

Moor Active

Free publication

Active Communities through Community Action

www.activeexmoor.com

It's September and Football is back!

'REF' project kicks off with BBQ Special

Over last summer term a pilot football project was held at Wheddon Cross for 6 weeks. The Rural Exmoor Football or 'REF' project is a combined initiative from Active Exmoor and the Somerset Rural Youth Project aiming to plug the gap and provide football for 11-18yr olds in the more rural spots of Exmoor.

The project was a great success with over 25 regulars attending from Dulverton, Wheddon Cross, Timberscombe, Exford and Carhampton - and now it's back!



REF in motion

On Sept 13th REF will be reborn with a BBQ special evening for all.

The focus of the football is 'fun' with an emphasis on everyone being welcome.

'You do not need to be a budding Beckham to play here' said Mike Bishop from Active Exmoor. 'We wanted to provide football for all abilities.

There will be chance to train with FA qualified coaches and play both on grass and on the floodlit all weather court.

REF is running now until Christmas every Monday evening from 18:30 to 20:00.

If you want to play call Pete Giles on **(01823) 257 219** or **(07986) 685 963**.

REF is free, just register & bring yourself!

Dulverton Minors are all set to start another season

Since May 2003 Dulverton Minors have been offering weekly coaching on Saturday mornings throughout the winter months.

Some 25-30 girls & boys attend each week and with the support of Active Exmoor's funding they have trained up 3 of their coaches to become FA accredited.

Active Exmoor has also provided a set of much needed goals too ensuring that this season gets off to a flying start.



new goal provided by Active Exmoor

The 04/05 season will see teams entered into the Mid Devon Youth League at under 8's, 9's and 10's with additional friendly matching being played where possible.

A group of year 6 girls are looking for more players this season so get in touch with the club if you fancy a game.

The club is always open to new players, girls & boys. The 90-minute training sessions start again on the 4th September at 10am, Millhams Lane Sports Field.

For more contact Chris Dubery on **01398 323 474** or duberyc@aol.com



the Dulverton team

In this issue... **The Pico's have landed** **Winsford Village** **The eX-Men are here** **Rowing on Exmoor** **Exclusive readers offer**

Dates for the Diary

When	What	Where	More...
1 st September	Watchet Badminton Club season starts	Watchet	Marilyn Binding 01984 631915
11-19 th September	Moor 2 Shore Festival - celebrating cultural activities, sporting events and products	All over Exmoor	Jo Fewlass – 01984 635207 www.westsomersetonline.gov.uk
12 th September	9 Mile Strenuous Walk - Meet a member of the Exmoor Society at County Gate GR793486	County Gate	Wills Lawrie - 01392 270358
12 th September	Mounted Treasure Hunt - 10 to 12 miles with clues to solve en route, and Treasure (prizes) at the finish!!!	Wheddon Cross	Barbara Wigley - 01643 841183
13 th September	REF BBQ Special – This popular free football provision for 11-18yrs olds start again at Wheddon Cross on Monday evenings with a BBQ Special. See above feature.	Wheddon Cross	Pete Giles (01823) 257219 or (07986) 685963
19 th September	The Doone Run - 11.4 miles of some of the most stunning scenery in Britain	Lynton	www.thedenes.com/DooneRun.htm Tel 01598 753573.
27 th September	Exmoor Society Porlock Vale Walk - 11.00 am	Meet GR898455	Maggie exmoorsociety@yahoo.co.uk www.broadwayhouse.uk.com Tel 01934 742610
1 st – 3 rd October	Cheddar Challenge 2004 - Mountain Biking		

For the latest dates for your diary visit www.activeexmoor.com

Watersports go swimmingly

Last August saw the biggest day Wimbleball has known in a long time.

On a beautifully hot sunny Sunday literally thousands arrived at Wimbleball for the Exmoor Fun Day. Sailing, Canoeing, Windsurfing and of course the banana boat all proved very popular and there was plenty to see and do on land too!

The organisers, South West Lakes Trust, aim to make a wide range of activities available to you at Wimbleball, already one of the most scenic places to be on Exmoor. If angling, walking, watersports or camping appeal to you then give them a call & see what's on offer.

Every Saturday morning the Wimbleball Junior Club meet from 9-30 to 12 for watersports sessions, £10 or £6 to members.



For more information go to www.activeexmoor.com and search the Activity Directory under Wimbleball
Call the Wimbleball watersports line on **01398 371460** or visit www.swlakestrust.org.uk

Cricket corner



With the weather warming up came the Cricket season. The **Dulverton Colts** were launched on the 3rd May, initially with 30 girls and boys between the ages of 12 to 15.

With the support of Active Exmoor funding, 3 of their coaches were all able gain the English Cricket Board level one coaching award ready for the start of the season. Regular coaching has now been taking place on Thursday evenings Dulvertons' Sports field, Millhams Lane.

The number has swelled to 46 with the under 11's and under 13's teams playing 9 friendlies between them over the summer. An under 15's team has just started too and next season all three will be entered in the local league.

"We have been extremely lucky to receive a bag of equipment via the Lords Taverner's scheme," said Christine Dubery, "and have had great support from the Doone House Stores and Tony Pryce Sports enabling us to provide cricket catching cradle, pads, gloves and Kwik Cricket set and shirts for the teams.

During the school holidays Matt Bullbeck, West Somerset Cricket Academy, has held 5 sessions in Dulverton which all proved very popular improving the skills of the club.

If you are interested in playing Cricket in Dulverton then contact Christine on **01398 323 474**, email- duberyc@aol.com or pop into Dulverton Post Office.

Badminton club news

Watchet Badminton club would welcome badminton players who would just like a friendly, non-competitive game of badminton. We meet on a Wednesday evening at Knights Templar School from 8.00 to 10.00pm. The new season starts on Wed 1st September 2004.

For further details contact Marilyn Binding evenings **01984 631915**, or during the day on **01984 634385**.

Come for a walk with us

Contact **Laura White** on **01643 707760**

Walking your way back to healthiness

Tuesdays meet 9:45am and Fridays meet 10:45am at West Somerset Sports and Leisure Centre. Walks are 2-3 miles and cost £1.50.

Stepping Out Walks

4-5 miles meet Aquasplash on Wednesdays at 10:30am. These walks are free.



Featured Village

Winsford sits in a beautiful valley where River Exe meets the Winn Brook.

Aside from the 2 hotels the village has an excellent community computer centre offering extremely low cost courses from beginners to advanced users servicing Exmoor as a whole. The Post Office, Village Hall, Service Station and Tea Rooms round up the village facilities.

So.... looking under the surface we asked what else is on offer in Winsford?



the Royal Oak Inn

A bid for a new Village Hall

Winsford Village Hall, like many, is a focal point for village life. For some time now the hall has been a subject of much discussion and big plans are being drawn up.

David Cooper, the Village Hall Committee Secretary said "Although we are still in the planning stages it's fast becoming a full time job!"

It will be next summer before the major funding bids are submitted.

"Once we have completed the work we hope to be able to hold a larger variety of activities from improved badminton and short mat bowling to any new activities we can get underway."

"They may include things like Talks, Cinema, Foreign language conversation, Dinner/cabaret acts in addition to the usual sporting activities.



If you can offer any help to the campaign then please get in touch with David on **01643 851388**.

Hand Bell Ringing

A group from Winsford and the surrounding villages get together every Wednesday afternoon to ring for fun!

Sandy Cockburn **01643 851 235**

Skittles

Ladies

"Hot Shots", captain Sue Hayes **01643 851372**
 "Missing links" Marion Matravers **01643 851443**
 both play at the Badgers Holt

Men's

"Royal Oak" captain Phillip Ayliffe **01643 851372**
 "Drop Outs" captain Alan Vigars **01643 851317**
 both play at Exford social club

Winsford Bell Ringing at Winsford Church

The Bell Ringers have their practice night on Wednesday 7-9 pm. They're very keen and always needs new beginners as well as experienced ringers!

Captain, Tim Kettle **01643 851572**, e-mail - timkettle@aol.com

Ring-a-ding

Winsford Woodbees

There is an active longstanding amateur dramatic group, The Woodbees, which is always on the look out for talent. They produce one 3-day show a year, in early March. Play readings start about late June, and a programme is chosen by October.

Rehearsals start shortly after, once per week (times vary) Chairman is Katherine Lindop **01643 851 463** and Secretary (easier to get) is Jennifer Underwood **01643 851 356**.



The Pavilion

Winsford Cricket Club

The Cricket field and pavilion in Winsford is situated behind the Post Office down a small lane. With it's bordering river and ideal setting it not a bad spot to pass a few hours.

The Cricket Club meet every Wednesday evening and play in the West Somerset League. They welcome all abilities so if you would like more details call James How, Secretary on **01823 271 749** or **01643 851 236**.

Tennis Courts

Located next to the Cricket Field, the tennis court in Winsford is free to residents to use. The unwritten rule is that if you have finished your set or have played for an hour it's time to let the next people waiting have a go!

If are not local you are still welcome to play, just make a small donation at Jasmine Cottage to the left of the Post Office on your way back.



Winsford Tennis Courts

Currently organised in the village...

<u>What</u>	<u>When</u>	<u>Where</u>	<u>Contact</u>	<u>Phone</u>
Fly Fishing Tuition	To Suit	River Exe	Robin Gurden	01643 851504
Hand Bell Ringing	Wednesdays 7-9pm	Ask for details.	Sandy Cockburn	01643 851235
Short Mat Bowling	Tuesdays & Thursdays	Village Hall	Colin Phippin	01643 851413
Badminton	Wednesdays Oct - April	Village Hall	Rosie Strickland	01643 851384
Cricket Club	Wednesday Evenings	Cricket Field	James How	01823 271749
Computing		Community Computer Centre	David Price	01643 851594
After School Club	Tue, Wed, Thurs 4-6pm (ages 4-14)	Community Computer Centre	Sylvia Adams and Joyce Burnett	01643 851303
Winsford Woodbees		Village Hall	Katherine Lindop	01643 851463
Tennis	To suit	Tennis Court	Michael Ryle	01643 851317

Winsford in brief

Local Websites

Exmoor Community Computer Centre - www.winsfordcentre.org.uk

A view of old Winsford - www.winsfordexmoor.co.uk

Fly Fishing – www.freespace.virgin.net/complete.angling

Village contacts...

Parish Council
Mrs S Turpin - 01643 851430

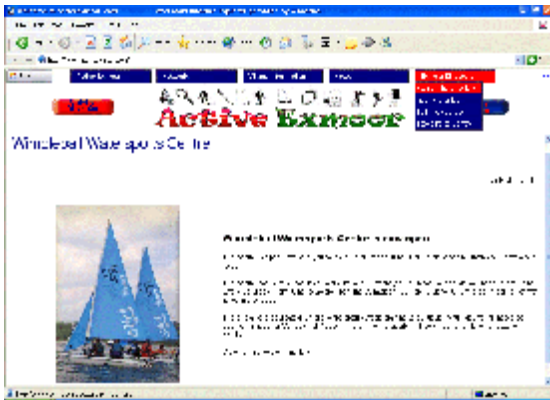
Village Hall Committee
Mr David Cooper, Secretary - 01643 851388

Winsford Recreation Association
Mike Hillier, Chairman - 01643 851 362

In the next issue of Moor Active we will be featuring Dulverton so contact us now to get your activity mentioned!

e-mail - mike@activeexmoor.com / call Mike - **07919 540 575**

Active Exmoor website is growing in size and is now getting more & more visits than ever before. Over 1000 visitors have been to the site since it's launch in April and the Activity Directory is also gathering pace with loads of info about what to do on Exmoor.



Did you know we have 17 entries under Wheddon Cross and 27 under Dulverton now? There's so much to do here on Exmoor! Training courses, funding information, village information and much, much more.



A funding information page is under construction and will be online in September so if you looking at getting ££ to run your event or activity you know where to start.



If you would like to add any information to the site, or even have a page of your own then let us know. It's your site for Exmoor!

Visit the site or contact Mike on **07919 540 575** or info@activeexmoor.com

The eX-Men are here

Just as this newsletter is being distributed a new initiative is being launched by Active Exmoor bringing outdoor activities in reach of Exmoor residents. The eX-Men Club is aiming to host a number of adventure activities for adults over the next year including surfing, caving, power kiting, scuba, deep sea fishing, and even water skiing.

The eX-Men club kicks off with a fully residential free **outdoor adventure weekend** being hosted at Pinkery outdoor centre near Simonsbath.

32 new members will be sailing, climbing, kayaking, mountain biking and abseiling their way through the weekend with introductions to these activities.



The eX-Men club has been supported by Shedload of Funding, a local scheme drawing on European funding and supported by Adult Learning & Leisure and the Learning Skills Council.

An annual calendar of activities is being drawn up and there will be a focus on keeping them cheap!

If you live n Exmoor and would like to join the eX-Men club then visit www.activeexmoor.com or contact Mike on **07919 540 575** email - mike@activeexmoor.com

Exclusive Squash offer for Moor Active Exmoor readers

The Dulverton & Exmoor Squash Club is looking for new members to join them. If you call and quote 'Active Exmoor' you can get a special reduced rate membership until February for just £10! - (Membership is normally £30).

Located at the far end of Dulverton's Sports field, in Millhams Lane, the squash courts have just been refurbished with new showers and both men and ladies changing facilities.

For more information contact:
Joe Brock, Membership Secretary on **01398 341 406** or e-mail - brocky@houseofexmoor.co.uk

All surfed out!

The surf bus this summer was fully booked out with over 70 surfing lessons provided by Active Exmoor over the 5 weeks.



With support from Active Exmoor The surfing was provided for just £5 per person including return travel, board and wetsuit hire and instruction from British Surfing Association qualified coaches.

We hope to have a repeat performance next summer so to make sure you hear about it first, why not joint the e-mailing list by visiting www.activeexmoor.com or calling Mike on **07919 540 575**?

**** STOP PRESS ** - Cutcombe Netball Club – Looking for new players, Thursday evenings, coaching available, all ages and abilities! Call Louise for more... 01643 841 449 email - loubuy79@hotmail.com**

Pico's to Go

Thanks to funding from Somerset Community Foundation's Local Network Fund raised by Active Exmoor, we have now taken delivery of 4 brand new Laser Pico dinghies, which are freely available for youth and community use.

The dinghies are being kept at Wimbleball and are free to use - yes free! So if you would like to try sailing for the first time or just fancy a day out with a difference then why not give it a go?



ready to go



The new Active Exmoor Pico fleet

For more information visit www.activeexmoor.com or to arrange a sailing session contact Mike on **07919 540 575**, e-mail mike@activeexmoor.com

If you can get 8 people together in your village, then we can arrange a free private taster day for you. If you are on your own then get in touch and we will add to you a pre-arranged date. If you work with children in youth groups, schools, clubs etc then we can give you a great free day out!



Sailing Instructors update

In the last issue of Moor Active you may have read about the free Dinghy instructor places we had available. The course has now finished and after some gruelling training and long, long days we now have 5 new proud RYA Dinghy Instructor on Exmoor.

If you are interested in becoming a dinghy instructor yourself Active Exmoor would like to hear from you. We would like to hold future courses so please register your interest with Mike by calling **07919 540 575** or e-mailing - mike@activeexmoor.com.

Mounted Treasure Hunt

Sunday 12th September, 10am



Venue: Wheddon Cross Auction Field

Start times: Between 10 am and 11 am

Organised on behalf of:
Endurance GB – Wessex Group and West Somerset Riding Club

10 to 12 miles with clues to solve en route, and Treasure (prizes) at the finish!!!

Closing date for entries: Monday 6th September



Entry Forms can be downloaded from www.westsomersetridingclub.co.uk

Entry Fee:
£10 EGB/BRC members
£13 non-members (includes 3rd party insurance for event)

Contact:
Barbara Wigley – **01643 841 183**, The Old Forge, Luckwell Bridge, Wheddon Cross, Minehead, TA24 7EG

Featured Activity

Rowing

A world-class performance in rowing has been described by a famous athletics coach to be as difficult as "getting eight guys to run a four minute mile in step."

But rowing is also about people who enjoy at one level or another simply messing about in boats.

Rowing exercises more muscles than any other sport, leaving your body well toned. As your weight is always supported by the boat it means consequently less strain on your joints.

People start rowing at school, university or club at any level and any age. To row you need good kinaesthetic co-ordination. This means you know where your limbs are in relation to your body. This is a common skill whereas good 'hand-eye co-ordination' is found in a lot less of the population. So if you can't catch, hit or kick then you really want to start thinking about your sport sitting down!

Britain has remained amongst the world's leading rowing nations. Success at World Championships are too many to mention however a gold medal in each Olympics since 1984 is a record unrivalled in British sport.



Rowing on Wimbleball

Rowing at **Wimbleball Lake** is a popular activity and the club is always looking for new members. If you fancy trying it then give them a call. You do not need any experience, you just need to be able to swim and be between 16 and 60.

Free coaching is provided by the club's ASA qualified team and you could soon find yourself admiring the beautiful Wimbleball Lake from a new angle!

Watchet Sea Rowing Club meet 2-3 times a week tides permitting and would like to let you know that Rowing is fun, keeps you active, is a good sport to keep fit and is a bit of a roller coaster ride on the Bristol Channel!



Watchet Sea Rowing Club

Local Rowing clubs

Wimbleball Rowing Club

Chris Pine - 01823 400404
Website – www.geocities.com/wimbleballrc/
e-mail - pine.family@btconnect

Minehead Rowing Club

Phil Sanderson - 01643 706642
e-mail - sanderson@members.v21.co.uk

Watchet Sea Rowing Club

Lesley Abbott-Garner - 01984 634225
e-mail - lesleyabbottgarner@hotmail.com

For further information...

ASA - Amateur Rowing Association
National Office - **020 8237 6700**
Website - www.ara-rowing.org
e-mail - info@ara-rowing.org

Regional contact - Ray Mallett - **01392 833351**
e-mail - raymallett@btinternet.com

University Rowing League
website - www.rowleague.org.uk

Row UK
website - www.sketteringham.freemove.co.uk/index.htm

South West Lakes Trust
website - www.swlakestrust.org.uk
e-mail - info@swlakestrust.org.uk

If you are involved in an activity and would like to let more people know about it then please get in touch with us and tell us all about it!



If you ever thought you should get out more and enjoy the scenery (& company) on your doorstep, then look no further. The ENPA has it all on offer! Just take a look at what's of offer over the next 2 months! Go on - get out and about!

Fri Sep 3 2004	10:30 am	Golden Anniversary Walk & Talk	5 hours
Fri Sep 3 2004	10:00 am	How to navigate on open Moorland	6 hours
Sun Sep 5 2004	10:30 am	Lynton & Lynmouth Figure of Eight: Part I	3.5 hours
Sun Sep 5 2004	2:00 pm	Lynton & Lynmouth Figure of Eight: Part II	3.5 hours
Thu Sep 9 2004	11:00 am	Dunkery's Slopes & Valleys	5.5 hours
Sat Sep 11 2004	10:00 am	Wilderness Walk	7 hours
Sun Sep 19 2004	11:00 am	Down to the Sea	6 hours
Sun Oct 3 2004	11:00 am	Red Deer Country	6 hours
Fri Oct 8 2004	2:00 pm	Fungi Walk	2 hours
Sun Oct 10 2004	2:00 pm	Molland Meander	3 hours
Fri Oct 15 2004	2:00 pm	Fungi Walk	2 hours
Fri Oct 15 2004	11:00 am	In Defence of Exmoor	3 hours
Sun Oct 17 2004	10:30 am	Spectacular Somerset Views	4 hours
Sun Oct 17 2004	7:30 am	Early Morning Deer Search	5 hours
Sun Oct 17 2004	11:00 am	Below the Beacon	6 hours
Sun Oct 24 2004	2:00 pm	Fungi Walk	2 hours
Sat Oct 30 2004	10:00 am	Culbone in Autumn	5 hours

We also have the International Woodcarving Festival 'Wood 2004', which runs from 27th Sept - 2nd Oct at Piles Mill!

For full details visit the ENPA website - www.exmoor-nationalpark.gov.uk call 01398 323 655 or e-mail info@exmoornationalpark.gov.uk

Want to keep up to date?

Don't miss out - be the first to know! Let us keep you informed about sports clubs, activities and events. Join over 300 others on the Active Exmoor mailing list. It's free and we'll make sure you're up to date through this newsletter and with regular e-mails about up and coming events as soon as they are confirmed.

Just e-mail mike@activeexmoor.com or hit 'mailing list' on www.activeexmoor.com or call 07919 540 575. Simple - (& no junk mail!)

In the next issue of Moor Active...

Funding tips

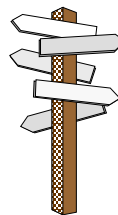
Do you need funding for your activity?



Exmoor Kayakers



A new featured village



Dulverton

Featured activity -



Badminton



If you have any comments about Moor Active or would like to find out more about the Active Exmoor project then please get in touch. If you're involved in an activity then we would love to know all about it. Please tell us so we can add you to our activity directory and promote your sport for free.

Working together we can build the most comprehensive and up to date information service for all who live in or near Exmoor National Park.

Active Exmoor, 7-9 Fore Street, Dulverton, Somerset, TA22 9EX

e-mail : info@activeexmoor.com
 web site : www.activeexmoor.com
 phone : 07919 540 575

**Active
Exmoor**