



Bi-Monthly FREE NEWSLETTER for the Parish of Kenn
December-January 2020



Haldon Views

now available online at haldonviews.online

December

Singing Group at the Ley Every Wednesday in the Function Room

Bridge Club Thursdays 2-5pm at the Kenn Centre

Community Event Calendar meeting Monday 2 December 7pm at Exeter Court

Exminster Film Club Wed 4 December at the Victory Hall. "Green Book"

Corporate Communions Wednesday 4 December – 10am at St. Martin's, Exminster. Thursday 5 December – 9am at St. Andrew's, Kenn.

Christingle Service Friday 6 December at 2.30pm

Kenn Parish Council Meeting 7pm Tuesday 10 December at the Kenn Centre

WI Meeting Party Tuesday 10 December at the Kenn Centre

Coffee Morning at St Andrew's 10am-noon Thursday 12 December

Mothers' Union meeting Thursday 12 December at "Greystones", Kenn

Christmas Tree Festival 13-18 December at St Andrew's

Nine Lessons and Carols Sunday 15 December at 6pm

FORCE Carols and Brass at the Ley Thurs 19 December at the Ley Arms

Words for Voices Friday 20 December 7.30pm at St Andrew's Church

Crib Service Tuesday 24 December at 3.30pm

Midnight Mass Tuesday 24 December at 10.30pm

Christmas Day Celebration with Carols Wednesday 25 December at 10am

United Service at Powderham Sunday 29 December at 11am

January

Singing Group at the Ley Every Wednesday in the Function Room

Exminster Film Club Wed 8 January at the Victory Hall "Stan and Ollie"

Art at Shillingford Friday 10 January 2020 at 9.45am

Kenn Parish Council Meeting Tues 14 January 7pm at the Kenn Centre

St Andrew's Coffee Morning Thursday 16 January at 10.30am –noon

WI Meeting Tuesday 21 January at the Kenn Centre.

Deadline for the next edition of **Haldon Views** 20 Jan 2020



ST. ANDREW'S CHURCH, KENN

Christmas Fayre



**SAT 30 NOV. 10.30 – 1.00
KENN CENTRE**

Children, come wearing a Christmas hat.

ENTRY 50p CHILDREN FREE

Just in case this edition comes out early don't forget the Fayre.

The WI would love to receive any items for the craft stall.

Singing Group

Wednesdays

The Ley Arms - Kenn EX6 7UW

- 2 mins from A38 Kennford Jnct
- Function Room 7.30 - 8.30
- Dan established The Sound Crowd 2010
- Over 100 singers across 3 groups (M&F)
- Just grab a glass and get singing!
- £7 on the door
- Register interest - thesoundcrowd@gmail.com

The
Sound Crowd

We sing, therefore we aaaaahhhh!



Heather Barbara Holland

1940-2019



From the Holland family and relations, many thanks to all who attended the funeral service at Kenn Church on the 12 November, in memory of my dear wife Heather.

Also thanks again for all the cards we received and offers of help, from people in the village. Thank you all.

From Peter, Nicky and Jackie

ENVIRONMENT

SERMON on 10 November 2019 at St Andrew's Church, Kenn

Five years ago, you don't remember, I do. I painted a picture. A Photo. From about 1900. It was of kids playing in the dusty lane, which is now the road past our church. In the background is Church Cottage. And I wondered if any of those kids were Robert or Philip Hole. They lived in Church Cottage. **Robert was killed at Ypres in 1915. Philip next year on the Somme.** Those youngsters gave everything. **For what was right.** We'll come back to them.

People often say, "Why does not the Church speak out?" Possibly because whenever we do there is usually a dirty great Hoo Ha. Well, today the church is going to speak out and there will probably be a Hoo- Ha.

So what does the Bible say about what kind of Nation we are called to be? What does Jesus say? Well, if I said it all we'd be here till long after the pubs have shut.

So a summary – first three brief points then a fourth one that will be a bit longer. You can tick them off. It gives you hope in a sermon.

First the Old Testament. God wants us to love truth and justice. He wants us to look after the poor and the vulnerable. He wants to give a decent whack of our incomes for just that. He wants the community to be safe. For instance, the Law of Moses says we must build houses that are safe. So what does that tell us about Tower Blocks, **and what sort of cladding we should put on them?**

In the New Testament Jesus takes it further. He teaches us that we have got to help whoever needs us – like the Good Samaritan - Regardless of who they are or whether we like them. He also said, "**If you do something kind to anyone, then you are doing it to me**"

Point no. 3. Remember Mary Magdalen. She came and poured expensive scented oil all over Jesus. The pompous people all said Tut, Tut. And Jesus shut them up, "**She has done what she could**" Jesus said, "**She has done a beautiful thing for me.**"

Now the long point. The Bible begins with Creation and Adam and Eve. **It is a story. It is not science.** But it foretells the future. It foretells things that are happening Now. The story says that God gave the Man, Human Beings, control over the World. He trusted human beings with His World. It's as if God needs US. He needs Us to take Creation on a stage. **So the decisions that human beings make affect how the world develops.** The decisions that you and I make affect how the world develops. **And we can see that happening now, in our own lifetimes.**

Next human beings, Adam and Eve, make a wrong decision. They eat from the Tree of Knowledge, when God had said they mustn't. In a way it is the very beginning of scientific enquiry. **But it's dangerous because it means that even more things can go wrong.** And we are seeing how many things DO go wrong - plastic, global warming and so on. Things go wrong for Adam and Eve, and they make things worse. **They blame each other.** And what are we human beings doing now? After centuries of burning coal, after billions of motor cars belching carbon by the megaton, what do we do? **We blame it all on cows!!**

Now a story about cows. We were at a family gathering and I was sitting next to a young man of sixteen. "Have some more beef, Leo" I said. "No thanks, I don't eat beef". So there was an argument. Leo was very clear and very logical, but I was not convinced. **I was convinced by his commitment.** "Actually," He said, "**I'm doing this because I can. It is One thing that I can do.**" So I promised him, to do what I can do, and change to a Green Energy Tariff. Remember what Jesus said. "**She has done what she could**" "**She has done a beautiful thing for me**"

If everyone did what they could, then the World would be Greened. This beautiful, beloved land of ours, could be a trail blazer, an example to the world. **That could be the vision and the mission of the British race. To Lead, - This emerald isle. This Green and pleasant land, Greening the whole world.** That is a beautiful thing we could do for Jesus.

Remember those kids playing in the lane by the church. Just up the lane there lives a little girl. In the Scarecrow Festival she produced a Scarecrow entirely made of Plastic. **She is about 7.** And she cares deeply about Plastic. **She is doing what SHE can.**

Isn't time for the Grown Ups to listen?

Isn't time for the Grown Downs like me to listen?

Couldn't that be the mission and vision of our Nation –
The Green and Pleasant Land Greening the Planet?

Isn't that something worthy of those brave boys who gave their very lives for us?

Mark

Words for Voices & The Devon Waites Celebrate Christmas in Words and Music

Includes Audience Carols, Mulled Wine and Mince pies



St Andrew's Church, Kenn
Friday 20th December at 7.30pm

Tickets £10 Children £3 from:

Simon Preece 01392 832462 or Sarah Hales 01626 891226
- in memory of Geoff Hawken



Exminster Film Club is a newly formed local community film club run entirely by volunteers. We are a not for profit organisation offering affordable film viewing for the village of Exminster and surrounding areas. Screenings will mainly take place on the first Wednesday of each month – September 2019 – April 2020

Next screenings at Exminster Victory Hall are:

4th December 2019 – Green Book

8th January 2020 – Stan & Ollie

Admission on the door is £5. Doors open 7.45pm for a 8.00pm start.

Please email exminsterfilmclub@gmail.com for membership details.

Visit our website exminsterfilmclub.org for more details



HAWKER TYPHOON Mk 1B “TIFFY”

Single seat fighter-bomber excelled as a low-level offensive fighter aircraft. Introduced into service in 1941 – the final delivery being made in 1945.

The underside markings were to avoid confusion with the Focke-Wulf 190.

Between the years 1939–45 3,330 aircraft were built.

2,180 H.P. Napier Sabre 11 24 cyl. Engine.

We Will Remember Them



Slimbridge Church. Just a few of the amazing ghost wire sculptures placed in the churchyard around Remembrance Day.



The Church Floodlights

One way to bring ‘light’ into the parish is to ask for St Andrew’s Church to be illuminated. For just a £10 donation the magnificent church will be lit for you, from dusk to the early hours of the morning. You may want to ‘celebrate’ or ‘remember’. Either reason will cheer up the whole parish.

Just contact Simon on 832462

Geoffrey Robert Hawken

1931-2019



From Anne Hawken and Family

Dear Friends and neighbours

After the sudden death of my dear husband Geoff, who was a great father to his children and grandchildren, I and my family would like to thank you all so much for the love and support shown. The many cards and flowers given to us helped us greatly through this difficult time. Best wishes and thanks.

Anne and family.

PLEASE FILL THE WINDOW SILLS WITH CANDLELIGHT
AGAIN THIS YEAR
AT THE CHURCH OF ST ANDREW'S, KENN

Christmas Candles

Buy a candle for a friend or a member of your family this Christmas!

- for someone you love, for someone who is unwell, for someone away from home, for someone departed.

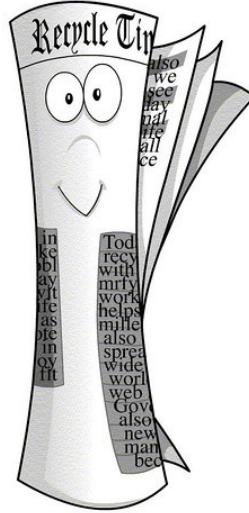
Your candle will have on it the name of the person you would like to remember this Christmastide.

The Christmas CANDLES will burn at services and events in St Andrew's church, during the Christmas season.

Your candle will be yours to take home with you, after Epiphany. Please come to collect it from the church.

CHRISTMAS CANDLES cost £2.50 each.
Contact: Sarah Hales 01626 891226

THE READERS GUIDE to British Newspapers



The TIMES is read by the people who run the country

The DAILY MIRROR is read by the people who think they run the country

The GUARDIAN is read by the people who think they ought to run the country

The MORNING STAR is read by the people who think the country ought to be run by another country

The DAILY MAIL is read by the wives of the people who run the country

The FINANCIAL TIMES is read by the people who own the country

The DAILY EXPRESS is read by the people who think the country ought to be run as it used to be run

The DAILY TELEGRAPH is read by the people who still think it is

The SUN readers don't care a toss who runs the country provided she's well endowed!

Jim Ratcliffe

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Loosen Up your Painting at the Shillingford Art Class



Why not brighten up your new year by trying your hand at watercolour and drawing at the friendly art class at Shillingford Village Hall? This term we will be looking at ways of loosening up your painting style, which should be fun! All abilities are catered for, and the classes begin at 9.45am on Friday 10 January. Ten week term £70/ £67 O60s. Further details from 01626 891 245 or visit mikemcdonald.co.uk



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at teignbridge.gov.uk/litter**

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Teignbridge District Council



Parish Rainfall Statistics 2019

AUGUST 82.50mm or 3.30ins

SEPTEMBER 72mm or 2.88ins

OCTOBER 182mm or 7.20 ins (Wet)!!

Pete apologises for missing the last edition's rainfall statistics.

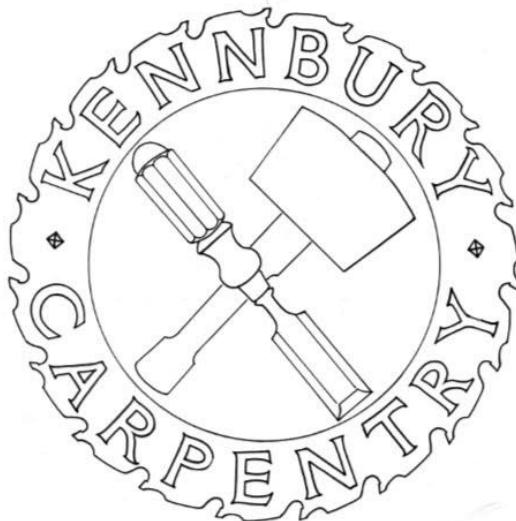
We all know that Pete was caring for Heather during these months. Sadly Heather has passed away recently. All our condolences go to Pete and his family.

The highest ever was in October 2013 283mm 11.32ins

Other high figures 2014 January 240mm 9.60ins

February 2014 275mm 11ins

In 2018 March 230mm 9.20ins November 212mm 8.48ins



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GOOD FOODGOOD BEERGOOD CHEER

The Ley Arms is a beautiful, picture postcard, thatched 12th century country pub nestled in the charming village of Kenn, within easy reach of Exeter, just a short journey from the A38.

A traditional warm welcome awaits you at The Ley Arms for customers, old and new.

With fabulous home cooked food, real ales, special occasion celebrations in the function room and great hospitality, the Ley Arms, near Exeter, is a great place to visit and enjoy.

KENN AND KENNFORD



WI MATTERS

Kenn and Kennford WI

October meeting.

Our speaker was Tony Burges, who gave us a most interesting insight into 'West Country Snippets'. He showed us a variety of pictures and told us many amusing anecdotes about Devon and Dorset well known characters.

Tony has been a Redcoat Guide in Exeter for many years and imparted lots of local knowledge. Some of the pictures were of film sets of "Warhorse".

We all agreed that the anecdotal content revealed to us lots of interesting facts about local icons.

Sue Bretherton

HO! HO! HO! HEAR YE ! HEAR YE !



The Christmas tree festival is upon us again Friday 13 Dec until Wednesday 18 Dec (take down Thursday 19th)

Can we have more trees please? Exminster gets loads!

Christmas Tree Theme: Xmas song or carol

Think : Bing :"White Christmas" : Elvis : "Blue Christmas". "Ring out the Bells".and."Rockin' Robin" etc.

Please bring to church ready decked, or dress in church on Thursday 12th, anytime after 9 am. Real or artificial trees.

Lights with batteries would be fab .They make such a difference. When they are all lit up, as it darkens outside, the inside looks so lovely. Has the oooh factor!

Do come and see, even if you are not displaying.

Forms available from the post office, or just pop a note with size details of tree through Maggie's letterbox : Shell Cottage , Pye Corner (this is important so as we know where to place the trees). Be there or be square !!!!

Polly HO! HO! HO!



Twenty two ladies began the celebrations for Kenn and Kennford WI's 90th birthday with a meal at Exminster Golf Club on Friday 8 November. With balloons from the Golf Club and table decorations supplied by one of our sprightly WI members (Helen), we all enjoyed a lovely meal and a good opportunity to have a chat.



Kenn & Kennford WI celebrate 90 years!



Well we really excelled ourselves if that was possible! ,

The rooms were transformed into the twenties thanks largely to Sue W. The Mocktails flowed, inspired by Pat. Lots of us had lots of "Safe sex on the beach"!!!! and the canapés were divine. Our ladies did not disappoint. Transformed into glamorous S/Flappers as our resident gangster, John aka Al Capone, made a slip of tongue!

He brought along his violin case, gun and a very dodgy moustache and a very funny intro about decommissioned fire arms etc. He never fails to impress. Thank you John. Lots of ladies sat on his manly thighs for a photo call. Haven't got those pics ,later girls later!!

Then a talk about the RNLI apparently starting life as NIPLS ! Causing much hilarity and meaning the "National Institute for Preservation of Life at Sea". Then in 1850s changed to "RNLI". Grace Darling was the main topic. She was the first female celebrity, known world- wide for her bravery. Fascinating stuff.

John also talked about Cold Water Shock, a little known phenomenon causing the brain to render limbs incapable of swimming for at least 90 secs when suddenly immersed in cold water. Best thing to do is to float and wait. After the 90secs, swim and call for help. This will save you. All sounds good but panic is usually what kills us. This is if you find yourself suddenly propelled into cold water, AND NEVER try to go in after your dog. They can swim much better than us!!! A lovely evening thanks to all who helped and to our lovely committee

GP in a TEPEE



The real Happy Valley is in the sub-artic wilderness of Labrador. The folk are Indians, Eskimos, "Liviyers" who are descendants of settlers from Western England and Ireland. There are also recent incomers working in forestry and mining. It is cold in the winter and full of midges in the summer. No road or rail contacts means transport is by water or small aircraft with floats or skis, according to the season. Medical services are provided by the Grenfell Hospital which began as a medical mission in the early 20th century. "Don't go on home visits"-they told me—"because you may never get back to base" Of course there is an exception to every rule,-isn't there?

The Mounties rang at 2am, (no horses or red coats this time). A pregnant woman living in an Indian encampment down river was bleeding. Life of the mother and baby could be at risk, so the team was gathered at the dock. Canadian midwife, Scottish medical student, English doctor were put into a small motor boat, helmed by a grumpy local "liviyer". "Ain't been to Mud Lake for 40 years". He told us. "Can get you near but not right there", as he reluctantly nudged us through the mists and between the sandy shoals.

We made landfall on a spit of land covered by fir trees and waded ashore holding the equipment and instruments up high. Single file through the pine forest we came to the Indian encampment of four or five tepees. The patient's sister, a large Indian woman in check shirt and jeans was waiting for us and took us into one of the tepees.

Inside it was warm and surprisingly full of people. Granny was sitting by the central wood burning stove, sucking on her pipe. The floor was a thick carpet of turpentine rich pine fronds. She sent two young children off to bed by pulling down an awning from the wall. Then she lit her pipe, using a spill from the fire and to our horror, extinguished it by plunging the glowing spill deep into the pine fronds. No ignition. No explosion. No fire storm.

Our patient, who was lying on a mattress, holding her tummy, was settled and examined. Her pregnancy measured about 34 weeks. The recent bleeding had stopped and the baby's heart rate was regular and strong. An intravenous line was put into her arm and we made the decision to take her back to our small hospital. But how? The grumpy skipper of our motorboat had gone home to bed. "How can we get her back?" we asked. "By canoe!" her big sister told us. "Will her husband drive it?" "Aw no way! He's drunk!" "Then who?" "Shucks –I'll do it"

The long Canadian canoe took us all in a line like a row of beans. The student held the spare equipment, the midwife was monitoring the foetal heart rate from behind the patient and the doctor was working out what to do if the labour started whilst we were afloat. Big sister went behind a tepee and returned hauling a large Mercury outboard motor, which she expertly clamped on the stern post. Pulling the engine into life, big sister gently edged us out into the midstream, then as she opened the throttle the prow of the canoe reared out of the water and we roared back to our little hospital.

Back at base the patient was settled and observed just as the new day was starting. Fearing a possible premature labour the ambulance float plane was booked to take our patient and midwife over the Straights of Belle Isle to the main obstetrics hospital in Newfoundland.

Over the next few weeks regular enquiries told us that the pregnancy was persisting, that there was no more bleeding and that the baby was growing. Then one morning several weeks later the obstetrics specialist called in the middle of the morning surgery. "That Indian lady you sent us over with a severe bleed-she has delivered safely. Mother and baby are doing well. Soon they'll both be back in Happy Valley".

Ian Goodrick

Sara Cartwright Art

Pet, equine or favourite animal commissions taken either in graphite or polychromes colour pencil. Please look at my Facebook page, Sara Cartwright Art, for more examples of my work. Contact me on 07714444976 or via email at saracartwright@btinternet.com or catch me at Rollestone Farm Kenn.



The Great Village Quiz 2019

On a wet October evening 19 teams descended on the Kenn Centre for the ‘Great Village Quiz’. Team tables were quickly loaded with all the necessities of serious quizzers, namely food, refreshments, chocolates, sweets and alcohol and more alcohol.

As always, Simon and Jo Preece had organised the evening perfectly. Over 100 freshly baked pasties arrived spot on time.

Kelvin Boot, who is not allowed to see the questions before the start, led us expertly through the 81 questions. An improved PA system allowed everyone in the hall to hear Kelvin’s professional delivery, in his own inimitable style.

Just before Pasty Time the “Spot Prize” was expertly won by the “Clay Gaydons”. They were delighted to receive the prize-6 bottles of the finest French wine.

At the end of the evening Shirley, John and Pete Phillips added up all the scores. Figures were checked and the winners announced.

In 3rd place was “Team Boot” Just pipped into 2nd place was the slickly named “My Drinking Team has a Trivia Problem”

Once again the winners, by just 2 points, were **“The Mongrels”**, who now have a loyalty card with the engravers!

All the other teams warmly congratulated the 2019 Champions at the end of another great community event.

Can the “Mongrels” be beaten? Make sure your team sign up to The Great Village Quiz 2020





Christmas Breakfast Sausage Casserole

Some of you will probably remember I did this recipe way back, but I think it's worth repeating, an easy and tasty dish any time of the day or year, but especially over Christmas when time is limited.

Serves 8

1 pound of good quality pork sausages
 1 teaspoon of mustard powder
 1/2 teaspoon salt
 4 eggs beaten
 2 cups of milk
 6 slices of bread, toasted and cut into cubes
 8 oz cheddar cheese shredded

- 1 Crumble sausages, cook over medium heat until brown.
- 2 In a medium bowl mix mustard, salt, eggs, and milk. Add the sausages, bread cubes, cheese and stir to coat.
- 3 Pour into a greased baking dish. Cover with foil and chill in fridge for 8 hours or overnight.
- 4 When ready to bake, preheat oven to 175 dg c. cover dish and bake for 45 to 60 minutes. Uncover and reduce temperature to 165dg.c. Bake for an additional 30minutes or until set.

Tried and tested many times!

Sue Holwell

Sadly, this will be the last of Sue's delicious recipes. Peter and Sue are moving out of the village early in the new year. The parish has had a magazine for many decades but there would be no Haldon Views today if it weren't for the efforts and dedication of both Peter and Sue, over many years.

They will be sadly missed in our community but we wish them all happiness and success in their newly chosen home.



St ANDREW'S CHURCH SERVICES

1 December	Advent 1	10am Morning Worship
6 December		2.30pm CHRISTINGLE SERVICE
8 December	Advent 2	8.15am Eucharist
15 December	Advent 3	10am Sung Eucharist 6pm NINE LESSONS & CAROLS
22 December	Advent 4	8.15am Eucharist
24 December	Christmas Eve	3.30pm CRIB SERVICE 10.30pm MIDNIGHT MASS
25 December	CHRISTMAS	10am EUCHARIST with CAROLS
29 December	Christmas 1	11am United Service for the Five Red Churches at POWDERHAM
5 January	EPIPHANY	10am Morning Worship
12 January	Epiphany 1	8.15am Eucharist
19 January	Epiphany 2	10am Sung Eucharist
26 January	Epiphany 3	8.15am Eucharist
2 February	Presentation of Christ	10am Morning Worship

CHRISTMAS SERVICES -

*Friday 6th 2.30 pm Christingle Service
 Sunday 15th 6 pm 9 Lessons and CAROLS
 Christmas Eve 3.30 pm Crib Service
 10.30 pm MIDNIGHT MASS
 Christmas Day 10 am Celebration with CAROLS*

Churchwardens Jottings



Christmas will soon be here now. The Christmas Fayre 30 November may have come and now gone. Well done to Paul R. and all his helpers for putting on another great event.

This year sees our local school in Kennford taking a more active role in celebrating Christmas in St Andrews. Class 3 will be in church on Monday 2nd to hear about the history of our church from yours truly, a talk about wildlife in our church yard, by Kelvin Boot and Ian Goodrick talking about our famous Yew tree. Christingle Service Friday 6 December 2.30pm in the church and then it's the school's Carol Service on Friday 13th at 5pm in the church. It's great to see the church being used this way. After all, the future of the Church is in the hands of our children!.

One of the main events this Christmas will be our Christmas Tree Festival, starting on Friday 13 through until Thursday 19th. It is not too late for you to enter a Christmas tree in this wonderful event. Just give Polly Davey a ring on 834822 and of course, do come along with friends and family and have a look at all the wonderful creations based on Christmas carols and songs. On Sunday 15 December at 6pm we will hold our traditional Carol Service. A chance to sing your favourite carols,. I just love carols!!.. Christmas wouldn't be Christmas without Words for Voices. Their concert is taking place on Friday 20 December. Tickets are on sale but I know they will be sold out before the event, so don't delay if you wish to come. £10 a ticket from me or Sarah Hales.

Then the main event, the birth of Jesus celebrated on 25 December. I do hope I will see you at one of St Andrew's services over Christmas.

In 2020, the coming year, St Andrews Social Committee members are putting together a programme of fund-raising events that will help to keep our church functioning. Look out for the Fete, a Male Voice Choir concert, a Wedding Dress Festival, and a Harp Recital with wine and cheese. Other events to be announced. This fundraising is vital to keep St Andrew's solvent. We have just paid out £450 to renew two floodlights for the outside of the church!!!.

May I wish you a very happy and peaceful Christmas and hope to see you over Christmas.

Simon Preece Churchwarden.



News from the MOTHERS' UNION Branch at St. Andrew's, Kenn (with Exminster)

At the October meeting, Marigold Seager-Berry gave her talk about her first-hand experience of the Mothers' Union at the United Nations.

She is a great speaker and gave us a lot of background detail of having lived in Africa, including Tanzania where there are 850,000 Mothers' Union members and where women are used as chattels by men. They are very interested in seeing white people and despite their poverty, they are very hospitable.

Marigold was the Mothers' Union representative to the United Nations for a few years and spoke at the Commission for the Status of Women, on the subject of gender equality and the empowerment of women. It is good to know that Mothers' Union has a voice at the United Nations.

Our next meeting was held on Thursday, 14 November, at 2 Rayners, Kennford, home of Anne Hawken, when the new programme for next year was planned.

Members were encouraged to try to call in at the Diocesan Christmas Fair, in St Stephen's Church, Exeter High Street on Friday 29 November.

At our November meeting, the programme for 2020 was discussed and planned.

Our next meeting will be on Thursday 12 December at 'Greystones', Kenn, home of Sarah Baker, when we will have a quiz and social afternoon. Please note the change of venue from that shown in the programme. Subscription of £25 per member will be due at this meeting, please.

Corporate Communions

Wednesday 4 December – 10am at St. Martin's, Exminster.

Thursday 5 December – 9am at St. Andrew's, Kenn.





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KENN BRIDGE CLUB still warmly welcomes players wishing to join us for a friendly game. Venue—Kenn Centre on Thursday afternoons from 2pm to 5pm

Interested? Phone Robin Turner
01392 832301

(Unfortunately we have no facilities for teaching beginners)



Coffee Mornings



On a Thursday of each month from 10.30 am until 12 noon, Coffee Mornings are held in St Andrew's Church for anyone living in the community who would like to have a cup (or two) of coffee or tea and a slice of cake in happy and friendly surroundings. All visitors will receive a very warm welcome and don't worry if transport is a problem for you. We have drivers who are more than happy to collect you and return you to your door afterwards.

So why not give it a try? You don't have to come every time, there is absolutely no formality and just because it's held in church, that's just for convenience. It's not a religious gathering in any sense of the word.

If it's not of any interest to you, do you know anyone else who you think would like a bit of company? If so phone either Shirley (833293) or Brenda (832896)

Next Coffee Mornings-Thursday 12 December and 16 Jan



LOCAL CHARITY SEEKS VOLUNTEERS

Devon in Sight (The Devon County Association for the Blind) has moved its head office to Splatford. The charity provides support services to people who are blind or partially sighted across the county. They are keen to recruit volunteers to provide reception cover, provide administration support, fundraising or be trained to provide specialist training. Please contact Jennie Benham the Office Manager on 01392 876 666.

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Kennford

Exeter

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Tel: 01392 876 666

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Kenn Parish Council

**Next meetings Tuesdays 10 December and 14 January
2020 in the Kenn Centre at 7pm**

Do come. It is your council and your parish, and your money that runs it all.

Get in touch – Penny Clapham on clerk@kennparishcouncil.co.uk



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Devon Libraries—Your Mobile Library

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For information ring 03451551001 or email www.devon.gov.uk/libraries

Message to Town and Parish Council clerks.

This is just to let you know about this story that Devon County Council has published, on behalf of our economy team. They are looking for microbusinesses (businesses that have fewer than 10 employees), freelancers and sole traders, to take part in a research trial that aims to help businesses become more efficient. Businesses have until the end of the year to sign up to be part of the trial.

Here's a link to the story on our news website <https://www.devonnewscentre.info/micro-businesses-invited-to-be-part-of-a-research-trial-to-help-boost-efficiency/>

Please feel free to share it within your parish, and if you are able to include the story in any of your newsletters or Parish or Town Council magazines between now and the end of December 2019, that would be wonderful.

Kind regards Mike Bomford. Devon County Council

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Dystonia

Sam Chalmers recently gave this eloquent speech at a National conference.

It describes the journey Sam and Ross have made, and continue to make with their special family. Having read this I now have a better understanding of Dystonia. Editor.

My husband and I have two children, Isabella age 7 and Matilda age 3. They are like chalk and cheese yet complement each other beautifully and our lives are richer, although not in money, because of them.

Isabella is the more serious one; always wanting to please, doesn't want to get anything wrong, worries about everything and is very academic. Matilda on the other hand is very cheeky, always pushes the boundaries, hasn't a care in the world and loves to be messy and outdoors. I find it absolutely amazing, speaking as an only child, that you can have two children that are so different yet produced in the same way by the same people, just amazing.

Now I hate to label Isabella but saying it out loud is an important part of my acceptance of our situation. Isabella is disabled. She has Primary Generalized Dystonia.

We started our Dystonia journey about five years ago when Isabella was two but we only really knew that this was our journey about 2 years ago. When Isabella was two we noticed that she couldn't walk very far without wanting to be carried and she always wanted to be carried up the stairs. Being our first child we just presumed that she was a bit lazy and just couldn't be bothered to do it herself, reassuring ourselves that this is what everyone else's children did. Then came the night pains. Isabella would cry and cry saying that her legs hurt but due to her age she wasn't really able to describe it and that was so frustrating. I automatically used to rub her legs or give her Calpol but when this started happening on a regular basis we knew something else must be wrong. We put it down to growing pains but thought a trip to the doctors would sort it out.

Around the same sort of time Isabella's pre-school Manager pulled us to one side and said that she had noticed that Isabella was struggling with her balance, she wasn't very stable on her feet especially going down steps or getting up from the floor. Her running was also deteriorating and she was falling behind her peers. I told her about the pain and that I had been trying to get the doctors to help but with no luck. Despite me hearing 'she would grow out of it' on the previous three appointments she persuaded me to go again. So of course I did and on my fourth visit, after explaining the situation to yet another doctor, he looked at me blankly and said 'we are very busy today, do you realise that'. He got Isabella to walk up and down the small room and said I had nothing to worry about. She literally only had room to walk about four steps! So I left in tears feeling completely helpless. A few days later Isabella's pre-school manager asked how the appointment went and I broke down in tears and told her my experience. To say she was angry is an understatement. She wrote a letter to our GP and told them what she witnessed as a professional. On the fifth visit, armed with the letter, they told me they were going to refer Isabella to the hospital. This had taken two years, in which time Isabella's walk had deteriorated as had her running. The pain she experienced in her legs had increased and her walk had become very stiff

and awkward. So now started the tests and numerous visits to hospital. I have lost count of the number of blood tests she has had to have, I think 12 vials in one sitting is our most at the moment! I can remember how horrendous it was watching her crying and struggling with the nurses refusing to have her bloods done, trying to tell her it will all be ok because at the end of it she would get a sticker! She had a Nerve Conduction study done and an Electromyography. A Nerve Conduction study is where they stimulate nerves using an electrical current and an Electromyography is where a needle is inserted into the muscle to record the naturally occurring electrical activity. She had x-rays and an MRI scan of her whole body, including her brain, as they thought she might have a brain tumour and more recently she had a lumbar puncture. As each test came back negative we became more and more frustrated and it got to the point where we thought 'do you know what I don't care what is wrong now, I just want to know so that we can deal with it and help her'. It sounds horrible hearing myself say that because of course we cared but our beautiful daughter had been suffering for five years now and we just wanted an answer. A solution. Something!

Then Dystonia was mentioned, very loosely as they still weren't sure but they advised us to have a look on The Dystonia Society website. So I did and I didn't like what I read, so I looked just once and that was it for a few days but I couldn't help but look and search the internet for anything relating to Dystonia. We saw another consultant from a different hospital and after getting Isabella to walk, run, hop, jump, get up from the floor and various other things he clinically diagnosed Isabella with Dystonia. At first they thought it might be Dopa-Responsive Dystonia. But when no improvement was made after a period of time on the specific medication that was dismissed. So they changed medication but unfortunately after a little while the side effects started to creep in, anxiousness, the feeling of guilt, confusing and emotional thoughts, a fuzzy head and a jittery body. I remember one day she was so upset and she said whilst crying 'what's going on in my head?' So the consultants decided to change her medication again.

We were warned that finding the right medication was just a case of trial and error but by this stage we both thought that Isabella was just being used as a Guinea pig. However Isabella was then put on Gabapentin and 18 months later we are still on it. We have had to play around with the dosages a bit in that time and at one stage we tried to reduce the dose. She had started to suffer with abdominal pain and our consultant was concerned it could be a side effect of the medication. Very quickly her pain increased and however hard that was to deal with at least we knew, at last that this medication was working. It might not make her walk with ease or for long distances and she still might not be able to run or walk up the stairs like her peers but at least we were combating some of the pain. However during this time of being on a lower dose the pain got worse, it was almost constant and after a few weeks I think Isabella could take it no more. She looked awful, she was so tired and pale, she didn't want to do anything, go anywhere, she just wanted to be with me all the time and in the end she broke down and said that she didn't want to be here anymore..... She'd had enough..... She told me she wanted to kill herself.

After several phone calls to various people we were advised to increase her medication and we were able to get her some emergency psychology sessions. Very quickly Isabella started to pick up both mentally and physically. Unfortunately Isabella still suffers with her mental health and after being on the waiting list for a year she has just started regular psychology meetings. I think it is so important for everyone, family, friends and professionals to be aware and educated that Dystonia doesn't just impact people physically.

In the last 6-9 months Isabella's pain has increased once again and the distance she is able to walk has deteriorated. It got to the point at the end of the last year when we knew we had to do more to help. I filled out countless forms to get an appointment with an OT and to cut a long short and lengthy process short our house has now been adapted to help Isabella at home. We have hand rails on all the stairs inside and out, bath and shower aids and a chair for the dining table. These few adjustments have benefited Isabella immensely and has given her a bit more independence.

We also decided that in to live more like a 'normal' family we needed to get Isabella a wheelchair. We were pointed in the direction of the British Red Cross and rented one for a couple of months. At first we were worried that Isabella would hate the idea of needing a wheelchair however she was over the moon. I think she was just relieved to be able to go and visit places like her friends. She has been able to take part in school trips and brownie parades alongside her friends. Once we saw the massive benefit having a wheelchair was having, not just for Isabella but to family life in general, going to the woods or into town as family) we knew we had to apply for one. As with all these things, application forms and processes have to be followed and as yet we haven't heard if we are successful. (Update: After the process taking almost a year, Isabella has been granted a fully funded wheelchair for life and she received it recently)

Although Isabella was over the moon with the wheelchair for me it's taking a little longer to get used to. First there's the practical things, it's bloody heavy and takes up all the room in the boot for starters, then there's the staring and sympathy smiles to get used to. But it's not just that. I never imagined our children needing such things. When you decide to take the next step and have children I guess most people never take the time and consider the possibility of having a disabled child. I know I was certainly one of these people. Having said this she is perfect.

When my husband and I were told Isabella had Dystonia, she was disabled, we didn't really talk about it. Yes we talked about how Isabella was but we never really addressed the issue. Mentally I was falling apart. I had been holding it together since she was two and on top of that I just couldn't accept the fact she was classed as disabled, it was just all too much. Everything we had been through, it was just all too much.

One day Isabella was crying on the way to school, I think we were running late and she ended up in tears as they had PE that day and she didn't want to go. I cried all the way to school. I parked

the car, put my sunglasses on and walked her to class. I saw my friend Alice on the way back and she knew something was wrong and as soon as she asked if everything was ok I completely lost it. I started crying so much I couldn't breathe and I was leaning on her so much I am surprised she didn't fall over. I remember saying 'I can't do this, I can't do this anymore. I can't take seeing her pain, why, why, why. Why us?'

But they do say a good cry is good for you and it certainly was for me. We were going to beat this, we were going to do anything we could to make this situation a positive experience for us. Yes we would still have bad days and Isabella will continue to struggle but when we can I was determined to make something good of something bad.

First thing we did was call The Dystonia Society helpline and Ross had a really good chat with them. He came off the phone and was telling me all the things he had been told. One of these things was that it was Dystonia Awareness week soon so after speaking to Isabella's school we held a 'wear something green' day. I spoke to Ann from the Dystonia Society and I got a fundraising pack and we were away.

Isabella spoke in an assembly that week and although her class knew of her disorder she spoke to the whole school about it. The children raised £200. Amazing! We put posters up around our community informing people it was Dystonia Awareness Week and that Isabella had the disorder. I wrote something on Facebook about it and instead of keeping this our secret we shared our story. To say we felt supported was an understatement.

So keeping up the positive momentum last summer we held a fundraising sausage sizzle at our house. 250 sausages and about 20 puddings later we had raised just under £1000 for the Dystonia Society. It was so successful we are hosting another sizzle in two weeks' time.

Ross and his best friend are going to do Prudential Ride London in August this year and have been training for the past 5 months. These events are keeping us positive and focused.

We went to a Dystonia support group recently (found via The Dystonia Society website) and although everyone there was a lot older than Isabella it was so refreshing to be around others who knew what we were going through. We are learning that talking and sharing experiences and emotions, however hard it is, can only make everyone feel better. So as scary talking here today is it can only have a positive outcome.

I have many fears for Isabella's future and how much of a normal life she will be able to lead, however with the love and support of family, friends and events like these today, we can try to overcome our fears, learn how to cope and be the best supporting parents we can.

Thank you for listening to this snippet of our family's experience. And as I keep reminding myself, especially on the bad days, we are all on this confusing, frustrating, emotional Dystonia journey together, we are never alone.

Sam and Ross



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