

THE LATEST NEWS FROM Shallowford Farm

making the difference



Dear Friends

The winter has been cold but kind to us at the farm.

There are still so many gems and jewels to be found amongst the frozen dead bracken and slumbering trees.

There has been much happening at the farm, two groups visiting Shallowford since Christmas, new trustees joining the team, piglets growing and moving on.

We are looking forward to the joys that spring brings, signs of new growth all around us. A very busy time on the farm.

The Senses of Nature

by Kiki & Chloe (Cissi).

Water racing down the stream

Water bumping against the rocks.

Smell the fresh leaves and feel them

Crumble under foot.

Hear the branches swaying in the wind

Hearing little birds.

Water slapping like a swimmer in a pool.

Sheep bleating.

I could see the sunlight glistening in my eyes.

The clouds are like pictures in the sky

Changing shape in the breeze

Farm news

The cabbages so lovingly planted last year by the Providence groups are providing good food for the animals during the winter and the swedes give them the energy they need to cope with the cold.

All is very "expectant" on the farm. The piglets have been weaned and are ready to be sold, the boar is here and ready for the sows!

The cows are in and ready to calve, start date around March 1st. The sheep are close by and ready to lamb starting April 1st.

All is ready and - waiting.

Quotations from January visitors



What makes you keep wanting to return?

'The Adventure. The farm gives you the opportunity to be independent.' Sanchez

'I love the tranquillity, beautiful scenery and the change from the norm. I also feel a special connection to Providence and East Shallowford.' Chike.

Some memorable things about this visit?

'Walking, star gazing, playing games, bedtime.' Troy.

Some words to describe what Shallowford has meant to you?

'Without a doubt a place that reminds me of "home".' Hadas.

'East Shallowford is the best farm ever!' Abi.



Renewing friendships

We have started 2015 looking back at friends of Shallowford who we haven't seen recently.

If you have been involved in the past and not so much recently but would like to, please do get in touch. It would be really encouraging to meet with you, talk over your memories of Shallowford, Elizabeth and Rosemary. I look forward to meeting you.



Poetry inspired by the woods

The Forest

- by Amber and Chloe Morley

Calming and relaxing
Peaceful
Birds singing.

Natural green carpet
Splashed
With forever yellow.

Feathery lichen,
Rough, strong bark
Covers the old unique
Trees.

This wonderful place
makes me smile.



Inside Nature

- by Denneisha & Amelia

Strolling through the natural world
It is an open door.
Sounds of singing birds is beautiful.

My heart is free
I feel free.
Embracing the trees, making me feel safe,
not alone.

Splashing water of the river
is part of the open wild.

Touching the earth
Makes me feel comfortable
Comfortable.

John Muir Award winners



Some of the volunteer youth leaders from Providence House have been working towards the John Muir Discovery Award over the last year.

The John Muir Award is based on the life and work of John Muir, seeking to introduce people of all ages to wild places and nurture the desire to conserve them. The award has three levels of achievement and there are four elements within each - Discover, Explore, Conserve and Share

The young leaders Discovered the wild place that is Dartmoor and Explored it - in ways they didn't think possible!



They took their enthusiasm for Conservation back to London and worked with the young people to help restore green spaces around Providence House. They then Shared their experiences with the young people they serve.

They have all received their beautiful certificates and The Shallowford Trust is now a recognised Provider of the John Muir Award. Congratulations to everyone.

The trustees team grows



Last year we were joined by two new trustees, Rev. Jon Doble, methodist minister, and Malcolm Hunter, builder. Both have brought a raft of new skills to the share with the team. They have been very active working on the buildings and compliance of the trusts work.

This year we have been joined by David Davies, a fund raiser for national charities, and John Dracup, a local agricultural specialist. They will be adding to the team skills in fundraising and farming. We are always delighted to welcome new blood to the team as it brings in new perspectives and sharpens our focus.

Thank you to them and indeed all our trustees who work very hard for the trust, especially at this time of change and development.

Night Walks

Visitors to Shallowford have always enjoyed night walks. Experiencing the silence and real darkness, often for the first time, relying on their senses and trusting their leader to get them home safely. On a clear night the sky full of stars is awesome. The recent girls group was no exception and they wanted to walk all the way from the farm to Bellever youth hostel where they were staying. It was decided that the mini bus would drop them off on the road to Babeny and they would walk across Riddon Ridge back to Bellever.



Anyone who knows this area will understand the girls worries when walking across this wild open windy ridge on a cold night. They did well apart from being scared by a large herd of Dartmoor ponies who galloped across our path obviously disturbed by us. The girls were almost ready to give up when the lights of the Youth Hostel came in site and they ran ahead looking forward to a cup of hot chocolate and a warm bed. A challenge that they all succeeded in, well done the girls group.

Spot the lighthouse - from Shallowford!



A great team came to the farm in January. Our focus was to consider the events and happenings of 2014 and look ahead into 2015.

The lads helped Paul with many tasks, moving the sheep, feeding the animals and taking down fences. We spent a wonderful cold evening walking up onto the rocks at Rowden Ball, the nearest vantage point. The night was fairly clear with a thin veil covering some of the stars.

As we lay on the rocks - yes we lay down! - we could just absorb the night sounds and focus on the stars so very far

away. We talked of the future, veiled but secure in Him, of the faith that we have to follow His narrow path and listen to His still small voice.

As we looked south we caught glimpses of the three rotations of light from a lighthouse. Quite an amazing sight but is it from Berry Head 20 miles away or Start Point 30 miles away? We must take a compass with us next time to solve the mystery but what a reminder of the guiding light into their 2015.

The Shallowford Country Fair is on Saturday 25th July

We are already planning ahead for this fund raising event at the farm and are looking for volunteers to help. We will need help to plan, build, run stalls, plan games, cook cakes, produce goods and plants and crafts to sell.

Do you have anything that we can include in the silent auction ?

Please let us know if you are willing to help, what skills you can share, both before the event and on the day.

Put the date in your diary - NOW!

Farm Reflections from Battersea

After each group visits Shallowford Robert writes a great reflection of their stay. This will give you a different view of the "goings on" here at the farm and the value

These will be posted on the website so keep checking the posts there and of course the regular news items.



DATES FOR YOUR DIARY

13th-15th March

Volunteers & leaders from Providence House

Thursday 26th March 7pm

Shallowford Prayer Meeting

28th-31st March

Young people-introductory farm experiences

10th-12th April

Young people helping at lambing time

17th-19th April

Adult work party

Thursday 30th April 7pm

Shallowford Prayer Meeting

1st - 4th May

Womens weekend

Saturday 25th July

Shallowford Country Fair

YOU CAN SEE MORE
NEWS ON OUR
WEBSITE AT

www.shallowfordfarm.co.uk

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