

The good living and community magazine for Exeter, Plymouth and across South Devon

FEB/MAR 17 ISSUE 47

reconnect

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Upfront

IT'S WHAT WE'RE ABOUT

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IN THIS ISSUE...

A NEW FUTURE! 5
Plans for a micro college

VIKINGS NEEDED 8
Benchmarking at Sharpham

THE FESTOGRAPHER 9
Hello Reconnectland

GOING OUT 11
Places to go, people to see

DEVON SHOWCASE 12
Villages in Action

ORGANIC GARDENING 14
Forecasting growth

TALKING TREES 16
Your woodland rights

Festivals - pages 22-23



Artisans - page 15

COMFORT FOOD 17
Super local produce

OFF GRID 20
The solar solution

FESTIVAAAAAALS! 22
Guide to summer fun!

THE GOOD LIFE 24
Foster finds the simple life!

ALL HIPSTERS NOW 27
Parenting trends

WELLBEING PAGES 29
Our holistic health guide

EMOTIONAL HEALTH 30
Taking back control

WELCOME...

....to the February/March issue of Reconnect. This is my first issue since taking over the business, and I hope you'll think, once you've read it, that it's in safe hands. It's been a long time since I last edited a magazine, so please excuse any glaring errors I may have made. By all accounts regular Reconnecters keep telling me it's a good time for new beginnings, and as you read this hopefully Spring will have begun, and you will be starting to think what to do this coming summer.

I'm hoping this issue will give you a few ideas, whether it's gardening, food, wellbeing or perhaps a festival or local event from our unique guide to festivals. This issue shouldn't seem too different, it includes all the usual regulars, including a much loved one on page 24. Please do let me know what you think. Remember, it's you the readers that keep Reconnect going, so do please get in touch with those advertisers that attract you, and say that Reconnect sent you.

I don't want to change a good thing, and hope to continue to build connections for a happier, more sustainable future. Wish me luck!

Scott x

COVER STORY...



COVER IMAGES

Main pic of festival by Stone (www.stonefree.org) - also providing images on centre pages. Along the bottom pics, from left: Raindrop Treatment (see page 31); Peter Lanyon at Sharpham (www.sharphamtrust.org); and Fox Tots at Foxhole Garden (see page 15)

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Our 1/2-page advertisements

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Repair cafe

EXETER has a Repair Café. The multi-faceted community led project opens at St Sidwell's Community Centre from 10am-1pm on February 18. Offering the chance to get goods, not under guarantee, mended for free, repair advice, and tips on how to fix items with expert guidance. Housed in a social venue where people of all ages & situations can meet. The project is still seeking more skilled sewing, mechanical, electrical, electronic & admin volunteers to do repairs at the cafe - contact Jude on 01392 424234.

LED crops

RESEARCH at the Stockbridge Technology Centre has shown that by adjusting the quantity and quality of LED lighting, improvements in both the yields and the quality of crops can be achieved, demonstrating the benefits of growing with LEDs goes beyond simple energy savings.

Funny wildlife

HANNAHS at Seale-Hayne is hosting the first ever exhibition of The Comedy Wildlife Photography Awards, giving visitors a unique opportunity to view hilarious images by the 40 finalists in the 2016 Awards. Running until March 12, free entry.

Scandifilm

FANS of Nordic Noir are enjoying Scandifilm centred around Scandinavian cinema at Exeter Phoenix for a third year. Visitors are given the opportunity to live, eat and breathe Scandi. The season continues through February and March, and features over 20 events.

Silver show

SHOW of Hands will celebrate 25 years in the business in 2017 - with their fifth 'Big Gig' at the Royal Albert Hall on Easter Sunday.

Ted talks

THE second TEDxTotnes independently organised TED event is coming to the Barn Cinema at Dartington Hall on May 12 2017. Visit tedxtotnes.com for details.

Unleashing the imagination at the Transition Film Festival

FILM fans in Reconnectland can look forward to the third Transition Film Festival entitled 'Unleashing the Imagination' happening from March 9-12 across four Totnes locations to include; the Civic Hall, the Dartington Barn Cinema, the Vintage Mobile Cinema and Birdwood House.

As the saying goes, a picture paints a thousand words, and so there is no better way to address global issues than through the medium of film. The vision for the Film Festival will be to engage people of all ages from both the local and the wider community. The plan is to provide a platform to empower and inspire attendees to make informed decisions about the future. The key aim of the Festival is to highlight new ways of tackling old issues.

Thought provoking films and documentaries will form the backbone of the Festival. Other events including breakfast with film-makers, film-making workshops and discussions with leading experts in their field will also

be on the programme. Two new features are to be included this year: - young film makers from KEVICC's in Totnes, Plymouth College of Art and The Green School based in Malaga, Spain, have created short films for the Festival, and their work will be premiered on Sunday March 12th. Additionally, the last of its kind the Vintage Mobile Cinema has been hired to provide audiences with unique viewing experiences.

JUST ANNOUNCED!

One event not to be missed will take place on the evening of Saturday March 11 - 'Conversations with The Wind' - an extraordinary encounter between two world class artists, poet Alice Oswald and saxophonist Andy Sheppard. They will perform



improvised work in dialogue with a contemporary silent film created by Geoff Dunlop.

For further information and/or to purchase tickets, visit: www.transitionfilmfestival.org.uk



A new future micro-college is germinating

A NEW micro-college for 16-19 year olds hopes to give students a sound education founded on ecological design and project-based learning. The new educational initiative is called the New Futures Academy; and is currently in the Free School application process with courses planned to begin in September 2018.

Based in the Totnes and Dartington area coursework will involve lots of live client project briefs, work experience opportunities & fun outdoor learning activities. The two-year full-time vocational Level 3 qualification will be strongly focused on helping the students discover and follow interests and help them develop strong interpersonal skills and a sense of belonging.

At the head of the project to deliver a new generation of 'Solutioneers' is Chris Smith. He explained: "What we are offering will be substantially different to other further education providers in the area. There will be lots of hands-on learning, work experience opportunities, creativity and time spent outdoors and out on locations. Our aim is to create a learning experience that is both fun and meaningful. We will be particularly focused on supporting our students emotional wellbeing; helping them

develop strong interpersonal skills and a sense of belonging.

"The curriculum will explore different aspects of ecological design; both land based and product design. There will be a strong focus on developing the student's creative business ideas and entrepreneurial skills; bringing together sustainability and employability.

"I'm excited about the team members we have on board so far; the skills and experience they have are inspirational. We are also busily building up a fantastic network of industry and employer links."

If you like the sound of the academy, Chris and the academy's development team would love to hear from you, and in particular need as many potential students and their parents as possible to do their online survey, which they can access their website. The survey is an essential part of the Free School funding bid.

Reconnect will be bringing you more about the new academy in the coming months. For now though, if you are interested in finding out more the project, then visit their website at www.newfuturesacademy.co.uk and follow them on www.facebook.com/newfuturesacademy.

Dawn chorus

ASHBURTON'S Barn Owl Trust are having a Dawn Chorus Walk on April 21 from 5am. Early risers can join their Conservation Team on their Lennon Legacy Project land. The walk will be followed by a continental breakfast. Suggested donation per person: £10 (Friends of BOT - £8). Suitable for stout booted adults and accompanied children aged 8 and above. Call 01364 653026 or email info@barnowltrust.org.uk.

Low impact

TICKETS are now on sale for Off Grid 2017 happening August 10-13 at the Biophilia Project at Goffin Land outside Exeter. Tickets are priced from £75, available from <http://offgrid-festival.co.uk/buy-tickets> and there's also a Payment Plan. The festival is looking for sponsors to get involved in the event and help develop it and the new National Off Grid Association.

Home show

WESTPOINT will host The Southwest Home and Garden Show on April 8-9 with 140 exhibitors featuring interiors, garden, renewable energy and self-build suppliers.

Training over

BRIXHAM'S Nature's Way Counselling are delighted that psychotherapist Annie Wilson has completed and passed her advanced training in Psychotraumatology.



Gina receives her award from Angela Rippon

Gina wins friendly award

EXETER'S Gina Awad has been recognised for her work to make life better for people with dementia at the Alzheimer's Society's 2016 Dementia Friendly Awards. Gina was awarded the Dementia Friends Champion of the Year accolade for making an outstanding contribution towards improving the lives and experiences of people with dementia, in the Exeter community and surrounding areas. Exeter City Council's Portfolio Holder for Neighbourhoods & Communities, Cllr Paul Bull, said of her win: "Gina brings so much passion and commitment to transforming Exeter for the benefit of people living with dementia and their carers and families."

Dracula to re-open theatre at Easter

PLYMOUTH'S Barbican Theatre has announced a new partnership to bring Le Navet Bete's new show Dracula: The Bloody Truth to Plymouth's Athenaeum theatre. The first theatrical production there in nearly eight years.

Founded in 1812 The Athenaeum theatre closed for theatre productions in July 2009. This Easter the partnership between the Barbican Theatre and The Plymouth Athenaeum will be the first step in bringing performances back to the theatre.

Dracula: The Bloody Truth is being produced by Le Navet Bete in association with Exeter Northcott Theatre. The comedy theatre show will take audiences on a journey across Europe from the dark and sinister Transylvanian mountains to the awkwardly charming seaside town of Whitby and into the world of the supernatural, whilst at the same time educating us all on the perils of dealing with vampires.

Al Dunn from Le Navet Bete said: "We are thrilled to be bringing our newest and most ambitious touring show to date, to the Athenaeum in Plymouth. The scale of this production is in need of a bigger space, and we are delighted to be producing with our partners Barbican Theatre, yet in the Athenaeum. With this increase in scale we can reach more of the Plymouth audience of whom we have such a close relationship with



already. The Athenaeum itself will suit this show perfectly, it has a certain quality that fits the world we are creating...or Professor Van Helsing is creating I should say! We can't wait to unleash the show next Spring."

Performances of the retelling of Bram Stoker's classic novel will take place on Thursday April 6 and Saturday April 15. Tickets are priced at £15.50 full, £13.50 concessions, £49.50 family. Please note: tickets cannot be bought on The Plymouth Athenaeum website or from their premises.

For more information visit www.barbicantheatre.co.uk www.lenavetbete.co.uk and www.plymouthathenaeum.co.uk.

2000 trees

DARTINGTON Estate will be planting over 2,000 trees early in the new year which should boost local produce and biodiversity as well as help reduce flooding.

The plans are part of an Agroforestry programme, a farming system combining food production with sound environmental management.

Commercial agroforestry pioneer Stephen Briggs said: "The Dartington estate is yet again leading in adopting innovative farming approaches such as agroforestry. Combining trees, crops and livestock is increasingly recognised for the delivery of greater productivity and biodiversity. In addition, trees provide services including shade and shelter, purification of air and water, production and maintenance of soil, and enhancing biodiversity."

"Agroforestry integrates these benefits with agricultural productivity in a truly three dimensional farming system. In embarking on this exciting new approach to agriculture, the Dartington estate is well placed to demonstrate its benefits to a wide range of farmers in the south west and from wider afield."

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Soul Mamma

IN Issue 46 Alena Turvey shared her family's encounter at Embercombe. It was such a good read that as an oversight the details about the writer herself were not published. So what better way to make amends then give her a chance to introduce herself.

So, let's hear from Alena herself: "I'm a multi-passionate writer, branding consultant and educator." Alena was born in Australia, traversed industries as diverse as public relations, film production and residential building, and more recently, completed a Permaculture Design Certificate with the highly respected Milkwood Permaculture (<https://www.milkwood.net/>) that has inspired her to have a greater focus on environment and ecology.

She currently lives in Bath, most days you can find her actively interchanging the hats of business and family life. Working with a variety of clients building personal brands to increase authenticity, especially in engaging with online communities, she is also creator of the much loved SoulMamma.org (<http://www.soulmamma.org>), a website dedicated to conscious parenting, holistic living and inspirational people and ideas. It was through this that she made her visit to Embercombe. Find out more <http://www.alenaturley.com>



Secondary education with a love of learning

SOUTH Devon Steiner school are asking parents and pupils to consider an important question - What is education?

Is it a means to an end is it a process of the unfolding of the developing human being?

They feel there's much more to a secondary education than just focusing on passing exams. The emphasis on learning is the journey, the curriculum and the joy of learning, and not on the number of GCSE / A Level passes an individual can get.

For those that agree with placing the importance of a love of learning and an education for life then South Devon Steiner School are ready to give more pupils the chance to enjoy learning with a new Upper School expansion. The school will open the doors to its stunning new 'Hood Barn' building in September 2017, to welcome new and existing students to its post 16 Steiner programme.

Chair of the SDSS Upper School Christine Cook said: "We offer our students the chance to develop a love of learning and the opportunity to get to grips with what they are passionate about. During Classes 9 through 12, students study a broad curriculum



covering the Humanities, Arts and Crafts, and Sciences, supported by foreign exchange 'cultural experience' programs, extensive school trips, class sponsors to mentor and guide each individual and much more.

"As the student progresses, the timetable provides for personal study time to permit students to pursue a year-long project in Class 12; this could be in any chosen area from textile design to developing a philosophical idea through research. All of this work is assessed through the Steiner School Certificate framework which at Level 3 (Class 12), allows direct access to university".

South Devon Steiner School are finally making it possible to value education for what it can be and not what it has become.

Student Ruby Karatzas photographed by Dylan Pegg

South Devon Steiner School welcomes all enquiries or applications from students interested in the Upper School.

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Be part of the solution to tackle ocean plastic

LIVING in South Devon we have one of the most beautiful shorelines in the world with a thriving ecosystem on our doorstep. It's our responsibility to ensure it stays the way, however it faces a growing problem - plastic pollution washing up on our local beaches.

That's why Surfers Against Sewage and Less Plastic have teamed up to run a South Hams series of beach cleans throughout 2017.

It's an incredible fact, that every piece of plastic ever made still exists somewhere on the earth today.

Those plastic toys you played with are still out there somewhere. All those plastic bottles and packets that have been emptied are still out there, and it's a huge problem.

Despite the depressing nature of ocean plastic pollution, beach cleaning is an uplifting activity. It's rewarding to be part of the solution to tackle ocean plastic. Every piece of litter picked up makes a difference because it is one less piece that has the capacity to harm marine wildlife.

Beach cleaning is an ideal free open air family activity with an educational aspect. It's hard not to notice that some of the most common items washed up are everyday items we all use, and sometimes only for a matter of minutes. It's important that everyone remembers the consequences of our disposable society and continues to be conscious of shopping habits. Stopping the indefinite using up of resources (and the disposing of them) on a finite planet is essential to preserve the seaside in the future.

Amanda Ketley, of Less Plastic, said: "One of the main reasons to come along to a Saturday morning beach

clean is that it's fun! Spending the morning on a beautiful beach, listening to the crashing waves and filling your lungs with fresh sea air (whatever the weather!) is one of the best ways to start your weekend. Plus you might come across an unusual find that will make for a great story to tell your friends later!"

Both Surfers Against Sewage and Less Plastic have got together to co-organise a 2017 South Hams series of beach cleans will be held on the last Saturday of the month from 10am to 11am:

Sat Jan 28 - Hope Cove, Sat Feb 25 - Soar Mill Cove, Sat Mar 25 - Strete Gate, Sat Apr 29 - Beesands, Sat May 27 - Yarmer Beach, Sat Jun 24 - Mill Bay, Sat Jul 29 - Blackpool Sands, Sat Aug 26 - No Clean, Sat Sep 30 - Bigbury-on-Sea, Sat Oct 28 - Kingsbridge Estuary Foreshore, Sat Nov 25 - South Milton Sands, Sat Dec 30 - Salcombe North Sands.

Please check on Surfers Against Sewage and Less Plastic UK Facebook and Twitter pages for the most up-to-date information, or contact hello@lessplastic.co.uk.

Those not able to make one of their organised beach cleans can make a positive impact anytime by doing their own mini beach clean (or litter pick anywhere). No matter how small, even if only to pick up a few pieces. Each person collecting rubbish as a regular habit will all add up to make a big difference.

Likewise, every time someone refuses to use single-use plastic results in one less piece of plastic added to our overburdened waste stream, more important now reports say recycling rates are falling.

Our next edition will have a salty coastal flavour.

Find out more:

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Project to supply a yurt to refugees

TOBY Fairlove from Totnes based Fairlove

Yurts is using his latest project to supply a yurt to refugees in Greece.

The project has been many years in the making. All the way back to when he was visiting a refugee family living in a yurt in Pakistan, who had fled the fighting in Afghanistan after the Soviet invasion in the early 80's. Toby said: "As various humanitarian disasters have unfolded since it has often occurred to me that what must be needed in the camps are communal structures (as well as the individual tents for people to live in). The yurt being more solid, round and often coming from or close to the areas where these crisis's are (ie totally culturally and practically appropriate) seemed the obvious answer."

Last year the participants and organisers on one of his building courses agreed that the next time they made a yurt it should go to a refugee organisation. They found Lesvos Solidarity a Greek open refugee camp in Mytilene, Lesvos who are keen to have a yurt to use as kindergarten/creche and family meeting space for the children and young families. The wood for the 5.4m (18ft) yurt that they're making is being coppiced here in Devon from local and sustainably managed woodlands. Toby is working with a couple of volunteer refugees from Plymouth to complete this process.



Once coppiced they will then prepare some of the material and equipment needed to build the yurt and take the ferry and drive to Andalucia, where people are coming from all over Europe to help on the building course which runs March 4-11 and 18-19. Toby added: "We've started an offset scheme at the venue La Burra Verde, to encourage people not to fly and to share travel, those that do have to fly pay a little more."

"After the yurt frame is completed we'll return to the UK, make the doors, the cover, and some basic yurt furniture hopefully with the volunteers here in the UK, and even make some wall felts. We'll buy a stove, load everything up and transport it to Greece in late September."

"We're planning to crowdfund to try and cover some of the travel expenses there and back." Once completed the yurt will be donated to the refugee camp.

Visit <http://laburraverde.vpweb.co.uk> and www.fairloveyurts.co.uk



Dart free school gets a step nearer

THE team behind the Dart School proposals are celebrating that they have been invited to interview by the Department for Education, putting their proposed school a stage nearer to becoming a reality.

The Newton Abbot based school will offer secondary education for students 11-16 years of age and aim to nurture their mental health and well-being. Their vision is for "an education that will support students to flourish, to question their own place in the world, to be creative, to grow up as kind, caring, compassionate citizens wanting to make a difference and to leave school with excellent academic results."

Learning at the Dart School will be through cross-curricular projects,

linking subjects together and to real problems. Students will work collaboratively, and learning outside the classroom, in nature, and out in the community will be key elements of the student journey.

The team behind it have been consulting parents, potential students, local businesses and organisations and many others to ensure that their proposals meet the needs of the area and they have had an overwhelmingly positive response and many potential students and parents are already signed up on their website.

Visit www.thedartschool.org where you can also complete an on-line survey to register your interest or email: thedartschool@gmail.com



Vikings needed to make oak bench

VOLUNTEERS are needed to work with a wood artist to make a green oak bench at Sharpham.

WOULD-BE woodworkers will be cleaving it from a giant oak by hand and wielding tools used by Viking boatbuilders to create a dramatic piece of natural art & design for The Sharpham Trust that will feature on the beautiful Sharpham Estate.

Artist and furniture-maker Peter Lanyon will be working with up to 8 volunteers for 7 days in March and April to create a green (unseasoned) oak bench on the Carriage Drive – the foot and cycle path running from Totnes to Sharpham.

"This will create an outstanding piece of art that can be used by visitors to the Sharpham Estate," said Maya Herbolzheimer, Volunteer & Engagement Officer at the Trust.

"Sitters on the bench will be able to see wonderful views down the River Dart valley, and it will create a contemplative resting-spot on the Carriage Drive," she added. The project is part of Discovering Sharpham – a two-year Heritage Lottery Funded project to improve access to Sharpham Estate. The project also encompasses the Trust's 2017 Artist-in-Residence scheme.

Volunteers will work outside on the

Estate with traditional wood-working tools under the expert tuition of Peter.

"We'll be using techniques similar to the Viking longboat builders," said Peter. "Volunteers will cleave a giant oak by hand using simple tools: froes, beetles (giant wooden sledgehammers) gluts (wooden wedges), wedges and axes."

Each day will run from 10am to 4pm, and the Trust will provide refreshments and a lunch.

Volunteers must be over 16 and a reasonable level of fitness and strength is required for this project, particularly for the first two days. Wear sensible clothes and sturdy footwear for working outdoors.

At the end of the 7 days the group will help install the bench, and there will be a celebration at the

end of the project.

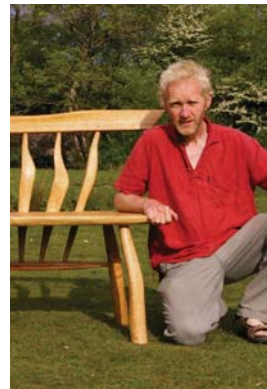
The days are Thursday and Friday – March 2, 3, 10, 17 & 24 and April 20 and 21.

Places will be allocated on a first-come-first serve basis, and the Trust will give priority to volunteers who can commit to most or all of the sessions.

Visit <https://www.sharphamtrust.org>



Traditional tools



Peter Lanyon



ANGEL AZUL ★ ICE & SKY ★ DEMAIN

See these award winning films plus many more...

Visit: transitionfilmfestival.org.uk for the latest news & updates



Evolution prepares for the next steps

EVOOLUTION, Exeter's long-established Holistic and Ethnic shop, moved up the road to new premises in November last year. Here's the latest news from Mike, the original owner who returned last February.

"We've got off to a great start in the new premises. We opened in the first half of November. Right from the beginning there was an exciting feeling. People couldn't wait to get in the door while we were setting up. So many people have walked in and said "that's better!" Some people thought it was a completely new shop and afterwards went down to the "old shop", found it was closed and came back in on the way up. Others walked past without noticing us and were delighted to find us on the way up. Yet others have walked in in a daze and said "this place looks different", not realizing we'd moved!

"What I have enjoyed is the creativity of starting a new place, similar but different. All the signs are good with a lot of love and goodwill from both customers and staff. We had a good Xmas and we are still working on the place. At the moment we are creating a space at the back of the shop for therapists and other practitioners to work from. There will be much more and many changes in 2017 so watch this space!"

Upcycling

PLYMOUTH'S 140

Vauxhall St is offering the chance to upcycle a scarf to a dress. The haberdashery, café and workshop space nestled between Sutton Harbour and the Barbican are offering the workshop on Saturday February 25.

Zero Waste Shop

EARTH.FOOD.LOVE are in their final preparations in bringing the UK's only family-run, zero waste, organic food shop to Totnes. Providing you will real, healthy food minus the toxic and wasteful packaging. They look forward to opening their doors to you in February.

Make Rice Balls

TOTNES Skill Share have a Onigiri and Onigirazu Cooking Workshop, on February 9th, 11am-12pm, at Totnes Methodist Hall.

A chance to learn to make simple Japanese rice balls and rice 'sandwiches' for lunch boxes and picnics with Anna Thomson. Please donate towards ingredient costs and venue hire. Booking essential: anna@kandonutrition.com.

A big Brexit breakfast



Following their recent nomination as finalists in the Devon Performance Awards, Substance and Shadow Theatre make a return on February 3 with The Brexit Club. Turning their characteristic black humour to an original tale of intolerance, alienation and Findus Crispy pancakes!

The Exeter based theatre company are passionate about producing powerful, thought provoking and challenging drama that is both inventive and original.

The show gives audiences the chance to relive June 23 2016 – the day of the Euro Referendum in the works canteen over breakfast with cousins Len Silver, Melvyn Gould and their workmates. They will be chewing over the remains of the great Brexit debate and deciding between a full English or a continental on the following dates:

Cygnets Theatre, Exeter Fri Feb 3 – 7.30pm and 8.30pm

The Barnfield Theatre, Mon Feb 6 & Thur Feb 9 – 7.30pm

St Disen's Hall, Bradninch Fri Feb 17 – 8pm

The Oak Room, Tiverton Sat Feb 18 – 7pm

The Creative Innovative Centre, Taunton Wed March 15 – 7.30pm

FROM THE FESTOGRAPHER

Reconnect now has a new editor, so say hello to SCOTT WILLIAMS, the person that's taken over the controls at Reconnect Towers.



TIMING, it's a funny thing isn't it? Circumstances change and just occasionally everything is aligned and things just fall into place, more and more I come to the conclusion it's a benign world we live in.

I suppose I should introduce myself, my name's Scott Williams, and I've just taken the helm of the good ship Reconnect. That's right Reconnecters I've taken over the captain's chair from Martin, although I do hope he continues to pop in occasionally and let everyone in Reconnectland know what he's up to (it will save me having to tell you all every time I meet you - see page 24 for more).

Hardly any of you will know who I am, though Embercombe did get an exclusive as I dropped in on their wonderful open day in October, and some of you have now talked to me on the phone or via email, as I've tried to manage the controls safely for this issue. Although I've spent decades in publishing I don't spend much time in the summer months at home which has over the last few decades been across much of Reconnectland, currently in Dawlish Warren.

After beginning work in local hotels and pubs, I started a family and moved from pubs to publishing. I started with educational titles for early learners, before an arc which followed my daughter's development meant creating magazines first for tweenies and then young teenagers.

Then, that benign universe I mentioned suddenly stepped in, and my passion of going to festivals resulted in a new career. I rather love the greenfields of a certain Somerset festival. Over the years I've built up a fair bit of experience of events, having been to festivals since the mid-Eighties. This led to me being invited to become the online editor of eFestivals (the website about festivals).

Now as I approach my fifties, I still have a deep love for what I call

'proper festivals', the family friendly type, offering much more than just music and a bar in a field. The ethic was something I championed since taking up the role in 2008. Since then there's been a boom in small festivals, and the tent has been replaced by a campervan.

It's been summer after summer with the family covering festivals nearly every weekend for the ever lengthening summer season all over the south west, and sometimes further afield. Life on the road every weekend and working on a news based website all the time can get tiring, and just when I was looking for another challenge, I came across a copy of Reconnect.

I talked to my wife, and family and I thought about it, and Martin kept making my brain whirl with his editorial, and I kept thinking about it, and I was smitten.

I realised I can do this, I know there's a world here in South Devon a bit similar to the festival scene. What made up my mind for me was experiencing the community spirit at Embercombe. Reconnectland is a place where folks help each other out and live their lives peaceably in the sun. So, I've taken the plunge and become your facilitator to enable your community to continue to connect to one another.

I realise I have a lot to learn about Reconnectland but that's half the fun! I'm sympathetic to the ideals of this community, and I'm sure you'll welcome me. After all I'll just be the person steering the ship, it's up to all of you to continue to power it and map out the final destination of each issue.

After spending my summers disconnected from the world, it will be great to be able to reconnect again. It's a journey I'm looking forward to taking with all of you.

Scott



plan your summer!

with the UK's most popular festivals website

Your guide to the UK music festival scene, information, ticket links, festival reviews and photos

www.efestivals.co.uk

Get in the volunteer driver's seat

THIS year Community Car Schemes are looking for volunteer drivers across South Devon and Torbay.

This county has many isolated, elderly and disabled people who find it difficult to get about due to their restricted transport choices and they're looking for volunteer drivers who are urgently needed in Bovey Tracy, Buckfastleigh, Dartmouth, Dawlish, Newton Abbot, Teignmouth and Totnes.

It's a chance to make a difference to other peoples' lives. Drivers need only to be available a few hours a week or month.

In 2015-16 43 Community Car Schemes across Southern Devon alone provided at least 18,134 passenger journeys to and from health appointments, and 17,814 journeys for social and wellbeing purposes, covering an incredible 190,459 miles. Community Car



Photo with permission of Newton Abbot Community Transport Association and their driver Julie.

schemes support patients and carers who have limited access to personal or public transport or the bus service is too irregular.

Volunteer driver, Brian, tells us why he likes helping out: "I get a lot of enjoyment from the driving, you have to avoid all the bumps and drive as smoothly as possible because a lot of our passengers are frail. I also enjoy being able to help people, who often

seldom get out of their homes due to mobility issues. People are often pleased when I collect other passengers on the way to or from appointments and treat it like an outing."

If you are interested, have a driving licence and would like to find out more please contact your local Volunteer Centre on FREEPHONE 0800 304 7413 or email anjia@teigncvs.org.uk to be put in touch with any of the transport organisations in South Devon.



Tree lovers get to reconnect with nature

FOR those looking to connect with nature the folks at Sharpham are offering a chance to help the South Devon charity by restoring and caring for the trees in their grounds.

Tree lovers will join their team of volunteers who lovingly look after the Sharpham Estate grounds, thought to have been landscaped by Capability Brown, during their Winter Tree Care Day which takes place on Sunday February 12, from 10am to 3.30pm and is free.

This year on Winter Tree Care day the focus will be on restoring and replacing tree guards in the orchard, as well as general maintenance of the fruit trees.

The tree-guards prevent deer, cattle or sheep from eating the bark of newly-planted trees, helping them to a better start. The day will be led by Trust partners Ambios with support from Trust staff and volunteers.

"The work done on this day helps to ensure the future of our parkland trees," said Sharpham Trust Volunteer & Engagement Officer Maya Herbolzheimer.

"Without our team of volunteers, conservation work on Sharpham Estate would go much slower. This is a day that highlights the valuable job they do."

The Trust has been working to preserve that landscape, whilst ensuring that future planting works not only for our eyes and hearts, but for birdlife, insects and other animals.

The day will involve a range of tasks: some heavy and some lighter. Participants should bring gloves, boots and suitable clothing.



The Trust will supply a tasty lunch to keep volunteers warm and refreshed.

Participants interested in getting involved can just turn up on the day, without booking. However, the day is not suitable for very young children. Before you set out, check the website and their social media for announcements if the weather is terrible.

The way will be signposted on the day. The grounds incorporate a range of terrains – get in touch if you've got mobility issues.

For more information, with directions on how to get to Sharpham see their website www.sharphamtrust.org

Each week, a team of volunteers works on the Sharpham Estate, helping to conserve the grounds on the banks of the River Dart. Volunteering at Sharpham can be a great way to learn more about trees, get hands-on experience, improve health and well-being, and meet new like-minded people.

Find out more about volunteering at The Sharpham Trust throughout the year by emailing Maya@sharphamtrust.org or on the phone at 01803 731802.

Festival planting a seed for your future



Green Party Co-Leader Caroline Lucas

SEED Festival - Planting Big Ideas happening from July 7-9 is one of those festivals that it's worth putting in your diary. Taking place at Hawkwood College in Stroud, the festival is now in its third year.

Devon based organiser Victoria Whelan explained: "It's a festival with a strong intention, a conference in a field of dreams. We are redesigning reality, creating the blueprint for a world that thrives with nature. Hawkwood's beautiful setting with its biodynamic farm, country house, natural spring, gorgeous grounds and woodlands allow people to relax and be nourished in nature."

The event sees over 1,000 people come together to enjoy music, poetry, workshops and lots of talks that are likely to inspire festivalgoers all summer and they are likely to go home as change makers.

Already confirmed are BBC Tribe's Bruce Parry; Green Party Co-Leader Caroline Lucas; Jonathon Porritt and Craig Bennett, Ecocide Lawyer Polly Higgins; Celebrate 10 years of the Transition movement with Rob Hopkins; Futerra Co-founder Ed Gillespie; Satish Kumar; Good Energy CEO Juliet Davenport and the Head of RSA Matthew Taylor. Plus up-and-coming 'Millennials' hear voice of youth on Activism, Permaculture, Nature Connection, GMO, Soil and Money.

It's an event with all ages appeal, there's family fun like engaging in nature-based play, encouraging children to unplug from the virtual world and get stuck into a real one. Loads of workshops plus performances from Matt Harvey, Ganda Boys, AMJ Collective, Australia's Formidable Vegetables and more.

FemmeQ Pop-Up Summit will be running an all day conference on Friday 7 July in Hawkwood's Centre for Future Thinking. Then the festival kicks off that evening for the weekend, with camping available onsite and limited rooms and beds in the main house.

Earlybird tickets are now on sale starting at £69 visit www.seedfestival.co.uk

Going out

OUR BIG GUIDE TO BIG LOCAL EVENTS

FEBRUARY/MARCH 17



ARTS & CRAFTS

HIROSHIGE'S JAPAN: STATIONS OF THE TOKAIDO

Until 16 Apr

Exhibition showcasing a selection of Japanese woodblock prints from the series that made Utagawa Hiroshige one of the best known of all Japanese artists. Royal Albert Memorial Museum - RAMM, Queen Street, Exeter, 10am to 5pm.

QUEEN VICTORIA IN PARIS: WATERCOLOURS

Until 23 Apr

Exhibition showcasing forty-four watercolours of Queen Victoria's visit to Paris in 1855, all commissioned by or for Queen Victoria. Royal Albert Memorial Museum - RAMM, Queen Street, Exeter, 10am to 5pm.

EXETER'S FINE ART COLLECTION: SEASONS

Until 25 Apr

Exhibition features a selection of drawings, watercolours and oil paintings from RAMM's collection with a seasonal themes, as well as Devon Landscapes, Exeter and People. Royal Albert Memorial Museum - RAMM, Exeter, 10am to 5pm.

SEATON DOWN HOARD: A FIRST GLIMPSE

Until 26 Apr

The Seaton Down hoard, the largest Roman coin hoard ever found in Devon, has been purchased for all to see. Royal Albert Memorial Museum - RAMM, Exeter, 10am to 5pm.

PRIMARY COLOURS

11 Feb - 01 Mar

Thirteen primary schools loan drawings, paintings, collage, printmaking and sculpture for this exhibition at Harbour House, The Promenade, Kingsbridge, 10am to 5pm.

How to get YOUR events into Going Out...



WELCOME to Reconnect's GoingOut pages...

Trust us to bring together all the hot stuff from across the region, all now categorised for easy access.

And check out our even more comprehensive online version at www.hubcast.co.uk/reconnect - or visit it via our busy website at www.reconnectonline.co.uk.

To get YOUR event listed online (and be in with a chance of it being listed here in the mag too), simply register at ReconnectHub and enter the info free of charge.

And to advertise here or online, email adverts@reconnectonline.co.uk or call 01392 346342.

THERE'S ALSO OUR UNIQUE GUIDE TO FESTIVALS AND EVENTS THIS SUMMER ON PAGES 22-23

EXHIBITION: GET FRESH '17

Until 5 Mar

A biennial exhibition celebrating the commitment and diversity of new or emerging designer-makers from the South West. Devon Guild of Craftsmen, Riverside Mill, Bovey Tracey, 10am to 5pm.

21 GROUP OF ARTISTS EXHIBITION

Until 13 Mar

An exhibition of paintings in a variety of media including hand-made artists' prints from Devon and East Cornwall. Also launching a book showing work from all artists who have belonged to the group. Theatre Royal, Plymouth, 10.30am to 10.30pm.

WHAT DO YOU COLLECT? MAPPING THE PAST

Until 02 Apr

Showcasing passions of local collectors - this time it's a local collection of illustrated Ordnance Survey maps. Royal Albert Memorial Museum - RAMM, Exeter, 10am to 5pm.

EXHIBITION: ART2DAY 2017

Until 17 Mar

Explore the rich and diverse artwork created by some of Plymouth's future artists from secondary schools across the City. Peninsula Arts, Cube Gallery, Plymouth, Mon-Fri 10am to 5pm.

BITE SIZE: THE SUM AND THE PARTS

23 Feb

Ben Borthwick, Artistic Director at Plymouth Arts Centre, discusses how the social relationships between artists, musicians and others, result in interdisciplinary thinking and experimental breakthroughs, Peninsula Arts, Plymouth Arts Centre, Plymouth, 1pm - 2pm.

THE ART OF INVENTING LANGUAGES

24 Feb

Language creator David J. Peterson who created the Dothraki language for Game of Thrones and a language for the Walt Disney film Thor: The Dark World introduces what is involved in the creation of an authentic, naturalistic language. Peninsula Arts, Jill Craigie Cinema, Plymouth, 8pm - 10pm.

BITE SIZE: EXPERIENCE NOT OBJECT

02 Mar

Dr Kayla Parker, Lecturer in Media Arts explores the legacy of Le Grice's dynamic practice, Peninsula Arts, Plymouth Arts Centre, Plymouth, 1pm to 2pm.

BITE SIZE: EXPANDED FIELD OF PAINTING

09 Mar

Dr Sarah Chapman, Director of Peninsula

Arts, introduces what is known as the expanded field of painting. Peninsula Arts Gallery, Plymouth, 1pm to 2pm.

CLASSICAL/OPERA

CHORAL WORKSHOP: ELGAR'S DREAM OF GERONTIUS

04 Feb

Come and sing with Andrew Millington and the Exeter Philharmonic Choir in a choral workshop. Tickets £17 (EPC members £13) www.exephil.org.uk Mint Methodist Church, Exeter, 9.30am - 5pm.

DIVINE DRAMA: THE INNOVATIONS OF BACH & HANDEL

05 Feb

An illustrated talk by Jon James following the 6.30pm Evensong during which the Exeter Bach choir and orchestra will perform. Exeter Bach Society, St Margaret's Church, Exeter, 7.30pm - 9pm.

SOUTH WEST CLASSICAL EVENTS GALA CONCERT

18 Feb

A classical extravaganza featuring Belle Voci, piano & violin duo 'Elegance', soprano Donna Marie Broomfield and tenor Matthew Wilding, with violinist Yulia Northridge and pianist Ekaterina Shetliffe. Cygnet Theatre, Exeter, 7.30pm - 9.30pm.

MARCO FATICHENTI, PIANO

19 Feb

Programme includes music by Debussy, Albeniz and Granados. Tickets £13 adv, £15 on the door, available online, from Tourist Information Centres and from Arnolds in Bovey Tracey, NADSA Concerts, Newton Abbot, 3.00pm to 5.30pm.

PENINSULA ARTS SINFONETTA AND SINGERS

25 Feb

Simon Ible, conductor. Butterscotch, beatbox vocalist in world premiere of alt-classical piece for chamber orchestra and beatboxing Peninsula Arts, The House, Plymouth, 8pm to 10pm.

TENORS UN LIMITED - VENICE TO VEGAS

03 Mar

Tickets: Adults £20, Seniors & Children £18. Babbacombe Theatre, Torquay, 7.30pm to 9.30pm.

PLYMOUTH UNIVERSITY ORCHESTRA SPRING CONCERT

16 Mar

Plymouth University Orchestra performs a programme of popular, classical music for orchestra and smaller wind, string and brass ensembles. For more information about the Orchestra, email

jonathan.hurdle@plymouth.ac.uk, Peninsula Arts, St. Andrew's Church, Plymouth, 8pm - 10pm.

MUSIC: SACRED VOICES

18 Mar

University of Plymouth Choral Society and Sinfonia. The music by Haydn, Vivaldi, Palestrina, Bach and Bruckner. Peninsula Arts, St Andrew's Church, Plymouth, 7.30pm to 10pm.

PLYMOUTH UNIVERSITY STUDENT COMPOSERS CONCERT

24 Mar

Music composed and performed by Plymouth University music students. Peninsula Arts, Upper Lecture Theatre, Plymouth, 7.30pm-10pm.

COMEDY

OMID DJALILI - SCHMUCK FOR A NIGHT

05 Mar to 06 Mar

Comedian & actor Omid Djalili brings a hugely energetic & captivating comedy masterclass. Recommended 16+ years, Babbacombe Theatre, Torquay, 7.30pm - 9.30pm.

ARTHUR SMITH

24 Feb

Kingskerswell Parish Church, Newton Abbot www.worldunlimited.co.uk

CRAFT WORKSHOPS

PLYMOUTH UNIVERSITY ORCHESTRA WORKSHOP

04 Feb

Orchestra players are invited to play and explore the only symphony composed by Cesar Franck. Peninsula Arts, Sherwell Centre, Plymouth, 9.45am - 5pm.

Turn to page 12 for more GoingOut listings



Saturday March 4
10am - 5pm
Totnes (venue tbc)

WRITING FOR SOCIAL MEDIA

a workshop from The Cafe Copywriter

An introduction to the essentials of writing for social media with experienced commercial writer, Kate Philbin & social media expert and entrepreneur Katie Whitehouse.

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Email: kate@katephilbin.com katie@fromthewhitehouse.com

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FEBRUARY

Sun 5	Mindfulness for Health & Well-being: 8-wk course, (Totnes)	£175
Sun 5	Mindfulness through Singing retreat - 4 nights	£365+
Fri 10	Taking Mindfulness deeper retreat - 5 nights	£425+
Sat 11	Mindfulness for Health & Well-being: 8-wk course, (Torquay)	£175
Sun 12	Winter Tree Care Day: volunteer to care for the Sharpham Estate	FREE
Thu 16	Mindfulness for Beginners retreat - 3 nights	£315+
Sun 19	Mindfulness & Yoga retreat - 4 nights	£375+
Fri 24	Creative Writing & Nature Connection retreat - 3 nights	£315+
Sun 26	Introduction to Mindfulness: 1 day course, 10am - 4pm	£68

MARCH

Thu 2	Green Oak Bench project with Peter Lanyon - 1 st of 7 sessions	FREE
Thu 2	Mindfulness for Beginners retreat - 3 nights	£315+
Sun 5	Mindfulness & Yoga retreat - 4 nights	£375+
Sun 19	Moments to Savour: mindful cooking/eating retreat - 4 nights	£365+
Fri 24	Sustaining Ourselves: breaking free from burnout retreat	£365+
Sat 25	Introduction to Mindfulness: 1 day course, 10am - 4pm	£68
Thu 30	Mindfulness & Yoga retreat - 3 nights	£325+

APRIL

Sun 2	Mindfulness for Beginners retreat - 3 nights	£315+
Tues 11	Mindfulness & Walking retreat - 4 nights	£365+
Sat 15	Mindfulness through Singing retreat - 4 nights	£365+

01803 732542 • bookings@sharphamtrust.org

www.sharphamtrust.org [Facebook](https://facebook.com/sharphamtrust) [Twitter](https://twitter.com/sharphamtrust) [Instagram](https://instagram.com/sharphamtrust) SharphamTrust
The Sharpham Trust, Ashprington, Totnes, Devon, TQ9 7UT

Retreats also take place from every Sunday at The Barn Retreat Centre, on Sharpham Estate [Facebook](https://facebook.com/sharphamtrust) BarnRetreats
Volunteer with us weekly. Email volunteer@sharphamtrust.org for details

DANCE

HAM & PASSION

23 Feb

Set in 1950's Seville.
Dance Europe, Cygnet
Theatre, Exeter, 7.30
- 8pm.

LULLABY - PANTA REI DANSETEATER

24 Feb

Norwegian modern
dance company
explore the dynamics
of friendship and
aggression. Villages in
Action Lustleigh Village
Hall, Lustleigh, 7.30 -
9.30pm.

FAMILY

HALF TERM FUN

11 Feb - 19 Feb

Half term activities.
Cafe Alf Resco,
Dartmouth,
7am - 2pm.

WE'RE ALL LOVED UP FOR VALENTINES AT ALF'S

11 Feb - 14 Feb

Weekend with
hearty fun, Cafe Alf
Resco, Lower Street,
Dartmouth, 7am to
2pm.

CBEBIES SPOTBOTS STARS IN 'TREASURE ISLAND'

16 Feb

Children's TV stars
Callum Donnelly,
Richard Franks and
Robin Hatcher are
joined Justin Fletcher.
Babbacombe Theatre,
Torquay.

CINDERELLA PANTOMIME

16 Feb to 19 Feb

Ivybridge Theatre
Company, the
Watermark, Ivybridge.

PANCAKE DAY

28 Feb

Flip up some one-day
only special pancakes.
Cafe Alf Resco, Lower
Street, Dartmouth, 7am
to 2pm.

FAMILY CEILIDH

11 Mar

South Brent Folk's
great annual Family
Ceilidh with Blue Jewel
Ceilidh Band. www.southbrentfolk.org,
South Brent Village
hall, South Brent.

FESTIVALS

See our centre pages
for more events.

MUSIC GIGS

JO HARMAN

2 Feb

Exeter Phoenix, www.exeterphoenix.org.uk

PENELOPE ISLES

3 Feb

Unit 23, Totnes
www.unit23live.co.uk

DUB PISTOLS

3 Feb

Exeter Phoenix, www.exeterphoenix.org.uk

MOSCOW DRUGS CLUB

4 Feb

Chudleigh Village Hall,
www.villagesinaction.co.uk

MIRANDA SYKES & REX PRESTON

4 Feb

Kingskerswell Parish
Church, Newton Abbot
www.worldunlimited.co.uk

TORBAY BRASS BAND

4 Feb

Concert in Support
of Rowcroft. Palace
Theatre, Paignton.

THE MILVERTON LEGACY BAND

5 Feb

Plymouth Jazz Club,
The Royal British Legion
Club, Plymouth.

THE NEIL MAYA QUARTET

7 Feb

Stokeinteignhead
Village Hall, www.villagesinaction.co.uk

OPERA DUDES

8 Feb

Combeinteignhead
Village Hall, www.villagesinaction.co.uk

THE SIMON AND GARFUNKEL STORY

8 Feb

Celebrating their 50th
anniversary Palace
Theatre, Paignton

JACKIE OATES & MEGAN HEGWOOD

11 Feb

Kingskerswell Parish
Church, www.worldunlimited.co.uk

BLACK MAGIC - LITTLE MIX TRIBUTE SHOW

11 Feb

Palace Theatre,
Paignton, 7 - 10.30pm.

MUSED

11 Feb

Watermark, Ivybridge
from 8pm.

KATE NASH

16 Feb

Exeter Phoenix, www.exeterphoenix.org.uk

VOODOO VEGAS

25 Feb

Unit 23, Totnes
www.unit23live.co.uk

BLACK DOG

25 February

Cheriton Bishop
Village Hall, www.villagesinaction.co.uk

reconnecthub



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TO ADVERTISE your event on our new diary website, Reconnecthub,
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AND some of them will appear in the next (December/January) issue
of Reconnect magazine.

AND they will be viewed through other EventHub websites (across the
SW).

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(There are some online advertisements available too and it's first
come, first served - so call Scott now on 01392 346342)

MARRY WATERSON & DAVID A. JAYCOCK**26 Feb**

Kingskerswell Parish Church, Newton Abbot

SIOBHAN MILLER**27 Feb**Kingskerswell Parish Church, www.worldunlimited.co.uk**STORNOWAY****2 Mar**The Farewell Tour
Exeter Phoenix, www.exeterphoenix.org.uk**COSGRAVE AND BANKS****3 Mar**Rattery Village Hall, www.villagesinaction.co.uk**SCOTT MATTHEWS****4 Mar**Kingskerswell Parish Church, www.worldunlimited.co.uk**DREADZONE****4 Mar**Exeter Phoenix, www.exeterphoenix.org.uk**MARTYN CROCKER****4 Mar**Unit 23, Totnes www.unit23live.co.uk**BE BOP A LULA****10 Mar**

A night of Rock 'n' Roll celebrating the music of Eddie Cochran, Gene Vincent, Billy Fury and Roy Orbison. Babbacombe Theatre, Torquay.

DUOTONE**11 Mar**Kingskerswell Parish Church, www.worldunlimited.co.uk**MAD DOG MCREA****11 Mar**Exeter Phoenix, www.exeterphoenix.org.uk**BOB FOX****12 Mar**Kingskerswell Parish Church, www.worldunlimited.co.uk**WREN MUSIC - SINGING HER STORY****17 Mar**

A concert in celebration of International Women's Day. Cygnet Theatre, Exeter.

SAICHI SUGIYAMA BAND**18 Mar**Unit 23, Totnes www.unit23live.co.uk**THE BEACH BOYS STORY****18 Mar**

Babbacombe Theatre, Torquay.

FB POCKET ORCHESTRA**19 Mar**Cheriton Fitzpaine Village Hall, www.villagesinaction.co.uk**ANDY QUICK BAND****21 Mar**Kingskerswell Parish Church, www.worldunlimited.co.uk**G4-LIVE IN CONCERT****24 Mar**

G4 vocal harmony group with special guests. Babbacombe Theatre, Torquay.

TIR NA NOG**25 Mar**Unit 23, Totnes www.unit23live.co.uk**PRINCE REVELATION STARRING MARK ANTHONY****25 Mar**

Mark Anthony performs as Prince. Babbacombe Theatre, Torquay.

EZIO**26 Mar**Exeter Phoenix, www.exeterphoenix.org.uk
FRANK CARTER & THE RATTLESNAKES**27 Mar**Exeter Phoenix, www.exeterphoenix.org.uk**STEVE 'N' SEAGULLS****30 Mar**A bluegrass take on classic metal songs. Exeter Phoenix, www.exeterphoenix.org.uk**POETRY****PETER OSWALD****30 Mar**Poet performs "Egil", inspired by the poetry of the Icelandic sagas. Bampford Speke Village Hall, www.villagesinaction.co.uk**THEATRE****THE BREXIT CLUB****03 Feb**

Substance & Shadow Theatre perform at Cygnet Theatre, Exeter. 7pm - 7.45pm, and 8.30pm - 9.15pm.

DARE DEVIL RIDES TO JAMARA**5 Feb**Townsend Productions perform their five star play about the International Brigade in the Spanish Civil War. Cadeleigh Parish Hall, www.villagesinaction.co.uk**THE BREXIT CLUB****06 Feb**

Substance & Shadow Theatre perform at Barnfield Theatre, Exeter, 7.30-8.15pm.

THE BREXIT CLUB**09 Feb**

Substance & Shadow Theatre perform at Barnfield Theatre, Exeter, 7.30-8.15pm.

OLD HERBACEOUS**11 Feb**

Giles Shenton, as Old Herbaceous. Cygnet Theatre, Exeter, 7.30-9pm.

TWELFTH NIGHT (OR WHAT YOU WILL)**17 Feb**

An ensemble production set at Christmas 1916. Cygnet Theatre, Exeter, 7.30pm - 9.30pm.

MALINA'S DREAM**18 Feb**Angel Heart Theatre, bring their friendship tale set in the Inuit lands performed with wooden puppets. South Brent Village Hall, www.villagesinaction.co.uk**MUCH FURTHER OUT THAN YOU THOUGHT****11 Mar**

Written and performed by Giles Roberts. Cygnet Theatre, Exeter.

MALINA'S DREAM**25 Mar**Angel Heart Theatre, bring their friendship tale set in the Inuit lands performed with wooden puppets. Crediton Arts Centre, www.villagesinaction.co.uk**PIECES OF AFTER EIGHT****29 Mar to 01 Apr**

Pirates from the past arrive at the present day Seaview Hotel in Devon. Kingsbridge Amateur Theatrical Society, Malborough Village Hall, Malborough.

Schumacher College**Dartington****Short Courses at Schumacher College****The Ecological Self - Three Week Intensive**

06/02/2017 to 24/02/2017

With Emmanuel Vaughan-Lee, Jonathan Horwitz, Zara Waldeback, Denise Rowe, Christopher Titmuss, Stephan Harding

This three week intensive will explore the philosophical basis, the history and evolution of two mutually exclusive narratives: the first, that humans are outside of the natural world and have dominion over it; and the second, that humans are part of an interconnected web of life.

Beyond Development 2017 - Creating A 'World In Which Many Worlds Can Fit'

13/02/2017 to 03/03/2017

With Dr. Maria Luisa Eschenhagen Duran, Dr. Karambu Ringera, David Bollier (videolink), Paula Andreevitch, Stephan Harding, Jonathan Dawson and Robin de Carteret

In this three-week intensive, we will be seeking solutions and pathways towards creating 'a global heterodoxy of beautiful solutions to living well on a diverse and finite planet'. We will explore what lies beyond the one-size-fits-all development paradigm of the last half century as we step together into the profoundly creative period of innovation, transition and co-operation that marks our time.

Indigenuity Today - Three Week Intensive

06/03/2017 to 24/03/2017

With Colin Campbell, Jon Young, Greg Cajete, Carolyn Hillier and Luci Attala

In this three week intensive we will look closely at the cosmologies and practices of a number of indigenous traditions, focussing specifically on understandings and interactions in the relationship between humans and the natural world. We will explore how elements of indigenous ways of knowing, practice and ritual can inform our personal and collective thinking, feeling, stories and actions around place-making, nature connection and sustainable living.

Mind In Nature 2017 - Three Week Intensive

13/03/2017 to 31/03/2017

With Stephan Harding, Philip Franses, Jonathan Horwitz, Zara Waldeback and special guests to be announced

Today's emerging science is turning the mechanistic view of science on its head, revealing life as intelligent, full of purpose and able to communicate meaningfully. This intensive will look at the evidence through the work of people who are expanding the frontiers of scientific understanding and practical experience in this subject.

Did you know, we offer locals £150 discount if accommodation isn't required? Call us when booking: 01803 865934**Book online: www.schumachercollege.org.uk/short-courses**

ORGANIC GARDENING

It's a new growing year and JOA GROWER has some tips for gardeners on protecting your new seedlings, and maximising your early crops.

Keep an eye on the forecasts

WELCOME once again to the beginning of a new growing year. Let's all keep our fingers crossed its as good as the last one for us gardeners. For those of you with greenhouses it is sowing time but don't forget that doesn't mean you have to sow a whole packet every time.

The majority of seeds will last 2 or 3 years as long as you store them properly in a cool dry place (a biscuit tin in the shed would be ideal). Keep an eye on the forecast for frosts as plants in an unheated greenhouse may still need just a little more extra protection. At Growers Organics we line the small greenhouses with bubble wrap which helps to increase the temperature.

Those of you growing your seeds on the window sill at home, don't forget as soon as your seedlings start to come through the compost, turn the pots or trays every day. This will help to stop them becoming tall and leggy.

Outside it's tidying up time, remove any old and unwanted plants, weeds and canes left from the previous season. Spread bought or homemade compost over your beds. If you're going to use manure make sure it's well rotted (over a year old). No need to dig this in the worms will do it for you.

Protect your newly raised seedlings

IT'S always around this time of the year when you're not sure whether it's too early to plant out your newly raised seedlings or recently bought transplants. (At Growers Organics we are well in the swing of growing, and have a good selection to choose from). So here are few tips on how to protect them.

There are various things you can do probably the easiest is to cover your plants with some horticultural fleece. You'll be amazed at how good it is at keeping the frost off. A simple cloche is also fairly simple to erect. Just use some rigid blue water pipe (which is available from all builders merchants) to create the hoops. I would make them no lower than 60cm high. Cover them either with polythene to create a mini poly-tunnel or with fleece, as I mentioned earlier. You may want to use them again later in the year with netting, to protect your plants from birds or butterflies.

If you want to get posh, you could try your hand at making a cold frame. For this you will need to find one or two old windows (the local recycling centre is always a good place to start looking) and some good solid boards or bricks. Try to make it tall enough to accommodate taller plants throughout the season. Whatever you end up making, you will be guaranteed to be getting your growing season off to a good start.

We shall be back at Totnes market from mid February on Fridays and mid March on Saturdays. Growers Organics in Yealmpton will be reopening on Monday February 20.

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



Sprouting seedlings

Feed any autumn planted brassicas with liquid comfrey or a general fertiliser. Picking purple sprouting broccoli regularly will encourage more spears. You've waited months for it to produce, so you might as well get the maximum crop from it.

Seed potatoes are now available in the shops. We shall have a selection

of certified organic early and main crop potatoes at both the nursery and our market stall at Totnes Market. Before planting them out, chitting or sprouting helps them get off to good start. To do this place them in seed trays or egg boxes. Then

leave them in the greenhouse or on the window sill for a few weeks. The growing shoots should be nice and short and stocky. Not tall pale and spindly, as these will probably get damaged whilst being planted out. When planting don't forget to label which are your 'Earlies' and which are your 'Main Crop'. Early potatoes you dig up from July onwards as and when you need them. Your main crop are for harvesting from late September to October, for using and storing over the Winter months.

Onion sets and shallots will also be available now. After planting them out keep an eye on them, because the birds have great fun in pulling them back up.

Village halls vibrate with performance



FOR over 22 years, the charity Villages in Action (ViA) has been organising professional tours so Devonians can enjoy live performance from award-winning artists in the warmth of their local village halls.

With something for everyone, from theatre through comedy to folk music. Last autumn, over a quarter of the scheme's shows were totally sold out, with volunteer promoters running waiting lists for tickets. Proving there's an appetite in Reconnectland for live performance, and audiences feel the ViA's mission of equal access to professional arts, regardless of post code, is as important as ever.

During February and March performers of all kinds will be showcased across Devon with the help of ViA.

Here are some of the highlights...

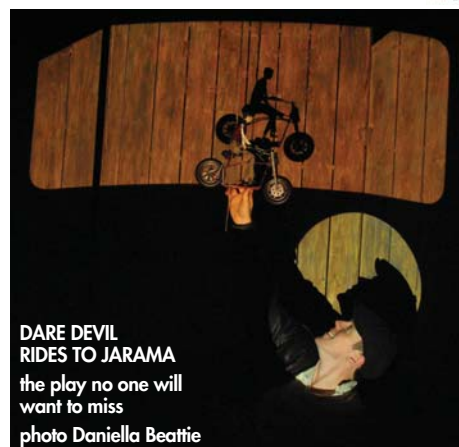
The season kicks off with the strikingly-titled Moscow Drugs Club jazz ensemble in Chudleigh on February 4. Opera Dudes mix arias and banter in Combeinteignhead on February 18 and The Neil Maya Quartet bring Dave Brubeck's jazz to Stokeinteignhead the day before.

Seasoned guitar, violin and cello folk trio, DLM are coming to Cheriton Bishop on February 24 and Black Dog on February 25 with their folk and harmonies.

Townsend Productions bring their five star play, "Dare Devil Rides to Jarama" - about the International Brigade in the Spanish Civil War - to Cadeleigh in February.

Local folk duo, Cosgrave and Banks, are in Rattery on March 3.

Poet Peter Oswald will perform "Egil", inspired by the poetry of the Icelandic sagas, in Bampford Speke on March 30 and then on to



DARE DEVIL RIDES TO JARAMA
the play no one will want to miss
photo Daniella Beattie

Starcross on April 22.

Puppeteers, Angel Heart Theatre, are bringing their show, "Malina's Dream", to South Brent on February 18 and Crediton Arts Centre on March 25. Their friendship tale set in the Inuit lands of the midnight sun, is performed with beautifully-crafted wooden puppets. One audience member at The Egg Theatre in Bath described it as: "beautiful, a mesmerising show which had the children spellbound by a delightful tale."

Conjuring the hot jazz, blues and ragtime of the 20's, 30's in Cheriton Fitzpaine on March 19 will be the FB Pocket Orchestra.

Devon can celebrate having such eclectic professional performance happening in the humblest of halls for ticket prices that massively undercut regional arts centres and theatres... But it's a case of "use it or lose it"!

Without good box office, ViA, and the village volunteers who make the shows happen, won't be able to balance the books and keep the scheme going.

To find out full details of all the shows or to support the on-going work of Villages in Action, visit www.villagesinaction.co.uk



David Heywood plays Clem Beckett
photo Daniella Beattie

Emerging designers, makers and artisans showcased



THERE'S a couple of free exhibitions happening at the Devon Guild of Craftsmen at the Riverside Mill, in Bovey Tracey. Their main exhibition is Get Fresh '17 showing work by 15 new or emerging designer-makers from the South West running throughout February. In March the riverside exhibition is travel photographer Suzy Bennett's Artisans of Dartmoor featuring sculptors and soap-

makers, potters and painters, honey-farmers, hide-tanners and wood-turners. Suzy goes behind the workshop walls to produce an intimate collection of photographs of some of the Moor's artists, makers and producers. Among Suzy's subjects are Devon Guild Members Jane Deane, a textile designer who breeds her own silk worms, and Luke Shepherd, a sculptor who teaches London surgeons the art behind

reconstructive surgery. To find out more about the trail associated with this project see www.dartmoor-artisan-trail.co.uk.

Suzy Bennett also gives a talk on March 25, where she will share some stories and insights from her fascinating project and there will be a chance to ask her questions, advance booking required on 01626 832223.

Visit www.crafts.org.uk



The magic of growing and cooking

GARDENER Zoe Jong is offering the local community a chance to enjoy quality outdoor time at Foxhole Community Garden on the Dartington Estate, growing food and cooking over an open fire.

Zoe brought the site back into use last year to offer garden and outdoor sessions and in particular to provide a safe space for vulnerable groups to enjoy gardening.

"I set up the garden to offer the local community opportunities to be outdoors and to connect with each other and the land," said Zoe. "Foxhole Garden is somewhere we can experience shared connection of tending a garden and the magic of growing and cooking food together."

Fox Tots on a Wednesday mornings is a Forest School session for children aged 0-5 and their grown-ups can also enjoy being outside connecting round a fire with hot drinks and a harvested snack. The session includes seasonal activities, outdoor crafts and stories, gardening fun and free play around the mud kitchen, pond, willow dome, orchard and a developing sensory herb and plant area.

Activities for children include growing seeds, harvesting,

cooking and eating straight off the plant, leading to them developing an understanding of where their food comes from at a very young age.

On Tuesday the garden welcomes volunteers to tend the garden with a range of activities in particular for those who may not have the physical ability to sustain heavy gardening work.

Over the last year the volunteers have built raised beds, started planning and planting the sensory area, wildlife pond and annual veg beds. They have created art work, willow tipis, weeded, sown, mown, cared for the orchard, harvested for their concession stall and still had time to chat with hot drinks and soup around the fire.

Zoe has a number of sessions running at the garden, including supported gardening for adults with learning disabilities and a Saturday organic, no-dig gardening course. Following the success of open days with singing and harvesting last year, there are more planned this year.

To find out more visit www.foxholecommunitygarden.org.uk or on Facebook as Foxhole Garden, email zoe@foxholecommunitygarden.org.uk, or call 07505 805111.

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Talking Trees - What are our Woodland Rights?

THERE is a quiet movement underway to get people 'Talking Trees' this year, and South Devon is soon to become centre stage for a legal discussion about the importance of small woodland regeneration at March's (16-17) Public Inquiry exploring The Hillyfield Appeal on Dartmoor National Park.

800 years ago in 1217, at the time of writing the Magna Carta, possibly the most important document produced was the 'Charter of the Forest' - a legal document that, at a time when all forests were being taken away from the people and maintained as the exclusive hunting ground for the king and royalty, protected age-old



Charter
for Trees, Woods
and People

rights of the common people. This included 'Pannage' where you can take your pig out to the forest to eat seeds and nuts in most years, 'Estover' where you could go out and collect firewood at certain times of the year... and helped form the beginnings of environmental protection to stop flora and fauna from being over-hunted or harvested.

Today over 50 organisations from all sectors are taking part to help raise a discussion from the grass roots up to share the vital importance of trees to us today.

Here in Devon, The Hillyfield Woodland Farm on Dartmoor and friends are acting as one of the Champions for the Charter for Trees having set up the South Dartmoor Branch. You can get involved now.

The Woodland Trust says, 'Trees, woods and forest

livelihoods in the UK are facing more threats today than at any time in history, yet are consistently undervalued and overlooked in decision-making and practice in all areas of society. We risk losing trees from our lives and landscapes if we don't act before it is too late'.

You can take part in one of the Tree Charter discussions and events taking place across Dartmoor and South Devon by joining the Facebook group 'South Dartmoor Branch', or stand up with 'The Hillyfield' at their Public Inquiry (10am on March 16th and 17th at Dartmoor National Park HQ in Bovey Tracey).

It important to show support as they argue the need for structures to support their sustainable woodland restoration project on Dartmoor.

For more information visit
<http://www.thehillyfield.co.uk>



If you want to see the woods at 'The Hillyfield' there will be plenty of tree-planting opportunities this winter (why not join their volunteer day on the 2nd Saturday of the month), and a public open-day 'Tree Charter' event on the 11th June as part of Open Farm Sunday involving various woodland folk.

If you want to share your story of trees, or organise a wood related event then get in touch with the South Dartmoor Branch of the Tree charter direct.

Hummingbird

HUMMINGBIRDS
acappella trio of Ami Lee, Emily Roblyn and Sarah Pennington have a CD launch and concert at St Lawrence Chapel, Ashburton, 8pm, Friday February 24 £8/£6 concession.



EXETER Phoenix behind Gandy Street, is offering a diverse selection of live music and highlights include Teleman, Stornoway, Amber Run, Dreadzone, Kate Nash, Lloyd Cole, and Steve N' Seagulls (recommended -look them up). They also offer a range of new courses alongside the usual favourites from surrealist self-

portraiture to illustrating live birds of prey, to learning creative software. Their Laugh Out Loud Comedy Festival from the end of February, rolls out a great line-up of comedy names including Josie Long. There's also the LGBT History Festival, time-travelling magicians Morgan & West, and Vibraphonic. Tickets on sale now, at exeterphoenix.org.uk

Taking Flight

RED Dragonfly Productions is presenting Taking Flight Festival, an evening of new writing by emerging British East Asian, South Asian and South East Asian writers, at the Crediton Arts Centre in Crediton, Devon on February 10 2017.

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THE ZERO WASTE SHOP

Good news for vegans: Mulu Raw Chocolate is a superfood

MOST of us know that all chocolate is not made equal, but few are unique. Dartington based, Mulu Raw Chocolate Ltd, are the first chocolate company in the UK to use new superfood sugar replacement, SugaVida.

THE deal means their chocolate isn't just healthy, but an organic superfood. The artisanal raw chocolate company will be using SugaVida from distributors, Conscious Food having signed a three year initial deal.

Devonians have already been enjoying their new portfolio of 5 raw chocolate bars, which have been dubbed 'the Evolved Range' by stockists. You may not have heard of SugaVida, (also known as Palmyra Jaggery) but it is the most sustainable sugar alternative in the world, growing wild in India. It is also a superfood because it is the only plant-based

source of vitamin B12, which if you're vegan you'll know is the holy grail of vitamins. It is rich in B Vitamins (B1, B2, B3, B6, B12), contains iron, potassium, magnesium and other essential minerals, and is both alkaline and alkalizing.

It is also extremely sustainable in that it cannot be harvested by machines as each palm must be scaled and tapped by a skilled person, which helps keep people in meaningful employment in rural areas of India.

The palm itself is also quite incredible, it is water sparing, salinity and drought resistant, and is self healing which means it requires no pesticides or herbicides (naturally organic). The trees can live for up to 100 years, so they trap CO2 (rather than releasing it as a cane sugar crop would) and provide a living for rural people who might otherwise not be able to grow crops in such arid and often high land areas.

The deal puts Mulu Raw Chocolate at the forefront of the thriving raw chocolate industry in the UK and could prove

advantageous at a time when a proposed sugar tax is on the lips of all chocolate and other manufacturing companies reliant on sugar or sugar replacements.

Ben Fordham, Founder said: "Our company was formed out of our desire to create healthy chocolate so we are thrilled to be including SugaVida in our products. Working with raw chocolate is a delight in itself, but now it is even more so as we know that our customers, including those with diabetes and allergies, will have the benefit of eating the healthiest, most eco-friendly and fair-trade chocolate available."

Pick up a bar or two on your next visit to Greenlife in Totnes, and other local wholefood stockists or online at www.muluchocolate.co.uk



Keeping orchards healthy and cider-drinkers happy

RECENT news stories report that drinking cider is becoming less popular, but here in the South West our trademark tippie is showing no signs of decline, with local producers reporting excellent sales over the past year.

It is the smaller producers of craft ciders that are thriving, as people look for local brands and interesting flavours. But you can't create wonderful ciders and juices without a good supply of apples from healthy orchards, which is where Orchard Link steps in.

South Devon-based not-for-profit organization Orchard Link was set up nearly twenty years ago by a group of apple and cider enthusiasts concerned about the rapid decline of traditional orchards in the area.

By running a variety of training courses and making pressing and pasteurizing equipment available for hire it aims to promote the restoration and extension of orchards, the conservation of local fruit varieties and the productive use of fruit crops for eating, juicing, cider making and cooking. A particular focus at the moment is community involvement in orchard management, heritage and traditions via its lively Growing Orchard Communities

project (see Reconnect Dec/Jan). Orchard owners don't have to have hundreds of trees to take advantage of Orchard Link support: many of their members have just a few.

Orchard Link are served by some excellent nurseries: Thornhayes and Adam's Apples – both near Cullompton – and Endsleigh at Milton Abbot offer traditional Devon varieties and plenty of expertise. But of course readers can always skip the whole growing and making process and head straight for the glass: look in your local pub for Devon brands such as Yarde, Milltop, Hunt's, Ashridge, Sam's, Green Valley, Courtneys and Norcott's.

Membership of Orchard Link is just £12/year. Courses in Feb/March include Pruning Established Trees (11 Feb) and Bench Grafting (March, date tbc). Visit www.orchardlink.org.uk.



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Chewing the curd

ACCORDING to Michael Cole more people should consider eating Leafu, the protein rich veganorganic curd extracted from edible leaves.

MICHAEL explained: "Leaves are the most abundant source of protein that is easily available to us and yet we treat them as little more than a side dish. Leaves are the protein factories of plants. Energy is absorbed from the sun and is used to power the transformations and translocations involved in the growth of a plant."

The building blocks of proteins are amino acids which, once formed, are used and reused over and over again as the cycle of life is repeated and different life forms make different proteins out of those same amino acids. Some of the largest animals on the planet, such as elephants, survive almost exclusively on leaves.

"Leafu production is a way of separating and concentrating the nutrition in leaves without having animals do it for us. Fresh leafy plants such as nettles are juiced and the juice is then heated to cause a separation of curds and whey, in the same way as tofu is made, only without the need for a coagulant such as vinegar or ngari. The green curd, when pressed, may be as solid as a hard cheese, and may be used as a food ingredient as it is, or ground



and dried and thus preserved."

Dried Leafu is about 60% quality protein, and has a good balance of vitamins; especially vitamins A and E, and minerals; especially iron and calcium. It is its balance of nutrition that makes Leafu a valuable foodstuff.

Leafu is made on Coombe Farm near Tiverton and this year from June 2-4 the farm will be hosting a weekend event, where the participants will watch Leafu being made and then make their own, using kitchen scale equipment.

Michael added: "One of the exciting things about Leafu is that many different plants may be used, and participants will be able to choose and collect their own leaves and make a food that perhaps has never been made before."

Coombe Farm has a camping area and the weekend will be fully catered with vegetarian and vegan food.

Visit www.leafcycle.co.uk, or email leafudevon@hotmail.com



Crediton shares the seeds of love

EVERYONE is welcome to come along to this year's Seed Share, organised by Sustainable Crediton's Food Group. The event takes place on February 18 at Crediton's Old Town Hall.

"If you have saved seed from your own garden, bring some along to swap for something new, or just take something away."

Stalls will include the Devon Wildlife Trust, gardening-related topics such as composting and beekeeping, children's craft, and more. There will be homemade soup and cake for sale, plus musical accompaniment. This is a friendly event, and a good chance to pick up some food-growing tips for the new season.



New pop up
vegan restaurant
offers seasonal
food and an offer
for Reconnect
readers



Vegan fare pops up in Ashburton

THERE'S a new pop up vegan restaurant opening its doors in Ashburton this February, offering delicious macrobiotic gourmet meals that will be both seasonal and locally sourced.

Leading macrobiotic chef Bini Sharman will host the monthly evenings at Station Yard Studios, offering a three course set menu, kicked off with an aperitif and amuse-bouche for £18.50. Anyone who takes along a copy of Reconnect will get the dinner for just £16.50.

Seasonal eating is a cornerstone of macrobiotics, and is not only better for the environment, but is also better for health.

On February 3, the menu will include winter root vegetables and greens, with longer cooking times which will help to warm the body. Immune system boosters will include fermented salt pickles and miso soup. Dessert will be sugar free, using healthy sweet ingredients such as fruit and rice syrup.

Bini, who is running the restaurant in conjunction with the International Macrobiotic School where she teaches, explained: "In the winter time we need to preserve energy. February is the last stretch of winter, and food can help us to get through

it and stay healthy."

Local foods are ideally suited to their climate and the season they grow in, thus helping us to adapt to that environment and sustain good health.



Bini is a vegan herself and has previously run a successful pop up restaurant in Rotterdam, as well as developing her own product line of Bini's Balls, bite-sized healthy snacks, which sell in local health food shops in the Netherlands.

The restaurant will open on February 3, then March

3, and March 31, with more to follow. People can bring their own drink or buy organic beer, wine and juice.

Also on February 11 and 12, Bini will be teaching an inspiring weekend of vegan cooking on the school's Love Health Love Cooking course, based around winter themes and how to warm and nourish the body to help ward off illness in the darker months.

This is the International Macrobiotic School's most popular course, with hands on cooking lessons that will teach you to turn wholefoods into colourful and tasty dishes.

● For details on location, how to book, and future dates, see www.macroschool.co.uk. Book early to avoid disappointment.

Kingsbridge offers free music & food

ONE of the local festivals that's worth a visit this summer is the sixth annual Kingsbridge Food & Music Festival, happening on June 2-4 2017.

A firm favourite, this FREE to enter festival, set on the waterside quay in Kingsbridge, has a wide family appeal.

Featuring a Kids Zone with nature-inspired craft activities, a cocktail and cider bar, plenty of real ales and local wines, and an array of locally produced goodies – all served up with a generous helping of eclectic home-grown music to get you in the mood to party. For the latest updates on

the bands and musicians due to play this year, follow the festival's Facebook or Twitter page.



NATURALLY NOURISHING

FEELING winter-weary? Our food expert JANE HUTTON gives you tips to finding comfort in the lean season



Beating the seasonal blues

SO, Christmas is a distant memory, the January blues are over with, and it's all down hill to spring! As we hit February and March, the urge for comfort food grows, and even the lengthening days don't yet make up for feeling winter-weary. The options in terms of what comfort foods we can indulge in are endless, and while we might occasionally bring sunshine into our lives with foods our parents and grandparents wouldn't have had at this time of year, remaining seasonal and local doesn't mean boring or limited.

These months are often referred to as the 'lean season', with the tradition of bleak and bitter winters meaning that fresh food growing in our fields would be scarce. Our milder southern climate and increasingly warmer

winters have extended the growing season of a number of vegetables, including leeks, parsnips, chicory, Brussels sprouts, Jerusalem artichokes, celeriac, rhubarb, potatoes, and several cruciferous veg like cauliflower, kale and purple sprouting broccoli.

Cruciferous varieties are quite abundant even as we near the end of the winter in February and March. Kale might have become the very fashionable member of the cruciferous family, but it has been a winter staple for much longer, alongside its less glamorous cousins, purple sprouting

broccoli and cauliflower.

We may not think of cauliflower as a nutrient powerhouse. Apart from the cauliflower rice craze, it has tended to be overlooked in its own right while kale and broccoli have been trumpeted as the health stars. In reality all of these vegetables are potent sources of plant betacarotene, cancer-fighting sulphoraphane and indoles, as well as vitamins C and E. The combined profiles in this issue's recipe alone outstrip the RDA for C, E and betacarotene, while calcium, potassium, and a host of other

nutrients also feature as their individual profiles combine to create awesome nourishment.

Making local seasonal produce a main feature of meals gives us what our bodies need to stay healthy. It's no accident that roots and hardy veg varieties are available when we need the most

immune-boosting phytochemicals and starchy food! Use this time to get as creative as you can with what's wonderful, comforting and growing around you right now. Soups, stews, mashies and hotpots are the ultimate ways to cram in lots of different ingredients and flavours.

This issue's recipe highlights a way of mixing and matching different available veg along with bright tomatoes and creamy mozzarella to produce an unctuous and luxurious gratin that can go with just about anything. Until spring is sprung, enjoy!



Winter veg, tomato and mozzarella gratin

INGREDIENTS: 2 leeks; half a cauliflower, cut into small florets and steamed until tender; purple sprouting broccoli stems, steamed and halved lengthwise; 175g baby plum tomatoes, halved; 2 red onions, finely sliced; 2 garlic cloves, finely chopped; 300g mozzarella, sliced; fresh aromatic herbs of your choice e.g. basil, oregano, marjoram; fresh breadcrumbs to cover; seasoning; rapeseed oil and extra virgin olive oil

METHOD: Fry the onions in rapeseed oil until golden, adding the garlic just before the end to

avoid it burning. Season and set aside. Preheat the oven to 190 C fan/210 C.

In a baking dish layer the steamed vegetables, onions and mozzarella, then top with the tomatoes and herbs, followed by a good layer of breadcrumbs. Drizzle with olive oil to crisp up the breadcrumbs and bake for 25-30 minutes until golden and bubbling. To serve, dish up a sizzling scoop of gratin with a main meal or on sourdough topped with spinach or rocket leaves for a substantial lunch.

Naturally Nourishing is written by nutritionist and "confirmed foodie" Jane Hutton. Visit her new website, www.functional-foodie.com, and sign up for programmes, recipes and advice.



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Taking the Woods to the Park

THERE'S sad news about Steward Community Woodland near Chagford within the Dartmoor National Park, their High Court challenge to the Planning Inspector's Decision was turned down by a judge in December. A positive outcome from it is a result of the legal action the date when the Enforcement Notices require them to have taken down their structures and moved off the land has shifted from August 10 to December 2 2017, giving them another 4 months to be able to find a solution to this situation.

The main downside is that it has left them with a legal bill of £13,000 – any support with this would be much appreciated. Their task now is to negotiate with the National Park and reconfigure the project in such a way that it can fit with Policy DMD30 (the Park's policy on low impact development) with the intention of submitting a fresh planning application.

Their next step is to write to the Park with 'Pre-Application Inquiries', asking them to set out clearly what type of structures they consider are acceptable under the policy, and seek to conform to them.

Supporters of the sustainable community can join the 'Taking the Woods to the Park' procession on Monday April 3 during the Easter school holidays, walking to the National Park HQ near Bovey Tracey along the Wray Valley Trail to deliver a petition calling on the Park to continue to allow them to live there and run the successful and much loved project.

The Procession will start near Lustleigh – more details are yet to be announced. Organisers are seeking help. They will be organising transport from Moretonhampstead to the start of the Procession and back from the Park HQ.

Steward Community Woodland, near Chagford within the Dartmoor National Park, have had their legal challenge to the Planning decision turned down but they're not beaten just yet.



Organisers said: "Although there is a serious message to the Procession, we invite a carnival atmosphere, creating a sense of celebration, community and solidarity. This is, after all, what we wish to see more of in this world. We invite you to bring banners, lots of colour, costume, and to be creative."

A day at the woods in the run up to the Procession is planned where both children & adults will be invited to create willow sculptures of creatures living in the woods (birds, insects, animals, etc) to take on the route.

Although the threat to SCW is the central reason for the Procession, this is, of course, within the wider context of the Park's policies and their implementation, and the state of the environment in general. If you haven't done so already, please sign and share the petition to Dartmoor National Park www.stewardwood.org/petition visit www.stewardwood.org for more information.

Putting the chicken

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before the egg

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Locally sourced hardwood warmth

DAN KNIGHT of Buckfastleigh's **Down to Earth** shares his six good reasons to burn local air-dried hardwood logs during these cold first months of the new year.

1. Healing for the Soul.

Watching a fire burn is very calming and puts you back in touch with a primordial part of yourself.

2. Romantic.

In this peaceful state fire-light is like candle-light - it hides all the wrinkles.

3. Nature.

Since humans arrived in Britain we have been managing our wood, so there have been different aged groups of trees close together. Our wildlife has adapted to this. To help most of our struggling wildlife, such as dormice,

flycatchers and wood-warblers, to name a few, managed and coppiced hardwood woodland is the key to aiding their survival.

4. Carbon Neutral.

As a tree grows it absorbs carbon from the atmosphere which is released as it dies slowly on the woodland floor or quickly in the fire, adding no more to the environment than what it has gathered in its own life-cycle.

5. Self Sufficient.

You don't need to worry about power cuts or strikes, your fundamental need for heat is under your control.

6. Joy.

Logs are like a battery filled with the sun's love, stored and waiting for the cold winter morning when you can release that love and stay warm.



Totnes's new 'library of things' is desperately seeking storage space

THINGS are going well for Totnes's Share Shed which has been so overwhelmed with donations they need to find storage space for it all. The Share Shed is the new name for Totnes' Share shop. The aim is to encourage the sharing economy; to help people connect more, spend less, consume less, and waste less. In December the crew went to the Frome SHARE project, and gained loads of inspiration, pointers and info about how to make the project run successfully for the benefit of the

whole community, it's about giving ownership to Totnesians and giving value to volunteers who are essential to the projects success.

'Totnes Share Shed - A Library Of Things' started to come together at end of January with volunteer events now planned for February and March. Organisers are seeking voluntary support, people are asked to contact kate.r@networkofwellbeing.org. The project is so popular that they are

desperately seeking storage space.

They need storage locally and indefinitely in order to provide a greater range of items for borrowing, especially considering seasonal need for certain items e.g. camping equipment, gardening tools. They're looking for somewhere dry and secure is all we need and for minimum 3 months ideally.

As mentioned in Reconnect Dec/Jan the new share shop have a venue thanks to Totnes Town Council and a

grant through The Big Lottery fund.

The council granted them a space to pilot the Share Shop in The Guild Hall garage on Guild Hall Yard. The Share Shed will enable local people to borrow all sorts of useful things at nominal cost so that they don't have to buy them for themselves.

In other news a Share Shed manager called Mark Jeffrey has been appointed to run the Share Shed on Saturday mornings from beginning of Spring 2017.



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Fri 10th, 24th Feb and Fri 10th and 24th March 2.30 - 3.30

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THE festival programme for 2017 continues to grow across the South West. Reconnectland has some of the best festivals in the country, and here are some the highlights to look forward to throughout this year. We'll continue to highlight a few of the local gems in future issues. See you in the sunshine...

Cornwall Ukulele Festival

February 5

Heartlands, Pool TR15 3QY

The annual event for hundreds of ukulele enthusiasts returns.

Peninsula Arts Contemporary Music Festival

February 24-26

Plymouth University PL4 8AA

Celebrating 12 years of musical innovation.

Laugh Out Loud

February 22-March 5

Venues across Exeter

Exeter comedy festival including Josie Long, Tony Law, and more.

Glastonbury Calling

February 25

Venues across Glastonbury

Showcasing music from the west.

Transition Town Totnes Film Festival

March 9-11

Venues across Totnes

The annual film festival based in and around Totnes Civic Hall.

Teignmouth Classical Music Festival

March 10-19

Venues across Teignmouth

Featuring top local amateur and professional musicians.

Vibraphonic

March 12-18

Phoenix, Exeter EX4 3LS

Returning to celebrate all things diverse and progressive.

AETF Teignmouth Drama Festival

March 13-19

Shaftesbury theatre, Dawlish, EX7 9PB

Festival of one act plays.

Grinagog Festival

April 7-9

Venues across Torquay

Torquay's new festival promises a weekend of mudless mischief by the sea. Over 200 Acts Across 15 Stages from the people behind Glastonbury's Shangri La.

Budleigh Jazz Festival

April 21-23

Venues across Budleigh

Jazz and blues line-up.

Paignton Bike Festival

April 28-30

Paignton seafront

Fund raising for Charity put on by Bikers Make A Difference.

Exeter Festival of South West Food & Drink

April 29-May 1

Exeter Castle & Northernhay Gardens

Food and drink from across the area with demonstrations, and after dark party nights.

Dart Music Festival

May 12-14

Venues across Dartmouth

Celebrating it's 21st year and free to attend. Donations welcome.

The Cursus Cider & Music Festival

May 12-14

near Sixpenny Handley, Cranborne Chase, Dorset

Expect cider and eclectic music.

Exeter Pride

May 13

Venues across Exeter

The 9th year of the biggest free celebration of the LGBT+ communities in the county.

Art Week Exeter

May 13-21

Venues across Exeter

International and homegrown artists, grassroots initiatives, cutting edge artists, and more.

Devon County Show

May 18-20

Westpoint, Exeter, EX5 1DJ

You know what to expect, but will it rain?

The Bath Festival

May 19-28

Venues across Bath

A new flagship multi-arts festival of music and literature.

Wood

Ipsden, Oxfordshire OX10 6AN

May 19-21

Braziers Park community hold a low impact festival which is family friendly and a delight.

Vegfest

May 20-21

The Amphitheatre, Bristol, BS1 5DB

All exhibits are 100% vegan - no animal products used at all.

Exmouth Festival

May 26 - June 4 (TBC)

Imperial Recreation Ground, Exmouth EX8 1DG

At the tie of going to press the final dates had not yet been announced.

The Masked Ball

May 26-28

Beacon Cragg, Porthleven

Cornwall's little gem of a themed electronic dance weekend for over 18s, happening near Looe.

Camping Be Cider Seaside

May 26-28

Bredy Farm, Dorset

Annual gathering for friends and families in West Dorset, just a pebble's throw from the Jurassic Coast.

Mello Festival

May 26-28

Throckmorton Airfield, Worcestershire, WR10 2JH

Confirmed so far are Hawkwind, Goldie Lookin' Chain, Dreadzone, and many more.

No Man's Land Festival

May 26-28

A hidden forest in the South West

A friendly live music, arts and crafts festival happening in a hidden forest location.

Shindig Weekender

May 26-28

A secret location, Somerset

Returning for a fourth year to the countryside near Bath.

Bude & Stratton Folk Festival

Venues across Bude, Cornwall

May 26-29

A friendly mix of folk concerts, workshops and themed events with dance displays, music and song.

Bath Fringe Festival

May 26-June 11

Venues across Bath

Arts festival of music, dance, theatre, art exhibitions, carnival and children's events.

Dawlish Arts Festival

May 27-June 3

Venues across Dawlish

The oldest arts festival in the South West.

Plymouth Film Festival

May 27-29

Plymouth Arts Centre, PL4 0EB

Founded in 2013 as a local event, it now hosts international films alongside the work of the best of the west.

Kindred Spirits Festival

May 27-28

Waterloo Farm, near Launceston in Cornwall, PL15 8LL

Kindred Spirits Festival caters for a variety of musical tastes and genres.

Love Saves The Day

May 27-28

Eastville Park, Bristol BS5 6XA

A 'love fuelled' weekend of bands and DJs.

Manifest Southwest

May 31-June 4

Dunnabridge, Dartmoor

A camp for males of all ages.

Kingsbridge Food and Music Festival

June 2-4

The Town Square, Kingsbridge, TQ7 1HZ

The perfect blend of local food and live music - family friendly.

Wychwood Music Festival

June 2-4

Cheltenham Racecourse, Gloucestershire, GL50 4SH

One of our favourites, family-friendly.

Exeter Respect Festival

June 3-4

Belmont Park, Exeter EX1 2DH

A celebration of the richness of diversity in the city - music, food, dance, and more (no alcohol).

Lemonfest

June 9-10

Newton Abbot Racecourse, Now a two day camping festival!

Bradninch Festival

June 9-11

Various venues Bradninch

Showcasing new and local performers in all genres of music, theatre, arts and performance.

3 Wishes Faery Fest

June 16-18

Mount Edgcombe, Cornwall PL10 1HZ

A family friendly festival full of fun, music, and faeries obviously.

Oceanfest

June 16-18

Croyde Bay, Devon, EX33 1NZ

Eco-projects and a celebration of the biosphere reserve also help to make it a festival with a conscience.

Sonic Rock Solstice

June 16-18

Stoke Prior Space P

Worcestershire B60

Space rock under cc and the Medics, and

Teignmouth Folk Fest

June 16-18

Venues across Teign

Line-up is TBA as we

Falmouth International Festival

June 16-18

Venues across Falm

Some of the best Sh

around fill pubs, bar

stages across the to

Stonehenge Summer

June 18-21

Stonehenge, Wiltshi

The 9th year of the f

celebrate the summe

at Stonehenge with :

4.15am on June 21

Eden Sessions

June-July

nr St Austell, Cornw

Cornwall's Eden Pro

annual sessions.

Glastonbury Festival

June 21-25

Worthy Farm, Pilton BA4 4AZ

You may have heard

and it's already sold

re-sales are expecte

The Shaldon Festival

June 22-27

St Peter's Church, St

TQ14 0DB

Quality classical mu

the village church.

Folk On The Quay

June 24

Poole, Dorset, BH15

Four outdoor music :

music, there will be

Morris dancing and

Sark Folk Festival

June 30-July 2

Venues across Sark, Islands

Home-grown talent f



aaaaaaal!

s and events happening in the South West in 2017.



Ice Port,
B60 4AL
Der cover with Dr
Jones, Belinda Carlisle.
Rock Festival

Teignmouth
as we go to press.
ational Sea Shanty

Falmouth
st Shanty singers
s, bars, shops and
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ummer Solstice

iltshire SP4 7DE
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with sunrise at
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ornwall PL24 2SG
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Pilton, Somerset

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estival

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BH15 1HD
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and concerts.
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Sark, Channel

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ival

orset, DT6 4ND
d of simple
ty music, cider and
y busting prices.

Exmouth
abrating diversity in

or
istle, EX6 8JQ

A day full of 80's music with the
likes of Tony Hadley, Howard
Jones, Belinda Carlisle.

2000trees Festival
July 6-8
Upcote Farm, Gloucestershire
GL54 4BL

Showcasing the underground
British music scene.

Glas-Denbury
July 7-8
Fairfield Farm, Denbury, TQ12
6DQ

Down to earth happy local music
festival near Newton Abbot.

Rock Oyster Festival

July 7-8
Dinham House, Wadebridge,
Cornwall, PL27 6RH
Food, music, art, and thousands of
Cornish oysters.

Wonder Fields

July 7-9
Dunsford, EX6 7AJ

Small family music festival now in
its third year

World Yoga Festival

July 7-9
Beale Park, Reading RG8 9NW
The ultimate yoga retreat-meets-
camping festival experience.

Seed Festival - Planting Big Ideas

July 7-9
Hawkwood College, Stroud GL6
7QW
Big ideas are taking root, a place
to dig deep and get real.

Budleigh Salterton Festival

July 7-15
Venues across Budleigh Salterton
For lovers of serious and classical
music.

Frome Festival

July 7-16
Venues across Frome, Somerset
Music, drama, exhibitions, and
more at this cultural feast.

Ways With Words Festival

July 7-17
Dartington Hall, Totnes TQ9 6EE
The internationally famous literary
festival right on our doorstep.

Summer Celebration: open day at
Sharpham

July 9
Sharpham House, Ashington,
Totnes TQ9 7UT
Sharpham House day of food,
drink, kids fun and performances.

Once Upon A Time in the West
Festival

July 13-16
secret outdoor location, near West
Ashton, Wiltshire

The OUT West Festival music
policy is varied and expect local,
national and international acts.

Tolpuddle Martyrs Festival
July 14-16

Tolpuddle Martyrs Museum,
Dorset, DT2 7EH

Top up your activism with
seminars, talks, and music.

Tropical Pressure Festival
July 14-16

Mount Pleasant Eco Park,
Porthtowan, Cornwall, TR4 8HL

Expect live music from world
artists, dance and craft workshops,
and 100% vegetarian with a
World Street Food Market.

Godney Gathering

July 15
Garslade Farm, Godney,
Somerset, BA5 1RX

A nice day out with multiple stages
in Somerset.

Chagstock

July 21-22
Whiddon Down, Chagford, EX20
2PR

A family friendly music festival set
in open fields on the north edge of
Dartmoor.

Festival 8

July 21-24
Cabourne Parva, Lincolnshire
A celebration of the senses held in
a magical grove.

Port Eliot Festival

July 27-30
Port Eliot Estate, St Germans, just
in Cornwall PL12 5ND

Offers an impressive range of
cultural delights in lovely setting.

WOMAD

July 27-30
Charlton Park, Malmesbury,
Wiltshire SN16 9DG

A favourite not-too-far away
festival for Reconnect readers.

Lapstock

July 28-29
Lapford Mill, Lapford, EX17 6PU
Small village festival – and all the
better for it.

Kozfest

July 28-30
Bobbie Watts Farm, Uffculme,
EX15 2AW

Imagine a Kozmik festival where
everything is but a 30 second
walk away...

Leopalooza

July 28-30
The Wyldes, Bude, Cornwall EX22
6UX

Often showcases acts before they
hit the big time, plus bands and
DJs from around the world.

The Green Gathering

August 3-6
Piercefield Park, Wales NP16 6BE
Off grid festival powered by

wind, sun, and people.

Outcider Festival

August 4-6
Fern Hill Farm, Compton Martin,
Somerset BS40 6LD

Just eclectic music, local cider, ale,
food, and a good time.

Dartmoor Folk Festival

August 4-6
South Zeal, Dartmoor, EX20 2JL
Small festival near Okehampton
celebrating their 40th year.

Sidmouth Folk Week

August 4-11
Venues across Sidmouth
Offers more than 700 diverse
events.

Creation Fest

August 5-11
Royal Cornwall Showground,
Wadebridge PL27 7JE

Free Christian event with music,
seminars, workshops, sports and
family activities.

Boardmasters

August 9-13
Newquay, Cornwall TR8 4AN

The region's largest commercial
festival which actually has a
decent spirit.

Off Grid Festival

August 10-13
The Biophilia Project, Goffins
Land, Exeter EX4 9JL

A 100% participatory off grid
green event that's close to
Reconnect's heart.

Love Summer Festival

August 11-13
A secret location, Plymouth
A clean, safe, fun, family event in
a secret South Devon meadow.

Plymouth Pride

August 12
Venues across Plymouth
Celebrate and promoting the city's
diversity and talent.

The Green Man Festival

August 17-20
Glanusk Park, Wales NP8 1LP
Expect a strong line-up and lots of
interesting other stuff on the
programme.

Beautiful Days

August 18-20
Escot Park, EX14 3AZ
Levellers own festival sells out
every year and justifiably.

Small World Summer Festival
August 24-28

Gloversbridge Farm, Headcorn,
Kent TN27 9LS

100% solar powered festival of
creative spirit & sustainable living.

Purbeck Valley Folk Festival

August 24-27
Purbeck Valley Farm, Corfe
Castle, Dorset BH20 5HU

Expect a good line-up at this
family friendly festival.

Sea Change Festival

August 25-26

Venues across Totnes

Drift Records organised events
returns, no acts confirmed at the
time of writing. More in future
issues of Reconnect.

End of the Road Festival

August 31-September 3
Lamer Tree Gardens, Dorset

The perfect end to the outdoor
festival season.

Totnes Pride

September 2

Venues across Totnes

The UK's largest rural pride event.

DadFest

September 15-17

Forest & Beach Centre, Beeson
For dangerous dads, grandfathers,
male carers and their children.

MumFest

September 22-24
Forest & Beach Centre, Beeson
For muddy mums, grandmothers,
female carers and their children.

Looe Music Festival

September 29-October 1
Venues across Looe

The main stage right on the beach
- flip flops, not wellies, are your
must have footwear.

Two Moors Festival

October 13-21
Venues across Dartmoor
Classical music gigs in venues
across Dartmoor and Exmoor.

Dartmouth Food Festival

October 20-22

Venus across Dartmouth

A free foodie event.

Shiine On Weekender

November 10-13

Butlins Minehead, Somerset
A celebration of Indie and Dance
from the late 80s, 90s and beyond.

● **ANYTHING TO ADD?**

Tell us about your favourite
festival – email us at editor@
reconnectonline.co.uk

MORE FOLLOWS...

JUST because he's not trying to coax articles for Reconnect before a deadline anymore, doesn't mean Foster isn't still contributing. Here he is with his first update on living the simple life....

He's still here and living the dream

In the months leading up to my handing over to Scott, my stock reply to the question 'So what will you do next?' was "less".

In fact, the fuller (and slightly less smartarse) answer was that I wanted a little extra time in my life: the adrenalin-fuelled process of publishing has been enormously exciting and rewarding but when a man's got to do what a man's got to do, he needs some time in which to do it...

Selling the magazine was just part of a broader lifestyle shift and the process of change, the transition from one way of living to the next, actually made me busier than ever. Since this time last year, my wife Jenny and I have sold the business (well done, Scott, this first issue looks great) but we have also sold our house and massively downsized, selling and giving away many of our possessions, to live in a small, off-grid mobile home on a community smallholding.

Those of you who've regularly read my ramblings over the years (bless you all – a little therapy might help you now) will know I have long advocated a low-impact, low-consumption lifestyle and did what I could to live it. We were, however, still living in an end-of-terrace house on an estate, driving to the woodland where we kept our poultry and with no space for growing... this latest move has completed the circle.

And it's a move that seems to capture the interest and imagination of almost everyone we meet so I thought I might use this column over future months to explore various aspects of simpler, off-grid living (be warned - compost loos will feature).

So, you can look forward (I'm making a big assumption there) to talk of food growing, rainwater harvesting, animal husbandry, beekeeping, goat milking, egg pickling and lots, lots more. Including that compost loo.

With Foster now enjoying the good life, though it's rather unlikely his neighbours are like Jerry and Margo, Reconnect's new proprietor Scott Williams would like to thank him.

Scott said: "As the new editor and owner of Reconnect I'd like to repeat my personal thanks to Martin and his family in the huge amount of time they've given over to me to ensure the transition of the magazine happened smoothly, especially with so much else going on in their lives at the same time. I am indebted to you all and send all of you best wishes for the future."

Foster will continue the narrative of his alternate lifestyle in future issues.



Pete Scott appeals for a frack free Totnes

This issue Reconnectland regular PETE SCOTT is unable to sing. He's been disturbed by an issue that we should all be aware of - fracking!

I just want to sing, but I can't concentrate. I am shocked to the core by a meeting about fracking which I attended in December. Since then I have been researching about it.

The UK Government is pressing ahead with plans to extract shale gas through fracking. The experience of fracking in the USA and Australia has shown that:

- Major poisoning of domestic water supplies as a result of fracking is commonplace, as is air pollution containing heavy metals and radioactive elements

- Huge amounts of water are required for one frack – 5 million gallons, mixed with 70,000 gallons of chemicals lethal to human beings, are forced down a borehole at high pressure. 40% of this poisoned water is recovered and has to be disposed of as toxic waste. The other 60% disappears underground with no control over where it finally ends up.

- Regulatory control has been almost non-existent and there are many cases quoted of dumping of poisoned waste water in rivers.

- Using so much water depletes water resources and endangers supply for drinking.

The UK Government's plan over 30 years will mean tens of thousands of these wells being set up turning a 'green and pleasant land' into a polluted post-industrial wasteland.

In the UK the industry and the UK Government have both produced 'facts' to support this practice which are easily proven as falsehoods, and yet UK Energy strategy is based on those 'facts'.

There's a Facebook group 'Frack Free Devon' and public group 'Fracking Hell (UK)'. Frack-off.org.uk who Pete mentioned, run Frack Free EQS (Exmoor, Quantocks & Sedgemoor). With renewable energy now becoming a real alternative to fracking, to continue to go down the fossil fuels route seems a backward step. Recently The Netherlands announced they were the first country in the world where all the electric trains are powered by wind energy, if only the UK were so embracing of renewables.



In Totnes, near where I live, we have just set up Frack Free Totnes, an anti fracking group. There are almost 1000 similar groups all round the country, some of whom have been fighting fracking in the front line for years very successfully.

The only thing that will stop this abomination happening in the UK is a massive show of resistance from the people of this country, in a similar vein to the movement which stopped TTIP. See more at <http://frack-off.org.uk>.

You can maybe see why I am finding it hard to concentrate on business as usual, but it is important to keep spirits high when dealing with this kind of thing. That's where singing comes in.

You can see a short video about the choirs - SING Exeter and SING Plymouth – here on the website www.singdevon.com. All other details are there too.

We are always open to potential new members. You can come along just to try it out and your first session is FREE. You will be made very welcome.

SING Exeter meets: every Tuesday 7.15pm to 9pm at St Sidwell's Community Centre, Exeter EX4 6NN.

SING Plymouth meets: every Thursday 7.15pm to 9pm at Pomphlett Methodist Centre, Plymouth PL9 7BL.

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Charity begins with a chorus

Totnesians will remember in the run up to the Christmas, acclaimed acappella choir **Glorious Chorus** performed at a charity concert in Totnes, and they also released a Christmas CD to bring the curtain down on a successful year of performances throughout the South West.

THEIR Director and award-winning composer Helen Yeomans was keen to end 2016 supporting charities who support vulnerable people in the community. It was Helen who created the small impromptu pop up choir which sang around Dartington on December 22.

Helen and her choir raised much needed funds totalling circa. £1,700 which has already been donated to some great causes. £1,290 was generated at the Christmas concert and that money has been split between Rowcroft Hospice in Torquay and

Care4Calais. £384 was raised for the Totnes Homeless drop-in shelter through sales of their Christmas CD and via the charity carol-sing in Dartington.

This year they have a series of events, gigs and festivals between now and the summer with the first one being the Transition Film Festival in March (featured on page 4). They will be opening, headlining and participating in a range of events across various genres which are carefully hand-picked by Helen.

You can find out all about this vibrant choir by visiting www.gloriouschorus.co.uk.



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Pinchbeck asks how soon is now

OUR READERS may be interested to know New York based philosopher and futurist DANIEL PINCHBECK will be giving a talk at the Positive Living Group in Glastonbury on February 8. The American author has a new book 'How Soon Is Now?' published in February by Watkins Publishing.

In his new book Pinchbeck applies psychedelic insights gleaned from his studies with tribal people like the Bwiti in Gabon, the Secoya in Ecuador, and the Kogi in Colombia - as well as the shamanic chaos of the Burning Man festival - to finding solutions to the global ecological mega-crisis.

He said: "Many occult, indigenous, and religious traditions have looked toward this time as a period of great awakening and transformation. Unfortunately, the New Age spiritual culture of the modern West has supported self-serving values. Its proponents have condoned the privileged lifestyle of the developed world, which has unleashed ecological destruction and poverty. We are now confronting a global ecological emergency that threatens us with extinction, based on evidence from past epochs. Confronting this requires a new spiritual initiative."

Capturing life on the ocean waves

Whilst delivering the last issue around the Barbican, Scott was rather taken by the photographs of TONY FITZSIMMONS. This has led to Tony, a documentary photographer and photojournalist based in Plymouth, agreeing to contribute to Reconnect.



I was always a difficult feeling to describe and one that continually played on my mind. Growing up in the middle of England, somewhat trapped by a consistent feeling of claustrophobia, it was clear living where I was, was doing me no good. In many ways I knew I had some kind of calling to the sea and it wasn't until my early thirties that I eventually managed to break free from this land locked state of being, making my way south in search of a better life.

Eighteen months later and a sudden interest in photography unfolding, I soon realised it wasn't just a location I had needed to change, it was a complete career path entirely. Within a year of purchasing my first DSLR camera, I enrolled on a four year degree course in photography at Plymouth College of Art. Perhaps this was a bit of a cliché, but I began to see the world quite differently through the eye of a lens. By my second year of studies, following a variety of assignments, one of

which covered the many goings on in and around Plymouth's Sutton harbour, it was clear my interest lay with documentary photography.

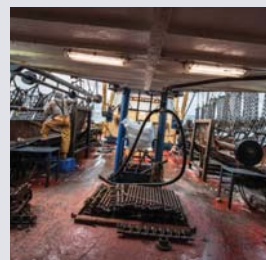
A few years later, following a successful graduation, sea survival training and many months of canvassing skippers and vessels for any chance to head out to sea to document a week in the life of a fisherman, I was finally given the opportunity onboard the Brixham trawler, Emily Rose.

At the helm of this 25 metre scalloper was long time sea dog Arthur Dewhurst. With his crew of four, I headed out 50 miles off the south west coast towards an experience I will never forget. From calm deep blue endless seas and skies all around, to riding

a force 8 storm on the morning of my final day onboard, I came away with not only a series of fantastic imagery, but a whole new chapter in my life; the journey and study of a life at sea.

You can view my Life at Sea series so far at www.tonyfitzsimmons.com.

There will be more from Tony in future issues.



Unearthing Reconnectland's history

THERE'S more Villages in Action news this issue. They want to dig up the local history collecting artefacts and anecdotes from Reconnectland's rural communities with a two-year project, thanks to a generous £58,000 grant from the National Lottery.

The communities taking part from moorland to sea include, in year one, Colyton, Rattery, Starcross and Whimble and in year two, Brentor, Buckfastleigh, Chagford and Crediton.

The aptly named 'Unearth' project will involve residents in the eight rural Devon communities and will explore their local stories and traditions, plus a special focus on stories connected to their village hall.

There will be special screenings of archive footage over the coming weeks, brought into each village by the Film and TV archive experts. Each evening will show rare footage of rural Devon in years gone by plus a special section of footage dedicated to each village showing events that have happened there.

Each project year will culminate in a multi-media production created by a team of artists who will interpret the village's stories to be seen by all of the community and by neighbouring villages too.

Three artists and performers will be commissioned by the scheme each year to take inspiration from the stories and create original multi-media performances in the village halls. Kate Green, who is coordinating the project for Villages in Action has already heard many 'only in Devon' stories from the Unearth network of villages, including tales of giant swan-shaped boats on the Exe, Goose Fayre antics, village soup nights and local roads dug by Oliver Cromwell's army.

She said: "We are delighted to have the support from the Heritage Lottery Fund. The Unearth project will give many across Devon the opportunity to find out fascinating stories of local life and to see those stories played out in their village hall. I can't wait to see what emerges."

We are all hipsters now

ALAN SWINDELL, principal of Steiner Academy Exeter, has had his attention captured by current parenting trends and considers what they augur for young families.



THE arrival of the New Year saw the usual spate of articles that predict how things might be different in 2017.

The few that caught my eye focussed on parenting. How will parents go about their task differently this year to last? Will there still be a place for Tiger Mums, Dangerous Dads, Helicopter Parents and Blended Families? Or are we heading into the era of Hipster Parenting, with artisan baby food, self-knitted nappies and rows of wooden LIKEaBIKES parked outside the latest cult coffee outlet?

Once upon a time parenting seemed simpler, less subject to trends, predictions and analysis. A cynic might say that the whole prediction business is fuelled by commerce. The market creates a demand and cashes in. There is nothing new in this. I am old enough to remember the parental shame at not having surrounded my children with miles of brio when it first hit the scene: your credibility as a parent seemed to be based on how much beech wood track your children could lay down. And the day that apple juice went from being the healthy drink of choice to a tooth corroding acid is still etched on my brain.

A more generous view of the prediction business would be that the tremendous pressure on parents to get it just-right means that reassurance is needed as never before. These articles are a kind of collaboration amongst parents, a sharing of the best ideas.

Education has been the victim of too

many trends in recent years. The instincts of creative teachers have too often been forced into second place by political considerations. The need for media sound-bites has led too many politicians to meddle in the work that belongs to committed teachers and educationalists. There

are real cultural trends that each generation of children brings as a gift to the world they are growing up in. It is the task of parents and teachers to honour this gift, not to impose on them our model of the past. And it is parents who are most in touch with what is living in their children, this thing that is 'becoming'. Maybe, in a simple way, these predictions reflect exactly that, an attempt at understanding what children are telling us about the future.

So what are the predictions, and how might they affect the Steiner Academy here in Exeter? Needless to say I would not have embarked on this article unless I was feeling a bit smug at what lies ahead, according to articles in The Observer, The Huffington Post and Parenting Today. Some of them might be lifted straight from our web site. How about 'a focus on child development through play', or, 'more exposure to natural materials such as wood, and less plastic'. The list continues: finger games, knitting, woodland play, fairy gardens, baking bread and the inevitable 'less screen time', and my favourite: 'an end to micro-management of the child's life.'

Whether these predictions come true or not is another matter, but at SAE they are neither trends nor trendy, they are already part of what we are.

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The art of horse whispering for all

LEARNING that includes programmes for children and young people with special educational needs and also working with organisations and business people in leadership and professional development. But they also offer Art of Horse Whispering workshops and sessions to suit everyone; adult groups, children and young people groups, and one-to-one. No experience around horses is necessary, just a desire to want to be with them and learn. Sue Blagburn, the founder of the Social Enterprise said: "This is simply about offering people the opportunity to engage with horses and explore how to enter a relationship with them which is equal, not power over. It's rewarding to work with people in this way, and often they are surprised at how well they do." Participants don't learn equestrian

techniques, instead, they meet the animals in their world, learning about their body language and their ways of being.

Sue added: "It's important to note that becoming a horse whisperer takes a life time of being around horses, there are no quick routes, but most of the great horse whisperers' develop skills by studying equine behaviour in nature, and that's the part we explore."

Although the Art of Horse Whispering courses are not framed to offer personal development, Sue said: "The horses by their natural biological make-up will be asking us to stay connected, authentic and mindful which can be therapeutic and insightful."

For more information visit www.adventureswithhorses.co.uk



Pride parades return in 2017

THIS year sees the annual Pride events return with various free celebrations of the lesbian, gay, bisexual and transgender (LGBT+) communities across the county. The dates have now been announced for all this year's Pride events.

Exeter Pride takes place on May 13. Exmouth Pride takes place on July 1, Plymouth Pride on August 12, and Totnes Pride on September 2.

Each year thousands of people attend the parades included community groups, firefighters, police, students, trade union and business LGBT+ groups plus individuals.

Visit www.proud2be.co.uk for more information.

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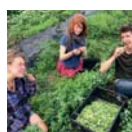


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The Wellbeing deadline for the next (Apr/May) issue is March 1 so get in touch today and let's get the ball rolling.

Call Scott on 01392 346342 or email editor@reconnectonline.co.uk

Inside wellbeing...

- The unique wellbeing gift 30
- Indulge in a raindrop treatment 31



- The eye of the tiger 32



- How to keep it fun 32
- Intuitive healer lessaiah 34
- The rhythms of life 36
- Language of touch 37
- Sexual healing 38
- The classified ads 42

And there's lots more to read inside



Young can reflect at Gaia House

THE chance to step outside life's hectic routine and learn how to meditate can be invaluable, particularly for young people.

FOR the 12th year running, Gaia House is hosting its popular annual silent meditation retreat for people aged 16-25 years. The retreat teaches participants how meditation can support calmness, kindness and focus, providing the foundation for a happy, interesting and fulfilled life.

Jake Dartington, who will be leading the retreat alongside Paul Burrows said: "We will learn ways to respond creatively to the obstacles and habits that appear to obscure our innate qualities of wisdom and compassion. Our exploration will be supported by meditation instructions, Dharma talks and meetings with the teachers in small groups. 'Dharma' is the term used in the Buddhist tradition, to refer to the teachings of the Buddha."

Meredith, who attended the retreat in 2016 and will be participating again this year, said: "The balance of teaching with self-exploration and reflection is perfect, and is appropriate whether you are new

to meditation or already have experience of the practice."

Gaia House is a silent meditation retreat centre offering meditation instruction and teachings drawn from a variety of Buddhist traditions. It is located in peaceful countryside a few miles outside Newton Abbot. Director Devin Ashwood said: "It's great that our Young Persons Retreat is becoming more popular each year. What a gift to get your head (and heart) together while you're still young!"

The Young Persons' Retreat runs from February 17-19. For more information visit: www.gaiahouse.co.uk or call 01626 333613.



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EMOTIONAL HEALTH

In this issue of Emotional Health, regular contributor LEIGH SMITH invites us to disarm, call a cease fire on our emotional battles, and take back control!

Dealing with emotional triggers

HAVE you ever stopped to consider how much control we actually have over our emotional health? Do you wonder if it is possible to stop anxiety in its tracks, to divert depression and stay calm in stressful situations?

Emotions have an important place in our lives and provide us with powerful and meaningful experiences, but sometimes they can overwhelm us and leave us feeling out of control. We can find ourselves so far down the path of overwhelm, so consumed by anxiety, dominated by stress, or rage we no longer feel we are in control of ourselves. These situations can be terrifying and leave us with feelings of guilt, shame and a victim to our emotional states.

If we find ourselves in this situation we wonder how we can take back some control, and put ourselves back into the driver's seat?

Firstly we need to realise what's happening to us. When we become triggered by a situation our brain pumps out signals to deal with the threat at hand and activates our flight/fight responses. This involves flooding us with a whole host of strong emotions which can completely swamp us. We can quickly find ourselves feeling out of control with seemingly no clue how we got here. We may not have noticed it, but on route to our meltdown we did receive warnings, there were signs and signals holding vital information that could have helped us to 'stay calm and carry on'. These alerts are the key, spotting them and paying attention to them is vital for our emotional wellbeing.

But it isn't easy, it takes time and considerable effort to become aware of these early warning signs. We can be so engulfed by what we are experiencing it can feel impossible to step outside of our feelings and notice what is effecting us. Our emotional regulators can be switched to a powerful default setting which can make us feel resistant to change. So how do we tackle that? We need a way to become more aware and conscious of the indicators telling

us we are becoming emotionally 'triggered', and we are heading into a battle with all guns blazing!

The answer to taking your finger off the trigger might lie in retracing your steps backwards from the point where you lost the fight to stay in control!

Begin by taking a moment to imagine the last time you found yourself in a major panic, or emotional outburst, and start to see yourself as if watching yourself on a screen, then ask yourself:

- where were you?
- what was going on around you?
- how were you behaving?
- what were you feeling?

Then slowly play the film backwards retracing and remembering what you felt just prior to the event, what did you experience, examine your body's reactions, was there any tension, clenched fists, dizziness, confusion, changes in breathing, quickening of your pulse? You might notice some of these reactions taking place in your body again, right now, as you remember the event.

The first step to understanding and dealing with emotional triggers is to simply notice them.

If you are able to become aware of these sensations, you can use them as your early warning signs. You can learn to spot all is not well, and some action needs to be taken to avoid sliding into an emotionally charged state. Consciousness is the key and this 'self awareness' will give you choices and allow you to make changes and be in control.

As self-awareness grows, you will become able to notice these signs as they occur. You will spot the clenching of your fists, the quickening of your breath and will recognise you are becoming triggered, and are starting to lose emotional control. You will recognise the dizzy feeling is a sign to STOP, to listen and pay attention to what is going on.

Time to holster your emotional guns, with safety catches on, take some deep breaths, and take a step back from whatever is triggering you.

Leigh Smith is director of studies, course designer and tutor at Heartwood Centre for Counselling and Psychotherapy Training. Visit www.heartwoodcounselling.org or call 01803 865464.



Breaking away from circular thinking

FEELING as though negative thought patterns are ruling your life is surprisingly common, according to counsellor, JULIETTE MEDDER.

She said: "Many people who come to counselling experience this, but also constant anxiety or worry or say they feel low and sad no matter what they try to do to change these feelings. Others tell me that their relationships often start well, but then become complicated with emotions that are connected to the past. It can be frustrating and exhausting when the same thoughts and questions go round and round in our heads with seemingly no solution or conclusion."

The impact of this kind of circular thinking is people can end up losing interest in activities they used to enjoy, they can start to feel bad about themselves, they might feel less able to do things. All of this can lead to difficulties sleeping or eating, or problems at work or in relationships. Juliette believes counselling can sometimes help people to find a way out of this kind of negative cycle: "Often just having an empathetic, objective professional counsellor as a sounding board is enough to ease some of the tension and confusion and help to people find new ways forward. I offer a well-held and confidential space for people to explore all kinds of different issues."

Juliette is an experienced and professional counsellor with a warm and empathetic nature. Her approach



incorporates Gestalt, CBT, NLP and on occasion, drawing, painting and Sand Tray therapy. One client said: "I found Juliette to be an exceptionally good listener with a highly focussed ability to nudge people in the right direction, allowing release and thus healing to occur."

"Juliette effectively acts as a catalyst to enable the transformation to happen. She pinpoints any difficulties, bringing them to the surface to be healed. I also get the feeling I am ultimately talking much to a fellow human being... highly recommended."

Juliette offers free introductory sessions in Newton Abbot or Totnes. Normally sessions cost £40 an hour, with some concessions. For more information call 07923 894499 or 01803 906731.

Or email: info@juliettemedder.co.uk

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"Yoga is for everyone. Sessions can range from deep relaxation and breathing to manage stress and anxiety through to personal practice and posture work tailored to you as an individual. Ayurvedic massage uses oils imported from India that are tailored and blended for your individual constitution, whilst also taking into account the season and your general state of health at the



time of the treatment. Ayurvedic massage is a totally holistic system and this, together with yoga and dietary guidance, provides a whole health management approach that is easy to self-manage and that takes into account your psychological as well as physical aspects."

Virginia encourages her clients to see Ayurvedic massage and yoga as an important component of their self-care and offers discounts for block bookings.

Consultations are available at the Nautilus Rooms in Totnes, Virginia's home in Torquay and at The Studio, which is a new venue in Torquay, located close to the harbour. The Studio opened in January this year, offering yoga, meditation, Ayurveda and deep relaxation.

As well as classes, Virginia also offers private yoga sessions. For more information visit: www.focusyourself.co.uk. Details about The Studio are available at: www.holistic-yogasangha.com.

Indulge in a raindrop treatment



FEELING stressed and all Wintered out? MARIAN SORESENSEN could have just the thing you need.

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Marian explained: "This creates an electrical charge which optimises the beneficial properties of the oils on the skin. At the end of the treatment, hot towels are placed on your back and feet (if desired) and you are left alone for ten minutes to relax and fully absorb both the oil and the sensation of peace and relaxation that the treatment promotes."

For information & bookings please contact Marian: vitalityoils7@gmail.com. 07913 633732. FB Vitality Oils.

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- Supporting emotional health by boosting body frequency, promoting stress-relief, deep relaxation & trauma release

Marian is a qualified, insured and experienced Raindrop Technique practitioner based in Torquay & Totnes. She also offers home visits.

Treatments cost £45 but Marian is currently offering £10 off the first booking as a start of the year special.

New specialist nerve therapy

ANYONE who has ever suffered from nerve pain knows how debilitating it can be. Nerve Release practitioner, TERRY LOH has been offering specialist nerve treatment therapy at his practice in Brighton since 2002. Now he is relocating to Devon and bringing this specialist technique to the region for the first time.

Terry said: "Nerve Release is a method of loosening up nerve endings by gently manipulating them with specially shaped sticks. This process reaches deeper and deeper into the problem, over time 're-wiring' the nerves so they perform as they should. It is not a quick fix, as the treatment takes time, but people often experience improvements after the first treatment."

Nerve Release is a natural and non-invasive treatment. Terry added:

"People undergoing Nerve Release treatments sometimes find that general body functions improve, as well as other aspects of their health and wellbeing."

Sam Byford-Winter, a Martial Arts Instructor from Brighton, underwent Nerve Release therapy with Terry after tearing his cruciate ligament. He said: "He was honest and told me he couldn't promise to help, but would try, which impressed me. After one session I felt a massive improvement. Ten sessions and two months later, I could walk, run, squat and jump. The hospital had told me it would take six months minimum. I've been back for new injuries and every time have had great results. I cannot recommend it enough."

For more information visit: <http://nervereleasecentre.co.uk/index.html>

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Sessions are in Dartington near Totnes and cost £35.

Lea Zaccari RCST
0747 332 4730 cst.with.lea@gmail.com
www.craniosacral-therapy-lea.yolasite.com



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Belinda Bluebell

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www.shamanicthaimassage.co.uk

The eye of the tiger

ANIMALS have been an important source of encouragement and strength for Katie Sarra, co-founder of The Sea School of Embodiment in Dawlish. With the dawning of a new year, she found herself drawn to painting a tiger to act as her guide for the next 12 months in the school's development.

And it promises to be a busy time. The programme for the year ahead looks like this:

Certificate in Sexological Bodywork January 20 - July 31

The third UK and Ireland six-month professional training in somatic sex education, presented with the Institute of Somatic Sexology. There are a few places remaining.

Introductory Certificate in Embodied Counselling Feb 4 - Apr 9

An introduction to somatic psychology and bodymind therapy for holistic, somatic, and spiritual practitioners. Facilitated by DeeJ Juventin.

Cuddle Party Feb 19

Touch is a human need. Come along to the cuddle party.

Trauma Training for Bodywork Professionals July 20 - 23

"I didn't know how to feel, so I learned how to touch" with Caffyn Jesse & Katie Sarra. CSBs



Quodoushka Levels 1 & 2 August 22-30
Foundations of the Somatic Method of Sex and Relationship Coaching October 13-15

Presented by Celeste & Danielle. Spaces are limited so apply now.

Katie said: "Kian and I will be continuing to facilitate our popular Consensual Life™ program of individual sessions, trainings and workshops. This program is designed to support us and others to show and experience more kindness and compassion and to finding our way into being safe enough to feel more and share more of ourselves. The dates for the next Consensual Touch weekend will be announced soon – watch our website for details."

Katie describes gradually finding more courage to express herself through her painting and was even encouraged to paint in front of an audience as part of the Sea School's Eye of Sound guitar strings and paint performances. More dates will be announced for 2017.

For more information, visit: www.seaschoolofembodiment.com www.thesea.co

There will be a special performance by Tarte Noire, Women's Playback Theatre Company on February 21 at 7.45pm. The play will unfold moment by moment without following a script. Unusually, both men as well as women are welcome at this performance.



How to keep it fun



Eric & Ernie? No, it's
Kate & Katie sharing the
laughs on social media

If you have toyed with Twitter, fumbled around with Facebook or lost it with Linked In, this is the workshop for you.

Writing for Social Media on 4 March from 10am to 5pm in Totnes is for anyone who would like to learn more about using social media to promote their business or service. It is run by social media expert and entrepreneur, Katie Whitehouse and content writer and blogger, Kate Philbin. The day promises to be full of fun, insights, laughter and learning.

Katie said: "Your customers and potential customers are likely to be using social media regularly... but how do you reach them, what should you write, and how should you write it? This workshop will teach you how to plan a simple and effective campaign, on the appropriate social media platform, to achieve your goals."

Kate added: "People's responses to social media range from boredom to terror. Often it feels like something you should do but that you just don't have time for. We will show you how to use it easily and strategically without it taking over your life."

The workshop covers how to create a plan

and brilliant content that works. It will look at top tips and common pitfalls Kate and Katie said: "It is our firm belief that if you don't enjoy doing social media, you are unlikely to keep it up. So, an important component of the workshop will be having fun."

Kate P has been a copywriter for nearly 30 years and writes for some of the largest organisations in the UK. She is Reconnect's Wellbeing Editor, founder of upliftingstories.co.uk, national magazine journalist and renowned café copywriter. Katie W is founder of fromthewhitehouse.com, a social media expert and entrepreneur, as well as manager for one of the UK's favourite folk singer/songwriters, Reg Meuross. She is also a songwriter and performer and massage therapist.

Writing for Social Media: The Essential costs £65 if paid in full by February 28, or £75 thereafter. It takes place on 4 March from 10am to 5pm in Totnes, venue to be confirmed. To book: visit www.cafecopywriter.bigcartel.com or email kate@katephilbin.com
#creategreatcontent
#cafecopywriter
#keepitfun



Try something different at Iron Mill College

WITH the days starting to lengthen and attention turning to the summer ahead, focus draws towards trying new experiences and a chance to develop ourselves over the coming year.

Facilitating this opportunity and offering various short courses is Exeter's Iron Mill College - a leading provider of education and training in counselling, psychotherapy, mental health and wellbeing.

As Iron Mill College Principal, Rose Bedford, explained: "At this time of year, many of us naturally have thoughts about fresh starts, new beginnings and are contemplating the possibilities that 2017 will hold for us.

"Here at Iron Mill College we have a range of opportunities for people who want to try something different this year, by exploring the fields of mental health and wellbeing for the first time. If you want to develop new skills, meet new people and engage in new experiences, we have a



number of courses beginning in the coming weeks and months that could be perfect for you.

"Our entry level courses are open to all and suitable for those who are interested in personal and professional development, to enrich and enhance their existing working and personal lives. These courses also offer the starting point for those who want to go on to a rewarding new career in the helping professions.

"If this sounds appealing to you, why not come and discuss the exciting options available with our friendly, expert team? Our next Open Evening is on Wednesday 1st March, 6pm 8pm; simply get in touch to book your FREE place. It could be your first step of a wonderful new journey in 2017!"

Find out more visit www.ironmill.co.uk telephone 01392 219200 or email enquiries@ironmill.co.uk.

The fascinating human condition

DESPITE the well worn cliché of never meeting a poor funeral director, almost the opposite is true.

Yes, big corporations are making big money for their shareholders, but they certainly don't pass these profits down to their overworked and undertrained employees, and most if not all independent funeral directors are hand to mouth, on twenty four hour call, unlikely to go on holiday, desperately juggling overdrafts, unable to retire unless they succumb to the temptation to have their mouths stuffed with gold by the big boys, difficult to resist when you are surrounded daily by sadness, stress and debt.

Okay, we've chosen a profession, rather a profession chose us, which is unlikely to go out of fashion, it's a dead end job etc, but there are far easier ways to make a living, psychologically financially and spiritually. The burn out rate is as high as police or paramedics. Alcohol abuse is rife. It's tough.

We do it for two reasons. Firstly, to us and to most other undertakers the human condition is utterly fascinating and moving. Nobody is dull. Tragic, damaged, complex yes, but every life contains layer after layer of story that explains itself and moves us repeatedly to tears.

People are fundamentally good. They do the best with whatever hand they have been dealt, and given a chance to grow towards the light, to reach out to their fellow human they do it.

It is bad luck, bad environments and cycles of abuse that create bad behaviour. Having this clarified daily helps to stop believing the narratives some of the media would have us believe about our society.

We know it seems baffling to most people why we would chose to become undertakers explains The Green Funeral Company's RUPERT CALLENDER.



And secondly, we do this because we know we can change this entire system from top to bottom.

That may sound absurdly hubristic coming from a husband and wife team with just one lovely employee, but we've been doing this for over fifteen years now and we see what's wrong.

An overloaded, old fashioned cremation system that's not fit for purpose, huge companies frightening people into pre buying funerals for all the wrong reasons, funeral companies that don't look after the emotional and psychological needs of their staff, tired and formulaic ceremonies that months later leave the bereaved feeling empty and hopeless, the spiritual equivalent of a sugar rush crash. Badly designed buildings, lack of environmental awareness, bodies made up to look like mannequins back from holiday.

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Empowering children and adults

REFLEXOLOGY can improve health and strengthen bonds between children and their parents or carers, according to Susan Quayle founder of The Children's Reflexology Programme, TCRP. She devised the programme to bring children and adults together to learn how to use this gentle, non-invasive therapy to empower themselves in times of stress during childhood and beyond.

Susan explained: "We use specially devised rhymes, pictures and stories to engage children and teach them simple reflexology. The programme is taught by specially trained instructors and we also teach people who would like to become instructors. If you would like to learn to practice children's reflexology or to empower others to do so, we would love to hear from you."

Last year was a busy one for The Children's Reflexology Programme and, building on the success of its workshops, Susan has been invited to speak at the UK Reflexology Conference in Kegworth 2nd - 4th March 2018. "We are hoping to expand our network of instructors," she said: "and this is a wonderful opportunity for us to share our work more widely with other professionals."

In March, The Children's Reflexology Workshop is holding its first Additional Needs instructor course in Exeter for anyone who would like to offer reflexology classes to the families of children with additional needs. It also offers a professional course for people working in this area as well as specialist reflexology training for nurseries, child minders and nannies.

Susan pointed out: "This is a unique new course that could provide a valuable additional selling point for your business. Please get in touch if you'd like to find out more."

Susan Quayle's third book will be published in February by Singing Dragon Publishers. "Mouse and the Storm" was written to support the teaching materials for the Additional Needs course. It has been trialed by families of children with autistic spectrum disorders and has received great feedback from both children and parents alike. To mark World Book Day on 2 March, The Children's Reflexology Programme is offering a chance to win one of five hardback copies of the book. Visit the website for details of how to enter: www.kidsreflex.co.uk



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- **Certificate in Counselling:** 14 day course, ideal for personal or professional development.

Learn more: Open Eve (1st March); Taster Day (25th March)

For further information or to apply:
01392 219200 / enquiries@ironmill.co.uk

www.ironmill.co.uk



A map to greater consciousness

THESE are pivotal times. Transformational energy healer, IESSAIAH believes this is why more of us are seeking out support and guidance from someone who has trodden a spiritual path and can guide us in our desire to engage differently with life:

"There is a big evolution of consciousness right now. Our awareness and capacity to receive truth and love is heightened. You might be feeling a desire for greater freedom, or a compulsion to engage with life in a different, more conscious way. I work with people who are interested in revisiting and reclaiming parts of themselves that have been lost, in healing and developing an expanded awareness."

Iessaiah provides integrated energy healing sessions with clients who may be facing challenging life circumstances. "After a lifetime of personal enquiry, my own spiritual journey and extensive training in energy healing, I have developed a unique approach to supporting people facing challenging life circumstances. This work can help to rebuild self-worth and confidence, support the clearing away of emotional obstacles and belief patterns and transmutes disharmony."

Iessaiah has created an internal mapping system which she uses as the basis for a programme of energy healing with clients. A free downloadable version of the mapping system will be available from Spring onwards by registering on her website <http://iessaiah.com>



She explained: "This is a tool that you can take away and use in your own life. It will give you a better knowledge and understanding of your true nature, insight into what hinders you and the ability to connect to your higher self. If you are interested in developing your spiritual awareness further, you may wish to come for a course of energy healing sessions with me."

Iessaiah works with people of all ages but particularly those who feel they are at a turning point in their lives. This may be experienced as a physical or emotional challenge, illness, breakdown or a healing crisis. "It takes a level of courage and commitment to follow the call for change," she said: "but I am here to support you to liberate yourself to achieve your full potential."

Iessaiah practices from The Arcturus Centre in Totnes and Exeter Natural Health Centre. For more information call: 07568 504347 or email info@iessaiah.com visit www.iessaiah.com

What would you like to happen?

MYSTIC Meg-style psychics like to tell us what is going to happen to us in the year ahead.

But Totnes-based psychic and tarot reader, Bell Bartlett believes it is more helpful to ask "what would you like to have happen this year?" and then look at ways of enabling those possibilities.

"My purpose as a psychic reader is to support your best intentions by providing helpful information such as WHEN is the best time to do something, WHERE to look for personal direction, HOW to resolve a difficulty and WHY something has or has not happened," explained Bell. "It's important that I give my clients useful information that will support whatever doing or being is important to them right now."

Bell begins every reading with an overview, which is like someone's personal weather forecast, before going on to ask the questions that



Bell Bartlett

clients tell her would be most helpful for them.

Alongside this work, Bell is training in a therapeutic approach called Clean Language, which works with metaphor to access our inner knowing. She has found the approach to be deeply transformational and

is offering sessions on a donation basis while she is training. "Since I have been training in Clean Language, a lifelong difficulty I have had is dissolving before my eyes, I can feel myself becoming more of who I really am, and having the opportunity to discover what that is. Please contact me if you are interested in finding out more."

Bell is also launching a daytime psychic and spiritual development group in Totnes, aimed at beginners and people with some experience.

For more information visit: www.conscious-tarot.co.uk



Bees hold the key

BEES are our ancient allies and have much wisdom for us, if we can only take the time to listen says Shamanic Healer, Belinda Bluebell.

SHE feels drawn to work with women and bees in an intuitive way and has recently launched her Heart to Hive sessions which are a mix of movement, meditation and relaxation but without the bees. It's a sensorial experience, where she guides the participants through taste touch, sound and scent (tasting and smelling honey and using it for facials.)

Belinda began her journey into Bee Shamanism in 2006 after reading *The Shamanic Way of the Bee* by Simon Buxton. She believes bees hold the key to remaining calm in these stressful times.

"I meditate with the bees, share my sad and happy stories, I feel heard at such a deep level. When there was a death in my family earlier this year, I cried, and prayed and shared my deepest heartfelt emotions. It was like going to a sacred temple. When I observe bees, I see life in a microcosm - death, birth, procreation, community, sharing, doing the work that needs to be done. The difference is they behave in a sacred way, which I feel I have lost."

Belinda also imparts some inner knowledge from the hive wisdom about how scents are so important for bees, such as how they keep their immunity high.

One participant said: "Belinda brings her passion and profound love for bees into an interactive format. I experienced a deep sense of relaxation, particularly during the sounding part of the session."

Belinda offers a day of exploring a connection between your heart space and that of nature, through the spirit of the Bee. Sharing an exploration of the divine within us and entering into the field of unity, where deep and profound healing is possible.

Belinda is running a one-day workshop for women who love bees at Birdwood House in Totnes on February 19 10am to 5pm. There are no live bees involved but she will share practices to meet the spirit of the hive, including sacred movement and going deeper into our senses to connect to our divine intuition. The price is £35 for pre-bookings or £40 on the door.

Belinda is also running a monthly evening group on March 9 and April 6. She will run a bee pilgrimage to meet my bees in the spring, there will be 4 spaces, so contact her if interested.

For more information email: bluebellinindia@gmail.com. Or visit: www.shamanicthaimassage.co.uk

Teresa offers more rest room

TERESA WICKSTEED has a new addition to her Sound Healing Therapy room on the South East Cornwall coast.

THERE is now an adjacent contemporary Loo, just for her clients.

This is especially convenient for clients who may travel some distance for Sound Healing.

Teresa trained with the UK College of Sound Healing, and uses primarily her voice to balance the chakras, integrate body, mind and energy fields around the body, and deeply relax the client; in this altered state, deep healing at all levels can take place.

Teresa said: "My healing room is in my wild garden overlooking the sea, so waves and birds add their backing soundtrack to my calming vocal sounds."

A sound healing treatment will last for around one hour. In the treatment there's a chance to relax



on a therapy couch while Teresa makes vocal sounds, or 'tones' over you. The sounds are somewhere between chanting and singing. There are periods of meditative silence during the treatment, to allow you to integrate the sound healing; as the body is around seventy per cent water, sound waves easily flow through and re-balance internal tissues.

In addition, Teresa will sometimes use instruments such as tuning forks, rattles or singing bowls. For her, "Healing" encompasses the ancient meaning from the Old English "Haelen" meaning - to make whole, to restore to balance.

Individual therapy sessions are an hour, and her charges are £30 for the first appointment, thereafter £40.

Email teresa@teresawickstead.co.uk



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Deepening into the rhythms of life

"AS WE journey through the change of season, Craniosacral therapy can be wonderfully supportive," said Lea Zaccari, a Craniosacral therapist who practices at Space in the grounds of the Dartington Hall Estate near Totnes.



"At this time of year, when the rich incubating dark months are almost ready to give way to the rising, unfolding, exploring movement of growth and action, we can deepen into the rhythms of life both in nature and in ourselves". Lea regards the start of the year as a powerful time to reflect on, and honour, the fruits of the old year while nurturing the fresh shoots, new beginnings and intentions of the year ahead. "Giving yourself some Craniosacral sessions can be a deeply nourishing way to connect to what is going on for you at this time, noticing what is important and inspiring to you, and what is ready to be let go of, while connecting to a deep experience of wholeness."

Craniosacral therapy is a gentle, yet powerful hands-on therapy that works with the body's natural ability to heal and harmonise, promoting an easier, freer mode of functioning throughout.

Lea, who graduated from the College of Craniosacral Therapy in London and went on to become a tutor there, works with people of all ages, from birth through to old age. Her sessions are built on a dynamic relationship between practitioner and client. She also offers Craniosacral therapy to support women during pregnancy and childbirth.

For more information call her on 07473 324730 or email: cst.with.lea@gmail.com

Russian space programme debuts in Devon



INTERX is a pain relief therapy that uses neuro-stimulation to deliver natural, drug-free pain relief that is now used by several NHS pain clinics. Sonia explained: "Interx gets results by working with the body's natural pain-relief system. Our bodies relieve pain and heal themselves using

A THERAPY that was developed more than 40 years ago by the Russian space programme is making its Devon debut thanks to Sonia Norman, Interx practitioner and massage therapist.

messages from the brain to the spinal cord via the neural system. Interx is amazingly effective, and clinically proven. Some NHS pain clinics are now using it to heal post-operative conditions like knee and hip replacements, and for injuries like torn tendons. It has been shown in studies to speed up natural healing by up to 50%."

Rugby player Danny Cipriani famously received this treatment and was back playing far quicker than had been expected after injury.

Sonia added: "I treated a runner who had had a patella re-attachment operation and was still in pain six months after the operation. After just four treatments with me he was back running with no pain."

Sonia finds it rewarding to offer a treatment that really works after enduring years of pain herself:


"I was converted after 15 years of terrible pain caused by an accident and early onset of osteoarthritis. After receiving Interx over a couple of months I was pain-free. Now I want others to experience this"

Sonia works at the Natural Health Clinic in Exeter, and also in Tiverton and mid-Devon. For more information email: info@astralpainrelief.co.uk



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The subtle language of touch

TOUCH is the mother of all senses, according to Rosalyn Maynard, Somatics Movement Educator in Body-Mind Centering (BMC). She explained that touch and movement are the first senses to develop while we are still in the womb, highlighting how important they are.



Rosalyn explained: "BMC is a deeply refined approach to touch and movement employing hands-on work with, and in relationship to moving. Thus we learn to sense the subtle changes in the pressure and flow of our fluids and our cells, the different rhythms and tonus in our tissues and their associated qualities of mind. This approach creates a bridge between a more passive receptive experience,

through hands-on table work, and our own sense of agency through actively moving and repatterning through sensory information and feedback.

She added that BMC is not about learning specific exercises or techniques, but rather about uncovering the sensory self-awareness that is naturally invested in all of us. "The human organism is tremendously sensitive and BMC, through its uniquely rigorous approach to touch and movement, can help a tissue, organ or system; nerves, blood or muscle, and their concomitant state of mind, to become clearer. This enables the body to sense its way through distress and holding to greater ease and balance. By slowing down we can recover the restorative benefits of our innate sensory self awareness that is our sense of touch and movement more consciously and more fully, creating the space between stimulus and our patterned response of holding or tightening. It is in this space that we can again begin to feel our true nature, our inner vitality, and sense of freedom and spontaneity."

Rosalyn runs regular BMC workshops, courses and one-to-one lessons in Buckfastleigh. For more information visit: www.tsoel.org.uk or email: rosalynjmaynard@gmail.com

Furthermore, it is a biological fact that we cannot sense without touching and we cannot touch without sensing, inside of ourselves or outside; from the smallest sensory perception within our organism to the largest movement or gesture in space. In BMC we say that touch and movement are the shadow of one another.

However, we can find ourselves in contexts where we learn to function in ways that disturb and limit our sensory self awareness and feelings, educated in ways that undervalue and ignore our inner sensibilities and subjective realities. These contexts can impede and arrest our development as children and functioning as adults impacting on both our physical and mental wellbeing. "Our bodies have the ability to shut out or override too much sensory information either from outside or inside ourselves," said Rosalyn. "This is a necessary and positive ability that can manifest as a tightening or holding in our body. If this is repeated and maintained over time, this tightening and holding can harden into habit and we gradually begin to stop sensing ourselves and our environment."

BMC is an educational and therapeutic approach that explores the relationship between movement and touch, the body and the mind.



Creating a new map of your life

HIGHER Brain Living is the secret to achieving sustainable change, according to Michael J Traynor who is the first facilitator of the technique in Europe and the only one in the UK.

He explained that new thoughts, goals and dreams have to be matched by a corresponding shift in brain function if change is to be integrated and sustained in our lives. Higher Brain Living increases energy in the higher brain, helping to create a new map of your life and the conditions for lasting transformation.

This promises to be a busy year for Michael who is returning to

Chicago in April to recertify after two years delivering Higher Brain Living workshops and presentations in Totnes, Exeter and London. He is also training in Hypnotherapy using Marissa Peer's Rapid Transformation Therapy model, as well as continuing to offer transformational workshops and coaching.

Michael has practiced as a private Neuro Physio at the MS Centre in Exeter for the last 13 years. He also runs a weekly class in Exercise, Meditation and Transformation in Newton Abbot, Tuesdays from 7-8.30pm. For more information call 07956 409300 or visit: www.michaeljtraynor.co.uk

Breaking the cycle of addiction

SEEKING help for substance use can be tough. Fearing that life will become dull, wondering if you are making too big a deal of the problem, or worrying about being judged are common concerns. Motivational Coach and Substance Misuse Practitioner, Fiona McCarthy understands the destructive cycle of addiction, having overcome her own difficulties with substance abuse. She now works with others to help them recover:

"Substance abuse, be it alcohol, drugs or prescription medication, provides a way for people to cope with life," explained Fiona. "Stopping and making changes requires an alternative way of managing life. You need to

believe that something better is possible. This is where I can help. I can provide a safe space to talk and a practical toolkit of proven ideas, techniques and processes that you can use. I know they work because I used them myself and I am fully recovered."

Fiona is trained in NLP and Substance Misuse Practice, and takes a Cognitive Behavioural and 12-Step approach to her work. She provides one-to-one coaching and therapy in person or via Skype. Fiona also offers a similar service to family members.

For a free initial confidential discussion, call Fiona on 07375 812782 or email: fiworks1@gmail.com

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Relationships with sexuality

NESTLED in the months of winter, these first few months of a new year give us the opportunity to reflect upon our lives. It can be a time to consider the relationships we are in and to question 'are we in 'Right Relationship' with everyone including ourselves?'

The idea of Right Relationship is a way to look at how we are relating and to ask important questions around this. Are we giving our power away? Are we authentic in our communication? Do we 'go along' with things to keep the peace? Take a moment to reflect upon the relationships in your life, is there anyone there who you're holding onto for the wrong reasons: obligation, duty, or familiarity? Is there anyone who you spend time with, yet feel uncomfortable in their presence, for whatever reason? Is there anyone who you need to acknowledge for being in your life and offer them love and gratitude who you've not spoken to for a while?

We can also apply this idea of Right Relationship to ourselves. If we see that we are comprised of many different aspects, or sub-personalities, such as the inner child, the judge, the wise one etc then we can consider the relationships between these aspects. Are they all getting on with each other or is there inner conflict? Once we start exploring and healing these inner dynamics we can unearth trapped power that has been stuck in these conflicts, thus leaving us more energized and available to create what we want in our lives.

When it comes to sexuality we can again explore are we in Right Relationship with our sexuality. Does our sexuality enrich our lives and that of the person we are relating to or does it somehow drain us, bringing up feelings of shame, guilt unworthiness? Is your sexuality expressed fully in your life or do you find yourself holding back for fear of being too much and not wanting to be rejected?

Sometimes there can be a disconnection from our feelings of sexuality as we 'cut off' the pelvis from the rest of the body. This

Sexual Shamanic Healer and Empowerment Coach CATHERINE HALE would like to discuss transition in 2017 and reflecting upon relationships and sexuality.



common occurrence happens in the bodies of men and women and can result from numerous reasons including: boundary violation, pelvic trauma through child-birth, surgery, the fear of not being adequate either in the size of the genitals for men or the look of the genitals for both men and women.

This can be a highly distressing situation and can result in further compounding feelings of shame, distrust and unworthiness, thus perpetuating the pattern of disconnection.

In my work I offer sessions that support you to come back into Right Relationship with yourself, your body, and your sexuality. Dealing with whatever is there so that connection, deep intimacy and feelings of pleasure become part of your everyday experience, rather than a long for memory from the past.

I am offering Totnes locals a discount on my 2 hour sessions from the original price of £200 to £100 for the next few months. If you would like to book one of these sessions or want to find out more then get in touch.

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Schumacher College is a Place of Treasures

STEPHEN HARDING is the Coordinator of the MSc in Holistic Science at Schumacher College, here he tells us when he found his place of treasures.



AMONGST other things, being here for 25 years has taught me about fate and destiny. I became involved right at the very start of the college, in fact even before it was given the name 'Schumacher College'.

I had spent almost three years teaching ecology at the National University in Costa Rica, and very much wanted to go back there to continue my research into the sustainable use of tropical rain forest patches by the campesinos – the country folk. But this was not to be. A visit to Sharpham House in 1990 a year after my return from Costa Rica led to conversations with Satish Kumar and John Lane about my joining their new college at Dartington as its Ecologist in Residence. I was to have total freedom to teach ecology in whatever way I wanted, to explore widely in many fields that have been split off from each other in our culture: science, art, poetry, depth psychology, music, philosophy, all in service of healing the profound ecological crisis that this very same culture has perpetrated upon the world.

The college's first teacher was James Lovelock. We hit it off immediately, and soon I was visiting him in his remote home and laboratory on the Devon/Cornwall border to collaborate scientifically and to explore Gaia more deeply. Thanks to this relationship, I realised that my job at Schumacher College was to teach Gaia in ways that integrate science with meaning. But, for many years, this was not a smooth journey,

for I missed the great wild places that I had been privileged to inhabit for extended periods in Africa and Latin America. England was too grey, too tame. I wanted an escape, but this was not to be. I've accepted that what I wanted – a return to the tropics – was not what the deeper purpose – the anima mundi, perhaps, had in mind.

I realise now that it has been my destiny to teach at the college – that my life up to the moment when I came here prepared me for that role, and that it has been my fortunate fate to be here for so long. I've learnt to appreciate the rain, the sun, and the wind, and to discover the wild beauty in the 40 hectare wood behind the college which I initially dismissed and tame and uninteresting. I met Julia Ponsonby on that first course, and we have been together ever since, now with our son Oscar, almost 15, born here in our little cottage at the Old Postern.

After so many years, I increasingly feel that Schumacher College is a place of treasures. You just have to learn where and how to find your own treasure here, which is the growth of your own soul through the uncovering of meaning, relationship and connection in relation to ecology, earth, nature and culture. For me, the treasure has been the gradual integration of science with the deep processes going on in my own psyche, and within the psyche of the world. The treasure is wholeness. Everyone who comes here has the chance to find this greatest of all treasures in their own way.

Solving those posture problems

THE DAWN of the year is a great time to set an intention to look after your body. Yoga therapist, Natalie Austin is holding workshops to tackle two of the most commonly experienced postural problems.

On Sunday February 26, from 1-4pm, her Yoga Therapy Workshop for Lower Back Relief will teach participants how to use gentle yoga poses to help strengthen and stretch the lower back area. "We will also learn how to use the breath and simple meditation to help cope with pain and discomfort," said Natalie.

A month later, on March 26, she is holding Yoga Therapy Workshop for Neck & Shoulder Release, also from 1-4pm. "I will be teaching simple but effective yoga poses that can help relieve neck and shoulder

tension and improve your posture."

Both workshops are being held at the Chapel House Studios, Totnes and cost £30 each workshop. If both workshops are booked and paid together, Reconnect readers will receive a free yoga class of their choice.

"My aim in all of my classes and workshops is to guide you to take more control of your healing and health," said Natalie.

Natalie teaches a regular Yin Yoga class on Mondays at 6.30pm and Wednesdays at 10.45am, as well as Vinyasa Yoga on Thursdays at 6.30pm. All classes are held at Chapel House Studios in Totnes??

For more information call 07516 720246 or email: natalie@loveyogatre.co.uk Visit www.loveyogatre.co.uk



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The normal & natural way of life

LOVING and caring does not stop when somebody dies, says Jane Morrell from Heart & Soul Funerals. She told Reconnect why she believes that now, more than ever, it is important for us to cultivate a deep connection to our loved ones who have died....

FOUR years ago we flew to California for our annual holiday. As soon as we arrived we picked up a car and headed for the Golden Gate Bridge. But, as often happened on our holidays, we ended up taking a detour. Late that night we checked into a Mexican B&B in Sonoma County. It was round the corner from a hospice and, in the morning more 40 people had gathered for a funeral.

Eighty-three year old Nancy Poer spoke at the funeral. She gave an impassioned speech about the state of American funerals and explained that she believed passionately that a person who has died belongs at home, in the care of those who love them. "It is the normal and natural way of life," Nancy told the listeners: "loving and caring does not stop when somebody dies. There is a deep need to continue to care for the body, to sit with someone quietly and reflectively in a beautiful space and celebrate them in personal ceremony and ritual, filled with meaning and legacy. If I were 20 years younger I'd be going round the world with this message."

We agree with Nancy and it has



been our life's work to put the heart and soul back into caring for loved ones who have died, hence our name. Now more than ever, we need a deep connection to our dead and through them to our common heritage and the natural world. John Fox of Dead Good Guides said: "In this unsettling time we must look to process, to find the ground rules of a culture which may be less materially-based but where more of us will actively participate." He pointed out this includes marking ceremonies and caring for people who have died.

Lao Tzu observed: "Simplicity, patience and compassion these are your greatest treasures."

Take care with the end as you do with the beginning."

For more information about Heart and Soul Funerals visit: <http://www.heartandsoulfunerals.co.uk>



Embercombe sparks change

HERE at Embercombe we seek to breathe life into the spark of leadership within each of us so that we all take courageous action for a better world, no matter who we are, no matter how big or small the change we wish to make. The spark can grow into a roaring fire.

Our programmes are all about connection – to each other, the different parts of ourselves and to nature – with the intention of helping us remember what it is to be human, and what we really care about, so that we then take action for a better world. We use coaching and psychological models alongside teachings and wisdom from nature and indigenous tradition.

Visit <http://embercombe.org> to discover more about our experiential programmes such as The Journey and Catalyst, and to find out more about taster events such as the Experience Weekends and its volunteering opportunities.

EMBERCOMBE, near Exeter has been creating a mindfulness revolution over 6,000 miles away within the Kenyan Prison System. ALEX MOSELEY explains more about the revolutionary project.

Embercombe and the Mindfulness Revolution in the Kenyan Prison System

A group of mindful leaders – prisoners – in the largest Maximum security prison of Kenya Naivasha are transforming themselves, their fellow inmates, the institution and even people outside prison. They are change agents who are leading a mindfulness revolution within the jail that can be felt well beyond the confines of their prison walls.

This revolutionary work is the fruit of a four way partnership between The African Prison Project, an organisation which develops leaders and makes prisons places of positive transformation, Exeter University, Kenya Prison Services and Embercombe.

The seed was planted in a pledge by a participant on Embercombe's 'The Journey' programme and has led full circle to the senior managers from the Kenyan Prison System being trained amongst the trees and by the lake, on this land in this beautiful valley.



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The dream

The African Prison Project aims to work with the prisoners and prison officers across the Kenyan prison system to co-create a self-sustaining mindful leader revolution.

Imagine what a prison system could be like... a place where individuals on all sides work together, building a sense of shared identity, a deeper understanding and a respect for each other. A place that supports all within to live mindfully, feeling that connection and care for the society and earth of which they are a part. A place that encourages taking mindful action for a better world.

Over time this mindful community will lead to the prison being a place of wellbeing with less violence, more cooperation and more respectful individuals both within the prisons and beyond. As those within the community begin to foster their mindful leader within, the impact of interventions will be enhanced and participants will seek to share the benefits with others. The dream is that the mindful revolution will then spread within and across prisons across Kenya and beyond.

The Kenyan Prison System will be transformed from the inside out.

Working in prisons

For the past few years the African Prison Project has been bringing senior leaders from the Kenyan Prison System to Embercombe to carry out training, led by Inma, a graduate of the Journey programme. Inma, also known as Dr Inmaculada Adarves-Yorno, is the Senior Lecturer in Leadership Studies at The University of Exeter Business School. He has worked closely with Embercombe for many years, supporting the Catalyst programme in authentic leadership for young change makers.

Inma, has travelled twice to Kenya where she has trained in excess of 360 senior managers, prison governors, teachers and welfare officers, as well as selected change agents (i.e., mindful leaders) among the guards and inmates. Her work sustains her sense of hope: "It was a very interesting environment to work in. It was full of unknowns and surprises. Some prisoners are studying law, others have been given death sentences and were angry and fearful. But the prisoners I am working with have something in common: they want to make this world a better place."

The impact of bringing the officers to Embercombe

The Kenyan Officers that have been trained in the UK have been profoundly affected by their time at Embercombe. Inma felt that Embercombe was the perfect place to run the training. "During their fellowship they were in London, and I agreed to train them with the condition that I could do the training at Embercombe," she told us. Inma believes that her connection with the land at Embercombe deepens the work she can do with the Kenyan Officers. She is a firm believer that spending time alone in nature offers



them invaluable time to reflect on themselves and their life.

Embercombe also offers an opportunity to be in participation and feel part of the community. This is something that the Kenyan Officers cherished and remember fondly.

Patrick Mwenda, the Officer in Charge in the male maximum security prison, Naivasha, speaks highly of the programme:

"The impact that the training is having in Naivasha is a force to reckon with. It has led to positive changes for the trained inmates and this is spreading to the entire prison population."

A core group of 80 'Mindful Leaders' formed from the inmates in Naivasha have now devised regular training programmes for other inmates on inner rehabilitation and mindfulness. These inmates are developing materials to use within the prison with the aim of sharing these across other prisons in the future. They have developed a wide range of initiatives such as an anti-crime plan, a mindful leaders' anthem to spread the message and a 'forgiveness manifesto'. The incredible work they are doing in spite of the precarious living conditions in the prison will allow prisoners settle back into their community on their return from jail.

Inma says: "It is extraordinary to work with this group of men. My work has become 'our' work and I am in awe of their transformation and the transformation that they are leading in others."

We can all be leaders and change-makers!

Both Embercombe and Inma work with the Twin Trail of inner work and of outer action to change the world. By uncovering our true gifts, responsibilities and passions we are able to bring ourselves fully to the world, leading ourselves and others on a path of positive action.

The success of the African Prison Project shows that everyone can be a change-maker. You can start from exactly where you are and have a profound influence on your world and the people around you. From small acorns...

For further information on the Inner Rehabilitation project between the African Prisons Project, Exeter University, Embercombe and the Kenyan Prison System visit <http://blogs.exeter.ac.uk/innerrehabilitation/>. To donate to the African Prisons Project please visit <http://africanprisons.org/donate/>.

To find out more about Embercombe, please visit <http://embercombe.org> and follow on Facebook at www.facebook.com/embercombe.

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