



Pilates Classes on Zoom for Older Adults
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The class is specifically designed to safely mobilise the joints and strengthen the muscles using a mixture of seated, standing and floor based exercises. You will need to be able to get safely up and down from the floor.

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Westcountryman by the editor

I should confess up front that I come to this piece with some considerable subjectivity. Anthony Gibson has been a friend of *The Leveller*® since its inception. He sits on our Advisory Board and has been a fountain of knowledge on the many issues on which we have consulted him. That said, biased as I may be, I was not going to give up the chance to review his recently published autobiography.

Anthony has the West Country flowing through his veins.

Yes, he lives in Langport and you can be sure to have a

reasonable chance of bumping into him at Eli's or the Halfway House as and when some kind of normality returns. But his West Country roots run deeper than that. As he describes in his book: "Having been born in Devon, living in Somerset, with a daughter born in Wiltshire and a mother born in Gloucestershire, not forgetting a grandfather who had been a Baptist Minister in Falmouth, I had family connections with all of the South West counties bar Dorset and even there I had always felt myself at home. I regarded myself, then as now, as a Westcountryman."

And so it is that Westcountryman is the title of his autobiography. Anthony's life has probably been best known to the wider public for two roles. Less happily as the face of

West Country farming during the Foot and Mouth crisis of 2001 (although he was heavily involved during the BSE crisis too). And much more happily as the voice of Somerset cricket in which capacity he has excelled and delighted many over the past decade or so.

He is well known for his long association with the National Farmers Union in the South West. But what makes his autobiography compelling are the facets to his life that are perhaps less well known. An Oxford graduate, successful writer, champion of cider, authority on the floods on the Somerset Levels and much more.

For me it is his gentle sensitivity with which he writes of his family that makes this more than just a lifestory. The relationship with his father and brother are particularly moving. He writes with polish and verve. He has a knack for the *mot juste* and where others might have offered simply too much information, he backs away with just the right balance between intrigue and discretion. It is a book about Anthony's life, sure. But it is also much more than that. Anthony Gibson's *Westcountryman* is well written touching and simply a jolly good read.

"Westcountryman – a Life in Farming, Countryside, Cricket and Cider" is published by Charcombe Books price £20. Copies are available through all the usual outlets, as well as from www.anthonygibsonbooks.co.uk

