



**NEWSLETTER**

January/February 2012

# **ON YOUR BIKES! XCYCLE'S FLYING START TO 2012**



*Pedal power! Xcycle members – plus friends – pictured after their Christmas bike ride from Exmouth to Topsham*

## **TTE's Paul Strange sheds some mince-pie pounds on Xcycle's Christmas fun ride...**

**NEW YEAR resolutions? I made a key one late in 2011. I was determined not to get stuffed over Christmas, particularly having recently lost 2 stone on a diet. And, if I did overdo it on the mince pies and turkey, I'd ensure that I did some exercise over the festive break.**

Predictably I ate and drank far more than I meant to, but fortunately Xcycle came to my rescue. They'd organized a fun cycle ride up the Exe estuary from Exmouth to Topsham the day after Boxing Day. Perfect! Riding my trusty ancient Raleigh (£12 from the Recycling Centre), I set off to shed those mince-pie pounds with Christmas visitor Dan, who'd been loaned a bike through Exmouth LETS.

Around 12 of us gathered at Exmouth's swimming baths at 11.00am, with more joining us on the way. Xcycle's Adrian Toole welcomed us, outlined the route, suggested three stopping places, and insisted that it wasn't a race...And we were off! It wasn't long before I realized what fun an Xcycle ride can be. There was comradeship, a chance to catch up with fellow TTE members and plenty to look at along the splendid cycle path. In addition, some of the sections – particularly the hill coming out of Lympstone and the diversion around Exton – required a reasonable amount of energy, especially on my three-speed bike. It certainly felt that it was doing me some good. The entire ride took nearly an hour, although celebratory drinks and a little bit of nosh at Topsham's The Bridge Inn took considerably longer. Verdict? I'll definitely give one of Xcycle's outings another try later this year!

# GOOD HEALTH EXMOUTH

## REFLEXOLOGY

### **An introduction to this versatile and powerful therapy from Good Health Exmouth therapist Liz Flynn, MCThA**

MANY PEOPLE think reflexology is a kind of foot massage. Not so! Foot massage aims to relax tense muscles and stiff joints in the foot and ankle. To a reflexologist the feet are like a mini guide map of the body. Using special finger pressures, holding and massage techniques, the reflex points on the feet are treated according to the particular needs of each person. There are over 7,000 nerve endings in your feet, which connect to the nerve pathways of your whole body. Reflexology works on the whole person, through the feet.

Reflexology is a great treatment for all stress-related conditions, so if you are anxious or mildly depressed then this therapy could well be for you. It is also popular with women suffering with menopausal symptoms. Those who suffer from general aches and pains – including sciatica – often find it can help to reduce the severity of the pain. Reflexology is also used to help people with chronic conditions such as osteo- or rheumatoid arthritis or fibromyalgia to cope more effectively with their symptoms.

Reflexology is suitable for most people, but some conditions may restrict treatment so you will need to discuss your condition with your therapist before booking an appointment. A wonderfully soothing therapy, reflexology can give you instant relaxation benefits – even after a short treatment – if it is well focussed. And you don't need to be ill to benefit – reflexology is effective as a preventative and supports you at any time, not just when things have become too much. For more information, call Liz on 01395 266761 or visit [www.goodhealthexmouth.co.uk](http://www.goodhealthexmouth.co.uk).

## *Café Etc...*

### **TTE GROUPS TEAM UP TO HOST NEW COMMUNITY CAFÉ**

**RUNNING ALONGSIDE Exmouth's Christmas Cracker event on Saturday 3 December, the first Café Etc... was held at the Axis Centre in Market Street. A joint venture between Createx, Transition Town Exmouth and Exmouth LETS, it featured displays from all three groups, plus homemade refreshments and a feast of visual and performance art.**

Throughout the day, artist Michael Buckland made quick-fire drawings of the café patrons and performers. Meanwhile, work from three talented local printmakers – Claire Close, Birgit Frederiksen and Ali Pawson – was on display, and handmade cards and decorations were on offer at the Exmouth LETS stall.

Music included a superb jazz performance from pianist Paul Barnham, who was later joined on keyboards by TTE's own Paul Strange. In the afternoon there was a wonderful recital by a string quartet composed of Angela Ashwin, Julian Ashwin, Ann Boyd and Maggie Offord.

Two local poets – Trish Leake and Anne McInnes – read their own work, and the day was rounded off by a variety of tales brought to life by accomplished storyteller Jenny Moon. A second Café Etc... is on Saturday 11 February. See Events (page 3) for details.



*Artwork by printmaker Claire Close on display at Café Etc...*

## FARMERS' MARKET

### FARMERS' MARKET 'BUOYANT' FOR 2012, SAYS NICK MAY



*'We feel the market is in very buoyant condition,' says Nick May, Chairman of Exmouth Farmers' Market and proprietor of the Bread of Devon stall*

**EXMOUTH FARMERS' MARKET – which went weekly for the first time in the run-up to Christmas – has reported good trading over the festive period. The market is said to be in 'buoyant condition' and is likely to expand in 2012.**

Now back to fortnightly on alternate Wednesdays in the Strand Gardens, the weekly markets in December were a success.

'In the run-up to Christmas – despite being horribly windy on each occasion – the market went well,' says Nick May, Chairman of the Exmouth Farmers' Market Association and proprietor of the Bread of Devon stall. 'The wind made the stalls liable to lift off the ground, but we managed to hold them down, the market was well attended and we had the usual wide variety of traders, including a couple of extras who were doing specifically Christmas things.'

New stalls are expected as the market continues to expand during 2012. 'We feel the market is in very buoyant condition,' says Nick. 'It's been very well supported by the lovely people of Exmouth. We're expanding the range of traders on a fairly constant basis and we will have more on this soon. We hope that we're providing a decent service to the locals.'

It is possible that the market may go weekly again later this year during the summer months, but this has yet to be confirmed.

## EXMOUTH LETS

### 2012 LOOKING BRIGHT FOR EXMOUTH LETS

CASH-FREE TRADING in Exmouth has received a welcome boost thanks to mental health charity ReThink, which has kindly offered Exmouth LETS the use of its Meeting Street premises for social and trading events.

The first event held there was a cardmaking workshop in October led by member Sarah Hirst. It was a fantastic event, with everyone leaving with their own unique cards ready for Christmas.



*Handmade Christmas decorations were on sale for Cockles at December's Café Etc... event*

And there were more trading opportunities at the AGM in November and the Christmas social in December, when members enjoyed live music, hot mince pies and mulled cider. Homemade goods on sale for Cockles included Christmas cards and decorations, chutneys, pickles and sauces, cakes and scones, wines and seasonal vegetables.

'We saved a fortune on our Christmas shopping,' says LETS chair Delia Pemberton. 'It's really made a difference – not just in terms of saving money, it's also much friendlier and more sustainable, too.'

## EVENTS

**A SECOND helping of Café Etc... will be served on Saturday 11 February, 11.00am-4.00pm at the Axis Centre in Market Street. The event will include live music from The Alchemist's Wardrobe – featuring singer/songwriter Lara Conley – and work by local artists from Createx. TTE and Exmouth LETS will have information stalls at the event. As always there will be homemade cake and coffee, so do make sure to pop in!**

# DIARY

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February  
2012



## JANUARY

**Monday 9**

**TTE UMBRELLA MEETING**, 7.30pm, Town Hall. For more information contact TTE Secretary Noel Harrower: [n.harrower@btinternet.com](mailto:n.harrower@btinternet.com)

**Saturday 14**

**SIDMOUTH COMMUNITY MARKET**, 9.30am-1.00pm, St John Ambulance Hall, Blackmore Drive, Sidmouth. For more information please contact Kerry Gibbons on 07973 137592.

## FEBRUARY

**Saturday 11**

**CAFÉ ETC...** 11.00am-4.00pm, The Axis Centre, 7-9 Market Street. Admission free. See Events (page 3). For more details contact Roger Gibson at [walksmall@hotmail.co.uk](mailto:walksmall@hotmail.co.uk)

**SIDMOUTH COMMUNITY MARKET**, 9.30am-1.00pm, St John Ambulance Hall, Blackmore Drive, Sidmouth. For more information please contact Kerry Gibbons on 07973 137592.

**Monday 13**

**TTE UMBRELLA MEETING** 7.30pm, Town Hall. For more information contact TTE Secretary Noel Harrower: [n.harrower@btinternet.com](mailto:n.harrower@btinternet.com)

**Saturday 25**

**SUSTAINABLE OTTERY COMMUNITY MARKET**, 9.30am-12.30pm, The Institute, Yonder Street, Ottery St Mary. For more information, call Beatrix Godfrey on 01404 812213

### EXMOUTH FARMERS' MARKET

Wednesdays 4 and 18 January and 1, 15 and 29 February, 9.00am-1.30pm, Strand Gardens

### EXMOUTH COUNTRY MARKET

Fridays 6, 13, 20 and 27 January and 3, 10, 17 and 24 February, 8.30-11.30am, Salvation Army Hall, Sheppard's Row

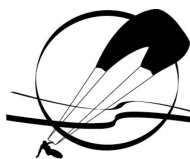
## LOOKING FURTHER AHEAD...

**Friday 2 March**

**SHARING OUR FOOD AND PURPOSE**, 6.30pm, Open Door Centre, Church Street. An evening examining what TTE means to you. Includes Pot Luck supper and discussion

**Saturday 31 March**

**PLANT A TREE WITH TTE**, 11.30am, Pound Lane, opposite Greenfingers garden centre. Show your commitment to the environment by joining TTE as we plant some new trees for Exmouth



**TRANSITION TOWN EXMOUTH**

[www.transitiontownexmouth.co.uk](http://www.transitiontownexmouth.co.uk)

To build Exmouth's local resilience and independence from fossil fuels,  
and to reduce its carbon emissions by a process of energy descent