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JUNE/JULY 2014 ISSUE 31

reconnect

the green living magazine for Exeter, Plymouth and South Devon



Strum of the parts

Traditional skills and native woods



Shows and festivals

A feast of tasty local events



Community living

Sharing space and an ethos

Driving a bargain

Life with a community co-op car



A place of peace

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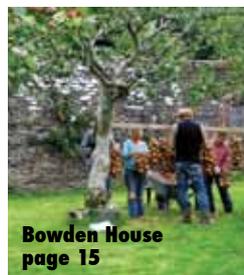


Cover images

clockwise from main picture: Plymouth Big Food Event (page 8); Sharpham natural burial ground shelter (page 14); E-cocars (page 12); Bowden House (page 15); Andy Davidson (page 6)



Andy Davidson page 6



Bowden House page 15



Events diary page 18



Festivals and shows page 20

Welcome...

to the June/July issue of Reconnect magazine.

Wow! Things are always pretty hectic just before we go to press, but this issue it's been super-busy with lots of great stories breaking at the last minute. It's made for one very exciting issue!

Also on page 11 we say hello to a new member of the Reconnect team, Jane Hutton, who will write a new regular column called Naturally Nourishing - we think you'll love it.

There will be a few chances to catch up with members of the Reconnect crew over the next couple of months.

We'll have a Reconnect stand at Quest from July 24-27 (see page 20) and on that Sunday (July 27), I'll also dash over to The Hillyfield stand at Totnes and District Show. (Martin and his wife Jenny will also be at the Hillyfield Hens Open Day on Sunday June 27 - see page 17).

Back to the issue and we seem to have developed something of a funeral theme, with news of Green Fuse becoming Heart and Soul Funerals (see page 24), and two stories from the natural burial ground at Sharpham Estate - a profile of the new building there (page 14) and my more reflective piece on page 28.

Enjoy!

Martin

The small print

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New food range

ON page 11 you'll see the first of a new regular Reconnect column, Naturally Nourishing, written by local nutritionist Jane Hutton of Trinity Holistics.

But that's not all. Jane is one very industrious person and as well as working as a nutritionist, blogger, columnist and running workshops (she's on page 25 too!), she has also launched Body and Soul Foods and Boosters, a new range of healthy ingredients, snacks and supplements.

Jane explained: "It's essential to me that the supplements and foods I'm recommending are of a high standard and of an ethical origin and the only way to be sure was to source my own range - now I can guarantee the highest standards."

The range is available via the website, at events around the region, or can be ordered and paid for by phone.

Visit www.trinityholistics.co.uk/shop/ or call 07841 344934.

Oil paints site

A LIFE-LONG passion for painting has led a Dartington artist to set up a website specialising in natural paints.

James Holman now stocks paint from what he believes are the world's three best artist oil paint manufacturers.

James is hoping his site, www.supremepaint.co.uk, as well as selling paint, will become an educational resource and has included a section known as The Supreme Guide to Oil Paints together with a blog.

Email James at james.holman@live.co.uk.

open gardens

TWENTY proud residents of Kingsbridge will be throwing open the gates to their gardens on June 14 and 15 in aid of charity.

Kingsbridge Open Gardens runs from 1.30-5.30pm on both days and is in aid of the Kingsbridge Community Garden and St Luke's Hospice.

Enquiries to Linda Turley on 01548 714017 or email enquiries@kingsbridgegarden.co.uk.

Growers' courses

AS well as growing and selling superb organic plants (and writing a regular gardening column for Reconnect - see page 15), Growers Organics also host a wide range of workshops in rural crafts and sustainability.

Read more in our Workshops & Courses Diary on page 37 and visit www.growersorganics.com.

Community supports entrepreneurs

HOW can we support the new ethical businesses we all know will keep our communities alive in the future?

Well, we can trade with them of course, but what if we don't need their goods or services right now? And what about the businesses that need the most help - the ones that haven't yet got off the ground?

The Local Entrepreneurs Forum, held in Totnes Civic Hall in May, provided a simple solution - you give them stuff.

And not just money. Although (thousands of pounds' worth of) financial assistance was offered, pledges included specialist advice and physical work, fundraising support and yes, even free promotion in Reconnect.

The event, now in its third year, is the brainchild of the Transition-inspired REconomy Centre in Totnes and brings together community-minded entrepreneurs.

The morning was dedicated to speakers (Julie Carthy from social enterprise supporters Unltd and Fiona Ward of the REconomy Project) and various ways of helping business people support each other.

The exchange of expertise, advice and physical help was kicked off with two simple wall-mounted lists headed 'I need...' and 'I offer...' - participants simply made a note of what they wanted or could provide, along with their mobile numbers, and connections were made.

Next was an open space meeting, with 13 tables each supporting a discussion on a range of subjects from a plan to create a community-run launderette in Totnes to ways of boosting business with social media.

After lunch (created with fresh ingredients sourced by the Food In Community scheme and cooked by



pics by Jonathan Camacho

The Living Projects present their pitch and (right) one of the participants adds to the 'I need...' list.

Sima and Hannah of The Kitchen Table), it was time for the Community of Dragons, when five excellent local ventures pitched for community support.

And the support surely came - and in all forms, including those financial pledges (among them, two for £2000 for Dart Valley Timber, which aims to make more local timber available; an offer of farm land (to grow oats for grow local project Grown in Totnes); planning advice (for Dartmoor woodland farm The Hillyfield); help to set-up a social media campaign (for Argand Energy, which designs and installs energy monitoring systems); and an expenses-paid trip to Slovenia for three members of The Living Projects, a group of young people who want to create open community space for living, learning and working.

And you'll hear more about Grown In Totnes and The Living Projects in Reconnect because we've agreed to



give them some free support.

The day ended with a networking reception hosted by the Totnes-based New Lion Brewery, which created a new Circular Stout for the occasion - enufed with oyster mushrooms grown by GroCycle on waste products from the brewing process. Circular, you see.

Reconnect editor Martin Foster said: "There was such an inspiring positive buzz at the Local Entrepreneur Forum - thanks to everyone who made it happen."

Visit www.reconomyblog.wordpress.com.

Embercombe's floating base at eco fest

THE ever-industrious and creative crew from Embercombe, just outside Exeter, will be running more than 40 events during the Bristol Big Green Week - from their 100ft Dutch barge moored on the quay next to the Arnolfini.

The Big Green Week (June 14-22) is a celebration and exploration of all things sustainable so it's a perfect fit for Embercombe whose aim is to inspire people to contribute towards a just, sustainable and fulfilling presence on earth.

After Embercombe apprentices have sailed the barge, Volharding, around



Embercombe's Dutch barge Volharding will be moored at the Bristol Big Green Week.

the coast from London, it will be their base for a range of activities, talks and events.

If you're going up to Bristol, look out for their land crafts, green woodwork,

felt making, willow work, salad gardens, cob sculptures and more. All of the materials for these crafts are sourced at Embercombe.

Speakers will include: Tim 'Mac' Macartney on the Land of the Living Dead; Scilla Elworthy on Peace Start with Me; Woods Sisters Sue Charman & Sam Wernham talking about The Red tent; Born Into a Story with Kanada Elizabeth Gorla and Jo Clarke on Education's Role at Embercombe.

Visitors will also hear from 20 eco authors in the Big Green Chair about anything from storytelling to eco homes.

Visit www.embercombe.co.uk and www.biggreenweek.com.

Join the fight against modern day slavery

WHEN we hear the word 'slavery' it's hard not to think purely of the pre-19th century Atlantic trade between Africa and America.

But there is still modern day slavery taking place in the UK and Ireland and the charity Unchosen is working to eradicate it.

Unchosen employs targeted film campaigns and workshops with frontline workers, young people and the general public aiming to draw attention to, and inspire, community activism against human trafficking, forced labour, sexual exploitation and domestic servitude.

The Bristol-based charity is once again linking with the Exeter Anti-Slavery Group to present films and hold discussion at the University of Exeter Forum Alumni Auditorium on Wednesday June 4, starting at 6.45pm.

Graham Martin, chairman of Exeter Anti-Slavery Group, said the film screening would be followed by a Q&A session with a panel of local anti-trafficking experts to explore the issue in greater depth and what can be done locally to combat trafficking for exploitation in Exeter and Devon.

There will also be exhibitors from other related organisations to provide information. These will include Amber Initiatives, Amnesty International, The British Red Cross, Fairtrade, Migrant Rights Centre (Bristol), Purple Teardrop Campaign, Refugee Support Group (Devon), Trauma Recovery Centre (Bath) and Restore (Exeter).

Said Graham: "It is estimated that between 150 and 300 will attend and everyone will be given a 'How to Respond' pack containing information on the signs of trafficking and how to report a potential case.

"The event will itself strengthen local community activism by bringing together different groups and individuals to provide them with information. The more people are able to recognise the signs of trafficking and act upon them, the more victims can be identified and referred to the appropriate support services."

Find out more at www.unchosen.org.uk/, email info@unchosen.org.uk or call 0117 941 5331.



Funeral director's new name

THE South Hams funeral directors Green Fuse have renamed themselves Heart and Soul Funerals to better reflect the fact that they believe in creating the funerals their clients want - which includes green funerals but a lot more besides.

Pictured above is their window display announcing the news in their High Street shop in Totnes.

Read the story (including where the Green Fuse name came from if you don't already know) in our Wellbeing section on page 24.

Community in film show

THE Great Misunderstanding is an inspiring and visually touching film revealing the transformation process of 25 people in an international community, Open Sky House.

The film, part of the UK Spiritual Film Tour, is showing at the Totnes Natural Health Centre at 7pm on Wednesday, June 4. Tickets £5, £4 concessions.

A trailer of the film is available on the Open Sky House website, www.openskyhouse.org For more information about Premananda, visit www.premanandasatsang.org or email office@premanandasatsang.org

Cafe debate

DISCUSSIONS, the sharing of knowledge and creating possibilities for networking and action are the aims of a Sustainable Collaborations Café in Exeter on July 12.

Participants, including experts in climate change and ecology, will take part in a world café-style conversation.

The café takes place at Park Exeter, Exeter City FC, between 2pm and 6pm. Visit <http://sustainablecollaboration.blogspot.co.uk/>.

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IT support for elderly

TOTNES Library has teamed up with Age UK Devon to create IT support classes for older people.

A spokesperson for Age UK Devon said: "We are living in an age that is becoming ever more digital, from comparing best deals for home energy to buying a TV licence – and it is a great way to stay in touch with loved ones.

"It is wonderful to be working with Totnes Library to offer IT support to older people."

Try IT Out sessions are held at the library on the first and third Tuesday of the month, 2-4pm. Drop in or contact the library to book: 01803 862210 or email totnes.library@devon.gov.uk.



Guitar-maker Andy Davidson in his workshop at Dartington.

Yume's silver

YUME Martin has been designing and making jewellery since she was 16 but has made it her career since 2008. She trained in Mexico in 2002 and has been adding to her skill set ever since.

She says her pieces combine "a worn and torn edginess with an elegant femininity" and creates them using ethical silver sourced within the UK.

In July 2013 Yume opened her first shop and studio in the heart of Ashburton, where you will find Yume working on her pieces which are all stocked in the shop along with ceramics, silk scarves, art and leather goods. Visit www.yumemartin.co.uk.

Tasty book

If you want to find out more about Belinda Connolly's new Deliciously Conscious Cookbook, and sample some of her wonderful cakes, she'll be giving talks, running her cake stall and selling books at the Quest festival at the Newton Abbot racecourse, July 24-27. Visit www.belindaconnolly.com.

Wild feast

SHARPHAM Estate is hosting a Wild Food Feast on June 8. The event runs 12.30-4pm and includes a chance to forage for fresh ingredients and cooking advice. Proceeds from £20 tickets (children free) go to the local outdoor learning project Natural Connections. Call 01803 840990 or email ianw.blackwell@btinternet.com.

Guitar man with an ethical note

A DARTINGTON-based guitar maker is combining traditional techniques with native woods to create instruments that combine high sound quality with low environmental impact.

Andy Davidson became a luthier (maker of string instruments) in 2000 and went on to complete a BSc degree in Musical Instrument Technology at the London Metropolitan University, before travelling to Mexico where he learnt traditional guitar making.

"Generally in the guitar world tropical hardwoods are used," he explained, "and our own native woods have been largely forgotten despite having excellent musical properties and being very beautiful.

"I aim to bring out the natural beauty of the forest and to rekindle interest in our wonderful native woods. I use yew, ash, walnut, sycamore, cherry and laburnum among others and try to have as little environmental impact as possible with my work."

Each guitar is individually crafted using traditional luthiery methods and takes 2-3 months to complete.

"The reward for building slowly is in the sound of the finished instrument," says Andy. "Different sounds can be achieved according to the need of each player. If the guitar is to be used in live performance it can be made to play louder and to project its sound more than, say, an instrument with a mellow tone which may be used to be enjoyed at home."

As well as making guitars to order, for those wanting to make their own guitar Andy also offers workshops and one-to-one tuition in Totnes and six-week residential courses in Alozaina, Malaga.

Find out more at www.andrewdavidsonguitars.com and www.andalucia-guitar-experience.com, or email Andy at theandy72@yahoo.com.

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Steiner fair

A FREE bus service from Totnes will run to this year's South Devon Steiner School Summer Fair on June 14.

As well as being a fun day out, the fair provides an opportunity for people to experience the school's unique atmosphere and gain an insight into some of the principles of a Steiner education.

This year's fair will include woodland crafts, a craft market and an art gallery featuring work by local artists. There will be traditional outdoor and indoor games, as well as a dedicated area for the under-sevens.

Parents will create a selection of homemade food, including wood-fired pizzas.

For more information about the Summer Fair, call 01803 897377 or email sdsteinerfair@gmail.com.

Story walk

EVERY August local storytellers and long distance walkers Helen Raphael Sands and Steph 'WynnAlice' Bradley lead a storytelling pilgrimage up the River Dart to its source on Dartmoor.

Helen tells traditional tales of the river and Steph weaves new stories of the experience as the walk unfolds. Experiences include camping, storytelling, foraging, swimming, fishing, art, movement and dance, open to all.

The walk, August 3-11, costs £220 all inclusive <http://storyweaving.co.uk/index.php/storywalks/>

Totnes to pioneer electronic currency system

BUYING local is to become even easier for the people of Totnes with the release of electronic currency.

Having only recently announced the new Totnes Pound notes, the town is to be the first to introduce electronic currency software. The project is running in partnership with Bristol, the first city to have electronic currency.

The new currency will mean customers can order from businesses taking part through a one-stop online shop.

A click and collect service will bring people into the high street in a bid to blend the convenience of online shopping with the enjoyment of visiting the high street.

A pilot scheme to launch this Autumn will see Totnes as the

pioneer of a countrywide network of local currencies for other towns.

Chantelle Norton, who will be managing the project in Totnes says: "Shoppers are already expressing a desire to direct their online spend more locally. This new Totnes Pound currency software can fine-tune the shopping experience to help customers fulfil this desire. It provides shoppers with an additional way to buy goods

and services from businesses that are local to them, and at the same time feel confident that more of the money they pay will recirculate locally, thus supporting local jobs."

Visit www.totnespound.org.



The new Totnes Pound notes - special extra-large Totnes Pound wallets not pictured.

House hosts new production of Arthurian tale

THE dramatic landscape of Sharpham House is the setting for promenade performances of Parzival this Summer as part of the estate's growing arts programme.

The myth of Parzival is a powerful Arthurian tale of adventure, suffering and redemption based on the 13th century German poem. The story is of a young man cut off from nature and society who has to endure trial after trial on his journey to reach the Holy Grail.

This new theatrical version by storyteller Martin Shaw and playwright Peter Oswald has been commissioned by The Sharpham Trust with funding from the Arts Council and Elmgrant Trust.

The play was developed when its two creators stayed at Sharpham and worked on the estate.

Leading up to the Summer performances at 7pm on July 15, 16, 17, 18 and 19 and at 2pm on July 19 and 20, there will be creative writing residential workshops with poet Alice Oswald, Peter's wife. The show will be directed by London-based West End veteran Harry Burton.

The project will offer the chance for members of the local community to join in the performances alongside a cast of professional actors.

Parzival showgoers are being advised to wear warm clothes and sturdy footwear for each performance, which will take place over the space of approximately two hours, with an interval.

Find out more and book tickets at www.sharphamtrust.org.



Martin Shaw



Peter Oswald

High Nature workshops

THE team at the High Nature Centre in East Portlemouth has been working hard organising and running workshops.

Among those in June are Magical Dwellings Workshops (5.30-7.30pm on Saturdays June 7, 21 and 28). "Let your imagination run wild and make a fairyhouse, wizard lair or an adventure tree house from unusual foraged natural materials," says Cat Middle.

And July events include Adventure Teepees Workshops (9.30-11.30am on Sundays July 5 and 19). "Build your own model teepee with wood and fabric and decorate it with your own handmade paints," says Cat.

For a full rundown on workshops at High Nature Centre, visit www.high-nature.co.uk.



- Build your own guitar
- Residential course near Malaga
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Visit www.andalucia-guitar-experience.com and www.andrewdavidsonguitars.com

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Saturday August 9th (6pm-11pm)

Sunday August 17th (6pm-11pm)

Bank holiday Sunday Aug 24th (6pm-11pm)

Saturday August 30th (6pm-11pm)

food served 6pm-9pm
Book a table!

Outside if sunny/warm enough, otherwise there is plenty of space inside!

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Local produce

WELCOME to our regular foodie celebration of all things local, seasonal, organic or veggie. If you have something to say, get in touch - editor@reconnectonline.co.uk.

Tuck into four days of foodie fun and festivities

ALL aspects of local food production, preparation and distribution will be explored at a new Plymouth event across the city from June 10-14.

Behind the Plymouth Big Food Event (BFE) are Food Plymouth, the city-wide food partnership working to help Plymouth become a Sustainable Food City, and Food is Fun, joint organisers of Plymouth's Flavour Fest.

The four days of foodie fun and festivities starts with the Big Food Debate & Expo, a sustainable food

regional conference, at the National Marine Aquarium on Tuesday June 10, which will include:

- Speaker Carolyn Steele, a leading thinker on sustainable cities, author of The Hungry City;
- Expo for food producers, suppliers, chefs and buyers to meet and do business;
- Local food businesses and

organisations debating about the future of healthy and sustainable food in Plymouth;

- Presentation of Plymouth Food Awards, voted for by the people of Plymouth;
- A school cookery competition to showcase local produce and skills. There will then be a series of school and restaurant promotions and




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activities across the city throughout the week.

And rounding things off on Saturday June 14 is the Big Food Festival, with local produce market and cookery demos, in New George Street on June 14.

Food Plymouth Coordinator Traci Lewis said: "This grand finale will give everyone the chance to taste and enjoy good food in the heart of the city, so come on down and help celebrate Lord Mayor's Day! There will also be food stands and cookery demos at Sutton Harbour.

"The whole festival will be a city-wide celebration of good food. Plymouth is home to many of the region's leading buyers, chefs and suppliers of quality local food and drink, and Devon and Cornwall have a wealth of fantastic produce. It's a great opportunity to taste and enjoy some of the wonderful food here on our doorstep.

"The event will coincide with Lord Mayor's Day in the City on Saturday June 14, along with the Solitaire du Figaro Yacht race and Barbican International Jazz and Blues Festival from June 13-15. A great weekend to be in Plymouth, so do come and join us!"

City markets manager Matt Jones said: "This event is a great way to help bring life back into the west end and to re-launch a regular local produce market back into the heart of the city."

Find out more at www.foodplymouth.org.



Changes on menu at town cafe

THRIVE Café in Totnes is poised to step up a gear as one of the town's leading local, organic and fair trade food and drinks outlets having just celebrated its first birthday.

Helping the Café develop its delicious menu is a new manager, Rob King, who was headhunted from China Blue in Totnes.

Rob is a very experienced catering manager/consultant and has run Michelin restaurants, gastro pubs, health clubs and cafes.

Said Rob: "At the heart of Thrive's new menu is our organic, toasted wraps and pittas, stuffed full with delicious organic continental fillings.

"They make an excellent hearty lunch and a perfect grab-and-go take-away."

Thrive Cafe has created a more speedy take-away service offering sweet potato Frittata and salads, hot soups and fresh fruit and veggie



smoothies. As the Summer unfolds, Thrive Cafe is planning to offer organic beers and wines to go with the food and there are also plans to open Friday and Saturday evenings this year.

Thrive has a wonderful south-facing street terrace, perfect for sitting, eating and drinking.

Specialist evening talks have already begun, film nights are on their way and watch out for their opening night as they begin their Friday and Saturday evening Organic Bistro.



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Local produce

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THE bottled water industry is notorious for transporting its product long distances – on Devon supermarket shelves you can find water from as far afield as Norway and Fiji.

But Pure Dartmoor Water, which bottles at source near Holne on Southern Dartmoor, prides itself on keeping down those 'water miles' by focusing solely on the local Dartmoor and South Devon market.

When directors Gill Gray and Colin Jones set up their business two years ago, they discovered

that even some 'Westcountry water' was arriving in local outlets via wholesalers and warehouses located hundreds of miles away in Scotland or the north of England.

Gill and Colin take a very different approach. Their vision is to supply freshly-bottled and high quality water directly to commercial and domestic customers or through local agents (with free delivery) in and around Dartmoor and South Devon.

Gill said: "It's important water looks and tastes good and has the right composition - and in a

competitive market the price has to be fair. But it's also vital to many people that the water is genuinely local; sustainably produced, very fresh and has travelled very few miles.

"Being small is not always easy because we can't get the same economies of scale as the 'big boys', but our water is very highly regarded by our growing customer base and we're glad we stuck to our principles."

Visit www.puredartmoorwater.co.uk or email puredartmoorwater@gmail.com.



Lynn (right) receives her Fairtrade award.

Quizzes and music at cafe and bistro

TORQUAY'S One World Cafe and Bistro has arranged a host of events for the Summer.

Each Thursday the cafe in the heart of Abbey Gardens is hosting a quiz starting at 8.30pm. There are rounds for music, TV and Film, general knowledge and a picture round.

Throughout the Summer the cafe has organised another series of Retro Soul vinyl nights which proved so successful last year.

The events are hosted by DJs Loadz n LadyJade and start at 6pm until 11pm with free admission.

The music includes tracks from 60s soul, Motown, Stax, Atlantic Soul, Northern Soul and 70s Funk.

The dates are: Saturday, June 21; Sunday,

July 20; Saturday, July 26; Sunday, August 3; Saturday, August 9; Sunday, August 17; Sunday, August 24 and Saturday, August 30.

On event nights such as the Retro Soul evenings, food is served between 6pm and 9pm.

The cafe has also added another feather to its cap for its contribution to the Fair Trade movement.

Owners Lynn and Laurence won the organisation's Gold Award for Best Fairtrade Food Outlet for 2014. The award builds on the Bronze award which was won by the Café in 2013. And they have also won awards in the local In Bloom competition.

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BIG FOOD DEBATE | 10th JUNE

Regional Sustainable Food & Fish City Conference.

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📍 National Marine Aquarium

BIG FOOD EXPO | 10th JUNE

How can sustainable food become a reality for Plymouth?

A space for food producers, suppliers, caterers & other buyers to meet and do business.

📍 National Marine Aquarium

BIG FOOD FESTIVAL | 14th JUNE

Local Produce Market and Cookery Demos.

A grand finale to taste and enjoy good food in the heart of the city, so come on down & help celebrate Lord Mayors Day!

📍 New George Street

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thrivecafe.co.uk



The Totnes Health Oasis



Thrive Cafe is now one year old!

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Naturally nourishing

INTRODUCING...local nutritionist and food writer Jane Hutton joins Reconnect with a new column, Naturally Nourishing. We'll let Jane tell you a little about herself and her first contribution...

Foodtrition - nutritional science coupled to love of great food

HELLO, and a warm welcome to Naturally Nourishing!

I'm thrilled to be joining Reconnect as a columnist and over the coming issues hope to be running the gamut of all things naturally nourishing.

As a confirmed foodie as well as a nutritionist, my mission is to help and heal, keeping food deliciously real. I call it 'foodtrition' - nutritional science coupled with a love of glorious food and the latest word on growing, cooking, eating, and healing, with the insider secrets you really need to nourish your body and mind.

There's no greater truth than what we put, or don't put, into our bodies will have a direct impact on our health, sometimes immediately, sometimes gradually. Reaching (and maintaining) vibrant physical and mental health is about making nutrient-dense food a daily habit as natural as brushing your teeth.

Many aren't getting all the nutrients they really need

though. Elements like stress, environment, pesticides, toxins, allergies, shopping/cooking choices, nutrient depletion and more, play significant roles. So what can you do as a foundation for great health? Buy food that's fresh, natural, produced locally and by farmers and growers who look after their stock and the land.

The definition of local is changing too, as communities grow to meet and mingle. Co-ops like Tamar Grow Local bring the Tamar Valley to South Devon, while Riverford is a national name.

As a part of Food Plymouth, I'm passionate about Plymouth as a Sustainable Food City, and the growth of markets and events, like Food



Plymouth's Big Food Event in June, brings opportunities for producers and customers alike.

Supporting our region's businesses is good for our bodies, and our communities too.

Just like my recipe and nutrition work, this column aims to celebrate fresh, natural eating as one of life's great pleasures, while foodtrition nourishes vibrant physical and mental health. Can you eat your way to health and happiness? Definitely. Enjoy!

Potatoes with chive dressing

A VERSATILE way to make new potatoes a summer health star – brilliant as an alternative to traditional potato salad, or for barbecues, picnics, light lunches and main meals, hot or cold!

450g new potatoes
1/2 tbsp cider vinegar
3 tbsp extra virgin olive oil and/or rapeseed oil
1 1/2 tbsp chopped chives (wild garlic would be great here too)
10 chive flowers or wild garlic flowers

Cherry tomatoes, seasoning
Boil (or steam) the potatoes in lightly salted water until just tender. Make the dressing by whisking the vinegar with 2 tbsp of the oil, then whisk in the chives/wild garlic and flowers. Drain the potatoes and cut in half horizontally if small, or cut into thick slices; halve the tomatoes. Season, oil the cut sides, and cook potatoes and tomatoes cut side down on a heated griddle or frying pan until golden on both sides (a griddle will make striped or diamond patterns). Remove to a bowl and combine with the dressing. Serve and enjoy!



Get spuds back on your plate!

AS we head into Summer, what's uppermost in your mind? Beach picnics? Looking good in Summer clothes or swimwear?

Summer is naturally a time of lighter evenings, lighter eating and trying to get lighter physically. So, what's the best way?

We all have a 'happy' weight, which we naturally reach if we eat the way our body needs us to – which is with a wide variety of natural, fresh foods.

Fad diets abound, but ones that cut out carbohydrates are some of the most ill-informed out there. The types of carbs you eat, what you eat them with, and how much you eat governs their effect on weight. For example, eating carbs with protein and healthy fats releases energy steadily, balancing blood sugar.

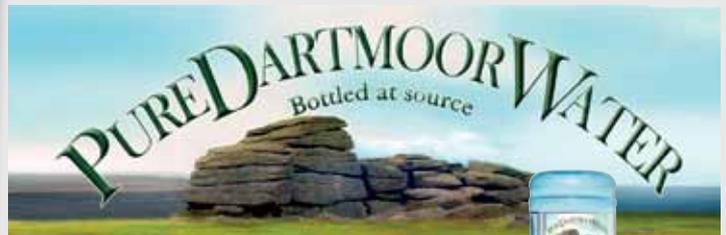
Balance is key, with plant foods at the heart of healthy, happy weight. The humble potato is perceived as a dietary sin, and any potato smothered in butter or eaten in large quantities can mean weight gain. But new potatoes are body-friendly (and weight-friendly) and nutritious.

Cutting the potatoes makes them

What's new?

go further, so you eat less, and adding healthy fats increases the anti-inflammatory, heart-healthy and brain-boosting qualities, complementing a plethora of essential vitamins, minerals and antioxidants. New potatoes are particularly high in vitamin C, A, K, B, folate, potassium, iron, phosphorus, copper, chromium, magnesium and calcium. They are true stars of energy release, cardiovascular and immune support, plus they're a real mood food. Even better, they boast a range of antioxidant flavonoids, carotenoids, and kukoamine compounds which research has shown may prevent hypertension, heart disease and cancer. Cook with the skins on to preserve nutrients, as many are just under the skin.

Give these nutritious nuggets a place on your healthy plate – try my new potato recipe (top right) for light Summer eating and beach picnics!



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Local energy

Incentive repayments for heating systems finally become available

AT LAST! The long-anticipated domestic RHI (Renewable Heat Incentive) has arrived.

As of April this year the Government is helping home owners take advantage of a variety of forms of renewable heat using payment of tariffs similar to those applied to solar panels.

The scheme is open to everyone - home owners, social and private landlords and people who build their own homes - and is paid regardless of whether or not you are on the national gas grid.

The Government says its the first scheme of its kind in the world and hopes it will open up the market for the supply chain of engineers and installers.

The technologies covered are:

- Biomass heating systems which burn fuel such as wood pellets, chips or logs;
- Ground or water source heat pumps;
- Air to water heat pumps;
- Solar thermal panels.

Those who have already installed under the previous Renewable Heat Premium Payment scheme can still qualify, but must still apply before April 9, 2015.

The guaranteed payments are made quarterly over seven years.

Elaine Ewer, who runs Elaine's Stoves in Okehampton, said: "It's great news and it will be particularly helpful to those who are off the gas grid.

"It is a very workable scheme and better than we had expected."

Elaine said they had predicted a tariff of 7p or 8p over 10 years, but the scheme being introduced has a tariff of 12.2 over seven years."

New Green Deal offers up to £7,600

HOUSEHOLDS carrying out energy efficiency improvements on their home can now get more money back to offset the cost of having the work done, the Government has announced.

From June, people in England and Wales will be able to get up

Elaine explained that the application process was all online and would initially involve homeowners having a green deal assessment. Once you have chosen your MCS registered installer and improvement work like loft insulation or cavity wall insulation has been completed and you have the certificates, you are ready to apply.

It takes two weeks for your OFGEM application to go through.

The tariffs are:

Biomass boilers and biomass stoves: 12.2p per kilowatt hour. For air source heat pumps it is 7.3p; ground source heat pumps 18.8p and solar thermal 19.2p.

to £7,600 back through a new Green Deal Home Improvement Fund so they can take control of their bills and have warmer, greener homes.

Find out more at www.gov.uk/green-deal-energy-saving-measures.



Awards double for SWEC

THE South West Energy Centre won two top prizes at the Michelmores/Western Morning News Annual Property Awards - the first building or project to do so in the ceremony's 12 year history.

The first success of the night was Eco Project of the Year, recognising the centre's green features, which include a solar thermal wall, photovoltaic arrays and the Passivhaus, an innovative structure designed to showcase revolutionary building solutions and sustainable building techniques.

The South West Energy Centre then went on to take the top title, Building of the Year.

Patrick Canavan, chair of the centre's project board, said: "To receive regional recognition is a proud achievement and due in no small part to the incredible efforts of our team, who have ensured that the project was completed to such a high standard, on time and within budget."

Laurence Frewin, vice principal of corporate Services at South Devon College, added: "We believe we will inject huge value into the local economy and continue to be a beacon for development and growing opportunities."

The South West Energy Centre is open to members of the public and businesses, who can receive free advice and guidance on the latest in affordable, energy-saving techniques and solutions. Visit www.southwestenergycentre.com or call 01803 540725.

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'Own' a car without bills

It is perhaps a good measure of just how well the E-cocars co-op car club works for member Hazel Tree that when she sees someone else driving the car she thinks: "There goes my car."

So far she has controlled any urges to report it to the police...

For Hazel, a single mum who lives in the centre of Totnes with her nine-year-old son, the car parked on Fore Street is ideally situated.

"I've never actually owned a car. I use train and buses, and have a bike, but for trips onto Dartmoor and for visiting friends in the country, I do need use of a car.

"We've used it for weekends away too. Until recently we had to walk down to the railway station to collect the car but now it's parked up just around the corner.

"It really does feel like it's my car."

So it's very practical and convenient - but without those frightening bills.

"I look after it and keep it tidy - but I'm not responsible for the cost of maintenance or repair."

So are there really not any downsides



Hazel Tree with one of the E-cocars fleet.

to using an E-cocars car?

"Well, booking online is simple and I love the swipe card - I just wave it at the windscreen and it unlocks the car and turns on the computer," Hazel explains.

"I guess the only drawback is that it does need to be back at a certain time, which does prevent spontaneous detours. I just book out an extra half-hour to allow for any delays."

Hazel says the co-op does also seem to extend beyond simply sharing use of the cars.

"Other members are always so friendly," she says, "and if I have any problems or questions I simply call Jeremy at E-cocars and he sorts it out."

To find out more, visit www.e-cocars.com.

Local energy Q&A

Q I recently moved and rented a property in the Paignton area and was given information about the energy rating and banding. Can you tell me if this information is valid and how do they calculate the rating?

A Energy Performance Certificates (EPCs) are needed whenever a property is built, sold or rented. The information is about a property's energy use, typical energy costs and recommendations are given on how to reduce energy use and save money. Energy Performance Certificates present the energy efficiency of dwellings on a scale of A to G. The most efficient homes – which should have the lowest fuel bills – are in band A. The certificate uses the same scale to define the impact a home has on the environment. Better-rated homes should have less impact through carbon dioxide (CO2) emissions. The average property in the UK is in band D or E for both ratings. The person selling the house, the landlord or the letting agent must show the EPC to the person who is buying or renting.

The EPC is produced by a qualified and accredited Domestic Energy Assessor, who uses a standard software package to input data. This software package will produce an energy rating based on the information provided and using Standard Assessment Procedure (SAP rating). The accuracy of the recommendations will depend on the inspection standards applied by the assessor, which may be variable. Assessors are audited by their accreditation bodies in order to maintain standards.

The recommendations appear general in tone, but are in fact bespoke to the property in question. An energy assessment will show the most cost-effective way to cut bills.

Q I recently had a PV system fitted on my roof with the inverter in the attic space and was assured by the certified installer that the system would last a long time. Can you let me know on average how long the parts of the system will last and if the heat in my attic, especially in the summer will affect the inverter performance?

A A PV system should last many years. The warranty conditions for PV panels typically guarantee that panels can still produce at least 80% of their initial rated peak output after 20 years, however the inverter may require replacement within that time period, with manufacturers' inverter warranties typically being 10-15 years. The siting of the systems inverter should be carefully considered to avoid overheating. The operational temperature range of an inverter is, on average, between -10°C to 70°C. Manufacturers provide detailed temperatures on their websites. Inverter locations such as plant or boiler rooms, or roof spaces prone to high temperatures, should be carefully considered to avoid overheating. Failure to follow this can cause a loss in system performance as the inverter will de-rate when it reaches its maximum operating temperature.



Our expert for this issue is Paddy McNevin, director of the South West Energy Centre at South Devon College

ASK THE EXPERTS If you have a question for the experts at the South West Energy Centre, email it (with your name and phone number) to patrick.mcnevin@southdevon.ac.uk. They will answer you personally and the pick of the questions will feature in Reconnect. Or call them on 01803 540725 for help and guidance.

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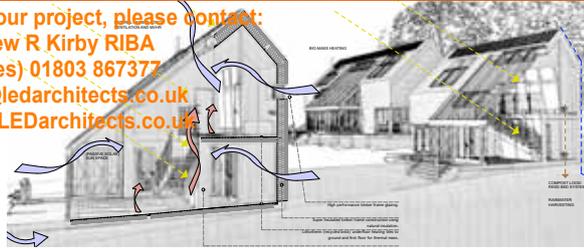


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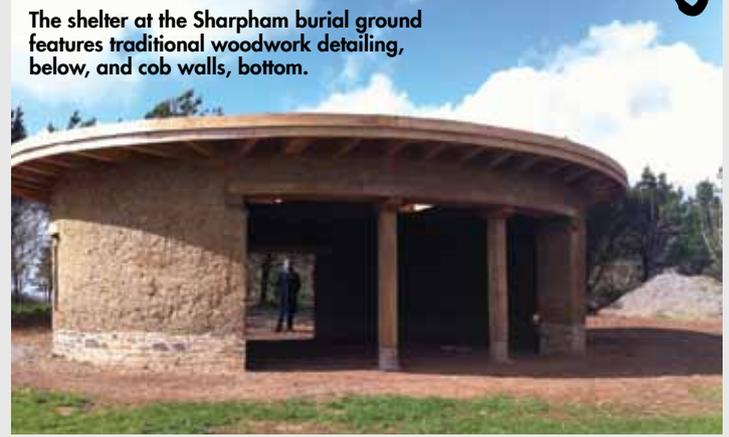
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The shelter at the Sharpham burial ground features traditional woodwork detailing, below, and cob walls, bottom.

Functional and beautiful

CREATING a suitable building for the Sharpham Meadow Natural Burial Ground was never going to be simple.

On a practical level it needed to provide shelter for those attending funerals, or returning to visit the final resting places of their friends and family members. The site sits high on a shoulder of the Sharpham estate, with magnificent views along the Dart river and over the hills to Dartmoor and, to the East, Start Point and a narrow strip of sea - but it is as exposed as it is beautiful.

The new construction also had to reflect the fact that it is a place of contemplation - of those whose funeral you are attending but of one's own mortality too (see Martin's piece in Wellbeing).

The design also had to be sympathetic and well integrated in its natural burial ground setting, not formally religious but with a very definite connection to the majesty and cyclical nature of its breathtaking surroundings.

Finally the shelter needed to incorporate something of the aesthetic values that run through everything Sharpham Estate does. Sure, they want things to function efficiently but beautifully too.

No simple brief, then. And it's a measure of the creative and practical skills of all those involved that the finished structure works just perfectly, somehow embodying the sense of presence its use demands while at the same time fitting into the landscape so well you'd think it grew there.



Chris Nicholls, who was then the director of Sharpham Trust, wanted it to reflect the elliptical shape of the magnificent stairwell in Sharpham House. Working with local craftsmen and materials was also a key factor. The design was something of a team effort by local structural designer Alex Wightman and Dartington-based woodworker and builder Duncan Passmore of Timber-craft, who also oversaw the project and worked with James Brown on the building's woodwork. Other local craftsmen contributing to the build included Ali Sutton, who put in the stone foundations and built the lower wall stonework, and Paul Berkley who was responsible for the cob.

As many as possible of the materials were sourced from Sharpham estate or neighbouring farms, including the earth and straw used in the cob and some of the wood.

The final result is no ordinary building, with its walls taking their shape and size from the famous elliptical stairwell in Sharpham House.

And it was no ordinary place to work. Duncan said: "Everyone who contributed to the build was touched by the magic of the place, one of them arriving early to watch the dramatic sunrise over the hills in the East, and many of us hanging around, just soaking up the place at the end of the working day."

Sharpham Meadow Natural Burial Ground is situated on Higher Sharpham Barton Farm but has its own access gate on the back road from Totnes to Ashprington and visitors are welcome.

● Read more about the burial ground in Wellbeing. See page 28.



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Chance to join community

MANY Reconnect readers will have visited Bowden House Community over the past nine years, perhaps to one of their events, choir evenings or their garden mornings.

Bowden Community is made up of families and individuals who have chosen to live together in an intentional community, all aspiring to "compassionate communication and eco-minded living within a culture of meditating, working, gardening, celebrating and learning together."

There are currently 16 households in Bowden Community, living in individual units and sharing community resources, including an orchard, vegetable gardens, newly planted woodland, a developing forest garden, craft workshops and a clay pizza oven. The planned renovation and retrofit development of Bowden House and the creation of the Bowden Housing Co-operative will make 17.

Once renovated, Bowden Housing co-operative will have five large



'studio' style rooms with their own private bathrooms and sharing a large kitchen and sitting room. There will also be larger spaces with 1-4 bedrooms suitable for family living or more private single living.

The co-operative is looking for potential residents, who have capital to invest in the project, and are also offering ethical investment opportunities for those interested in supporting this kind of project – minimum £20,000.

To find out more or arrange a visit, email Ruth Sutcliffe at travellingruth@yahoo.co.uk. Visit www.bowdenhouse.co.uk.



New home for recyclers

THERE always seems to be plenty happening at Refurnish, the recycling social enterprise that helps people and reduces waste – and this time we can reveal some really big news.

First, Refurnish is moving its biggest outlet and HQ – from Bittaford to a unit at Anna Mill in Wrangaton. Second, they also hope to open a new branch in Crediton. Third, they are planning to open a new bike workshop. And fourth, their unique Restore outlet at Dartington is going from strength to strength.

The move to the industrial unit, right at the entrance of the business estate in Wrangaton, just off the A38, is great news for the organisation.

The new premises have road frontage, so they're easily spotted by customers, and it's all on one level, with disabled parking – something of an issue at their present Bittaford base. Work is underway, preparing the new site and they plan to open there in September.

It's still early days for the planned new store in Crediton but Refurnish would be interested in hearing from anyone with creative flair and a belief in the principle of reuse to join the team there. Either call David

Banks on 01752 897311 or email davidbanks@refurnish.org.uk.

The bike store is planned for the Refurnish outlet at Buckfastleigh. It will sell the best bikes from across the Refurnish stores and they also have plans to run low-cost (or free if they can get funding) workshops, teaching people to maintain their own bikes.

And finally Restore, in the old pottery shop just off the cycle path at Dartington's shops, is specialising in upcycling, rescuing out of fashion or damaged furniture, furnishings and home wares and transforming them into fabulous things for the home.

Adrian Porter, who worked with Refurnish to create the new store, said: "It's a dynamic and exciting place to be and the social side, where local people meet, work and share skills, is as important as reducing waste."

Restore also showcases the work of more than 20 local volunteer makers, artists and upcyclers, who turn an ever changing variety of donated items into wonderful pieces, in the workshop and studio on site.

To find out more call in at the stores, visit www.refurnish.org.uk or www.facebook.com/ReStoreDartington.

Organic gardening

GARDENING is all about planning - and while you're enjoying these long balmy Summer evenings, you really should be thinking about those Winter crops...

AH, long Summer evenings in the garden - there is no better place to be! Well, maybe munching on a few fresh peas straight from the pod, or a young carrot just pulled from the ground...

But it's also a good time to have a wander around and work out where your Winter crops - purple sprouting broccoli, Brussels sprouts, kales and Winter cabbages - are going to go. The larger varieties will need 30-45cm between them but don't worry if this takes up all your space because you can always interplant them with faster growing plants like lettuces, radishes, rocket and even the smallest and quickest brassica (cabbage family) of them all, Kohl Rabi. For those of you who haven't grown it or even tried it, you really should! It's the vegetable that looks a little bit like a turnip but I think it's more like a little alien. It can be peeled, cubed and steamed and served with pepper and a small amount of butter. Or grated raw to make a lovely coleslaw.

Anyway, back to the gardening. Always make sure the brassicas are firmed into the ground really well because they don't like to have their roots rocked or disturbed. You may also want to consider purchasing a descent net to go over your plants because Cabbage White butterflies will be out in force by now - and oh boy, can they do some damage? It is still worth checking the underside of the leaves regularly for the bright



Feeling comfrey...

orange eggs - rub them between your fingers to destroy them.

It is also a good time to be planting out leek plants, which are also Winter-hardy.

The size of the plants you have grown or purchased (we sell them at our nursery, Growers Organics in Yealmpton or on our stall at Totnes Market Fridays and Saturdays) will determine the depth of the hole you make with a dibber. Push the dibber into the soil and make a hole to the depth of roughly two thirds the length of the plant.

Trim the roots of the leeks back to about 1-2cm and drop the plant into the hole. One third of the leaves should stick out of the hole. Then simply fill the hole with water, and unless we have a really dry late Summer or Winter you can leave them to it.

Picking and feeding

PEAS and beans will be starting to produce quite a large crop now, so try to keep on top of it - the more you pick, the more you will get (just like sweetpeas). Later in the season you may want to leave a few beans to mature on the plant so you can save them for next year's seeds. Make sure they are properly dried before storing or they will go very mouldy and become unusable. Also don't save seeds from F1 varieties - they will not come true to the plant you collected them from.

Your lovely veggie will also be in need of a bit of a boost by now, so it's time to give them a feed. There are various things that can be used, including chicken manure pellets, seaweed meal, liquid feeds and, of course, your own home-made fertilisers such as nettles soaked in a barrel of water (very smelly) or, for those of you with a comfrey bed, wonderful liquid comfrey. It works wonders.

If you want to grow your own comfrey, be sure to get a variety called Bocking no. 14 because it's sterile and will not spread all around the garden - also available from us at Growers Organics!

And whatever you get up to in the garden, don't forget to enjoy it!

Reconnect's Organic Gardening column is written by Joa and Charlie Grower of Growers Organics. Meet them at Totnes market on Fridays and Saturdays. Visit www.growersorganics.com, or call 01752 881180.



Living on a little land

First year for Steiner group

THE Exeter Children's Garden has celebrated its first birthday thanks to the hard work, generosity and determination of the community of families and friends.

The Steiner Early Years Centre for Exeter is based at 80 Merrivale Road in St Thomas and offers parent and toddler groups and a kindergarten.

Tara Milford, one of the assistants, said the toddler group provides Exeter with a unique setting for both parent and child.

"It is a small group that offers seasonal creativity and a calm thoughtful rhythm. The group begins the day making bread, followed by a space for seasonal crafts or a supportive parenting discussion.

"They then join together for a circle time, that reflects the changing natural world, and share a candlelit meal. Truly a parent and toddler group with a difference."

The centre's Kindergarten rhythm is similar. They start by preparing a vegetable for the day's meal. A period of free play follows, often incorporating a seasonal craft, and then an all important 'tidy-up time'.

Said Tara: "We gather together for our Circle; seasonal songs and rhymes and a snack of seeds and nuts - 'squirrel time'!

"We then share a hot meal together beginning with a blessing and the lighting of the candle. This is a time to share news and chat about the day. After a busy morning, the children are ready to run out into the garden and play. The kindergarten day draws to a close with a story or puppet show."

The centre runs various workshops talks and festivals - details on their website. There are Craft Days planned for July 22 and August 20.

Rooms and the garden can be hired. The centre aims to create a bursary so if anyone would like to make a donation or become a Friend and set up a regular direct debit they are asked to get in touch.

Email thechildrensgarden@phoncoop.coop, or call 01392427 200.

Therapist grows her own herbs

WE talk a lot in Reconnect about the virtues of an holistic approach to healthcare, work and life generally.

And there can be few better examples of the principle in action than the working life of Frances Wright, a medical herbalist who grows and prepares her own herbs.

She grows herbs at the Althaea Herbal Healing Garden in Littlehempston, which is also home to her dispensary, consulting room and workshop space, where she runs herbal medicine training courses in her way of working.

Non-native herbs like licorice and cinnamon have to be bought in, along with ingredients like vegetable oil and bee's wax, but everything else is grown in the garden, tended by Frances and volunteers, or collected from local hedgerows.

Frances has discovered her way of working to be less common than you might think.

"I set-up the Earth-Based Herbal Medicine Association to bring together herbalists who work in this way but after extensive research I've only come across one other woman who grows over 50% of the herbs she uses," says Frances.

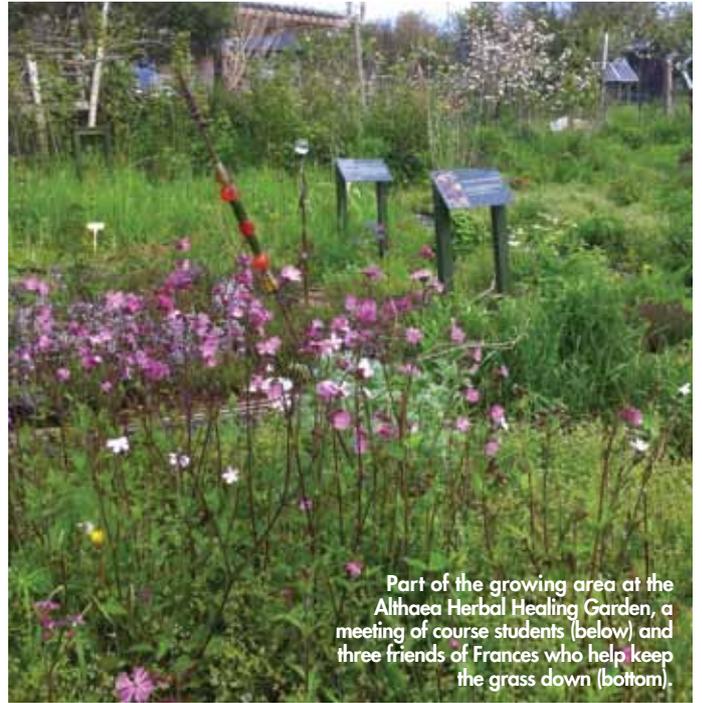
"It means the necessary skills are being lost, so I'm keen to train people myself who will then go on to produce their own herbs and be part of the association."

That same holistic principle is at the core of herbal medicine itself.

"We don't treat ailments," explains Frances, "we treat people. And two people with identical symptoms might need completely different treatment."

Frances also spreads the word through her blog ("I'd like to say it's weekly!"), which she hopes will inspire people to search out the wild herbs she describes.

"There are degree courses, of course," admits Frances, "but they are taught by tutors who do not work in an 'Earth-based' way and not enough time is devoted to these skills."



Part of the growing area at the Althaea Herbal Healing Garden, a meeting of course students (below) and three friends of Frances who help keep the grass down (bottom).

Back in the dispensary, where jars and tubs are carefully stacked on shelves bearing labels like 'Tansy', 'Motherwort' and 'Milk Thistle', Frances uses traditional lo-tech methods to process herbs.

Leaves are soaked (macerated) in alcohol sometimes for many months (but at least for two weeks) before the liquid (menstruum) is strained off and stored for use in tinctures. Meanwhile, other herbs are drying in the roofspace.

"Growing and collecting at least some of your herbs, rather than just buying them all from suppliers, is a much deeper way to work," says Frances. "Spending time with the plants, during the growing, tending harvesting and preparation, creates a very special connection."

To find out more about workshops and volunteering visit www.greenlaneherbs.co.uk (and look at the bottom of the home page for a link to Frances's blog).



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Woodland award for Hillyfield

THINGS are really moving at The Hillyfield, the Dartmoor woodland farm – with a little help from their friends.

They received recognition for what they have already achieved in the shape of second prize in the Devon County Show Woodland Competition for woodlands successfully meeting mixed management objectives. 1st Prize went to The National Trust Woody Bay on Exmoor.

Bryan Elliot, Devon county judge from Pryor and Rickett Silviculture, said:

"This is a great achievement. The aims and objectives at The Hillyfield are really exciting and the work done to regenerate this productive ancient woodland site is impressive."

Doug King-Smith, woodland manager at The Hillyfield was delighted.

"This award is really great and is thanks to all the supporters and volunteers who have helped over the past four years," he said.

"The community events, work done this year to replant where we had to fell due to disease, and our new 100 sqM tree-nursery were highlighted as winning features."

Future plans were given a massive boost at the REconomy Local Entrepreneur Forum (see also page 4), where Doug pitched for support in taking the community-supported timber business to the next level with The Big Barn Build-it Fund.

"We met some wonderful people,"



Doug King-Smith, woodland manager of The Hillyfield, at the Local Entrepreneur Forum.

said Doug, "raised £1350 in cash and the promise of significant support from other organisations, including two years of business development and mentoring support through the REconomy project, lots of people contributing time to volunteer and architectural drawing advice from Gill Baker at Totnes Planning."

The barn is needed to dry timber and add value to timber to make the project sustainable.

Said Doug: "People's generosity seemed to have no bounds in wanting to contribute and help make things happen, and a whole load of people signed up to join our Community Supported Firewood Scheme."

To find out more about volunteering at The Hillyfield, or to offer help or support to the The Big Barn Build-it Fund, visit www.thehillyfield.co.uk or call Doug on 07976 589927.

Forage in the woods for your lunch

THE woodworking team at The Hillyfield are constantly finding new ways of utilising wood from the trees felled there – now a new workshop will find ways of creating meals from the hedgerows and undergrowth.

One of the Hillyfield team, Kerry Stevenson, is running a series of wild food foraging workshops, beginning with one on Sunday June 29 in conjunction with Rachel Cole of The Planet Project (www.theplanetproject.co.uk).

theplanetproject.co.uk).

The workshop, from 10am-2pm, will begin with a foraging walk when Kerry and Rachel will identify plants and talk about their edible and medicinal properties.

After foraging for the food they will cook it over an open campfire and serve it with "other yummy goodies" for lunch.

To find out more, call Kerry on 07540 851582 and visit www.thehillyfield.co.uk.

Coming soon... Edible Gardens Day

THE Big Dig, which encourages people to get down and busy at their local community gardens, will be back with an Edible Gardens Day on September 21. If you

know community garden groups in your area ask them for details, otherwise look out for more in the next issue of Reconnect and visit www.bigdig.org.uk.

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Diz Watson - June 1



Wadja - June 28



Sandi Toksvig - July 4-14

JUNE

SUNDAY 1

And Saturday May 31

Exeter Respect Festival - celebration of diversity, Belmont Park, Exeter, Saturday 12noon-7pm, Sunday 11am-6pm, www.exeter-respect.org.

Forest garden work/play session - and Big Picnic. Part of national Big Lunch event, 10am-4pm, Follaton Arboretum, Totnes, call Annie 01803 762992, 07929 962653 or follatonforestgarden@gmail.com.

Diz Watson and Tony Uter - authentic blues and boogie-woogie piano music, with special guest soul/blues singer Mama Tokus, 7.30pm, The Barrel House, Totnes, www.barrelhousetotnes.co.uk.

MONDAY 2

Until June 7

Ignite - Exeter's festival of theatre in a range of venues including pub cellar, cathedral, library and synagogue, tickets £7, five for £35, www.igniteexeter.org.uk.

TUESDAY 3

Until June 15

Four Seasons - exhibition

featuring seven local artists who have completed a year-long project painting outside, Harbour House, The Promenade, Kingsbridge, www.harbourhouse.org.uk.

WEDNESDAY 4

The Great Misunderstanding - film about conscious community Open Sky House with spiritual teacher Premananda, 7pm, Totnes Natural Health Centre, The Plains, Totnes, £5/£4 concession, www.premanandasatsang.org.

FRIDAY 6

And Saturday 7

Occombe Beer Festival

Westcountry beers, ciders, perry and a Pimms bar, plus live bands, Fri 4.40-11pm, Sat 2-11pm, tickets from Occombe Farm Visitor Centre and www.occombebeerfestival.co.uk.

Free marketing surgery

Advice from professional business marketing coach, consultant and trainer Karen Hunt, 10am-12noon, REconomy Centre, Totnes, www.transitiontowntotnes.org/event.

SATURDAY 7

Until July 6

Turning Right Instead of Left - photographic exhibition by John Robson, Tues-Sat 10am-8.30pm, Sun 4.30-8.30pm, Plymouth Arts Centre, 01752 206114, www.plymouthartscentre.org.

TUESDAY 10

Until June 14

Plymouth Big Food Event - foodie events at venues across Plymouth - see page 8, www.foodplymouth.org.

Transition Town Totnes film night - The Clean Bin Project (2011), film

telling story of couple who attempt to reduce rubbish they produce. Doors open 7.30pm for 8pm start, Totnes Methodist Church, www.transitiontowntotnes.org/event.

WEDNESDAY 11

Until June 15

Chamtrul Rinpoche, spiritual director of Bodhicitta will give three teachings at the Golden Buddha Centre, Totnes. More at visit www.bodhicitta.co.uk.

Economy for the Common Good - Diego Isabel La Moneda talk about new business and economic movement coming from Austria, 7.30-9pm, Fore Street, Totnes, www.transitiontowntotnes.org/event.

FRIDAY 13

Plymouth Jazz and Blues Festival - gigs at various venues across Plymouth Barbican. Visit barbicanjazzandblues.blogspot.com.

SATURDAY 14

And Sunday 15

Kingsbridge Open Gardens - look for signs in the town. Proceeds to Community Garden and Luke's Hospice.

Bristol Big Green Week - celebration and exploration of all things green and sustainable, at venues across the city, www.biggreenweek.com.

Clay Day - Dangerous Dads event for fathers with young children: get messy and creative, Totnes/Dartington area, 01803 840990, dangerousdads.blogspot.com.

South Devon Steiner School Summer Fair, 10am-4pm, South Devon Steiner School, Dartington, www.steiner-south-devon.org.

SUNDAY 15

The Scythe Festival - workshops, crafts and

music (including ceildh), Muchelney, Somerset, www.thescytheshop.co.uk/festival.

TUESDAY 17

Until June 29

Contemporary Passions XII - exhibition by 11 members of the South Hams Arts Forum, Harbour House, The Promenade, Kingsbridge, www.harbourhouse.org.uk.

Creative Play sessions led by an artist and learning specialists for children aged under 6 and their adults - dress for mess! 1-2.30pm, Plymouth Arts Centre, 01752 206114, www.plymouthartscentre.org.

Tarte Noire - Women's Playback Theatre Performance (women only), United Reformed Church, Dawlish Road, Teignmouth, 8pm, £8/£6 (concession) on door.

THURSDAY 19

Mid-Summer evening walk, Barn Owl Trust, Waterleat, Ashburton, 01364 653026, www.barnowltrust.org.uk.

FRIDAY 20

Until June 22

Teignmouth Folk Festival at gigs venues across town, www.teignmouthfolk.co.uk.

Until June 24

Tagore Festival - multicultural, multi-arts and eco festival, Dartington Estate, www.dartington.org/tagore-festival.

SATURDAY 21

Midsummer Flower Festival - displays and activities, focussing on their importance for bees, Royal Avenue Gardens, Dartmouth.

SUNDAY 22

Cooking in a Wood Fired Oven with David Jones of Manna from Devon, 10am-4pm, 01803 520022, www.countryside-trust.org.uk.

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The weird and the wonderful...

Robin would be delighted for you to check out his ceramics - and buy one if you really like it! You can see the 'Weird and wonderful' ones on his website at www.robincurrie.co.uk - and some aren't even terribly 'weird'!

Tel: 01392 22 11 29



WEDNESDAY 25

British wildlife pub quiz. Proceeds to Devon Wildlife Trust activities in Exeter area, all welcome, 7.30pm, Cowick Barton pub, Cowick Lane, Exeter . 7.30pm, carroll03@googlemail.com.

FRIDAY 27

Berry Head Bat Walk, meet at Geopark Gateway Site, 8.15-9.45pm, Berry Head Visitor Centre, 01803 520022, www.countryside-trust.org.uk.

SATURDAY 28

And Sunday 29
Open day at Sharpham House - visit house, garden, vineyards and cafes, plus evening wildlife events. B&B or take tent, www.sharphamtrust.org, 01803 732542.

Wadjda (PG) - first full-length movie to come out of Saudi Arabia is directed by a woman, 7 for 7.30pm, Follaton Community Centre, Totnes, www.follatoncommunitycinema.co.uk, 01803 868455.

Words, War & Music - poetry and music

followed by screening of film *Severn & Somme*, Barbican Theatre, Castle Street, Plymouth, www.barbicantheatre.co.uk.

SUNDAY 29

Indian Feast workshop with Holly Jones of Manna from Devon, 10am-4pm, Ocombe Cookery School, 01803 520022, www.countryside-trust.org.uk.

JULY

TUESDAY 1

Until July 13
Fragments of Time - exhibition of work by painters, Harbour House, The Promenade, Kingsbridge, www.harbourhouse.org.uk.

FRIDAY 4

Until July 14
Ways With Words - literary festival including Sandi Toksvig, Helen Dunmore, Paddy Ashdown and Simon Jenkins, Dartington Estate, www.wayswithwords.co.uk.

Free marketing surgery - with business marketing coach,

consultant and trainer Karen Hunt, 10am-12noon, REconomy Centre, Totnes, www.transitiontowtotnes.org/event.

SATURDAY 5

Until July 12
Riviera Festival - comedy, drama, dance, music, street theatre and more, across Torbay, www.rivierafringe.co.uk.

Create a Forest Garden in a Public Park, 10am-4pm, Follaton Arboretum, Totnes, call Annie on 01803 762992, 07929 962653 or follatonforestgarden@gmail.com.

THURSDAY 10

Butterfly Walk, Barn Owl Trust, Waterleat, Ashburton, 01364 653026, www.barnowltrust.org.uk.

FRIDAY 11

And July 12
Glas-Denbury Festival near Newton Abbot, www.glas-denbury.co.uk.

Until July 13
Tiverton Balloon Festival with music, www.tivertonballoonfestival.co.uk.

co.uk.

Until Sunday 13
South Brent Folk Festival with ceilidh, gigs, workshops, poetry, breakfast cafe and more, www.southbrentfolk.org.

Until July 19
Budleigh Music Festival, classical music concerts, www.budleighmusicfestival.co.uk.

SATURDAY 12

Sustainable Collaborations Cafe, with climate change campaigner Mark Chivers and local ecologist Rod Lawrence, 2-6pm, Park Exeter, Exeter City FC, St James, Exeter, sustainable collaboration.blogspot.co.uk.

Dangerous Dads camping near Beesands for fathers with young children, 01803 840990, dangerousdads.blogspot.com.

SUNDAY 13

Back in the Afternoon at Sharpham, 3pm, Sharpham House, Ashprington, Totnes,

www.sharphamtrust.org.

TUESDAY 15

Until Sunday 20
Parzival, outdoor performance in grounds of Sharpham House - see page 7, Ashprington, Totnes, 01803 732542, www.sharphamtrust.org.

Until July 17
Left to Right, exhibition of work from digital photography to traditional painting, Harbour House, The Promenade, Kingsbridge, www.harbourhouse.org.uk.

FRIDAY 18

And July 19
Chagstock - festival including The Waterboys and Lightning Seeds, Whiddon Down, www.chagstock.info.

SATURDAY 19

Butterfly Walk, Barn Owl Trust, Waterleat, Ashburton, 01364 653026, www.barnowltrust.org.

SUNDAY 20

Digital wildlife photography workshop, 10am-4pm, Berry Head

car park, booking essential on 01803 520022.

Totnes Canoe Festival on river Dart with Longbow canoe races, 10.30am-4pm, Longmarsh, Totnes, www.totnescanoeifest.co.uk.

THURSDAY 24

Until July 27
Quest Festival - see page 20, Newton Abbot racecourse, www.questuk.co.uk.

SATURDAY 26

Bird in the Hand - watch bird-ringing operation, Devon Bird Watching & Preservation Society, 8-10am, Slapton Ley Field Centre, booking essential on 07967 497624.

SUNDAY 27

Totnes & District Show - see page 20 for details, www.totnesshow.com.

TUESDAY 29

Until August 3
Portrait & Equine, exhibition, Harbour House, The Promenade, Kingsbridge, www.harbourhouse.org.uk.

● Turn to page 37 in Wellbeing to check out our workshops and events listings ●

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Festivals & shows '14

How will flexible new pensions work for you?

ETHICAL investment advisor Tim Bradford of Barchester Green looks at how pension changes announced in the budget will actually affect us.



GEORGE Osborne stated in the budget: "We will legislate to remove all remaining tax restrictions on how pensioners have access to their pension pots.

"Pensioners will have complete freedom to draw down as much or as little of their pension pot as they want, anytime they want. No caps. No drawdown limits. Let me be clear: no one will have to buy an annuity".

Throughout 2013 the argument against the perceived poor value of pension annuities grew steadily stronger with the Government particularly vocal about the need for alternative options.

While we knew Government were unhappy it was still a major surprise when they unveiled a range of immediate measures to improve the flexibility of pension provisions.

So what's changing?

- Potentially, you will be able to take your entire pension fund as a lump sum from age 55. It won't matter how much you have in it or if you have any other sources of income. You are able to take the first 25% as tax-free cash and will pay tax at your marginal rate on the rest.

- Clients with £30,000 or less in all their pension funds can choose to take them as a lump sum

- You can take up to three personal pension funds of £10,000 or less as a lump sum. This includes group personal pensions provided by their employer

- Clients who put their pension fund into income drawdown will be able to take more income from their fund each year

- Clients putting their pension fund into income flexible drawdown will need a guaranteed yearly income of at least £12,000 from other sources

To ensure you understand the implications of the new pension reforms and how this affects you please call or email Jackie Adams on 01722 331 241, or info@barchestergreen.co.uk.

Exploration of culture and spirit

THE Quest Festival is back for its 19th year with an inspirational programme of wellbeing and dance workshops, stirring live performances "and a fervent spirit of celebration".

Quest director Julia Wright says: "Quest combines the eclectic delights of a world music festival with the thrill of a spiritual adventure, so between soaking up live music and dancing like a dervish, you can enjoy a feast of activities for nourishing, developing and exploring mind, body and soul."

An exciting line-up of music and dance includes: didgeridoo wizard, Sika; legendary South African multi-instrumentalist Pops Mohamed; Ravi, aka Justin Freeman, with his transglobal fusion of kora and guitar; and Adrian Freedman seamlessly blending Japanese meditation and Zen flute music with the ritual sacred rhythms of Brazil's rainforest.

QUEST 2014
Newton Abbot
July 24-27

The nine-piece orchestra Mbira music and African percussion with Celtic folk melodies and Western Classical instruments, double-Grammy nominated Jamie Catto is back with a set of soulful ballads and 47SOUL will cook up a potent mix of reggae, hip-hop and Arabic styles.

There are no less than 159 workshops on the 2014 programme, including BBC TV's Extreme Pilgrim Peter Owen Jones; a powerful Native American ceremony facilitated by Colin Tipping; plus consciousness pioneers Barefoot Doctor; Jamie Catto's new One Giant Leap screening and

workshop, author Dr William Bloom, 'stand-up philosopher' Tim Freke, performance poet Paradox and Embercombe's Tim 'Mac' McCartney.

Quest organisers are this year for the first time collaborating with the founders of the award-winning Sunrise Festival to bring to life the new Spirit of Sunrise Camping Village, and Kid's Quest.

Summarising her vision for Quest, Julia Wright says: "As Einstein said, the most important question a person can ask is, 'Is the universe a friendly place?' Quest is my attempt to answer that question - yes, it is!"

- For the full festival rundown, visit www.questuk.co.uk/request-a-programme



A little of everything South Hams - all in one

TOTNES AND DISTRICT SHOW
Sunday July 27



THE events calendar has gone crazy in recent years with all manner of new shows and festivals to get us out there.

But the more traditional country shows still know how to give us a good day out - and with the current and very welcome resurgence in all things rural and green they have a whole new relevance.

The Totnes & District Show on Sunday July 27 is one of the best around, bringing together everything that makes the South Hams countryside what it is but still small enough to feel friendly and allow visitors to have a really good look around and soak it all up.

So you can expect a traditional mix of farming livestock and equestrian competitions, including showing, jumping and driving, plus small kids on small ponies taking part in Pony Club games for the maximum ahhh-factor.

New this year is The Sheep Show, a wild mix that should keep you amused and teach

you a few things about our woolly friends - the organisers call it 'edu-tainment'.

Rural crafts are important at the Totnes show, and the Craft Marquee brings together the generations to share their skills and enthusiasm. Also new for the 2014 show will be The Hillyfield area, giving visitors a flavour of everything that's

happening there, green woodwork details of woodlark workshops and the Hillyfield Hens!

Reconnect readers enjoy local produce lots to sample in the Hall and renewable companies, happy their advice.



Show invites teen entries

THERE'S another great local country show coming up at Kingsbridge on September 6.

You can read more about the show in the next issue, but in the meantime chief steward Apple Taylor tells us they are very keen to get entries for their children's arts and crafts classes.

They're open to all young people aged 4-16 inclusive, entry is free and the first three places receive a rosette - and immeasurable fame and glory, of course.

This year's newly created 12-16 section includes classes for the best decorated cake, hat creation, photography, metalcraft, painted portrait, floral arrangement and more.

For more about classes, email Apple at AppleTaylor.diganddinecafe@gmail.com; for more about the show, www.kingsbridgeshow.co.uk.

Seasons hit the road with local

BURGERS from Buckfastleigh, cake from Crediton and Exeter, vegetables from Shillingford and Riverford, milk from Ashclyst and bread from Okehampton.

That's what I call sourcing food locally - and for Exeter health food store owners and outside caterers Rob and Rachel Barker it's at the heart of what they do.

At Seasons in Well Street, Exeter, the couple are preparing for another season on the road, attending festivals up and down the country and to sell a range of natural,

wholesome and nutritious organic food.

But their first taste of the new season is on their doorstep! the weekend of May 31/June 1 Seasons café will be at the fr Respect Festival in the city's B Park and then down the road weekend after at The Content Craft Fair in Bovey Tracy.

Said Rob: "It's really great to be catering in our home town and using all the local produce available in the area. We have been catering since 2002 and



one big field



including products, and skills those famous

s will also ce stalls, with The Food ble energy y to share

The show's music stage has become increasingly popular since its launch four years ago and it'll be back to showcase local live talent – grab a local brew and sit back in the sun (let's be positive) to enjoy the music.

Out in the show rings and tents you'll also find a dog show, historic vehicles, freestyle motocross riders, birds of prey, sheep shearing and a host of stalls from local businesses.

"It's a fun, varied and action-packed day out," says show manager Linda Harvey. "Please see our website at www.totnesshow.com where you can buy discounted tickets and get all the latest information about the show."

Adult tickets are £10 and children of school age and under get in free when accompanied by a paying adult.

cal grub for festivals

ganic y Over e 1 ee Belmont d the nporary

o nce ave and

always kept to the principles of offering great tasting, affordable food that is both healthy and that creates minimal impact on the environment."

When it comes to food from further afield Rob and Rachel are equally choosy. Their award-winning Tunki organic coffee comes via Freeman Trading Ltd, who have established direct trade links with farming co-ops in South America.

To find out more, call 01392 201282 or call in at the shop at 8 Well Street, Exeter EX4 6QR.

Show bits

More Mbira

IF you ever wondered what a slice of African culture on Dartmoor might look like, here it is - The 4th annual Moor Mbira camp at The Hillyfield, August 29-31.

It's a hands-on long weekend learning together to play, sing, and understand Mbira culture with master Mbira player Chartwell Dutiuro.

"I love coming to Moor Mbira," he said. "This is just a special place - I feel like when I am here everything is sacred."

For more information contact Doug on 07976589927 or thehillyfield@gmail.com.

Tagore Festival

WORLD-class world music performers will celebrate peace activism past and present at the Tagore Festival, in Dartington from June 20-22, which coincides with the centenary of the start of World War One.

Stars of the show include Asian underground tabla player Talvin Singh, internationally acclaimed sarod player Amjad Ali Khan and Newton Abbot's own mbira player Chartwell Dutiuro.

See the festival line-up and ticket details at www.dartington.org.

City drama fest

IGNITE is Exeter's six-day celebration of theatre with hundreds of performances in venues all over the city including the cathedral, the synagogue, pub cellars, secret gardens and even a parked caravan. The festival runs June 2-7 and tickets are all £7 from igniteexeter.org.uk, with discounts on multiple purchases. Visit www.igniteexeter.org.uk.

Ways with Words

THE prestigious literary festival Ways With Words returns to Dartington Hall June 4-14. Big names this year include Sandi Toksvig, Helen Dunmore, Paddy Ashdown and Simon Jenkins. Full rundown and ticket info at www.wayswithwords.co.uk.

South Brent folk

THE South Brent Folk Festival, July 11-13, will include a ceilidh with Blue Jewel, plus gigs from Pilgrim's Way and The Will Pound Band. For the full programme, including workshops, visit www.southbrentfolk.org.

Big Respect

EXETER celebrates its diversity at the Exeter Respect Festival on May 31/June 1 in Belmont Park - Saturday 12noon-7pm, Sunday 11am-6pm. Find out more at www.exeter-respect.org.

US blues duo fly in for fest reunion



Robin Henkel

MISSISSIPPI blues guitar-man Robin Henkel and Ric Lee, award-winning drummer and descendant of Robert E Lee, will fly in from the US to headline the Barbican International Jazz & Blues Festival on June 13-15.

The festival will provide a feast of world-class music free from an outdoor stage midday to 9pm on the Friday and Saturday and from midday to 7pm on the Sunday.

Henkel and Lee will be joined by Mama Tokus, the South West-based soul-blues singer who was invited to perform with them in California in 2013. Now the musical exchange continues as the duo fly this way across the Atlantic. For the full festival rundown visit www.barbicanjazzandbluesfestival.com.

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William
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Multimedia project runs workshop at literary festival



THERE'S another chance in July to get up close and personal with a local multimedia art project that's gone global.

In Your Own Skin asks people to share something about themselves that is absolutely true but not obvious to strangers – project director Kathryn Trenshaw then writes a key word or phrase on their skin and captures the moment in a photograph.

She is currently fundraising

to make an **In Your Own Skin** documentary.

Kathryn has taken contributions to the project from around the world and will be working closer to home on July 10 when she runs a workshop at the literary and ideas festival, **Ways With Words** in Dartington.

Find out more about **In Your Skin** at www.katheryntrenshaw.com and **Ways With Words** on page 19.



Kate with the Interbe team.

Kate's spreading the word

IN response to her advertisement for **Soul Copywriting** in the last issue of **Reconnect**, Kate Philbin is already working with a range of health practitioners, therapists, coaches and other businesses working at a 'soul' level.

Kate says: "I was really pleased with the response to my first ad in **Reconnect** - three enquiries within the first week. I have begun working on a regular basis with **Interbe**, a company based in Seale Hayne that specialises in narrative coaching, and I am also helping to create a new website and marketing material for **Pam Fricker**, a bereavement counsellor in **Lee Mills**."

She has also helped to improve a page on the website of nutritional naturopath and iridologist, **Heather Nicholson**, who also runs an organic bed and breakfast in **Paignton**.

Soul Copywriting provides all types of commercial writing services, including: editorial; websites; leaflets and brochures; newsletters; blogs; video scripts and ad copy. A modular training programme is also in development.

Call Kate on 01803 732554/07970 107123, email kate@soulcopywriting.com, or visit www.soulcopywriting.com.

How support can change lives

HAVING looked after aged relatives, brought up two children of her own, gone through bereavement and been incapacitated through illness, **Chrissy Morgan-Grant** knows what it takes to make a difference in someone's life - and how being given that little help and support can prove liberating and positive.

She set up **Athenaia Quality Services** to "help fill the gap between **Social Care** and care given by relatives and friends." And while she doesn't offer personal or medical care or financial advice, she can provide a comprehensive service of practical management and organisation, short or long-term, to those who, for one reason or another, find themselves incapacitated, feeling alone, isolated or overwhelmed.

Says **Chrissy**: "If you want support for yourself, or for a relative who you cannot visit as often as you like, I can help. If you need motivation to network socially, or if you are newly bereaved and feel overwhelmed, I can help.

"If you want to get your meals organised or to shop online or out in the high street, if you are visually impaired and would love to be read to, I can help."

"It only takes a new thought or a little practical help to transform your life. And a sense of achievement and freedom can come from just a little guidance and support like learning PC skills or arts and crafts," she says.

Call **Chrissy** on 07966218482, email chrissyatathenaia@live.co.uk, or visit www.chrissycares.co.uk.

A chants encounter

If you miss the last tickets for the Deva Premal and Miten concert at Bath Pavilion (check at www.seedidea.net), you can console yourself with the newly released album.

Created specially for daily meditation, Mantras for Life features chants to invoke very specific intentions, including animal welfare, blessing of children, poetry, music and learning and for the earth itself.

Wild times based on teenage books

IT'S not always easy to prise teenagers away from their screens these days. And the really active wild outdoor activities, like bushcraft and woodland skills, are traditionally the domain of boys rather than girls.



But South Devon bushcraft instructor **Robin Bowman** seems to have come up with a winning formula in the shape of four and five-day camps for teenagers of both sexes based on the **Hunger Games** books and films.

Says **Robin**: "Hunger Games comes up trumps because the real hero, or rather heroine, of the story is a strong empowered teenage girl. Not only has this action film got a female lead for once but one who's not been over sexualised to provide eye candy,

and to please the marketing suits behind it."

Robin has two camps coming up on August 1-5 and 23-27. Find out more at www.wildwisehungergames.co.uk or call 01803 868269.

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Wellbeing...

Buddhist scholar to teach in Totnes

THE spiritual director of Bodhicitta, the organisation devoted to the preservation and continuation of Tibetan Buddhism, is teaching in Totnes in June.

Chamtrul Rinpoche is said to be the reincarnation of a great master and scholar from the Nyingma tradition of Tibetan Buddhism, the oldest school in Tibet. Having studied many years, he holds a vast and profound knowledge of sutra, tantra, and dzogchen.

Chamtrul Rinpoche lives and

teaches in the Indian Himalayan town of Dharamsala, but will visit Totnes between June 11-15, where he'll give three teachings at the newly opened Golden Buddha Centre: Dream Yoga, How to Practice the Path of the Three Beings, and The Longchen Nyingtik Ngondro.

Booking is not required and payment is by donation. For the venue, times, contact, biography and an overview of each teaching, visit www.bodhicitta.co.uk.



Chamtrul Rinpoche

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Call Pete on 01392 346342 or Martin on 01803 868455.

New name comes from the heart - and soul

GREEN Fuse, the well-known South Devon funeral directors with a shop on Totnes High Street, is changing its name to Heart and Soul Funerals - but their award-winning, person-centred service will stay the same.

The name Green Fuse was originally taken from a poem by Dylan Thomas who wrote: 'the force that through the green fuse drives the flower drives my green age' and Jane Morrell chose it back in 1999 for a new-look flower shop "that embraced funeral ceremonies".

With her husband Simon Smith, one of the UK's highest qualified funeral directors, they developed it into the respected funeral directors it is today.

"But somewhere down the line," said Jane, "the green movement caught up with us and Green Fuse became synonymous with 'just green funerals'.

"Although we have a deep love for the informative and transformative style of a green funeral, our whole

approach is about freedom and choice, so we offer a full range of funeral services and celebrancy to support individual and family wishes.

"We felt the name Heart and Soul Funerals better reflected what we can offer."

Although the name on the High Street will change, it remains part of the well-established Green Fuse Bereavement Care, which is celebrating 15 years as one of the region's leading voices in contemporary funerals - and also one of the UK's most progressive funeral companies. They have trained hundreds of funeral celebrants from across the UK.

In South Devon, their High Street premises are backed up by an extensive funeral home at Riverstone, Buckfastleigh, equipped with a large and modern mortuary and ceremonial hall for services and remembrance.

Said Simon: "The whole ethos of the company remains the same - to support living with dying

by creating a friendly, supporting and nurturing environment, with the flexibility to embrace everyone's needs."

Simon participates in all parts of the business, including organising and leading funerals. Jane started her professional life as an SRN, has followed various vocations and has studied ritual and ceremony worldwide.

Their daughter Hannah makes it a family business. She said: "The way we work is very person-centred. We take a great deal of time getting to know you and your family to help us establish a clear understanding of the person who has died, and how best we can support you in arranging a ceremony to reflect their faith, qualities and character."

Green Fuse, incorporating Heart and Soul Funerals, are full members of the trade association SAIF and abide by their code of practice. They are recommended in The Good Funeral Guide and by The Natural Death Centre.



Green Fuse's Massimo Giannuzzi handing out refreshments outside the Heart & Soul shop in Totnes High Street on the day the rebrand was announced.

In addition to funeral arrangements, ceremonies and mortuary facilities, Green Fuse Bereavement Care also offer a range of training and support networks for counsellors, teachers and care staff. To register on the Green Fuse list, for future events, please email: jane@greenfuse.co.uk. Visit their new website, www.heartandsoulfunerals.co.uk.

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A gathering of Catalyst alumni at a recent 'homecoming' weekend.

A bridge for young people

MANY 18-25 year-olds don't see themselves as leaders; others have outer confidence but need the inner-confidence to go with it. Some seek clarity of direction; others know exactly where they're going and want real-life tools to help them on their way. Some stand at a crossroads and long for a non-judgmental space where they can pause and reflect, and ask the big questions.

Kanada Gorla believes the Catalyst Course, which she co-leads at Embercombe, near Exeter, can provide a bridge to help young people navigate this major life transition.

"It's not for everyone," admits Kanada. "And it certainly isn't a conventional leadership course. It's for people who want to link up with others, who feel a glimmer of that 'power to grasp and give shape to their world', who want to do something, but may not know 'what' or 'how'.

"I've had the honour of working

with some 300 young adults in the past few years, and more and more I have come to talk less in terms of developing leadership, and more in terms of cultivating 'gumption' – a good old-fashioned word I'd love to see making a comeback."

Kanada says the Catalyst Course weaves together group work, mentoring, creative collaboration, nature connection, working on the land, embodiment practices, storytelling, living close to the elements and as part of a community.

"In addition to these daily rhythms," says Kanada, "there's a different 'challenge' each day, which invites you to take a risk and discover more about who you are. The deepest teacher of all, of course, is the land herself, the soft, ancient valley that is Embercombe."

To find out more, visit www.embercombe.co.uk.

Ingredients add up to health

A UNIQUE collaboration between nutritionist Jane Hutton and sophrologist Marion Beauregard is bringing together vital ingredients for a healthy lifestyle.

Jane, who runs Trinity Holistics, and Marion of Vie-tality are joining forces to run workshops in June and July with the aim of helping people improve their relationship with food and their self-confidence in navigating stumbling blocks to healthy eating.

Said Jane: "The mind/body connection is all about what you eat

and how you think. The workshops will deal with problems around weight, emotional eating, stress and anxiety."

The first workshop is called Eating for Health and takes place on June 14. The second, called Calm Mind, is on July 5 - both in Totnes.

With two experts to call on, the events are a must for anyone wanting to be healthier, slimmer and happier, says Jane.

Visit www.trinityholistics.co.uk/events/ for workshop and booking details, or call 07841 344934.

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Jihan Adem teaching at the
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Facing the facts of fascia

MENTION the word fascia and you would be forgiven for thinking of a car dashboard or something to do with construction.

But Fascia to those at the ECBS (European College of Bowen Studies) is a very different matter.

Fascia is a network of connective tissue that covers and binds our entire body and is intrinsic to our make up, but until now has been hugely undervalued.

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Jihan Adem

From this September through to February new streams of training courses in The Bowen Technique will be starting across Devon, Bristol and Somerset which will be led by Jihan Adem, senior instructor with ECBS, the leading provider of Bowen training in the UK.

Said Jihan: "The Bowen Technique has proved an effective treatment for people with back

and neck pain, and significant improvements have been reported in people with asthma, migraine, hay fever and IBS, as well as infertility and other reproductive problems."

There are no prerequisites for training in the Bowen Technique. This is also the entry level to existing health care practitioners. Trained and experienced physiotherapists/chiropractors/osteopaths also use this course to add further tools to their existing kits.

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Marie shares her secret

AYURVEDIC massage therapist Marie Oxley believes the benefits of the treatment are so great she feels she has been "let in on a wonderful secret."

"Now I just want to share it with the world," says Marie, who works at the Totnes Natural Health Centre and Ola Chiropractic Centre in Totnes and at the Plymouth Natural Health Centre.

"The Ayurvedic medical system is thousands of years old and contains tried and tested methods of regulating the body's functions and building strength, vitality and immunity.

"It is a different way of looking at the body but it works in harmony



Marie Oxley

with conventional Western medicine - it helps to reduce stress and improve digestion, and it's great for the joints, muscles and skin."

Marie offers traditional Ayurvedic therapies using warm herbal infused oils and tailors each treatment to suit the needs of

each individual. She says one of her most popular massages is the Marma Massage or Energy Point Massage that gives extra attention to the energy points of the body "to detoxify, cleanse and rejuvenate the whole body".

Visit www.aliathery.co.uk, call 07834 354151 or email marie@aliathery.co.uk.

Creating your working world

HOW many of us can claim to have found their ideal job?

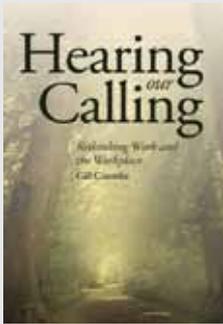
For a lot of people the workplace can be where most of their lives are spent so finding a satisfying and fulfilling occupation is a prime consideration in life.

In her new book, Gill Coombs draws on her many years' of experience in management and leadership development to suggest how we can create a working world which is good for us and good for all.

Entitled *Hearing our Calling* (published by Floris), Gill weaves together her love of the natural world and her commitment to supporting others in finding fulfilling work that makes best use of their skills and passions.

Gill moved to Devon early last year after studying for an MSc in Holistic Science at Schumacher College.

She said: "Because of my own journey and the poignant and inspirational



stories of others, I'm passionate about the importance of people doing the right work – not only for their own wellbeing, but for the wellbeing of society, and the broader living world."

Hearing our Calling explores the history of mankind at work, and takes a hard look at the workplace today, exploring the true meaning of work and how it has been lost in today's growth culture.

The second half of the book uses case studies, questions, insights and ideas to suggest how we can create a better working world.

The book is available at Schumacher College's bookshop, some Devon book stores and on line from Floris Publishing and major distributors. It can also be ordered via Gill's website: www.gillcoombs.co.uk.

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Contact Jihan Adem (Course Tutor, ECBS) on 07929 005910 or Jo on 01548 550 986 for further information, a prospectus or to book a course place.

www.TheBowenTechnique.com

'It's wholly right this should be my resting place...'

RECONNECT editor Martin Foster visits the Sharpham Meadow Natural Burial Ground, near Ashprington, and gets more than he bargained for...

I REALLY hadn't expected that.

When we first mentioned the natural burial ground at Sharpham in Reconnect last year, I remember thinking, "Yes, that'll be just right for me when the day comes." Sharpham Estate is beautiful, particularly where it looks over the River Dart as the burial ground does, and given that I spend much of my spare time working and playing on the land, it seemed right my last resting place should be there.

So in my mind that was sorted - all very practical and logical and I planned one day to pop up there and check it out.

I had then intended to visit on the day of the new shelter's official opening (see Eco Building on page 14 for my story on that), but when I was unable to, I instead arranged to go a few days later with Claire and Rupert of The Green Funeral Company, who manage the site.

To enter the site proper you pass under a wonderful living willow arch and catch your first glimpse of the new structure.

But as I approached and entered

the simple but beautiful building, marveling at the panoramic view from its open front, emotion swept through me, shivers ran down my spine, and I had an almost overpowering sense of... well, of what? My own mortality perhaps but, more importantly, a very strong feeling that yes, this WILL be my last resting place and yes, it is wholly right that it will be.

There was nothing macabre or even depressing about it, but I could imagine my family and friends gathered around the firepit (I wouldn't begin to wonder what they might be saying), while I made myself comfortable in the landscape.

Just how much ceremony is held around the actual burial is down to the individual and their family. The physical burial itself might be enough and all the graves are marked by a simple flat stone (engraved by a local stonemason), but the site can be yours for the whole day if you want a grander production and people often stay on around the fire, exchanging



memories of their departed.

Sharpham Meadow Natural Burial Ground is run by the Sharpham Trust and managed by The Green Funeral Company, but all funeral directors are warmly welcomed to use the site. A plot costs £980.

Visit www.sharphamtrust.org, or call 0786492353 or 01803 863923.

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More than just breathing

OUR energy, our circulation, our life itself depends on the expansion and release of our breathing mechanism - the movement we create within our bodies and the constant exchange of oxygen and carbon dioxide.



flow more freely. Teignmouth-based facilitator Les Elms, left, says: "Because it encourages a constant, flowing, open breath, the specific breath pattern in Transformational Breath can access blocked areas of emotion without usual holding habits."

And if our breathing becomes restricted we limit the effectiveness of this process and that can lead to physical illness, general lack of energy, or feeling emotionally drained or upset.

Transformational Breath facilitators are trained to observe the breath and see physically where the breath is being held and where any blockages may be. They will then use simple techniques including adjusting the position of the body, gentle hands-on pressure, sound techniques and positive affirmations to help the breath to open up and

"Past emotional memories held in the body can surface and finally be integrated."

With regular, brief periods of practice as recommended by your facilitator, the breath will begin to flow more freely at all times and it is common for people to report better health, mental clarity and emotional freedom, says Les.

To find out more, call Les on 07828566553, email les@breathsouthwest.com or visit www.breathsouthwest.com.

Chiropractors on the road

THE friendly and ever-industrious team at Align Chiropractic in Newton Abbot is hitting the road over the Summer to spread the word about health and posture.

They are dedicating their free time to visiting all the local fairs and fetes, including Totnes and District Show, Kingsbridge Show, Marldon Apple Pie Festival, Dartmouth Food Festival and many more.

"We recently visited Powderham Garden Festival," said Align's Catherine Crane. "It was a great success and we have a great many gardeners visiting our stand for information on how to garden in the correct posture to avoid back pain."

They also took along their state-of-the-art computerised technology to analyse people's feet and walking patterns.

"We're one of the few places in the country to offer the facility," explained Catherine, "so we are keen to show how effective this equipment is at diagnosing and prescribing orthotics."

"For many people, low back, pelvic, hip or knee conditions can originate from imbalances or problems around the biomechanics of the foot."

"We are encouraging those who have persistent problems, a new



Spreading the word - Sarah Whitaker (left) and Catherine Crane of Align Chiropractic.

complaint of the lower limb or who are keen on preventing the onset of symptoms, to visit our stand at these events to try out the gait scanner to see how custom-made orthotics could benefit them."

Align will also be offering free posture checks at the shows, fairs and fetes providing an insight into where and why symptoms originate and how to facilitate optimal health. This can be invaluable for those who may have a history or a current back and neck complaint.

Visit www.alignyourhealth.co.uk or call 01803 814329.



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● In no more than 25 minutes, nearly all my tensions in my back went. The feeling of relaxation was intense. Now I can watch TV in my bed without any pain in my neck." - R.B, West Sussex

● "I feel like an owl and can now see virtually 360 degrees..." - M.H. Forest Row

● "I've had no back pain or migraine, this is phenomenal." - C.H, 41yrs old

● "Vertigo has disappeared... my hearing has drastically improved... I can now move my head normally... I used to zigzag and struggled walking straight. I now have a perfect balance and I can walk straight." - P.C, London

● "That was until I woke up the next morning with my back pain completely gone, it has never returned and it's all down to the adjustment of my atlas." - Lynsey, UK



For more happy clients and chiropractors' feedback see:
www.marieatlas.co.uk

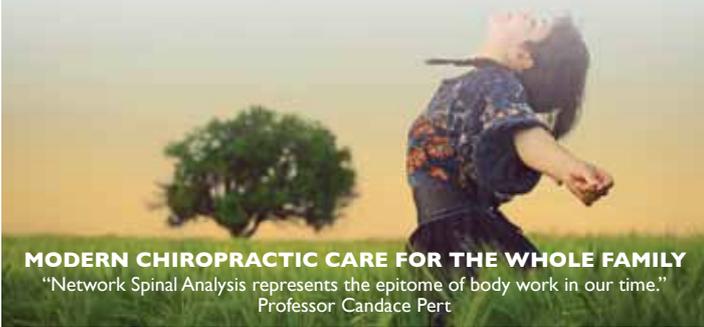
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based in
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Accessible and affordable

ACCESSING affordable treatment is key to helping people on low incomes - but in isolated rural areas the need is even greater.

The Dartmoor area is now a focus for a new not-for-profit social enterprise and workers co-operative aiming to provide sustainable health and health education services for its 55,000 inhabitants.

Called Source Point Community Acupuncture and based in Moretonhampstead, the scheme was launched by Graeme McCracken and Tom Hiron offering a service to the community and not focused on paying large wages, bonuses or dividends.

Source point's clinic manager Tallulah Rendall said the service

was "Truly affordable", offering hour-long acupuncture treatments on a sliding scale from £10-£25 - the most affordable acupuncture outside the NHS."

Said Tallulah: "Source Point also provides free ear acupuncture for those that are unable to afford the £10 minimum fee. We have also set up a lift-share group to lower travel costs to and from the clinic and to support those that no longer drive."

In future Source Point also plans to provide Qi Gong, Pilates and other exercise courses.

Currently there are seven treatment beds and the centre is open two afternoons and one evening per week.

Visit www.sourcepoint.org.uk.



**Heart & Soul
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Shop: 7 High Street, Totnes TQ9 5NN
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 Buckfastleigh TQ11 0NF
 01364 643522 (24/7)

Green Fuse Funerals is marking 15 years of serving Totnes and South Devon ...and blossoming!

"The force that through the green fuse drives the flower"

Dylan Thomas

We are re-naming our funeral directing **Heart & Soul Funerals** to better reflect the wide range of funerals we undertake.

And we are also launching **Green Fuse Bereavement Care** to provide broader services to families around the time of a death and after.

Jane Morrell and Simon Smith own and run Green Fuse and Heart & Soul Funerals, assisted by Massimo Giannuzzi and their daughter Hannah Nutbeem.



www.greenfuse.co.uk www.heartandsoulfunerals.co.uk

Family's dream comes true

HUSBAND and wife team Ian and Sophie Doble have realised their dream of running a chiropractic centre in the heart of Devon.

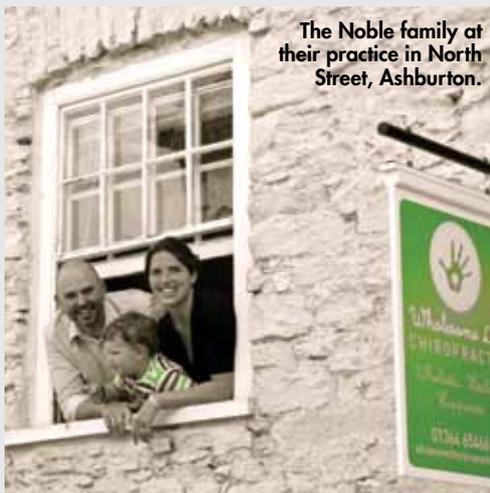
The couple took over an established chiropractic centre in North Street, Ashburton, last year and since then have transformed the business, including rebranding and renaming it Wholesome Life Chiropractic.

The new name reflects Ian and Sophie's ethos and desire to create a relaxed, friendly and beautiful Chiropractic centre.

Their aim is to not only help alleviate the discomfort of a body not working at its best, but also to offer natural, wholesome lifestyle advice to further promote natural health and wellbeing.

Said Ian: "Ashburton, with its relaxing charm and friendly people, is the ideal location for our dream chiropractic centre.

"We provide highly effective, safe and gentle chiropractic care. We explain things clearly and easily, so you understand what is happening to your body and what to expect from your chiropractic experience. We provide ongoing wholesome lifestyle advice to encourage greater



The Noble family at their practice in North Street, Ashburton.

health for you and your family, naturally."

Both Ian and Sophie are qualified, experienced chiropractors, graduating in 2009 with Masters degrees from the Anglo European College of Chiropractic.

Said Ian: "After 5 years in practice we felt the time was right to establish our own practice. Over those five years, our understanding of how the human body functions and how we can optimise our health has grown and continues to grow and we greatly enjoy passing our knowledge on to our clients, as well as putting it into practice in our own lives."

For more information call 01364 654661 or go to www.wholesomelifechiropractic.co.uk

Understanding aura change

KAREN Burt, "an Aura Mediator and teacher of consciousness and self-mastery", is bringing her very specialist knowledge and abilities to South Devon.

Karen says that since the mid-Nineties, humans have been born with increasingly higher dimensional auras – with structurally different 'bodies', chakras and operating systems.

She explains: "This has been in preparation for 2012 and the changes in how humans will be living on Earth in the future – when the Crystal children grow up and the New Time Energy takes over the planet.

"The New Time Energy auras have no emotional or lower mental bodies, a simplified chakra system, and an indigo-coloured 'balance' body which is ultra-grounding. They also have their spirit or higher self fully integrated around their bodies, and in the case of the Crystal Human, merged into the body itself.

"These changes have huge implications for people's consciousness and way of being in life."

Adults with energy fields of the old



Karen Burt

time can have their auras changed to the Indigo Aura, which will then 'crystallise' at the right time into the Crystal Aura, using AuraTransformation.

Karen says this could be particularly significant for parents of young children who would "benefit so much from being around adults who have the same energy."

"The Earth's new evolutionary path," says Karen, "is very much about coming back to Earth and taking full responsibility for your own being as a part of this planet – this is how Heaven will be created on Earth."

Karen will be in Devon for a week at the end of June/early July and will be giving a talk, entitled 'The Earth's New Ascension, the Indigo-Crystal Energies, and AuraTransformation', at the Totnes Natural Health Centre on June 27 at 6.30pm.

Visit www.iofspirit.co.uk, email info@iofspirit.co.uk, or call 07515 698 316. To find out more about AuraTransformation and the Indigo-Crystal Energy, see www.auratransformation.eu.

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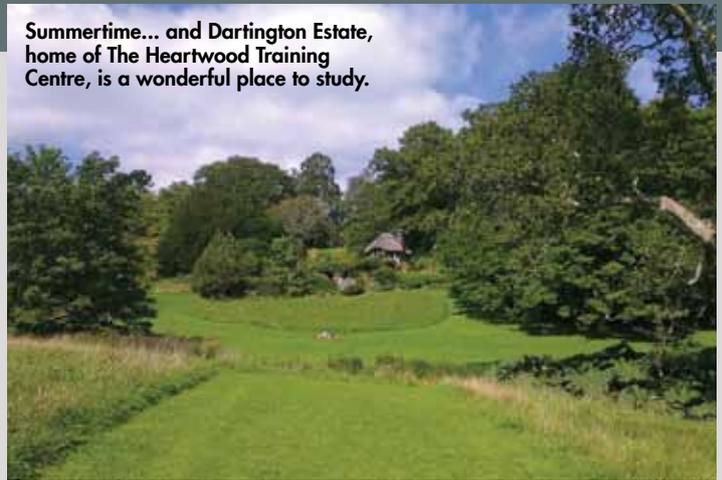
Totnes - Friday 27th June, 6.30 - 8.30pm
with Karen Burt @ Totnes Natural Health Centre, donations appreciated

Earth's New Ascension Plan, the Indigo-Crystal Energies & AuraTransformation™ Talk

What has changed since 2012? Why are the children of today different? What is the highest potential for Earth & humankind now?

Karen is touring through Devon from 25th June - 2nd July, and booking AuraTransformations for this period. **07515 698 316**
Please get in touch early. www.auratransformation.eu

www.iofspirit.co.uk - info@iofspirit.co.uk

Summertime... and Dartington Estate, home of The Heartwood Training Centre, is a wonderful place to study.

Making life a little easier

SUMMERTIME and the living is easy, or so the George Gershwin song tells us. But what makes the living easy? MARK HARTSHORN, core tutor at The Heartwood Training Centre, might just have the answer... or at least part of it.

WHAT makes life easy, or difficult for that matter, depends on numerous factors, all of them personal and unique to us. But at The Heartwood Training Centre we believe self-awareness can certainly make life easier, if not entirely easy. And when we have awareness of ourselves, of how we think, feel and behave and what causes our thoughts, feelings and behaviours, we have choice.

And we might find out, for example, what behaviour can trigger certain feelings of anxiety.

Part of the work of a counsellor is to help a client to become more self-aware - and through that increased self-awareness to discover more choices. They could choose a different way of thinking or a different way of behaving.

With awareness it may be that better coping strategies may be found within the safety of the therapeutic relationship with their counsellor. For the client, the experience of being accepted, heard and valued by the counsellor may indeed make life easier for them to live.

At Heartwood we embed opportunities for self-awareness into all of our courses, from introduction level, through our Level 4 Diploma training, Level 5 Psychotherapeutic training and up to our Level 6 Supervision qualification. We consider that self-awareness is so vital and potentially life changing for clients, that we offer our trainee counsellors the same opportunities that they will go on to offer to their clients.

Enrolling on our courses not only facilitates the trainees' learning and journey towards becoming a fully qualified practitioner, it also gives them the chance to understand themselves more fully and in turn this so often leads to applicants' lives being made easier.

Training with us at Heartwood is far more than an academic experience, it is potentially a life changing one too.

So counselling might just make your life easier this Summer and beyond by giving you choices and understanding that help to make more sense of your life and your self. And, of course, it can also give you a new career.

Heartwood Training Centre offers a full range of qualification courses in counselling and psychotherapy within the beautiful grounds of the Dartington Hall Estate.

For more information call 01803 865464, email heartwood1@btconnect.com or visit www.heartwoodcounselling.org.



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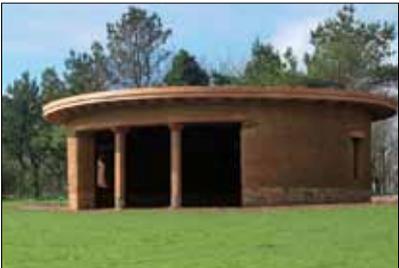
www.childrensgarden.org.uk



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A fusion of East and West

FOR Isha Olsen-Wells there was always a sense that all the roads she travelled through life would ultimately lead to her working with massage.

Her early years were spent with her family in the Findhorn Community in Scotland, where her mother worked with therapies, her father built eco houses and she attended the Steiner school and even at the age of eight was helping her mother in massage sessions (and obtained her first degree in Reiki).

Then in 2000, when she spent three months in Thailand, she became enchanted and inspired by Thai yoga massage and trained at Chiang Mai.

In 2002 Isha had a son, Leon, and the next 10 years were dedicated to parenting. But last year she returned to Thailand and studied there for five months, relearning and learning anew, working in a massage school that had a project based in a juvenile detention centre and spending time with monks who taught her Tok Sen, a form of massage that uses sticks, tapped gently and rhythmically with wooden hammers.

Now back in the UK, and living and working in Totnes (at the Ola Chiropractic Centre), Isha offers a range of massage styles (including Thai foot massage, Thai step-on



Isha - a fusion Eastern and Western massage techniques.

massage and holistic oil massage), concentrating on a fusion of Eastern and Western techniques adapted to each individual client.

"Each treatment is individually tailored to suit the needs of the client," says Isha. "People often don't realise how much tension they are holding. They gradually adapt and learn to live with it but it undermines their physical and energetic potential."

"My massage techniques promote deep healing to occur in a space of presence and meditation, so the recipient feels relaxed and energised in an almost dreamlike state."

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Child therapy at city centre

IN the last issue of Reconnect we ran a story saying Release Southwest CIC, which is leasing part of the old Steiner School in Merrivale Road, Exeter, has various rooms available for hire – and they still do.

But one room has already been claimed by the Exeter Child Therapy Centre, who will use it for art therapy and group space.

To book space by the hour, half-day, day or longer term, call Emma on 0845 3458977 or 07970 893778, email emmalizbeth@hotmail.com and visit www.releasesw.org.



Jo Morris of Exeter Child Therapy Centre with Emma Redfern of Release SW CIC enjoy the sun at 80 Merrivale Road.

becoming ourselves



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Daniel, from Ashburton: 'A very professional, friendly and effective practice. Has helped my condition greatly and it is always a pleasure to visit.'



Wellbeing for the community

JUST as food banks have started to spread across the land, so there is a growing trend for complementary therapists to reach out to people in real need throughout their communities.

Under the banner of Wellbeing Wednesdays, a number of complementary therapists have gathered together to offer their services to the people of Cullompton and the surrounding communities.

Their common vision is that healing and therapy should be within the grasp of everyone in their community, regardless of age or money, so all the therapists have agreed to work for only a small, affordable donation.

One of the therapists, Sue Keeping, said she hoped these Wednesdays would reach out to those people who had fallen between the cracks.

She added: "People who are perhaps lonely, sad, afraid, people who think that nothing can be done for them, and have given up on life. But life doesn't have to be that way. Doors can always be opened."

The therapies currently on offer

include kinesiology, crystal therapy, counselling, Johrei healing, massage, the emotion code, nutritional advice and EFT.

If one therapy doesn't open the door, people are always welcome to come back and try another.

Once a month a financial counsellor is offering his services for free to those who are in need of financial advice.

Wellbeing Wednesdays is part of the Hug Cullompton initiative, the aims of which are to improve the local community through promoting health and spiritual welfare, while also putting a smile on people's faces!

So if you know of someone in the Cullompton area who you think could benefit from Wellbeing Wednesdays, or you are in emotional need yourself, call in to the Natural Care Centre, 29 High Street, Cullompton on Wednesdays between 10am-6pm.

Any local therapists who wish to get involved are asked to get in touch

Call for more information on 01884 35695 or visit www.natcare.co.uk.

Free sessions at clinic's open day

THERE'S a chance to enjoy free taster sessions in Totnes at the Ola Chiropractic Clinic open day.

Claire Ryan at Ola will throw open the doors there on Saturday July 12, when there will be free taster sessions in reflexology,

acupuncture, massage and shiatsu. There will also be a talk about dowsing by Sean Ferris and free digital spinal scans.

Just turn up on the day or call 01803 862565 to book yourself a slot.

Detox retreat for health and happiness



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Sandwell Farmhouse Detox Retreat, Totnes
www.sandwellfarmhouse.co.uk - 01803 847674

Hope for mum of autistic son

WHEN a single mum (who will remain anonymous but we'll call her Julia) travelled to Totnes from her South Devon home it was in a quest to raise her spirits.

Her 14-year-old son (who we'll call John) suffers from autism and had recently been hospitalised for the severe anxiety, depression and suicidal thoughts he was experiencing along with a debilitating degree of Obsessive-Compulsive Disorder (OCD).

In the past, John's OCD behaviour had been brought under control thanks to the work of a local psychotherapist who his mother said had helped him to cope with the symptoms autism brings. But when that person moved away, John's behaviour began to deteriorate. With a further descent into depression, John was hospitalised. Once home, he could no longer attend school and to date, has not attended for 12 months.

With the situation at breaking point, Julia travelled to



Graham McDowell

Totnes, one of her favourite places, and by chance picked up a copy of Reconnect. It was then she saw an advert for hypnotherapist Graham McDowell.

After an introductory session and just four visits, John is already a changed teenager.

Said Julia: "Positive treatment results were evidenced after the first session. There was a lift to John's mood and attitude to 'getting better' ... I would say hope has been instilled in him."

Julia said that after two sessions there was notable

improvement - evidenced in a clear reduction in OCD behaviour.

"I have called Graham the Teen Whisperer given his effect on my son but also the effects on another lad I know who has started sessions with him.

"I knew after the first meeting that we had found a solution.

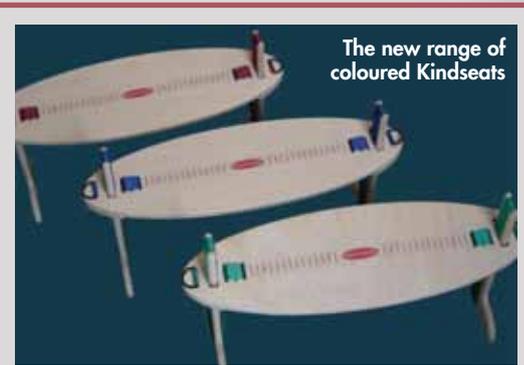
"Graham is the whole package. He logically explained to John the 'science' behind what his brain was doing and sessions have

since involved a number of therapies known to bring about positive change."

Graham's tool kit includes Solution Focused Therapy, Neurolinguistic Programming, Cognitive Behaviour Therapy and Hypnotherapy.

Says Julia: "We are now looking forward to John's return to school in the very near future."

Call Graham on 01392 580885 or email mrgrahammcdowell@gmail.com.



The seat of meditation

IF you've got the meditation bug (and if you haven't, you really should check it out) are you sitting comfortably?

How you sit can have a significant effect on your meditation and if the traditional sitting on the floor cross-legged position is not for you, you might prefer the Kindseat, developed by experienced meditator/meditation teacher (and former engineer) Viramitra.

The Kindseat consists of a perfectly shaped wooden base supported by two vertical wooden legs - all held together soundly, and rather cleverly, by webbed straps. It is also now available in a range of colours - see photo.

The straps are designed to allow height adjustment, making it suitable for all shapes and sizes (and providing variation to freshen up your meditation experience).

But the really clever thing is that it all comes apart and stashes away in a neat zip-up bag with carrying strap which you can throw over your shoulder and take with you.

The materials are ethically sourced and the Kindseat is manufactured here in Devon. Find out more and see the Kindseat in action in videos at www.kindseat.com.

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For further information and to book your place please contact

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Mob: 07530 959559 e-mail: louise.page@campion.f2s.com

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JUNE

EVERY FRIDAY

QIGONG at St Johns Church Hall, Totnes with Brad Richecoeur, 10-11.30am. Suitable for all levels, new students welcome. 01364 644040 www.qigong-southwest.co.uk.

FRIDAY 6

PERMACULTURE. Introducing the principles and design techniques of Permaculture. 10am - 4.30pm Tutor: Tess Wilmot Cost: £48. For more info www.growersorganics.com. 01752 881180.

SATURDAY 7

STONE WALLING - Stone Facing. A practical course where you can learn the basic principles of stone facing. 10am - 4:30pm. Tutor: Maxine McAdams Cost: £48. For more info www.growersorganics.com. 01752 881180.

SAT 7 & SUN 8

BASKET MAKING. In this two-day course, you will use a range of basket making tools to make a large log basket or shopping basket. 10am - 4.30pm. Tutor: Vivienne Turner. Cost: £96. For more info www.growersorganics.com. 01752 881180.

SATURDAY 7

MAGICAL DWELLINGS WORKSHOP - make a fairy house, wizard lair or adventure tree house from foraged natural materials, 9.30-11.30am, £20, High Nature Centre, East Portlemouth, www.high-nature.co.uk.

SAT 7- SUN 8

HUAGONG QIGONG with Master Zhixing Wang at Dartington Hall, Clarifying Yin and Yang. South Devon. 01364 644040 www.qigong-southwest.co.uk.

SATURDAY 14

CHICKEN KEEPING. A half-day introductory course providing you with everything you need to know about keeping your own chickens. 10am - 1pm. Tutor: Matt Taylor. Cost: £28. For more info www.growersorganics.com. 01752 881180.

SUNDAY 15

FELT-MAKING. Wake up your hands! In this magical one-day. 10am - 4:30pm. Tutor: Anna Brindley. Cost: £48. For more info www.growersorganics.com. 01752 881180.

FRIDAY 20

POTTERY - an introduction. A hands-on one-day course. Throwing, coiling, pinching and slabbing will all be covered. 10am - 4:30pm. Tutor: Tim Gee. Cost: £48. For more info www.growersorganics.com. 01752 881180.

SATURDAY 21

MOSAIC MAKING. This half-day course will introduce you to the skills of mosaic making using glass tiles. 10am - 1pm. Tutor: Jane Stevens. Cost: £28. For more info www.growersorganics.com. 01752 881180

SATURDAY 21

MAGICAL DWELLINGS Workshop - make a fairy house, wizard lair or adventure tree

house from foraged natural materials, 9.30-11.30am, £20, High Nature Centre, East Portlemouth, www.high-nature.co.uk.

SATURDAY 28

MAGICAL DWELLINGS Workshop - make a fairy house, wizard lair or adventure tree house from foraged natural materials, 9.30-11.30am, £20, High Nature Centre, East Portlemouth, www.high-nature.co.uk.

JULY

EVERY FRIDAY

QIGONG at St Johns Church Hall, Totnes with Brad Richecoeur, 10-11.30am. Suitable for all levels, new students welcome. 01364 644040 www.qigong-southwest.co.uk.

SUNDAY 5

ADVENTURE TEEPEES WORKSHOP - build a model teepee with wood and fabric and decorate with handmade natural paints, 5.30-7.30pm, £12, High Nature Centre, East Portlemouth, www.high-nature.co.uk.

SUNDAY 19

ADVENTURE TEEPEES WORKSHOP - build a model teepee with wood and fabric and decorate with handmade natural paints, 5.30-7.30pm, £12, High Nature Centre, East Portlemouth, www.high-nature.co.uk.

AUGUST

FRIDAY 8- SUNDAY 17

QIGONG SUMMER CAMP on Dartmoor, with Daverick Leggett, Brad Richecoeur and friends. A profound life changing experience that nourishes the heart, revitalises the body and refreshes the spirit. 01364 644040 www.qigong-southwest.co.uk.



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Living on less...

Enjoying life in a gated community

IN my last musings under the 'Living on less' banner, I bemoaned (oh, such a bemoaning bemoaner am I), the fact that 'consumer durable' is actually a complete misnomer these days because they aren't durable at all. They are blatantly designed and built to last for a limited period of time, at which point we are encouraged to throw them away and buy a new one. And so it is that waste has become one of the main fuels (greed being another) for stoking our consumerist economy.

Well, this time I'm staying with the practical; strapping on my tool belt (a first aid kit would probably be more appropriate) and venturing off into DIY land.

But this is DIY with a difference; extreme DIY perhaps; or traditional DIY at least.

We didn't pop along to B&Q and buy something to take home and assemble/apply/screw to the wall knowing full well that within a few years we will need to replace it/reapply it/or repair it (and probably the wall too).

But by saying that I don't want to come over all virtuous and self-righteous. Far from it. In fact I claim very little credit for the process or the outcome of Project Gateway to Chickenland (although I did come up with the name). I did my share of the work, and I learnt an enormous amount, but all the credit for the design, methodology and patient guidance goes to friend and Hillyfield accomplice, Nigel Cole.

Our mission was to fill a gate-sized gap in the perimeter fence we've erected around the chicken area

FOSTER'S been learning how to make gates. But he and Nigel (the person who knew what he was doing) didn't start with a trip to the timber yard - they first selected their tree...



Gate expectations...

at The Hillyfield (you must all by now know that we keep poultry with Doug King-Smith at his woodland farm on Dartmoor). Calling on my extensive farming knowledge and rich reserve of rural wisdom it was actually me who came up with the answer - a gate. I know, seems so obvious now, doesn't it?

But while I would probably then have just bought a secondhand one, Nigel said no, we'll make one.

And while I would probably then have hooked up a trailer and driven to the local timber merchants to buy some wood, Nigel said no, we've got plenty of wood here.

Ok, so 'woodland farm' might have suggested that to you, but you really can't see the wood for the trees up there. Sure there are huge piles of massive 50-foot long tree trunks, but it's not like sliding a few

lengths off a rack at B&Q - first we had to select our tree...

Here Nigel's milling experience came into play as we chose a trunk suitable for our requirements - we selected a more manageable 20-footer, good and straight to minimise wastage, and with the help of heavy canvas straps and a front-loader tractor we maneuvered it onto the mill (a long, solid bed along which a petrol-powered saw slides on runners and slices it into carefully measured timbers).

His experienced eye could see the huge log contained the necessary number of 4x2s and 2x2s - and 20 minutes later, I could see them too. The transformation from tree to timber was very dramatic.

We decided to go for double gates - one 3ft 6in for pedestrian and wheelbarrow and one 8ft 6in to open up the full width to allow tractor or digger access. The uprights would be 4x2 at the hinge end and 3x3 where they meet; the top would again be 4x2; and the other horizontal pieces would be made from the off-cuts, making use of that lovely irregular 'waney' edge (the bark-covered bit) on the top side.

We chose to cut the mortise and tenon joints by hand, to drill and bolt all the joints, and I was learning on the job, so they weren't the fastest made gates in carpentry history. But that wasn't the point.

They were exactly the gates we wanted, the wood had travelled all of 20 feet from where it grew



to where we made the gates (and maybe another 100 metres to where they now hang), and I thoroughly enjoyed the whole process. And I relive a little of it, every morning when I walk through them.

I will also apply some of my newfound knowledge when I make the smaller gates we need for the pens within our newly fenced area. Where in the past I would have nailed together something that would 'do the job', I can now make something that really looks good and makes the most of the wood's natural characteristics.

Getting stuck into a job like this is all about confidence. In the past I have built chicken houses and taken on more domestic projects like kitchen units and while I would urge anyone to have a go (it really isn't rocket science - spend time thinking it through and always measure twice and cut once!), I would also encourage you to be prepared to get things wrong. It's a pain when it happens, but after some swearing and an impromptu teabreak, you simply start that bit again - or find a way to do it a little differently (wood is a very forgiving material).

Yes, I did have Nigel to help me on the gates. But if you like the idea of having traditionally-made gates, fences or garden buildings, he could come and work for you too. And teach you a few tricks of the trade along the way. Call him on 07787 885545, tell him what you have in mind and you too could do it yourself (with a little help).

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We offer a wide range of therapeutic approaches including Core Process Psychotherapy, CBT, DBT, EMDR, integrative counselling, child & adolescent psychotherapy, emotionally focused therapy for couples and family therapy.

The Centre is well appointed and has plenty of natural light. We have a range of therapy rooms, available to hire, including weekends & evenings. There is plenty of free parking close by.



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Lotus Training

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Sat 14th June, 10.00am – 4.00pm
An Introduction to Mindfulness

Sat 21st June, 10.00am – 12.30
Mindfulness Practice Morning

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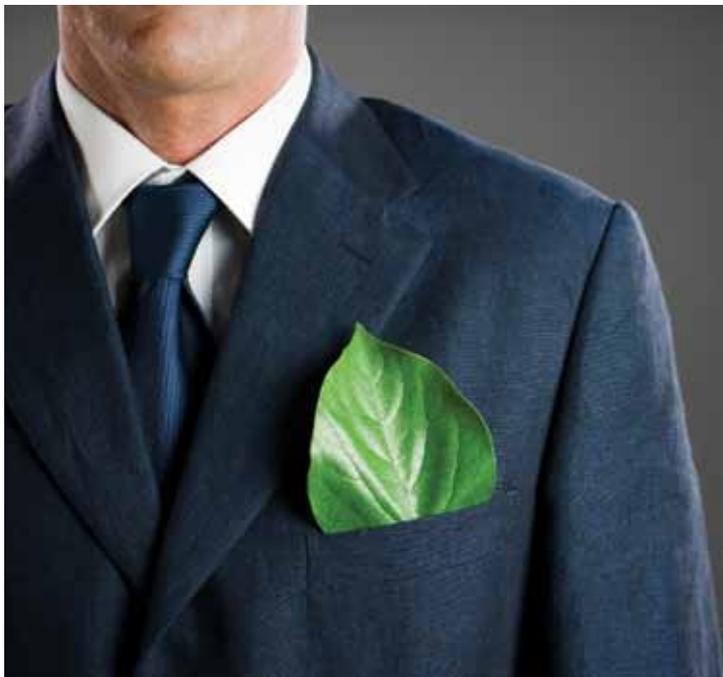
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