



LAPFORD LOOKOUT



YOUR LOCAL MONTHLY NEWSLETTER

Year 23 Issue 7

October 2020

A VIEW FROM THE CHURCHTOWER

Lapford, as a hillside village, grew around its historic centre. Originally a Norman chapel, the church of St Thomas of Canterbury partly dates back to the murder of Thomas Becket on the order of King Henry II.

With little change since the 19th Century rebuilding of the church chancel and the 20th century building of the Victory Hall, the clearance of Lower Town Place opens vivid views and valuable new community space.

"We can all use this new space", said Victory Hall Committee Chair, Darren Crump, "It offers great possibilities to our community and Hall users alike.

We now have the potential to stage new events and use the hall in different and exciting new ways. There may be the opportunity to develop new ideas for the Revel for music and the arts."

"The mission was always to stop unsuitable development of too many houses at Lower Town Place and to open the space for the community", said HOLD Chair Pete Norman. "From 24th October, the beginning of half-term, Lower Town Place will be open to the village. First job done! The next task is for the village to decide what else people would like to see and to hear views especially from young people."

Both the Victory Hall Committee and HOLD are exploring ways of joint working and looking forward to the future and they will need the help of the wider community and you. Contacts are: for the Hall - Darrencrump99@hotmail.co.uk and HOLD - peter.norman64@gmail.com.

There is also more good news. HOLD has announced the benefactor who made a loan of £30,000 is so pleased with the progress made to improving the village centre the loan has been converted to a gift.



THE LAPFORD LOOKOUT WELCOMES NEW MEMBERS TO THE EDITORIAL TEAM



We are delighted to report that, in response to the request in last month's Lapford Lookout, two people have kindly stepped forward to join our Editorial Team. They are Beccy Fletcher and Hazel Morgan. Here are a few words of introduction from them.



"My name is Rebecca Fletcher, but most people call me Beccy. I have lived in Lapford with my husband Steven for 14 wonderful years and I have four children, two of them attend Lapford Community Primary school and the older two go to Chulmleigh College. Some of you may know me as the woman that sews or the lady that made Daisy the Cow for the LADS Pantomime in January but I also work at Exeter Airport and like to try my hand at anything creative. I feel very privileged to be able to help secure the future of the Lookout as I feel it plays a major role within this village community and I look forward to the challenge."

"My name is Hazel Morgan and I have lived in Lapford with my partner Richard for a year now. Having moved across from Bideford we are really enjoying village life and the amazing community spirit here. I have worked in the Art Department of Pilton College in Barnstaple for 18 years now and, like Beccy, enjoy many creative pastimes. My latest creation was my front garden, which many of you have seen grow and have kindly made lots of lovely comments about it. I am also a huge Chiefs fan and fly the flag proudly. I am really looking forward to being a part of the Lookout and helping ensure it's continued success. "

Thank you both and welcome to the team.

GREETINGS FROM THE ARK

I read this and it made me smile but also gave me pause for thought. Things in the world are a little bit testing so we need to keep some sort of perspective. The story goes

"A woman was sitting in her lounge when a small black snake suddenly appeared and slithered across the floor, making it's way under the sofa. Being terrified of snakes, she ran to the bathroom to get her husband who was taking a shower. He came running from the shower with just a towel around his waist, grabbed an old broom handle from a cupboard, and began poking under the sofa. At this point the family dog woke up. Curious to see what was going on, the dog came up behind the man and touched his cold nose against the man's heel. The man, thinking the snake had bitten him, fainted. The wife concluded that her husband had had a heart attack, so ran from the house to the hospital, just a street away. The ambulance drivers promptly came to her house and placed the man on the stretcher but, as they were carrying him out, the snake reappeared from under the sofa. One of the drivers got so frightened he dropped his end of the stretcher and broke the man's leg. Seeing her husband's badly twisted leg, she collapsed on the spot. Meanwhile the snake slithered quietly away."



Acting impulsively usually means things get worse before they get better. So, before you panic, take a moment and breathe, calm yourself and ask God for wisdom and help, even in the simplest things.

2 Timothy 4:5 says "Keep your head in all situations."

(The story was borrowed from United Christian Broadcast notes).

The ARK has had a deep clean and the way forward was discussed as to how we would be able to open and comply with government guidelines. Having made the decision, we were all set for the first Tuesday opening with a limited menu. Thank you so much to all who have kept the Foodbank supplied with donations. The ARK stands for Acts of Random Kindness and where there is a need we will do our very best to help. We are passionate about The ARK and it's use. It is a community space, run by the community and used by the community.

We look forward to seeing you soon over the coming weeks and once again The ARK being full of chatter, laughter, cakes and coffee.

The ARK Volunteers

A GENTLE STROLL ON DARTMOOR – OCTOBER 2019

Having retired a couple of years ago, my wife and I decided that we were becoming fat and lazy and we should do something about it. Walking would be the answer. We have been walking around the village and outlying areas for the last few weeks, but decided to try something more adventurous.

Walking on Dartmoor seemed to be a good method by which we could start with an easy stroll and build up to more challenging hikes.

Having scanned the internet and the OS map of the area, we decided that a level(ish) and easy to follow walk from Two Bridges to Wistman's Wood would be a good start.

We packed my back pack with a map, compass (which weren't needed on this occasion) waterproof jackets and other essentials like a Thermos of boiling water and coffee making supplies then set off. We drove to the free car park opposite the Two Bridges Hotel and at 2 p.m. walked through the gate onto the footpath signed for Wistman's Wood. It is an easy walk which takes about an hour or so in each direction, stopping frequently to admire the views. There are some forks and turn offs from the path, but this doesn't matter as all paths led to our destination.

Wistman's Wood is certainly an extraordinary place to visit with its moss, lichen and ferns covering boulders and stunted trees with their twisted branches, mainly oaks said to be over 600 years old. Finding a flat rock to sit on and prepare our coffee whilst overlooking the woods and surrounding countryside was easy as the ground is littered with granite slabs.

On arrival we found that being half term, many families had also decided to make the walk, added to that 50 ecology students from Bristol University were studying the mosses, lichens and other flora and fauna in the woods and river. It was not crowded, but as there were so many people there we did not experience the well publicised mystical feel of the area. Retracing our footsteps we arrived back at the car just as the inevitable rain started, perfect timing.

It was worth visiting, and plans are now afoot for our next walk which may be along the West Okement River near Okehampton Castle, or even from South Zeal to the top of Cosden Hill, it is just a case of finding a day when the weather is suitable.

On our way home we stopped at The Countryman Restaurant on the B3215 (Okehampton to North Tawton Road) for an excellent carvery dinner.

Richard Hassett





DATES TO LOOKOUT FOR October 2020

- 11th Harvest Celebration Service at Lapford Parish Church
- 14th Annual General Meeting of Lapford Youth and Playing Field Trust (LYPFT), 7pm. Venue to be arranged.
- 14th Copy deadline for November issue of the Lapford Lookout.

SHINE A LIGHT IN LAPFORD

This year has had an enormous impact throughout the world with many long term implications. Here in Lapford the Covid 19 pandemic has not brought illness to us up to now but many people have suffered in other ways, including loss of employment, lack of social interaction and financial hardship.

One of the mainstays of the village in recent years has been the Ark community Café which also runs the Foodbank. 2020 has been a year when the need to support the vulnerable in our community has become increasingly necessary, and this is likely to continue for some time to come. In 2019, almost at the last minute, attractive bottle lights were created and sold by a small group with all proceeds being donated to charity, in that case the Victory Hall. However it has been decided that in 2020 the obvious need is to support the Foodbank and therefore it intended to create and sell bottle lights through the Ark this year with all proceeds going to the Foodbank.

The intention is to create at least 50 attractive bottle lights and to offer them at the very reasonable price of £5 OR MORE donation for a very worthy cause. This could yield in the region of £250 for the Foodbank.

Last year many people bought them for additional Festive lighting or even affordable Christmas gifts. So watch out for the bottle lights, available in the Ark from the beginning of October. Please support the work of the Foodbank and buy one, or two or even three.

Supporters of the Ark.



NEWS FROM ST THOMAS OF CANTERBURY

From October we will be returning to our normal pattern of Lay Led Morning Prayer services on the first three Sundays of the month with a Common Worship Eucharist on the fourth Sunday, led by Rev David Robottom. When there is a fifth Sunday this will for the time being also be a Lay Led service.



All services will be at 9.30 a.m. and are open to all. Social distancing measures are in place.

Sunday October 11th will be a Harvest Celebration Service. Contributions for the Lapford Food Bank would be much appreciated.

OUR ADVERTISERS

With recent additions to the Editorial Team it is our intention that the Lapford Lookout will be back to normal, complete with advertisers, with effect from the November issue.



To advertisers: If you have not yet heard from us, we will be contacting you shortly to discuss your options and the best way forward for your business.

To readers: The continuation of the Lapford Lookout will only be possible through the financial support of local businesses. In turn we ask you to please support our advertisers whenever possible.

LAPFORD LOOKOUT



Please note the Lapford Lookout's new email address:



lapfordlookout@gmail.com

**Deadline for inclusion in the next issue:
6 pm on the 14th October for inclusion in November issue**

NEED TRANSPORT TO YOUR SURGERY APPOINTMENT?



Lapford Voluntary Car Aid 2011

Lapford Voluntary Car Aid provides the residents of the village (including friends and family staying with you) with courteous, reliable, fully insured drivers to get you to your appointment safely and on time. Bookings can be made,

by telephoning Grace Hill on 83178. Current fares for the services covered are as follows:

- Bow Medical Centre - £5
- Chiddenbrook Health Centre - £5
- Chulmleigh Dental Practice - £5
- Chulmleigh Health Centre - £5
- Crediton (Breast Screening) - £6
- Crediton Community Hospital - £5
- Morchard Bishop Surgery - £3
- New Valley Health Centre - £6
- Winkleigh Surgery - £5



TRIBUTE TO BUSTER

Buster and his mate Marley (and their riders Caroline and I!) have been a familiar sight riding through the village and around the lanes of Lapford for many years now. We have heard it said many times that people could hear Caroline and I chatting away long before we were seen!

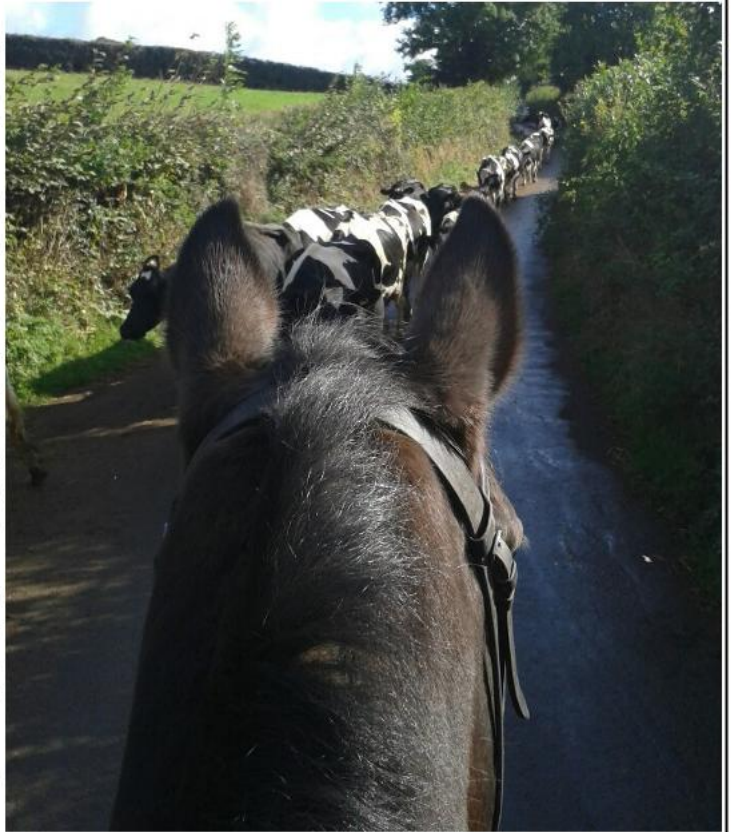
Buster was a Connemara x Thoroughbred. My late Mum and I bought him for Toby as a schoolmaster when Toby was 12 years old and he lived up to that title in every way.

He loved to be ridden and in his younger years both Toby and Will competed Buster in Tetrathlons and One Day Events and he taught them both so much. Toby went to Tetrathlon Championships and jumped fences that I couldn't even watch but dear Buster always brought him home safely. He was a horse in a lifetime as he had talent and was so honest. I had a lot of fun with him competing in Dressage competitions and enjoying the rides we had locally.

Sadly at age 27 years we had to say goodbye to Buster on Friday 22nd May. I had retired him from being ridden back in February this year as he had been diagnosed with a severe heart murmur. He enjoyed the lovely weather, grazing happily in his field over his last couple of months.

We have owned Buster for the last 14 years and it has been an honour and a pleasure. We miss him greatly.

Sara Thurgood



MOORLAND VIEW VE DAY CELEBRATIONS

The celebrations began with the bunting being strung across Moorland View as the sun shone down for the special occasion. Cakes and tray-bakes were made, an especially impressive one made by Janice, decorated with strawberries and blueberries to make the Union Jack. The social distance rules were continued during our street picnic as we sat on mats or garden chairs with our households. Themed music was played in the background to set the V.E Day scene, the afternoon was thoroughly enjoyed by us all and we look forward to the day we can meet properly again.

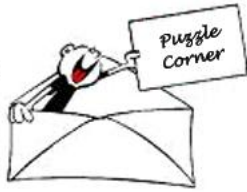


PIC-COLLAGE

Lorraine, Malaika and Ayana

PUZZLE CORNER ANSWERS

The answers for the last puzzle featured in September's issue, according to the Oxford English Dictionary. Proper names and plurals have been discounted.



How many words can you make out of 'coronavirus'?

- 11 letter words** carnivorous
9 letter words norovirus, rancorous, voracious
7 letter words carious, carrion, corsair, rancour, saviour, various
6 letter words aircon, casino, cirrus, corona, cousin, cursor, racoon, rancor, savour, vicuna
5 letter words acorn, arson, cairn, croon, curio, incur, rosin, runic, sarin, savor, scion, scorn, scour, sonar, sonic, vicar, virus, visor
4 letter words arvo, ciao, coin, coir, corn, icon, iron, narc, noir, nous, nova, onus, orca, rain, rani, roan, roar, ruin, sari, scan, scar, soar, soca, soon, sour, sura, vain, vino, visa
3 letter words air, arc, can, car, cis, con, coo, cor, cos, cur, ion, nai, nor, oar, our, ova, ran, ria, roo, run, sac, sic, sin, sir, son, sou, sun, uni, urn, vac, van, via.



Lapford Weather Review

LAPFORD WEATHER AUGUST 2020

Milder than average thanks to a very warm week commencing on the 6th. The hottest day was the 12th with a maximum of 30.9°C, the hottest day since 19th July 2006, which was exactly the same temperature.

The coolest day was the 29th with only managed 16.3°C. The warmest night was on the 14th, which saw a minimum of just 17.7°C, whereas the coolest night on the 31st saw the temperature fall to 7.2°C. The night before, on the 30th, saw the grass temperature fall to 1.1°C, only just above freezing.

Total rainfall was 118.1mm, quite a bit wetter than average. The wettest day was the 27th with a fall of 24.0mm. On the 13th we were visited by a particularly active thunderstorm in the afternoon with frequent lightning up in the clouds and almost continuous thunder for over an hour. Rainfall from this was quite heavy, but nothing out of the ordinary.

Two days saw the arrival of gales from named storms. The strongest gust came on the 20th, reaching 54 m.p.h. The storm on the 25th peaked at 52 m.p.h. These both caused damage to trees.

The Summer (June – August) was slightly milder and quite a bit wetter than average.

Andy Epstein



FOR SALE

- Kenwood Chef Classic mixer and attachments - £35.
- Daylight Company floor craft lamp with attachments - £25.
- Echo Hostess heated food server with plate warmer - £20.
- Brother LS14 sewing machine with attachments - £20.
- Two black wrought iron pedestals for flower arranging - £5 each.
- Kindemann 6 x 6 slide projector - free to a good home.
- 2 drawer solid wood filing cabinet - free to a good home!

All items in excellent condition.

Josie
01363 83208

THE TEN MOST USELESS THINGS IN THE WORLD

1. Gazing out of the window on the tube.
2. Saying "come on, come on" to a red traffic light.
3. Urging your horse on while watching the Grand National on television.
4. Writing "I hope I've got your address right" in a letter.
5. Looking at the stereo when listening to a CD.
6. Saying "and this is the bathroom" when showing prospective buyers round your house.
7. Changing queues at the supermarket checkout.
8. Sending a stamped addressed envelope to America.
9. Gesticulating while on the telephone.
10. Returning the "no" envelope expecting to win the prize draw.

CHILDISH SIMPLICITY

There was a time when we were young
When summer sang and school bells rang,
Panama hats and tennis shoes
Warm sandwiches and Monday blues,
Skipping rope chants, standing on bridges
Hopscotch on pavements, Pooh sticks and midges.

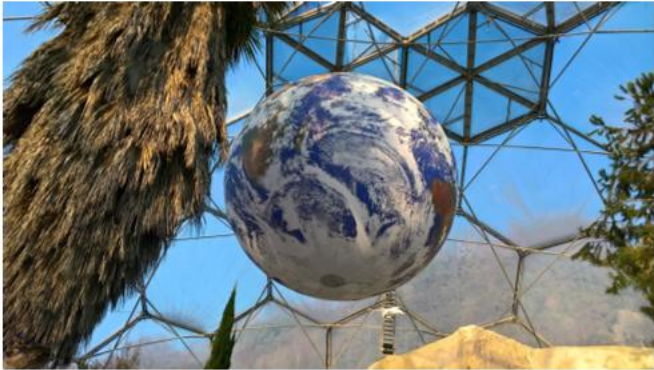
Sewn on name tags and polishing shoes
Long white socks and tuck shop queues.
Marbles and Jacks, I spy paper hats
The swings in the park and chasing the cat.
Blackberries in hedgerows, home tea cakes toasted
Daisy chains, conkers and sweet chestnuts roasted,
Holidays with buckets, ice cream and the sun
Donkeys and windbreaks, sandcastles were fun.

Jumping in puddles and grazing our knees
Running for buses, forever climbing trees.
Best clothes on Sunday and Doctors came visiting
Bed res 'til spots cleared and horrid medicine taking.
Snow fights and snowmen with carrots as noses
Woolly knitted mittens, paper chains and posies.
Leapfrog and rounders, dens and tree houses.
Catching crabs, netting tadpoles, ah-uh wet trousers!
And then we grew up and we worked in the city
With mortgages, marriage, paperwork and telly.
So, what happened to carefree and childish simplicity?
Oh yes, I remember; wealth, health and safety.

Jackie Pearce 2015

LAPFORD CALENDAR 2021

Great Gift £7.50 (as last year)
Available at Church, The Ark and
SPAR or call 07376 094090



Friends of St Thomas

LAPFORD VOLUNTARY CAR AID

Who are we?

The LVCA is an organisation that was started back in the early 1980's by a group of local people who give their time to take Lapford residents to various healthcare appointments, i.e. Doctor, Dentist, Community Hospital.... It is aimed at those that simply don't/can't drive or who are unable to find alternative means of transport to their appointments. The organisation is run by a small management committee of five and currently has a team of ten willing drivers who are reimbursed their fuel expenses with fares collected from clients and grants/legacies/fundraising. Your driver will be fully insured, will collect you from your home, wait during your appointment and then deliver you safely back to your home. The Car Aid is available to all residents of Lapford, including friends or relations who may be staying, who may require transport to either:-

Wallingbrook Health Centre (£5)... Chulmleigh Dentist (£5)...
Morchard Bishop Surgery (£3)... Crediton Community Hospital (£5)...
Chiddenbrook Health Centre (£5)... New Valley Health Centre (£6)...
Bow Health Centre (£5)... Winkleigh Surgery (£5),
Crediton Breast Screening (£6).

How do you contact us?

All you need to do is telephone our Booking Coordinator Grace Hill on 01363 83178 and all arrangements will be made for you.

How do I become a volunteer?

If you feel you have a little spare time and would like to join our team of volunteer drivers and assist the residents of Lapford, please contact the Secretary, Grace Hill on 01363 83178.

We thank you all for your valued support and welcome any new clients who need our help and support.



CHULMLEIGH COMMUNITY WELCOME

We're excited at Chulmleigh Community Welcome. In August we received official Home Office 'approval in principle' to welcome a refugee family to Chulmleigh. It took six months from our first meeting (pictured) to approval but apparently we set a record. And thanks to our amazing team we did it through lockdown.

Why? People often ask. Because we can. For every time you've watched bombs falling in Syria or refugees on the move and thought there is nothing I can do - this is something we can do together. Our family won't have to risk crossing the channel in an inflatable dinghy or a freezer lorry, they will enter the UK legally under a scheme known as Community Sponsorship. They will have full refugee rights including the right to work, go to school, access benefits and so on.

When we started we didn't know what the support would be like. But the response has been both uplifting and humbling. Through lockdown people have continued to join us. We now have a strong team, with an amazing variety of skills, volunteering for us. We have members from Chawleigh across to Dolton, from South Molton to Lapford and the villages in between.

It's our job to empower the family to navigate their way in a new country, helping them with everything from setting up a bank account to improving their English. We aren't alone. Via zoom, we've learned from other community sponsorship groups. There are ten Syrian families already well settled in Devon including in Barnstaple, Braunton, Georgeham, Ottery and Moretonhampsted and they've offered to help our family.

The next two giant hurdles are to find a landlord and raise at least £9,000. At the beginning of lockdown we had zero in our account and all our events were cancelled. Now, thanks to some innovative fundraising and wonderfully generous people we are two thirds of the way there. But there is plenty more to do and you are very welcome to join us. We hope to welcome a family to start their new life in Chulmleigh sometime in the Spring of 2021.

Jo Moser

For more information:

chulmleighcommunitywelcome@gmail.com
<https://www.facebook.com/groups/316011152715989>
<https://www.justgiving.com/campaigns/charity/thepickwellfoundation/chulmleighcommunitywelcome>
<https://www.facebook.com/chulmleighvirtualpetshow>



LAPFORD YOUTH AND PLAYING FIELD TRUST (LYPFT) NEEDS YOU!

The LYPFT Committee is a small group that are in need of new members and fresh ideas. We need help with fund raising for both annual maintenance costs as well as the purchase of more play equipment.

If you can help, please get in touch with Helen Greensmith (helengreensmith@hotmail.com) and join us at the AGM, see notice.



Hope to see you soon.



LAPFORD VICTORY HALL

Are you new to the Village?

Do you wish to meet people?



The Victory Hall Management Committee

is looking to recruit new members. Unfortunately due to work commitments and self isolating we have lost a few members recently.

The main duty of the committee is to run and manage the hall for the benefit of the village.

We are entering exciting times for the village and the Hall and we would love to increase our membership so please get in touch with Darren, the Chairperson, at darrencrump99@hotmail.co.uk.

VILLAGE QUIZ NIGHTS



With regret I am stepping down from organising the regular Fun Village Quiz Nights at the Victory Hall. These have been a regular fixture on the village social calendar and tend to raise over £2000 a year for village good causes with focus on our young people in recent years - Friends of Lapford School, the village Scout Group and the Playing Field, etc. I do hope they can continue and I am wondering if there is anybody out there who wants to have as much fun as I have had dreaming up questions and seeing good causes benefit. Please let me know if you are interested and I will be more than happy to hand across what I have.

David Garton

NOTICE of

LAPFORD YOUTH AND PLAYING FIELD TRUST (LYPFT)

Annual General Meeting

Wednesday 14th October 2020 at 7pm

Venue: to be confirmed

The following resolutions are set to be proposed at the AGM:

- Formation of new committee
- Election of officers
- Chairperson's Report
- Treasurers report and review of audited accounts.

All welcome to attend.

Due to COVID-19 restrictions the meeting may have to be held virtually using Zoom, in which case a meeting invite will be sent out prior to meeting date.

If you would like to attend, please email helengreensmith@hotmail.com before 12th October to register your interest.

Helen Greensmith on behalf of LYPFT.



FUTURE OF LAPFORD SCOUTING HELP FROM THE COMMUNITY

Covid 19 has hit scouting hard over the last five months and people are hard at work trying to bring back some sort of scouting within the county all governed by precautions put in place and being updated daily.

The Lapford group has unfortunately been suspended for the moment as we cannot deliver any scouting outside due to no space. We will remain suspended until we are able to pass a risk assessment to deliver sessions inside safely. This will only happen once the County Commissioner has passed my risk assessment.

The Commissioner has evaluated us as a major risk due to no leadership being in place. Now we only have one leader in Cubs who is fully qualified, we require six volunteers to fill the roles of leadership within all sections, two in each. All essential training will be provided, and you will need to pass all DBS checks, safety and safeguarding. There is an assigned Training Advisor who will guide you through this.

CAN YOU HELP?

I can't make it any clearer that without these six leadership roles, and support from the community, Lapford will have to stay suspended and faces possible closure in the future.

IF ANYONE IS INTERESTED PLEASE MESSAGE ME.

Stay safe and well.

Hayley Hardy
Group Scout Leader
1st Lapford

Hayley.Hardy@middevonscouts.org.uk



COCONUT MATTING

If you're wondering why some coconut matting has appeared at the back of Lower Town Place, on the bank, it's to stabilise it to prevent earth slide in the winter. A few plants will be placed through the matting to also help this process. The matting should biodegrade after five years.

Andy Epstein

UPDATE FROM THE VICTORY HALL

We have now opened our doors again and are taking all precautions in line with the Government advice.

If Government restrictions allow and you wish to hire the hall please contact the booking secretary. Further updates will be published in the Lookout and on the Facebook Page.

Lapford Victory Hall

WILD LAPFORD - HELPING OUR HEDGEHOGS



In spite of hedgehogs in Britain now being classed as “vulnerable to extinction” due to the rapid decline in the population, there seems to be considerably more sightings of them in Lapford this year. This could be due to their displacement from the overgrown land at Lower Town Place that has been cleared, or perhaps it is due to the COVID lockdown and fewer being killed on the roads. Whatever the reason, I’m delighted to see more of them on the wildlife camera in my garden as I’m completely obsessed by hedgehogs!

How can we help the hedgehogs and make sure this increased number in the village become a permanent feature? To answer that, we need to know a bit about hedgehogs...

Hedgehogs eat mainly invertebrates such as beetles, slugs, caterpillars and earthworms, but they will also eat amphibians, birds’ eggs, carrion and fruit. To ensure I have a good supply of natural food for the hedgehogs in the garden, I have small log and rock piles as well as “wild” areas in the garden to encourage insects and invertebrates. I also supplement their natural diet by leaving dry meaty dog biscuits out for them (you can also use wet pet food, cat biscuits or hedgehog food is available in shops). To stop all the visiting cats from eating the food, I put the food in a homemade hedgehog feeding station (pictured left) which comprises of some old bricks to make the walls and a piece of wood for the roof with some rocks on top. They also need a supply of fresh water so in addition to our small pond, I leave shallow dishes of water out for them every night. Never feed them bread and milk as it makes them very ill.



Hedgehogs usually hibernate between November and mid-March, dependent on the weather. At this time of year, they are busy eating to put on weight to survive the hibernation. They are also searching for nesting sites. Their natural nesting sites are, as their name suggests, hedges, but these are sadly being removed in many places as land gets developed. They will also nest in compost bins and log piles so it’s really important that you don’t light a bonfire without checking it thoroughly for sleeping hogs first. I have a couple of “man-made” hedgehog houses (pictured right) in sheltered places in the garden and well as larger log piles for them to nest in. I’m also a deliberately “untidy” gardener (at least that’s my excuse!) so there is plenty of leaf litter and twigs for them to use as nesting material.

In a night, a hedgehog will travel on average one mile to forage for food. Another reason for the hedgehogs’ decline is that their ability to travel can be impeded by walls and fences. To make sure our garden is accessible, we have made gaps in our fences and gates, 13cm x 13cm (5” x5”) to allow the hedgehogs to pass through. Alternatively, you could also dig a small tunnel underneath fences and leave gates open.



Hedgehogs are nocturnal, if you see one out in the daytime, it is most likely ill and needs help. Follow the instructions on the hedgehog SOS. This information and a lot more is also available on the British Hedgehog Conservation Society website. <https://www.britishhedgehogs.org.uk/>

Please do as much as you can to help one of Britain’s most loved, but endangered wild mammals. If you need any advice about hedgehogs, the British Hedgehog Conservation Society is an excellent place to go, or if I can help, please get in touch.

For photos and videos of the hedgehogs and other creatures we see in our garden and in the local area search for “Wild Lapford” on Facebook and join the group for regular updates.

Helen Greensmith (helengreensmith@hotmail.com)

Editorial Note: Please see Hedgehog S.O.S. on back page for information on signs that show a hedgehog is in need of help.

THE 2020 POPPY APPEAL

House to House collections are **not** being permitted this year. However, it is intended that there will be some static collection points around our villages.

The Poppy Appeal is the Royal British Legion's biggest fundraising campaign and the Legion is working very hard to offer alternatives such as QR codes and text-to-donations. The aim is to make sure everyone is able to make a donation in a way that they are comfortable with.

I hope to be able to provide more information next month.

Caroline Noon
Poppy Appeal Organiser

LAPFORD LOOKOUT ADVERTISING RATES AND POLICY

Lapford Lookout has a circulation of 600 copies and the advertising of village events is free of charge. There is a charge for all other advertisements and current advertising rates, **payable in advance**, are:

One eighth page:	£6 per month.
One quarter page:	£12 per month.
One half page:	£24 per month.
Whole page:	£48 per month.

Pay for 12 months and you get **one extra month, FREE!** Please send all advertising requests to the Editor in time to make the deadline of the 14th of each month for inclusion in the next issue. Please allow sufficient time to make your advance payment which may be by BACS or cheque. Payment details will be on your invoice.

PARISH CLERK / RESPONSIBLE FINANCE OFFICER FOR LAPFORD PARISH COUNCIL

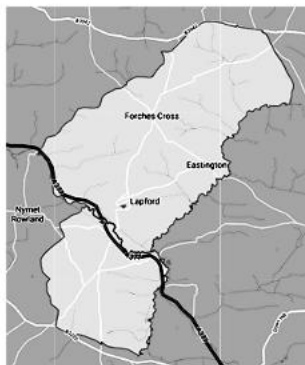
Applications are invited for the position of parish clerk/RFO for Lapford Parish Council. The Parish Council meets on the first Tuesday of each month, except for August, with occasional planning meetings in between. The role is for approximately three hours a week paid at spinal point 20. The Parish Clerk carries out clerical functions to support the Parish Council meetings (including discharging actions), manages the Parish Council emails, will be required to maintain the parish website, and manage the Parish Council financial matters, including preparing the accounts for audit. As Parish Clerk you will guide and advise the Parish Council on legal matters and procedures.

No previous experience is necessary as training and support will be provided. Well established IT skills are required. A computer and printer/scanner will be provided.

The applicant should ideally be a self motivated individual, with good interpersonal skills, who can work alone or as part of a team.

For further information and to apply please contact the current Chairman, Ian Hemsworth, 01363 884460 or i.hemsworth@btinternet.com

Lapford Parish Council



map from google.com

NATIONAL BLOOD SERVICE



Donations can be made at
Boniface Centre, CREDITON,
on Wednesday 28th October or
Tuesdays 10th or 24th November
at 13:10 to 19:15



Call the donor helpline on 0300 123 23 23
for more information or to check for cancellations

Do something amazing - Give Blood!

ROYAL VOLUNTARY SERVICE

ROYAL VOLUNTARY SERVICE BOOKS ON WHEELS

Do you have difficulty in getting to CREDITON Library and carrying heavy books home to read? Or even reaching the mobile library? Would you like us to collect and deliver talking books, or large and normal printed ones of the kind that you enjoy, directly to your home free of charge? If so, I will be happy to help.

Peter Westcott - Telephone: 01363 83525



COMPUTER VIRUS WARNING!

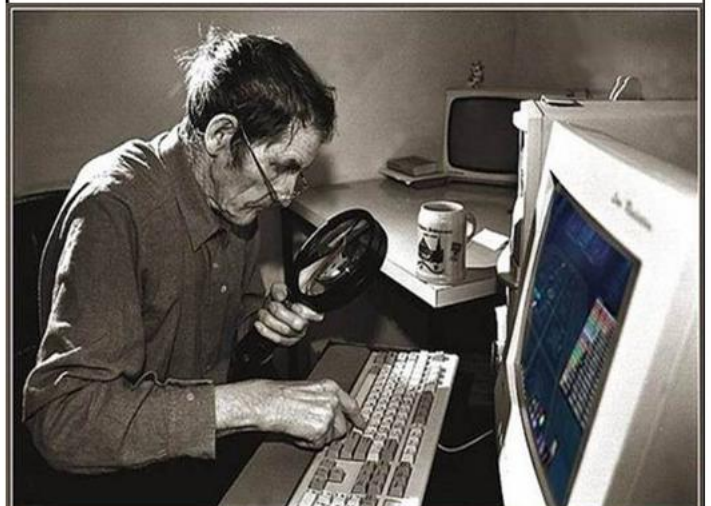
This latest virus is known as the: C-Nile Virus. Readers should be aware of this e-mail virus. Even the most advanced programmes from Norton or McAfee cannot take care of this one. It appears to affect those who were born prior to 1955.

Symptoms:

1. Causes you to send the same e-mail twice.
2. Causes you to send a blank e-mail!
3. Causes you to send e-mail to the wrong person.
4. Causes you to send it back to the person who sent it to you.
5. Causes you to forget to attach the attachment.
6. Causes you to hit "SEND" before you've finished.
7. Causes you to hit "DELETE" instead of "SEND."
8. Causes you to hit "SEND" when you should "DELETE."

Oh No!

IT'S CALLED THE "C-NILE VIRUS."



IN CASE OF AN EMERGENCY IN LAPFORD



**KEEP
CALM**
AND FOLLOW THE
**EMERGENCY
PLAN**

Parish Council Contact:
Ian Hemsworth - 01363 884460

Village Contact:
Roy Trevaskis - 01363 83742

South of Taw/A377 Contact:
Sue Briant-Evans - 01363 83763

USEFUL TELEPHONE NUMBERS

- Emergency numbers ~ 999 or 112
- Childline ~ 0800 1111
- Churches House Action Team ~ 01884 255606
- Citizens Advice Bureau ~ 03444 111 444
CAB Crediton ~ 01363 776210 (M, W, Th, 9-3)
- Crediton Ring and Ride ~ 01363 773303
- Crimestoppers ~ 0800 555 111
- Dog Fouling/Fly Tipping 01884 255255
- Environment Agency Floodline ~ 0845 9881188
- Farming Community Network ~ 03000 111 999
- Gas Emergency ~ 0800 111999
- Highways (roads/lights/potholes) ~ 0845 1551004
- Mental Health Support Out of Hours ~ The Moorings
@Devon ~ Exeter: 07990 790 920 or
Barnstaple: 07850 927 064
- NHS for non urgent medical needs ~ 111
- Patient Participation Group ~ Bill Graham ~ 01363 83047
- Police Non-emergency ~ 101
- Power cut ~ 105 or 0800 6783 105
- RSPCA ~ 0300 1234 999
- Safeguarding concerns and Social Services ~ 0845 6000388
- Samaritans ~ 116 123, 01271 374343, 01392 411711
- SHOUT ~ Text 85258 for help from crisis volunteers
- Water leaks or burst mains ~ 0800 230 0561



LAPFORD OUTREACH POST OFFICE



OPENING HOURS:

Monday 9.00 - 12.30
Wednesday 9.00 - 12.30
Friday 9.00 - 12.30

LAST POSTING TIMES AROUND THE VILLAGE

	<u>Mon-Fri</u>	<u>Saturday</u>
Eastington Cross	4.30p.m.	11.00 a.m.
Woodland Cottage	3.00 p.m.	7.30 a.m.
Industrial Estate	9.00 a.m.	7.00 a.m.
Highfield	4.45 p.m.	10.15 a.m.
Orchard Way	9.00 a.m.	7.00 a.m.
Saxtons	4.30 p.m.	10.15 a.m.
Morchar Road	5.00 p.m.	11.15 a.m.

In addition, items left at the Post Office during opening hours will be posted that day via North Tawton.

LAPFORD PARISH COUNCIL, ETC

Cllr Ian Hemsworth (Chair)	Argosy, Lapford, EX17 6PX	01363 884460 / i.hemsworth@btinternet.com
Cllr Sue Briant-Evans (Vice Chair)	Edgerley Cottage, Lapford, EX17 6AH	01363 83763 / susanbriantevans@gmail.com
Cllr David Davenport	Pleasant Cottage, Lapford, EX17 6PZ	01363 884236 / daviddport@gmail.com
Cllr Julie Down	Rafters, Lapford, EX17 6QP	01363 83356 / julielpc@hotmail.com
Cllr Donna Egan	Primrose Cottage, Lapford, EX17 6PZ	01363 83732 / donnaegan84@gmail.com
Cllr Hilary Hassett	School House, Eastington Lane, Lapford, EX17 6QE	01363 83858 / hilary.hassett66@gmail.com
Cllr Peter Heal	Ashlands, Lapford, EX17 6AE	Home - 01363 884277 / Office - 01363 775467 peter.heal@btconnect.com
Cllr Alex Shapland	13 Highfield, Lapford, EX17 6PY	alex1990shappers@hotmail.com
Vacancy	~	~
Vacancy	~	~
Dr Juliet Cross, Parish Clerk	28 Fourways Drive, Chulmleigh, EX18 7AZ	lapfordpc@live.co.uk
District Cllr Clive Eginton	6 Moortown, Chawleigh, Chulmleigh, EX18 7EU	01769 580830 / ceginton@middevon.gov.uk
County Cllr Margaret Squires	Frostland Farm, Coplestone, EX17 5NY	01363 84337 / margaret.squires@devon.gov.uk
Mel Stride MP	House of Commons, London, SW1A 0AA	02072 197037 / mel.stride.mp@parliament.uk

NAME OF SOCIETY	CONTACT	TELEPHONE / EMAIL
<p>LAPFORD EMERGENCY RESPONSE TEAM - CORONAVIRUS LOCAL HELP</p> <p>Adventure Gaming Beginners Ballroom Dancing Banyu Hatten Aikido Books on Wheels Friends of Langannerie (twinning) Friends of Lapford Mill Friends of Lapford School Heart for Lapford Strategy Group (H4L) HOLD Ladies of Lapford (LOL) Lapford Allotment Society Lapford Amateur Dramatic Society Lapford and District Pre-school Playgroup Lapford ARK Lapford Association Football Club Lapford Book Club Lapford Choir Lapford Dog Club Lapford Emergency Action Plan Committee Lapford Emergency Response Team Lapford Foodbank Lapford Handbell Ringers Lapford High 5 (ages 7-12) Lapford Gardening Club Lapford Gardening Club (Shows) Lapford Lookout Lapford Meat Bingo Lapford Pilates Lapford Over 60 Club Lapford Poppy Appeal Organiser Lapford Project 2000 Lapford Regeneration Committee Lapford Revel Lapford Revel Volunteers Lapford School Lapford Scouts Lapford Short Mat Bowls Lapford Victory Hall Booking Secy (Temporary) Lapford Village Archive Lapford Voluntary Car Aid Lapford Youth and Playing Field Trust Lapstock Nymet Rowland Village Pump Save Our Heritage Lapford Springers 4's and under The Friends of St Thomas of Canterbury</p>	<p>Mr Warren Clayburn Mr Steve Munday Mr Geoff Flather Mr Peter Westcott Mr Peter Henshaw Mr Alex Gater Mrs Kirsty Wensley Secretary Mr Bill Graham Mrs Joy Quickenden Mr Raymond Waldron Mr Ian Wilkie Mrs Lorraine Kigongo Mrs Briony Clinch Mr Niall McAreavey Mrs Jill Doe Mrs Cat Seymour Mrs Sara Thurgood Mrs Sue Briant-Evans Mr Alex Gater Mrs. Briony Clinch Mr Steve Munday Mrs Cat Seymour Mr Richard Hassett Mrs Jeanne Whittaker Mrs Jayne Grover Steph Heard Mr Ron Kercher Mrs Caroline Noon Mrs Sue Briant-Evans Mr Ian Hemsworth Mr Alex Gater - Mrs Clare Wilmott Mrs Hayley Hardy Mr Jon Tucker Joanne Mrs Jeanne Whittaker Mrs Grace Hill Miss Helen Greensmith Mr Steve Keable Liz and Roland Smith Mrs Donna Egan Mrs Caroline Gilpin Mrs Prue Lambert</p>	<p>07966 144772 / help@lapfordvillage.co.uk Facebook: Help the Vulnerable in our Community (Lapford)</p> <p>01363 83095 / wmclayburn@gmail.com 07798 684225 / steve@lowerfieldhouse.co.uk 01363 83355 / bhaikido@googlemail.com 01363 83525 / pj.westcott@btinternet.com 01837 89070 / petehenshaw@yahoo.co.uk 07815 795918 / alex@lapfordmill.uk 07977 825814 heart4lapford@aol.com 01363 83047 / bg4847@aol.com 01363 83245 / joyquickenden@gmail.com 01363 83894 / ednawaldron@btinternet.com 01363 83437 / i.wilkie45@btinternet.com 01363 83162 / lapfordpreschool@gmail.com 01363 83788 01363 83733 / lapfordafc@gmail.com 01363 83410 / sunnyside@jilldoe45.plus.com 01363 884432 / cathryn_seymour@outlook.com 01363 83081 / info@lapforddogclub.co.uk 01363 83763 / susanbriantevans@gmail.com 07815 795918 / alex@lapfordmill.uk 01363 83788 07798 684225 / steve@lowerfieldhouse.co.uk 01363 884432 / cathryn_seymour@outlook.com 01363 83858 / rich.hassett@btinternet.com 01363 83068 / jeanne.whittaker@btinternet.com lapfordlookout@gmail.com 07900 477247 07773 010512 / steph.instructor@talktalk.net 01363 83810 / lapfordover60@yahoo.com 01363 83863 / lapford.pao@gmail.com 01363 83763 / susanbriantevans@gmail.com 01363 884460 / i.hemsworth@btinternet.com 07815 795818 / alex@lapfordmill.uk revelvolunteers@gmail.com 01363 83292 / admin@lapford-primary.devon.sch.uk 07730368636 / Hayley.Hardy@middevonscouts.org.uk 07814 568846 / 07803 002910 01363 83068 / jeanne.whittaker@btinternet.com 01363 83178 / lvca2011.19@gmail.com helengreensmith@hotmail.com 07967 655045 / steve.keable@btinternet.com 01363 884446 / pump@incywincyweb.com 01363 83732 / donnaegan84@gmail.com 01363 83674 / caroline@gilpin.eclipse.co.uk 01363 83150 / pruelambert@yahoo.co.uk</p>

HEDGEHOG S.O.S.

(to be read alongside Wild Lapford article on page 8)

HEDGEHOG S.O.S.

BELOW ARE
SOME SIGNS
THAT SHOW
A HEDGEHOG
IS IN NEED
OF HELP:



LETHARGIC

Hedgehogs don't sunbathe!



FLIES

If there are a lot of flies around a hedgehog it needs help.



WOBBLY

If hedgehogs are wobbling as they walk there is something wrong.



OBVIOUSLY INJURED

Wounded or clearly in distress.



TRAPPED

Have been caught in netting, a pond, drain, etc.



HOGLETS

If seen out in the day without an adult and / or squawking.

IF YOU SEE ANY OF THESE SIGNS PLEASE CARRY OUT THE FOLLOWING FIRST AID:

1. Use gardening gloves or a folded towel to gently pick the hedgehog up and pop it into a high sided cardboard or plastic box.
2. Bring the box indoors away from flies.
3. Keep the hedgehog in a quiet room away from pets and children and don't be tempted to look at it any more often than you must to carry out first aid.
4. As long as there is no blood, wrap a warm hot water bottle in a towel and place the hedgehog on it, with another towel gently draped over the hedgehog to keep the warmth in, make sure it has room to get off the bottle and that it stays warm (but not hot) at all times.
5. Offer a small amount of hedgehog food or meaty cat or dog food and some water, don't force feed.
6. If it is a small hedgehog or hoglet do check nearby for others from the same litter that might also be in trouble.
7. Call the British Hedgehog Preservation Society on 01584 890 801 for the phone number of your local hedgehog rescue volunteer or look online and go direct to the rescue if you have their contact details.

BEHANCE.NET/LWPMARSHAL1E9 ©LWPP 2019



British Hedgehog
Preservation Society

info@britishhedgehogs.org.uk
www.britishhedgehogs.org.uk

Registered
charity no.
1164542

LAPFORD PENSIONERS LUNCH

As we're sure you're already aware, the coronavirus (COVID-19) pandemic has meant that it's now vital to limit social contact and avoid gathering. For that reason, we've made the difficult decision to cancel the Lapford Pensioners Christmas Lunch. While we know this is disappointing, we hope you can understand the steps we're taking to help keep our staff and attendees safe.

We hope to see you all again in 2021.

WHEN I'M AN OLD LADY

When I'm an old lady, I'll live with each kid,
And bring so much happiness just as they did.

I want to pay back all the joy they've
provided.

Returning each deed! Oh, they'll be so
excited!

When I'm an old lady and live with my kids.
I'll write on the walls with reds, whites and
blues,
And I'll bounce on the furniture wearing my
shoes.

I'll drink from the carton and then leave it
out.

I'll stuff all the toilets and oh, how they'll
shout!

When I'm an old lady and live with my kids.
When they're on the phone and just out of
reach,

I'll get into things like sugar and bleach.
Oh, they'll snap their fingers and then shake
their head.

When I'm an old lady and live with my kids.
When they cook dinner and call me to eat,
I'll not eat my green beans or salad or meat.
I'll gag on my okra, spill milk on the table,
And when they get angry I'll run if I'm able!

When I'm an old lady and live with my kids.
I'll sit close to the TV, through channels I'll
click,
I'll cross both eyes just to see if they stick.
I'll take off my socks and throw one away,
And play in the mud 'til the end of the day!

When I'm an old lady and live with my kids.
And later in bed, I'll lay back and sigh,
I'll thank God in prayer and
then close my eyes.

My kids will look down with a
smile slowly creeping,
And say with a groan, "She's
so sweet when she's
sleeping!"

Joanne Bailey Baxter

