



LAPFORD LOOKOUT

YOUR LOCAL MONTHLY NEWSLETTER



Year 25 Issue 4

April 2022

QUEEN'S PLATINUM JUBILEE IN LAPFORD

HEADS UP

Advance notice of the following events planned for Jubilee week at the beginning of June:

Best Dressed House Competition - Decorate the outside of your house on a Jubilee theme ready for the judges to see on the morning of Saturday 4th June.

Best Jubilee Planter - To be displayed outside your house for judging on Saturday 4th June.
(If you live in the parish but outside the village and would like your house and/or planter to be judged please let us know via 01363 83763)

Children's Art Competition - (more details below)

Adult's Art Competition - (more details below)

The Green Canopy Tree Planting initiative - Native trees will be available from The Woodland Trust for planting in the Autumn. Suitable sites are required. If you have/know of such a site please let the Jubilee group know (see back of the Lapford Lookout for contact)



LAPFORD QUEEN'S JUBILEE ART COMPETITION

For the Queen's Jubilee, the Jubilee Committee is launching an art competition for the residents of Lapford.

We are calling all budding artists from 0-100 to submit portraits of the Queen. They can be in any medium but must be A4.

There will be six age categories for this:

- Preschool
- Key Stage 1 children
- Key Stage 2 children
- Key Stage 3 children
- Key Stage 4 children
- Adults



7PM for
7.30PM
start



29
APRIL

At Lapford Victory Hall

In aid of Lapford Jubilee Celebrations in June

Teams of up to 6 people. £5 per person to include a ploughman's supper.
Bar and Draw available on the night!

Quiz questions relating to the Queen's 70 glorious years!
Prize for the best Red, White & Blue fancy dress!

Enter by emailing sue.briantevans@lapfordparishcouncil.org.uk
or phone 01363 83763
Entries in by Tuesday 26th April please.

Workshops will also be taking place at Lapford Youth Club's High Five Thursdays during May.

Entries need to be submitted by 20th May. Entries can be handed into The ARK. Your artwork may be used in The ARK's June/July exhibition celebrating the Queen's Jubilee. Please make sure your name and category/age are written on the back or attached to your entry.

For any further information please contact Cat Seymour on 01363 884432 or email cathryn_seymour@outlook.com.



CHRISTIANS TOGETHER IN LAPFORD WELCOME YOU TO:



THE PARISH CHURCH OF ST THOMAS OF CANTERBURY

Vicar: The Reverend Robert Gordon - (e) vicar.ncw@gmail.com

Churchwarden: Joan Graham - (e) jemg47@aol.com (t) 01363 83047

1st, 2nd & 3rd Sundays – Lay Led Morning Prayer – 9.30 a.m.

4th Sundays – Common Worship Eucharist – 9.30 a.m.

5th Sundays – See announcements on Church notice board



Sunday April 3rd Fifth Sunday in Lent – Lay Led Morning Prayer – 9.30 a.m.

Sunday April 10th **PALM SUNDAY – Morning Prayer & PASSION NARRATIVE – 9.30 a.m.**

Friday April 15th **STATIONS OF THE CROSS – 2.00 p.m.**

Sunday April 17th EASTER SUNDAY – Common Worship Eucharist – 10.30 a.m.

Sunday April 24th Second Sunday of Easter – Common Worship Eucharist – 9.30 a.m.

ALL ARE WELCOME - REFRESHMENTS SERVED AFTER SERVICES

LAPFORD CONGREGATIONAL CHURCH

Services every Sunday at 11.00am

Communion will be held on the second and fourth Sundays

Contact: Peter and Viv Lacey - Tel: **884230** or Cat Seymour (Youth and Family Worker) - Tel: **884432**

Pastor Caroline Stott - Tel: **01404 831965** - email: caroline.stott2@btinternet.com

www.facebook.com/lapfordcongregationalchurch



Preachers:

Sunday 3rd April - Rev. Edmonde Openshaw

Sunday 10th April - Rev. Edmonde Openshaw

Sunday 17th April - All Age Family Service

Sunday 24th April - All Age Family Service

Sunday 1st May - Merril Archer

Events:

Tuesday 26th April Messy Church from 3.30p.m.



LAPFORD COMMUNITY CHURCH

Meets every Sunday morning at 10.30am in the Victory Hall

4th Sunday of the month is Family Service

Bible Study on Tuesdays 7.30pm and Fellowship Group on Wednesdays 7.30pm

Contact: Briony Clinch - Tel: **83666**

<https://www.lapfordcc.org.uk/>

Please visit our website for information about the Foodbank and ARK.

You will also find lots of information about Church activities and on-line services.



EASTER SATURDAY

EGG HUNT AND CHILDREN'S ACTIVITIES

VICTORY HALL, CHURCH GREEN, LOWER TOWN PLACE

2.00 - 4.00 P.M.

Organised by Christians Together in Lapford



All the Churches welcome everyone to any of their services and social events.

We look forward to fellowship with you.





ST THOMAS OF CANTERBURY LAPFORD

We are very happy to announce that from Sunday 27th March, when British Summer time begins, the Parish Church will be open every day from 9.30am till 6pm or sunset, whichever happens first!

Our beautiful church is there for everyone to visit and use, and after so long we are delighted that it will be fully open again.

MESSAGE FROM THE EDITOR

The Lapford Lookout is celebrating its 25th year of publication, with the first ever issue being delivered to households in April 1998. The very first issue is shown on page seven.

So many names are listed of people who have moved or sadly passed on but others will be recognised as still being very much involved with Lapford village life.

Beccy



DATES TO LOOKOUT FOR

April

- 5th Lapford Youth Club Management Committee, AGM, The ARK, 7.30pm
- 6th Lapford Parish Council meeting, 7.30pm
- 9th Lapford Spring Litter Pick Day, The Orchard Centre, 10.30am
- 12th Lapford Gardening Club meeting, The ARK, 7.30pm
- 14th Copy deadline for May Lapford Lookout, 6pm
- 16th Easter Egg Trail & Fun, Victory Hall, 2.00-4.00pm
- 21st Ladies of Lapford, Talk by Next Steps, The ARK, 7.30pm
- 23rd Lapford Village Market, Victory Hall, 10am-1pm
- 28th Lapford & District Over 60 Club AGM, Victory Hall, 3pm
- 29th Quiz Evening, Victory Hall, 7.30pm

May

- 4th Lapford Parish Council meeting, 7.30pm
- 14th Copy deadline for June Lapford Lookout, 6pm
- 19th Ladies of Lapford, Walking Netball
- 20th Closing Date for Queen's Jubilee Art Competition.
- 28th Lapford Village Market, Victory Hall, 10am-1pm

June

- 1st Lapford Parish Council meeting, 7.30pm
- 14th Copy deadline for July Lapford Lookout, 6pm
- 25th Lapford Village Market, Victory Hall, 10am-1pm

July

- 5th Lapford Parish Council meeting, 7.30pm
- 17th Friends of St Thomas AGM, 10.30am
- 30th Lapford Village Market, Victory Hall, 10am-1pm



Lapford Weather Review

LAPFORD WEATHER FEBRUARY 2022

Milder than average, near normal rainfall.

The warmest day was the 16th with a maximum of 12.6°C, and the coolest day was the 24th with a maximum of 6.1°C, so no really cold days this month.

The coldest night was on the 11th with an air minimum temperature of -1.1°C, and a grass minimum of -7.4°C. Six of the last seven Februarys have been milder than average due to a predominance of winds from the South round to the West.

Total rainfall was 72.5 mm, fractionally below average. The wettest day was the 5th with a fall of 10.6 mm.

The windiest day was the 18th with a gust of 76 m.p.h., which storm (named Eunice by the Met. Office) caused considerable damage and disruption across the country. This was the windiest day here since 1998. The 20th was also a windy day, the highest gust being 61 m.p.h.

The winter as a whole was milder and drier than average.

Andy Epstein



LAPFORD LOOKOUT

Contributions welcome

lapfordlookout@gmail.com

Deadline for inclusion in the next issue:

**6.00 pm on the 14th April
for inclusion in the May issue**



TO CONTACT THE EDITOR

Write to:

Mrs. Beccy Fletcher, 36 Orchard Way, Lapford, Crediton, EX17 6PR

Tel: (01363) 884211 or 07791 989142

E-mail: lapfordlookout@gmail.com

By hand: Use the box in The Orchard Centre or the Editor's letterbox

Deadline for inclusion in the next issue:

6.00 pm on the 14th April for inclusion in May issue

Contributions are welcome, to be used at the Editorial Team's discretion.

Our Editorial Policy:

Published monthly, the magazine welcomes contributions on any topic of interest. The editorial policy is to exclude anything of a political or personal nature and to avoid unnecessary controversy or ill feeling.

Flyers and Inserts must be approved by the Editorial Team prior to publication and shall only be included at the discretion of the Editorial Team and editorial policy.

The views in this newsletter do not necessarily represent the views of the Editorial Team.

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CHULMLEIGH FLORAL ART CLUB

The next meeting of Chulmleigh Floral Art Club will be held at The Pavilion on 20th April 2022 at 7.30pm, when Andrea Furmage will give a demonstration entitled "Showtime". For the past eleven years Andrea has been very busy in her Florist Shop "Floral Designs" in Hatherleigh having previously trained in a long established shop - Fishleys, and obtained her City and Guilds qualifications whilst working there. Her demonstration promises to be very colourful and as usual her arrangements will be raffled at the end of the evening giving you a chance to take home a beautiful floral display.

Our competition is an "Arrangement using a cup and saucer" so dig out an interesting cup and saucer of any size and see what you can do!

During the evening tea, coffee and biscuits will be served to give you a chance to catch up with friends and have a chat with other members.

IMPORTANT DIARY DATE: on June 1st we are holding a very special Open Evening to celebrate our own Coral Anniversary and The Queen's Platinum Jubilee. The Demonstration – "Time to Celebrate with Flowers and Fun" will be given by Christine Harrington who is an Area Demonstrator and makes exquisite designs. A buffet supper will follow to round off an exciting and special evening. Tickets for non Members are £12 and can be obtained from Heather Russell.

For any further information please contact Heather on 01769 581258 or Joan Rowland on 01769 581241

LAPFORD & DISTRICT OVER 60 CLUB

AGM

Thursday 28th April 3pm
Victory Hall.

The first AGM since 2019!

Renewal of Memberships
(£12, Giving discount on trips, etc)

Election of Officials and Committee
(Volunteers needed)

Plans for monthly meetings
(Last Thursday each month)

Please do your best to attend -
new members welcome - no age limits

Kindly let us have your up-to-date
email addresses and phone numbers

Many thanks
Ron Kercher and Committee



Lapford & District
Over 60 Club

CHULMLEIGH RURAL CINEMA



Oscar nominated, biographical drama following the life of unconventional father and coach of tennis icons Venus and Serena Williams, that shines a light on determination, resilience and the true story of an underdog. (12A)

Friday 8th April 2022

The Pavilion, Leigh Road, Chulmleigh EX18 7JL

Doors open 6.45pm Film starts 7.30pm

Wine, beer, soft drinks and interval ice-creams for sale

Tickets £5 (Chulmleigh Society members £4.50) on the door

Contactless payment preferred



LAPFORD VILLAGE CLOCK QUIZ 2022

134 Questions relating to clocks or time.
No prize money so that every penny raised
can go towards the village clock.

**QUIZ SHEETS AVAILABLE
AT THE ARK - £2.00**

Closing Date 31st May
so you have plenty of time!

Thank you for your support



Supported by
Lapford Project 2000
and The ARK

PUBLIC NOTICE

Lapford Youth Club
Management Committee
Annual General Meeting

Tuesday 5th April 2022
7.30pm The ARK

Or join by Zoom
By request to
steve.keable@btinternet.com



Friday Night
Drop-IN
👉 April
Friday 8th

Youth Club for 11-16
Lapford Victory Hall
7-9pm £1

THRIVE: THE NEW BUSINESS SUPPORT SERVICE

THRIVE

If you are looking to start or grow your business this year, you'll be pleased to hear that a new business support service called Thrive has been launched across Devon and Somerset to support the self-employed and small to medium size businesses.

Business Information Point are delivering this support which includes a free one-to-one business review with an expert advisor and access to a range of online workshops on topics such as social media, finance, and business planning. This equates to a day and a half of free business support and provides a fantastic opportunity to learn new skills and get an outside view of your business.

Full details can be found on the Business Information Point website businessinfopoint.co.uk/thrive or by calling 0800 592 872.

The Heart of the South West Growth Hub Service for All is receiving up to £781,965 of funding from the England European Regional Development Fund (ERDF).

The accountable body for this programme is Devon County Council.



European Union

European Regional
Development Fund



JOINT MEETING OF LADIES OF LAPFORD (LOLS) AND THE GARDENING CLUB FEBRUARY 2022



I'm not a member of Ladies of Lapford nor am I a member of the Gardening Club but I was allowed to attend their meeting in February which was a presentation by Jane Welsh on Willow Weaving.

Jane had come from Morchard Road with a car full of baskets she had made and proceeded to explain how she had set about constructing these wonderful artisan products, showing us a variety of methods and patterns of weaving from France, the UK and Ireland.

Jane had also brought a large supply of willow wands grown especially for weaving in the levels of Somerset. To make them flexible they had been soaked in advance.

It was clear to Jane after her interesting talk that the enthralled audience of a dozen were eager to have a go. So once we had all got our willow we set to following her example to weave a Christmas tree. It was much harder than I imagined to hold one part while twisting and bending the other with one eye on the emerging shape. As always I dived in thinking it would be easy with my large hands only to discover that my first attempt looked more like a barrel than tree shaped. Undaunted I tried again and a glance around the room showed me that most ladies were much better with the finesse of weaving than my brute force. I could see so many applications of these shapes though. Not only the finely crafted baskets but edging or containers for the garden. I suspect the possibilities are endless with the satisfaction of saying "I made that" of course to be as skilled as Jane would take many years of practice but the advantage of willow weaving is that it is very accessible, everyone could have a go and materials are cheap and few tools are required. Sadly I had to leave to begin a journey south to beat the storm that was promised. A few days later I found an inherited book on our shelves. I just might give it a go.

Ron Harle

BOOK REVIEW - STARS AND BONES BY GARETH L POWELL

Gareth L Powell is a recent discovery. I've read two of his books so far and I've literally devoured both within days - Stars and Bones is his most recent and it made a dose of the lurgy (not that lurgy) a little more enjoyable and a welcome antidote to the return of war to Europe.

It's filled with great ideas, well-written characters and a masterful control of the plot that it can make some stunning left turns and barrel rolls and still have you greedily turning the pages.

Split across two narratives; the early one sees humanity literally saved at the last minute from environmental/nuclear catastrophe by god-like aliens called The Benevolence. However, don't cheer just yet. We're evicted from The Earth and now roam the galaxy in arks made from Saturn's rings and warned not to find another planet; unless we treat it better.

Meanwhile, Eryn King searches for her sister, missing presumed dead on a scouting mission for that elusive other Earth. When she finds something that is less benevolent and more malevolent, the fate of humanity is in her hands between two god-like forces with very different intentions.

So, a massive novel with big timely ideas. But Powell has great control here, serving slabs of body-horror as both human beings and spaceships are literally torn apart to find out how they work. But it's matched with a huge, metaphysical thought experiment: how would humanity cope if greed, hunger and poverty didn't exist?

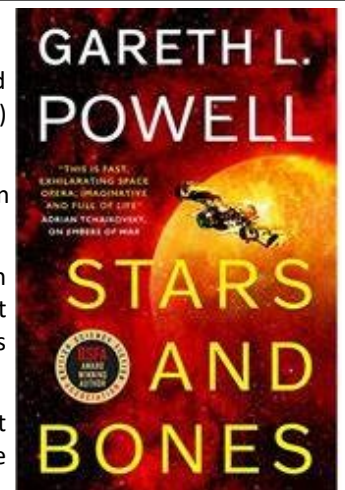
That is a huge concept for a novel... but to tack onto that; all the gore, big spaceships and pulpy characters you could ever wish for shows real skill and an intention to entertain as much as intellectually stimulate. At one point, we even go within the genre of police procedural - and even that works.

And it would be incredibly easy to dismiss all of this as silly, superficial space opera. But that genre is rarely about the sizzle of lasers against shielding. It's a very human piece of work about loneliness, family, the sacrifice of being a parent (explored more in the metaphysical finale) and our moronic propensity to ruin good things with acquiring more wealth.

I also enjoyed the dash of dark and ingenious humour dotted throughout the book. One of the things granted to us by The Benevolence is that cats and dogs can talk. Sam, Eryn's cat is a cynical, thoughtful, feline chorus to the action. This itself, is a call-back to his novel Embers of War, featuring the sentient warship Trouble Dog: a lethal mix of dog/teenage girl DNA; which commits a war crime and then decides to do good.

And possibly, in a few years' time we may see Embers of War on TV as it's been optioned for a series. In the meantime, enjoy this: a bloody, but ultimately beautiful vision of what we could be if we treated each other a little bit better. And if you don't see that as apposite, watch the news.

Kev McCready



LAPFORD PROJECT 2000

YOUR INVITATION TO ADVERTISE IN OUR MONTHLY NEWSLETTER

This is the first of our regular newsletters which will be delivered to every home in Lapford. They will be used to let everyone know how we are progressing with plans to celebrate the Millennium.

As we intend to incorporate a Diary of Events, it will also be an ideal opportunity for individuals and groups to let other villagers know what is happening in their community.

There has already been some interest and all organisations in the village are invited to participate. For a modest annual fee, each group would receive the benefit of publicity for their fundraising activities, meetings, events, AGMs, etc. There will be no limit to the number of times the newsletter can be used in this way. All we ask is that you let us have the relevant information in good time.

There will also be an opportunity for Business advertisements. For further details of group or business rates please telephone either contact number overleaf.

It will be in our interest to reach as wide an audience as possible and we therefore intend to hand deliver to every home in the Community. However, if you are aware of any houses that are being missed please let us know so that this can be remedied. There will also be spare copies of this newsletter in the Post Office if we have missed anybody.

OUR AIM IS TO UNITE THE VILLAGE IN TIME FOR THE MILLENNIUM.

YOUR VILLAGE NEEDS YOU!

YOU NEED YOUR VILLAGE!

LAPFORD PROJECT 2000

KEEPING YOU INFORMED

A regular newsletter to publicise your Club, activity or forthcoming events for the community of LAPFORD and SURROUNDING AREA

Following the recent public Annual General meeting, we have now met together for the first time as a Committee. Our aim is to co ordinate the many and varied ideas put forward for Lapford to celebrate the forthcoming Millennium. Some of the suggestions which have already been made include:

- ♦ A Street Party
- ♦ A Christian celebration
- ♦ Restoration of the village pumps
- ♦ Firework Display
- ♦ More village seating
- ♦ Best kept Garden / Lapford in Bloom
- ♦ Improvement of Health Services
- ♦ Millennium Mugs or spoons
- ♦ Flower Festival

This is only a selection of some of the ideas put forward by the community to date. There will be a Suggestions Box in the Post Office for any further constructive proposals.

As many of you know, we are in the very preliminary stages of researching the possibility of building a new hall for the village. This is obviously a long term project and we aim to keep you informed of developments.

If you would like to offer your help towards achieving any of these projects please contact:

Ashley Leeds (Chairman) Tel. 83555 (7pm - 9pm or at
Helen Glover (Secretary) Tel. 83517 weekends)

**YOUR VILLAGE NEEDS YOU!
YOU NEED YOUR VILLAGE!**

Here is a list of Organisations in the village, with their contact name and addresses, but if you belong to one that is not listed please let us know and we will include it next time. For inclusion in this newsletter please contact one of the people named overleaf.

P.T.A Mrs H Tucker 12 Moorland View Lapford	OVER 60's Mrs R Jarman Moor Kelland Hill Lapford	LAPFORD UNDER 3's Mrs L Read 15 Moorland View Lapford
CHESTNUT CLUB Mrs P Sandercock Wells Park Lapford	SHORT MAT BOWLS Mr J Tucker 12 Moorland View Lapford	PRE-SCHOOL PLAY GROUP Mrs K Webber 1 Bridge Cottages Lapford
YOUTH CLUB Mr A Leeds 40A Highfield Lapford	BADMINTON Mr R Parker Arden Lapford	HORTICULTURAL SOC Mrs S Briant-Evans Edgerley Cottage Lapford
REVEL Mr P Heal Ashlands Lapford	MAIN RD CHAPEL Mr P Davey Broomley Allerbridge Coldridge	CONGREGATIONAL CHURCH Mr E Passmore 7 Moorland View Lapford
PARISH CHURCH Miss S Williams 20 Highfield Lapford	TENNIS CLUB Mrs J Poole Tamborine Lapford	CRUSADERS Mrs J Welch Trelawney Eastington Rd Lapford
VICTORY HALL Mrs J Reynolds The Lindens Lapford	MOTHERS UNION Mrs S Stoneman Wells Park Lapford	WI Mrs P Preston Tudor Collage Westgate, Lapford

LADS.

Mrs H Andrews
The Old Bakery
Lapford

TWINNING ASSOC.

Mrs J House
Green Gables
Popes Lane Lapford

DOG TRAINING

Mr P Crotty
Odin
Hillside Cottages
Lapford

WINSDAY CLUB

Mrs P Wood
26 Prospect Way
Lapford

FOOTBALL CLUB

Mr N Tucker
Prospect House
Lapford

PLAYING FIELD

Mr P Westcott
Westfield House
Lapford

VOLUNTARY CAR AID

Mrs M Coombes
8 Park Meadow Close
Lapford

MALT SCOOP TEAMS

Mr Mrs J Berry
Malt Scoop Inn
Lapford

TRANSFORMERS

Mrs S Stoneman
Wells Park
Lapford

PARISH COUNCIL

Mrs J Poole
Tamborine
Lapford

FRIDAY LINK

Mr Mrs P Squarice
Lower Bridge Farm
Lapford

YEO VALE TEAMS

Mrs G Whitby
Yeo Vale Inn
Lapford

COMING SOON.....

A Special event for the whole community.....

Saturday 13th June

WATCH THIS SPACE.....

*We would like to extend our thanks and appreciation to
OFFICE WORLD for donating the paper, enabling
us to produce this newsletter.*

THANK YOU OFFICE WORLD.

COME JOIN US

SATURDAY 2ND APRIL 2022

Venue: Witheridge Parish Hall
Afternoon Tea Dance

Followed By
1950's Themed Disco

Celebrating The Platinum Jubilee Of Queen Elizabeth II And Raising Money For Two Incredible Charities

MPN Research On Behalf Of Mark Vickery
MacMillan On Behalf Of Diane Price (Formally Leach)

Tea Dance: 2.30pm til 5pm
Professional Classical Sequence Dance Tutors In Attendance
£5.00 per person – Tickets Available from Two Moors & Jules (Café)

Homemade Food By Volunteers From 5pm Plus Licensed Bar

Evening Disco: 6pm til 11pm
Fancy Dress Competition
£5.00 per person

Family Tickets Available: 2 adults + 3 Children - £20.00

Ticket Purchases to be made online:
<https://witheridgejubilee.sumup.link>



LADIES OF LAPFORD MEETINGS (LOL)
Please come and join us in The ARK at 7.30pm

Thursday 21st April



Presentation by Next Steps Development
(A Barnstaple charity that offers support to young adults with additional needs to gain independence in a working environment).

Thursday 19th May

Walking Netball
Further details to follow

CARSHARING: SAVE MONEY HELP THE PLANET SHARE YOUR CAR JOURNEY WITH SOMEONE ELSE

With the price of petrol rising there couldn't be a better time to start carsharing. Sustainable Crediton is launching a campaign to get Crediton and surrounding villages carsharing. It's good for the environment, the community and the people who take part. Devon County Council have a Devon wide Carsharing community with the company Liftshare. To get started go to carsharedevon.com then just follow the instructions. Be sure to follow the instruction to activate your account through your email. If you prefer you can get the Liftshare app on your phone. It's called Liftshare Companion in your app store and it's free. You can then join Carshare Devon through the app. There are even separate communities for certain places of work like the RD&E. It can be used for both regular and one off journeys. You can have message conversations with potential matches to make arrangements or to get a sense if you feel good about sharing a car with this person. You could even meet up beforehand if you want.

Carsharing can save you money. Carshare will give a suggested contribution the passenger can contribute but of course its up to you. For example its suggested a return trip Crediton to Exeter would have a contribution of £2.00. So five days a week that's a saving of about £460 pounds in a year. If the passenger would otherwise take the bus they would be saving about the same. You can, if you both have cars, take turns with driving and each also save on wear and tear. Of course you can also have more than one passenger.

Carsharing can make a big contribution to reducing your personal and our communal carbon footprint. Its estimated that sharing a weekly commute between Exeter and Crediton with one other person for a year saves 950kg of CO2. That's like 42 extra trees doing their amazing work at cleaning our atmosphere.

Lots of people report that they have really enjoyed meeting new people and having company on their journeys.

With all the new house building in Crediton and surrounding areas, roads, especially at commuting times, will get more congested. Liftsharing can go a long way to easing these problems.

The website and app have lots of FAQs to answer your questions and help you get started. Its worth putting in your journey multiple times because the logarithms brain is limited and won't pick up that you would travel through somewhere. For example as I live in Lapford I could put in Lapford to Crediton but also Morchard Road and Copplestone to Crediton.

Be patient you might not at first get a match. The more people who join the better it works. If you want further support contact us at info@sustainablecrediton.org.uk. We would also love to hear your success stories.



A warm & welcoming small school, with strong community links, for children aged 2-11 years

- Nursery Class
- Out of School Club
- Part of the high performing Chulmleigh Academy Trust, enabling seamless transition to secondary school



w: www.lapford-primary.devon.sch.uk t: 01363 83292
e: admin@lapford-primary.devon.sch.uk

@LapfordPrimarySchool

CHULMLEIGH ACADEMY TRUST



'Nothing But Our Best'



w: www.chulmleigh.devon.sch.uk t: 01769 580215
e: admin@chulmleigh.devon.sch.uk

@ChulmleighCollege



The Plant Shed & Farm Shop Eggesford Station Yard

We offer the best quality local produce

As well as a full range of fruit, veg, meat, dairy, fish and store-cupboard essentials we also offer locally-reared lamb, pork and beef

Open:
Tuesday – Friday 10am-6pm
Saturday 10am-4.30pm

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GENERAL MAINTENANCE, Estate & Buildings (Examples) - General repairs
Fencing | Painting & Decorating | Gardening | Patios | Paths | Glazing | Shed Building
Boarding | Flooring | kitchen units | Gates | Guttering | Etc



PAINTING & DECORATING DOMESTIC & COMMERCIAL

External & Internal Decoration | Commercial & Domestic Spraying | Fencing |
Garages



PLUMBING & HEATING - Leaks | Taps | Valves | Bathroom suites | Showers |
WC's | TRV's | HW Vented & Unvented cylinders | G3 certified | Roof tanks | Blocked
soil pipes | Soil waste camera surveys | Blocked drains



LOCKSMITH - Lock replacements | Lock fitting | Cylinders | Euro Locks |
Mortice locks | UPVC & Wooden door locks | Break in's | Full house re locks |
Garages | Vending machines | Key safes | Cash boxes



OIL SERVICES (Pressure Jet) - Annual boiler servicing | Repairs | Landlords
certificates | installs | Boiler replacement Tank replacement | Tank water removal |
Fire valve testing

Local tradesman providing services to the village and surrounding areas.

Abigail's Beauty Retreat

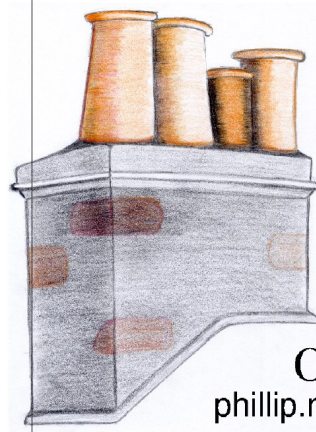
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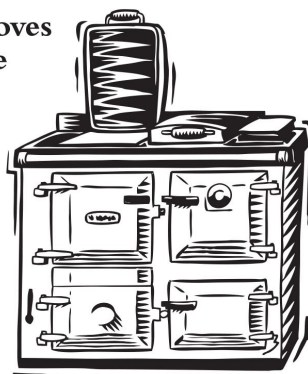
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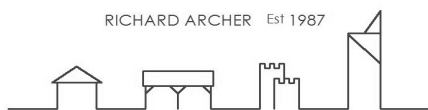
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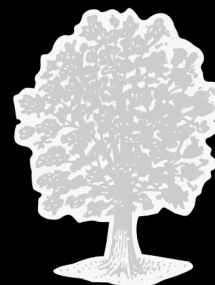
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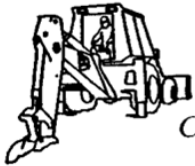
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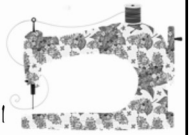
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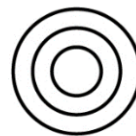
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Just turn up

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Saturday 7 May

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LAPFORD COMMUNITY PRIMARY SCHOOL APRIL NATURE CLUB REPORT

At Lapford Primary School we have started a new Nature Club! This provides children with the chance to explore our wonderful outside environment.

We got off to a flying start after half term. Wildlife cameras that were set up in our wood over the week off were checked and we saw birds, a cat (who often visits us), a resident rabbit and his burrow and a fox!

We have planted up some flowerpots and planters with a 'bulb lasagna' so hopefully we will have flowers over a longer period, but they are already looking great. We have also made feeders for the birds and made hanging decorations for the playground.

The Nest children also looked for minibeasts in the wood and recorded what they found before building them 'Btingham Palace'. We hope to repeat our bug search later in the year to see the difference.

The family and friends of the school will be enhancing our outdoor environment further by painting the exterior walls, cleaning up the pond, fixing gates and planting a pollinator friendly area for our minibeast friends.

Kirsty Wensley



LAPFORD GARDENING CLUB

Thanks to Norsworthy Dairy for an informative talk on making goat's cheese last month. Club members were converted to their cheese as samples disappeared rapidly, and purchases were made.



At the next meeting we will be thinking about our September Show; whilst in May, David Bragg has invited us to explore his bluebell wood.

Tuesday 12th April
7.30 at The ARK
Preparing for Showing
with Peter Heal

The Club welcomes anyone interested in gardening to their meetings.

CARAWAY BUNS

These are good at tea or coffee time.

100g (4oz) butter,
100g (4oz) caster sugar,
zest of half a lemon,
1 generous teaspoon caraway seeds,
2 eggs - lightly whisked,
159g (6oz) self-raising flour,
2-3 tablespoons milk.



Cream the butter, sugar, and lemon zest until light and fluffy. Gradually beat in the eggs, and fold in the flour and caraway seeds. Divide the mixture between 12 - 15 individual bun tins lined with paper cake cases, sprinkle with caraway seeds and bake in a hot oven until well risen, brown, and springy to touch.

Paul Cleave

FRIENDS OF ST THOMAS

The FOST AGM will be held on Sunday 17th July this year, a much later date than usual. Our President the Reverend Prebendary Anthony Geering will preside at a Eucharist, starting at 9.30 am, followed by the AGM at 10.30am.



FOST exists to help with the running and upkeep when it is needed of the church. If you have been into church and sat on a nice comfy pew cushion or felt the warm glow of the under-pew heating in Winter, you have FOST to thank. These and many other projects have been undertaken over the past eleven years.

For £10 a year you could join FOST and be a valued contributor to keeping the church looking loved, cared for and ready for every occasion, personal or community.

If you would like to help then please contact the FOST Secretary: pruelambert@yahoo.co.uk or pick up a membership application booklet from the church.

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PUZZLE CORNER - WHICH DISNEY FILMS ARE THESE CLOCKS FROM?



If you have enjoyed this month's Puzzle Corner, there is Clock Quiz with 134 questions available from The ARK. The closing date isn't until the end of May so you've plenty of time to pick up your copy and have a go!

LAPFORD AFC 2022 RESULTS

JANUARY 2022

January 8th Thorverton Away Postponed
January 22nd Colyton Away Won 5-0
January 29th Exeter University Reserves Postponed

January 15th East Devon Senior Cup 1st Round
Newton St. Cyres Home Won 4-0

As of the 29th January. Lapford AFC are top of the premier division.

P14-W12-D2-L0-GD+50-PTS41-Goals F63-A13

FEBRUARY 2022

Sports Living Devon Premier Cup quarter final.

Beer Albion	Away	3-3
		Lost on penalties 10-9
Kentisbeare	Home	Won 2-1
Beer Albion	Home	Postponed
Sidmouth Town	Home	Won 3-2
Reserves		

Premier Division Record

P17-W1-D2-L0-PTS 47—GOALS F68A16 GD+52

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Gerald Leach

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THOUGHTS FROM THE ARK

James 5:16 says "When a believing person prays, great things happen" While holidaying in England, DL Moody, a great evangelist visited a London church that was spiritually dead. The pastor recognised him and asked him to preach at the morning service. Reluctantly, Moody agreed. Afterwards, he told a friend the congregation was so unresponsive, it was all he could do to finish his sermon. Later, he remembered he had committed to preach there again that night. Wishing he had never interrupted his holiday plans, he spent the afternoon dreading what was ahead.



But behind the scenes, something was happening that Moody knew nothing about.

After the morning service, an elderly lady met her invalid sister for lunch and told her about Moody's upcoming visit. Her sister's eyes lit up, and she exclaimed, "I've been praying God would send Moody to England! Put away the lunch, Sis. We'll spend the afternoon fasting and praying for tonight's service."

When Moody took the pulpit that night, an "electric" sense of God's presence filled the sanctuary. He preached like a man on fire, and when he issued an invitation for people to follow Christ, five hundred people responded. Thinking they had misunderstood, Moody had them sit down while he re-explained the gospel call. But when he issued a second invitation, the same five hundred stood to receive Christ. That Sunday initiated one of the greatest revivals ever to sweep England.

What helped make it happen? Two elderly ladies who understood their church desperately needed the fire of God's Spirit. They believed God's promise, "When a believing person prays, great things happen."

Today, tap into the power of prayer. Your prayers can help ignite the fire of God and make great things happen.

UCB notes Word for today 11 March.

There was a call to prayer at the beginning of March for the situation in Ukraine. One newspaper had the word "pray" in bold black letters across the front page. Funny, in times of disaster or crisis, the call for prayer goes out. God answers pray and amazing things do happen. It's times of disasters when we call out in prayer, but it would make sense to pray all the time, just like the two elderly ladies, who totally believed in the power of prayer.

Thank you so much for all the plastic bags and food that has been donated over the past month. We really are blessed by such a generous community. People visiting The ARK on Tuesdays and Fridays have increased. It's great to see so many people enjoying the food, coffee and friendly atmosphere. It's also good to see so many using the facilities upstairs to borrow books.

The ARK is being used to host a variety of exhibitions. The next one to look out for is one put together by the three churches in April and May. Look forward to seeing you there.

The Ladies at The ARK

GEORGE GUNN 29 DECEMBER 1946 – 19 APRIL 2021

Our brother George, known by us as 'Boy', was diagnosed with terminal cancer in September 2020 and it was his decision to stay at Church View and have no treatment other than painkillers. George was born in the Kenwyn Nursing Home, Crediton, on 29th December 1946 when we were living at Chenson. The family, John, George, Janice and Ann (Dorothy, the eldest was married and living in Halifax by then) moved to Church View in February 1947, during the bitter winter of that year. He nearly didn't survive to his first birthday as the paraffin heater in his bedroom, when having an afternoon nap, issued lots of smuts into the room and on him and it was John who discovered this and called for Mum.



George attended Lapford Primary School where he decided on his first day that a morning was enough for him and headed for home down the school drive, when Janice saw him and he was brought back to finish the day. He went on to Chulmleigh School where apart from having the cane (the deed done by Mr Pick) when he and several friends were caught smoking, school life continued without too many incidents.

He was a tidy person, even as a young child, always knowing when we sisters had been rooting around his toy cupboard. He did poke back the moving eyes of my Pedigree doll on the Christmas Day I received it and they stayed that way until going to a doll's hospital 25 years ago. All three of we younger siblings had plenty of room to play in the Box Room, the attic and the shed. We spent time taking down car numbers in the days when cars were few and far between. George had fun in Court Barton next door playing with Eric Goss, getting up to mischief, including cutting each other's hair with the old fashioned sheep shears. It hit him hard when Eric died in his late teens.



Dorothy, George, Janice and Ann.

Mum boiled the 'whites' in the copper in the shed which took up all of Monday, including the ironing. From lighting the fire underneath to heat the water, rinsing, mangling and hanging the sheets on the line, it was a hard morning's work. On one occasion the young George ran his muddy hands down the sheets on the line and they had to be washed again. Mum was SO pleased! Once he got a coat hanger stuck in his mouth, shut himself in a wardrobe (lucky it didn't tip over) and managed to get the back of his legs cut with barbed wire whilst playing.

When George left school, he was apprenticed to Mr Len Leach of Bugford, Electrician. From there he went to the Ambrosia factory as an electrician until its closure on 29 December 1973 (his birthday!). For a short while he was employed by the Albany Meat Co. in Plymouth, travelling down with several men from Lapford. When this job came to an end he worked for Brian Glover of Copplestone, doing electrical work and painting. Having no transport of his own, Brian, or Tris (his wife), would pick him up and drop him off. They became good friends as well as employers. Following Brian's death, which George felt very deeply, he did small jobs for people in the village. Also he continued to help Tris when she needed it.

George was a sensitive boy and man, always seeing both sides of situations and was ready to help where he could. He lost many of his closest friends, young and old, over the years. One of those was Ivor Roach of the Malt Scoop. In the event of a 'four minute warning', he said he and Ivor were going in the cupboard under the Malt Scoop stairs where the spirits were stocked.....!

In the distant past George enjoyed fishing and (we think) a bit of poaching. He loved walking along School Road to Eastington, to the Morchard Bishop junction, then to Bugford, across the clapper, and home via Prowse Lane. We often joined him when he did the Forches/Eastington/School Road walk. These walks became shorter as his illness progressed, ending in January of 2021.

Dad died in March 1978, John and Mum in 1987 and Dorothy in 2012. George continued to live at Church View after Mum died, keeping it decorated and electrically A1. Having never cooked before, he began making delicious meals and baking cakes. We enjoyed our visits to him, talking over old times and putting the world to rights. He even took to gardening, growing raspberries and vegetables. He loved his music (not always at low volume), owning a large collection of LPs. Church View was never without cats until the death of his last one, Nebby, when he decided there was too much traffic to risk having another one.

Derek Pleace was a regular visitor before and through George's illness. Derek was such a great help in clearing 74 years of possessions, a job we could not have done without his assistance and strength. Many things were scanned and forwarded to Lapford Village Archive. The Overseers' Book has also been photographed for the Archive.

It will be a sad day when we lock the door of Church View for the last time. But Boy is now at rest with his brother John, beside Mum and Dad, in Down St Mary churchyard, the church where we were all baptised. George, a loving and much loved brother and uncle who is sorely missed.

Janice Greening and Ann Cann



THANK YOU

Cheryl and I would like to say thank you to everyone for all the cards sent and phone calls made to us on the sad loss of Jim, a loving Son and Husband.

Joy Abbott



LAPFORD PARISH COUNCIL

There are no notes from the March Parish Council meeting as it was postponed until 15th March, after the copy deadline.



Lapford Voluntary Car Aid 2011

NEED TRANSPORT TO YOUR MEDICAL APPOINTMENT?

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
- Chulmleigh Dental Practice - £5
- Chulmleigh Health Centre - £5
- Crediton (Breast Screening) - £6
- Crediton (Covid jab) - £6
- Crediton Community Hospital - £5
- Morchard Bishop Surgery - £3
- Redlands Health Centre - £6
- Winkleigh Surgery - £5

We have LVCA drivers available to take anyone to have their Covid/flu vaccinations. Please contact Grace as above.

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.

NATIONAL BLOOD SERVICE



Donations can be made at Boniface Centre, Crediton, on Tuesdays 21st June or 5th July at 13:10 to 15:15



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

Do something amazing - Give Blood!

**Libraries
Unlimited**

LIBRARIES UNLIMITED 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

DEVON MOBILE LIBRARY STOPS



Lapford

Orchard Way: 13.30-14.55

School: 15.00-16.00

Nymet Rowland

Opposite Village Hall: 12.30-12.50

Every 4 weeks on Tuesdays



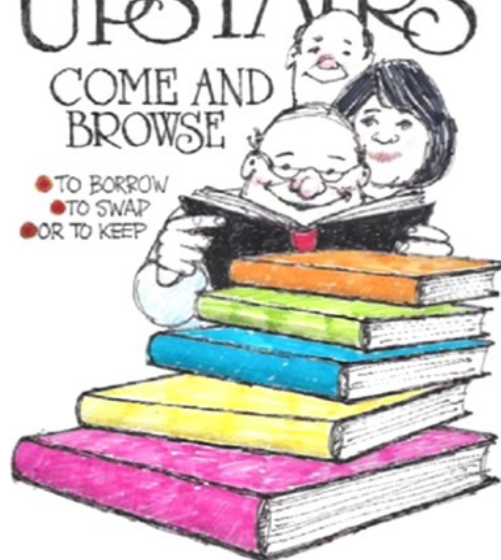
The ARK is open on
Tuesdays and Fridays
11.00 to 2.00.

Arrangements can be
made for access at other
times

BOOKS UPSTAIRS

COME AND
BROWSE

- TO BORROW
- TO SWAP
- OR TO KEEP



IN CASE OF AN EMERGENCY IN LAPFORD



KEEP CALM
AND FOLLOW THE
EMERGENCY PLAN

Parish Council Contact:
Sue Briant-Evans - 01363 83763

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) ~ 0345 155 1004
- 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



LAPFORD PARISH COUNCIL WEBSITE

www.lapfordparishcouncil.org.uk

LAST POSTING TIMES AROUND THE VILLAGE

	<u>Mon-Fri</u>	<u>Saturday</u>
Eastington Cross	9.00p.m.	7.00 a.m.
Woodland Cottage	9.00 a.m.	7.00 a.m.
Industrial Estate	9.00 a.m.	7.00 a.m.
Highfield	4.00 p.m.	10.15 a.m.
Orchard Way	9.00 a.m.	7.00 a.m.
Saxtons	4.00 p.m.	10.15 a.m.
Morcharm 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 — www.lapfordparishcouncil.org.uk

Cllr Peter Heal (Chair)	Ashlands, Lapford, EX17 6AE	Home - 01363 884277 / Office - 01363 775467 peter.heal@lapfordparishcouncil.org.uk
Cllr Sue Briant-Evans (Vice Chair)	Edgerley Cottage, Lapford, EX17 6AH	01363 83763 / sue.briantevans@lapfordparishcouncil.org.uk
Cllr Roy Andrews	Old Bakery, Park Road, Lapford, EX17 6QJ	07969 823256 / roy.andrews@lapfordparishcouncil.org.uk
Cllr Julie Down	Rafters, Lapford, EX17 6QP	01363 83356 / julie.down@lapfordparishcouncil.org.uk
Cllr Pat Gowie	Honeysuckle Cottage, 1 Park Road, Lapford.	07722 426650 / pat.gowie@lapfordparishcouncil.org.uk
Cllr Stacey Lumsdon	~	07891 556884 / stacey.lumsdon@lapfordparishcouncil.org.uk
Cllr John Parsley	The Lindens, Lapford, EX17 6PU	07889 168680 / john.parsley@lapfordparishcouncil.org.uk
Cllr Alex Shapland	Homelands, Eastington Ln, Lapford. EX17 6QE	07738 690937 / alex.shapland@lapfordparishcouncil.org.uk
Cllr Abigail Whittaker	Bashiba Barn, Wembworthy, EX18 7SH	07565 768386 / abigail.whittaker@lapfordparishcouncil.org.uk
Vacancy	~	~
Locum Parish Clerk - Rob Martin	~	clerk@lapfordparishcouncil.org.uk
District Cllr Clive Eginton	6 Moortown, Chawleigh, Chulmleigh, EX18 7EU	01769 580830 / ceginton@middevon.gov.uk
County Cllr Margaret Squires	Frostland Farm, Copplestone, 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
Adventure Gaming Beginners Ballroom Dancing 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 Church Green Lapford Community Church Lapford Community Primary School Lapford Congregational Church	Mr Warren Clayburn Mr Steve Munday 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 Miss Briony Clinch Mr Niall McAreavey Mrs Jill Doe Mrs Cat Seymour Mrs Sue Briant-Evans Miss Briony Clinch Mrs Clare Wilmott Mr Peter Lacey	01363 83095 / wmclayburn@gmail.com 07798 684225 / steve@lowerfieldhouse.co.uk 01363 83525 / pj.westcott@btinternet.com 01837 89070 / petehenshaw@yahoo.co.uk 07815 795918 / alex@lapfordmill.uk 07977 825814 / kirstywensley4@gmail.com 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 / lkigongo@catpreschools.co.uk 01363 83788 01363 83733 / lapfordafc@gmail.com 01363 83410 / sunnyside@jilldoe45.plus.com 01363 884432 / cathryn_seymour@outlook.com 01363 83763 / susanbriantevans@gmail.com 01363 83666 / admin@lapfordcc.org.uk 01363 83292 / admin@lapford-primary.devon.sch.uk 01363 884230 / lapfordcongregationalchurch@gmail.com
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 Lookout Lapford Meat Bingo Lapford Pilates Lapford Over 60 Club Lapford Parish Church Lapford Platinum Jubilee Committee Lapford Poppy Appeal Organiser Lapford Project 2000 (LP2K) Lapford Regeneration Committee Lapford Revel Lapford Revel Volunteers Lapford Victory Hall & Lower Town Place Lapford Village Archive Lapford Village Market Lapford Voluntary Car Aid Lapford Youth Club Management Committee Lapford Youth and Playing Field Trust Lapstock Lower Town Place Gardening Group Nymet Rowland Village Pump Save Our Heritage Lapford Springers 4's and under The Friends of St Thomas of Canterbury	Mrs Sara Thurgood Mrs Sue Briant-Evans Mr Alex Gater Miss Briony Clinch Mr Steve Munday Mrs Cat Seymour Mrs Trish Mumford Mrs Beccy Fletcher Mrs Jayne Grover Steph Heard Mr Ron Kercher Mrs Joan Graham Mrs Sue Briant-Evans Mrs Caroline Noon Mrs Sue Briant-Evans ~ Mr Alex Gater ~ Mr Darren Crump Ms Audrey McCormack Mrs Stacey Lumsdon Mrs Grace Hill Mr Steve Keable Mr Roy Andrews Mr Steve Keable Mr Andy Epstein Liz and Roland Smith Mrs Donna Egan Mrs Caroline Gilpin Mrs Prue Lambert	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 83911 / james@mumfordj.plus.com 01363 884211 / lapfordlookout@gmail.com 07900 477247 07773 010512 / steph.instructor@talktalk.net 01363 83810 / lapfordover60@yahoo.com 01363 83047 / jemg47@aol.com 01363 83763 / susanbriantevans@gmail.com 01363 83863 / lapford.pao@gmail.com 01363 83763 / susanbriantevans@gmail.com ~ 07815 795818 / alex@lapfordmill.uk revelvolunteers@gmail.com 07960 715553 / darrencrump99@hotmail.co.uk 01363 83103 / audreymccormack21@gmail.com 07891 556884 / lapfordvillagemarket@gmail.com 01363 83178 / lvca2011.19@gmail.com 07967 655045 / stevekeable@btinternet.com 07969 823256 / r.andrews1950@icloud.com 07967 655045 / steve.keable@btinternet.com amepstein55@gmail.com 01363 884446 / pump@incywincyweb.com 01363 83732 / donnaegan84@gmail.com 01363 83674 / caroline@gilpin.eclipse.co.uk 01363 83150 / pruelambert@yahoo.co.uk



Please remember to follow the Countryside Code!

IMPROVE YOUR WELLBEING - BE A 'CLANGER'

The 'Five Ways to Wellbeing' arose as part of the National Foresight Campaign which developed a set of recommendations for action. These are based on evidence from over 400 scientists worldwide of what actions people can take that are strongly associated with improved mental health and wellbeing. This has been promoted under the acronym CLANG and hopes this help everyone to incorporate the five ways into their daily lives.

- Connect.** With people around you. Develop connections that enrich your life.
- Learn.** Try something new. Revive an old interest. Challenge yourself.
- Active.** Go for a walk or run. Step outside. Play a game. Have fun.
- Notice.** Be curious. Open your eyes to the world around you. Savour the moment.
- Give.** Do something nice for a friend or stranger. Volunteer. Join a community group. Thank someone. Smile.



#DON'T POO WHERE WE PLAY!

As we all know, people leaving dog poo around our community and on Lower Town Place has been an issue. The Youth Club wanted to send out a message reminding people the importance of bagging and binning your dog poo!

Many children at the Youth Club are very passionate about our canine companions but they were all in complete agreement that they didn't like dog poo being around the areas they play. Last summer, the Youth Club had two dog poo related incidents and we need to make sure this doesn't happen again.

As we approach the summer months and get outside more, we would encourage dog owners to bag and bin. Not just on Lower Town Place but across the village. Keep an eye out in the village and social media for more on our campaign. Thank you to all responsible dog owners for respecting us and our beautiful village.

Everyone @ Lapford Youth Club

