

Cooking Fire Safety Messages
from Devon fire and Rescue Services

Half of all accidental fires in the home start in the kitchen - often because of distractions like phone calls or family. So whatever happens elsewhere in the house, always make sure you have one eye on the hob or oven.

Cooking safely

Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and saucepan handles out of their reach to keep them safe.

Make sure saucepan handles don't stick out – so they don't get knocked off the stove.

Take care if you're wearing loose clothing – this can easily catch fire.

Keep tea towels and cloths away from the cooker and hob.

Double check the cooker is off when you've finished cooking.

Take care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.

Take care with electrics

Keep electrics (leads and appliances) away from water.

Check toasters are clean and placed away from curtains and kitchen rolls.

Keep the oven, hob and grill clean and in good working order. A build up of fat and grease can ignite a fire.

Deep fat frying

Take care when cooking with hot oil – it sets alight easily.

Make sure food is dry before putting it in hot oil so it doesn't splash.

If the oil starts to smoke – it's too hot. Turn off the heat and leave it to cool.

Use a thermostat controlled electric deep fat fryer. They can't overheat.

What to do if a pan catches fire:

- Don't take any risks. Turn off the heat if it is safe to do so. Never throw water over it.
- Don't tackle the fire yourself – Get Out, Stay Out, Call 999.

Barbecues

Barbecues don't cause too many fires; but that may be due to a history of excellent message promotion by fire and rescue authorities!

Enjoy yourself, but don't drink too much alcohol if you are in charge of the barbecue or any cooking!

Make sure your barbecue is well away from sheds, fences, trees, shrubs or garden waste.

Never leave a barbecue or any cooking unattended.

Never use a barbecue indoors.

Keep a bucket of water, sand or a garden hose nearby for emergencies.

Follow the safety instructions provided with disposable barbecues.

Never use petrol or paraffin to start or revive your barbecue; use only recognised lighters or starter fuels on coal.

Empty ashes onto bare garden soil, not into dustbins or wheelie bins. If they're hot, they can melt the plastic and start a fire.

Carbon monoxide

There have been a number of incidents with people bringing barbecues into enclosed spaces resulting in carbon monoxide poisoning. More detail is available in the June Fire Kills briefing pack and on the Gas Safe Register website.

<https://www.gassaferegister.co.uk/help-and-advice/seasonal-advice/bbq-safety/>

The Office of the **Police and Crime Commissioner** has arranged a public consultation on priorities for policing. Comments are invited through their website (www.devonandcornwall-pcc.gov.uk/meetings-and-events). Alternatively they will be in Holsworthy on Wednesday 31st August, in the square between 10am and 2pm.

Recent Planning Applications and Determinations during June 2016 to July 2016

Ref. No: 1/0582/2016 FUL Proposed ground floor extension and porch. Northcotts, East Putford, Holsworthy Devon EX22 7UG. Received 14 June 2016 and Validated 15 June 2016. Status: Being considered

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Putford Parish Council

Mrs L. Drake (Chair), Mrs M. Lewis, Mr A. Bewes (Vice), Mr M. Cornish, Mr P. Bond, Mrs G. Clark, Mr D. Pomeroy, Mr N. Moulder, Mr J. Wooldridge, Mr M. Thomas, Mrs P. Green, Mr J. Jessell.

Parish Clerk Sue Squire 01598 710526 or sue@suesquire.com

Cider and Sizzle Walk (July 17th)

Congratulations to the Taylor family (Steve, Lesley and Katie) on organising such a successful afternoon with superb food and drink. Also a big THANK YOU to all those who hosted the event and helped at the cider stops along the way (most welcome on such a warm day!). The net proceeds amounted to more than £650, a very useful addition to church funds. Your support was much appreciated.

St Stephens Church Services

Please note revised schedule of service dates

August

Sunday 7th 11.30am Morning Prayer

Sunday 21st 11.30am Sung Eucharist

Sunday 28th 6.30pm Evensong

September

Sunday 4th 11.30am Sung Eucharist

Sunday 18th 11.30am Sung Eucharist

Sunday 25th 6.30pm Evensong

Morning services are also held at Abbots Bickington on the 2nd Sunday of each month, and Bulkworthy on the 4th Sunday (all at 11.30am).

Fundraising: There is now a selection of handmade greeting cards on sale in the church. These are produced in Putford and show local scenes. Please take a look and buy!

How to report a pothole or road safety defect to DCC Highways using DCC's interactive map:

Go to new.devon.gov.uk

Click on 'Roads and Transport/' button (4th from left on second row of icons)

Scroll down and click on 'Report a highways problem'

The next page will give various options. In the case of roads, click on 'pothole'

Scroll down and click on 'Continue'

If an error message comes up, click the 'X' in the box and you will be left with a map of Devon

Drag the map to the area you wish to report. It is possible that an error message will continue to come up and you need to keep clicking the X in the box.

Click on the area of road to be reported. It may be necessary for you to click twice on the area. The next page will give the opportunity of describing the problem. Then click 'Next'. There will be the opportunity of providing a photograph. If you do not have this, click 'Next'.

The next page invites you to give your contact details. If you do not wish to give these, click 'Submit'

The next page will give a reference number and it is suggested you make a note of this to quote if the work has not been done. You will receive an email with the reference number and description of the fault you have reported.

The contact details for DCC Highways are: email: csc.roads@devon.gov.uk or telephone 0845 155 1004.

REGISTER YOUR INTEREST IN SUPERFAST BROADBAND NOW!!

<http://www.homeandwork.openreach.co.uk>

This does not mean that you have to change provider, or even accept it when it is available.

Alternatively you could register with Airband who are creating a wireless network.

<https://home.airband.co/>

Our warmest thanks as always to all contributors, sponsors and advertisers.

Last copy date for the next issue of the Putford Post is September 23rd. Contacts Advertising:-

Lorraine:- 01409 241005 Treasurer:- Rosemary 241409 Distribution:- Jackie 240321

or email Chris at putfordpost@btinternet.com

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Swapping is the new shopping!

Each year in Devon we throw away over £4 million worth of textiles that could have been repaired or simply reused. Recycle Devon would like to help residents to give some of these items another chance!

If you're interested in exchanging your pre-loved belongings for someone else's and in helping others to do the same, Recycle Devon has some tools to help. They have FREE event toolkits to enable you to put on your own swishes (clothes swaps) or shwops ("Give & Take" events for exchanging household/garden items). These events are not only a great way to reduce waste but can also be a fantastic opportunity to fundraise for a charity or cause if you choose to charge for entry or refreshments.

Each kit comprises a detailed guide to help your event run smoothly from beginning to end, as well as useful equipment like clothes rails, hangers, table labels and poster templates. You would also have the assistance of our Reuse Project Co-ordinator for support and advice throughout.

Communities across Devon are already holding swishes and shwops; check the following website link to see a Give and Take shop in action: <https://sustainablecrediton.org.uk/waste/yearbook/2015/pop-up-shed.aspx>.

If you're interested and would like to make use of the kits, or would like to find out more, then get in touch with: E-mail: emma.croft@devon.gov.uk Phone: 07966 566435

Or look online: <http://www.recycledevon.org/clothes-swaps> or <http://www.recycledevon.org/give-and-take-events>

Broadband

TELECOMS watchdog Ofcom wants rural people to tell them about the broadband challenges they face by joining its research panel. Ofcom exists to make communications markets work for everyone. One of the ways it does so is by conducting research to find out about the customer experience across the UK.

Each year, Ofcom reports its findings in its Connected Nations report – which provides a snapshot of the state of the UK communication network. To inform this and wider work, Ofcom is calling for volunteers to sign up to join its expanded research panel of broadband customers, particularly people who live in rural areas in order find out more about the challenges they face.

Potential participants are encouraged to sign up via Ofcom's partner's website at <https://signups.samknows.com/ofcom/>

Volunteers who meet Ofcom's sample requirements will be sent a unit to plug into a mains socket and connect to their home broadband router. Further details of the sign-up process are set out below.

1. Broadband users sign up to take part in the research by completing an online form on SamKnows, Ofcom's technical partner's website here: <https://signups.samknows.com/ofcom/>.
2. SamKnows compares these volunteers to Ofcom's sample plan, which is designed to ensure that the panel is statistically robust and nationally representative. Please note that not all of those who volunteer to take part in the research will be selected.
3. Those who fit Ofcom's sample plan will be asked to complete an online end-user licence agreement.
4. Volunteers are then sent a whitebox hardware measurement unit that they plug into a mains socket and connect to their home broadband router using the provided cable.

Please note that the whitebox will not interfere with the panellist's connection as it only runs tests when the connection is not in use, and it does not monitor what the panellist uses their connection for.

Further detailed information about the process can be found at <https://signups.samknows.com/ofcom/faq>.

What's on

Chilsworthy hall

Saturday, 10 September. Family Skittles evening. From 7.30 p.m. £2.50 entrance per person. Food available at additional cost. Bar open.

Thursday, 15 September. Soup & Sweet lunch. From 12.30 to 2.00 p.m. Cost £4.50 per person. Enjoy a varied selection of soups and delicious desserts, roll and butter, tea and/or coffee.

TENNIS

Normally following Wimbledon fortnight it spurs people on to take up the sport of tennis but sadly we have not had the weather to go with it. We are hoping for better during August. Our club nights at Woolsery Tennis Club will be Monday, Wednesday and Friday through August and the first couple of weeks of September. We welcome all abilities and please contact our Secretary, Jane, for further details.

Our league teams have been doing well with their matches. Our A Team, Ali Moulder, Lesley Taylor, Jane Walter and Captained by Denise Baggott (with thanks to our reserve players Jacky Walter & Shirley Grills) have completed their league matches and finished in 4th place just one point behind tied second/third place. So a very enjoyable season of winning five matches and losing five matches means we will definitely remain in Division 2. Our B Team, Jacky Walter, Karen Robinson, Caroline Moore, (reserve player Diane Pomeroy) and Captained by Shirley Grills have had a very good season, with several winning scores of 16-0. They are just waiting for their Division teams to complete all their matches to find out whether they will be promoted to Division 2 which would make next year very exciting for us all.

For any further information about our small but friendly club which runs from April to mid September, please contact Jane Walter on 07969015348 or jane.walter@live.co.uk

EXMOOR STARTREK WALK 2016 RESULT

Huge congratulations to Caroline Smith, Lisa Cornish, Ali Moulder and Joanna Moulder who completed the Exmoor Overnight Startrek Walk back in March. We have now received the results and are extremely proud to announce that we came joint 11th out of 47 finishing teams. Marg Atkin is also a member of our team and she trained throughout the year for this event but sadly had to pull out at the last minute due to illness. We would all like to thank our supporters for all the money we raise for the North Devon Hospice - just to warn you all, we have already entered our team for 2017.....!!!!!!!

Announcing the new Built-in Orderly Organized Knowledge device, otherwise known as the BOOK

The BOOK is a revolutionary breakthrough in technology: no wires, no batteries, nothing to be connected or switched on. It's so easy to use even a child can operate it. Just lift its cover. Compact and portable, it can be used anywhere yet it is powerful enough to hold as much information as a CD-ROM disk.

Each BOOK is constructed of sequentially numbered sheets of paper (recyclable), each capable of holding thousands of bits of information. Each sheet is scanned optically, registering information directly into your brain. A flick of the finger takes you to the next sheet. The "Browse" feature allows you to move instantly to any sheet. The BOOK never crashes and never needs re-booting. The "browse" feature allows you to move instantly to any sheet. Many come with an "index" feature, which pinpoints the exact location of any selected information for instant retrieval.

An optional "BOOKmark" accessory allows you to open the BOOK to the exact place you left it in a previous session. The BOOK is ideal for long-term archive use. Field trials have proved that the medium will still be readable in several centuries' time. You can also make personal notes next to text entries with an optional tool, the Portable Erasable-Nib Cryptic Intercommunication Language stylus [PENCIL].

**A little walk for our churches and Devon Historic Churches Trust :
sponsored Bike, Ride or Stride**

Following on from the lovely three villages Heritage Festival, which was wonderfully supported by so many of you in the parishes, a 'little' walk around our churches in the Benefice is now planned. On behalf of all the churches concerned we are extremely thankful for the efforts of Malcolm and his team of 'willing' volunteers who organised all of the events for the Festival. It is becoming increasingly difficult to keep all of these beautiful old buildings maintained and open. Although many don't attend church regularly for services we do our best to keep them there for when most of us need them, be it Weddings, Baptisms or Funerals.

Historically some of us have banded together to walk from Putford to Bulkworthy and Abbots Bickington then on to Sutcombe and finish up at Bradworthy, oddly enough the only one of our villages with a pub just in case we're in need of refreshment! We have done this previously on several occasions from about 1998 until 2012 and many reading this will have supported and sponsored walkers and we are all most grateful, however we really do need your help again, also this time the walk will be longer as our Benefice now also includes Milton Damerel (although the walk will be via Milton Churchwardens house just in Milton parish). The walkers will be hoping to cover 14 1/2 miles or shorter options, and we are hoping to walk on September 10th, date to be confirmed.

If you can sponsor your church's walker that would be great, your individual church wardens will be able advise who is completing the walk on their behalf.

All funds raised will be forwarded to Devon Historic Churches Trust who keep half of the money and send back half to the individual churches, the funds retained by DHCT are often given back to the Churches by way of grants for individual works required to keep them open.

Should you have any questions regarding the walk, DHCT or anything else regarding our churches please call or mail me.

Paul Baggott
01409 261587 / 07831 863837 / baggy4@btinternet.com
Six of the Best:
Abbots Bickington, Bradworthy, Bulkworthy, Milton Damerel, Putford and Sutcombe.

Vintage Motor Cycle Club

Anyone living in the north west corner of Devon or the northern part of Cornwall who has an interest in old motorcycles has not been well served by The Vintage Motor Cycle Club, this club is the biggest club in the Country which caters for any motorcyclist interested in old bikes. This is a situation that some existing members intend to put right by exploring the possibility of forming a new Group within the club. It is our intention to hold an open meeting at the Bradworthy Inn on Tuesday 11th October, assemble 7-30 for an 8pm start. At that meeting we can gauge if there is sufficient support to take this idea forward. To be a member of this club you do not even need to own such a machine but merely to have an interest in them. You are therefore cordially invited to attend this meeting and see what transpires. If anyone interested wishes to have more details then please contact me on 07974 230840 .

Paul Dyson

**SUNDAY 4th SEPTEMBER ROCK PARK, BARNSTAPLE
in aid of North Devon Hospice**

Colour Me Happy is a celebration of life, laughter and, most importantly, colour! It is a 3km fun run around Barnstaple's Rock Park, and you are welcome to run, jog, walk, skip or dance your way round the course. Along the route, you will be doused in a kaleidoscope of colour by our special Colour Crew teams, making for an unforgettable day out in aid of your local hospice.

This is a sponsored event, where every pound you raise for taking part will help North Devon Hospice care for local people right here on your doorstep.

Colour Me Happy is open to people of all ages and abilities, making it a real family affair. There will be music, food and a host of other entertainment to create a real party atmosphere in the park. So grab your friends, family and colleagues and sign up today. Get ready for the happiest 3km that you'll ever run, walk, jog, skip or dance!

Sign up at www.northdevonhospice.org.uk

Swifts & Owls

Summer is here and North Devon's wildlife is in a flurry of activity. The Biosphere is also busy finalising the details of the barn owl and swift nest box projects due to begin in the coming months. If you would like to install a swift or barn owl nest box, or require any further information on the projects please contact Phil Metcalfe on 01271 388537 or by email to phil.metcalfe@devon.gov.uk

Riverfly Project Expands

In May, nine new volunteers were trained for this citizen science scheme, which uses invertebrate sampling to monitor river water quality. Some of the volunteers will fill sampling gaps in the River Torridge catchment but we also now have three volunteers from Taw Fisheries clubs sampling sites on the River Taw.

Bradworthy History Society

NEWS UPDATE - We are pleased to announce, our application via GrantScape for funding from the East Youlstone Community Benefit Fund has been successful. In the next few weeks we will be able to purchase an archive quality poster storage and display unit. All being well it will arrive in time for our next Open Morning, which is being held on Saturday September 17th (11am - 12.30pm). Refreshments will be available and we look forward to seeing you.
Daphne, Sarah, Margaret, Jackie and Lin.

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By kind permission of the owners, please find below the first of a series of extracts from "A Short Account of some of the changes which have taken place in the Parishes of East & West Putford over the last 60 years" as written by W.G. Walter in 1985.

“The Council School now 104 years old having been opened for teaching in May 1880 has had many additions to the buildings and many improvements carried out since I left there in the late Nineteen Twenties, including in recent years a new classroom & provision of a canteen & swimming pool (opened in June 1970).

My mother's much older sister who died in 1951 told me that she attended Putford School on the first day it was opened.

On that May morning long ago so many children turned up that there was scarce standing room for them all, many of these children were over school leaving age. These older children had turned up hoping to learn to read & write and a little Arithmetic before it was for ever too late...”

The Garden in August

Most peoples gardens are looking slightly tired from the heat that we have been experiencing over the last few days and what a change from the miserable cold wet weather we had last year. But all this warm weather creates different challenges from last year, now the biggest job that we have to carry out is trying to keep up with the watering of all of those plants that you are wanting to grow in your garden, this is especially important when it comes to any fruit and vegetables that you are growing. There are a couple of things that can be done to help you out and they are as follows; by watering at night the plants can take up more of the water as there is less transpiration than in the day, the other thing to do is to mulch as many plants as possible as this creates a barrier on the soil which stops that soil from drying out too quickly.

This is the best time to prune any wisterias that you have growing in your gardens, doing this stimulates the production of flower buds for the following year. To do this correctly you need to prune back all of the lateral growth back to around six buds from the main stems and to tie in any additional stems to the area that you would like to cover. All pruning cuts should be made so that the cuts are sloping away from the buds so that any water is dispelled from the bud and reducing the risks of any die back. Once all pruning has been completed it is recommended to give the plants a good feed with a balanced fertiliser such as fish, blood and bone or even tomato fertiliser (if using tomato fertiliser you will need to do this over a longer period about 4-6 weeks).

Carry on dead heading roses and other flowering plants as it stimulates more flowers to be produced as the plant's main purpose is to produce seed and by making sure that when you are dead heading you plants that you remove the seed pod, it will fool the plants into producing additional flowers. But you do need to feed these plants to help them on their way as producing flowers takes a lot of energy and without feed they will soon stop flowering.

In the veg garden this is the time of the year where you should be reaping the rewards of all of the hard work that you have been doing over the past weeks, it is always best to pick the veg as soon as it is the size that you can use it and to pick it as it is needed and as quickly as it always tastes the best when it is eaten straight from the plants. But to remember to keep sowing regular small amounts of seed, and remember once you have sown the seeds to keep them moist and not allowing them to dry out, because if they have started to germinate and they are allowed to dry out, it will cause the plants to deform and die out. The warm weather will also cause some plants to bolt (running to seed), this can be reduced by making sure that you are giving your plants plenty of water and not allowing them to have fluctuations between moist and dry conditions.

Keep feeding your tomatoes and cucumbers in the glasshouse every week, to maintain the flowering and fruit production. These plants must not be allowed to dry for long periods as it will cause the fruit to do a number of things from falling off the plant prematurely, causing blacking to the base of the fruit (blossom end rot) and fluctuating watering of the plants will cause the fruit to crack and not ripen correctly. Keep an eye out for any pests that may come into your glasshouse as any pests will soon weaken your plants and reduce the amount of fruit that they will produce. These pests can be treated in a number of different ways for chemical control, biological pest control (these can all be purchased from your local garden centre or store).

Agastache 'Blue Fortune' Mexican giant hyssop

Hyssops are great for adding vertical accents to a border, with whorls of long-lasting, tiny flowers arranged like a bottlebrush and pointed, aromatic fresh green leaves that are attractive to butterflies and bees. They are short-lived though, and may need replacing every few years, especially after a cold or wet winter. Blue Fortune has loose spires of lilac-blue flowers from July to October and peppermint-scented leaves. This upright, bushy perennial is perfect for the middle of a sheltered, sunny border.

Position: full sun; **Soil:** well-drained, fertile soil; **Rate of growth:** average; **Flowering period:** July to October.

(Gardening cont.)

Clematis 'Madame Julia Correvon'

From mid-summer to late autumn, wine red star-shaped flowers, with yellow anthers, cover the plant. It is a more compact variety which makes it perfect for growing in a container. As with most clematis of the viticella group it also shows good resistance to clematis wilt.

Garden care: Cut back stems to a pair of strong buds 15-20cm (6-8in) above ground level before growth begins in early spring. Mulch in late winter with garden compost or well-rotted

Position: full sun or partial shade; **Soil:** fertile, well-drained soil; **Rate of growth:** fast-growing; **Flowering period:** July to November; **Flower colour:** wine red bell-shaped flowers; **other features:** long flowering period from mid-summer through autumn; **Hardiness:** fully hardy.

Veronicastrum virginicum 'Album' Culver's root

Slender spires of white flowers from July to August above whorls of deep green leaves. This elegant perennial has self-supporting flowers making it ideal for adding height to sunny or partially shady border. It looks fabulous when planted with prairie plants or for adding vertical interest to white borders. Best grown in fertile, moist, well-drained soil.

Garden care: Divide plants in spring. Apply a generous 5-7cm mulch of well-rotted garden compost or manure around the base of the plant in spring.

Position: full sun or partial shade; **Soil:** moderately fertile, moist, well-drained soil; **Rate of growth:** average; **Flowering period:** July to August; **Flower colour:** white; **Hardiness:** fully hardy.

Echinacea purpurea Coneflower

Large, rich rosy-purple, daisy-like flowers with prominent orange-brown centres on stiff stems appear from June to September. One of our recommended plants, it's tough and does not need staking and makes an excellent cut flower. Like other coneflowers, it is long-flowering and will cope well with adverse weather conditions, except drought. Try it dotted through a sunny, mixed border or in bold drifts among grasses where it will extend the season of interest. It is attractive to bees and butterflies, and birds will flock to the seed heads.

Position: full sun; **Soil:** most soils, except very dry or boggy; **Rate of growth:** average; **Flowering period:** June to September; **Hardiness:** fully hardy.

Richard Hart

Hart of the Garden

With over 30 years of professional horticultural experience. Offering practical horticultural advice. Planting Schemes, specialist in pruning, Garden Renovation. Landscape Construction and maintenance work undertaken.

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