

Merton Monthly

September 2025

{Produced by the Clinton Hall Charity Number 1204870 A Not-for-Profit Business}

Committee Members: Michelle Stacey, Julie Stacey, Vicki Benson and Dave Folland

Please send articles to dave.folland@btinternet.com by the 15th of September for inclusion in the October issue

**Your Number. 1
mobile grocery
shop!**

 Amys_Pantry
 Amyspantry@outlook.com
 Amys Pantry



**AMY'S
PANTRY**

Hi my name is Amy from Amy's Pantry and from September 2nd I will be visiting Merton on Tuesdays 1-2.30 and Thursdays 11-00--1.30. I am a mobile grocery shop supplying household essentials and a variety of fresh foods as locally sourced as I can find.

The Clinton Hall

The Clinton Hall is run by volunteers to enable the hall to be the for the whole community near and far. If you feel you could help in anyway no matter how big or how small, we welcome you. Often we have events that require help in the kitchen, behind the bar or help with set up and tidy up from various events. There's always plenty of gardening and tidying up outside to be done also. If you can spare anytime please contact Michelle on 01805603300 or info@clintonhallmerton.co.uk

We love to support our local football team, especially on home matches. We open the bar, serve hot drinks, and put on food for the players at the end of the match. If you could help with cooking chips or running the bar on a Saturday afternoon, then we would love to hear from you.

Hire Rates for the Clinton Hall

Whole Hall Hire {Not inc Outside Sports Facilities}

Weekend (8am Friday—12pm Sunday or 12pm Friday—8pm Sunday) £500-00

Full Day Hire (8am—12am) £250-00

1/2 Day Hire (6hrs) £135-00

Main Hall

Full Day £120-00

3/4 Day £90.00

1/2 Day £65-00

£11-00 hr

Skittle Alley

Full day £55-00

1/2 Day £35-00

£8-00 hr

Kitchen

Full Day £50-00

3/4 Day £40-00

1/2 Day £30-00

1/4 Day £15-00

Sports Field

Full Day £50-00

1/2 Day £30-00

Conference Room

Full Day £80-00

1/2 Day £45-00

£8-00 hr

Changing Rooms

Full Day no Showers £20-00

Full Day with Showers £30-00

1/2 Day no Showers £10-00

½ Day with Showers £15-00

Children's Parties (ending before 6pm)

Stage Hire

£25-00 set up by the Committee only.

Up to 4 hrs Main Hall & Kitchen (no cooking) £45-00

Up to 4 hrs Main Hall & Kitchen (with cooking) £55-00

For a combination of rooms or specific times/requirements, please contact the Hall for a quote.

E-mail info@clintonhallmerton.co.uk

Telephone 01805 603300 if no answer please leave a message on our answering machine, which will be dealt with as soon as possible.

Advertising Rates for the Merton Monthly

Within Parish boundary

1/8 page – Business Card £25-00

¼ page £35-00

½ page £50-00

Full page £100-00

Outside Parish boundary

1/8 page – Business Card £30-00

¼ page £40-00

½ page £60-00

Full page £110-00

These rates are for 11 issues, from May to April. Local Clubs/Organisations please contact the Editor.

Lost & Found free. Items for sale usually 2 issues free, depending on advert size.

One off adverts please contact dave.folland@btinternet.com for pricing.

TARKA TREATS



**EVERY
THURSDAY
11-1PM**

THE CLINTON HALL,
MERTON, EX20 3EQ

ALL WELCOME
MERTON'S
COMMUNITY COFFEE
MORNING
RUN BY THE
COMMUNITY, FOR THE
COMMUNITY
IT'S A SUGGESTED
DONATION OF £4 FOR
UNLIMITED HOT
DRINKS AND SOME
TASTY TREATS.

YOUR LOCAL GYM

Run BY the local community,
FOR the local community

Treadmills, Bikes, X trainer,
Rower, cable cross machines,
multi gym, free weights
and much more.

On the A386 between
Hatherleigh and Torrington

24 hour access
Ample free parking
No joining fee

A not-for-profit business
Registered Charity No. 1002372

Flexible membership options

The Gym @ Merton, The Clinton Hall, Merton EX20 3EQ
info@clintonhallmerton.co.uk 01805 603300

Black Bag & Green Waste Collections for September

Black Bag Collection: 4th September & 18th September

Green Waste Collection: 11th September & 25th September

Recycling & Food Caddy: every Friday

The dates are subject to change for Christmas, New Year, other Bank Holidays and adverse weather conditions. We will announce any changes via our website @ [Torridge District Council](#) and social media



All Saints Church

Team Rector: Revd Martin Warren, tel: 01409-281424

Curate: Catherine Duff, tel: 07717-209484

Methodist Minister: Rev Chris Jackson, tel: 01837-52302



Dear Friends,

How hard it is to make peace. Whether it is in Ukraine or Gaza – or over the garden wall. We stand for our rights and what we think should be ours. We respond to ugly language with sarcasm, or even more vitriolic words. The anti is upped and we get nowhere. And wrongs are remembered from one time to the next, even from generation to generation. It just goes on. Even, if there is a cessation of hostilities, tensions still simmer. How can we do it differently?

Well Jesus did. And few have really tried it since. He stood before the powers that be, and didn't answer back. But nor did he shy away from his position. He stood his ground. And when before the one who would decide whether he lived or died, he treated Pilate as an adult and entered into a very human conversation. When on the cross, he cried out for forgiveness for those that so ill-treated him.

He lived out his own words: 'Love your enemy as yourself.' 'If they strike you on the right cheek, turn to them the other also.' – the first can be just a reaction; the second is a definite decision. You are inviting them to think. 'If they force you to go one mile' – the Roman soldiers had the legal right – 'go with them two miles.' Now you are freely giving, not being forcibly taken. 'Lend without expecting anything back' – hardly lending, more giving. But you get the point: you're not looking for what's in this for me.

Can that be done at national level? It's hard to say. But in the end it's not for us to say, for it's not us making the decisions. But we can at a local level, person to person – with our neighbours, our families, in our churches. It's the only place we can really make a difference.

But even then it is so hard. It feels unfair, we feel wronged: how dare they! We feel the sense of loss, be it of money or pride or something else. So how did Jesus do it? And so how might we? Well, it seems to me that he does because of his relationship with God. He knew himself loved and cherished by God, and so he knew that he was safe in God's hands – whatever happened. Even death itself. And so he could love and cherish others too, knowing that God did as well. He could see each person, however obnoxious they be, as still a valued human being. So it was safe to let go: safe to let go of belongings, safe to let go of prestige, safe to let go even of life itself.

Maybe we could. But probably only with God's help. And that takes asking.

Every blessing to you,

Martin Warren

Services in Merton and Huish

7th September 11.00am Morning Worship (Petrockstowe)

14th September 3.00pm Celebration of Family: Marriages and Baptisms

21st September 9.30am Communion (Merton)

28th September 9.30am Communion (Huish)

Service by Phone Sundays at 4pm

Ring 0330-606-0403. (You will be asked for an access code: 251417)

Celebration of Family:

Weddings and Baptisms

Sunday 14th September

3.00pm

*All welcome,
especially those recently married or baptised.
Tea and cake to follow*

TAW AND TORRIDGE *of Devon*

Due to retirement and increasing work we have the following vacancies:

PART-TIME MINIBUS & SCHOOL BUS DRIVERS (Working out of Okehampton, Hatherleigh, Merton or Torrington)

- AM and/or PM school runs Mon-Fri (term time only)
- Maximum of 20 hours per week, and
- Extra hours available if required
- **Excellent rates of pay**
- Pro-rata holiday pay

PCV Licence required, however training can be given to a suitable candidate to obtain licence.

An enhanced DBS check will be necessary.

FULL TIME PCV/HGV MECHANIC (Working out of Merton or Barnstaple)

- Working on a well-maintained fleet
- In modern workshops
- Additional training when necessary
- **Excellent rate of pay**
- Pro-rata holiday pay

For full details and rates of pay - please contact:

Taw and Torridge Coaches Ltd

Tel: 01805 603400 or 01271 859533

email: enquiries@tawandtorridge.co.uk



MERTON SHORTMAT BOWLING CLUB

We played our last match on 20th August against Colebrooke (rescheduled from 14th) and won by 1 point which was sufficient to lift us from bottom position in the division!

We will be having roll-ups on Thursday evenings throughout September in preparation for the Winter Afternoon Triples. As there are more clubs which have joined the league there will be no relegations so we will be in Division 2 again.

If you wish to try out the sport, or just come to watch, you will be given a warm welcome. Please come to the Clinton Hall on any club night for an introductory session. We will supply equipment, just bring yourself! If you prefer, contact Jeanie on **01805 601125** or Julie on **01805 603405** for more details:





Merton F C



Results

Merton	5	South Zeal	2
Merton	2	Torridgeside	2
Merton	4	Putford	2
Bradworthy	10	Merton	0

The season has soon come round. We have stayed in the same league as last season. Hopefully, we can put out a team and compete in every game.

Merton AFC 150 Club Draw August 2025

£20-00 Roger Lancaster

£10-00 Andy Varney

Cycling

I think we are lucky to have access so close to the Tarka Trail, after a long break I returned to cycling, yes, I take the car and used to go to Watergate to join the trail, saves the hills at Yarde. The first few rides I did were hard work with a lot of stops, but slowly I began to go further between stops.



The picture here shows one of my favourite spots.

Beam Weir, I use this as one of my usual stops, I can spend ages here watching the water flowing over the weir.

And yes, I have crossed to the dark side! Back at the start of the year I had my faithful Claud Butler serviced, didn't turn out as well as I had hoped, so on return to the service centre I went to I test rode this ebike, yep, I was converted. According to the manual it has a range of 40 miles, my aim is to see how far I can go without using the power assistance or the low setting. The thing I find is that it makes me want to go further afield and explore new areas.

This brings me onto another point, I have had many conversations with people on the Tarka Trail, who say that ebikes are dangerous as they go so fast. My reply is that if it is a legal ebike it is limited to 15.5 mph pedal assistance after that it is down to the cyclist own pedal power. My bike weighs in at just over 20kg without me..... a nice carbon fibre road bike weighs about 7kg, they are built for speed, I see more cyclists pushing hard on non ebikes than ebikes. Most people I see and chat with are happy to go for a relaxing ride to take in the scenery. As far as I am concerned the Tarka Trail, I know I keep referring to the Trail, as this is where I like to ride, I believe in share and share alike. There are bad cyclists and bad pedestrians.

I am not even getting in to the converted bikes that will go a lot faster, as far as I am concerned, if it is not legal, it belongs in a crusher!

So to finish, this next picture was one of the longest rides I have done, before the ebike. I left Watergate on the old Claud Butler, not sure of where I was going, sailed through Bideford, Instow, Fremington Quay, as a side I can recommend the cakes and coffee at the Café!

Travelled on wards into Barnstaple, struggled my way up over the new bridge and then set off again finally stopping at Braunton.

The thought was on the lines of "Well I've got here, now I've got to ride back!" I must admit by the time I got back to Watergate I was really glad to see the car.

I have done the run to Barnstaple on the ebike and must admit that having the power assist does help in places. I have been looking at maps recently and am thinking I want to head to Okehampton and ride the Granite Way and possibly some of Drake's Trail. Who knows what else?



My final point, close passes! I know we are moving slower than most other vehicles, but we do have the right to use the public highway. Looking at the Highway Code, you know that little book that our driving instructors would keep referring us to when learning to drive states that you should give cyclists at least 1.5 metres of clearance and slow down if possible. I try to keep out of the way if I can and try to pull in and let vehicles pass when I can, but this is not always possible and usually a cyclist will only hold traffic up for a few seconds.

I'm putting my cycling helmet now and ducking!

Enjoy yourself out there and safe happy riding!

Dave

Farm Fresh Local Milk

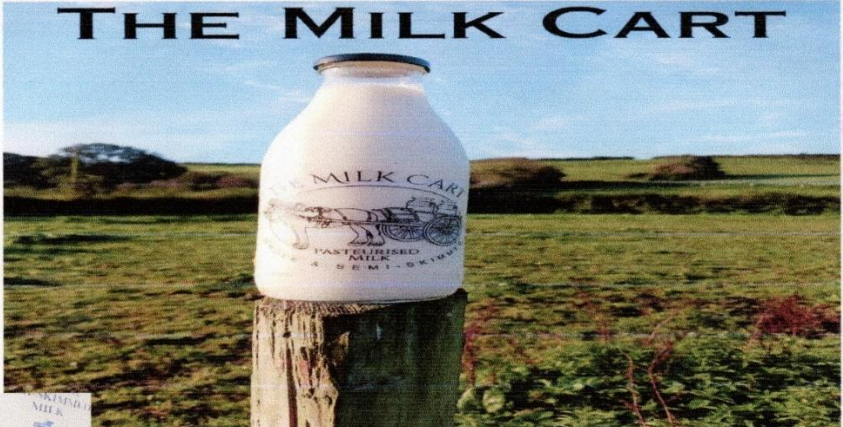
Every Tuesday

THE MILK CART

MILKSHAKES

Reduce Re-Use Recycle

Buy a glass bottle or bring your own container



Every Tuesday **The Milk Cart** will be at Clinton Hall, Merton bringing you local fresh milk and milkshakes in our self service vending machine

www.TheMilkCartLtd.co.uk

f

For Sale

Italian 5 zone igel Memory Foam Double Bed Topper.

Used 3 times, not for me.

Plus 2x Cotton Zip Covers. All VGC

Cost £100-00. Open to sensible offers.

igel Nano Tec Graphene Front and Back Sleeper Pillows, had with new bed, far too high for me.

Retail £80-00 each at Bensons Beds £80-00 for both, have a look, never used.

Call Andy on 01805 603194

For Sale

Reebok GT 40 s Treadmill. Can be seen working.

£200-00

Contact Dave 07891424912

Freecycle/ For Sale

Any items for sale, or just looking for a new home, just let me know.

dave.folland@btinternet.com

Or drop a note in my letterbox at:

Laburnum Cottage, halfway between the Pub and the Garage.

D

W

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TORRIDGE VOLUNTEER CARS

Admin Volunteers + Drivers

Do you have time on your hands? Would you like to help your Community?

Our **Admin Volunteers** staff our office in Bideford **one** morning a week (Mon – Fri between 09:30 and 13:00, excluding public holidays)

Our **Volunteer Drivers** take passengers to appointments etc, for which expenses are paid.

If you have the time and would like to help, please call the office for a chat.

01237 237140



Events by night in our quirky vintage converted catering trailer and day events with both trailer and/or professional gazebo

We can provide a bespoke service for your event too!

GRASCOTT FIREWOOD

tel. no. 01409 281393
email: info@grascottfirewood.co.uk
website: www.grascottfirewood.co.uk

*Loose Logs • Nets • Kindling • Kiln Dried
Local & Sustainable*



Remember the deadline. **15th**
September to be included in the October
edition