



CONTACT

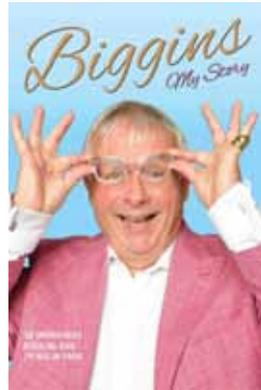
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Annette Shaw's roundup of new books

THE thing about Biggins, when you think about it, is that he's always been there. A bit like The Queen.

You may first wonder what he's been in but as memories flood back, from *Rentaghost* to *Porridge*, it all slots into place. Then there were the serious roles such as playing Nero in the BBC dramatisation of *I, Claudius* and Biggins was the original Reverend Osborne Whitworth in the BBC's 1977 series of *Poldark*.

I met Biggins at the Sidmouth Literary Festival and what came across immediately was an easy-going warmth with everyone. And that's a strong element in the book which is an update of his life and covers the sudden death in 2015 of his dear friend Cilla Black. His voice is unmistakable and I smile at the thought we share a



*Biggins: My Story*

CHRISTOPHER BIGGINS

Lancashire town of birth and both had parents who believed in the power of elocution lessons. "It gives a certain demeanour and confidence to speak the Queen's English." One has to agree.

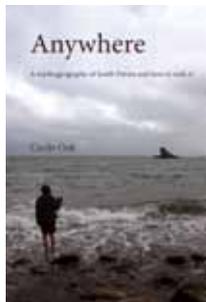
What I particularly enjoyed about this autobiography is the positive energy that underpins Biggins's life and writing. It's also a wonderful insight into the entertainment business and how it's changed.

"The disappearance of the regional repertory system is a great loss," he says forlornly.

"There was no better way to learn the craft and I really mean every aspect of it. The shows came thick and fast and it was like being part of a family that had to stand shoulder to shoulder."

*Published by John Blake Publishing.*

*Paperback £8.99*

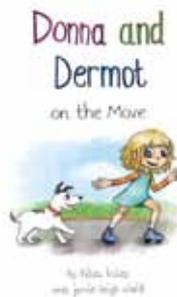


ANYWHERE: A MYTHO GEOGRAPHY OF SOUTH DEVON AND HOW TO WALK IT  
*By Cecile Oak*

Writing as Cecile Oak, a young PhD student of Symbolist art and performance, Phil Smith offers a vivid portrait of South Devon.

The best way to describe this book is a stream of consciousness meets unconventional travel guide. It's intense and packs in landscape, buildings, geology and historical notes such as the case of John Lee – the Babbacombe man who escaped death when the trap door at his execution failed to open three times.

*Published by Triarchy Press. Paperback £20*

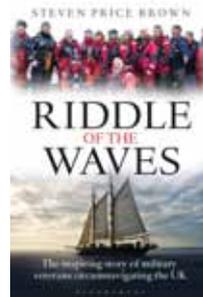


DONNA AND DERMOT ON THE MOVE  
*Hilda Kalap*

I've chosen this book because 10 October marks World Mental Health Day, a subject close to my heart.

One in ten children is likely to have a mental health problem which can manifest even before the age of five. In easy-to-read text Hilda gently reminds us of the importance of Mindfulness, of living in the present. Based in Totnes, she is a former journalist and has worked in communications for several organisations, including the Red Cross, in the UK and overseas.

*Published by Nightingale Books. Paperback £5.99*

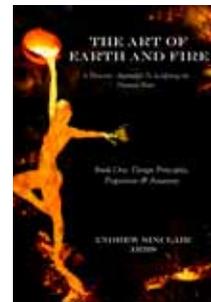


RIDDLE OF THE WAVES  
*Steven Price Brown*

Serviceman Steven Price Brown writes an inspiring account of his descent into Post Traumatic Stress Disorder.

In 2012 he flew to Afghanistan for a tour of duty with the Grenadier Guards. "On one early morning patrol my mate Jay got hit by an IED." How does anyone recover from sights and experiences like that? Well, Steven put to sea along with others desperate to rebuild shattered lives. His round Britain voyage on the Spirit of Falmouth is a triumph in every sense.

*Published by Bloomsbury. Hardback £16.99*



THE ART OF EARTH AND FIRE. A DYNAMIC APPROACH TO SCULPTING THE HUMAN BODY  
*Andrew Sinclair.*

This is a technical book from a master of world class figurative sculpture. Andrew is co-owner of The Sculpture School in Devon and his work graces many properties, including the Royal Box at Ascot.

A current project is a high profile sculpture to create a life-sized statue of David Bowie in Aylesbury. Each easy-to-follow step in the process of sculpting a figure is explained in depth so students truly understand how and why a human body looks and moves the way it does.

*Published by Austin Macauley. Softback £32.99*