



February 2016



Forthcoming Events / Training

Emergency at Work First Aid Course – Tuesday 23rd February at Exford Village Hall (places still available)

This course will meet the needs of being an Emergency First Aider as laid down by the Health & Safety Executive (First Aid) Regulations 1981 and is valid for 3 years by the Institution of First Aiders. **Cost:** £45pp Modules covered: aims and principles of first aid, legalities, responsibilities, record keeping and reporting, assessment of the situation, basic hygiene in first aid, shock, dealing with an unconscious casualty, seizure, resuscitation/ CPR/ defibrillators, minor injuries, bleeding control, choking, heart attacks and angina. To express an interest please contact the office.

Exmoor Women in Farming Group – Monday 29th February at 6.30 pm (milking parlour visit) or join us at 7pm – 9pm New attendees welcome

Sheep milking and visit to the lambing shed at Briddicott Farm, Carhampton, Nr Minehead TA24 6RQ by kind permission of Mr and Mrs Andrew Speed. We will explore the milking parlour and milking process of 200 Poll Dorset x Friesland sheep. Andrew and his family supply local cheese and yogurt makers and the well-known Styles Farmhouse Ice Cream Parlour with sheep's milk. We will also visit the lambing shed where they will be lambing just over 400 in this batch. Andrew has kindly delayed milking for us to visit the parlour at 6.30pm, anyone who is unable to make this time but would still like to visit please arrive when you can. For anyone wishing to car share we will be meeting at Cutcombe Market car park at 6.00pm. Booking essential by Friday 26th February 2016.

Cosmic Free Computer Support 1-2-1 Sessions

We are delighted to have arranged a number of **FREE** training sessions for our members during February through funding from The Princes Trust and delivery by Cosmic. We are currently arranging training sessions on Social Media and Introduction to iPads for May. Please contact the office to express your interest.

Interesting News

Starting the Conversation! by Sian Bushell – Acclaimed Family Facilitator (as seen recently)

- Accept that you cannot change other people. The only person you can change is yourself. So look honestly at yourself and decide if you need to change your attitude to achieve success. When accepting other people the way they are, look at the positives not just the negatives and appreciate them.
- 'Seek first to understand'. Try to understand what other family members want and what they are concerned about. Then ensure that you make them realise that you do understand them. Never assume you understand until they tell you. Don't express your wishes until you achieve that stage.
- Chip away every day doing little things. Every day ask yourself what can I do today to get me nearer to having that important discussion.
- You may need to enlist the help of other family members or trusted people with influence.

- If you still cannot get some family members to agree to a meeting, have the meeting anyway. Inform them when it is taking place, they may attend in the end. If they don't, send them a resume of what was discussed and decided.

Farmers / Small Businesses: Would you like help with any of the following?

Sam Winzer
AgriAdmin

 IAgSA
Associate Member

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07929 067 117

11 Barn Lane
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- On Line Submissions, if you do not have a computer or internet connection – or if you are not confident with online.
- Sheep flock records.
- Cattle records and / or BCMS.
- Veterinary & medicine records.
- Accounts & VAT.

If yes, please contact Sam Winzer on samwinzer@agriadmin.co.uk or 07929 067 117 and we can discuss your requirements, no obligation.

Advert

We are busy preparing the latter part of the spring / summer programme of events and training to be delivered across Exmoor by the network. We will keep you updated. May I take this opportunity to wish you a very happy lambing and calving season.