

# SHORELINE

News and Views from Charmouth

## HAPPY NEW YEAR!

### Late Night Shopping is in the Bag



The newly formed Charmouth Traders Association held their first Late Night Shopping Christmas Event on Thursday 4th December in The Street.

The evening was planned to be a fun, magical occasion for all the family, whilst raising awareness of the shopping facilities available in the village.

The event was opened by the Charmouth Companions Town Crier, Jan Bearpark, who announced that all the Christmas lights be switched on ....the coordinated icicle lights lining the street lit up and instantly created a festive atmosphere!!

The evening was themed on a Victorian Christmas, shops decorated their windows in Dickensian style and traders and villagers dressed up to add to the occasion.

Mulled wine, mince pies, chestnuts and a barbecue all added to the evening.

The shops ran food tastings, games and demonstrations. The churches in Charmouth opened their doors and served tea and mince pies.

The Charmouth Companions led the carol singing. Santa arrived in a vintage car and he and his fairy assistant met children in his wonderfully decorated grotto.

A treasure hunt around the village was great fun for the children and the winner Millie Carter won a huge hamper of chocolates!! The raffle ended the evening.

Guides, Scouts, Brownies, Cubs and The Youth Club ran stalls all selling hand made Christmas gifts to help raise money for their organizations.

The event was run in aid of Macmillan Cancer Support. The final total not yet known, but in the region of £400.00 should hopefully be going to the charity.

Late Night Shopping in Charmouth was a great success and very well supported by local people and those from further afield.

The organisers were astounded by the amount of people who came to join in and enjoy the evening and would like to thank them all for their support. Also many thanks to all the people who helped, either before or on the evening, to make it such a success. The committee are already looking forward to next year's event...

*Caroline Davies*

**NEW YEAR ISSUE**  
**Health and Well-being Special**  
**See Centre pages**

# From the Editor

***"When we truly care for ourselves, it becomes possible to care far more profoundly about other people. The more alert and sensitive we are to our own needs, the more loving and generous we can be towards others"***

**Eda LeShan**

**Our Health and Wellness feature on the centre pages** is a guide to some of the wonderful complementary therapists practising here in Charmouth. For complete harmony and health there must be enrichment of mind, body and soul, something which is certainly addressed with these alternative healing arts. As a practitioner myself, I know that complementary and modern medicine used together can be a dynamic combination of sophisticated technology and ancient knowledge and wisdom.

The Traditional Christmas Evening on December 4th was a resounding success. It was absolutely wonderful to see the street thronged with villagers and visitors supporting our traders and helping to raise money for Macmillan Cancer Support. Well done to all the volunteers who worked so hard and for so long to make it happen.

Places are all about people. And good places to live are made by people giving their time, talent, energy, ideas and commitment, for the benefit of all. We have such a lot going on in Charmouth. Friends from elsewhere are always astonished to hear about the rich mix of events in our village. We must all continue to give whatever it takes to keep this village a model community and encourage newcomers to do the same.

On behalf of the Shoreline team, I wish everyone a happy, healthy and peaceful 2009.

*Jane Morrow*

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## News From The Elms

**Christmas and New Year are the times for swapping news** and so we would like to bring you up to date with some of the topics which are occupying Charmouth Parish Council as we head into 2009.

Firstly you will be pleased to know that in response to the straightened financial times we all find ourselves in, the Council has not sought to increase its Annual Precept from last year's level.

In response to Dorset County Council's earlier proposals to close our library, it will now be staying open, with the County funding a reduced number of opening hours and the Parish Council funding an additional number of hours over and above this amount. This is being done at quite a significant cost and we hope that you will continue to make full use of the library and the services it offers.

We have a couple of major schemes still at an early stage of planning. Amongst those we are looking at are

**Page 2**

the possibility of building a small toilet block in the playing fields, and those of you who attended the Parish meeting in April will recall that we had applied to the National Lottery for a grant towards the cost of building a multi-use games area as well. Regrettably this application was unsuccessful; however, never say never, and we are currently searching for another potential source of funds to achieve this ambition.

Visitors to Barrs Lane will have seen the changes made to the playing fields with the removal of part of the hedgerow between the main field and the extension, and the removal of the old tennis courts to provide a more level football pitch. Work has also been done with the provision of new fencing at the bowling green. We have now completed the renovation and repair of the railings along the side of the field adjacent to Barrs Lane. Whilst some of this was needed due to their age, a lot of work was needed to repair damage by vandals. Whilst this might be a sign of the

times we live in if you do see vandals at work do please report it.

For the past few months we have been without a Beach Superintendent. Interviews are now underway and a new Superintendent should be in the post by January.

Our new blue beach huts have been well received and it is now proposed that as and when painting is required at the Heritage Centre the security shutters and the other wood work will be painted blue to match the huts.

Jane Morrow once again entered Charmouth in the Best Community Village competition, and success was achieved in the winning of the Environment Category against competition from forty three other villages.

On behalf of the Parish Council I wish you all a very happy and successful New Year

*Councillor Keith Lander*

# Letters to Shoreline

## Charmouth Heritage Centre

Jurassic Art Exhibition

**Dear Shoreline,**

You very kindly provided editorial space to advertise our event. The publicity was rewarded as our visitor numbers were much better this year than last, except for Sunday when lashing rain in the morning deterred many potential visitors..

We were well supported by 58 local artists and potters who arrived with 224 paintings and countless ceramic items. We sold 21 paintings and 9 significant pieces of pottery, which I, and other exhibition organisers felt was a very satisfactory number.

Despite the credit crunch we raised close to £600, which was £100 more than last year.

Thank you again for your help.

Yours faithfully

*Bob Hughes Trustee*

If you would like to write or  
respond to Shoreline,  
Drop us a line at

**editor@shoreline-charmouth.co.uk**

**Or post to.. The Moorings  
Higher sea lane  
Charmouth  
Dorset  
DT6 6BD**

**We are always happy to receive your  
letters and will do our utmost to  
publish them**

**Dear Shoreline**

My name is Harry and I am a little dog living in Charmouth

My dad doesn't know I can use the computer – I have to wait until he is out and then paw the keyboard; I have a little chuckle to myself because he doesn't know I know his passwords either!  
It's like that old saying: You don't know what you don't know!

I love Charmouth and happily join my adopted mom, and sometimes my grumpy old dad, for a walk. They won't let me off the lead because I don't get on with other dogs and I have a tendency to run off in all directions. I don't like the big outdoors very much either; perhaps I'm agoraphobic? Anyway, I bark a lot at other dogs, big or small; I don't discriminate on age, size, colour or creed – they all get the same treatment. Basically, I am trying to scare them off to protect my mom and dad; and in my head, I can beat them all up! Physically I've got no chance, so that's why they keep me on the lead.

I was a rescue dog and I used to live with a bunch of homeless people who dragged me, and my two brothers, around from squat to squat all over the West Midlands. They also smoked some kind of weed and didn't really look after me very well. They fed me with cat food and I lost most of my teeth, and when my current mom and dad adopted me, I was covered in fleas and bites and all sorts of things. Now I'm okay and they look after me real well; lots of good food, although not enough to make me fat. I never see my brothers though – I don't

know what happened to them. I hope they got nice homes too.

When my mom and dad take me for a walk, they always stick some small black bags in their pockets; there is always a supply in the back of the car. It seems an odd thing to do because if I do a pee they just wait till I have finished then walk on without any comment or further action. When I do a poo however, they grab one of these little bags and pick up my smelly mess; how do they do that? Yuck! Anyway, it seems odd to me because there is always lots of other dog poo left around for me to smell, not that I need big lumps of No. 2's to do that – there is always a strong scent left behind even when it's been picked up. Did you know I have a sense of smell 10,000 times more sensitive than any human.

Thinking about picking up the No. 2's, I have to say the place looks better when there is no poo around as it's really horrible if you tread in it – even for humans with those foot protection things they wear! During the winter it seems to me that not all the local dogs parents care about this because there is always lots of smelly mess around, even on the footpaths, and this gets worse in the summer when dogs from other areas visit for their summer holidays.

I just wanted to pass on a gentle nudge to ask people to please pick up your dog's poo; it only takes a small black bag and a strong stomach!

Kind Regards

*Harry*





# Courting Small Businesses, part 2



The first article on The Court in *Shoreline's* autumn issue provided background historical information and identified several of its small businesses. Here is the second part.

Eric Harwood, award-winning documentary executive producer and director of Skyworks ([eric.harwood@skyworks.co.uk](mailto:eric.harwood@skyworks.co.uk)), was responsible for such notable television programmes as *Railway Walks*, *Wainwright Walks*, *Wainwright: The Man Who Loved the Lakes*, *The Boy Whose Skin Fell Off* and *Sky High*. He has an office at The Court and acknowledges the great friendliness within. "It's a godsend for small local businesses and offers a real sense of community amongst the self-employed who, mostly alone or in small teams, have to fight off the vagaries of the credit crunch. It's great to share the common experiences of other self-employed and self-run businesses," he says. "When I first moved in I had computer problems, but Bernie Fallon of Doodle Computers in the next office gave me loads of support. It turned out that he had clients in television in London and we knew lots of the same people!" Eric likens the newly-remodelled and smartly-decorated shared kitchen area to a set for a lunch-time television show like *Loose Women*!

Early in 2008 singer/actor Greg Gibbs (*The Scarlet Tunic*, *Harbour Lights* and a literal Nick Berry double) and experienced Spillers Pantomime director/writer Julian Addy transferred the administrative side of Lymelights Theatre Schools to The Court. First established in Charmouth in 2006, Lymelights now runs four schools, each staging two shows a year. Greg and Julian write the scripts and supervise the Saturday drama, singing and dancing sessions at Charmouth Youth Club where 55 children of six to 16 years receive professional coaching ([info@lymelights.co.uk](mailto:info@lymelights.co.uk)). Raised in Charmouth, Greg was a waiter at The Court Hotel at 14 years of age and is enjoying the unexpected return to his roots. After

working on his own for several years, he values the opportunity of mixing with other business people, particularly those with media connections. Greg has decided to become a retained fire-fighter after hearing about Bernie Fallon's role at Charmouth Fire Brigade.

Owner Gordon Hathway is content that his concept of a small business facility has been achieved. Committed to the building's ongoing maintenance, he has already undertaken extensive repairs to the roof and improvements to the interior. His latest venture is the erection of a garage at the rear, with provision for overflow parking. There will also be a store room which will house items currently being stored in the Victorian grotto. Gordon now hopes to use this unusual feature for garden parties. He believes the north-facing grotto was originally used by Victorian ladies for crocheting, etc. safe from the rays of the sun, and that they also

promenaded along The Court's shady avenue of pollarded lime trees. He would be happy for this to be confirmed or corrected by anyone more knowledgeable! If you have any historical information about the grotto or The Court, or are interested in renting an office, Gordon would like to hear from you. Please email him at [gordon@thecourtcharmouth.co.uk](mailto:gordon@thecourtcharmouth.co.uk)

And in case you weren't aware, famous adventure novelist H. Rider Haggard frequently visited The Court in the late 1800s after his brother married into the Schalch family (relatives of Mrs Stuart) who then owned the house. Charmouth historian Reginald Pavey mentioned in his 1968 publication *A few Notes on Charmouth Street from Charmouth House to the Coach and Horses Hotel and some of the people who have lived there* that he had heard the author chose the surnames of Charmouth grocer Edward Vince and Axminster bus proprietor William Holly for two characters in his novel *She*. He added that he had not been able to verify the story. But pick up the book or scroll through an on-line version and you'll discover that the narrative is 'written' by a Cambridge professor called L. Horace Holly. His ward is Leo Vincey.

Lesley Dunlop

## The Court

The Street, Charmouth

Self-contained offices  
for new and expanding small businesses

**Office currently available, approx. 200 sq. Ft.**

**Contact: Gordon Hathway 01297 560033**

# AFFORDABLE HOUSING - UPDATE



The original planning application was withdrawn on 7th November, but a new application was registered four days later (**Application No.1/D/08/002140**). As we went to press in early December, a search on [www.dorsetforyou.com](http://www.dorsetforyou.com) revealed that two comments had been lodged and there was time for more to be registered before the 12 December deadline.

The two correspondents restated many of the objections covered in our autumn issue, but the new proposal does address at least some of that long list.

The revised plan shows that the car park layout has been changed to improve visibility at the entry and exit area by repositioning the new toilet block about 8 metres westward along St Andrew's Drive. Concerns over coach access have been addressed by carrying out a Vehicle Path Analysis and re-siting the three coach spaces to the North-West corner of the car park. However, the recycling area remains unchanged, and apparently meets with the disposal authority's approval.

The biggest amendment to the housing proposals is the doubling in size of the gardens – which appears to be in response to one of the main objections to the original plan, but this has been achieved by reducing residents' parking provision from eleven spaces to six, and concerns had already been expressed that the *original* provision was insufficient.

The three two-bed houses, four two-bed and four one-bed flats are largely unchanged, but two ground floor windows have been deleted from the North wall of plot 1 – again in response to objections and a first floor window plus two ground floor 'blind windows' have been added to the West wall of plot 7 – presumably to add architectural detail to what had been a plain gable end façade

None of the consultees, which include the Parish Council have raised objections and the application **Design Statement** claims that the proposal:-

- *accords with government guidance*
- *would enhance the environment and provide 11 units of affordable accommodation*
- *provides a form of development appropriate to the location*
- *is appropriate regarding scale, mass and height for the site*
- *relates well to the general pattern of development within the vicinity*
- *would integrate with the surrounding area*
- *would create a high quality residential environment*

Providing the revised plan is passed, work should begin in September 2009 and the project will hopefully be completed by June 2010

Colin Pring

## SW Dorset LETS

### Local Exchange and Trading Schemes

#### What's it all about?

In the past small village communities were close-knit and neighbours were always on hand to help if needed. People shared what they had and supported one another in times of trouble. Is that way of life gone forever? Well, no.....

A real sense of community is thriving right here, in the SW Dorset LETS, a local group covering Axminster, Charmouth, Lyme Regis, Chideock and Bridport.

LETS is a modern form of mutual credit system - goods and services are bought and sold but no money changes hands. Instead LETS members use an alternative currency (locally known as NETS). You can start trading as soon as you join the group and you will receive a directory of available goods and services, as well as a bi-monthly newsletter, with information about social events and trading sessions.

It's a scheme which works for everyone, regardless of who you are or what you do, because everyone has something to offer. Its sociable too, an economy based on friendship and trust. As one LETS member said '...it's like having an extended family always there for you'.

**On Sunday March 1st 2009, between 2pm and 4.30pm SW Dorset LETS will be holding a trading event at Charmouth Community Hall, Lower Sea Lane, Charmouth.**

This is a new venue for us and we hope to encourage current members from Axminster, Lyme Regis and Charmouth to join in, as well as spreading the word about the scheme and attracting a few new members too. There will be refreshments available and hopefully an art presentation area for local artists to display their wares and talk about their work.

If you require any further information or would like to book a trading table, please contact Debbie on [deborahbond007@yahoo.co.uk](mailto:deborahbond007@yahoo.co.uk) or Vee Driscoll on 01308 425518.

Debbie Bond

# Post office- update



**Earlier in the year I wrote a short article about the future of the Post Office Card Account,** which many Charmouth residents use to collect their Pension or Benefit payments.

I said that the provision of Pensions and Benefits by the card account was under threat, and that the acquisition of rights to this Pension business was subject to tender. I also reminded you to write to your MP as part of an awareness campaign, to remind MP's of the importance of this card account to the future of Post Offices.

I can now tell you that the campaign was successful, and the outcome was the cancellation of the tendering process in favour of a direct award of the Card Account, version 2, to Post Office Ltd. The award will run from 2010 up to the year 2015, and possibly beyond. This provides financial stability to Post Office Ltd., and gives Subpostmasters hope of further development and government based work for the future. Of course this seems to be a complete reversal of recent Government policy, where there has been a trend to remove work from the counters of Post Office Ltd. and to provide it elsewhere.

However, the provision of the Card Account contract has opened the way for Post Office Ltd. to consider the setting up of a Post Bank, through the Post Office network, such as those currently in Republic of Ireland, and other Continental European states. This is fully supported by Subpostmasters, and it is their aim to have this facility available as soon as is practical.

So I must thank all folk of Charmouth who supported their Post Office during the campaign, and took the time out to write to their MP. Your Post Office in Charmouth is safe from closure and now has a continued presence into the immediate future.

However, there are some points to remember. Post Office Ltd. has closed nearly 6000 Post Offices since the turn of the millennium. More will close if the following points are not noted:

- 1. Use your local Post Office for postage**  
If you sell goods through computer auctions do not buy postage on-line.
- 2. Use your local Post Office to Tax your car**  
Yes you can still get your tax disc in your hand, not by mail.
- 3. Use your local Post Office to draw your Pension**  
If you are due to retire, ensure you are offered the Post Office as an option to take your pension.

So, is the Post Office national asset, or a profit making institution? As a national asset there is a cost in running its services. Those costs can be minimised provided that customers continue to use the Post Office.

On that note, we at Charmouth PO wish everyone a prosperous New Year, and we hope to continue the provision of our services in Charmouth long into the future ..... with your help.

*Steve Pile*

## Charmouth Bowling Club

**The Bowling club** is situated in the recreation ground at Barrs Lane in the centre of Charmouth. The club is predominantly a 'social' bowling club, as we are not affiliated to the County Association for official league matches.

We are a small club, and as such we welcome new members, both experienced or beginners. As a club we play regular friendly matches each season with other clubs within Dorset, Devon, and Somerset. We also occasionally play host to touring clubs.

Each season we hold 15 different internal club competitions. Throughout the season, April to October, the club members meet regularly on Tuesday, Thursday, and Sunday afternoons at 2-30 p.m. for a 'roll-up' when everyone is guaranteed a game. Members can also make their own arrangements to use the rinks at other times any day of the week. Free tuition is always available to members, and is also offered to beginners before they decide to join the club.

The bowling green has 4 rinks, and we are currently involved in a project to improve the rinks and the

surround to the green. The Parish Council have generously provided funding to re-fence the green with a panelled wooden fence and extra green sward to enable us to have spectator seating within the green.

We have this year obtained a grant from the sports development office of the West Dorset Council to finance the materials for the improvements to the green and the surrounds. The club members are providing the labour.

For the last two years the club has participated in the Charmouth Fayre in August, using the bowling green to provide bowls related games to help with the fund raising activities. We intend to continue to do this in future years.

Anyone who might be interested in joining the club can contact;  
The club Captain, Bob Just, 560557,  
Or The club Secretary, June Rebbeck, 560860  
for further details.

*Bob Just*



# A Face Lift in Store

**When Phil & Carol Tritton and their son Al took over Charmouth Stores nearly 4 years ago** it had recently changed from Londis to the Premier buying group.

They set about making improvements, extending the opening hours, introducing a bake-off and improving the off licence and fruit and vegetable section.

"Our aim was always to provide a real local alternative to the supermarket, to save people having to leave the village to shop. We have been really pleased with the response from local people and holiday makers alike and we like to feel that we contribute to Charmouth's vibrant centre."

Now, as part of a general revitalisation of the store, they are changing their buying group, and hence the logo, to Nisa Local. "It's something we have thought about long and hard," says Phil. People have been really appreciative of what we have achieved, but in the past we have sometimes struggled to supply customers with even quite well known brands because they were not part of Premier's range or because they were out of stock. If there is one thing a shopkeeper hates it's empty spaces on the shelves! People like to know they can rely on finding what they want, and Nisa's wider product range and availability will help us achieve this."

According to Phil, as well a more complete range of groceries, chilled and frozen food and fresh produce, customers should notice a difference in their pockets, as it should be possible to offer lower prices on a number of everyday lines. "We would not make this change if we weren't convinced that it means better value for customers."

## BreeZe



*Fun, funky  
& gorgeous  
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### New look Charmouth Stores

#### Exciting changes in January

- New supplier
- Wider range
- More choice
- Better value
- Fresh new look

#### Same friendly family business!



Computer generated impression of the new frontage

### Open to 9pm every day

*Why go to the supermarket?*

As their name suggests, Nisa Local is geared to supplying local shops in the community. They aim to forge contacts with regional suppliers, and one benefit Carol particularly likes is their 'Making a difference locally' initiative, whereby a contribution from the sale of selected items goes to local charities nominated by the shop owner.

Chilled and frozen products and cakes from Nisa have been introduced over the last couple of months so regular customers will already be familiar with the Heritage brand. The full switch will happen in mid January, and at the same time the shop interior will have a general facelift, with a new counter, new fridges and freezers providing space for a wider range of chilled and frozen food and fruit and veg. The outside of the building has been painted and there will be a new fascia.

"Charmouth Stores is and will continue to be an independent family business," says Phil "and we will continue to use a number of other suppliers for specialist and local produce. Four years on, some people still think of us as Londis, or even Damps. The key to the change to Nisa Local is more about quality, value and availability than a change of name."

# Poetry

## The Sea

Crescendo, crescendo, crescendo,  
As her waves come crashing down,  
Her best performance of the season,  
As she dons her theatrical gown.

Thrashing and flaying upon the rocks,  
Her green and snakelike tresses,  
Her temper surely must subside,  
But onwards still she presses.

As her dark tormentors scurry,  
Exiting quickly from brightening sky,  
Still fuelling her tempestuous rage,  
Why tease and make her cry.

As exhaustion makes her weary  
She head butts strong the shore,  
Till finally her temper dies,  
And she can cry no more.

A gentle kiss, a loving caress,  
For each bruised and battered stone,  
A lullaby she sings to soothe  
With her soft beguiling tone.

Languish on her sun drenched beach,  
She's serene, enticing and warm,  
Is this her final encore, no,  
Just the lull before the storm.

Lisa Clark

*September 2006*

## Life's cycle

Heartbeat delivers  
A bright new light  
Fragile and tired  
New sound, new sight

Foetal position  
Of life uncurled  
Gathering knowledge  
In an unknown world

Immature adolescence  
Of loves first bloom  
Unleash emotions  
From an empty womb

Eternal love  
Pledged to each other  
Passionately embrace  
My love, my lover

Wondrous journeys  
To depress and elate  
Till silenced breath  
Our final fate

*By Lisa Clark, June 2003*

## Gemini

A short story. Anon.

The night came, lingered and then rose. Morning eased the minds of the twins, Laetitia and William. They walked endlessly along the paths on Stonebarrow in search of their stone; the gemini that brought inner peace and eternal life to two twins, not one.

A storm, then silent calm when lightening struck Laetitia down. She fell to the ground, the force of the bolt pounding open a gleaming stone. Inside the stone the gemini was revealed, touching Laetitia's face where she lay.

Eternal life and inner peace to two twins, but not one.

William's eyes closed as he howled the injustice into the charcoal sky, as if expecting an answer.

**Keep sending your  
poems and stories to  
Shoreline**

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

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# Literary corner

## A Letter from the Heart

**Letter writing allows you to say those things you've always wanted to say.** And writing letters in the way I suggest here is safe. That's because you *don't* post the letters - it's the act of writing them that's important. What you write is between you and the page. As you pour out your hurts, joys, and innermost desires, you release mental clutter and tension. You draw a line under past events and the sense of relief is tremendous.

Writing about your emotions is *proven* to help prevent illness and ease depression. The more you write, the more you learn. You discover your capacity for truth, forgiveness and love. And it's here that the healing process starts.

### Tips:

- Write down the first thing that comes into your head
- Forget writing 'rules'
- Write about how you feel not just what happened
- Even if you don't want to write, write anyway. It works!

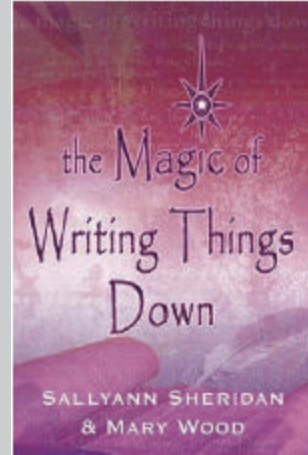
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Inspirational writer, Sally Ann Sheridan helps people discover personal fulfilment and wellness through a wide range of creative and remedial writing techniques.

Her latest book *The Magic of Writing Things Down* is available at booksellers, [amazon.co.uk](http://amazon.co.uk) and Ida's Stores, Charmouth!

You can contact Sally Ann at  
[sallyann@sallyannsheridan.com](mailto:sallyann@sallyannsheridan.com)  
Or visit her web site  
[www.sallyannsheridan.com](http://www.sallyannsheridan.com)

*Sally Ann Sheridan*



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## The Elms Reading Group

**Happy New year to all Charmouth readers.** Maybe your New Year resolution was to increase the number and type of books you read during 2009. If so, and you are unable to join our reading group, you could follow our programme of books throughout the next 12 months and submit your comments on line for the next meeting.

But first, let's look back to 2008. From a small initial group of 8 bookworms, our numbers have increased to 13, and once a month we have a lively and thought – provoking discussion about the book we have just completed. In November we looked at *Toast* by Nigel Slater. This autobiography looked at Slater's life as experienced through the food he was eating at the time. Many food memories were brought back to us – do you remember Nestle's tinned cream, butterscotch angel delight and walnut whips ?

Onto 2009 and our first book is *The Last King of Scotland* by Giles Foden, followed in February by *Half of a Yellow Sun* by Chimamanda Ngozi Adiche and the *Country Girls* by Edna O'Brien in

### HAPPY READING IN 2009 !

For details phone  
Pam Berry 561656  
or Liz Scott 561662  
or e-mail  
[pamswanston@aol.com](mailto:pamswanston@aol.com)

*Pam Berry*



# Food for Thought

## Passionate about Language

**I was born in Membury in Devon** and grew up in Charmouth. I have always been passionate about language. At the age of eight, I grew to know a wonderful African man in Greece who mastered nine languages. I was inspired. My dream too, is to learn nine languages during my lifetime. I learned Greek at the age of eight and studied French and German through school and University to degree level.

After immersing myself in all three languages, I completed my Masters in Translation in the South of France.

Well, why not?! Sun, mountains and endless reading...

I am now back in the beloved West country and am translating for various clients from home and would like to do more translation for local people. I have ample experience in several areas of translation and proofreading including tourism, brochures, websites, promotional material and technical translation of manuals and such like.

I have translated and proofread for organisations and companies such as the European Commission, Blackberry and Samsung.

Whilst studying Applied Languages at University, I developed an unquenchable thirst for dissecting text in another language and rebuilding it in my own. It was then that it became clear that translation was the profession I had to follow. I usually work into my native language but can work into French, German and Greek and have a native speaker re-work and proofread my text.

Being able to build bridges through language rather than a barrier is an increasingly important role in today's multi-lingual culture and the ever-growing international aspect of people's lives. We travel more, we know more about other countries, people and their practices than ever before.

If you have contact with companies, organisations or individuals from abroad, contact me for any language advice.

*Anna Mc Veigh*

## From the School

**It seems strange to be talking about food after** the possible excesses of the past few weeks. However, at school that is just what we are involved in during the forthcoming weeks.



Jamie Oliver's School Dinners television programme highlighted the poor quality of school meals around the country and the government decreed that things would need to improve. This had significant implications in Dorset. After around a twenty-year absence, there was an expectation that hot lunchtime meals would be reintroduced to Dorset primary schools' children. This has been a challenging experience bearing in mind our school was built with a kitchen around the size of a domestic one.

Once we had decided that it was impossible to produce meals on site we were faced with the problem of where to source the meals from. There were the options of signing up to the county contract with microwaveable meals being delivered on a daily basis from Nottingham or working alongside Local Food Links, a community owned social enterprise based at the Bridport Centre for Local Food. The choice was an easy one and we are looking forward to the high quality, locally sourced meals being delivered to and eaten in school. It is a high tech operation with parents having the option of ordering and paying for meals on line. Gone are the days of two half crowns paying for a week's meals but fortunately so too has lumpy custard!

### An event for your diaries.

In 2003 our school was inspected by OFSTED and one of the inspectors was Philip Littlejohn, whose grandfather was a steward on the Titanic and survived its final voyage. Philip has spent many years investigating, documenting and lecturing on this fateful event in history. In recent months Philip has bought a property in Charmouth and he has agreed to return to school on the evening of Friday 23rd January to share many of his findings. We will be publicising ticket details in the near future so keep an eye out for the posters advertising the event.



*Chris Vincent  
Headmaster*

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# Health and Well-being

## From the Doctor



### **Firm foundations for your New Year**

New Year is the time for resolutions and promises of changed behaviour and better health. All well and good if we are in a fit state to make changes and accept challenges, but difficult if we are in a state of unmet emotional needs. If you make one resolution this year, make it a resolution to check your emotional needs – those innate “human givens” with which nature has programmed us and which cannot be avoided. Until these are met it will be hard to move forward.

Rate your answer for each of the questions below  
From 1 = not at all to 7 = definitely yes.

Do you feel secure?

Do you feel you receive enough attention?

Do you think you give other people enough attention?

Do you feel in control of your life most of the time?

Do you feel part of a wider community?

Can you obtain privacy when you need to?

Do you have at least one close friend?

Do you have an intimate relationship in your life (one where you are totally accepted for who you are, physically and emotionally, by at least one person)?

Do you feel an emotional connection to others?

Do you feel you have a status that is acknowledged?

Are you achieving things and competent in at least one area of your life?

Are you mentally and /or physically stretched in ways which give you a sense of meaning and purpose?

Take a look at your ratings.

Lower numbers might point to those emotional needs that warrant some attention.

Try a positive approach to solving these problems.

This tool comes from the Human Givens Institute which exists to promote effective, quick and life affirming, practical solutions to all those everyday psychological problems. A highly recommended resource – and easy to find on the internet.

Have a look...and have a great New Year!

*Sue Beckers*

## Charmouth Tai Chi



**Feel welcome to join the groups at any Solstice and Equinox.  
Timing details can be found on - [www.charmouthtaichi.co.uk](http://www.charmouthtaichi.co.uk)**

**If you are among the early dog walkers** or fossil hunters who frequent East Beach at sunrise on the Solstice and Equinox dates, you may well have seen a group of Tai Chi devotees sharing a celebration and greeting the sun on these special days. These will be members of the Charmouth Tai chi groups plus friends and other interested parties braving the elements to share their qigong and Tai Chi practice. To the uninitiated, the slow graceful movements may **appear** like a dance

in which the participants “wave their arms around”. People decide to take up the practice for many reasons. For some it will be a way of increasing their exercise with a group of like minded people; for others merely a once a week activity and for the remainder an opportunity to absorb the many benefits that can be obtained by learning and practising these coordinated movements and thus increase their strength, boost the immune system, raise the mood

and balance both the body and the emotions.

After a few months learning the basic movements, many people feel the effects of the free flow of Chi (life force) and become very committed to the art of Tai Chi. It can become an integral part of their lives. Ideally a degree of discipline is called for but Tai Chi can be enjoyed on many levels.

*Pam Ladd*



# Health and Well-being

## A Balanced Lifestyle

### Aloe Vera from Forever Living Products



Contact Julie Leah on **01297 561633** for information on how aloe can help you feel energetic and maintain healthy joints, immune system and digestive system.

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**Julie Leah moved to Charmouth last year** with her two sons, Fergus and Callum and husband Jon.

Julie runs a business with Forever Living, the world's largest producer of cultivated Aloe Vera, known throughout the world for its healing powers. Forever Living uses only inner leaf Aloe Vera gel which is packed with vitamins, minerals, amino acids and other components that help maintain energy, digestive, immune system and joint health. Julie sells a range of high quality aloe drinks, specially formulated crèmes to target skin, muscle and joint health as well as specialised supplements and is happy to give advice on whether her products could be of benefit to you.

If you would like a free brochure, samples or information on the products or are looking for a greater work-life balance then contact Julie on 01297 561633 or e-mail [Julie.Leah@soaringteam.com](mailto:Julie.Leah@soaringteam.com) website [www.time4aloe.com](http://www.time4aloe.com)

Julie Leah

## Lyme's Disease



**Lyme's Disease is a tick-borne disease**, caused by at least three species of bacteria belonging to the genus *Borrelia*. It is the most common tick-borne disease in the Northern Hemisphere and is transmitted by ticks in the 'nymph' stage of their development, which is when they are young and still very small. Not all ticks are diseased, but those that are can leave you with what can become a very debilitating, and lifelong illness.

People more at risk are essentially anybody walking through long-grass with skin exposed, so that can be dog-walkers, outdoor enthusiasts or anyone just out in the countryside. The ticks position themselves at the top of long grass and wait for a warm-blooded animal to pass before attaching themselves and this is how the disease is transmitted. The places that attract ticks more than others are warm, dark, moist parts of the bodies – so that would be armpits, and yes, less attractive areas. When the tick bites it doesn't necessarily have to be attached for very long to transmit the disease, as it can be transmitted by the saliva.

One of the problems with Lyme's Disease is how often it is misdiagnosed, or even ignored. As a result it is important to know the symptoms and obviously the necessary treatment:

The initial symptoms are:

- A red rash that can be anything from the size of a penny to the size of a football. Usually a bite is visible in the middle, often referred to as a 'bullseye', although not always.
- That rash may disappear, but will leave a large circular ring bruise, with the bite at the centre

The rash and the bite-mark can disappear as quickly as within a few days. A piece of practical advice: take a photo of the rash/bruise a.s.a.p. to be able to show medics/GP's in helping with diagnosis.

There are many effects of Lyme's Disease, which range from general under-the-weather cold-like symptoms, right up to serious illnesses such as rheumatoid arthritis, dementia, paralysis, and even in some rare cases, death.

Without meaning to criticise the NHS or GP's, it is a disease, that as mentioned, is often misdiagnosed – this is down more to inexperience in dealing with this illness rather than incompetence.

Lyme's is generally treated with antibiotics, of which the NHS recommends a two-week course. This differs from opinion in the United States, where research into the disease is further advanced, which suggests at least four weeks. The reason for this is that the life-cycle of the bacteria is 28 days, so it is worth bringing this up with your doctor/pharmacist. If antibiotics are administered for just two weeks it has been known for the symptoms of the disease to disappear, whilst the bacteria actually remains.

This isn't meant to scaremonger, however over the summer holidays my child contracted the disease from a tick that had attached itself to his towel. I had to find out the information through my own research as the resources we had available weren't experienced or particularly knowledgeable regarding Lyme's. Below are some of the books that I have found helpful:

***Coping With Lyme Disease (A Practical Guide to Dealing with Diagnosis and Treatment)***, Denise Lang with Kenneth Liegner, M.D. (3rd Ed. 2004)

***Everything You Need To Know About Lyme Disease***, Karen Vanderhoof-Forschner (2003)

<http://ilads.org/iladlinks.html>

Sue Redwood-Davies

# Health and Well-being

**I recently conducted a survey** asking people what they would like to do before they died.

The results were as varied as the people who responded. The excuses followed a more regular pattern and the comments they made if their goals were not to be achieved, were sad to say the least. They would be fed up, disappointed, defeated, frustrated, and wondering what it would have been like and why they hadn't prioritised.

As a young woman, my father said to me, "I've only one thing to say to you - never die wondering." Procrastination has to be our worst enemy. Dragging your feet until the 'right time' is not the answer. Plan for what you want and then enjoy the journey. Overcome guilt and worry and wish yourself a very Happy New Year.

*Wendy Knee*

## Learn to sign



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**My name is Kate Fowler. I was born profoundly deaf** and my first language is British Sign Language. I grew up in Charmouth and Chideock, then moved to the West Midlands to qualify as a tutor. For the past 17 years I have been a university lecturer, tutor and assessor in British Sign Language. I returned to Dorset to set up my own sign language company 'Lyme Bay BSL' and have achieved accreditation as an approved teaching centre by CACDP (Council for the Advancement of Communication with Deaf People) I offer levels 1 and 2 and NVQs in sign language, a language development course, a baby signs course and a Deaf Awareness training package, the last 2 on an outreach basis in the Dorset/Devon/Somerset triangle.

I intend to offer a beginner's course here in January 2009 for those wishing to communicate with deaf people in our community.

Enquires: [kate.fowler1@btinternet.com](mailto:kate.fowler1@btinternet.com)

## Collecting seaweed on Charmouth beach

**Grace Odeh-Smith uses seaweed** harvested from Charmouth beach as a prime ingredient for her organic miracle face cream- Bio creme de la creme.

It is very rich in minerals and iodine and the extracted gel acts as a skin filler for mature, dry skin. It also helps to prevent blemishes.

Bio - creme de la creme is an organic miracle cream hand made here in Charmouth by Grace using seaweed and plant extracts. The results are amazing - a soft, silky, glowing and forever youthful complexion.

For more information about Grace's body care products, contact her at :

e-mail: [adrahu1@yahoo.co.uk](mailto:adrahu1@yahoo.co.uk)  
phone: 07847160989

*Grace Odeh-Smith*



# Health and Well-being

## The Lightning Process

**The Lightning Process**™ for M.E, Chronic Fatigue Syndrome, Fibromyalgia, Anxiety, Depression, Post-Viral Syndrome, Obsessive and Eating Disorders, Arthritis and many more conditions is a pioneering and brilliant training programme allowing rapid, complete and permanent recovery from these physical and emotionally debilitating, and often crippling conditions.

With a success rate of over 96% this ground-breaking training is trialed and tested and has become increasingly recognised by leading M.E specialists, doctors and other healthcare specialists across the UK and the globe.

Kazy Vincent-Janes - a fully licensed Lightning Process™ Practitioner here in Charmouth, once house-bound with M.E/Fibromyalgia used to be sceptical about the process but after doing the Therapy, started immediately to

recover and quite literally walked out of the illness that she was told had no cure.

She says "it sound unreal but the process is actually a very sound, working, formula which allows the structure of illness to dissolve and the natural healing process to resume. The body has an amazing capacity to heal and that's why it can happen so quickly".

Now a runner having just won a 20 mile charity run this October, Kazy offers the Phil Parker Lightning Process™ here in Charmouth to Dorset, Devon and Somerset.

If you would like to find out more please call Kazy on 07990 515777,  
email- [kazy@kazyvincentjanes.co.uk](mailto:kazy@kazyvincentjanes.co.uk).  
[www.kazyvincentjanes.co.uk](http://www.kazyvincentjanes.co.uk) or why not come along to a free talk -see Kazy's website for dates.

## Nutrition from the Court

**The idea that what you eat can affect how healthy you are**, is such obvious common sense that it is amazing that Nutritional Therapy should ever have been regarded as a rather dodgy branch of 'alternative' medicine with its roots in selling snake oil. Nothing could be further from the truth. There is a wealth of solid scientific evidence showing how different foods affect the body and can prevent or cause illness. After more than ten years' experience of helping people take control of their diets to improve or eliminate persistent health problems, my approach to Nutritional Therapy is based on research evidence and long experience of knowing what works.

My sessions always start with a thorough investigation of a client's health history, and a sample of 'live' blood (Hemaview analyses) is examined under a microscope to help identify problems. In this way treatment can be tailored to the individual and amended according to progress. The patient can both see as well as feel changes from one consultation to the next. Different people respond to dietary change in different ways and a 'one size fits all' approach is not used.

Bodil Mjoelkalid

### **Bodil Mjoelkalid** **Nutritional Therapist**

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**Or email [bodil@thecourtcharmouth.co.uk](mailto:bodil@thecourtcharmouth.co.uk)**

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# Food and Drink

## From the White House



**After the excesses of the Christmas and New Year period,** January always feels like it's a month you have to endure. Maybe it's the comedown from all the festivities of the previous month, maybe it's the cold wet days stretching weeks ahead of us before the warm spring days become a reality, maybe because it's dark in the morning when you go to work and it's dark in the evening when you come home as well, maybe it's just because you have to go back to work. Certainly it doesn't help that your bank account has taken a Yuletide hammering and you are a good four weeks away from the next payday, and as I write this in December 2008, the news is full of doom and gloom, forecasting misery, recession and the end of civilisation as we know it. The credit crunch will touch us all sooner or later it would seem.

Now that I have cheered you all up, take heart from this. We may be feeling the pinch but it does not mean that we have to live a miserable frugal existence. Some of the most warming, hearty feel-good foods, perfect for cold winter nights are as cheap as....well maybe not chips nowadays but a pounds worth of Arborio rice and a butternut squash can go a long way, more of which later.

Traditional dishes tended to evolve from necessity as much as inspiration. Most peasants throughout history were an awful lot poorer than people are nowadays so foie gras and fillet steak did not feature much on the menus of the downtrodden proletariat. To survive, they had to find ways of eking out the meagre resources they had available. The result of this - what can be termed as peasant food - relied on large amounts of cheap, starchy ingredients such as beans, rice, pasta, bread and potatoes. These helped to stretch the more expensive, less readily available, protein ingredients like meat or fish, flavoured with the herbs, spices and plants that grew in local abundance. Hence the cassoulet from southern France, risottos and pasta dishes from Italy and Spanish paella. In fact just about every culture has this kind of dish and I would venture to suggest that from the UK sausage and mash fills the criteria perfectly. However just because it is cheap it does not mean it has to be mundane.

I think a well made risotto is one of the finest dishes that can be had and it really does not have to be expensive. For example, the following recipe for Leek, Cheddar and Butternut Squash risotto should cost you a shade over £5.00 for four more than generous portions.

### **Leek, Cheddar and Butternut squash Risotto**

12oz Arborio rice

2 pints veg stock

1 x 2lb butternut Squash peeled seeded and cubed

4 sage leaves

2 medium leeks washed and sliced

5oz cheddar cheese

Knob of butter

For a true risotto you need a short grain starchier rice such as Arborio or Carnaroli, and although they may seem a little more expensive than long grain rice they do soak up liquid to increase their volume by three or four times thus more than making up for the difference in price. The trick with a risotto is that you need to add the stock a little at a time allowing the rice to soak up all the liquid before adding more, stirring all the time. This will give you a wonderfully creamy finish to the dish. Bearing this in mind, here is the method for the Recipe.

Gently fry the cubed squash in a little oil until it starts to brown, add the chopped sage and continue frying until the squash is just undercooked. Put to one side.

In a deep saucepan, sauté the leeks in a little oil until soft then add the rice and sauté for a minute or so, raising the heat a little. Add a ladle of the hot stock and stir the risotto with a wooden spoon until the liquid is absorbed. Continue adding the stock a ladle at a time allowing all the stock to be absorbed before adding the next, until all the stock is gone. Add the sautéed squash and grated cheddar and stir in. If you wish, you can stir in a knob of butter to finish. Season to your taste and serve. Even better with a poached egg on top.

You can of course add any other ingredients you have lurking in the fridge, bacon, sausages, maybe some turkey if you are not heartily sick of it by now. A risotto is a great way of using up leftovers and turning them into a great cheap meal.

### **The White House Hotel**

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from Ian and Liz

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# Local Artist



**Peter Bagley** is well known for his bank holiday art exhibitions at his home-based studio in Aurora, on the corner of St Andrew's Drive and Lower Sea Lane.

Prior to his arrival in Charmouth in 2004 with his wife Lily, he painted conventional watercolour landscapes. But he has now established a reputation for watercolours and acrylics, which he describes as "naturalistic, with a touch of symbolism and an element of humour." Peter's abstract style, with its slight distortions of perspective, mixed vanishing points, rainbow-like suns and mosaics of images, is entirely Charmouth-inspired.

Peter attributes his early interest in colour to his grandfather who was an artist and potter at Burslem. Born in Slough, Peter began his career as a design draftsman. After two years national service in REME, followed by three years of management studies, he became managing director of an engineering company. But creativity in the form of painting, drawing, modelling and sculpting was always in the background.

Peter secured his first painting prize as a young child in 1947 then, ten years later, he won second prize in an all-England drawing competition. In the 1960s he began sculpting in copper, wood, stone and Papier Mache and subsequently taught evening classes in jewellery making. He exhibited at Goldsmiths' Hall in 1980. Peter created intricate gold and silver jewellery for 35 years which he sold through Century Galleries in Henley-on-Thames, several Dorset galleries and directly to discerning clients. He retired to West Dorset in 1986.

Peter was asked by his local rector, who was due to be enthroned at Westminster Abbey as Bishop of Hereford, to design and create a ring and cross for him. "When I asked what type of ring he wanted, he

said "smooth and kissable!" Curiously, Peter received a double commission from Dorset white witches. "I was told to make a silver pendulum without any joints. I remember when the lady left the studio she said "I hope it works"; as if I had any control!" Peter also created a silver staff for the witches with a huge faceted stone with five arms, five claws, five cut-outs and five supports. He was instructed that the pieces had to be made during specific phases of the moon! Constantly seeking new challenges, Peter went on to write three definitive books for Batsford and, latterly, Cassell, namely *Making Silver Jewellery*, *The Encyclopaedia of Jewellery Making Techniques* and *Making Modern Jewellery*.

Peter employs conventional watercolour techniques, particularly 'wet-on-wet' in which he paints an area, immediately adds another colour which bleeds into it and then blots it to achieve texture. He also uses masking and dotting to create patterns. "Traditional perspective dictates that you stand to attention with one eye shut and stare at the horizon, but people don't do that. They look from the sky to the sea, to the beach to the cliffs and to the birds, and don't concentrate on a single image. So sometimes I use a mosaic of images to create a total picture. If you tried to put all those elements together, you would need a massive canvas and the detail would be tiny."

Every morning Peter walks on Charmouth beach and, he says, every morning is different. "I've never come away without adding some new memory. Charmouth constantly provides visual surprises. Each stone on the beach is an individual sculpture which changes when it's wet or dry or half-buried in the sand, and the range of colours is quite amazing. The light, the tide, the wind, the footprints, the direction of the sun, the sky and the clouds are my inspiration. My paintings express the joy of being on the beach."

Look out for Peter's Easter weekend art exhibition. In the meantime, several of his paintings are on display at the Hensleigh Hotel and Ida's.

*Lesley Dunlop*

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# Our Scilly Adventure



## **Our family is coming to the end of an interesting chapter.**

We have been living for three and a half years on a small granite outcrop measuring approximately two miles across, situated out in the Atlantic Ocean 28 miles south west of Land's End. This tiny archipelago, which includes five inhabited islands and countless smaller ones, is the Isles of Scilly. 'Our' island, St Mary's, is significantly larger than the other islands, here we have cars, shops and even a bus!

Most significant to the lives of our family has been The Five Islands School, as Andy's appointment as head teacher brought us here in August 2005 and three of our children have been pupils there. The school has five bases across four islands and caters for pupils aged 3-16. There is no sixth form here so at 16 almost everyone makes their way to schools and colleges on the mainland. Children living on the smaller 'off-islands' weekly board on St Mary's from the age of 11. There are currently 7 pupils on St Martin's and I remember doing an afternoon's supply teaching on St Agnes when the island had only 3 primary aged children, it was somewhat quieter than a day at home with the family!

The Scillonian brings passengers by sea to and from the Isles of Scilly for half of the year. The journey can be a trial, as friends of ours will testify. At the end of October the Scillonian goes into dry dock in Penzance until Easter and the population of Scilly (about 2,000) depends on the cargo ship, the Gry Maritha, to deliver everything imaginable. She sails three times a week - weather permitting. When the weather does not permit, the shelves in the Co-op become very empty indeed and people dig out their bread-makers.

In the winter months the islands can only be reached by helicopter and light aircraft. The 'Islanders' (light aircraft) have 8 seats, and are very cosy. The pilot sits just in front of you and just before take-off he will crane his head around to give a few details about altitude and weather conditions and wish his passengers an enjoyable flight. The helicopter is slightly more reliable in less favourable weather conditions and can deal with strong side-winds, but neither

can operate in fog. Fog is the curse of many a would-be traveller, especially in autumn and spring, and being 'fog-bound' in Penzance can last a whole weekend as nothing flies on Sundays.

So our time here has been fascinating as well as quite hard in some ways. We have felt sad to send our middle 3 children away as they reached the sixth form but they have all risen to the challenges before them and gained in confidence and independence. Our time at the school has been very positive. When Andy was appointed, it had just come out of 'Special Measures'. At its recent Ofsted inspection it achieved Outstanding in all categories. I have had lots of fun teaching the Nursery class for the last two and a half years and will be really sorry to say goodbye to some lovely children. Our three youngest children have had a very happy experience of The Five Islands School and have a real understanding of life in this special place where the relatively safe environment has allowed them greater freedom than they knew before.

We have enjoyed deserted white sandy beaches and azure seas, walks on the coast path with only seabirds and the occasional heron for company, trips across the sea on moonlit winter nights to an off-island Christmas show or Christingle service and the sight - and scent - of narcissi flowering in the fields. We have watched ferocious winter storms from our window and delighted in stunning seascapes at every turn. But with Andy having recently been appointed head of a special school in Weymouth, it is time now to return to our home in Charmouth. We sense that time has moved on - two of our children are now at university and a third will go in the autumn.

Things will certainly be different for our family but we are very excited to be coming home. We have had a fascinating time in a unique place but are now ready to rediscover what we love about West Dorset.

*Bryony Penman*



# MURDER MOST FOUL

## Eighty-two detectives came together

in St Andrew's Community Hall in October to solve the mystery of who was responsible for the death of Sir Robin Cocker (rather appropriately also known as Cock Robin). It was clear Sir Robin had been done to death by unwittingly consuming poisonous mushrooms. The question was who had administered them. To aid them in their deliberations, Marilyn Waterson and Pauline Hayter provided a splendid three-course dinner (including mushrooms of course!). A total of nine suspects were interrogated after dinner. They all had good cause to wish Sir Robin dead. There was the deceived wife, a rather dodgy looking rector, the butler who feared for his pension, the sister in law who had had an affair with Sir Robin, the embittered gardener who had seen his wife dismissed and his daughter, the maid,

made pregnant by the old goat, not to mention a shifty looking scullery maid and a couple of strange old ladies of whom it might be said "They had attitude". Furthermore, all of the suspects had form, having previously impersonated shady characters in a series of pantomimes here in Charmouth. In the event, the guilty party was shown to be Peggy the

cook, aunt of the wronged maid and friend of the gardener. About a quarter of the detectives came up with the correct culprit. Mike Whatmore wrote this Murder Mystery Night and interrogated the suspects. The event was presented by The St Andrews Community Hall, and they were ably assisted by the cooks, the bar staff, the waitresses, the suspects and of course the amateur sleuths. A great many of the detectives dressed up in twenties costumes adding to the atmosphere and greatly contributing to the success of the evening. Approximately £1100 was raised for the Hall Building Projects Fund and this will make a significant contribution toward the regeneration of the front part of the building that is planned for the future. A big thank you is due to all those who took part.



*The Maid under interrogation.*

Mike Davies

## Charmouth Gardeners

**During the winter period** we have lecture meetings on a variety of topics.

The new season will start on 11th March with a Buffet Supper and new members are welcome – subscription costs £3 for the year and further details can be obtained from Kay Churchman (560980).

Our main concern at the moment is the sudden and unexpected death of our President, Tom Higgs. He was much respected for his enthusiasm for gardening and his ability to organise a small garden to produce a variety of high quality flowers, fruit and vegetables to exhibit at our Flower Show. He was also widely respected for the work he did for the village and his support for various groups. These included being Chairman of the Village Hall Committee, President of the Charmouth Society, a regular, with his wife, Peggy, on the desk rota for The Heritage Coast Centre and an active member of the Bowls Club. His words of wisdom, his dedication and his sense of humour will be sadly missed.

Chris Horton



## Charmouth WI

**Charmouth WI meets every second Thursday** in the Village Hall at 2.15pm and we welcome all new members and visitors. Our speakers for September and October were unable to attend, but we were fortunate to have Mr Stephen Sylvester who came at very short notice on both occasions. In his first talk he kept us all amused as he told us of his experiences as a Bevin Boy in World War Two. In October he talked about his life in the entertainment profession, both in management and as an actor. He was a wonderful speaker and we hope he will come again.

In November we had a very interesting talk by Mrs Angela Cooper on jewellery making and design. She brought along a lovely display of her own handiwork. Five of us attended the WI Autumn lunch in Dorchester where we had a splendid buffet and were entertained by The Court of King Henry and were able to meet other WI members from around the county.

Our Autumn group meeting was held at Blackdown, where again we had a lovely buffet supper and enjoyed singing and reading poems with a Dorset theme. We from Charmouth were very proud to win the quiz!

Joan Randall was our delegate at the Autumn Council meeting where the main speaker was Lars Tharp from the Antiques Road Show.

At our Christmas meeting we brought along our cakes to be decorated, with a demonstration by Jean Kesterton. Tea, games and carol singing followed, to end an enjoyable year with the Charmouth WI.

We hope to see some new members in 2009. For more details please contact Ann Jones 560242 or Pam Berry 561656

# A Cottage by the Sea

**This may be a familiar story to some of you:** in our hunt for a cottage by the sea, Richard and I had fallen in love with Charmouth. When Charm Cottage at the top of The Street was for sale, we were thrilled when it eventually became ours. The idea was that it would be enjoyed by us, and by our family and friends. But it also had to pay its way as a holiday let business too.

We set about updating the cottage with the first rate help of architect John Matthews and builders Challis & Sons, both based in Bridport. We have the most wonderful and long-suffering neighbours, notably Pam and Nick Berry, who not only tolerated the noise and inconvenience, but Pam even supplied the builders with cakes baked to order each week as well! In May this year we began to use the cottage and Lyme Bay Holidays began to let it – a strange double life for this little building, which served in Victorian times as part of the Cottage Hospital.

So what's been our response after these first six months? Well of course, we adore this friendly, beautiful and relaxing place. We join in with village life when we are here: the walking group, events in the village, attend both churches, and shop locally. But what do holidaymakers think of Charmouth? Our Visitors Book offers some clues... 'Fossil-hunting becomes addictive,' said one guest; 'Wonderful walks and didn't use our car once,' said another. 'Charmouth reminds me of my own childhood holidays,' reflected one nostalgic visitor. This entry sums up the British holiday spirit – 'It rained all week but we'll be back!' And do they love Charm Cottage? They do, but our favourite comment came from a younger guest: 'The best thing was your giant salt and pepper grinders!' Children always bring you down to earth, don't they?

*Anne Matthews*

## Calling all Willing Helpers

**One of our readers** suggested that we could use a space in Shoreline to advertise for volunteers and willing helpers to assist in the running of village clubs, societies and events that take place throughout the year.

Again and again, the same people raise their weary hands and offer their time and energy to make such events a success. Without them, Charmouth would not be able to hold its head high and be proud of what it can offer to us all, young and old. These events have made thousands of pounds for charities and societies, enriching the lives of so many people.

### Thank you!

Meanwhile, a steady stream of new faces has moved into the village and it may be that you are one of them, hankering to get involved in some way. Maybe you have lived here for a while and find yourself with time on your hands.

Volunteering is not only a worthwhile activity, it is a means of getting to know people and involving yourself in something that interests you.

There is always something for you to occupy yourself with in the village and it beats sitting at home in front of the telly! Please, don't be shy, get out there and get involved.

**Free ads for 'Willing Helpers'...  
Contact Shoreline  
address on page 2**



### 'Diary' Maid or Man!

**Shoreline is looking for someone to run our 'Village Diary'**

This involves making phone calls to clubs and groups and keeping your ear to the ground to find out what is going on in the village.

Shoreline is a quarterly publication, so the work load is fairly minimal.

No computer experience necessary

Please contact Jane on 01297 560329  
Or email [editor@shoreline-charmouth.co.uk](mailto:editor@shoreline-charmouth.co.uk)

### Many Hands make light work....

Come and help with the preparations for the

### Charmouth Pantomime- Beauty and the Beast

Painting, Sewing, Construction and making a decent cup of tea to keep us all going!

**Call Rachel 560758**

# Maritime News

## Chopper in Charmouth



**In October Charmouth was treated to a truly spectacular event**, the airlift of a Royal Navy Lynx helicopter by an Army Chinook.

During a return flight from France, one of a group of four Lynx helicopters suffered a fault that caused it to make an emergency landing. Thankfully the crew were all fine but by all accounts they were lucky to reach land and not ditch into the Channel. After landing at the bottom of Seadown caravan park the crew assessed the fault and the decision was made later that day that the Lynx was not fit to continue the return flight, even after attempted repairs. An airlift was the only sensible option. The crew were forced to stay overnight with the helicopter to maintain security and became a bit of an attraction the following day.

Word, of course, spread throughout Charmouth very quickly that a Chinook would be coming to take the Lynx away. The time of the lift was planned for about 4pm and the residents of Charmouth turned out in force on the sunny afternoon to watch. Whilst waiting, the crew allowed children from the village to sit in the helicopter and chatted with spectators awaiting for the main event. It wasn't until about 4.45 that the Chinook came whumping down the Marshwood Vale and flew straight over the heads of spectators that had gathered at the base of the coast path leading up Stonebarrow. Banking back around it slowed over the river Char, blowing water and reeds in a shower over the watching crowds. As it set down gently near to the grounded Lynx the crew stepped out to prepare the cables for the lift. It only took a few minutes to make ready. Once airborne the Chinook hovered briefly over the Lynx before slowly lifting it into the air and disappearing back up the Marshwood Vale with another flurry of reeds and spray from the river.

A truly once in a lifetime event for the village!

*Sam Scrivens*

## Coastguards

**In the last issue of Shoreline**, there was an explanation about the four wheel drive vehicle that is used as the 'base' during most Coastguard incidents.

One of the key jobs that we are asked to undertake is rescues from cliffs. The Lyme Regis Coastguard Team has spent the last ten months training in specialist rope rescue techniques with new equipment. All of the equipment necessary to carry out the rescue of people and / or small animals from cliffs is carried in the four wheel drive vehicle. This includes four 200 metre cliff lines, full body harnesses, stretchers, rescue slings and animal nets.

All this gear is used in conjunction with professional climbing equipment that has been developed and tested by rescue companies worldwide. In November, the local Coastguard team was called to Stonebarrow to help with the rescue of a dog that had dropped and then chased his ball over the cliff edge. All ended well when the dog was recovered by the owner after he had tied a rope to a National Trust bench before the coastguard team arrived. There has been much commentary in the press about the role of the coastguard rescuing animals. Where domestic animals are concerned, the coastguard will affect a rescue to prevent the owner from getting into danger while trying to rescue the pet themselves.

This is particularly relevant to dogs, which have a unique place in many people's lives. Around the coast of the UK this year, there have already been 100 rescues of dog owners, who have ventured after their trapped pet. For incidents involving farm stock and wild animals, the Coastguard will work in conjunction with the owner, the RSPCA, vets and other emergency services to determine the best outcome for that particular animal. They will take into account the overall welfare of the animal, available food and water and the additional stress that may be caused in the eventual recovery.

If you are walking your dog near the cliff edge, it is always best to keep your dog on a lead. The Coastguard is urging anyone whose dog does require rescuing to call them, rather than attempting a rescue that would risk placing themselves in danger.

**Dial 999 and ask for COASTGUARD.**

Next Issue... a more detailed look at the cliff rescue equipment.

*Nick Bale*



**HM Coastguard**



# Charmouth Rocks!

## Alike Cooper

### Alike Cooper, plus very special guests. Saturday 1st November 2008

**When I decided to write this piece it was going to be a short thank you** to all who helped out, who turned up and who danced the night away. However, I have had so much great feedback over the past few weeks I thought I would write a little more.

It was a shocker of a night on the weather front. More biblical than musical or so it seemed at 7 p.m. But the portents were wrong, the doors opened, the crowd arrived and the bar was swaying with expectancy.

The support band took to the stage to a storm of applause. "Hang on I recognise those faces". Morecombelake and Palmers were playing their debut gig and Wow! what a debut.

With the mercurial Ian Simpson on guitar and vocals, Andy, cool as you like, Starke on bass and (John) Terry Reynolds on drums they launched into their set as though they had been playing together for years not months.

With Beatles and Neil Young covers gracing their set list they really got the crowd into a mood to party and went down so well with the rapturous crowd they returned for an encore. Very unusual in support band circles!

Next up it was headline act Alike Cooper (Alice Cooper tribute band).

Just as well the kids were safely tucked up in bed because when Alike hit the stage with their ghoulish Halloween masks to the sounds of 'Welcome to my Nightmare' the crowd staggered backwards for safety.

This tribute act was sensational. All the big hits were there from I'm Eighteen, Billion Dollar Babies, Only



Alice gives all he's got

Women Bleed, Poison, Elected, Schools Out and many more.

The theatrics of the band and the psycho/whiplash/nurse were a joy to watch and so well staged.

I had seen Alice Cooper back in the 70's and this tribute band just had everything you would expect. The only real difference being the giant balloons released during the encore were full of confetti instead of maggots!

So thanks for all the positive comments. It was, I agree, a great night out. Finally, thanks to all who helped me pull it together; you know who you are.

*Nick Beardwood*

Photos courtesy of Neil Harvey  
[whatgoatimages.co.uk](http://whatgoatimages.co.uk)

## Youth Club Disco

**Kids and adults alike** enjoyed a spooky time at Charmouth youth clubs first Halloween Disco. The youth club was turned into a scary Bat Cave with Grave stones (made by the children) Skeletons and creepy crawlies. There was plenty of activities to keep the Witches and wizards occupied including apple bobbing and donut catching. There was also a Fancy Dress Competition and a best pumpkin lantern contest. The Ghouls and ghosts feasted on devils hot dogs and Dracula's punch and did the monster mash to sounds played by D.J Lee.

A fun night was had by all. Thanks to every one that helped in any way.

Charmouth Youth Club will be celebrating its Golden Anniversary in 2009.

According to a wall plaque in the present club house, **"This club was founded in 1959 through the initiative and efforts of Miss D M Beckh"**

Do any of our readers have information about Miss Beckh and her pioneering efforts, or photos or memories of the Youth Club down the years? If so, **Shoreline** would love to hear from you so that we can carry an article on the Youth Club in our Spring Issue. Please contact the Editor with your stories or images.

*Louise Thresher*

# Sport

## Charmouth F.C.

We've had a fairly bad spell of wet and cold weather, causing quite a few matches to be called off, but we have had some good football results for the club. The first team are through to the Division One Cup Final on 27th December, playing West and Middle Chinnock at Thorncombe F.C's ground. In the league the first team has been playing well and is up to third place in Division One.

The Reserves are also in good form, getting through to the quarter finals of the Dorset Minor Cup, playing Branksome Celtic in Poole. They are in sixth place in Division Four.

Happy New Year to you all, let's hope things keep going the right way in 2009

*Steve Pratt, Secretary.*

## Tennis



Competitors in the 'Charmouth Tennis Club Junior Tennis Tournament' held September 08.

"It was a very successful and enjoyable day, which will be repeated in future years".

*Pauline Bonner*

# What's on this Winter

**Friday 22nd-24th January  
including Saturday matinee**

**Charmouth Pantomime  
Beauty and the Beast  
Community hall**

**Tickets from  
Fortnam, Smith and Banwell**

**Friday 23rd January**

**Evening (TBA)**

**Talk by Philip Little-John  
The Titanic**

**Charmouth School**

**01297 560591**

**Thursday 5th February**

**7.30-9.30pm**

**Jurassic writers**

**Community Hall**

**Sally Ann Sheridan**

**Thursday 19th February**

**7.30pm**

**The Twinning Association  
AGM**

**Peter Bonner 01297 560251**

**Sunday 1st March**

**2pm - 4.30pm**

**SW Dorset LETS  
Trading Event**

**Community Hall,**

**Vee Driscoll on 01308 425518.**

**Wednesday 11th March**

**7pm**

**Gardeners Club  
Buffet Supper**

**Village Hall**

**Kay Churchman 560980**

## Monkton Wyld Court. Courses for Winter 2009

For more information contact [www.monktonwyldcourt.co.uk](http://www.monktonwyldcourt.co.uk)

16 - 18 Jan	Coppicing course
24 Jan – 6 Feb	Designing for Planet and People –Permaculture Design Course
14 Feb	Spring grafting course
21 Feb	Seed Swap day
28 Feb + 25 Apr	Permaculture Design: blended learning course
6 – 8 March	Build a compost loo
15 – 20 March	Garden Work week.
20 – 22 March	How to set up a low-impact smallholding
5 – 10 April	Easter family week with Dorothy and Anita
24 – 26 April	Wild Food

**For a free listing in  
What's On?..**

**Send details to**

**[editor@shoreline-charmouth.co.uk](mailto:editor@shoreline-charmouth.co.uk)**

**The Moorings,  
Higher Sea Lane,  
Charmouth,  
Dorset. DT6 6BD**



# Village Diary

Mon 4.15 – 6pm	Charmouth Brownies	Charmouth Community Hall	Caroline Davis 560207
Mon 6.30 to 8pm	Charmouth Cubs	The Scout Hut, Barr's Lane	Toni Green 560778
Mon 8 - 10pm	Charmouth Badminton Club	Charmouth Community Hall,	Trish Evans 442136
Tues 10 – 12 noon	Pavey Group (village history)	The Elms, The Street	Peter Press 561270
Tues 10.00 – 12.30pm	Monkton Wyld Kindergarten (age 3+)	Monkton Wyld Court	Caroline 444940
Tues 2.30 -6pm	Bowls Club	The Playing Fields, Barr's Lane	Bob Just 560557
Tues 7 - 9pm	Seniors Youth Club	Youth Club, Wesley Close	Ken Darling 561004
Tues 7pm til late	Charmouth Badminton (Friendly Club)	Charmouth Community Hall,	Pauline Bonner 560251
2nd Tuesday of each month 10-12noon	United Reformed Church Coffee Morning	The Street, Charmouth	Rev Ian Kirby 631117
3rd Tuesday of each month 7.30pm	Parish Council Meeting	The Elms, The Street	Lisa Tuck 560826
Weds 7.15- 9.00pm	1st Charmouth Scouts	The Scout Hut, Barr's Lane	Trev Jarvis 07702 408 455
Weds 10 – 12noon	Charmouth Cherubs	Charmouth Village Hall,	Kate Bonner 561603
Weds 10.30– 12.30pm	Monkton Wyld Kindergarten (age 3+)	Monkton Wyld Court	Caroline 444940
Weds 2.30-6pm	Bowls Club	The Playing Fields, Barrs Lane	Bob Just 560557
Weds 7.00 to 8.45pm	Girl Guides (term time only)	for more info call Davina Pennells 560965.	
1st Weds of each month 2.30pm	The British Legion (Women's section)	The Elms, The Street	Pat Stapleton 560255
4th Wed of each month 2.15 for 2.30pm	Wrens Association	The Elms, The Street	Pat Stapleton 560255
Thurs 6.30–8.30pm	Junior Youth Club,	Youth Club, Wesley Close	Toni Green 560778
Every Thurs 7pm	Bridge Club	Wood Farm, Charmouth	Vincent Pielesz 560738
2nd Thurs of each month 2.15pm	W.I. Meetings	Charmouth Village Hall,	Anne Jones 560242
Thurs 7 – 9pm	Pavey Group (village history)	The Elms, The Street	Peter Press 561270
3rd Fri of each month 7.30pm (eyes down)	Bingo (fund raising)	Charmouth Community Hall	Trish Evans 442136

**To Book an event at one of our community halls  
Call.....**

**Community hall**, Lower Sea Lane, 560572

**The Elms**, The Street 560826

**The Village Hall**, Wesley Close 560223

**The Youth Club Hall**, Wesley Close 561004

**Send us your free entries for  
the Village Diary by  
16th March**

**editor@shoreline-charmouth.co.uk**

**The Moorings,  
Higher Sea Lane,  
Charmouth,  
Dorset, DT6 6BD**



# Local Contacts

NAME/DESCRIPTION	CONTACT DETAILS	PHONE
Charmouth Parish	Mrs L Tuck, The Elms, St Andrews Drive, Charmouth	01297 560826
	Beach Superintendent, Heritage Coast Centre	01297 560132
West Dorset District	Stratton House Dorchester - All Services	01305 251010
	Emergencies - Out of Hours	01305 250365
Dorset County COUNCILLORS	County Hall Dorchester - All Services	01305 251000
Charmouth Parish		01297 560896
West Dorset District	Mr D Newson	01297 560855
Dorset County MEMBER of	Col G J Brierley OBE	01297 560660
CHEMISTS	Oliver Letwin House of Commons London, SW1A 0AA	02072 193000
	F G Lock, The Street, Charmouth	01297 560261
	Boots The Chemists, 45 Broad Street, Lyme Regis	01297 442026
	Lloyds Pharmacy, Lyme Community Care Centre, Uplyme Road, Lyme Regis	01297 442981
DENTISTS	The Lyme Practice, The Elms Medical Centre, The Street, Charmouth	01297 561068
	Kent House Dental Care, Silver Street, Lyme Regis	01297 443442
	Lyme Bay Dentistry, Temple House, Broad Street, Lyme Regis	01297 442907
	M R Symes, 41 Silver Street, Lyme Regis	01297 442846
	Dorset Dental Helpline	01202 854443
	Dental Emergencies - Out of Hours	08457 010401
DOCTORS	Drs Beckers, Littlehurst Surgery, The Street, Charmouth	01297 560872
	The Lyme Practice, The Elms Medical Centre, The Street, Charmouth	01297 561068
	The Lyme Practice, Lyme Community Medical Centre, Uplyme Road, Lyme Regis	01297 442254
	Lyme Community PMS, Lyme Community Care Centre, Uplyme Road, Lyme Regis	01297 445777
	Lyme Bay Medical Practice, Kent House, Silver Street, Lyme Regis	01297 443399
	NHS Direct - 24-Hour Healthcare Advice and Information Line	0845 4647
	Dorset GP Service - Out of Hours Emergency Service	08456 001013
HOSPITALS	Bridport Community Hospital, Hospital Lane, Bridport	01308 422371
	Dorset County Hospital, Williams Avenue, Dorchester	01305 251150
EMERGENCIES	Police Fire Ambulance Coastguard	999 or 112
EMERGENCY	Gas	0800 111999
	Electricity	0800 365900
	Water	08456 004600
	Floodline	08459 881188
	Pollution	0800 807060
POLICE	Lyme Regis Police Station, Mill Road	01297 442603
	Bridport Police Station, Tannery Road	01308 422266
	Axminster Police Station, Lyme Close	08452 777444
FIRE and RESCUE	West Dorset Fire and Rescue Service - Group Manager	01305 228952
POST OFFICES	1 The Arcade, Charmouth	01297 560563
	37 Broad Street, Lyme Regis	01297 442836
	25 West Street, Bridport	01308 422667
SCHOOLS	Charmouth County Primary, Lower Sea Lane, Charmouth	01297 560591
	St Michael's C of E, V A Primary, Kingsway, Lyme Regis	01297 442623
	The Woodroffe School, Uplyme Road, Lyme Regis	01297 442232
	The Sir John Colfox School, Ridgeway, Bridport	01308 422291
	Colyton Grammar School, Whitwell Lane, Colyford	01297 552327
PUBLIC TRANSPORT	National Rail Enquiries - Information on Timetables Tickets and Train Running Times	08457 484950
	National Traveline - Information on Bus and Bus/Rail Timetables and Tickets	08706 082608
PUBLIC SWIM /	Bridport Leisure Centre, Skilling Hill Road, Bridport	01308 427464
	Flamingo Pool, Lyme Road, Axminster	01297 35800
LIBRARIES	Charmouth, The Street	01297 560640
	Lyme Regis, Silver Street	01297 443151
	Bridport, South Street	01308 422778
	Axminster, South Street	01297 32693
CINEMAS	Regent, Broad Street, Lyme Regis	01297 442053
	Electric Palace, South Street, Bridport	01308 426336
	Radway, Radway Place, Sidmouth	08712 30200
THEATRES	Marine Theatre, Church Street, Lyme Regis	01297 442394
	Arts Centre, South Street, Bridport	01308 424204
	Guildhall, West Street, Axminster	01297 33595
	Manor Pavilion, Manor Road, Sidmouth	01395 514413
WEBSITES		
www.dorsetforyou.com	Dorset's portal for County/District/Town/Parish Councils and other Agencies	
www.saynoto0870	Cheaper equivalent geographical phone numbers (ie those beginning with 01... or 02...)	