

Awliscombe and Weston Times



*Summer
2026*



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Contact Page.

St. Michael's Church, Awliscombe school, Parish Council, Village Hall, and club contacts.

Honiton Team Office 01404 44035 office@honitoncofe.org

The Honiton Mission Community website, on honitoncofe.org has information about services in Awliscombe.

Church Wardens	Nick Thwaites	07900 041174
	Timandra Burford	07946 869251
PCC Secretary	Sharon Thwaites	01404 548467
Bell Captain	Roger Sprigg	01404 43814
Awliscombe School	Penny Hammett	01404 42031 – Executive headteacher, Fort Federation.
Awliscombe School	Vicky Morris	Head of School
Awliscombe Parish Council	Nigel Boulton	07730 926809 - Chair
Awliscombe Village Hall	Liz Gillingham	07811 675800 - Booking Secretary
		01404 43551
	Anna Beard	07748 635503 - Chair
Young Wives	Sally Lawrence	01404 42825
Garden Club	Sally Lawrence	01404 42825
Short Mat Bowls	Kelvin Briscoe	01404 549047
Awliscombe Ladies	Rosemary Sprigg	01404 43814
Knit and Stitch	Sarah Dent	07540 110965
Friends of St. Michael's	Kathryn Empson	07979 697487

Emergency Contact Numbers.

Ambulance, Fire, Police	999
Police non-emergency	101
NHS non-emergency	111
Flood line	0345 9881188
Fire Non – emergency	0800 0502999

Defibrillator Unit

As most people know, we have a defibrillator in Awliscombe. It is situated on the wall of the village hall, to the right of the entrance. There is also one on the wall as you enter Heron Farm in Weston, directly ahead of you.

This comes as a gentle reminder of what to do in an emergency situation.

If someone collapses with a cardiac arrest near you, then **speed of response is paramount.**

So ring 999 without delay.

If someone was able to fetch the defib unit, instructions will be heard very clearly once the unit is opened.

What's On.

Monthly

regular dates in the Village Hall or the committee room in the hall.

Mondays -		
Tuesdays –	Community Lunch	2 nd Tuesday of month 12.30 for eating 1.00.
Wednesdays -	Short mat bowls	2 pm - 5pm & 7pm - 10pm
	Knit and Stitch	7.30 – 9.30 alt. Wednesdays
Thursdays -	Honiton U3A Hist.	8 am – 1pm last Thursday of month
	Awliscombe Ladies	7.30 pm - 2 nd Thursday of month
	Garden Club	7.30 pm – 3 rd Thursday of month
Fridays -	Slot car racing	7 pm - 10pm
	Honiton WI Art	1 pm – 4pm 2 nd & 4 th Friday

SAVE THE DATE.

Details of these events are elsewhere in the magazine.

Saturday 13 th June	Village Fête at The Otter Inn
Wednesday 17 th June	Football on big screen in hall KO 9.00
Monday 22 nd June	Whist Drive in the village hall
Tuesday 23 rd June	Football on big screen in hall KO 9.00
Saturday 27 th June	Concert at The Old Rectory 7.30
Saturday 27 th June	Football on big screen in hall KO 10.00
Tuesday 14 th July	Community Lunch 12.30 in the hall
Saturday 25 th July	Awli @ The Hall bar opens at 5.00
Monday 27 th July	Whist Drive in the village hall
Sunday 9 th August	Cream Tea at St. Michael's
Tuesday 11 th August	Community Lunch 12.30 in the hall
Saturday 22 nd August	Awli @ The Hall bar and pizza from 5.00
Monday 24 th August	Whist Drive in the village hall
Tuesday 8 th September	Community Lunch 12.30 in the hall
Saturday 19 th September	Harvest Supper in the village Hall
Monday 28 th September	Whist Drive in the village hall.

Church Matters.

Services at St. Michael's are on the first, third and fourth Sundays of each month. Everyone is welcome. Information about these services is on honitoncofe.org in a newsletter called Around the Parishes.

The group of people who like **classic cars** that used to meet at The Honiton Inn now meet on the second Thursday of each month at **The Otter Inn** in Weston. Anyone welcome.





Friends of St. Michael's.

The Friends are hoping that work on the new loo will finally begin during this summer. It will be great when we can use this beautiful building for other community events.

The graveyard is developing as a nature friendly environment and we are hopeful that swifts will move into the boxes on the tower soon.

There will be a **cream tea** in the graveyard (or indoors if it rains) on **9th August at 3 pm.**
Do come along and enjoy a chat with friends with a lovely view over the valley.



Later in the year there will be a graveyard clear up on the **31st October.** This will be in the morning and cake and refreshments will be on offer for everyone.



Attention all our younger readers!!!!

**Are you in school years 6, 7 or 8 - or do you know someone who is?
Great! St Michael's are really pleased to announce the launch of Gen
A - a village youth club meeting once a month during term time at
the village hall!**

**It's an opportunity to hang out with friends, eat, play games, do craft
and... whatever you want to make it! We will be building on our
PARCH values from school (that's Perseverance, Acceptance,
Respect, Caring and Honesty) and finding out what it means to be a
young person living these values in a changing world.**

Our first 'try it out, build your own program' meeting will be on Thursday 2nd July at 5.30. The group is open to all (whether you live in the parish or elsewhere).

If you'd like to come, please contact Timandra Burford on Timandrab@hotmail.com . We are also actively seeking adult helpers (or teenage young leaders, especially those wanting to complete the volunteer section of their D of E) - you do not have to commit to every session!

Village Hall News.

The new Awliscombe and Weston website, organised by the committee, is now up and running. It is Awliscombe.com

Have a look and there you will find local events, activities, links to local businesses and events, Friends of St. Michael's and previous issues of this magazine in colour.

If you have any item, information or event which you want to include on there, or if you wish to make any suggestions, then do contact kcoxon@gmail.com.



Awli @ The Hall nights with pizzas have been good fun and well attended. Younger villagers (even the youngest little villager) have enjoyed games and fun together earlier in the evening.



Later on, everyone seems to enjoy a good chat, sometimes with music or even time for dancing. There is talk of having a 'loud music' night at some point. Not everyone's cup of tea but if you would enjoy that then keep your eyes on the events page on the website. We are indebted to the team of people who step up and run these nights for everyone to come together.



There has been another Open Mic night. Thank you to Helen and Stephen for organising this and to our brave local musicians who are prepared to stand up and perform for us. There will be a slightly different format of music nights coming up in Autumn.



To date no one has come forward to organise a film night. If you feel you would like to do this, then get in touch with the chair of the committee (contact page) and let's enjoy films in our village as well!



The hall will open to screen the England group stage matches of the World Cup. Hopefully we will be able to screen more as the competition progresses. For more details of these times have a look at the [Awliscombe/events](#) page on the village website. 17th and 23rd June K/O at 9.00 and 27th June K/O at 10.00. The bar will open 2 hrs before each game so come and cheer them on!

There will be more family friendly **Awli @ The Hall nights** on Saturday 25th July and Saturday 22nd August.

Some villagers are starting an exciting new venture. This is the **Community Lunches** which will be starting in July. There is a full page of details all about this on the next page. Hope to see you there! Thank you to Sarah, Liz, Sally, Caroline and their growing team of volunteers who are doing this.



From the land of 1000 rhythms

As heard in Wigmore Hall, St Martin-in-the-Fields and across Europe

Join for an evening of varied exotic music, full of bold colours, lyrical depth and distinctive musical chemistry, in a beautiful modern studio, nestled in nature.

International prize-winners Emily Andrews and Francisco Correa perform gorgeous South American music on guitar, flute and voice. Hear heartfelt songs and virtuosic tunes from Francisco's native Colombia, as well as Latin-American inspired pieces by contemporary Welsh composer Stephen Goss.

Sat 27th June, 7:30 pm (bar from 7pm)
Old Rectory Studio, Awliscombe, EX14 3PJ

Francisco Correa: "Wonderful, a truly remarkable performer." - BBC Radio 3
"One of Colombia's top classical guitarists, highly recommended!" - Classical Guitar Magazine

Emily Andrews: "Clearly a multi-talented performer. As well as being a fine flautist, she has a rich mezzo voice and a great deal of dramatic presence." - Lark Review

£22 Book online at:
www.creativebeings.uk/events

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Cultivating creative practices for wellbeing

An evening of varied exotic music, full of bold colours, lyrical depth & distinctive musical chemistry. Emily & Francisco perform beautiful South American music on guitar, flute & voice. "One of Colombia's top classical guitarists, highly recommended!"

For those of you who relish the idea of seeing this fabulous duo but also want to watch the football, it is possible to do both.

Start at The Old Rectory and marvel at these world class musicians and then move up to the village hall where the match against Panama starts at 10.00 pm.

A truly South American evening.

Awliscombe and Weston's Community Lunch – Come and Join Us!



There's something special about sharing a meal together – and from **Tuesday 14th July**, Awliscombe and Weston will have a lovely new way to do just that. We're delighted to be launching a regular **Community Lunch** at Awliscombe Village Hall, offering a relaxed, friendly space for people to meet, chat and enjoy good food.

Not everyone wants to head out in the evenings, so this daytime gathering provides a warm and welcoming alternative. Arrive from **12.30** for eating at **1.00**.

What to Expect

- **Held on the second Tuesday of each month**
- **£5.00 per adult**, with a reduced price for children
- Includes **main course, pudding, tea and coffee**
- **Booking in advance** is essential to help with catering and reduce waste
- **Lifts can be arranged** if you need help getting to the hall – just mention it when booking

To book, please contact: **Sarah Dent – 07540 110965** or **Liz Gillingham – 07811 675800**

Dates & Menus

Tuesday 14th July – *Please book by Tuesday 7th July*

- Sausage, mash, peas, sweetcorn and gravy
- Veggie sausages, mash, peas and sweetcorn
- Chocolate brownie and vanilla ice cream

Tuesday 11th August – *Please book by Tuesday 4th August*

- Fish pie and two veg
- Veggie option: mushrooms, smoked tofu and butter beans
- Meringues, cream and fresh fruit

Tuesday 8th September – *Please book by Tuesday 1st September*

- Chicken and ham pie, vegetables and mashed potatoes
- Veggie pie
- Apple crumble and custard

Behind the Scenes

We want the lunches to be welcoming, safe and enjoyable for everyone. Volunteer cooks will complete **basic online food hygiene training**, menus will list **all ingredients clearly**, and attendees will be asked to complete an **allergy declaration form**.

How You Can Help

A rota of volunteers will run the lunches. If you'd like to help with **cooking, serving, washing up, driving people to the hall, or simply lending a hand**, Liz and Sarah would love to hear from you. This is a wonderful opportunity to bring villagers together, meet new people and enjoy a hearty meal in great company. Whether you'd like to volunteer or simply come along for lunch, we'd be delighted to welcome you.

Sarah Dent

Clubs around the villages.



The Awliscombe and District Garden Club, now taking place on the 3rd Thursday of each month, has settled into the new day and is going well. We had a fascinating talk all about Bio Char from Caroline at Trim Plants. Then in April we enjoyed a wonderful talk and demonstration all about hanging baskets. We are about to go on our guided woodland walk and then on 20th June we are heading off to Burrow Farm Gardens for a visit with a guide. There are full details of our year of events on the village website – Awliscombe.com/events - and contact details on the contact page for anyone who would like to know more about this club.

Young Wives.



The Young Wives have begun their 35th year with a trip to the Beehive to see The Roses. Very enjoyable.

We followed that up with an interesting historic tour of Exeter. We took part in a guided tour of medieval buildings of Exeter. Never knew there were so many!! Had a break for lunch and then ventured underground for a tour of Exeter's underground passages. A really fun way to take in history.



Next The Young Wives enjoyed a day at the races at Taunton Race track. It was a chilly windy day but the rain held off and we had a really enjoyable evening. There were some losses and some gains in the betting but everyone went home with a big smile on their faces.

There have been some changes to the list of events advertised in the last magazine. If anyone wishes to get more up to date information then check out the village website on Awliscombe.com/events. There are also contact details on the contact page. We still need to finalise details for the 35th year celebrations!

The Awliscombe Ladies organised a very successful Easter Bingo in the village hall in March. There will be a Christmas Bingo later this year on November 30th. Details nearer the time.



AWLISCOMBE WHIST DRIVES



We meet on fourth Monday of the month starting at 7.30pm in the village hall.

£4 entry + raffle (inc Cuppa/biscuits)

Dates for 2026:

June 22nd, July 27th, August 24th,

September 28th, October 26th, November 23rd, NO WHIST IN DECEMBER.

If anyone would like a refresher or to learn how to play whist, please give Mandy a call on 07918685428.



The 12 year six leavers will soon be taking their next steps; saying farewell to Awliscombe School and moving on to new places. We all wish them GOOD LUCK in this new and exciting chapter on their journey. However, before we let them go, we decided to ask them a couple of questions and they have agreed to share the answers with us.

Q1: What special thing has Awliscombe taught you to take to your next school and into life?

Violet: Over the years I have learnt values of friendship – our PARCH values. ** I have also learnt that it is important to be yourself and accept differences in each other. I have enjoyed so much.

Matilda: I have also been here for years. I have been really happy and we have learnt to be nice to each other. PARCH has taught me to overcome hardship. We have had great opportunities here.

Lily: I have learnt about confidence – I was really shy when I was younger. Then opportunities like Youth Speak have taught me to have confidence in myself. It has been a happy safe place to be.

Avalon: The most special thing is to be kind. PARCH teaches us values, what to do. I used to struggle as well but opportunities like Youth Speak and mini police have taught me confidence and how to deal with life. I have loved the sports and things like Red Nose Day.

Roman: PARCH has taught me to respect other people and to be accepting. I am more confident now. I think I will be better at getting on with different people now.

Oscar: We have learnt about values from PARCH and that is important. We know how to behave. I have also learnt sports like rounders.

Cayden: The most important thing I think is understanding other points of view and also accepting them mostly. The Values of PARCH help us to do this.

Matthew: I have learnt about perseverance, especially in sport. All of PARCH but mostly perseverance. We have had lots of opportunities here.

Everly: The most important thing in PARCH is to be kind to people. We also learnt about people who struggled and persevered like Amelia Earhart. I really enjoyed learning about those people.

Ettie: I think it's good to know about stories in the bible and about Jesus. I have also learnt to be more confident and to be kind to others. I have enjoyed learning everything, it is a happy school.

Laila: The values of PARCH are important. I have also learned about famous people in guided reading, people who struggled and won in the end. It helps me to be confident.

Amy: I also liked the bible stories and the values of PARCH. They will help me to get on with people in life. This school has been great fun for learning.

** PARCH refers to the values taught at the school; Perseverance, Acceptance, Respect, Care and Honesty.

Q2: What will you miss most when you leave?

Violet: Most of all the teachers. They all know us so well and we all know each other.

Matilda: I will miss friendships most. I hope we keep in touch. I will also miss being friends with the younger children. We can look at them and think that we were there once. All the friendships.

Lily: Same. I will really miss the teachers and friendships with everyone. We all know each other in the whole school.

Avalon: It is very friendly here. I will miss friends in lots of classes. We have also met people from Ukraine and New Zealand and I loved looking after the little ones.

Roman: I have loved the trips we have been on. This is a very quiet school. It is much noisier in a big school and that is hard. I feel happier and calmer in a quieter school.

Oscar: I will miss all the friends – not just in my class. I will also miss the teachers, they are all kind and know us all.

Cayden: I will miss the experiences and trips we went on. We had lots of opportunities and we were with our friends. I will miss the teachers who looked after us.

Matthew: I agree about being in a smaller school is much quieter and calmer. There are fewer core values in a big school. Here the teachers know you better.

Everly: I have been here since I was 4 and all of the teachers have been really kind. I will miss them and my friends.

Ettie: I will miss having more freedom. It is much stricter and more organised in a big school with so many more people.

Laila: I will miss the whole school in general. People are all kind here I will miss that. As well I will miss the nice books and everything.

Amy: I will miss the fun we had on our happy school trips. I will miss friends and teachers but we had such fun here. They even made SATs fun with cakes and breakfast.



History of Awliscombe and Weston.

Here is another of the articles of local history compiled some years ago by Valerie Cann. This one is about the machinery used on Devon farms long ago. I was reminded of it while watching a tractor towing a trailer beside a silage harvester. The skill of the drivers was amazing.

The term "horsepower" itself stems from this era, famously standardized by James Watt to market and compare his steam engines to the equine power that had long driven mills and breweries.

...There has been some interest in the horse engines that became quite common on Devon farms from the middle of the 18th century. They were very versatile, providing a rotary drive for many other farmyard implements. A look at the 1888 25 inches to the mile edition the Ordnance Survey map clearly shows round houses (which contained the wheel driven by horse power) on Awliscombe farms. These were Iveden, Culverhayes, Birds, Hayne, Godford and Hunthayes. Wadhayes also had a horse engine but this was housed in a rectangular building attached to the threshing barn.



Other machinery included barn threshers, winnowing machines, which separated weeds and rubbish from the threshed corn, chaff and root cutters. The horse engines provided power from the middle of the 18th century to the coming of steam. Victorian model farms had stationary steam engines in a purpose built building; portable steam engines were pulled by horses, and then came the development of the traction engine, which travelled between farms towing the thresher.

The first photograph is of a simple round house at Winkleigh which must be typical of those built on small farms.

The second is of a working horse engine and shows a small wheel, which is powered by a pony on a farm near Kenn. The gearing, which transferred

the power to the implements fixed in the adjacent barn, can clearly be seen. By contrast at nearby Ugbrooke Lord Clifford had a threshing mill in 1808 with a horse walk of 28 feet in diameter. The wheel measured 18 feet and was powered by 4 horses!



The traction engine in the third photograph is a Burrell dating from 1886. However the first steam engine built for farm use was designed in 1812 by Richard Trevithick for the Trewithen estate in Cornwall, to power a fixed threshing machine which had previously been driven by 4 oxen. One of the first portable steam engines was built in 1858 by Garretts, but the steering was provided by a horse in the shafts at the front.



I have used the spelling 'thresher' throughout this article but locally 'thrash' and 'thrasher' were and still are in common use. This goes back to the flail which literally beat the corn.

Valerie Cann

Church Perch

News from St Michael's

We're writing this the day before Pentecost. People remember it from their RE classes as the day when the disciples went out "speaking in tongues". In the chronology of the New Testament, it follows Jesus's crucifixion, resurrection and ascension. It marks the start of the disciples' reinvigorated approach to the world around them - going out as 'Apostles'.

They were the infant Church, and Pentecost, in a way, was the point when they understood that the Church needed to be out in the World, which, of course, it has been ever since.

St Michael's has just held its Annual Parish Meeting, when we report on the last year's activities, and it reminded us, as always, how many people across our community contribute to the life of St Michael's - how Church and World are intertwined in Awliscombe. The flower team, who produce stunning displays to fill the church with colour and scent; the volunteers who take a spot on the cleaning rota (ancient buildings seem to create dust and debris even when they're empty); the many many people who work so hard to make the Fete, the Harvest Supper, and the Christmas Market the successes that they are: they are run under the auspices of St Michael's but they are truly village events.

And of course, the *Friends of St Michael's*: emblematic of the community's support for our church and churchyard, without which St Michael's would struggle to survive, but whose energy is helping to ensure that it fulfils its potential at the heart of our village.



Even more exciting than our Annual Parish Meeting - and again a crucial connector between church and community - was the recent appointment of Revd. Tracey Voysey as the Rector of Honiton. Many people already know Tracey, but if you haven't met her you soon will. She comes from a farming family and is an energetic and enthusiastic advocate of church in the community. She comes - often with her husband Edward - to every village event that she possibly can. She loves getting to know people and making connections, so if you see her out and about please introduce yourself.

Nick Thwaites
Timandra Burford
Churchwardens

General Appeal: If anyone has any unwanted shoe boxes, could they please contact the magazine by email or phone 01404 43226. They are needed for a very good cause. Thank you.

Classic car owners: If anyone else would like to bring their car/vehicle to the fête, there are still some spaces. Contact Richard on 07521 923307 to make arrangements.

Dad's Ironman 70.3 Valencia 19/04/2026



As Dad (Andy Summers) turned 60 in May 2025, he said he wanted to do something big in his 60th year and wanted a personal challenge.

In the year of Covid, we made a gym at home in one of the sheds. Ever since then, Dad has been going in there early on most mornings of the week cycling on his indoor spin bike. Two years ago, he bought himself an electric road bike. And as he doesn't do things by half, he made sure it was a Pinarello!

This inspired him to start riding out on the roads properly, but in a way that he could manage... as Devon isn't flat... and hills aren't easy!! After a few rides I started to encourage him to use less & less electric as he was building his fitness quite well. Consequently, he got the bug & did the London Ride100, Devon Sportive, The Nelo & Taunton Flyer all quite happily in 2024 & 2025!

Having watched Will and I do half distance and full distance Ironman events over the last few years; Dad had always been a keen supporter & always mentioned he wished he could do it.

This prompted a conversation at the beginning of 2025 where he floated the idea of entering an Ironman 70.3 for his challenge in his 60th year. At this point he hadn't ever done any running and did not possess a decent swim technique. The cycling part was really the only possibility.



An Ironman 70.3 is classed as a half distance triathlon. (Half Ironman) It consists of a 1.2-mile swim, 56-mile Bike ride and a 13.1 mile (Half Marathon) run. All three events are done consecutively and there is a cut off time of 8.5 hours total. Usually, it is a decent enough challenge for someone who has no background in exercise to train for one of these disciplines, let alone try and do all three together!

So, after considering various Ironman events that are held round the globe, Dad decided to enter Ironman70.3 Valencia. The date was 19th April 2026. (Nothing like picking the first one of the season so you don't have the summer to train!)

The plus points were Will & I had both done it before, so we knew the location & layout and although there were a few hills on the bike ride, it was nothing compared to here, and the run was flat. Yay! The major downside for Dad was that it was a sea swim. But like they say... you have to take the rough with the smooth!

Nevertheless, it was now June 2025, so we got cracking with weekly swimming lessons, more cycling and started a few short runs. (Otherwise know as the shuffle!)

He completed two open water swim events in August & September. Roadford Lake 1.5km, which was a shock to the system! Followed a couple of weeks later by The London Swim Serpentine. Here he did the two-mile distance and did incredibly well. A much better experience than the previous weeks. There is quite a skill to relaxing in open water,

particularly in a large crowd of swimmers, so I think this brought it home to Dad that just watching Instagram's version of swimming wasn't going to cut it. You actually have to go out and do it yourself!

Another new Pinarello was bought (much to mum's dismay!!) this one not electric and over the coming months Dad proceeded to take the bike apart and rebuild it with all new 'weightless' carbon parts. He became literally obsessed with minimising the weight of any kit he was going to be using on the day. This was 'to maximise speed & aerodynamics'! We all had to remind him that perhaps working on his own 'aerodynamics' might be more the point (and that starts in the kitchen!)

Time went by & before we knew it it's February 2026. Dad hadn't done any open water swimming since September and not much cycling outdoors due to the awful winter weather. So, he loaded up his bike and drove out to their villa in southern Spain to do a month's 'training'.



Given that he now had his bike in full 'athlete' condition! I think the reality of a month in Spain, whilst not drinking Beer and Wine so that he could match up to his light weight cycle, was somewhat more of a challenge than he thought!

During the time he did lots of running and several 'brick' sessions (where two or three disciplines are tied together). He slowly built his confidence back up in the sea and as the temperature rose over the few weeks, he had a sharp shock in that cycling 40+ miles followed immediately by running on next to no water was NOT what you do!!! There is no place for Devon Farmer stubbornness in these situations otherwise you can't get off the doorstep between bike & run!!

Over the coming weeks managing cramp seemed to become the primary focus as we tried to figure out a more serious nutrition plan. Managing his mindset was also quite a challenge, it's not easy trying to keep a certain somebody 'positive' and 'realistic' when they are constantly comparing themselves & their bike watts to 'Tadej Pogacar'!!!

So, the time came and we travelled to Valencia on the Thursday before race day on Sunday.

Ironman events, no matter where you stay, always inevitably end up with a lot of walking. It's not unusual to do 20 – 30K steps each day in the days before, & not ideal, as you think you should be resting, but it really is what it is, it's all part of it! and the mental and physical energy used up in the days before is something that is actually hugely overlooked.

As we went to and from the registration, athlete village, athlete briefing, put our bikes & bags in at transitions 1 and 2, took the kids to the beach & did two more swim sessions, Dad was 'trying not to' complain of all amounts of aches and pains... particularly around his left Achilles. We literally had to think positive and stop thinking about anything detrimental to finishing the race at all moments. Hydration & distraction was the key as Dad's repeated moments of overwhelming emotion showed that this race just meant so much to him. From all my conversations of 'there's more to life' and 'it's not the end of the world if you don't finish' it was evident that for all our sanities this was totally irrelevant and for him, he simply had to finish!!! The next conversations were consequently based around everything & every tactic possible to make sure he finished!!!

Saturday evening brought its usual kid carnage at the dinner table with all four grandchildren buzzing with excitement & climbing all over Dad for most of the evening! Not quite the calm atmosphere most athletes may have preferred!

Sunday morning; race day. I met Dad in the hotel lobby at 5.15am. It was dark & quite cold! We walked the 30 min walk of doom to T1. The sea was flat!! & all the Valencia night clubs along the sea front were still in full swing!! (You do question your life choices sometimes!!!)

We checked our bikes & did tyre pressures, put our nutrition on the bikes, took pics, went to the loo etc etc. Time went on and before we knew it, we were kitted up and stood on the sand by the sea ready to go. The atmosphere at the start of these events is really something. Lots of emotions, lots of tears, lots of adrenaline. We watched all the Pro's set off, then Dad & I went stood in our start box. We had decided to start the swim together (I needed to check he stayed alive.... LITERALLY!!!) and then if all was settled, I would swim at my own pace.

Dad started confidently and swam at a good pace for the first 400m. He then breast stroked a while taking stock of all the people around. It can feel very close, claustrophobic, and I did warn him that the pressure you feel to try to go the same pace as others can feel overwhelming at times. He then finished the swim in just less than an hour, combining front crawl, breaststroke & some back stroke confirming that he had struggled with everything we talked about. (I wasn't overreacting!!) But nevertheless, he got it done and onto the cycle.

A lengthy run/walk/run down the transition zone saw him get to his bike looking a little pale! He pulled out on his bike and headed onto the first part of the course where the kids were all desperately ringing their bells, shouting & cheering holding their supporter signs. A great start and off he went onto the rest of the 56 miles hoping to catch me up!

The next 3.5 hrs shot by and we both finished the cycle 20 mins apart in good form.



Then another tedious jog down the never-ending transition zone to rack the bike & out on to the run. It's crazy how at this point you think you're nearly done! Just 13.1 miles to go... the reality of that hits hard in the first kilometre... the legs just will not go!!!! I spent much of the run waiting for my legs to warm up (as they usually do!) Unfortunately, this time it just didn't happen! Dad came in and began his run. We passed each other on the laps a couple of times and though we were each getting slower & slower (temperatures were now nearly 30 degrees apparently) I think we were probably smiling more & more??



Time soon passed & I came in for my finish. The finish line moment is always incredible, and seeing everyone including the kids cheering me in was amazing. Molly & Archie gave me the biggest hugs and seeing their proud little faces was the best thing ever.

We grabbed a quick drink and eagerly awaited Dad who was now making his way around the last lap. As he was nearing the end we all took up our places in the grandstand. Molly was kindly invited by 'Tanya' the Spanish commentator to give him his medal. This was really special for her as the general rule is no children/family members allowed in the finish shoot.

Finally, Dad came down the famous red carpet in fine form for the proudest & most picture-perfect finish! He completed successfully in 8.04.56! Lots of emotions & words couldn't describe how proud of him we all were. It had been quite a journey. I think my finishing picture probably shows how we all felt... 'Thank God for that!!'

For someone who has never done anything like this before, that took real guts, consistency & determination. It is so easy to doubt & compare yourself, make excuses & be put off in the negative cycle. We are all so proud of you Dad for persevering right the way through. A huge inspiration in showing that age is just a number. Don't ask what's next because he says 'nothing!'. Time will tell, but in the meantime a fabulous big Medal is now on the mantelpiece! 😊

Myself and Dad would like to thank our very important support team, Ros, Will, Tanya, Stu, Molly, Archie, Daisy & Isla, all of whom travelled to Valencia and gave us so much support, it was needed.

Laura McKean



Awliscombe and Weston Times.

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Caroline – 07775 931735

Julia Thwaites

Next Issue: The deadline for the next issue will be 25th August
Send your article to awliscombeandwestontimes@gmail.com

If anyone would like to contribute to our printing costs, then you may do so online, each magazine costs about £1.00. Our bank details are:

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Free Cooking with Diabetes Course Returns to Ottery St Mary After Previous Success

Ottery St Mary, Devon — Following the outstanding success of its previous programme, local charity Project Food is delighted to announce the return of its free Cooking with Diabetes course, starting on Thursday 4th June 2026.

The course is designed to support people living with or affected by pre-diabetes or Type 2 diabetes, offering practical, hands-on cooking sessions that focus on confidence, nutrition, and sustainable healthy eating habits.

Running weekly from 10am to 12:30pm, the course will take place at Project Food, Ottery St Mary Hospital, and is open to adults who would benefit from learning how to prepare balanced, diabetes-friendly meals in a supportive and welcoming environment.

Participants will cook and eat together while exploring topics such as:

- • Understanding Type 2 Diabetes and Healthy Cooking Basics
- • Building Balanced Meals
- • Low-Carbohydrate and Heart-Healthy Cooking
- • Meal Planning and Batch Cooking
- • Creating Long-Term Healthy Eating Habits



Unlike previous sessions, this course is no longer a drop-in and places must be booked in advance.

“We saw how powerful these sessions were in helping people feel more confident and in control of their eating,” said a spokesperson from Project Food. “We’re thrilled to be able to bring the course back and continue supporting people in our local community.”

The course is completely free, thanks to the generous support of Ottery St Mary Town Council.

Course Details

Location: Project Food, Ottery St Mary Hospital, Keegan Close, EX11 1DN

Start Date: Thursday 4th June 2026

Time: 10am – 12:30pm

Cost: Free

Booking required

How to Book

Individuals or professionals wishing to refer someone can contact Project Food directly:

info@project-food.org.uk 01297 631782

Project Food encourages health professionals, community organisations, and local residents to share this opportunity with anyone who may benefit.

Project Food is a community food charity based in East Devon, supporting people to build confidence in cooking affordable, nutritious meals. Through hands-on cookery courses, food education and practical support, Project Food helps individuals and families improve their health, reduce food costs and make the most of the resources available to them.

Kerry Morgan kerry@project-food.org.uk



A New Chapter Begins at Heron Farm Vineyard, Devon.



This Spring marks the beginning of a new chapter at Heron Farm Vineyard, as a local family steps into custodianship of the much-loved vineyard, kitchen and events destination near Honiton, Devon.

“Taking over the farm this spring, we are building on everything that already makes Heron Farm special: the kitchen, the beautiful vineyard, orchards and kitchen garden, and the inspiring surrounding landscape.

We have plans to gently expand over time to create a place where people can eat, explore and restore.

We’re building on Heron Farm’s established reputation, you’ll start to see new experiences across the farm, from outdoor dining and creative workshops to wellness spaces and family-focused activities. Our vision for Heron Farm is to grow it carefully and invite more people to enjoy it. We’ve been very lucky to inherit a fantastic team so we’re excited for the season ahead.”

Nikki and her husband Toby bring a shared passion for food & wine, design and a love of the outside to Heron Farm. Nikki’s background is in the commercial side of the wine and hospitality industry, while Toby is a trained architect whose practical skills are already proving invaluable across the farm – from maintenance projects to hands-on work in the kitchen garden. Together, they were drawn to Heron Farm for its unique blend of food, land and community.

Visit & Follow Along

Heron Farm is open for breakfast, brunch and lunch, with evening dining, wellness classes, workshops and events launching throughout the year. Guests are invited to visit, relax and become part of the evolving story, so look out for more details as the year unfolds.

For updates, events and bookings:

Visit: www.heron-farm.co.uk

Telephone: 01404 46208

Summer Recipe: Homemade Ice Cream.

It's that time of the year again; a time for stocking up on sunscreen, dusting off swimming costumes and going from complaining about the rain to complaining about the heat. And what better accompaniment for a sunny day than a bowl of your very own ice cream! No special equipment needed for this recipe, just a freezer, a handful of ingredients and four hours to spend at your leisure. It is also a chance to get creative, as you can add just about anything to the ice cream base to make it your own.

Ingredients (base):

- Flavour (see below)
- 1 397ml tin of condensed milk
- 1 tsp vanilla essence
- A pinch of salt
- 600ml double cream

Method:

- Start by preparing your flavouring, especially if it's something that needs time to cool. I will provide a few of my own suggestions below, but feel free to experiment
- Pour the condensed milk into a medium sized bowl, and stir in the vanilla essence and salt. Set aside
- In a large bowl, beat the double cream until it forms stiff peaks. I would recommend using an electric whisk or stand mixer, unless you're prepared for a work out
- Add the condensed milk to the cream and stir with a wooden spoon. There will be a lot of lumps at first, but keep stirring until smooth
- Add your flavour of choice and stir in thoroughly. If you are making multiple flavours, remember to divide the base mixture up before adding the flavours
- Divide the ice cream into containers and put in the freezer. Allow to chill for at least four hours

Flavour Ideas

1. Strawberry and Balsamic Vinegar

Ingredients:

- 400g strawberries, trimmed and finely chopped
- 1 tsp caster sugar, plus more to taste
- 3 tbsp balsamic vinegar

Method:

- Put the strawberries and sugar in a frying pan and cook down on a medium high heat. Make sure to keep stirring so they don't stick to the pan. You may need to adjust the heat
- Add the balsamic vinegar and allow it to bubble down. Continue to cook until the strawberries have lost their structure and reduced to a thick, syrupy mixture. Add sugar to taste, but bear in mind the base mixture is already quite sweet
- Allow to cool before adding to the mixture

2. Salted Maple Pecan

Ingredients:

- 40g pecans, roughly chopped
- A knob of butter
- 4 tbsp maple syrup
- A pinch of salt

Method

- Toast the pecans in a small frying pan on a high heat until they start to soften, but not burn
- Turn the heat down to medium then add the butter and allow to melt. Add the other ingredients, before cooking until the pecans are caramelised
- Allow to cool before stirring into the ice cream base.

Julia Thwaites.



May/June events 2026



May/June events 2026

MIRANDA SYKES AND JIM CAUSLEY

Fri 22 May 7.30pm Tickets : £18
Miranda Sykes and Jim Causley formed a duo in 2024, leading to their acclaimed debut album Everything Possible.

Booking fee £2



GENTLEMEN PREFER BLONDES

Thurs 28 May 2pm Tickets: £5 - includes hot drink, biscuits and chat after the screening.

Booking fee £1



Showgirls Lorelei Lee and Dorothy Shaw travel to Paris, pursued by a private detective hired by the suspicious father of Lorelei's fiancé.

NATIONAL THEATRE LIVE: PLAYBOY OF THE WESTERN WORLD

Thurs 28 May 7pm Tickets: Adult £18. Under 18 £13. Under 12 £10.00
A star-studded West End production of Arthur Miller's play explores the high cost of ambition and war on one American family.

Booking fee £1



JO IN THE WATER (12A)

Fri 29 May 2pm / 7pm Tickets: Adult £8. U16 £7

Booking fee £1

Screening + Q&A with Director Pip Piper and Jo Bateman
Jo in the Water follows a passionate sea swimmer turned reluctant activist. Exmouth-based Jo Bateman takes on one of the UK's biggest water companies in a David-and-Goliath battle to protect our waters.



THE MET: EL ULTIMO SUEÑO DE FRIDA Y DIEGO (PG)

Sat 30 May 6pm Tickets: Adult £18. Under 18's £13. Under 12's £10
The Met closes its 2025/26 Live in HD season with the premiere of Gabriela Lena Frank's opera on Frida Kahlo and Diego Rivera

Booking fee £1



COLOURS OF TIME (15)

Thurs 4 Jun 2pm Tickets: Adult £8 U16 £7 in French with Subtitles
Four cousins uncover their past while exploring an inherited house in Paris

Booking fee £1



KISS THE TEACHER (ABBA TRIBUTE)

Fri 5 Jun 7.30pm Tickets: £23
Don't miss an award-winning, tribute night as Kiss The Teacher bring all the greatest hits of ABBA to life in their spectacular 100% ABBAAttraction

Booking fee £2



EXETER OPERA GROUP PRESENTS CARMEN

Sat 6 Jun 7.30pm Tickets: General Admission (21+) £15. Students (16-21) £12. Children 12-16 £8
Exeter Opera Group performs Bizet's tale of a free-spirited woman and her passionate and destructive love affair with a soldier.

Booking fee £2



*All details correct at time of print. Please check website for updates. Ticket prices include a booking fee.
BOX OFFICE: 01404 384050 BEEHIVEHONITON.CO.UK

WOMEN IN ROCK

Thurs 11 Jun 7.30pm Tickets: £28
Women in Rock bring their electrifying sell-out show to our theatre, celebrating five decades of iconic female rock legends.

Booking fee £2



GLENROTHAN (12A)

Fri 12 Jun 2pm / 7.30pm Tickets Adult £8. U16's £7 + Optional Lunch £7
Donald returns to the Scottish Highlands after decades in the United States to reconnect with his estranged brother Sandy and the family whisky distillery.

Booking fee £1



THE SUPER MARIO GALAXY MOVIE (PG)

Sat 13 Jun 4pm Adult £8. Under 16's £7. Family of 4 £27
Mario and friends travel through space facing cosmic challenges.

Booking fee £1



HONITON FUTURE MUSICIANS

Thurs 18 Jun Tickets: £7
Please come along and support Honiton's talented youngsters

Booking fee £1.50



THE LEGACY SHOW: FLEETWOOD MAC, STEVIE NICKS & TOM PETTY & THE HEARTBREAKERS

Fri 19 Jun 7.30pm Tickets: £27
Two great live bands that are so closely tied together by the great Stevie Nicks. Hear and see all both bands classic songs.

Booking fee £2



MADFABULOUS (12A)

Sat 20 Jun Tickets Adult £8. U16's £7
Inspired by the unlikely British aristocrat who bankrupted his estate

Booking fee £1



THE ODD COUPLE (PG)

Thurs 25 Jun 2pm Tickets: £5 - includes hot drink, biscuits and chat after the screening.
Two men, a neat freak and a slob have to live together

Booking fee £1



NTL 2026: LES LIAISON DANGEREUSES (15)

Thurs 25 Jun 2026 7pm Tickets: Adult £17 Under 18 £13 - No under 15's
Among the glittering salons of the super-rich, one misstep can mean ruin.

Booking fee £1



THE DEVIL WEARS PRADA 2 (PG)

Fri 26 Jun 2pm / 7.30pm Tickets: Adults £8 U16 £7 + Optional Lunch £7
A seasoned heroine returns to the cutthroat fashion world

Booking fee £1



MICHAEL (PG-13)

Sat 27 Jun 7.30pm Tickets: Adults £8 U16 £7
A musical biopic tracing Michael Jackson's rise from child star in the Jackson 5 to global superstardom in the late 1980s.



*All details correct at time of print. Please check website for updates. Ticket prices include a booking fee.
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July/Aug events 2026

MAD DOG MCREA (18+) PLS NOTE: THIS IS A STANDING GIG
Fri 10 Jul Early Bird (Until May 29th) £22. General Admission £24

Mad Dog Mcrea blend a unique mixture of folk rock, pop, gypsy jazz, bluegrass and 'shake your ass' music



GRAND SLAM WRESTLING

SAT 11 JUL Adult £15, Under 16 £10. Family of 4 £45.

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BEEHIVE ACOUSTIC NIGHT

Wed 15 July 7pm-10pm Free of Charge

Open Mic Night in the Honeypot Café. Hosted by Terry Stacey. Everyone is welcome, whether it is to come along, have a beer and listen or to play and sing. All styles of music!

PSYCHIC SCOTT STONEBRIDGE

Thurs 16 July 7.30-9pm £15

Join Scott Stonebridge for a heartfelt Psychic Charity Night dedicated to raising funds for Motor Neurone Disease (MND) awareness and support.

FLATS & SHARPS

Fri 17 July 7.30pm Tickets: Advance £19.50. On the door £22.

the Cornish bluegrass outfit deliver music that's punchy, precise and impossible to ignore



WILLY WONKA & THE CHOCOLATE FACTORY

Thurs 23 July 2pm Tickets £5 - includes hot drink, biscuits and chat after the screening.



A poor but hopeful boy seeks one of the five coveted golden tickets that will send him on a tour of Willy Wonka's mysterious chocolate factory.



SCOTLAND YARD INVESTIGATES

Sat 25 July 7.30pm Tickets: General Admission £14

From the files of Scotland Yard come these startling stage adaptations of infamous true-life nineteenth century crimes.



BEATS IN MOTION

Thurs 6 - Sat 8 Aug 7pm. Matinee 2pm Sat Tickets: £12

Step into the spotlight and experience an unforgettable celebration of Song, Dance, and Theatre as East Devon's brightest young stars take to the stage! A show for all ages — and one you won't want to miss!



Aug/Sept events 2026

BEEHIVE QUIZ NIGHT
Weds 12 Aug

CLASTONBURY THE MOVIE: 30th Anniversary Edition

Thurs 13 Aug 2pm / 7.30pm Tickets: Adult £8 U16 £7

A Clastonbury where dancing in a field was, quite sincerely, considered a radical act. That world is gone. But it was filmed.



BEEHIVE ACOUSTIC NIGHT

Weds 19 Aug 7pm-9pm Free of Charge

Open Mic Night in the Honeypot Café. Hosted by Terry Stacey. Everyone is welcome, whether it is to come along, have a beer and listen or to play and sing. All styles of music!

WHO FRAMED ROGER RABBIT

Thurs 27 Aug 2pm Tickets £5 - includes hot drink, biscuits and chat after the screening.



When a cartoon rabbit is accused of murder, he enlists the help of a burnt out private investigator to prove his innocence.



DIRE STREETS

Fri 28 Aug 7.30pm. Tickets: General Admission £26

Dire Streets bring to life the classic songs of one of the world's greatest guitar bands with a level of musicianship and attention to detail that makes them the stand out Dire Straits tribute in the UK.



FOREVER QUEEN

Fri 4 Sept 7.30 Tickets: General Admission £22

Forever Queen – the ultimate tribute to Queen. An electrifying stage show that pays homage to the greatest band of all times – QUEEN.



AN EVENING WITH JOANNA COOKE & HER BAND

Sat 5 Sept 7.30pm Early Bird £16. General Admission £17. On the door £18

With a voice that transcends genres, Joanna Cooke is increasingly becoming an exciting name in music. Soulful & emotionally charged vocals.



ZZ TOPPD

Fri 11 Sept 7.30pm Ticket prices: Early Bird £18. General Admission £22. On the door £25

This show is the ultimate tribute to the Texas Blues legends, complete with multiple costume changes and the iconic, furry spinning guitars.

*All details correct at time of print. Please check website for updates. Ticket prices include a booking fee.
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Managing Summer Garden Pests: Flies, Wasps, and Ants

The arrival of summer brings vibrant blooms and outdoor gatherings, but it also signals the peak season for uninvited garden guests. Flies, wasps, and ants are the primary culprits that can turn a relaxing afternoon into a battle for your personal space. Understanding why these insects congregate in your garden and implementing a rigorous cleaning and trapping strategy is essential for maintaining a pest free environment.

The Summer Surge

During the warmer months, the metabolism and reproductive cycles of garden insects accelerate. Flies are attracted to the heat and the scent of organic decay, often congregating near trash bins or pet waste. Wasps, while beneficial for pollination and controlling other garden pests early in the season, become increasingly aggressive in late summer. As their natural food sources dwindle, they transition from a protein-based diet to a sugar-seeking frenzy, drawing them toward your soda, fruit trees, and desserts. Ants operate as the garden's cleanup crew, their highly developed sense of smell allows them to locate a single drop of spilled juice or a forgotten crumb from a distance, leading to massive trails that can quickly infiltrate your home.



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