivered to all properties during the summer. Our aim is that we will have them returned by early autumn allowing us six months to prepare a draft plan to the Parish Council by March/April 2017.

We need you to complete the questionnaire as fully and as accurately as possible to enable us to identify the representative needs for Charmouth.

Thank you, in anticipation of your help.

Carole Girling

Chairperson Charmouth Neighbourhood Plan Steering Group.



2017 Charmouth Calendar – the best yet!

The fourth Charmouth Calendar is now on sale around the village.

35 local photographers submitted 242 photographs and the standard this year meant that it was difficult to choose the best 13 for the front cover and for each of the 12 months. The result is an excellent calendar which it is hoped will raise funds for the 2017 Christmas Fayre and lights.

The price has been held at £5.99.

Phil Tritton



Parish Council News



On the 14th March Charmouth Parish Council was pleased to join with 850 countries, cities, towns and villages throughout the Commonwealth who recognised Commonwealth Day by raising the Commonwealth flag. The event was led by the Chairman of the Council Peter Noel and took place at the Council's offices at The Elms that morning. It was attended by pupils from Charmouth Primary School, members of the Parish Council, representatives of St. Andrew's Parish Church and people of the local community.

The next civic event was in celebration of the 90th Birthday of our Queen Elizabeth II on 21st April when the Parish Council lit a beacon on the cliffs to the east of the village, thereby joining with many other towns and villages in lighting such beacons for this very special occasion. None of this would have been possible without the sterling efforts of Councillor Tim Holmes who happened to be walking his dog on Stonebarrow at around 6pm when he spotted two youths carrying the beacon away having pushed the gas bottles down the hill. Tim gave chase and eventually the youngsters left the gear and departed.

The Annual Parish Meeting was held at the St. Andrew's Community Hall on 28th April. After formalities of the minutes, the gathering of approximately 80 parishioners received a presentation from guest speakers from 1st Charmouth Brownies, and 1st Charmouth Guides who gave an excellent talk on their recent, current and planned activities.

This was followed by a talk by Mandy Harvey on the very worthwhile benefits of the weekly Bopper Bus that is provided to help our local youth gain access to weekly activities in Bridport. The Bopper Bus is supported by local voluntary contributions and any additional support would be most welcome.

The final presentation was made by Carole Girling as the Chairperson of the Neighbourhood Plan Steering Committee. A fully updated version of this has been prepared by Carole and is detailed on page 3.

The Annual General Meeting of the Council was held on Tuesday 17th May, when elected councillors were appointed to representative roles on the various Council committees and as representatives of outside organisations. Chairman Peter Noel gave a vote of appreciation and thanks to Cllr. Andy Peters, the Council's Vice Chairman, who was stepping down from Council after a very active five years of service.

Cllr Jim Greenhalgh

Seagull Proof Sacks

With immediate effect, all seagull proof sacks will now be distributed free of charge, but on a "request only" basis.

Dave Levi
Recycling Officer

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Charmouth's Party in the Park

On the 29th May we held the first Party in the Park of the year and what a fantastic record breaking night it was. Well over 1000 people came along to listen to the music and dance the night away, whilst enjoying a wide choice of food to keep their strength up and a full bar complete with Pimms. The weather was also kind to us, with a lovely warm evening.

Local band MrJean played a brilliant musical set and were good fun, entertaining the crowd all evening, until the fireworks, which closed the show with a bang.

I would like to take this opportunity to thank all those who gave up their time to help set up and secure the site, cook and serve the food, work behind the bar, man the gate, run the raffle and bottle stall, and generally work tirelessly throughout the evening to make it a fabulous night to remember.

The next event is 7th August, so please put this date in your diary and come along to support the second Party in the Park of 2016.

The Fayre Committee



Charmouth Parking Refund Scheme

A reminder that you can park for two hours in Charmouth's Lower Sea Lane car park and get your parking cost refunded if you spend £10 or more in any Charmouth outlet displaying the 'P FREE' sign. Most outlets in Charmouth village centre are in the scheme.



From the Charmouth Practice



The Charmouth Body Food Chart

Free with every copy of this issue of Shoreline you will find a copy of this new chart. I do hope you find it helpful. It may stimulate some fierce debate – because nutritional matters often do, but I hope it also gets people thinking about how much our food has changed and how wonderful it would be to enjoy more traditional, full tasting, real food again.

Eating more of the food in the circle can positively help your health and this is all great tasting, fresh, filling food which is surprisingly easy to prepare.

The chart doesn't say "eat only from these foods" it says "enjoy more of these foods because we have the evidence that these are examples of foods your body can work with and benefit from".

Thank you to everyone who has given their time and opinions to help the development of the chart thus far. Please feel free to share it with my name and email address on it as the author. **Any comments would be gratefully received on the Balanceofbodyfood@gmail.com email address on the chart or to me at the Charmouth GP practice.**

Enjoy! **Dr Sue Beckers**



Charmouth Village Hall News

The committee of Charmouth Village Hall are seeking additional committee members and wish to invite any members of the groups who use the Village Hall or persons residing in Charmouth to join our friendly committee.

There are only three meetings per year hence the role is not onerous. As the present committee are not getting any younger we are looking for fresh input to help us maintain the hall to its present standard. We have recently undertaken to improve the facilities in the hall including the refurbishment of the toilets and the addition of an accessible toilet, and would like to maintain this level of ongoing performance.

Anyone interested please contact either of the following:

Dave Gillings at 01297 560465 or
e-mail gilly@swansmead.wanadoo.co.uk

Jan Johnstone at 01297 560052 or
e-mail jan.johnstone@btopenworld.com

Art from the Attic

On Friday 27th May the villagers of Charmouth cleared out their attics and cupboards to find art, ceramics and jewellery to convert into cash. The Changing Spaces team at St Andrew's filled the church with wonderful paintings from local artists and even a few internationally famous ones. 121 pictures were on display and a huge amount of jewellery and ceramics was brought to the church to be displayed and sold. Residents of the village and visitors to Charmouth over the half term holiday sipped wine on Friday evening or had tea and cakes on the lawn outside the church on Saturday, whilst they made their choices from the pre-loved art, ceramics and jewellery on display. Over £2,000 was raised with half going to the church and the remainder to the owners.



Marie Oldham

Charmouth Conservatives

You have probably missed an almost unique event. At the beginning of June we hosted a civilised discussion on the pros and cons of leaving Europe: no shouting, screaming, or dodgy statistics.

Our MP, Oliver Letwin gave us his insight into the issues, from his involvement in the re-negotiations with the EU and his friendship with politicians on both sides of the argument. He gave us food for thought, but did not try to tell us how to vote.

Whatever the outcome Charmouth Conservatives have arranged a post Referendum party to celebrate the result for some, let the disappointed drown their sorrows, but mostly to say 'Thank goodness its all over! What will they put on TV in its place?' Our party on the 23rd June, starts before polling

finishes and finishes when early results are filtering through. Then it is business as usual.

Good weather has been booked for a Barbecue lunch, courtesy of Helen and Bob Hughes, on Sunday 24th July. Cost will be around £10 and include a welcoming drink. All are welcome, ring 560487 for details. If it happens to rain, we will move inside. It will be a squeeze, but it makes it very sociable!

Good weather will be needed even more on Sunday 21st August. Roy and Maria Beazley are hosting a cream tea in their newly created garden, so sunshine is an essential ingredient. We look forward to welcoming as many as possible. If really, really pressed, we will talk politics, but not for too long!

Bob Hughes Treasurer

Your thriving local U3A



The local branch of the U3A Heritage Coast Lyme Regis (to give it the full title!) – among whose members Charmouth is well represented – continues to thrive.

Its 600 members can join any of 50 groups catering for interests and activities from Badminton or Birdwatching to Bridge, from Science & Technology or Scrabble to Spanish, stimulating body or brain or both. With theatre trips, guided walks, visits to important gardens and historic houses, this lively U3A branch ensures that there's no chance to be bored or lonely.

The monthly talks in Lyme's Woodmead Halls always provide interesting speakers with a variety of experience and expertise. This year's series began with Richard Hamblin's fascinating account of how he, a professional geologist, was caught at the epicentre of the very serious 2011 Christchurch earthquake – he thought he was on holiday with his wife, but instead had a close professional encounter.

Members have also enjoyed an eye-opening presentation of Colin Varndell's close-up photographs of plants and birds; a fascinating look at Edwardian gardens; a first-hand insight into Egypt in the 1980s and long before; and the bonus of a second visit from Colin Varndell with his 'Tales from the Hide'.

If you've not been before, why not start with **The Shetland Bus** on **Wednesday 13th July**? Kathy McNally has a saga of twentieth century Norse courage, determination and seamanship during the occupation of Norway from 1940-1945, when every Norwegian knew that small boats constantly sailed between the Shetland Isles and Norway, at great risk to their fishermen crew, in order to land agents, arms and supplies. These frail vessels became known as 'Shetland Buses'. To 'take the Shetland Bus' became the code for escape when danger was imminent and overwhelming. Anyone who ever sailed a small boat will want to hear this story.

So do come along to **Woodmead Halls in Lyme Regis on Wednesday 13th July**. Coffee is served from 10.00 to 10.45 followed by the talk at 11.00 until noon. Entry is free for U3A members; for non-members a £2 donation is suggested.

You can find a list of the talks for the coming months in the What's On section at the back, or look at the U3A website www.lymeregisu3a.org. It's the Heritage Coast U3A, not the Lyme Regis U3A, so is looking forward to many more Charmouth members being part of its activities. To join your U3A, have a look at the website or telephone 01297-444566.



Chris Boothroyd

CHARMOUTH GARDENERS Summer Village Show Saturday 13th August

2.30pm – both Village Halls

**Entrance £1 adults (covers both halls)
– accompanied children free.**

Please do join us on the day, beautiful displays of flowers, vegetables, home produce (cakes, pastries, bread, jams, marmalades and 'men only' classes). Plus, a Handicraft section (knitting, needlework, woodwork, craftwork or painting – Subjects this year 'Animals or Birds' OR 'The Seaside'. Photographs are a very popular area and the Children's sections would always welcome more entrants! There are many more classes, too numerous to mention them all, particularly in the flowers, vegetables and photography sections so please do remember the date OR...

Better still, **please do join in and enter an item of your own**; this is a friendly village show (not highly competitive) and the more entries we receive the better the displays and enjoyment for all.

A free programme/schedule with entrance form listing all the categories, can be collected from the Charmouth Post Office from July 13th with details for return by Wednesday 10th August. Gardening members will have the schedule delivered as usual.

There are prize certificates and cups to be won but for most of us that is not the aim of the day it is just for fun! **It is free entry to all classes** and really lovely to see everyone's efforts so if you have never entered please do try it this year. Otherwise, we hope to welcome you to view on the day...

Refreshments and lovely home-cooked cakes available during the afternoon.

Pauline Bonner



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The Royal couple's arrival at the Right Royal Pudding Party, held in aid of the Weldmar Hospicecare Trust at Neil Mattingly's house, Thalatta. £784 was raised.



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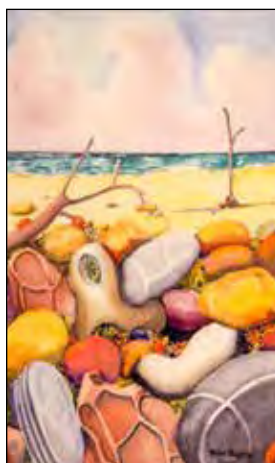
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RNLI Flag Day

We would like to say a big thank you to all the locals and visitors who supported us this year. We raised a fantastic £375 which added to the Lyme Regis collection brought the total to over £1000 for the first time.

Thanks too, to our group of volunteer collectors who, at least this year, enjoyed some warm sunshine throughout the day!

Don't forget Lifeboat Week this year which kicks off on Saturday 23rd July. There will be a full programme of fun events in and around Lyme Regis, including swimming challenges, a bath tub race, a grand auction and Lifeboat cake competition to name but a few.

We will publicise more details nearer the time, as things get finalised, but if anyone has any items that they would like to donate for our auction please do get in touch.

Thanks again.

Clare and Colin Evans

Charmouth Representatives for the Lyme Regis and Charmouth RNLI Guild

A Changing Spaces Event

On Friday 20th May, at St Andrew's Church, over 150 people danced the night away to the brilliant Johnny King performing three decades of Elvis hits - from the early years to the rhinestone Vegas period, replete with the requisite costume changes. The evening was a resounding success, with everyone up on their feet rocking in the aisles, singing along to their favourite Elvis numbers.



£1000 was raised by Changing Spaces, the group dedicated to the transforming of the church into a multi-use, vibrant community hub. The event was so well received by the villagers and visitors that the group are already planning more music events for later in the year. Thank you to everyone for their wonderful support and overwhelmingly positive feedback.

Jane Morrow



Twinning News – Charmouth/Asnelles

We have had a very successful visit from our French friends from Asnelles, who stayed with us from 19th May to 22nd May.

On the morning of their arrival we welcomed them with a lovely programme of French and English songs beautifully sung by pupils of our local primary school; then a 'good English breakfast' followed by the welcome speeches from Peter Noel (representing Charmouth Parish Council) and Peter Bonner representing Charmouth Twinning Association.

We spent the following morning visiting the SS Great Britain at Bristol, followed by a delicious luncheon at 'The Berwick Lodge' (highly recommended should you be in the Bristol area). Over the weekend we provided wonderful dinners and great company for our guests in their many host homes... and enjoyed an 'American style' buffet supper and dancing in the Community Hall on the last evening of the visit.

We are a lively, friendly group and welcome new members

(School French is acceptable). If interested contact 01297 561076 but if you prefer to be a social member and join us on our social evenings listed below, then please do so.

Forthcoming Events – Please make a note in your diaries

17th July	<i>Sunday</i>	<i>BBQ at Thalatta, kindly hosted by Neil Mattingly</i>
23rd September	<i>Friday</i>	<i>Quiz and refreshments. Village Hall.</i>
21st October	<i>Friday</i>	<i>Games Evening and refreshments. Village Hall.</i>

For tickets or further information, please ring 01297 560251 or 01297 561076

Peter Bonner

News from St. Andrew's Church



We have enjoyed an encouraging period over the past few months. Sunday attendances have risen – with a few new members, regular returns of those with a second home in the village, and a fair sprinkling of visitors. We have had some memorable social / fund raising events - most notably an Elvis Tribute night, and an 'Art From the Attic' weekend. These latter two events in May have raised almost £2000 for our Church Restoration Project. We are very grateful indeed to the magnificent hard work of the Changing Spaces project team. Look out for future fun events – they'll be well worth supporting!!

Outstanding future events and Services over the Summer period:

2nd July: 10am: Our next Free Xchange Café (quality items can be brought and exchanged freely, whilst enjoying a good cup of coffee with pastries).

8th – 10th July 10am – 4pm: Catherston Church Flower Festival, with refreshments.

17th July 9.30am: Our new Service "Charmouth Praise" (every third Sunday of the month), with a less formal Service and more lively singing. Also: 21st August, 18th September.

July 30th 10am – 1pm: Summer Bazaar at St Andrews Community Hall (Lower Sea Lane). Lots of different stalls, with excellent coffee and cakes available to purchase.

7th August 4pm: Special Service at St Gabriel's Ruins (below Golden Cap).

19th August 7pm: Concert by Jazz & Blues Band "Victoria Klewin & The True Tones" at Chideock Village Hall, in aid of St Giles, Chideock.

10th September 7.30pm: "Three Counties Swing Band" at St Andrew's (jointly organised with Catherston church).

We are also again running our summer evening Songs of Praise Services at St Andrew's (supported by the United Reformed Church). These are informal, lively and feature opportunities to choose and sing your favourite hymns and worship Songs. These start at 6.30pm, and run on 24th July, 31st July, 7th August and 14th August. (Possibly 21st too).

Special request: Our excellent organist Tony Mercer is not able to play our organ every week. So we are seeking a pianist to help lead the worship on our excellent piano on an occasional basis. If you are interested in this then please contact me on 01297 443763.

You will, I'm sure, want to know about our church restoration project. Unfortunately I have to report on very slow progress. Our preferred partner in the major reordering of our building for much greater community use has decided to investigate other options in the area, as well. This 'investigation' will probably take many more months, with no certainty of an outcome in our favour. In the meantime we feel that we need to make a Plan 'B'. This would include building up a larger pool of volunteers, a structured programme of regular events, mounting regular exhibitions with other people or organisations, a revised fully costed list of all the conservation/repair work required, and future improvements desired, new furniture and other resources, and a realistically costed Business Plan. A big challenge for Changing Spaces to take on – more volunteers to join this group would be very welcome!

In the meantime we are still seeking final approval for removing the side pews, renewing the flooring, and obtaining new chairs etc. We have a contractor lined up, and any donations towards the cost of around £9000 (plus new chairs) would of course be extremely welcome! Contact our Warden, Pauline Berridge with offers of help on 01297 560957.

Revd Stephen Skinner,
Team Rector

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Charmouth Christian Fellowship

We are now well into our third year and like most we have had our good times and difficult ones. At the end of last year we had to vacate The Elms where we meet, for redecoration. This turned out, as so happens, to be a much more involved job than expected and we were away from The Elms for a number of months. We were most grateful to Mrs Lisa Tuck, who kept us informed on progress. A number of our regular attendants have moved away, we also sadly lost Nick our guitarist but faced with over 40 miles round trip to be with us, it proved too much. If there are any keyboard/guitarists reading this who feel they may be able to fill this role, we would be happy to give them a try.

We are now happily back in The Elms. Now meeting twice on Sunday – 10.30 am and 6.00 pm. Also each Wednesday for Bible Study at 7.00pm. From the beginning we wanted to be a giving Church, as the Bible teaches. We have been able to donate and support many missionaries and missions round the world and also some local charities, including the local Food Bank.

We were asked a while ago why it was necessary to start another Church in Charmouth where the other Churches are hardly bursting at the seams. In every aspect in life there is preference, in music, in food, in fashion etc. So it is with Church. Some prefer a quiet, more traditional form of worship, some a lively service. We try to hit between the two. In no way are we in opposition to the other Churches, in fact we often pray for their people and leaders. For us, the way of the Church is to teach and live according to the Bible. We wish all the readers of Shoreline a pleasant summer.

Tony and Mike

The Queen's Street Party

We spent the morning wondering whether or not the weather would be okay and we could hold the Street Party in Lower Sea Lane. Sadly the weather won and we set up in the Community Hall.

It was fortunate that we made that decision as we had two heavy showers around 3 pm which would have sent everybody scurrying for shelter! Unfortunately it also had the effect of keeping people indoors. Despite that, over 150 people joined the celebrations.

As usual, the residents of Charmouth exceeded all expectations and brought an abundance of sandwiches, cakes etc. The generosity of our village never ceases to amaze me! We would like to thank all the people who came to help set up and others who arrived in the afternoon and then stayed to clear the hall at the end. It was a sterling effort by all.

At previous Street Parties we have always had demands for buckets so people can make donations, even though it has cost us nothing to put the event on, so we pre-empted this and put two buckets on the floor by the entrance. I was delighted to discover that at the end of the day we had collected just over £80. These funds will be added to the Charmouth Fayre profits and, as you know, this money will either be used to build better equipment or distributed to local organisations.

Peter Noel



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Charmouth Central Library and Internet Cafe



Charmouth Library just got bigger... in a virtual way.

A new library computer system was installed in the middle of June, which gives us direct access to books in libraries throughout much of the Southwest. This should be good news for any of our readers with unusual tastes as there is a better chance that their book is available to borrow.

I would like to take this opportunity to say that we were all deeply saddened to hear of the untimely death of Davina Hansford Davis. She was a founder member of the Friends of Charmouth Library, but left us because she was working full time, with erratic hours, which meant that she felt unable to give the Friends her full commitment.

At Committee meetings she was always thoughtful and supportive, an excellent people person and gave us great confidence, that with her experience as a volunteer coordinator with another group, our volunteers and rotas would be properly managed. This was an area where we had limited knowledge, so her contribution was essential at that time.

That was the practical side of our appreciation of Davina but, even more important, was how much we appreciated her sweet nature, gentle sense of humour and care for others. Our deepest sympathies are with her family and friends.

One of her achievements was to provide seeds and knowhow at our first 'Seed Swop' event. So it is with some pleasure that I can mention our April 'Gardenfest' event at which gardeners were able to buy a wide variety of seeds which had been donated to us from a local seed company. In addition there were a number of garden tools, which came to us via a house clearance, which added extra interest.

On the subject of added interest, I would like to thank Geoff Townson, truly one of our Friends, for the work he has done to turn the bare walls above the books into an art gallery space and setting up our first two exhibitions. The space is now available to artists to rent at a modest weekly fee, with no commission payable on sales. Although only open library hours, artists benefit because they do not have to curate their exhibitions.

Bob Hughes, Acting Chairman (560487)

PS Always happy to welcome new volunteers!



**All Shoreline issues
can be seen online at
www.charmouth.org**



You Call this Soothing?

Swearing and throwing things across the room is no doubt rare in some homes: not in ours. It isn't that we quarrel all the time. No, it's inanimate objects which are the targets of all this fury and that's because I love to sew, knit and crochet. That's to say, I love it when all is going smoothly. These hobbies then live up to their reputations for being ways to relieve stress - with the added satisfaction of having a useful object at the end of all this creative therapy.

When things go wrong, it's another story. A dropped stitch unnoticed until three-quarters of the garment is knitted, a misunderstanding of the instructions leading to an unacceptably wobbly crochet edge which doesn't manifest until hours of work have been completed or a misplaced cut in the only remaining piece of fabric obtainable – that's another story. Only a saint would be able to sigh gently and start again. Strange to say, it turns out that I am no saint.

Fortunately, there is usually help at hand. The Sewing Circle meets once a week at 11.30 on Tuesday mornings in Charmouth Central's Servery. Here, I can meet other craft addicts, tell tales of triumph and woe, seek tips and solutions. What's even better is that I can join in the group project of the moment so we can all help each other to learn new techniques, swapping skills and experience.

Currently, the group project is a "numbers and colours" quilt for the Rhymetime children to sit on. Our very first creation was for them too – a hand-pieced alphabet quilt. This time, we're attempting machine applique which none of us has ever tackled before. It doesn't always go smoothly. Machines play up, calculations of fabrics turn out to be woefully imprecise, we make wrong cuts. Somehow, none of it matters as we always have a good time and no-one has thrown a piece of work across the room in frustration....yet. In fact, it really is soothing.



Want to give it a try? Experienced or not, joining in a group project or preferring to work on something of your own, you will be very welcome.

Hazel Robinson

The Sewing Circle meets in Charmouth Central every Tuesday 11.30-13.00. We pay £6 to hire the room for the morning and £1 each for tea or coffee. Use of machines and equipment is free. Just come along to The Servery and see!

Items made by members of the Sewing Circle are also available for sale in The Servery.

Charmouth Poetry Corner

FINDING FOSSILS SAFELY

by Peter Crowter

Some advice to visitors we hope they won't reject,
The cliffs along our coastline must be treated with respect.
They are not made of concrete or a bricks and mortar wall,
They are piles of rocks and mud and bits break off and fall.

You might like finding fossils and there's nothing wrong with that,
But don't go hacking at the cliff, even with a hard hat.
A hat will not protect you from ten tons of falling rocks,
You won't just get a bruise or two you'll end up in a box.

The fossils you are seeking can be found upon the beach,
Not underneath a dodgy cliff but way out of its reach,
The tide comes in, stirs up the beach and leaves new stuff behind,
So when it turns and goes back out then see what you can find.

The tide's also a hazard of which you must be aware,
It can sneak in and trap you so you really must take care.
The cliff fall that you walked around now sticks out in the sea,
You really have a problem; I think you will agree.

You cannot walk around it now the water is too deep,
You cannot climb the cliff because it's dangerous and steep.
You cannot walk over the slip, that is a no no too,
A lot of it is sticky mud 'twill trap you in its glue.

And now you've got to call for help, the only thing to do,
A helicopter or a boat will have to rescue you.
We want you to enjoy our beach but you must be aware,
You will not get in trouble if you take a little care.



CHARMOUTH VILLAGE PEOPLE

Memorable Memoires is successful because we have such a great group of people dropping in to join us on the first and third Wednesday afternoon of each month. It is open to everyone and we enjoy stimulating conversations prompted by our members and the speakers. We are always interested in suggestions for new topics and places to visit, not forgetting nights out.

These are some of the events that took place during the past 12 months. We try to encourage our members to occasionally come out in the evenings to local venues, as well as visiting places of interest during the day. It is always uplifting and great fun.

Knightshayes – National Trust property Tiverton; Evita – Marine Theatre, Lyme Regis; Doris and Eric's garden party with presentations from the members; Bab's garden party, typical afternoon tea; Compton Acres, Poole Dorset; Darts Farm – Topsham; Guys & Dolls, Guildhall Axminster; Doris and Eric's Christmas Party; Christmas Dinner, Bank House, Charmouth; Klezmer music - Alternative Burns Night - Marine Theatre; visit to Wells Cathedral; and a day out to Budleigh Salterton.

Some of the subjects covered by our wonderful speakers have been:

Calligraphy, Irish anecdotes, lighthouses, Town Crier, pantomime talk, chiropodist advice, life on the merchant ships, husband and wife on being mayors, amateur dramatics and childhood memories.

**For further information contact Jan Gale:
07897 511075 or Wendy Knee: 07968 846514.**

U3A Tennis Group 'A Right Royal Do'



The U3A Tennis Group celebrated the Queen's birthday with a lunch fit for royalty! Amazing food e.g. Windsor Soup, Coronation Chicken, Queen of Puddings were amongst the dishes on display. There were several toasts to Her Majesty, courtesy of Prosecco. The 90-tennis ball throw-up salute was a sight to behold. It was humbling when we were surprised by the visitation of Dame Penny Rose, who seemed to approve all the merrymaking. So a very Happy Birthday your Majesty and we look forward to celebrating your centenary!

Joyce Beadle



Charmouth Knit and Natter

On Saturday 30th April the Knit and Natter group held a very successful Coffee Morning raising over £400 to enable us to purchase wool and support the five charities that we knit for. An enjoyable morning was had by all and many thanks to those who supported us.

The charity Awaken Love works with an orphanage in

Kenya. As a group we have adopted a young lady called Cynthia and send money every month to enable her to access education. Due to the success of the coffee morning we have also been able to send a £148 donation which will enable two acres of maize to be planted, helping the orphanage to be more self-sufficient.

Regularly we deliver items knitted by the group - jumpers, blankets, hats and scarves - to the Women's Refuge in Dorchester. Following the coffee morning we have been able to donate a £50 voucher to be used for a 'treat' for those in the Refuge.

The Knit and Natter group meet every Thursday from 2pm – 4pm in the Club Room at the rear of St Andrew's Community Hall. We have recently been pleased to welcome several new members to the group, which now often sees up to twenty of us 'knitting and nattering'. You do not need to be an expert knitter to join us so please just come along and join in or call 01297 561625 if you would like to find out more.

Jan Coleman

Superfast broadband – Where east meets west in Charmouth

Over 90% of Dorset properties now have access to superfast broadband. Superfast broadband are on track to lay 1 million metres of fibre cable, which is enough to stretch from Land's End to John o' Groats!

Residents in Charmouth are able to upgrade to a superfast broadband service. Many residents living in the west of Charmouth have seized the initiative and upgraded to receive faster and more reliable broadband. Residents were so keen that they have already filled the cabinet that serves the area. Openreach are currently looking to increase the capacity of the cabinet so that even more residents can upgrade.

Residents living in the east of Charmouth still have the opportunity to take up a superfast broadband service. Don't miss out on the chance to receive broadband that is around four times faster than your current broadband service.

Remember that speeds will not automatically improve. You will have to upgrade to a fibre broadband service to benefit from the faster speeds. To find out more information on how to upgrade your service and superfast broadband in general, please visit our website or follow us on Twitter @superfastdorset.



<https://www.dorsetforyou.com/superfast>

'Alice' (in Wonderland)

Friends and villagers who filled the hall of Charmouth Primary School to watch the dress rehearsal of 'Alice' (in Wonderland) were treated to a truly spectacular and seamless blend of acting, singing and dancing. The production was a feast for the eyes and ears. From the colourful backdrop, the imaginative costumes and props, to the well performed lines and memorable songs and music delivered by the enthusiastic and dedicated young cast, who were obviously enjoying every moment, it was absolutely superb. Congratulations to Gillian Morris, Claire Kerr and all the school staff, to Edward Jacobs for his impressive music teaching and accompaniment and especially to those wonderful young actors and actresses. So very well done!



Lesley Dunlop



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The Coach and Horses



Charmouth's Famous Coaching Inn

This article will mainly deal with the Golden Age of Coaching and the part the Coach and Horses played in it. This is the era that Dickens portrayed so vividly in the Pickwick Papers and our village inn could so well have been the model for that chosen by him. This period of history coincided with the introduction of the Royal Mail at the end of the 18th Century and was to quickly decline with the growth of the railway. The inn's history is entwined with this and for a while, was actually renamed 'The Mail Coach Inn'.

Charmouth's position on the road that linked London to Exeter could well go back to pre-Roman times. But we do know from an archaeological survey carried out nearby at Hogchester Farm that it was on the Ackling Dyke which the Roman Legions used from Dorchester to Exeter. The Domesday shows a small community which included 16 salt workers who boiled the sea water in large lead basins to extract the salt. In the 13th century the village was to be given to Forde Abbey and there is a reference to the settlement in 1240 with regard to the chapel here in a dispute between the Parson of Whitchurch Canoncorum and William Heiron, Lord of Charmouth. This same building 40 years later must have been near the coast, as it was being battered by the sea and a new one was needed at a safer spot, no doubt on the site of the present church. In 1278 the Abbot of Forde was granted a weekly market and a yearly fair at Charmouth. Old deeds relate to the ancient market

being held in the square outside the inn. This site was important as it was at the crossroads of The Street to the lane that went to the Sea and another lane, now encompassing Barrs Lane, which went inland. In 1298 the Abbot of Forde created a borough in Charmouth with half-acre burgage plots stretching back from The Street to a ditch in the south and the present stone wall to the north. These were not economic and were amalgamated in time. A 1564 Survey of the village shows most tenants occupying a house with an acre of land on The Street and another acre of common land within the area between there and the beach, a name that still survives in 'Double Common'. There was no doubt a building on the site of the Coach and Horses, because of its importance next to the church and manor house, though whether it was a hostelry at this stage, I am not sure.

The earliest reference to the inn which was originally known as 'The Ship' is in the 18th century Alehouse Returns for Dorset which is a remarkable survival and can now be seen at the Archives in Dorchester. They show that in 1714 the licensee was William Kidnor, but he was not the owner, which was probably a member of the Edwards family. His will of 1726 describes him as a victualler with George Browne, a maltster, as trustee. The same gentleman owned a number of taverns in Bridport and often acted as surety to his tenants when they were seeking to renew their licenses each year. The returns show that Charmouth also had 'The Fountain Inn', which is now 'Charmouth House', at the corner of Higher Sea Lane and 'The George', which still survives as an inn today. On the death of Kidnor, Thomas Follett briefly

took over and was followed by William Raymond in 1730. The first reference to it being called 'The Ship' is two years later, when a deed shows Clement Joynes of Charmouth and his wife Elizabeth selling the lease of the Churchyard Close and a messuage called The Ship to Robert Batten of Charmouth. It would have been a hostelry for the many coaches that were then passing through the village between London and Exeter and a revealing incident is described in The Western Gazette, of 9th April 1739: "Our townsmen beheld by only going to Charmouth, the wonder of the day, better known as 'The Exeter Flying Stage Coach' which reached Dorchester from London in two days and reached Exeter in three days. The lofty Stonebarrow Hill had to be ascended from Morcombelake and the descent - a perilous one - to be made by the main road, better called narrow lane, beyond the eastern brook by Charmouth, since abandoned for one further inland, and recently for one still further inland, by which the hill from Morcombelake is altogether avoided."

By 1747 Hannah Newberry is shown in the Alehouse Returns as the licensee of 'The Three Crowns', as it was to be renamed by her. This name derives from the Three Wise Men at the birth of Christ. Six years before, she is shown as landlady of an inn at Marshwood, with Thomas Paul of Wootton Fitzpaine as surety. She is always described as a widow, although her bereavement must have been early in her marriage as she was to own and initially run the Three Crowns for almost 50 years. She was a member of the Independent Church in Charmouth, whose records are incomplete and as yet I have not been able to find who she was married to and her maiden name, although she probably

was a member of the Edwards family as she seems to have been associated with them throughout her long life. The earliest surviving Poor Rates List of 1754 show Mrs. Hannah Newberry paying 2 3/4d. Her name would appear annually both on this and the land tax list until her death in 1793. Her only child, Mary, was to marry Thomas Edwards in 1756. He was the eldest son of William Edwards who had lived in the family house, which is now the building incorporating Charmouth Stores. His father describes himself as a "Common Carrier" in his will and would have been associated with the inn opposite. Soon after his marriage, Thomas is shown as running the inn for his mother-in-law. Later he was to lease it himself and is shown as living in a house next to it, built on the two acres of land at the corner of Lower Sea Lane that Hannah is shown as owning in the Land Tax records. This is probably what is today known as Beech House, which appears on the Tithe Map before Winton House was built to the east of it by John Hodges, a butcher.

Hannah Newberry's time at the 'Three Crowns' coincided with the growth in turnpike roads, which revolutionised travelling from the mid-18th century. Before then roads were virtually impassable at times and teams of horses would have to be used to carry goods. Their upkeep was often neglected by the villages they passed through. But in 1754 Charmouth was to be part of 'The Harnham, Blandford and Dorchester' Turnpike. There were other sections linking it to Bridport, Crewkerne and Lyme Regis and four years later it would be referred to as 'The Great Western Road'. When properties were advertised for sale they would invariably refer to this, as the following examples show:

"This Afternoon, at the Bull Inn in Bridport, The valuable and Improvable MANOR of CHARMOUTH, truly eligibly situated midway between Bridport and Axminster and the Great Western Road." 1788

"Charmouth is on the turnpike road, and about a quarter of a mile from the sea, a mail and three other coaches pass to and from London daily." 1789

"The situation of Charmouth is remarkably cheerful and healthy, it lies on the Great Western Road, is well supplied, and has excellent machines for sea bathing." 1799

The village was to have a Toll House in what is now Claremont House at the top of The Street and a gate across to the other side to ensure travellers paid their tolls. There were exceptions with the Royal Mail, whose coaches would blow their horns before to ensure that the gate was quickly opened so that they did not have to slow down. The Parish Records show that a man was killed in 1760 by one of these mail coaches in the village as it sped through.

The Mail still took many days to travel across country and it is not until John Palmer developed a faster non-stop system in 1784 that it improved. His first mail coach left Bristol at 4pm, then called at the 'Three Tuns Inn' at Bath, by 6pm and arrived at 'The Swan with Two Necks' in London at 8am. Three years later he began a route linking the same inn with the 'New London Inn' in Exeter. This was to pass en route through Charmouth, where it would have a brief stop at 'The Three Crowns'. It was one of a number of coaches that would stop at the inn where their travellers could enjoy its hospitality or travel to other parts in due course.

By 1780 Hannah Newberry was grandmother to William and Hannah Edwards, who was to marry the wealthy Bento Dare from Wootton Fitzpaine and have a child who would also be called Hannah. In the same year there was a court case when John Randall took the Parish Officers to Court alleging unfairness in his Poor Rates demand. The detailed records now kept at the Archives in Dorchester, provide a snapshot of the village in that year with descriptions of owners and properties. They include: "Mrs. Hannah Newberry and Occupier, in respect of a Dwelling House called The Three Crowns and a field thence belonging in possession of her and her Under Tenants. Thomas Edwards lives in a House with an Orchard". There is also a Map Reference Book for Charmouth in the year 1783 which records:

No. 182. Mrs Hannah Newberry House & Garden (£2-0-0d) - 24 roods.

No. 183 Mrs Newberry Church Yard Mead (£3-11-10d) - 2 acres 34 perches

No. 85 Margaret Edwards House & Orchard (£3-10-0d) - 1 pole 29 roods

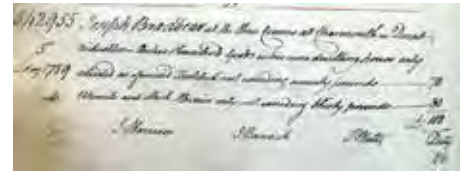
No. 91 Thomas Edwards House & Orchard (£3-0-0d) - 2 perches 28 roods

This shows clearly that Hannah owned the large field on the corner of Lower Sea Lane on which her daughter and son-in-law had built what is now Beech House. Margaret, the mother of Thomas Edwards, lived in the house opposite in which Charmouth Stores forms part today. Hannah was to live a long life and when she died in 1793 she was to leave considerable property to her grandchildren, William Newberry Edwards and Hannah Dare. But her granddaughter must have died shortly before her mother as the property is inherited by William alone.

We are fortunate that The London Metropolitan Archives has recently catalogued many of the Sun Insurance Policies for the country and there are over 30 for Charmouth and include much of interest about the buildings and occupation of the residents. Amongst them are these for 1790 as follows:

"William Edwards of Charmouth near

Bridport, in Dorset, Butcher – On his household goods in his dwelling house only not exceeding £100 only in tenure of Joseph Bradbeer, not exceeding £150. Stables, Slaughterhouse adjoin not exceeding £50. All thatched situate at Charmouth aforesaid".



Joseph Bradbeer of Charmouth in Dorset, Victualler on his household goods in his now dwelling house and office adjoining situated aforesaid (The Three Crowns) thatched and exceeding £150.

Utensils and Stock therein not exceeding £30, Wearing Apparel therein not exceeding £10, China and Glass therein not exceeding £10".

Joseph Bradbeer, who is referred to above took on a lease of the inn under the ownership of William Edwards, on the death of his grandmother, Hannah Newberry.



As well as the many coaches that were stopping at the inn, there were also the heavy 'Russell's Fly Waggon' which were pulled by a team of eight horses which would have been needed to cope with the hills in the neighbourhood. The hill into Charmouth was notorious and passengers would have to get out and walk alongside. There is a famous incident when King George III was travelling from Weymouth to Sidmouth in 1789, which is reported as follows:

"Between Bridport and Chard are two very large steep hills, Chideock and Charmouth. It was impossible for his majesty's horses could here proceed in the swift manner in which he usually travels. The King, Lord Courton, Colonel Goldsworthy, &c. dismounted, and walked up the hill. The King said he had never travelled such a stage in his life. During all this part of the road the multitude walked with him, and at times conversed familiarly with such as were near him. The people of the village of Charmouth had prepared a lofty triumphal Arch of oak bought, with a crown of laurel and wreaths of flowers".

There are other incidents relating to the coaches reported in the newspapers of the time:

"Friday last a passenger from London, on the top of the Western Coach, being sick at Chideock expired before he came to Charmouth, through the excessive cold of the foregoing night." 1791

"Sunday the 28th October three mail coachmen attended divine service in Charmouth Church, and it is remarkable they had patience to continue to the conclusion of it". 1798

"On Friday night a stage coach from Exeter for London overturned on Charmouth Hill, by which accident a young woman, an outside passenger, was thrown with such violence on the road, that she died immediately – her name was Anne Pitts, she was Lady's Maid in the family of James Buller, esq. M.P. and she was on her way to visit a relation in this city, when she encountered the above fatal accident." 1805.

Her grave stone is still to be seen in St. Andrew's Church, showing she was 58 years of age.

Thomas Bradbeer, as well as running the inn, was to become the village Post Master, no doubt using the facilities of the Three Crowns with its extensive stables situated behind it. His son Francis had married Elizabeth, daughter of Robert and Dinah Crout. It was Dinah, who was the daughter of William and Margaret Edwards, who was to inherit their family home, the building of which Charmouth Stores forms part of today, in 1784. When she died in 1793, her daughter inherited the house and in 1801 she married Francis Bradbeer. They had two children, but her life was foreshortened when she died five years later. Her husband, who was a tailor, moved to Woolwich, where his brother was stationed as an Artillery Officer and remarried soon after. The tragic chain of events is made worse when you read that in 1804 his father lost not only his wife, but both his daughter, Maria, and her husband. But his life changed for the better when in 1806, at the age of 56, he marries the 31 year old Lydia Margrie. It is in that year that he moves into the eastern part of his son's former house opposite 'The Three Crowns', where he is landlord and opens his Post Office. This

is the building, part of which survives in the rebuilt Charmouth Stores (Nisa) that has seen continuous trading for over 200 years. The earliest references to it are in adverts from 1809 for receiving letters, where they make a point of letters being post-paid as, if not, not, the recipient had the expense and often refused them.

In 1810 an advert for The Taunton Journal describes both the inn and the adjacent property when they came up for lease. It was in this year that the lease was taken over by John Clemoes. But just four years, later William Stephens from Axminster was the new landlord. He was very enterprising and purchased stabling opposite and converted it into a house and later bought what was a shop standing on the site of 'Little Lodge', which he rented as a tailors. The other side of the passage leading to The Star Inn, which may well have been established by Stephens, was Joseph Bradbeer's Post Office which, on his death in 1821, was run by his wife Lydia. The 1832 Poor Rates Lists show her letting part of the building to John Carter, who takes over the Post Office and included this with a grocers and builders in his entry in directories of the time.

Dated 12th June, 1816.



AN EVENING COACH,
FROM THE
HOTEL, EXETER,
DIRECT to the SARACEN'S-HEAD, SNOWHILL,
LONDON,
Through HONITON, AXMINSTER, CHARMOUTH,
BRIDPORT, DORCHESTER, SALISBURY, &c.
IN 27 HOURS.

After William Stephens' time at the Coach and Horses, the inn was briefly run by John Clemoes once more and then, in 1824, William Foss began a long occupancy under the ownership of William Edwards. He renamed the hostelry The Mail Coach Inn, as this trade formed a substantial part of his business. There is a newspaper report in 1827 of a devastating fire which destroyed much of the interior. The ownership of the inn passed over to Samuel Gundry on the death of William Edwards in 1829. He owned a number of properties and his brewery was based in Gundry Lane, Bridport. He continued to build up the trade and an 1839 Directory shows the Royal Mail, Herald and Red Rover stopping at the inn daily between their journeys from London and Exeter. The 1841 Census supplies further information regarding William, aged 52, and living with his wife Mary and five children. In the same year, the Tithe Map shows the ownership of the 28 roods of land as Bowden Gundry, the large two acre piece of land that went with it on the corner of Lower Sea Lane, was now under new ownership. Two years later William moved to Lyme Regis and an advert at the time revealed him as the new landlord of the Golden Lion in Broad Street. At the

same time an advert appeared in the Western Gazette for The Mail Coach Inn, which was to be run by Richard Burdon, which he intended improving. He offered superior fly, phaetons, etc. with good horses and cordial drivers. There was also good stabling and lock-up coach houses. In 1846 the parish records show that he married Elizabeth, daughter of R. Major of the Greyhound Inn at Bridport. Just two years later there was an advert placed again the paper showing that George Holly, for many years head waiter at the Kings Arms, Dorchester, was taking over. In the same paper was a similar advert for Richard Burden, showing that he was now at The Cups in Lyme Regis. It is interesting seeing that the Holly and Burden families were related through the wife of George, who was previously Elizabeth, sister of Richard Burden.

Here he appeals to the readers of the newspaper:

"George Holly (for many years Head Waiter at the King's Arms Hotel, Dorchester), takes the earliest opportunity of announcing to the Inhabitants of Charmouth and the neighbourhood, as well as the Public at Large, that he has taken and entered upon the above old - established Hostelry, and must respectively ask from them a continuance of that Patronage and Support which they have for so many years afforded to his Predecessors, assuring them that no exertion of any kind shall be wanting on his part to maintain the reputation of the House and to ensure entire satisfaction to the Customers. The House offers accommodation to Families, Commercial Gentlemen and others - being replete with excellent Beds, Capital Stabling and Coach Houses, and every Comfort than can reasonably be desired."



The Inn was used extensively by commercial travellers during the coaching period. One of these gentlemen was accidentally drowned whilst bathing. Mr Holly paid for his funeral and 357 of his friends subscribed and gave Mr. Holly, a silver coffee pot as a mark of esteem in 1849. The 1851 Census describes it as a "Commercial Inn and Posting House run by George Holly, aged 32, born in Quedhampton and Elizabeth Holly, his Wife aged 40, born in Purlice." In the same year, Job Legg acquired the brewery from the Gundrys and was the owner of a number of pubs, including the Coach

CHARMOUTH, DEVON.
TO be SOLD in FEE by AUCTION, by Mr. JOOZE, at the Coach and Horses Inn, in Charmouth, on Friday, the 20th Day of June instant, at Five o'clock in the Afternoon (subject to such conditions as will be then produced) an undivided Moiety of all that well accustomed Inn or Public House, called **THE COACH and HORSES**, with the Stables, Outhouses, and Gardens thereunto belonging, situate in the centre of Charmouth Street, and hitherto under lease by Mr. Bradbeer, whose term therein will expire at Michaelmas next, and now in the occupation of Mr. Clemoes.
Also an undivided Moiety of all that Brick Fronted **MESSUAGE or DWELLING HOUSE**, with the Outhouses and a Close of exceedingly rich **MEADOW LAND** adjoining, containing about Three Acres (more or less) in the occupation of Mr. William Edwards.
The Lands are most delightfully situate in the much frequented Village of Charmouth, whose celebrity as a watering place has been too long known to need an enumeration of the conveniences and advantages it possesses.
For further particulars, apply to Messrs. Smith and Taunton, Solicitors, Axminster.
15th June, 1810.

and Horses, the Royal Oak and The Star in Charmouth. He moved the operation to what is now the Old Brewery. Four years after his death in 1892, Legg's brewery passed to John Cleaves Palmer and Robert Henry Palmer. Two of their descendants, John and Cleaves Palmer, still run the company today.

The reign of the coaches came to a swift end with the advent of the railway. Bridport Station was opened in 1857 and another station at Lyme Regis, with a link through Charmouth, was planned but never came to fruition. George Holly, as a result, changes the name from Mail Coach to Coach and Horses.



There is an astonishing pictorial record of the effect it had, with a photograph taken in 1860 of the last Coronet Coaches journey outside the Mail Coach Inn. It was taken by Mr. J. Bottomley, a Charmouth schoolmaster, who took a number of early images of the village. The Coronet coach ran between Bridport and Exeter from February 1858 till the summer of 1860, when the opening of the L.S.W Railway to Exeter brought the service to an end. It left the Bull Hotel Bridport at 11.30am, arriving at Pratts Hotel in Exeter at 5pm. In the reverse direction, departure from Exeter was at 10am, Bridport being reached at 3pm. The fares between Bridport and Exeter were: inside 12/- Outside 8/-. The driver of the coach was called Tiny, the post boy was Dam Biles, who afterwards kept the Star Inn opposite. Fred Wild, in the white waistcoat, was the uncle of Henry Wild and met all the coaches. Reg Pavey had the information concerning this historic photograph from William, the son of George Holly, who was the landlord at this time.



In 1873 George Holly purchased Charmouth House, which stands at the corner of Higher Sea Lane, for £1560 and was to live there and run it as a hotel. Until 1810 it had formerly been known as The Fountain and could trace its history back as an inn to the times of the monks

of Forde Abbey. The fortunes of the inn were to change dramatically in that year when Thomas Gordon bought the property and its grounds. He was also the owner Middleton Court at Huish Chamflower in Somerset. The 1851 Census shows Thomas aged 91 living with his wife, Jane and three servants at the property. On his death shortly afterwards it passed to his nieces who in turn sold it to George Holly. The 1881 Census has William, son of George Holly living in Beech House as a Job and Post Master and his father, George now aged 62 at the Coach and Horses with his wife, Elizabeth, aged 58. The following year there was a devastating fire which caused extensive damage to the ancient thatched building.



Mr. Holly did not agree with then owners when they decided to rebuild in 1882 after the fire and he moved to Charmouth House, which he had already been running in conjunction with the Coach and Horses. During the time that the new inn was being built the licensee was transferred to Wisteria House. A Miss Hillman was manageress. There is a commemorative carved stone to be seen today on the left side of the present building recording the year that it was finished. George was to die in 1886 and his daughter, Mrs Elizabeth Salisbury, took over running his hotel with her brother, George Holly Jnr.



The 1891 Census shows James Ingram, aged 63, at the Coach and Horses, with his wife, Emma, and Mary Foss barmaid, aged 20. It is interesting to speculate if this was the daughter of William Foss, the earlier landlord. A Rates List for Charmouth from 1898 has survived and is very detailed, showing that Alex Cox Pagan is the landlord. He was married to James Ingram's daughter and the building owned by the executors of Job Legg, brewer from Bridport. The 1901 Census shows him aged 34 with his wife and three children.



On his death, Mrs Pagan married Morgan from the shop opposite and he briefly took over the license. The latter bought the Axminster bus from William, son of George Holly, and started the first motor bus. He did not last long, for in 1907 the Coach and Horses had a new landlord in the shape of George White, who advertised as follows:

"The Coach and Horses Family Hotel, five minutes' walk from Sea and close to Golf, Tennis and Cricket Grounds. Charges Moderate and Home Comforts Guaranteed. Messrs. Palmers' Celebrated Draught Beers and Stout. Bass and Salt's Bottled Ales and Stout. Choice Brands of Wines, Spirit and Cigars. Good Dinner Ale in 4 ½ and 9 gallon casks at 1s. per gallon. Agent for London and South Western Railway. Hotel Bus to Axminster Station at 9am returning at 3.23pm."



By 1911 there was yet another new landlord with Sidney Boucher, the first of a succession to follow. I have been through the Electoral Rolls and list briefly who they were and their years as tenants:

Alfred and Harriet Forty (1928), Richard Gay (1928-30), Captain Alfred James & his wife, Ida (1930-32), Douglas Smith (1936-39), Bettina Thomas (1939-45), Jane Colquhoun (1945), Sydney & Gladys Coleman (1945-59), Donald & Betty Jones (1961-65), Margery Porter (1965-70), Charles & Heather Sargeant (1970-74), Thomas & Judy Digby (1974-77), John Jacobs and family (1977-?). I am not sure of the more recent history and will add more information as I find it. But sadly, after 1996, it was closed and converted into flats.

If you go to my website: freshford.com/charmouth/coach-and-horses or just Google it in, you will find masses more about the historic Inn.

Neil Mattingly

Charmouth Heritage Coast Centre



We've had a busy start to the year here at the Heritage Coast Centre and have welcomed over 30,000 visitors so far. We have been making new displays for the season and I have also been busy putting new local fossils into our Recent Finds Cabinet. There are lots of interesting things to come and see including some fantastic fossil lobsters.

We have welcomed our two Seasonal Wardens, Hannah and Anastasia who will be joining Ali and myself for the year. Hannah started a few months ago and is settling in really well. Anastasia was our graduate placement last year and she impressed us all so much that we have invited her back to be one of our Seasonal Wardens.

We have dedicated our new Fossil Beach display to the Memory of Chris Horton, who passed away recently. Chris supported the Centre in many ways and was Chairman of the Friends of the Charmouth Heritage Coast Centre for 12 years. Chris particularly enjoyed helping with our fossils walks and passing on his knowledge to countless visitors. This new display shows visitors how to discover their own fossils on our



beaches and we think it is a fitting tribute to Chris.

We are very lucky to have on loan a giant ammonite that was found by local collector Chris Moore in 2013. This enormous fossil is one of the largest of its species ever found. It took his son, Alex Moore, over 200 hours to clean this specimen. They have kindly loaned this fossil to us so others can see and enjoy.

Marine Week 2016 will take place from Tuesday 2nd – Monday 8th August and is a week of activities celebrating the past and present life in our oceans. There will be a range of activities including a litter-free coast and sea day, a beach safety day with demonstrations by the coastguard and pirate day. We will be running our fossil walks and rockpool rambles too.

One of our marine tanks has turned into a cuttlefish nursery again and hopefully they will hatch in July. These majestic molluscs were very popular when we hatched them a few years ago so pop down and see them later in the year once they have hatched. I would like to thank Peter Grinter who found these eggs and

gave them to the Centre.

Phil Davidson, *Senior Warden*

FRIENDS OF CHARMOUTH HERITAGE CENTRE

Visit to Chesil Beach and Portland

On Tuesday 17th May, 13 Friends left Charmouth and drove to the Fine Foundation Chesil Beach Centre at Ferrybridge. Here we stopped for a coffee and had time to look around this unique coastal environment in the pleasant sunshine. This visiting centre is leased to Dorset Wildlife Trust, and offers interactive displays with information on the local marine and terrestrial wildlife, and the Jurassic Coast. It was interesting to learn that Chesil was not man-made, nor as popular belief would have it, thrown up in a single night by a raging sea. It was created by eroded debris, following the last ice age.

We then drove about half a mile along Portland Beach Road, to the Fleet Observer. This is a boat which leaves the jetty from behind the Ferrybridge Inn. Here we enjoyed an hour long trip to explore the Chesil Bank and the Fleet Lagoon. This Fleet Lagoon is England's largest lagoon and the richest in wildlife in the U.K. It stretches eight miles with the saltier water east towards the Portland end.

We saw several little terns resting on the buoys. These are summer visitors from Africa. The shallow water of the Lagoon supplies them with fish. We spotted an egret feeding on the small fish. This bird was once a very rare visitor from the Mediterranean. Our guide informed us it was first recorded in the U.K. on Brownsea Island in 1996. We also saw oyster catchers, shelduck flying over, and other birds. We were told that brown hares live and forage on Chesil Beach. We did not see any, as they are often camouflaged among the pebbles, but the Wednesday group were lucky enough to see some.

Our next stop was Portland Bill, where Jan had reserved tables at The Lobster Pot for a welcome lunch.

Finally, we drove in our cars to Portland Museum at Wakeham, where we visited the two 17th century thatched cottages with five galleries and a secluded garden. Portland Museum is an Arts Council Accredited Museum founded in 1930 by palaeobotanist and birth control pioneer Dr. Marie Stopes, its first curator. Her friend was Dorset author Thomas Hardy. There was so much to see - it is Portland's rich history all in one place. Shipwrecks and the Sea, Archaeology, Jurassic Coast Fossils, Portland Stone, Local Customs and Traditions, Victoriana, Toys and Games of bygone days, Railways, Windmills, plus detailed information on Thomas Hardy, John Penn and Dr. Marie Stopes.

Twenty four Friends of the CHCC made the same trip on Wednesday 18th May. Our thanks to Jan Coleman who organised these interesting days so successfully.

Mary Davis





The Friends of the Charmouth Heritage Coast Centre has been honoured with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK.

Volunteers have welcomed over 97,000 visitors to the Centre in 2015 and helped visitors engage with this stretch of the Jurassic Coast - World Heritage Site.

There are 79 volunteer members of the Friends of the Charmouth Heritage Coast Centre. Volunteers assist with greeting visitors, selling items from the shop, identifying fossils and other finds, helping with fossil walks and rockpool rambles, as well as providing local information. In addition some volunteers help with Junior Rangers, carry out internal maintenance tasks, assist with administration and organise social events for all 159 Friends (subscribers and volunteers).

Jim Rose, Chairman of the Trustees for the Charmouth Heritage Coast Centre said:

"This award is a great honour for the volunteers and Friends of the Centre who provide a welcome, geological information, and great pleasure to all those who visit and enjoy the Centre. Especial thanks to Roy Churchman for instigating this recognition and making known the wonderful achievement of all those involved".

Minister for Civil Society, Rob Wilson, said:

"I would like to congratulate all groups who received this year's Queen's Award for Voluntary Service, in recognition of their fantastic achievements. The huge amount of work and commitment these organisations put into their local communities is surpassed only by the passion and motivation of the individuals who volunteer. I hope these groups continue to inspire others to get involved and make a positive impact so that we can continue to build a more compassionate society."

Jan and Barry Coleman from the Friends of the Charmouth Heritage Coast Centre attended a garden party to represent the Centre at Buckingham Palace on 19th May 2016 where they met the Queen and other winners of this year's award.

The Queen's Award for Voluntary Service is the highest award given to local volunteer groups across the UK to recognise outstanding work in their communities. The Friends of the Charmouth Heritage Coast Centre were nominated for this award by the Charmouth Parish Council. The awards were created in 2002 to celebrate the Queen's Golden Jubilee and winners are announced each year on 2nd June – the anniversary of the Queen's Coronation.

The Charmouth Heritage Coast Centre is a small educational charity that was set up by the local community over 30 years ago to inspire visitors to engage with this incredible stretch of coastline. If you are interested in becoming a volunteer please come and visit us or contact the Centre on 01297 560772 or info@charmouth.org.

Rosalind Cole

Charmouth Heritage Coast Centre

Of the 12 regions in the UK, the 2015 National Well-being Survey found that the south west was almost top for volunteering. It is encouraging to see just how many roles in Charmouth are filled by people who freely give their time, enthusiasm and expertise as volunteers; in the process, they gain enjoyment, fulfilment and friendship. The CHCC is always looking for additional volunteers and late summer would be a good time to start; training is provided. If you are interested, please talk to the Wardens at the Centre; either come in and see us or phone 01297 560772 for further information.

Rosalind Cole, Chair of the Friends of the CHCC.



All Shoreline issues can be seen online at www.charmouth.org

The pleasures of a marine aquarium

Access to a marine aquarium is great for observation of numerous lives, not just vertebrates such as fish but also invertebrates such as molluscs, crabs and starfish. We can see the whole habitat containing many different creatures and can watch their everyday lives. Looking for a new home, a hermit crab, for example, will carefully inspect, measure and try for size a shell that once housed a periwinkle or whelk. This is a precision process where the crab's pincers are used like callipers to measure accurately, ensuring just the right size. Too large, and the crab will have difficulty anchoring itself to the inside while being able to pop out its head and front legs to move around and feed. Too small and the crab will be unable to withdraw into the shell if frightened. In terms of housing, the hermit crab has the advantage of being able to change its residence if it is not roomy enough to accommodate growth, assuming a plentiful supply of shells of the right size and shape.

A glass-sided tank is revealing; the rarely-seen undersides of some creatures may be seen in detail - a starfish is shown in the picture. On a beach we may find live starfish thrown on to the shingle following rough seas or, more likely, a dead starfish dried out in the sun - still beautiful but lacking the interest of a live specimen.

In the tank we can watch the starfish exploring nooks and crannies, seeking prey and feeding. Attached to the glass, the underside will show its complex mouth structure - Aristotle's Lantern - beautifully constructed from 40 small calcareous parts held together with tiny muscles.

Starfish have an external skeleton constructed from a series of calcareous plates that lock together forming a 'test' or shell, usually symmetrical five ways. The plates themselves are fairly rigid but perforated by lines of holes; because of its overall construction the animal can bend its arms as necessary to walk, feed or defend itself. However the arms can only make progress by using hundreds of tiny tube feet protruding through the lines of holes in the skeletal plates. Tube feet can be seen in the picture.

The tube feet move by expanding and contracting areas of

muscles, moving internal fluid around so bending can occur. When these little lines of elastic feet bend in concert the arm can, in effect, walk along or grab prey. To make progress, coordination of all five arms occurs by means of the nervous system.

Tube feet are not all the same; many have suckers for gripping hard surfaces while others have glands producing mucus. Some are mainly for movement while others have specific tasks such as digging. Shellfish, especially bivalves such as clams or mussels, are favourite food for starfish so the ability to grip firmly and pull the shells apart is crucial to successful

feeding. Hunting ability relies on locating suitable prey using powerful chemical sensors followed by use of the tube feet for walking and gripping prey. Once captured, the starfish can extrude its flexible stomach over the prey so digestion can immediately begin. Eventually the starfish withdraws its stomach through the mouth on its underside. The starfish in the picture has started to feed on a top shell, a marine snail whose aperture is up against the mouth of the starfish.

Starfish neatly exemplify a feat of hydraulic engineering, brilliant and complex in the world of invertebrates. The

water-vascular system originates from a large body cavity. Here a series of balloon-shaped ampullae on top of each tube foot maintain pressure and are linked by a 'ring main' (radial water canal). How efficient would a hydraulic system be without valves? There are muscular valves which ensure the correct hydrostatic pressure can build up by isolating each tube foot and ampulla from the rest of the system - important when additional pressure is needed in the tube feet in a particular area e.g. when two or three arms are pulling apart the shells of its prey.

Having your own marine aquarium is a great hobby but requires hard work to keep it clean and healthy. There are aquaria in the Charmouth Heritage Coast Centre; it can be relaxing to just sit for a while and watch what's going on.

Rosalind Cole



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EYES ALONG THE COAST



Charmouth NCI Lookout: Operations Begun

Further to our article in the spring edition of Shoreline, the Charmouth National Coastwatch lookout began operations on Sunday 29th and Monday 30th May. The new facility, which is based in a Napoleonic lookout built in 1804 close to the Charmouth Heritage Centre, is an outstation to the Lyme Bay main lookout at Hive Beach. Its aim is to complement and enhance Lyme Bay NCI's existing capabilities and provide trained watchkeeper coverage in a popular part of the coast, keeping a visual watch on inshore sea activity in liaison with HM Coastguard and other agencies as appropriate.

These first watches over the recent Bank Holiday were to refine procedures and test equipment although this shake-down

process is likely to continue over the coming weeks as we get used to our new location.

Initially, Charmouth will operate single watch periods at weekends and Bank Holidays, from 1100 until 1500 hours. This will be eventually extended to two watches with the long-term objective of operating on weekdays too. Much will also depend upon recruiting and training more volunteers. The Charmouth lookout is on a one-year probation assessment period and, if successful, this could become a more permanent local facility.

All 50 of the NCI's Stations are self-funding and rely entirely on volunteers to man the lookouts and to raise funds to buy essential equipment and to maintain the buildings. If you would like to make a donation, or to find out about the role of the Watchkeepers – and the training given to all new applicants, see the box below or, better still, visit the Charmouth Lookout over a weekend.

Mike Seaman
Senior Watchkeeper.



Mike Seaman with watchkeeper Janet Lake on the first day of operations at the Charmouth NCI Lookout

Contacts:

Volunteering for the NCI is enjoyable and worthwhile and we now have several volunteers from Charmouth and the immediate surrounding area. The NCI exists entirely on public donations, whether from collection days, event sponsorship or direct contributions. Even if you don't want to join us you can support us with a donation. If you want to learn more just look at the websites below. If you are interested in joining and want an application form or to give a donation, please contact:

Judi Gifford (Fundraiser/Recruitment/Events Co-ordinator):-

Email: judigifford2@gmail.com

Phone: 01308 485695

Lyme Bay NCI website: <http://www.lymebaycoastwatch.co.uk/>

NCI (national) website: <http://www.nci.org.uk/>

A Look Back at Charmouth

by Lorna Cowan

I'd been visiting Charmouth for over 20 years before finally moving here in December 2014. And I knew it was a charming village with a stunning coastline and spectacular views over Lyme Bay – an idyllic place that I'd be proud to call home. However, it was only once I came to live in Charmouth that I found out more about the village's rich history. Speaking to locals and new neighbours I started to hear fascinating stories about the people who have lived in Charmouth over the years, the famous visitors who have come to stay, the buildings that were once a shop, a school, a pub – and haunted!

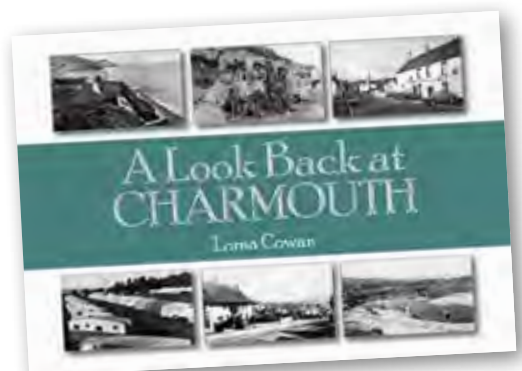


"Sir Arthur Conan Doyle, Florence Nightingale, Jane Austen, they've all been here," I recounted to friends and family who came to see me in my new abode. "The man buried there died in a duel after falling out with a neighbour," I remarked as we walked pass the graveyard at St Andrew's Church. "That's one of the most haunted buildings in the village," I commented as we stood outside Charmouth Lodge.

Eventually someone told me I should write all these tales down, that they were too good and it would be a shame if they were lost or forgotten. So that's what I did. I got in touch with the Charmouth Local History Society, and contacts I have in the publishing world, and the end result is *A Look Back at Charmouth*, an 80-page book with a variety of old photos and

postcards, which takes a fond look back at the history of the village. Thank you to everyone who helped me with my research. I hope the book sparks conversations and happy memories, for locals and holidaymakers alike.

A Look Back at Charmouth, priced £7.50, is on sale in Charmouth, Bridport, Lyme Regis and Axminster. Or go online to www.carnpublishing.com/lookbackcharmouth



Charmouth Primary School

As I write this article, we are looking forward to the last few weeks of the summer term and all the activities and events that they will bring.

The children prepared for our summer production of Alice (in Wonderland). There was a dress rehearsal on Monday 20th June at 1.45pm when the local community was invited to come and see the children in action. It was lovely to welcome our community into our school again for another summer production.

We are looking forward to our Summer Fair and Charmouth Challenge and we are now preparing for Sports Day towards the end of term.

Just before our half term break, Years 5 and 6 went on a PGL outdoor pursuits residential trip to Barton Hall in Torquay. The trip was full of adventure, fun and challenges and by the end of three days, the children returned home very tired but proud of themselves for the way they had participated and experienced things that they wouldn't normally take part in. Lots of the activities were outside their normal comfort zone and included canoeing, quad biking, climbing, abseiling, team puzzle solving exercises and orienteering.



It was also a privilege for our school to be invited to the French Twinning breakfast in May in the Village Hall. Year 6 sang to some people of Charmouth and their French friends and enjoyed putting their French learning into practice.

We hope that we will have the opportunity to see you over the next few weeks. On behalf of the staff and children of

Charmouth School, we wish you all a lovely summer.

Delayed Opening of Barnacles Preschool

As many of you will know, it was our intention to start a Barnacles Preschool this September 2016 on our school site.

Unfortunately, due to low admission numbers, a decision has been made to postpone the opening of the Preschool in September. In order for the Preschool to be financially viable, a 75% take up would have been needed. Sadly the preschool only received a 6% uptake, despite a significant number of people showing an interest in this new and exciting project.

We still intend to open a Barnacles Preschool in the future when there is further interest generated.

In the meantime, the Barnacles Preschool Group will be reinstated and will run during the summer term prior to the term in which any child would start in the reception class at Charmouth Primary School. **This will run free of charge from 1.10pm - 3.10pm every Monday afternoon during the summer term.** If you know of any parents with preschool children who may like to attend the Barnacles Group, please can you pass on this information? Registration to join the preschool group will need to be made through the school office.

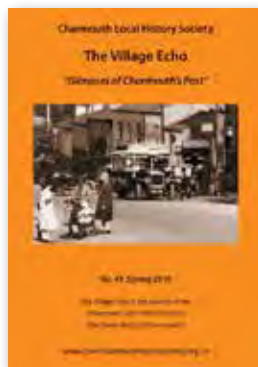
We look forward to reinstating the Barnacles Preschool Group in the summer term of 2017 in a refurbished learning environment with a new outdoor area which will be separated from the main school. There will be an opportunity to come and have a look at the new environment once the work has been completed and see another new learning opportunity at Charmouth for the preschool children of our local community.

Gillian Morris, Headteacher

Charmouth Local History Society (The Pavey Group)

We have completed the next stage of the project to improve our website which means you can now easily view a number of old photographs of the village. These are arranged as a series of slideshows for different buildings or parts of the village which you bring up by clicking on a zoomable map. This should all be self-explanatory if you visit the website. Organising large amounts of old photos is always tricky and we hope what we have done will be easy to use and of interest. Please let us know if you have any feedback. We hope to add to the collection of photographs in due course.

This year's issue of the Village Echo, No. 43, is now out and available at local outlets (Charmouth Stores, Morgans and the PO) or direct from the Society for the very reasonable price of £2. It is our largest issue to date, 56 pages in full colour, and includes an article on the village in the 1920s beautifully illustrated with a selection of Claude Hider postcards, with further features on the Pryer family, Monkton Wyld School, Charmouth's "lost railway", the Charmouth British Legion and Hillside Villas. We are always on the



lookout for future articles so if you would like to contribute please contact us.

The History Trail, the guided walk round our historic village, which has been well-received, is still available from the same outlets and also from the Library.

We have been working with the County Museums Advisor on a proposal to the Heritage Lottery Fund to refurbish the Pavey Room as an exhibition space. If successful we would hope to turn most of the Pavey Room into a permanent display of certain aspects of the village's history featuring richly visual and interactive displays that should bring Local History to life for both residents and visitors. It is early days yet on the proposal – we will keep you in touch.

Our AGM is due to take place in September and we also hope to arrange another of Neil Mattingly's very popular talks at or around the same time – details will be posted on our website and in the village nearer the time.

We can be contacted on the web at www.charmouthlocalhistorysociety.org.uk or by old fashioned post at The Elms.

Richard Dunn, Secretary

Charmouth Scout News

Jungle Book featured in HQ extension

As anyone visiting the recreation ground will know, the Scout Hut now boasts a brand new 4-metre, full width extension. The front of the older part of the building has also been sanded down and re-stained so it is hard to see the join! We are now working on the finishing touches to the inside of the new build, which will include a mural based on the Jungle Book. This has already been drawn up by one of the Cub parents on the back wall, and part of it has been coloured in. We hope to have an official opening of the extension during the Autumn term.

Scouts rescue a maiden

Building a raft to rescue a maiden held captive on an island in the middle of a lake was just one of the activities the Scouts undertook during their May Bank Holiday Camp. Other activities included: dragon boating, archery, climbing, caving and bridge building.

However, there was also time for some traditional Scout activities such as fire lighting and woggle making. Cooking on wood played a major role in the camp, with a spaghetti bolognese and a beef stew both being started on the fire in the morning before being transferred into a 'hay box' to continue



cooking during the day's activities. For their lunches, the Scouts cooked biscuit tin oven pizzas and foil-wrapped toasted sandwiches.

During recent Thursday meetings, the Scouts successfully tackled the Pioneering Badge. This meant learning various knots and lashings and then using them to build a 'monkey bridge' between two trees and a 'friction' bridge. Each Patrol also built a cable drum chariot and raced them against each other to test the strength, or not, of their lashings.

Kevin Payne



Explorer Scouts in Charmouth

The Charmouth Scout Group has been standing for over 50 years but in recent months it has lifted into the sky with the new Seagull Explorer Group (age 14-18). The group is continuing to grow and welcomes anyone from the district to join and help their local community whilst having fun at the same time.

For me, scouting was a way of escaping from the screens that seem to surround almost all of us these days. Why stay inside, eyes glued to a computer when you can be outside venturing into wilderness and awe?! Many people think that scouting is all about tying knots, building fires and camping out. We do our fair share of bush craft, with much more besides. Community service is one such activity - I know the common perception of this sort of activity is, will it be boring - the truth is, with the smallest act of kindness you can make the world go round. We have been involved in the churchyard clearance morning and the recent local beach clean - the feeling you get from knowing that you are helping others is unmatched.

Hiking trips have been a big help in enlightening our group to the beauty of the world, it's not every day you get a teenager to look up from their phone and be amazed at what they see. This is exactly what happened to all of us on our recent trip to Dartmoor, where we hiked for the day and then stayed the night in a local camping barn. On the trip as we walked the hills of the beautiful national park we were in awe of the landscape. All of us just looked at it, we didn't take any photos or text about it, we just looked and enjoyed the views. This is what Scouts is all about, learning about what is possible with the world and what is possible of yourself.

The Seagulls Explorer Group is in its early stages but already we've achieved things many teens our age will never do in their lives - we've helped the community, we've explored new places and we've had fun doing it. We hope to do many more things and I know that anything we do will be great because each 'Seagull' in our colony is willing to do what most ignore.

Sean Harvey (age 14)

Cub News

Charmouth's Wolf Cub pack continues to go from strength to strength within the structure of the 1st Charmouth Scout Group. We have been running at a maximum of 24 cubs (plus a waiting list) for a long time and with the Beaver colony now firmly established, we have a pipeline of keen joiners who will ensure we remain at full capacity. The pack draws members from several local schools - not just Charmouth - and this diversity, as well as an equal number of boys and girls, is undoubtedly one of its many strengths.

We try really hard to find activities and learning experiences that the Cubs have never tried before and to take them (gently) out of their individual comfort zones. This year's program has included an X-Factor competition; a three-session hands-on DIY course at Trill Farm; learning about pets and animals with visits to and from organisations such as the Axe Valley Wildlife Park or the Kennel Association dog agility course; pottery classes with the amazing Tim Hurn; animation sessions with a professional animator; paddleboarding, kayaking, raft building... and of course we cover our core camping, backwoods cooking and bushcraft techniques on a regular basis too. In short, never a dull moment!

2016 is the centenary year of Baden-Powell's Wolf Cub Programme and in Charmouth - like the rest the UK - the association seems to be stronger than ever thanks to such supportive Group leadership, parents who are generous with their time, and of course our newly renovated headquarters, all of which ensure we can continue to deliver an exciting program.

Edward Pemberton

Charmouth Beaver Colony

After a search for new Beaver leaders, the colony was re-started after February half-term, when Karen Southcott and Cara Jenkins came forward to run the colony. We currently have 18 Beavers (boys and girls aged between 6 and 8), but are lucky to have another new leader starting soon, an adult volunteer, a fantastic parent helper rota and three young leaders (from the Explorer Scout unit). We meet on a Monday, 5:30pm-6:45pm at the Scout Hut, Barrs Lane, Charmouth.

Initially, we encouraged the Beavers to come up with ideas for the sort of activities and games they wished to do (this is called a log chew!) and asked them to come up with names for the leaders! So thanks to the Beavers, the leaders are now known as Raccoon, Bear, Moose and Coyote!

We have had lots of fun, with all the Beavers completing their first aid and navigator badges and have had the opportunity to take part in activities such as lighting a fire and cooking marshmallows. This term we plan an expedition to the beach as part of our explore badge and we are encouraging the Beavers to take up gardening, with a competition to see who can grow the tallest sunflower. Some of our activities encourage teamwork and the Beavers work together within their "lodge"; this term we are planning team box cart racing.

We are making the most of the outdoors during the summer months before planning more fun activities back in the hut over the winter.

Karen Southcott



Memorable Memoires



Eric Harwood and Ann MacNair at Memorable Memoires with the Emmy won for *The Boy Whose Skin Fell Off*.

Eric Harwood and his memories

Eric Harwood came to our meeting and entertained us with stories of how he was brought up in Liverpool and after leaving school got a job as a journalist before working in the television world. He showed old footage of Michael Aspel talking to Elizabeth Taylor and a very young Eric asking her questions from the audience; it brought lots of laughs and also put him in the limelight. One of Eric's great achievements was producing the programme 'The Boy Whose Skin Fell Off' and he won an Emmy for this outstanding documentary.

He managed to persuade television to do a series of programmes about walks and Wainwright's Walks with Julia Bradbury was his biggest success drawing in an audience of over seven million. 'Best Walks With a View', has been popular ever since with railway walks, canal walks, walks in South Africa and romantic German walks to name but a few. His stories and tales of working with different people and situations kept us enthralled. He told us about costing these programmes and the nightmare of budgeting, juggling people and costs.

Eric and his family were living in North London when they decided it was time to leave and live a more relaxed family life with their three daughters. Through someone they already knew living in Charmouth, they came to our village and decided to settle here. He has never regretted it and can often be seen walking his dog along the beach in his shorts. We enjoyed his talk, his company and most of all his great sense of humour. This was indeed a Memorable Memoire.

Wendy Knee

Rebecca Loader MCSP

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Growing Up In Charmouth

I was born in Bridport General Hospital in March 1962, a younger brother to Timothy who arrived in 1958. My Mum (Joan), Dad (Roy), brother and I lived in Wesley Close, along with many other young families and some older folks.

I have only a few memories of my pre-school years, one of those being rushed up to Doctor Chamberlain's surgery to have my hand stitched together after running up our garden path with a milk bottle in my hand and succumbing to the combination of unsure footing, gravity and a hard concrete path. Another memory was falling off the Black Gate that was located on the small path that ran from the corner of Wesley Close to the beach footpath (commonly known as dog poo alley). This second tangle with gravity resulted in me being rushed, by Nick Frampton, to Doctor Chamberlain for more repairs.

Wesley Close "green" was the venue for many a game of football or rounders, which often ended when the ball managed to escape into a garden of a few formidable residents who were not amused by our antics and often refused to return the wayward ball. I can also remember the grass on the green growing so long that dens and interconnecting paths were trodden by many little feet (maybe it wasn't the grass that was long, but I was that small).

When I reached five years old I attended the original Charmouth Primary School (on the entrance to Wesley Close), a whole 20 feet from our back garden gate. This was a whole new world for me, controlled by the likes of Mr Youds and the Headmistress Miss Pascal (who was definitely not to be messed with, as I found out to my cost on a few occasions), however I always remember it as a happy school.

When not at school I spent my time enjoying the following village pursuits:

Fishing the River Char at spots like 'Clooseys Pool', a large, deep pool which was renowned for rainbow, brown and sea trout, but was located at the bottom of 'Kingfishers House' garden, where the intimidating and feared Mrs Cloosey lived. On spotting any poor soul trying to fish "her pool", she would come storming down her garden to evict the disturbers of her peace. I never considered her behaviour helped in our piscatorial pursuit. After these predictable evictions we would head downstream to the 'Claylip Pool' where there were less trout, but more eels and dabs and no ranting residents.

Visiting the park to play football, tennis and putting, climb trees (the best being a huge horse chestnut next to the roundabout), playing on the tall slide (that used to be just above the Scout Hut and would never be allowed today due to its height and lack of safety guarding (it was great), watching Charmouth FC playing Perry Street League football. In the woods at the bottom of the park, where the river meandered towards Wootton Fitzpaine, we would make rope swings to try and span the river, which invariably ended in wet feet and clothes.

Visiting the village shops, my favourite being Morgan's, which was about half the size of the current shop and was run by Fred Morgan (the original Morgan) who was a friendly chap with a bit of a limp and a lovely old English sheepdog, where I could stock up on fruit salads, blackjacks, sherbet dabs, sherbet spaceships and many other delights. Others included Dampier's and Bragg's, the two grocers (now Nisa and the Pharmacy), the Remnant shop (now Fortnam Smith

and Banwell), Smiths the Bakers (now the Post Office), Cathcart's Gift shop (I always remember Mr Cathcart driving a gold E-Type Jag), Gear's Garage, The Wander Inn (Café, Bakery and Chippy and latterly an Electrical Retailer), The Milk Bar Ice Cream Parlour (now Charmouth Fish Bar), Shinton's the Butchers, the Post Office (at the top of the Street), Fred Hutchings the cobbler, Childs hardware shop (was originally where Herringbone is now and then moved next to Morgan's), the Jet Petrol Station and a second newsagents and sweet shop (above Nisa) that latterly became a Floyds milk, cheese and dairy shop.

One of my lasting memories of this time was the frequent smell of overheated lorry brakes, before the bypass was built, and all the A35 traffic came through Charmouth Tunnel and Charmouth village. Lorries that were travelling east often had their brakes on from Greenway Head, through the tunnel and all the way down to Charmouth where the steepest hill was waiting, which occasionally resulted in brake fade or failure and runaway lorries trying to avoid disaster. On several occasions these stricken vehicles ended up crashing into properties or causing very near misses. The obvious danger of the A35 to the residents of Charmouth resulted in a zebra crossing being installed (which I would imagine caused the poor lorry drivers even more angst) and eventually assisted in the decision to build the bypass in 1990.



Alec (with glasses), brother Tim and parents Roy and Joan at 1 Firlands in 1981

A big event every year for the village youth was the building of the Guy Fawkes Night Bonfire which I can first remember being sited in the field where the Fire Station now stands, which was incidentally next to Charmouth Police Station. For several weeks before 5th November we would scour the village for suitable burning fodder and collect it on a milk churn cart, which used to result in some exciting journeys with the cart piled high with combustibles and screaming youngsters. When the new Fire Station was built, the Bonfire moved to the Beach Gravel Car Park, where the Firework Display was launched with great effect from the opposite river bank.

Another event for the younger youth was the annual pantomime trip organised by The George Social Club. I can recall receiving a pack of four different coloured pens and nice things to eat on the charabanc journey to Weymouth.

When I progressed to Woodroffe School my transition was smoothed considerably by my older brother and older friends, and so I avoided the fabled threat of having my head placed down a toilet pan (I never actually heard of anyone who had this induction baptism administered).

My free time turned towards playing more football, two-wheeled motorised transport resulting in being a part owner of a selection of NSU Quickly mopeds, a BSA 150cc Bantam and a Ducati 160 (I think) which we rode around the fields of a Wootton farm. Charmouth Youth Club was a regular place to while away many a pleasant hour. I worked in the summer holidays selling ice creams in the kiosk on the front at the beach, and that was a busy job in the scorching summer of 1976.

As I grew older I recall girls and getting acquainted with the wares of Charlie Raymond's Cider Farm and the five Charmouth pubs becoming of increasing interest and there my childhood ended.

Alec Aldworth

Rooting for the Relatives

Researching the family tree was something I always intended to do; a very onerous task ... or so I thought. It's definitely time-consuming - that I can't deny - but onerous it certainly isn't. Little did I realise where and to whom the family lines would lead and, like an online time lord, how far back in time I could travel.

The internet has made tracing ancestors and identifying their living descendants a real joy, with the instant online availability of censuses, birth/marriage/death records, war diaries and much more. With a little patience and perseverance, detailed information on our families is simply awaiting discovery and piecing together. When the inevitable 'brick walls' challenge the grey cells, serious lateral thinking is required. Social history comes into play too... war service, occupations, housing, non-conformity, migration, immigration, emigration, surname origins, workhouses, education... the list is endless and part of the bigger picture of our ancestors' lives.

I started with one of my father's lines from southern Cambridgeshire: agricultural labourers (or 'ag labs' as the censuses described them). In 1851 they made up 23.5 % of the labour force and most of us have these hard-working people in our family trees. For many generations, tied to the land, my father's Parrish ancestors moved no more than six miles from where they were born. Most had large families, including a fair share of Williams, Henrys, Sarahs and Hannahs, some of whom were working on the land or straw plaiting from a very young age. I am now gradually exploring his other lines. And it is a gradual process as ancestors accumulate surprisingly quickly: four grandparents, eight great grandparents and seven generations back we each have 128 of them!

There are the highs, when a line meanders unhindered towards medieval times, to knights in shining armour and Norman-sounding names, or when a family is found to be well documented in published works. Then there are the lows, when the birth records are followed in quick succession by tragic early deaths and subsequent burial records. I found all too many of these sad entries. The 1911 Census required the

householder to state the number of children born alive, the number then alive and the number who died. One ancestor on my mother's side indicated that she had ten children and seven died.

On the positive side, I have discovered that my father's wider family tree includes Joseph, Austen and Neville Chamberlain (by marriage); Susan Harben, the matron at Charlotte Brontë's school and upon whom the author based the school matron in 'Jane Eyre'; and Sir Henry Harben, who, in the mid-1800s, turned the relatively unsuccessful Prudential Mutual Assurance, Investment & Loan Association of Blackfriars into a colossal

concern and pioneered life assurance for the working classes. Then the surname Austen set my head spinning. But I did have to go back a long way. Jane's direct late 16th century ancestor appears to have been the brother of my direct late 16th century ancestor. Heady stuff!

As a child, my paternal grandmother told me that an ancestor had eloped with a German prince. I've carried this 'hearsay' with me all my life and, while researching online, discovered who that person was. Elizabeth Humphris, a 3rd great aunt and a young school mistress, taught at the same Gloucestershire school as Carl Von Bülow, a widowed teacher of languages, 25 years her senior – and married him. The ancient German/Danish family traces their roots back to the Crusades and members have borne the title of Baron, Count and Prince. All these people were unknown to me before I went down the fascinating ancestry trail, and who knows who else lies in wait! On a final note, one line appears to be catapulting me back towards Robert the Bruce, but much more work is

required. Mind you, I'd be one of over two million people with an apparent connection – and aren't we all related anyway!

If you've ever thought about looking into your family's past, don't hesitate. It really is one of life's great adventures – and great fun too! And remember that without just one of our ancestors, we wouldn't be who we are today!

Lesley Dunlop

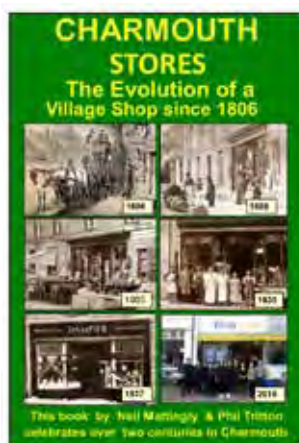


My great grandparents, Edward & Jane Parrish c1889

Charmouth Stores

- from post office, general store, department store, high class grocer to convenience store

On Friday 11th March, Neil Mattingly and Phil Tritton gave an illustrated talk to a packed audience in the Village Hall. The subject was Charmouth Stores and how it has evolved from one of Britain's first post offices in 1806 to the convenience store that it is today.



The story includes personal tragedies, Victorian entrepreneurship, the three generations of the Dampier family and the way that the shop changed over the years as society changed and people's needs required different approaches.

Neil Mattingly unearthed many wonderful photographs which brought the story to life and his research took him across the country where he spoke to descendants of previous owners.

A fully illustrated booklet has been produced to commemorate the history and is on sale in Charmouth Stores at only £2.99. A DVD of the talk is now available.



High Flying Tom

A couple of years ago our son Tom, then 14, asked me how old you had to be to do a parachute jump. I said I really didn't know but suggested he google it and find out. A few minutes later, he came back to me having discovered that you can do a tandem jump at the age of 16, albeit with parental permission.

"Would you let me do one on my 16th birthday?" he asked. "Yes, of course" I said thinking he would forget all about it within a week.

Roll on a year and a half, and just days after last Christmas we discover, somewhat out of the blue, that both my dad and Liz's mum have been diagnosed with cancer. Sadly, my dad succumbed to this terrible disease in February but fortunately Liz's mum is well on the way to making a full recovery following surgery.

With Liz's family in Poole and mine in Manchester there was a lot of toing and froing in the first part of this year with hospital visits and ultimately funeral arrangements. At my father's funeral my mum had asked that any donations in memory of my dad be sent to Macmillan Cancer. Tom having seen this, then announced that he could do his parachute jump to raise money for Macmillan and help other cancer sufferers.

"What parachute jump?" I asked. "You know, we talked about it before and you said when I was 16 I could do one", he replied, "and I am 16 in May". "Oh! Right, ok. Well, erm, we'll have to ask your mother" I nervously replied, wondering about the best way to break it to Liz that I had agreed to let our son jump out of a plane 15,000 ft over the Devon countryside.

Having researched it in more detail, Liz and I agreed to giving consent for Tom to do his jump. How could we say "no" now that he had taken it upon himself to turn this adventure into a fundraiser for something that had shaken our family so recently. He insisted that he would pay for the jump himself out of his birthday money and his earnings from working at Nisa. In that way all the funds raised through sponsorship would go to Macmillan.

He decided that he would do his jump just as soon after his 16th birthday as he could. His birthday was on 9th May and the first available jump date after that was four days later on the

Friday – Friday the 13th! Now I am not superstitious normally, but having your son leap into the unknown from a moving plane is not a normal occurrence and this inauspicious date did unnerve me just a little, as thoughts of all the possible things that could go wrong ran through my head. No matter how you rationalize it, it still lingers there in the back of your mind, but there was no stopping him now. He couldn't wait.

Come the fateful day, we arrived at Dunkerswell Airfield and checked in at the reception. The skies were blue, there was a warm gentle breeze and it looked like perfect conditions for hurling yourself out of a flying metal tube the thick end of three miles up.

There was a briefing with George, a laconic South African and veteran of hundreds of jumps all over the world who went through the various procedures, hand signals and instructions with the jumpers and, possibly having seen the worried looks on the faces of the jumpers, friends and families, emphasised that the UK has one of the safest jumping records in the world "We've not lost one yet!" he dryly informed us.

Tom was then taken with the rest of the jumpers to get kitted up in the yellow jump suits which made them all look like very tall Minions. Soon enough the jumpers were ready and Tom was strapped to his tandem master, a lovely chap called Andy, again the veteran of hundreds of jumps and they then boarded the plane. I decided to pay the extra £50 and go up in the plane merely as a spectator, sitting in the co-pilot's seat, having first been made to promise I wouldn't touch anything as the plane taxied to the end of the runway ready for take-off.

So up we went, circling higher and higher as the glorious East Devon and West Dorset countryside revealed more and more of itself the higher we got. You could see the Jurassic Coast in all its glory to the south and the Bristol Channel to the north. Soon we reached the height of 15,000 ft and the jumpers prepared to disembark and plummet back down to the airfield, barely visible in the patchwork of fields, woods and hedgerows below.

Tom and Andy were the last pair out and Tom gave me a big grin and a thumbs up as he shuffled towards the exit. And then in an instant he was gone. He had 60 seconds of freefall, all recorded by cameraman Ben, before the chute was pulled and he and Andy drifted calmly and gracefully back to mother earth.

Now I was warned that after the last jumper had exited the plane that the pilot would need to clear the drop area and would need to lose a bit of height quite quickly. As far as I could tell the pilot merely pointed the plane at the ground and hit the throttle and I barely had time to react as we dropped what felt like most of the 15,000 ft in about 3 seconds! I sort of wished I had jumped out at the same time as Tom. Fortunately we levelled up before the ground got too close and we touched down more or less at the same time as the parachutists landed at the far corner of the airfield.

When they got back to the Skybuzz HQ, Tom was indeed buzzing. He had shown not one iota of fear the whole time and had loved the experience so much so that he is hoping to do another jump - just as soon as he has saved up for it that is!

After totting up the total sponsorship money from his Just Giving page and that which was generously donated by the staff and shoppers at Nisa (with a special big thanks to Al and Maria for all their support) Tom had raised a total of £1,129.94 for Macmillan Cancer Support.

Ian Simpson

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Rex Returns

Rex Vick will be remembered by many long-term residents of the village. In 1984 he obtained the job of Parish Clerk in Charmouth when Bert Smith was Chairman of the Council and leader of the local football club. In the mornings he ran the Parish office, which was then a small hut in Lower Sea Lane, and on three nights a week he assisted John Robinson in the bakery, on the corner of The Street and Barrs Lane.

"The last 12 years of my 25 years with the Greater London Council were spent in the Highways & Transportation Department and when I became Clerk at Charmouth in 1984, the Charmouth bypass was being planned. I argued that the proposed T-junction at the top of the village would not meet traffic needs and campaigned for a roundabout, but work on the T-junction went ahead. A couple of years later, it was superseded by a roundabout. But then I did persuade the Council to create the car park by the beach and the cost was reimbursed the following summer season. From October to April, the cost to park was 20p. From May to September it was £1.50 in the morning and £1 in the afternoon. I remember finding some old and rather damp documents in the Parish office that related to apprentices in the village in the 18th and 19th centuries. I realised they were historically valuable and passed them on to Dorchester County Council for safekeeping. At that time, talks were ongoing regarding the establishment of a fossil centre in the old cement factory by the beach. John Robinson, Edna Smith and I persuaded the Council that it would be a good idea and, in due course, we held interviews for the first warden. I thought Richard Edmonds stood out and knew he'd be the right person for the job. I was pleased when he was appointed. I enjoyed my time in Charmouth."

Rex was in the village recently on a rather different mission. He was one of the original members of the French Twinning Group and accompanied the Charmouth contingent on the first visit to Asnelles in the mid-1980s. Rex recalls the trip: "I took my Robin Reliant. There were four of us aboard, plus our luggage, and going around left-hand corners was worrying as the car would start to tip. I was surprised that the French hadn't seen a three-wheeler before, so it caused a bit of a sensation! My wife and I stayed with a farmer who brewed his own calvados from apples in his orchard." The group was taken to see the Bayeux Tapestry, then spent time in Asnelles at the invasion beaches and viewing the Mulberry harbour. On that initial visit, Asnelles Council presented Charmouth Twinning Group with two Limoges plates and a specially designed vase. But with nowhere to display the items in the small Parish office, Rex took care of them, intending to return them to the village. At Easter he made the journey to Charmouth from his home in Gloucestershire, via friends in Poole, to return the plates and vase to the Twinning Group Secretary, Peter Bonner. They are now in the Twinning Group's glass-fronted cabinet at The Elms, which Peter says is now almost full up with memorabilia! By the way, the meeting place chosen by Rex was Charmouth Heritage Coast Centre and, while we were there, Richard Edmonds appeared quite unexpectedly. Rex couldn't have been more delighted to meet him again.

Lesley Dunlop



NOT JUST A WALK IN THE PARK!

Choosing Julia Bradbury's TV Walks

**What's your favourite walk? Over the beach to Lyme?
Across Stonebarrow to Golden Cap?**

That gentle, green valley route down Barrs Lane out of Charmouth up to Coneys Castle? Or down the Marshwood Vale with the satisfying resolution at The Bottle Inn?

Everybody has their fave - whether it's on the coast path of our glorious Jurassic Coast or over the many undulating green hills that make Dorset so compelling to summer visitors. For most of us, our favourite walk is a beautiful landscape combined with peace and quiet - a route that offers an escape from our busy modern lives and plenty of satisfying views.

So imagine my difficulty - and anxiety - when last year I had to choose not just one Best Walk With A View, but eight of them - from all across Britain. Easy in one way, as walkers are spoilt for choice in our picturesque country. But difficult in another, as I needed to cover the range of our landscape, from hills, valleys, mountains, lakes and coasts and, most painfully for me, reveal some of my own favourite walks!

Imagine my anxiety, then, when I dared to consider some of my best-loved walks in and around Charmouth and then invented a way to join them all up. The anxiety was the knowledge that once I'd chosen these favourite walks, ITV's Julia Bradbury would be filmed walking them and a year later she would be followed by many of the four million viewers watching Best Walks With A View on Friday nights at 8pm, sandwiched between two episodes of Coronation Street!

What that meant was the Wainwright problem. When the famous Lake District guide-book writer first published his Wainwright Walks (1955 - 1966) he'd written them as a "love letter" to the Lakes and included many of his favourite routes. For him, the essence of a good walk was about silence, isolation and a sense of "being alone in the landscape". But once he published his seven pictorial guides to the Lake District - which took him 13 consecutive years to hand-write and draw - they sold like hot cakes and he opened his own walking flood gates. He was criticised by many in the local papers for turning the peaceful Lakes into a motorway for chattering walkers (20 million tourists visit annually fifty years on!). Exactly the opposite of what he loved about his beloved fells! Poor AW. Did I need the same problem?

So there was I, in Spring 2015, wondering if I dare to include any walks from my own beloved patch here in West Dorset. Would I be spoiling my own idyllic escape routes and find myself accompanied by hordes of day-trippers or curious Corrie fans seeking out where Julia Bradbury found her fave cream teas or walking watering holes?

In the end, the ITV series I was commissioned to produce had to have a strong walk in Wales, the Lakes, the Yorkshire Dales, the Pennines, the South-east, the South-west and one in the middle of Britain somewhere, probably the Cotswolds. Normally on telly, the south-west invariably means Cornwall or Devon. But I was determined to give Dorset a shout, as we are so often the place where people break their journey travelling from the Metropolis to Devon or Cornwall.

After all, I reasoned, we have England's only Natural World Heritage Site, the Jurassic Coast, and we have the tallest point on the entire south coast - Golden Cap, standing a mighty 191 metres, almost twice as high as the White Cliffs of Dover and even taller than Beachy Head in East Sussex. We deserve it! (Not to mention our delicious green, undulating ancient hills!)

So then I had to set about finding the best way to create a six-mile walk that might incorporate some of my favourite walking elements, while ending with the great climax of the ultimate 'best view' in Dorset - the glorious 360-degree panorama from the top of Golden Cap. Oh and the small issue of needing an equally spectacular pub just nearby to have that perfect end treat to all good coastal walks - fish and chips and a pint!

I'd envisaged this walk as an opportunity to take in three very special hills. Each different, but beautiful; each full of character and history and each iconic in the local landscape that we are all so lucky to inhabit. So the aim was to encompass Golden Cap, Colmer's Hill and Hardown Hill in a six-mile route that offered a picnic option at the start and a pub treat as the finale. That was my challenge to make a walk worthy of Julia Bradbury's Best Walks With A View and a national ITV audience of four million viewers.

COLMER'S HILL

Ever since I moved here 13 years ago, I've always loved having family picnics on Colmer's Hill.

With its conical shape and nine waving fir trees on top, I've always felt it's like walking straight into a storybook hill. It's visually magical and geologically rare and that's why dozens of artists and photographers have obsessed over it in the past few centuries... And still do!

Once I explored its history, I realised there was a minefield of varying opinion about when and why the fir trees were planted there. Some said it was to mark the death of Symondsburys soldiers in World War I, but others believed the trees marked the birth of one of the Colfox family in 1911. Sometimes oral history is best left that way! (I'm sure our own local historian Neil Mattingly could dig up the right answers!)

What I knew was that Symondsburys was a great Anglo-Saxon village to start from and aside from offering a 12th century church it also had the kind of Dorset charm that leaves us all swooning on a bright, sunny spring or summer's day. So that was the start sorted, leading nicely in to the first hill climb and view point. Next, I needed a good middle!

HARDOWN HILL

What's special about this often overlooked hill, is how different it looks and feels on top - more like a chalky heathland with its bright, bouncy heather, pine tree copse and variable flora. Yet it also has ancient excavated burial mounds and spectacular views of both Colmer's Hill and the weirdest view ever of Golden Cap - making the highest point on England's south coast look almost like a little pimple mound! A perfect midway perspective on this engaging six mile walk.

GOLDEN CAP

Walking to the top of this magnificent anvil-like cliff from the west has to be one of the most challenging climbs south of the Pennines! Yet reaching its golden peak always offers such a sense of walking achievement, while its spectacular 360-degree views are truly unbeatable among all the hills and cliffs of Southern Britain. What a finish to any walk! To the west the iconic Cobb at Lyme Regis with arms outstretched and to the east the bold rolling cliffs, welcomed by the yellowish strip of Chesil Beach, like another outstretched arm ending in the firm hand of Portland - the warm embrace of Dorset's welcoming Lyme Bay.

I usually manage to make a trip to the top at least once a month. For me and my family, like for many others I'm sure, it's a very special personal summit. My wife and all our family scattered the ashes of Alec, my much-loved father-in-law, from its green peaks looking East to Abbotsbury. That was where he had spent much of his childhood and just below the Cap is a favourite holiday cottage that he loved deeply - and the reason why we first decided to move here. We spent so many wonderful summers in St Gabriel's valley when the kids were tiny. Walking up Golden Cap en famille became a ritual in early mornings, afternoon picnics and even magical moonlit nights!

My 'Best Walk With A View' is definitely Golden Cap and for me it was a dream realised to share it with millions of viewers - though a bit of a risk! My other great indulgence in that Dorset episode was trying to find a way to get our lively village in the film. I managed to get Julia to do her first piece to camera pointing out the "delicious Golden Cap" while sat in front of our lovely blue Charmouth beach huts. Oh and I got a great shot of them in early morning as the episode title page.

After all, there's got to be some benefits for producing all these TV walks from our wonderful village - aside from the great pleasure of walking them all!

DVD Competition:

As a treat - and just to check who was watching - Shoreline is offering three DVDs of 'Best Walks With A View' in a readers' competition. Send in the height in metres of the three hills in the ITV Golden Cap episode - Colmer's Hill, Hardown Hill and Golden Cap. The first three correct answers picked out of the hat win a DVD worth £16.99.

If you want to buy a DVD at the reduced rate of £11, they should be available at Nisa and Morgan's - £1 from each sale will go towards Charmouth charities.

Eric Harwood,
Executive Producer of Best Walks With A View, ITV



Shoreline competition: 'Best Walks With A View' entry form.

COLMER'S HILL	METRES HIGH
HARDOWN HILL	METRES HIGH
GOLDEN CAP	METRES HIGH

NAME: _____

ADDRESS: _____

TELEPHONE: _____

Send your answers to: The Editor, Shoreline, The Moorings, Higher Sea Lane, Charmouth DT6 6BD

Closing date for entries is 31st August 2016

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Christopher Charles Horton

29th March 1933 – 7th February 2016

Chris was born in Walsall, Staffs. His father was a miner, who took early retirement due to poor health and opened a post office/ corner shop. He attended the local Grammar School and was offered a place at Bristol University to study Physics, but opted to complete his national service first, joining the RAF as a radar technician, serving in the UK and Germany. He completed his degree and married Rose in 1959.

Chris became a physics teacher at Hornchurch Grammar School, Essex, during which time their three children, Paul, Kathryn and Richard were born. The family moved to Yateley, Hants, when Chris became Head of Science at Edgebarrow School, responsible for introducing the new 'Nuffield Syllabus'. They returned to Essex when he was offered a post as Deputy Head at a large Comprehensive school in Romford. A few years before his retirement was due, a merger with a nearby school was announced, giving Chris the opportunity for early retirement, and moving to Charmouth in the summer of 1992, where his second career began as a committed volunteer in village life. He was, to the end, thankful to have spent "23 years in a beautiful house with a lovely garden in a wonderful village".

Chris was always busy with his many hobbies, photography, DIY, gardening, all of which were carried out to a very high standard, as was his public work with the Charmouth Gardeners, being the Chairman and President for many years, and the Charmouth Heritage Coast Centre,



where he was Chairman of the Friends of Charmouth Heritage Coast Centre

I had the privilege and pleasure of working with Chris Horton for about 12 years whilst he was chairman of the Friends of Charmouth Heritage Coast Centre and I was Chairman of the Trustees. Chris was very supportive when I first became involved on the Friends Committee and was very keen that everybody had the same aim, to do the best for the Centre.

He had a dry sense of humour, a twinkle in his eyes and a very positive approach. His job was to support the Centre with the help of the Friends, and mine was to run the Centre as a business, and there was never any conflict. He was always available for advice and to help with the multitude of tasks that would occur. He was a mine of information and was always coming up with ideas on how the Centre may be improved, but he was always happiest out on the beach with a group on a Fossil Hunting Walk.

Chris was very proud of his family and spent as much time as possible with them. He leaves behind three grand children, Alex and Alissa in Boston, USA, Alana in Stockport and an adopted grandson, Danny, in South Wales

Chris was the true volunteer and will be sadly missed. We all thank him for his contribution, in several ways and over many years, to the village of Charmouth.

Richard Salisbury

Keith Frederick Waterson

17th April 1940 - 29th March 2016

Keith was born in Birmingham on 17th April 1940. The family moved to Newcastle on Tyne when he was 14 and when he left school Keith did a carpentry apprenticeship as a pattern maker with C.A.Parsons, an engineering company based on the River Tyne. He then went on to work for Vickers Armstrong in the boat building trade, where his passion for boats started.

Keith moved to Charmouth when he was in his 20, he worked for a few local companies but by far his favourite was with Newbridge Boats in Bridport which he really enjoyed.

For several years he was a self employed carpenter. He was a very skilled craftsman and was called on many times to carry out specialised work, he was once commissioned to hand build a guitar for a customer. He had a great love of wood and could name every tree in the country and what their purpose was. He later worked for Childs and Sons which became M Lake builders. For those who remember Gear's Garage and the iconic clock that hung outside, Keith was given the task of refurbishing the casing!

He married Marilyn in 1985 and they lived in Stanley House until 1998, when they moved to Riverside Cottages. They had over 30 very happy years together. He was a very loving supportive husband, he was a great step-dad and dad, and a dearly loved brother and uncle.



His happiest times were when he was with his family, especially his beloved grandchildren whom he loved spending time with. He got a lot of pleasure out of feeding the wildlife in his garden, from many varieties of birds to squirrels and tiny field mice. He also loved to potter in his greenhouse and whiled away many happy hours in there. He also had a great love for fishing on both riverbank and beach.

His biggest adventure was about ten years ago when he went to America and travelled Route 66 on Harley Davidsons with Rob Love and Simon Ayres. He had lots of happy memories and many wonderful photos from the trip.

Some of his happiest times since his retirement were spent at St Andrew's Community Hall and he was made chairman of the committee. He spent many, many hours helping to restore and repair the hall and bring it up to the standard it has reached today. He has worked very hard for a number of years with the help of the committee to give the village a hall that we can be proud of and as a legacy for future generations. Friends and family members can verify this as many of them were roped in for 'a few minutes to look at something in the hall' and they soon learned that if they had a few hours to spare, it was soon taken up with helping Keith in his beloved hall!

He was a well known character who will be remembered for his wonderful dry sense of humour and commitment to the village.

Marilyn Waterson

Davina Hansford Davis

We were greatly saddened to learn of the untimely passing of Davina Hansford Davis, granddaughter of Charmouth's early fossil hunter and museum curator Barney and daughter of David.

Davina and David so willingly collaborated on the Shoreline publication 'Charmouth through the Generations', which relates the story of the Hansfords and Barney's fossil and countrylife exhibition, and is still available at Charmouth Heritage Coast Centre and the Post Office. We offer our very sincere condolences to her family.

What's On

Monkton Wyld Court

12.30pm on 20 July, 6 & 17 August, 3 & 21 Sep

Local Lunch, £8 per person; £4 for 14s & under.

Email info@monktonwyldcourt.org Or call 01297 560342

PARTY IN THE PARK

SUNDAY 7TH AUGUST

BACK BY POPULAR DEMAND - THE BAND MR JEAN

• FOOD BY THE FAT DADS • LICENSED BAR

• GATES OPEN 6.15 • FIREWORKS AT 10PM

CHARMOUTH GARDENERS

Wish to thank all those who contributed to the 'Bring and Buy Plant and Produce sale' held on the Saturday morning of 14th May. It was a very successful event and we managed to raise the lovely sum of £271 which will help towards covering costs of the Annual Show.

DATES TO REMEMBER –

Saturday 13th August – Summer Show

Wednesday 14th September – Coach visit to Coletton Fishacre Park and Garden. This is a National Trust property consisting of a 24 – acre garden and a house in the arts and crafts style, situated in Kingswear, Devon. Coach leaves Old Lyme Road at 9.00am, St. Andrews car park at 9.10am. Please book early. All welcome to join us but only a few seats left!

Wednesday 12th October – Presentation evening – the presentation of engraved cups awarded at the August Village Show. Followed by a talk from 'Bothen Hill Produce', local Organic Farming and Vegetable Box producers, who will speak on 'Starting a business from Farm to Customer'. Don't miss it - free entrance – held in Village Hall 7.00pm start.

Please do consider joining our society Membership only £5 per year and lots of advantages; for more information, ring 01297 561625.

Pauline Bonner

HERITAGE COAST U3A TALKS

At the Woodmead Halls, Lyme Regis: coffee from 10.00am, speaker at 11.00am. Free to U3A members; donation of £2 suggested for non-members.

Wednesday 13th July: 'The Shetland Bus'. Kathy McNally recounts the bravery of the fishermen who carried people and supplies between the Shetland Isles and Norway during the Second World War.

Wednesday 10th August: Martyn Underhill, recently re-elected as Dorset's Police and Crime Commissioner having served four years in this new way of governing the police and representing the interests of the public. He will tell us what he has learned about the job in that time, and how he sees the future of policing in Dorset.

Wednesday 14th September: 'The Spy Who Never Was'. Former BBC Correspondent Peter Hill tells the strange story of Dorothy O'Grady from the Isle of Wight who served a long prison sentence, only just escaping execution, for fantasising about herself as a Nazi spy.

Friday 14th October: Social meeting with coffee. An opportunity to chat with other members and to talk to representatives of the activity groups. You can join new groups or consider starting your own. The committee members and many group leaders will be there. Bring your friends! PLEASE NOTE: 10.00 am start.

A CHANGING SPACES EVENT BOOK LAUNCH

FRIDAY 1st SEPTEMBER AT ST ANDREW'S CHURCH

A talk by local historian Neil Mattingly on his long-awaited book CHARMOUTH – ITS CHURCH AND ITS PEOPLE

On Saturday 2nd September Neil will lead a morning walk around the churchyard followed by an afternoon tour of several houses in the village – which are featured in the book.

MORE DETAILS NEARER THE TIME

Charmouth Challenge

Saturday 2nd July

12.30 Register at Charmouth School

2.30 8-mile Challenge Race

2.45 2-mile Fun Run

BBQ, beer tent, refreshments, raffle, etc. at the school

Note: Vehicles will be prohibited on Lower Sea Lane, Wesley Close, Bridge Road, Stonebarrow Lane and Hammonds Mead from 2.30 for the duration of the running events.

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ESTIMATES**

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Shoreline Charmouth - Village Diary

Badminton Club (experience required)	Mon 8-10pm	Community Hall, Lower Sea Lane	Trish Evans 442136
Badminton (social)	Tues 7-10pm	Community Hall, Lower Sea Lane	Russell Telfer 560806
Beachcombers Café	Mon 10-12am	Hollands Room, Bridge Road	Alison McTrustery 07789 165570
Beavers (ages 6-7)	Tuesdays 6 - 7.15pm	The Scout Hut, Barr's Lane	Amanda Clist 01297 560157
Bingo (fund raising for Community Hall)	3rd Fri each month 7.30pm (eyes down)	Community Hall, Lower Sea Lane	Jane Tait 560801
Bopper Bus	Fri 4.45-8pm	Bridport Leisure Centre Drop off/pick up Primary School	Kate Geraghty 489422 Melanie Harvey 560393
Bowls Club <i>Summer:</i> <i>Winter Short Mat Bowls:</i>	Sun, Tues, Thurs 2-5.30pm Tues 2-5.00pm	Playing Field, Barr's Lane Community Hall Lower Sea Lane	Jackie Rolls 01297 560295 Jim Greenhalgh 01297 561336
Brownies (ages 7-10)	Mon 4.30-6pm (term-time only)	Community Hall, Lower Sea Lane	Caroline Davis 560207
Bridge Club (partners can be provided)	Thurs 7-10.30pm	Wood Farm (opposite swimming pool)	Vincent Pielesz 560738
Charmouth Local History Society	1st Tues of month 10-12 or by appointment.	The Elms, The Street	Richard Dunn, 560646
Cherubs (Mums & Toddler Group)	Wed 9.30-11.30am (term-time only)	Village Hall, Wesley Close	Vicki Whatmore 561315
Cubs (ages 8-10.5)	Thurs 5.00-6.30pm	The Scout Hut, Barr's Lane	Ed Pemberton 01297 560241
Explorer Scouts (ages 14-18)	Thursday 7.30 - 9pm	The Scout Hut, Barr's Lane	Melanie Harvey 01297 560393
Gardeners	2nd Wed each month 2.30pm	Village Hall, Wesley Close	Penny Rose 561076
Girl Guides (ages 10 onwards)	Wed 7-8.45pm (term-time only)	Wooton Fitzpaine	Davina Pennells 560965
Junior Rangers Club (ages 8-12)	2nd Saturday each month 10.30-12noon	Charmouth Heritage Coast Centre	Alison Ferris 560772
Junior Youth Club (ages 8-12)	Tues 6.30-8.30pm	Youth Club Hall, Wesley Close	James Ward - Rice 01308 422500 or 07827 846891
Knit and Natter group	Thursday 2 – 4pm	St. Andrew's Community Hall	Jan Coleman 561625
Library Storytelling & Rhymetime (under 5s)	Monday 9.30 - 10am in term time	Library, The Street	Mandy Harvey 01297 560167
Memorable Memoires	1st and 3rd Wednesday afternoons 2-4pm	Charmouth Central Library	Jan Gale 07897 511075
Parish Council Meeting	3rd Tues each month 7.30pm	The Elms, The Street	Lisa Tuck 01297 560826
Sewing Circle	Tuesdays 10.30-12.30pm	Charmouth Central	Hazel Robinson 561214 or HazelRosery@aol.com
Scouts (ages 10.5-14)	Thurs 6.45-8.30pm	The Scout Hut, Barr's Lane	Carol Moorey 01297 560100
Steiner Kindergarten (ages 3-6)	Mon to Thurs (term-time only) 9am-12.30pm	Monkton Wyld Court	Charlotte Plummer 560342
Tea and Chat	1st & 3rd Monday each month 3pm - 4.15pm	Charmouth Central	Felicity Horton 07736 825283
Wyld Morris dancing practice	Wed 7.15pm	Pine Hall, Monkton Wyld Court	Briony Blair 489546
Whist Evening	2nd & 4th Mon each month 7.30pm	Village Hall, Wesley Close	Eileen Lugg 560675

To add or amend any details in the Village Diary or to promote your Charmouth event contact:
Lesley Dunlop | lesley@shoreline-charmouth.co.uk | 01297 561644

Shoreline Charmouth - Local Contacts

EMERGENCIES POLICE	Police, Fire, Ambulance or HM Coastguard	999 or 112
	PC Kirsti Ball, PCSO Luke White & PCSO John Burton for Community Police issues (ask by name)	101
	Non urgent call number for reporting incidents / enquiries	101
	Bridport Police Station, Tannery Road	101
FIRE and RESCUE	West Dorset Fire and Rescue Service — Group Manager	01305 252600
HM COASTGUARD	Sidmouth Road, Lyme Regis (Not 24 hours)	01297 442852
DOCTORS	The Charmouth Medical Practice, The Street, Charmouth	01297 560872
	The Lyme Practice, Lyme Community Medical Centre, Lyme Regis	01297 445777
	NHS Direct — 24-hour Healthcare Advice and Information Line	0845 4647
HOSPITALS	Dorset County Hospital, Williams Avenue, Dorchester	01305 251150
	Bridport Community Hospital, Hospital Lane, Bridport	01308 422371
DENTISTS	Dorset Dental Helpline	01202 854443
PUBLIC TRANSPORT	National Rail Enquiries — Information on Timetables, Tickets and Train Running Times	08457 484950
	National Traveline — Information on Bus and Bus/Rail Timetables and Tickets	08712 002233
EMERGENCY	Gas	0800 111999
	Electricity (Western Power Distribution)	0800 365900
	Water (Wessex Water)	08456 004600
	Floodline	08459 881188
	Pollution (Environment Agency)	0800 807060
CHEMISTS	Mr Wang, The Street, Charmouth	01297 560261
	Boots the Chemist, 45 Broad Street, Lyme Regis	01297 442026
	Lloyds Pharmacy, Lyme Community Care Centre, Uplyme Road, Lyme Regis	01297 442981
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
CHURCHES	St Andrew's Parish Church, The Street, Charmouth. Rev Stephen Skinner	01297 443763
	United Reformed Church, The Street, Charmouth. Rev Ian Kirby	01297 631117
BEFRIENDING	Charmouth	07736 825283
COUNCILS		
CHARMOUTH PARISH	Chairman — Peter Noel	01297 561017
	Clerk — Mrs L Tuck, The Elms, St Andrew's Drive, Charmouth	01297 560826
	Heritage Coast Centre, Lower Sea Lane, Charmouth	01297 560772
	Beach Attendant, Charmouth Beach	01297 560626
W. DORSET DISTRICT	Councillor — Daryl Turner – d.w.turner@dorsetcc.gov.uk	01297 443591
	Councillor — Mr George Symonds – Cllrg-symonds@westdorset-dc-gov-net	
	Mountfield House, Rax Lane, Bridport — All services	01305 251010
DORSET COUNTY	Councillor — Daryl Turner – d.w.turner@dorsetcc.gov.uk	
	County Hall, Colliton Park, Dorchester — All services	01305 221000
DORSET'S PORTAL FOR COUNTY/DISTRICT/TOWN/PARISH COUNCILS AND OTHER AGENCIES www.dorsetforyou.com		
LOCAL M.P.	Oliver Letwin, House of Commons, SW1A 0AA or e-mail letwin@parliament.uk	0207 219 3000
CITIZENS' ADVICE	St Michaels Business Centre, Lyme Regis (Wed 10am-3pm)	01297 445325
	45 South Street, Bridport (Mon-Fri 10am-3pm)	01308 456594
POST OFFICES	1 The Arcade, Charmouth	01297 560563
	37 Broad Street, Lyme Regis	01297 442836
LIBRARIES	The Street, Charmouth	01297 560640
	Silver Street, Lyme Regis	01297 443151
	South Street, Bridport	01308 422778
	South Street, Axminster	01297 32693
SWIM / LEISURE	Bridport Leisure Centre, Skilling Hill Road, Bridport	01308 427464
	Flamingo Pool, Lyme Road, Axminster	01297 35800
	Newlands Holiday Park, Charmouth	01297 560259
CINEMAS	Regent, Broad Street, Lyme Regis	01297 442053
	Electric Palace, 35 South Street, Bridport	01308 424901
THEATRES	Marine Theatre, Church Street, Lyme Regis	01297 442394
	Arts Centre, South Street, Bridport	01308 424204
	Guildhall, West Street, Axminster	01297 33595
TOURIST INFORMATION	Guildhall Cottage, Church Street, Lyme Regis	01297 442138
	Bucky Doo Square, South Street, Bridport	01308 424901

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We thought with this Summer edition of Shoreline that we would bring our customers past, present and future, up to date with FSB Charmouth.

We are proud to announce that we have been awarded exclusive membership to the prestigious *Guild of Professional Estate Agents*.

The Guild is a nationwide network of 800+ leading Independent estate agents, all dedicated to maintaining the very highest standards of professionalism and customer service. Guild membership is only granted to one agent in a given postcode area. This appointment means that we have



THE FSB CHARMOUTH TEAM

been judged to have met or exceeded The Guild's exacting Membership criteria, and in recognition we have been selected to represent Charmouth and the surrounding villages.

Via The Guild we also have a Park Lane office, with a dedicated line, where our properties are displayed and we can use for our bi-annual exhibitions.

With over 80 years of experience between us here in Charmouth, we are proud to be your local agents, with our philosophy of...

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Shoreline Summer 2016

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THE CHARMOUTH BODY FOOD CHART

Choosing to eat more of these great tasting foods, can actively help our bodies to work well. Use the known power of the Mediterranean type diet and our new understanding of the importance of helpful gut bacteria, to **eat your way to health**. Enjoy!

**Feast on fruit and veg
Make them the mainstay
of all your meals**

Eat a rainbow of brightly coloured fruits and vegetables every day. Deep greens, bright yellows and orange or deep purples and reds; each one switches on different protect and repair genes in our bodies and feeds different essential friendly bacteria in our guts. Choose as many different strong flavours and bright colours as possible including **garlic, ginger, turmeric, parsley** and other herbs and spices.

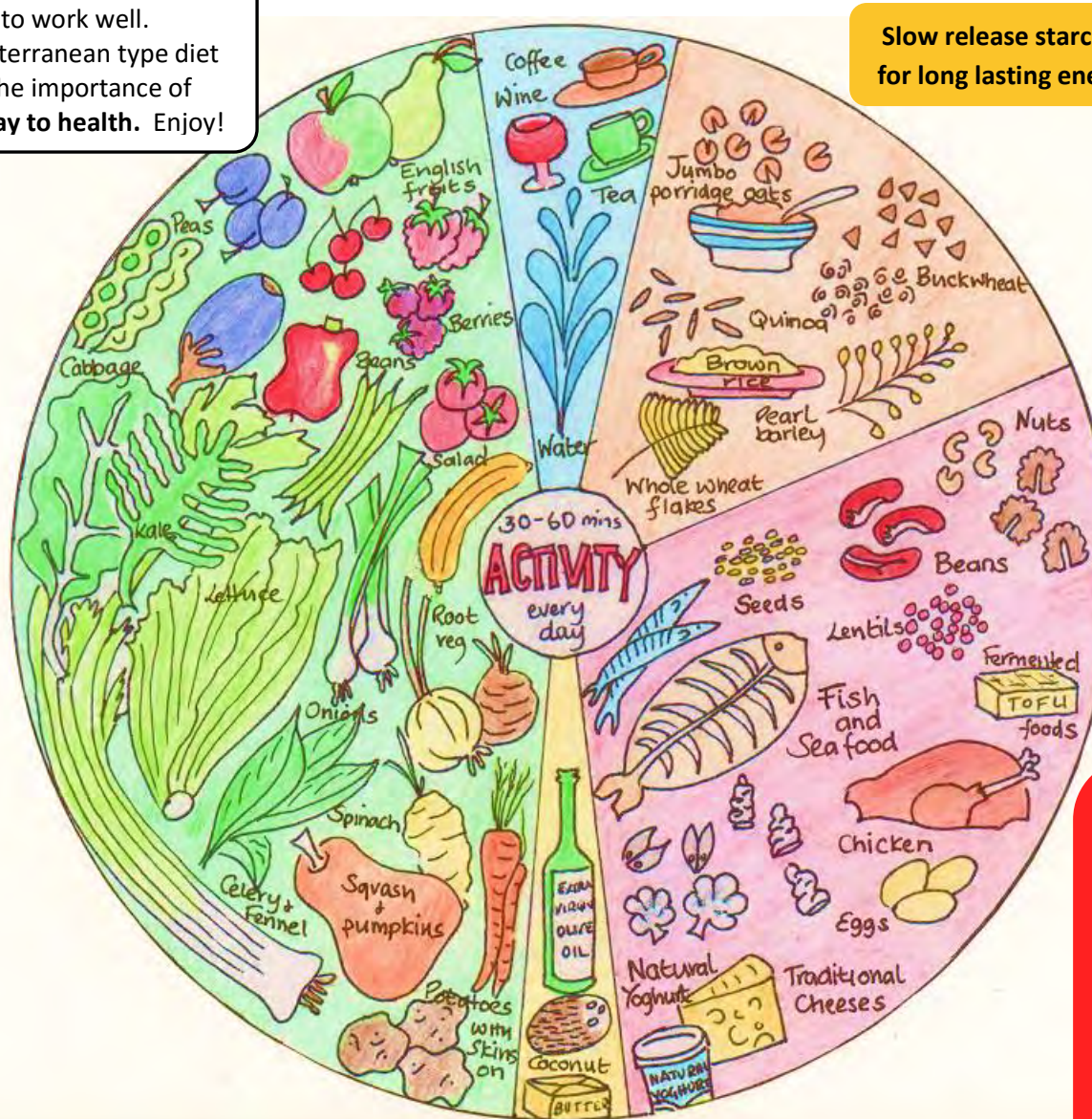
Plants cooked and eaten fresh contain a lot of **essential fibre** to help our guts work regularly.

Plant fibre slows down sugars going in to the blood to protect us from diabetes and keep our energy levels going for longer.

© Sue Beckers 2016 v6
Balanceofbodyfood@gmail.com

Bring the benefits of the Mediterranean into your meals

Choose **whole foods** and learn to cook from scratch. Your body was built to work with the whole food not processed extracts. Fermented foods will feed your good bacteria including **coffee, tea, dark chocolate and the occasional glass of wine** with a meal. Relax with good company and explore great tasting traditional treats and fantastic, fresh, seasonal, locally sourced food.



**Slow release starches
for long lasting energy**

Try eating your grains as whole as possible instead of as flour.

Have you tried **brown rice**, hot or cold in a rice salad or added **pearl barley** to soups and stews?

Jumbo porridge oats for breakfast are much slower release than bread and processed cereals from wheat flour.

Protein packed, satisfying **quinoa** and other seeds such as **millet** and **buckwheat** are quick to cook, as they just need simmering and leaving to swell, then add seasonings and serve.

**Protein foods with their
own fantastic fats**

Fat is an essential in our diets and the best quality fats are kept fresh inside our protein foods.

Think omega 3 fats in **oily fish**, heart protecting fats in **nuts and seeds** and the satisfying tasty fats in **full fat dairy** and **poultry**. Red meat is best grass fed but limited to x3 a week.

Pulses and lentils are cheap and easy to cook. Traditionally fermented foods like our cheeses and yoghurts and others like tofu are rich in exactly the right bacteria to keep our insides healthy.

So far, there is nothing to beat **extra virgin olive oil** for proven health protection. Delicious for dipping, pouring and salad dressings as well as for cooking. Try **coconut** as a good alternative fat for baking and a little bit of **butter** adds taste to veg. Whichever of the oils you choose, **keep it fresh** and **don't reuse it** or it will degrade into harmful trans fats instead.

The benefits of a balance of body foods and exercise

The benefits of this style of eating include lowering of heart risk, less likelihood of diabetes and Alzheimer's disease, fewer strokes and reduced risks of some cancers. The studies show that when you eat a balanced healthy Mediterranean style diet full of fresh fruit and vegetables, olive oil and nuts as this chart illustrates, you can afford to enjoy the occasional sugary treat or extra alcoholic drink. By including more traditionally fermented foods like yoghurt we support our essential good gut bacteria. The key is to get the basics right and don't forget to keep as active as you can throughout the day to help your body and its metabolism work well.

Eat like a king at breakfast, a prince at lunch and a pauper at supper

Enjoy your main meal earlier when the sun is high in the sky and your digestive powers are strong. This is when your metabolism works to burn food for energy instead of converting food to fat. Swap from toast and breakfast cereals to eggs, omelettes, stir-fries, kippers, kedgeree, full fat yoghurt and fresh fruit or enjoy left-overs from the night before as in the South American favourite of re-fried beans and rice.



Finish your meal Mediterranean style with fresh fruit or cheese and salad.

European fruits grow and release their sugar more slowly than tropical fruits so try apples and pears, plums and peaches, cherries and berries. Traditional cheeses from raw milk are teeming with helpful bacteria to support your friendly gut bugs which in turn help us manage our metabolism, rid us of unwanted inflammation, and even balance our moods!

Infuse drinking water with herbs and fresh fruit for thirst quenching drinks with a twist.

Try lemon and orange slices, mint, basil leaves, cucumber or berries, or your own ideas. Add ice and leave to infuse for a few minutes or even hours in the fridge.



Snacks for energy, protein and plant protection power

Nuts and seeds are full of energy, protein, vitamins and minerals, perfect for a packed lunch or snack. Dry fry your own in a pan until golden and toasted. Add a little soy sauce or paprika for a different taste. Olives and dark chocolate (70% and above) are both delicious and packed with plant protection polyphenols for health. Hummus made from chick peas and tahini with a variety of flavourings makes a great alternative to cheesy dips for veg sticks.

Pumpernickel and rye breads are chewy and dense and slow release alternatives to wheat.

Wheat flour can cause your blood sugar to rise as quickly as sugar which puts a strain on the insulin system and pushes people towards diabetes. It takes time to train your appetite away from wheat flour and other fast release and processed foods. You need to encourage more of the healthy gut bugs which feed on slow release food, so try adding more whole grains, lentils, beans and seeds as alternatives to bread, cakes, crackers and pastry and watch your tastes magically shift over a few weeks.

Dispense with unnecessary added fats.

Cook proteins, fish and meats in their own fats by baking, grilling or steaming with herbs and spices. Fish steams beautifully in minutes with fresh herbs and lemon wedges. The less you eat bread, the less you need spread or try dipping your bread in olive oil with balsamic vinegar instead.



Limit red and processed meat

Red meats are best limited to three times a week at most and processed and cured meats like ham and bacon with added salt, nitrates and nitrites are best swapped out where possible as eating these frequently has been linked to damage and cancer of the colon. Try switching to more pulses, beans and lentils, fish and sea food or add extra taste to your vegetable dishes with mushrooms, herbs and spices.