



LAPFORD LOOKOUT



YOUR LOCAL MONTHLY NEWSLETTER

Year 26 Issue 2

February 2023

EDDIE HAS RETIRED!



So we're presenting him with a gift

The collection arranged by Lapford Parish Council for Eddie Cann, our now retired postman, totalled an amazing £515. Thanks to everyone who contributed, and to those who donated directly via the GoFundMe page. A presentation will be made to Eddie during The Village Market at the Victory Hall on Saturday 25th February. Please do come along to say 'thank you' for his many years service. Everyone will be very welcome!

Come and join us in The ARK Winter Warming Wednesdays

Come and join us upstairs in The ARK where there will be tea, coffee, cake and company

Read a book, read your newspapers, have a chat or play board games

There will be a warm welcome awaiting you

Upstairs at The ARK will be open from 10.30



LAPFORD AFC HOST A NIGHT WITH COMEDIAN TANK SHERMAN



The Laughs are on me!

TICKETS ON SALE £15

TICKETS AVAILABLE FROM THE OLD MALT SCOOP OR JOHN BURROWS

PASTY AND PUDDING, LICENSED BAR

17TH FEB 2023

LAPFORD VICTORY HALL

For more information contact:
John Burrows 01363 83985
Dan Tucker 07498733482
Gavin Burrows 07825758879

You are invited to a Two Course Lunch in The ARK

From 11.30am

Wednesday
22
February

Pay what you can
Proceeds to the
Foodbank

We will be serving Sausage Casserole & Surprise Pudding
Coffee & Tea,
(Transport can be provided)

Please telephone 83788 on Tuesday or Friday between 10-12pm to book your meal.

Bookings only: to be made by 17th February





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 am

4th Sundays – Common Worship Eucharist – 9.30 am

5th Sundays – See announcements on Church notice board

February 5th – Third before Lent	9.30 am – Lay Led Morning Prayer
February 8th – (Wednesday)	10.30 am – BCP Holy Communion (1662 form)
February 12th – Second before Lent	9.30 am – Lay Led Morning Prayer
February 19th – Last before Lent	9.30 am – Lay Led Morning Prayer
February 22nd – ASH WEDNESDAY	7.00 pm – MISSION COMMUNITY EUCHARIST at Down St Mary
February 26th – Lent 1	9.30 am – Common Worship Eucharist

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: Caroline Gilpin **83674**; Peter & Viv Lacey **07775-941505**; Cat Seymour **884432**;

Helen Wyatt **07964-855677**.

email: lapfordcongregationalchurch@gmail.com

www. [facebook.com/lapfordcongregationalchurch](https://www.facebook.com/lapfordcongregationalchurch)

Preachers and Events:

5th February - Mark Perkins from Outreach UK
 12th February - All Age Service led by Cat Seymour
 19th February - Merril Archer
 26th February - All Age Service led by Helen Wyatt
 5th March - TBC



LAPFORD COMMUNITY CHURCH

Meets every Sunday morning at 10.30am in the Victory Hall

4th Sunday of the month is Family Service

Fellowship Group on Wednesdays 7.00pm upstairs in The ARK

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.



*All the Churches welcome everyone to any of their services and social events.
We look forward to fellowship with you.*



MESSAGE FROM THE EDITOR

This month we have a guest artist who has created the colouring page on page 22. I am proud to say that the artist is my daughter Calley who is 10 and she was really keen to give it a go. If anyone else in the village would like to create a colouring page for a future issue, we would welcome any submissions for consideration. Don't worry, you don't need a computer, just a pen/pencil and paper, as we can create a digital version from the drawing. Why not give it a go?! You can post your submission or even take a photograph and email it in to the Lapford Lookout at lapfordlookout@gmail.com.



Beccy

LAPFORD LOOKOUT

Contributions welcome

lapfordlookout@gmail.com

Deadline for inclusion in the next issue:

6.00 pm on the 14th February for inclusion in March issue



You can have your cake and eat it if you save half.

VICTORY HALL

The Victory Hall now has a website - lapfordvictoryhall.co.uk where you are able to make bookings direct, check the calendar, or complete an enquiry form.

LAPFORD REVEL VERY GOOD NEWS

Eleven members of the public met in the Orchard Centre on 9th January and as a result agreed to form a Committee to run a Revel in the village this summer.



Details to be considered at the next meeting but the dates will be Friday 7th to Sunday 9th July and will follow a traditional Revel pattern. More news about this in the next Lapford Lookout!

A SPECIAL THANK YOU

from the whole village of

LAPFORD

we are indebted to the

CLEVERDON family

for their generosity in supplying the Christmas Tree for the Church Green

Derek Pleave and Andy Bunce dealt admirably with the arrangements

The Parish Council thank them for their time and goodwill
Well Done!

Happy New Year



DATES TO LOOKOUT FOR

February

- 8th Lapford Parish Council, Orchard Centre, 7.30pm
- 14th Copy deadline for March Lapford Lookout, 6.00pm
- 14th Lapford Gardening Club, House plants - successes and failures, The ARK, 7.30pm
- 16th Ladies of Lapford talk, Den Brook, The ARK, 7.30pm
- 17th Comedy Evening at the Victory Hall in aid of Lapford Football Club
- 18th Bow YFC Dinner and Dance
- 23rd Lapford Over 60 Club, Tba
- 25th Lapford Village Market, 10am-1.00pm, Victory Hall

March

- 8th Lapford Parish Council, Orchard Centre, 7.30pm
- 11th Bimbo's Big Breakfast, Victory Hall, from 9.00am
- 14th Copy deadline for April Lapford Lookout, 6.00pm
- 14th Lapford Gardening Club, Dahlias, The ARK, 7.30pm
- 16th Ladies of Lapford, Cakes, Custard and Fun Food Quiz
- 20th Nominations for Parish Council election open
- 25th Lapford Village Market, 10am-1.00pm, Victory Hall
- 30th Lapford Over 60 Club, Tba

April

- 4th Nominations for Parish Council election close
- 11th Lapford Gardening Club, tba
- 12th Lapford Parish Council, Orchard Centre, 7.30pm
- 14th Copy deadline for May Lapford Lookout, 6.00pm
- 22nd Lapford Village Market
- 27th Lapford Over 60 Club, Tba

- 4th May - Local elections
- 6th May - Coronation of King Charles III
- 9th May - Lapford Gardening Club, Woodland walk, 7pm
- 25th May - Lapford Over 60 Club, Tba
- 27th May - Lapford Village Market
- 13th June - Lapford Gardening Club, Garden visit, 7.30pm
- 24th June - Lapford Village Market
- 29th June - Lapford Over 60 Club, Tba
- 7th-9th July - Lapford Revel
- 11th July - Lapford Gardening Club, Garden visit, 7.30pm
- 22nd July - Lapford Village Market
- 27th July - Lapford Over 60 Club, Tba
- 8th August - Lapford Gardening Club, Garden visit, 7.30pm
- 26th August - Lapford Village Market
- 31st August - Lapford Over 60 Club, Tba
- 2nd Sept. - Lapford Gardening Club Annual Show, Victory Hall
- 23rd Sept. - Lapford Village Market
- 28th Sept. - Lapford Over 60 Club, Tba
- 10th October - Lapford Gardening Club, tba
- 26th October - Lapford Over 60 Club, Tba
- 28th October - Lapford Village Market
- 14th Nov. - Lapford Gardening Club, tba
- 25th Nov. - Lapford Village Market
- 30th Nov. - Lapford Over 60 Club, Tba
- 12th Dec. - Lapford Gardening Club, Christmas Social, 7.30pm
- Dec. - Lapford Over 60 Club, Christmas meal at The Waie Inn tba



Lapford Village market

**SATURDAY 25th FEBRUARY
10AM-1PM**

**Local produce Stalls
Handmade crafts
Foodbank drop off point
Bric-a-brac, Car-boot tables and
Tea, coffee & snacks**



Including Eddie's Presentation

To book a stall/table please call Stacey on: **07891 556884** or email **lapfordvillagemarket@gmail.com**
£5 per stall payable on the day.

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LADIES OF LAPFORD MEETINGS (LOL)

Please come and join us in the Ark at 7.30

Thursday February 16th

A talk about Den Brook Wind Farm

Come and hear about their work
and benefit to local communities

Thursday 16th March

Cakes, Custard and Fun Food Quiz

RECYCLING AT THE ARK

The blue plastics recycling bin located by The ARK will be there until 15th February 2023. Please continue to use it for any recyclable confectionary / ice cream / cracker tubs, milk bottle tops and takeaway containers (anything clean 5/PP grade plastic). Money raised goes towards Dartmoor Zoo and Life Chance Trust charities. Any questions, please call Gwennie on 01363 83197.




BIMBO'S BIG BREAKFAST!

RAISING FUNDS FOR THE CHURCH WINDOWS

LAPFORD VICTORY HALL

11TH MARCH

BOOK YOUR FULL ENGLISH BREAKFAST WITH US FOR THE FOLLOWING TIME SLOTS:

9AM
10AM
11AM

**£8 LARGE
£6 SMALL**

BOOK BY TELEPHONING CAT ON
01363884432 OR EMAILING
LAPFORDCONGREGATIONALCHURCH@GMAIL.COM

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A couple in their nineties are both having problems remembering things. During a check-up, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'

LAPFORD PARISH COUNCIL

The Council is looking for someone to take on the job of Parish Clerk from Rob Martin who has resigned as from 30th May 2023.

If you believe you have the character and skills to take this job on, please give Rob a ring on 07768 829511, or drop him an email on clerk@lapfordparishcouncil.com

There will be more details available shortly, but the aim is to appoint someone so that they can work alongside Rob for as long as possible to be able to learn about the job before having to go-it-alone.

EXHIBITIONS IN THE ARK

The Display for February and March is all about local organisations, what they do, their history, and how to be involved.

Please come along to The ARK, open at lunchtimes on Tuesdays and Fridays, to see what a wonderfully varied collection of clubs and societies have contributed and how you might join in with one or two of them.



Kindly supported by:
The ARK and Lapford
Project 2000



LAPFORD PARISH COUNCIL NOTES JANUARY 2023

At the time of going to print, we had not received any notes from the January meeting of the Parish Council. We hope to be able to bring you up to date with both the January and February meetings in the March issue of the Lapford Lookout.

PARISH COUNCIL ELECTIONS - 4TH MAY 2023

Candidate nominations will be from Monday 20 March to Tuesday 4 April. They must be delivered by hand to Phoenix House, Tiverton, EX16 6PP between 10am and 4pm any day during that period, except weekends.

THE ROLE OF A PARISH COUNCILLOR

The main role of a Parish Councillor is to represent the views of all residents within the parish and to listen to, and understand, the views and needs of different groups in the community. There is a responsibility to be well-informed, especially about diverse local views. Councillors cannot assume that they represent the interests of electors without consulting them.

Parish Councillors are elected representatives (they are neither volunteers nor employees) and serve for a 4-year term unless co-opted or elected in a by-election when they serve until the next election. They must apply the law and comply with the Code of Conduct and other adopted policies of the council. Councillors are required to act in an ethical way and to declare an interest when necessary.

Councillors contribute to the work of the council by suggesting ideas, influencing policy and strategy, engaging in constructive debate and by responding to the needs and views of the community. Councillors comment on proposals to ensure the best outcome and vote to enable the council to make decisions.

Individual Parish Councillors cannot make decisions on behalf of the council, but they can actively lead and engage with local projects.

The Parish Council needs a wide range of skills and experience to work as a team. Councillors from different backgrounds better represent the whole community and possess different enthusiasms, skills, attitudes and interests.

Source: Mid Devon District Council

Lapford Weather Review



LAPFORD WEATHER DECEMBER 2022 AND ANNUAL REVIEW 2022

Thanks to the cold first half of December, it was cooler than average overall by nearly two degrees C. It was also drier than average.

The mildest day was on the 19th, with a maximum of 14.0°C, and the coldest was the 12th when the temperature just scraped above freezing to 0.1°C. The coldest night was on the 16th with a minimum of -7.4°C, and a grass frost of -11.5°C. The grass temperature fell a fraction lower on the 9th (-11.7°C).

Snow covered the ground from the morning of the 10th to the morning of the 18th when rain was rapidly thawing what was left. In all there were 9 days of snow covering the ground, the highest count since December 2010, indeed this was the coldest December since then.

Total rain for the month was 99.6mm, the second half of the month being quite wet as well as mild. The wettest day was the 19th with 16.2mm rain.

The windiest day was shared by the 19th and 28th with gusts of 42 m.p.h.

2022

A milder and drier than average year. The mean temperature was 10.9°C as opposed to the average of 10.2°C. (records going back to 1988) This equalled 1989, but was a fraction lower than the warmest year which was 2014, when the mean was 11.1°C, so no records broken here whereas some other parts of the UK had their warmest year since reliable measurements began in the 19th century.

Total rainfall was 846.2mm, the average being 963.4mm.

The year will probably be best remembered for the dry summer and short hot spells. July produced only 9.7mm rain (the driest on record) and the warmest day of 32.2°C. August would also have been very dry were it not for two wet days in the middle of the month. A temperature of 32.9°C was recorded, the second highest of any August day. (The hottest August day (35.5°C) was in 1990, so hot weather is nothing new).

Andy Epstein



MID DEVON MEDICAL PRACTICE NEWS

Hannah Baker is our Primary Care Network Pharmacy Technician. The Mid Devon Medical Practice is in a Primary Care Network (PCN) with three other local Practices. Our Primary Care Network is called Mid Devon Healthcare PCN. The PCN employs a group of professionals to help support the four practices.



Q&A's

1. What is your role within the Primary Care Network?
I work as part of the PCN Pharmacy team as a Pharmacy Technician alongside a Clinical Pharmacist.
2. In what way will you be involved in the care of the patients from the Mid Devon Medical Practice?
My current involvement for the practice is quite 'behind the scenes'. Patients may occasionally receive a telephone call from myself, but at the moment I'm working on looking at prescribing trends against local and national guidelines, running reports, reviewing safety audits and helping with national and local NHS contracts. All of these tasks aim to build on the core work of current primary care services and enable greater provision of proactive, personalised, coordinated and more integrated health and social care for our communities.
3. What aspect of your job do you enjoy the most?
There are so many aspects of this job I enjoy and I find that every day is different, which is great. Narrowing it down, I particularly enjoy working in a team environment and I'm learning a lot by working alongside various professions and clinical expertise. It's also been really lovely meeting and getting to know patients and learning more about the local area.
4. Can you tell us about any projects you are currently working on?
A couple projects we are currently working on are:
Checking controlled drug prescriptions have the most appropriate and clear instructions to ensure safe and effective use for patients.
Ensuring that patients taking Statins are getting the most effective and cost-efficient treatment in line with national prescribing guidelines and GP approval.
Assisting with reviews of various processes within the practice and offering advice/assistance.
One for fun...
5. If you could invite 3 famous people to a dinner party, who would they be?
 1. Hayley Williams - Not one I expect many to know, but my favourite musician for 15+ years.
 2. Michelangelo Caravaggio - A painter active during the Baroque movement. I learnt a lot about this artist during college and from what I was taught they had a very colourful, interesting life.
 3. Princess Anne - I've got a lot of admiration for how she conducts herself given her status. She always comes across very down to earth. I think she would have one or two interesting stories to tell too.



"I keep seeing on the news that my bills could be going up soon. It's making me really worried especially as I spent more on Christmas than I should have done. How can I get my spending back on track in 2022?"

Lots of people are asking themselves this very question just now but there are lots of things you can do to be more in control of your money and be better prepared for the future.

1. Be very clear about exactly how much money you have coming in and going out each month and be realistic about what you really need for essentials like food and travel.
2. Set yourself a budget that you can stick to. You may find our budgeting tool useful to help you.

<https://www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/work-out-your-budget/>

If any of your bills do go up during the year, you can go back to our budgeting tool at any time, create a new plan and stay in control.

3. See if you can reduce any of your living costs.
<https://www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-your-debts/reducing-your-regular-living-costs/>
4. Make sure you are getting all the income you are entitled to.

<https://www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-your-debts/check-if-you-can-increase-your-income/> will show you if you are entitled to support such as benefits or government grants. It will also tell you if you are being paid the correct wage.

5. As credit or store card bills land on the mat it is perfectly understandable that these debts add to your worries but the priority has to be paying your rent/mortgage, energy bills and Council Tax as failing to pay these has serious consequences. The following links give advice about which bills you need to prioritise and support available to help pay these and other bills.

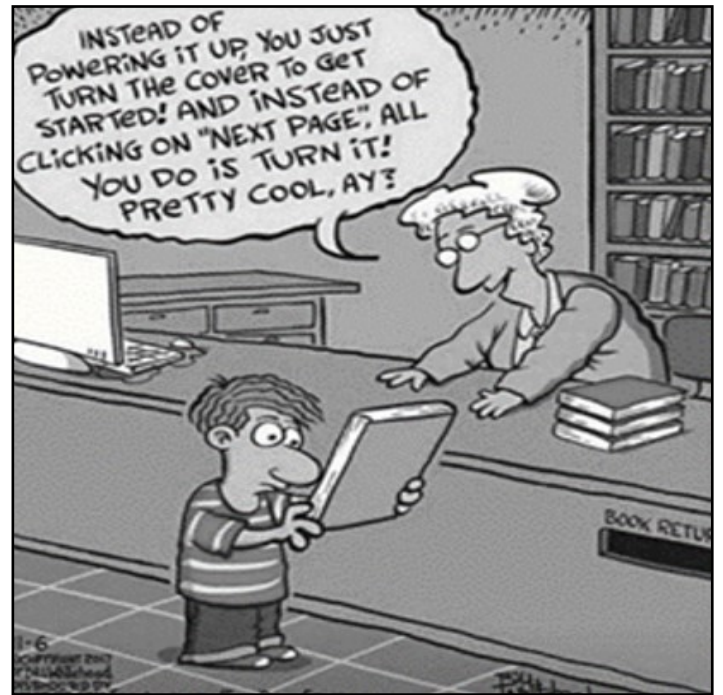
<https://www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-your-debts/work-out-which-debts-to-deal-with-first/>

<https://www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/get-help-with-bills/>

When you have planned how to cover your priority bills the budgeting tool can then help you plan on how to repay credit/store cards and overdraft charges.

Here at Citizens Advice Torridge, North, Mid & West Devon we have a specialist team of people to help with debt problems and money management.

Visit our website, www.ruraldevoncab.org.uk and click on 'Get Advice'. Alternatively, you can ring our free, local Adviceline on 0808 27 87 999. Would you like to help people resolve their problems? Demand for our services is increasing dramatically and is likely to continue to do so for some time. We rely heavily on our volunteers and are always keen to recruit more. We give full training and ongoing support so if the idea of working with us appeals to you please email recruitment@ruraldevoncab.org.uk and find out more.



LAPFORD COMMUNITY PRIMARY SCHOOL NEWS



The Spring term is well underway at Lapford Primary School and although the weather hasn't been entirely on our side, we are determined to get outside and make the most of our wonderful grounds.

This term we are excited to be able to offer weekly forest school sessions for all children. Forest school has been proven to support children in so many ways from helping them learn about the natural environment to building positive relationships and improving emotional wellbeing. We are fortunate at Lapford to have such a well-established wooded area and our resident forest expert, Mrs Kigongo, who has recently undertaken forest school leader training. In our first sessions we have been focussing on trees: identifying, planting and taking cuttings using secateurs.



Also this term, we have begun our OPAL journey. OPAL is a two-year school improvement programme that aims to improve playtimes for all children to ensure they have the best possible time and the most possible fun. One of our first steps was to introduce some new playtime equipment and the children have loved building giant marble runs together (using old guttering), playing small world games with the Barbies and digging in the mud pit!

It has been wonderful to see the children mixing across classes and we have talked lots about the importance of teamwork, which is one of our Trust values. We are noticing that the children are beginning to take this on board – playing more collaboratively and finding solutions to conflict amongst themselves.



Over the coming months we will be introducing more new equipment and opening up more of our grounds for the children to explore at playtimes. The ethos of OPAL is that children should be able to make use of the whole site every day and that play should cater for sixteen different play types!

We are looking for additional resources to improve the quality of our playtimes and this month we would love to acquire:

- Watering cans
- Small gardening tools
- Old pushchairs in any condition
- Children's wellies - any size

If you have any of the above items and would be willing to donate them to the school, please contact lmills@chulmleigh.devon.sch.uk to arrange collection or drop them in to the school office at your convenience.

Mrs. Wright, Head of School

Yesterday I bought a thesaurus. When I got home,
I discovered all the pages were blank.
I have no words to describe how angry I am.

LAPFORD BOOK CLUB BOOK REVIEW: PLATFORM SEVEN BY LOUISE DOUGHTY

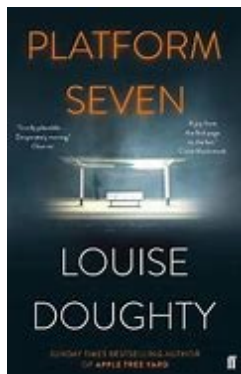
Our latest book began with a ghost haunting Peterborough railway station. It transpired that this person - Lisa - had died by falling off platform seven as a train went by. She only haunted the station itself and watched the station staff and customers.

I must say I found this book a bit tedious until the reason for her death was told.

Lisa had been in an abusive relationship. It was scary/appalling to see how a man could gradually reduce a clever and respected teacher to someone who was close to a nervous breakdown without her realising what was happening to her.

I haven't read any books by this author before but I definitely will now.

Jane Epstein



LAPFORD AFC



Lapford has had a football team playing in different locations in the village for over a hundred years. We have now been playing at Edgerly Cross for the last 35 years.

The last 10 years has been our most successful time culminating in winning the Devon and Exeter Premier Division two years running. Unfortunately, due to circumstances beyond the committee's control, we had to withdraw the football team from the football league for this season.

We are still running as a club with a committee that meets regularly and have agreed to run a men's team next season with youth teams hopefully to follow.

This is where you could come in as Lapford Football Club is looking for: -

- New members to join the committee.
- A manager or coach to run the men's team.
- Players old and new (you must be 16yrs to play at men's level).
- Managers and coaches to be involved with youth football.

Training sessions will be arranged with dates advertised.

We have started fund raising events with an evening of laughter with Tank Sherman this month.

Anyone that wishes to help in any way, please contact –
Nick Tucker – Chairman – 01363 83601
Joe Badcock – Secretary – 07734 745894
Rob Tancock – Committee member – 07971 242668

Sponsors are always welcome.

VALENTINES CREAMY SALMON TAGLIATELLE

Ingredients

- 250g salmon fillet
- 1 concentrated vegetable stock pot
- 1 onion, chopped
- 200g tagliatelle
- 125g frozen peas
- 250ml crème fraiche



Method

Heat oven to 220°C. Put the salmon on a lined baking tray and cook in the oven for 15 minutes.

Bring 1ltr of salted water to the boil. Add the vegetable stock pot and onion and then stir to combine and plunge in the tagliatelle. Return to the boil and cook for 5 minutes.

Add the peas to the pasta pan and cook for 3 minutes until the peas and pasta are tender. Drain the pasta, reserving just a little stock in the base of the pan.

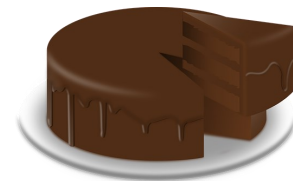
Return the pasta to the pan with the crème fraiche. Remove the salmon from the skin and add in chunks to the pan. Gently stir to combine.

Season with salt and ground black pepper.

DREAMY CHOCOLATE CAKE WITH SUNFLOWER OIL

Ingredients

- 175g self-raising flour
- 2 tbsp cocoa powder
- 1 tsp bicarbonate of soda
- 150g caster sugar
- 2 large eggs, lightly beaten
- 2 tbsp golden syrup
- 150ml sunflower oil, plus extra for the tin
- 150ml semi-skimmed milk



For the Icing

- 100g unsalted butter
- 225g icing sugar
- 40g cocoa powder
- 2½ tbsp milk (a little more if needed)

Method

Heat the oven to 180c/160c fan. Oil and line two 18cm cake tins. Sieve the flour, cocoa powder and bicarbonate into a bowl and add the caster sugar.

Add the golden syrup, eggs, sunflower oil and milk into a well in the centre of the dry mix and whisk well until smooth.

Put half the mixture into each tin and cook for 25-30 minutes until they are firm to the touch. Turn out of tins after 10 minutes and allow to fully cool.

Make the icing by beating the butter until soft and gradually sieve the icing sugar and cocoa powder whisking well you can add the milk a bit at a time until the icing is spreadable and fluffy.

Sandwich the cakes together, fill and fully coat with icing. Enjoy!



CHRISTMAS QUIZ SHEETS THE RESULTS!



supported by The ARK and
Lapford Project 2000

Thank you to everyone who purchased the Christmas Quiz 2022. £110 was raised for Lapford Foodbank.

The winner of the quiz was David Garton with an amazing score of 98 out of 100 and the runners-up were Andy and Jane Epstein.

A big thank you to Bill Parsons who set the quiz in 2020 but it was postponed due to Covid.



Well done to all participants
and thank you again
for your support.



LAPFORD GARDENING CLUB DIARY DATES

February 14th	House plants – successes and failures, 7.30pm in The ARK
March 14th	Dahlias 7.30pm in The ARK
April 11th	TBA
May 9th	Woodland walk 7pm
June 13th	Garden visit 7.30pm
July 11th	Garden visit 7.30pm
August 8th	Garden visit 7.30pm
September 2nd	Annual Show in the Victory Hall
October 10th	TBA
November 14th	TBA
December 12th	Christmas Social 7.30pm



LADIES GET TOGETHER FOR CHRISTMAS AT THE SCOOP

Once again, the ladies gathered at the Old Malt Scoop for a Christmas meal. Somebody asked once why it is always the Scoop. Well, it is easy to get to whatever the weather (and easy to wobble home from if necessary), it supports our local pub and the food, service and atmosphere are great so why go hunting for somewhere further afield.

We managed not to cause any disturbance this time. The tables were set out just as we had asked making an inclusive circle, all the meals matched up with the orders, the food was delicious and arrived promptly and everyone had paid up in advance so settling up was easy.

Lively conversation continued through the evening yet surprisingly the food still disappeared quickly. Everyone seemed to have a good time as they were in no hurry to leave and the chatter went on after the food was finished. Eventually, it was time to wend our way home. As I walked back, I thought about how, for the last two years, Christmas celebrations had been overshadowed by Covid restrictions. It felt good to look forward to being able to spend this one with all my family around me and none of those worries.

Sue Raffill



THOUGHTS FROM THE ARK

Doug Coldiron writes: "I am a trucker, and my Jack Russell Terrier, Dee Dee rides shotgun on my road trips. We were playing fetch outside Atlanta when something caught her eye and she shot into the woods. I paced the perimeter calling her name. I alerted other truckers and searched until it was pitch black. Nothing. Eventually the others left, some said, "I'll pray for you." I wasn't so sure God was listening. I'd already been praying for hours. Next morning, I had to get on the road and when I opened my laptop and pulled up my Facebook page, it was full of postings. "We're praying for you." "Hang in there." "Trust God." I felt comforted; someone besides me was worried about my dog. If only I could get back to Atlanta soon. I thought about praying, "Lord, get me an assignment in Atlanta NOW!" I knew it could take weeks but when I clicked on my company's website to check the destination of my next job it was *Atlanta*. Next morning, my cell phone woke me up. It was Russ, the maintenance supervisor. "I saw your dog on the way to work." I couldn't believe my ears. I had to get to Atlanta. From the truck centre, Russ drove me to where he had seen my dog. After searching for hours, I glanced over my shoulder and there she sat on the doorstep of a house. She bolted over and as I picked her up, I prayed, "Thank you God." The Bible says, "Give all your worries and cares to God, for He cares about you (1 Peter 5:7). Coldiron adds, "Who knows what's going on in a dog's mind? One thing I know is we are never alone and God always answers prayer.

Taken from United Christian Broadcast notes.

God always answers prayers, try it sometime. It's funny, when things get really bad, we can cry out for help and God's name crops up. He created an amazing world full of wonder and beauty, so why would a being, who made everything, not answer our prayers for help?

We have been very fortunate to have the support and help from some very generous people. The Foodbank's shelves were very low after Christmas but donations have helped considerably and it's looking healthier. Thank you so much for all the help that has been given.

The ARK Team





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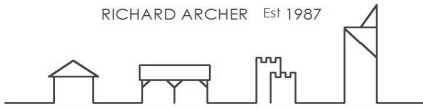
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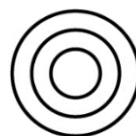
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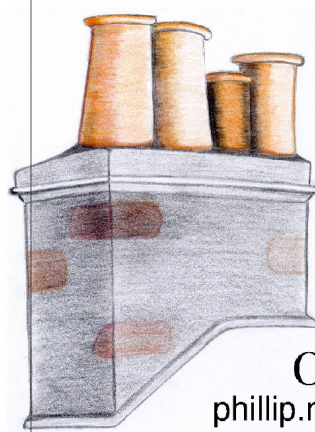
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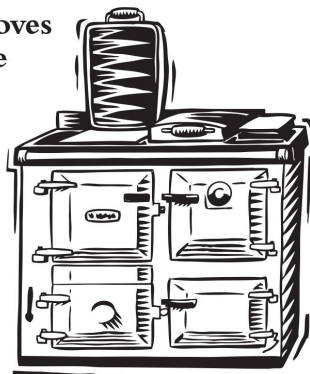
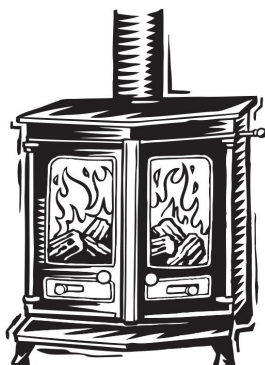
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2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He, who laughs last, thinks slowest
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. It is said that if you line up all the cars in the world end-to-end, someone would be stupid enough to try to pass them.
10. If the shoe fits, get another one just like it.
11. The things that come to those who wait may be the things left by those who got there first.
12. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.
13. Flashlight: A case for holding dead batteries.
14. The shin bone is a device for finding furniture in the dark.
15. When you go into court, you are putting yourself in the hands of twelve people who weren't smart enough to get out of jury duty.



THE BIG FREEZE 1962-3

The 60th anniversary
of a memorable winter



Above: Looking toward Lapford from Kelland Hill

The winter of 1962-3 was the coldest in Lapford for at least two hundred years and the coldest in all parts of England since 1895. In Kent the temperature was so low that the sea froze up to a mile from shore, but it was Devon that suffered the largest snow drifts.

Lapford avoided the initial outbreak of snow that hit most of the country in mid-December, but a blizzard with gale force easterly winds raged through the South-West on 29 and 30 December. Drifts, 30 feet deep in places, blocked roads and railways. Numerous villages, including Lapford, were cut off. On Dartmoor, major army operations were staged to rescue hundreds of buried animals.

Snow fall continued into the new year. The heaviest fall in Lapford came on 06 February. Bovril News reported on the extraordinary efforts of villagers to keep the Ambrosia factory operational.

“At 2.30am on 6th February, after finishing his late shift, Richard Rice, the charge hand of the canning department, decided to make the three mile walk to his home. In ordinary circumstances there would have been nothing unusual about this, but 6th February happened to have the heaviest fall of snow during a period when a day without a snowfall would have been an event.

There was little moon that morning and the skies were still heavy with cloud. The road leading from the factory had been kept fairly clear by ploughs but further along, where he had to turn off on to a side road, the drifts became deeper. It was not long before the only way of telling that he was on the right route was by following the tops of the telegraph poles. Soon, these too went out of view and Richard alternated by walking along the tops of the hedgerows and clambering down to follow the tractor trails in the fields below.

Back on to the hedgerows and then confronted by what seemed a hill of drifted snow, he decided to try and climb over the drift; as he reached the top his hands touched something solid. He scraped the snow away and found himself looking through a pane of glass into a small room. Once over the initial surprise he found that he was on top of a farm cottage, the roof of which is normally over fifteen feet above the roadway.”



Richard Rice's story is probably the most unusual during a time when almost everyone in Lapford and the surrounding districts were at odds with the weather. But rather than being unique in itself it epitomised the ceaseless effort made by all to keep products of the factory flowing. Somehow most of the people managed to get to work and keep the factory fully operational.

Perhaps the most difficult task of all was the drivers'. Each morning they would set out from Lapford determined to collect the milk and get it back as near to the scheduled time as possible. Conditions were fantastic and where tractors and snow ploughs had been out during the night trying to clear the side roads, even they found themselves unable to move.

The farmers played their part in the campaign and one farmer virtually turned his house into a trading post. The roads were usable up to his front gate but beyond that they were blocked. Farmers from the surrounding district made their way on foot or by tractor over the fields to his house, where they left their churns of milk and collected the empties along with the post and supplies of food. It was this kind of spirit that made it possible for Lapford to remain operational.

It was nothing unusual for drivers to be returning to the factory hours after their normal time, and it is a well-deserved compliment to their skill to record that there were no serious accidents or damage to the vehicles during the whole time the arctic conditions persisted. A good indication of just how cold it became was that the diesel fuel for the lorries froze. A call to the local fuel supplier solved the problem: petrol was added and this kept it in liquid form. During the entire six weeks milk was arriving at Lapford frozen solid and so added one more operation to an already hard-pressed schedule.

David Garton

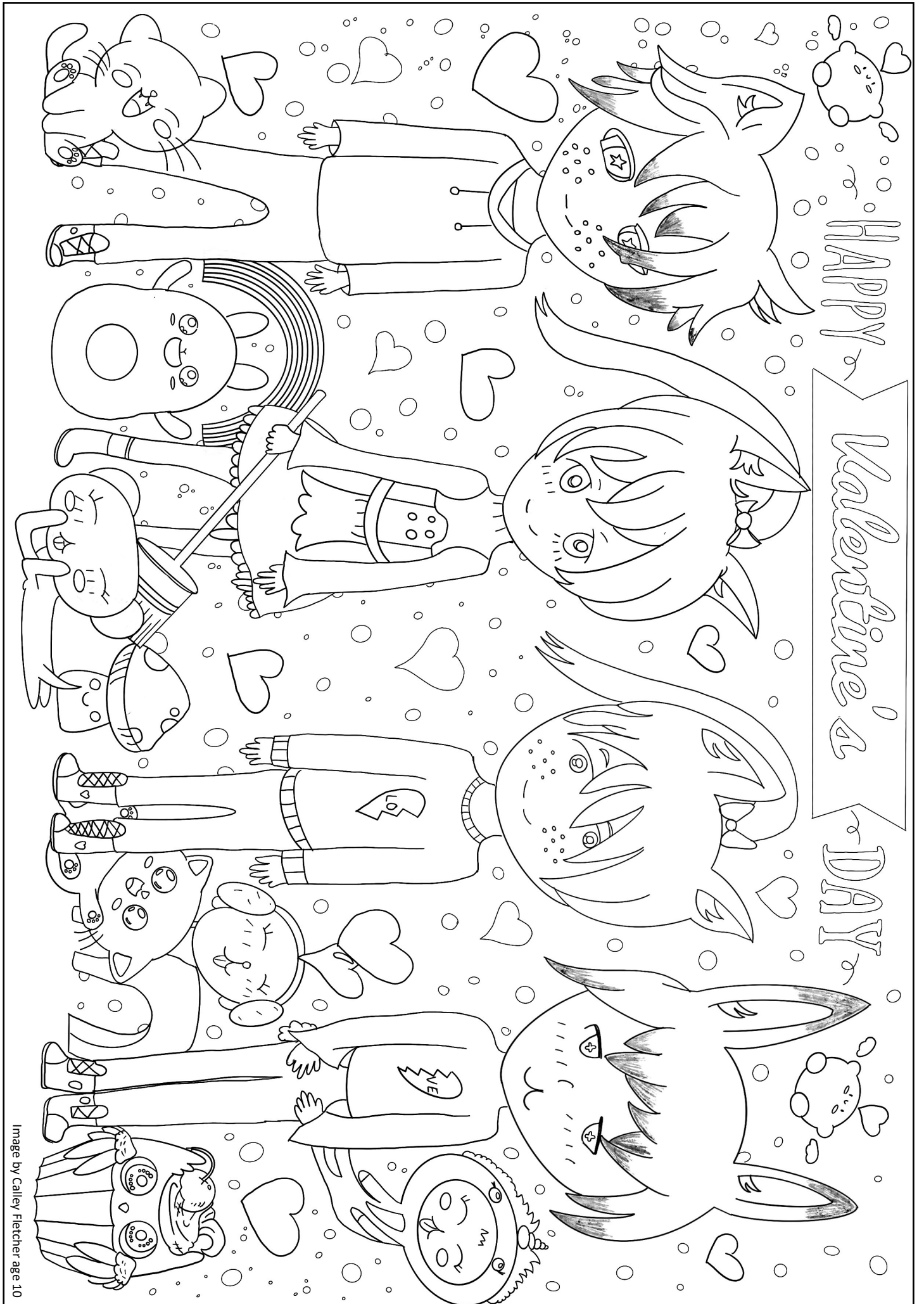


Image by Calley Fletcher age 10

EAST WORLINGTON HOUSE—GARDEN OPEN FOR THE NATIONAL GARDEN SCHEME

Sundays in late February and early March wouldn't be the same without a bracing tour of the crocuses of East Worlington! We do hope that this year will be no exception as we continue our efforts to raise money on two fronts.

The caring charities of the NGS, which have benefited enormously from your generosity over the years, will receive all the proceeds from your purchase of the (almost absurdly inexpensive) tickets for the garden, whilst the parish hall (next door to the garden and thus placed ideally for post-crocus refuelling purposes) will Hoover up the profits from the cream teas faster than you can say lemon drizzle cake.



The weather may of course be what seems to be called changeable, so please bring suitable clothing and footwear.

Opening dates and times: Sunday 26th February, Sunday 5th March (1.30-5.00)

Admission: £5.00, children free

Facilities:



Dogs on leads please

Refreshments: Cream teas in the parish hall next to the house.

Contact: Barnabas and Campie Hurst-Bannister, 01884 860332.

Location: In the centre of East Worlington, 2 miles west of Witheridge. From Witheridge square go right to East Worlington. After 1.5 miles turn right at the T-junction in Drayford, over the bridge then left to Worlington. After 0.3 mile turn left at the T-junction. The garden is 200 yards on left. Disabled parking at the house. Parking nearby.

Description: Thousands of crocuses which have spread over many years through the two acre garden and into the neighbouring churchyard. The garden is set in a lovely position with views down the valley to the Little Dart river. Please feel free to walk down to the river, across the bridge into the wildflower meadow (obviously not flowering yet!) and join the public footpaths in the woods.



Lapford Youth Club

THE DROP IN

LAPFORD VICTORY HALL

EVERY 2ND AND 4TH FRIDAY IN THE MONTH


7-9PM

FOR 11-16 YEAR OLDS.
ONLY £1 PLUS MONEY FOR TUCK SHOP
(Please note- only runs during termtime)

FIND US ON



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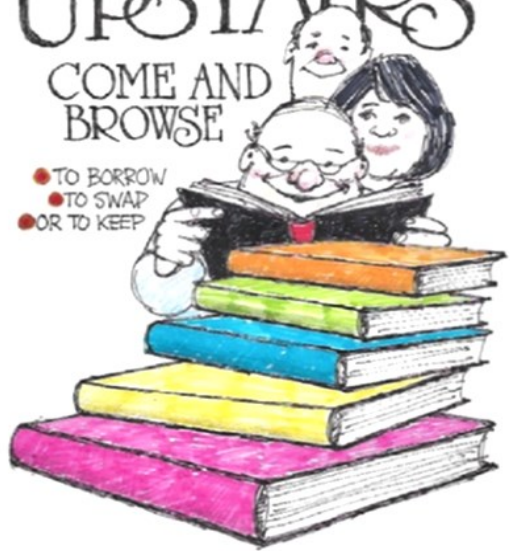


The ARK is open on
Tuesdays and Fridays
10.00am to 2.00pm
Arrangements can be
made for access at other
times

BOOKS UPSTAIRS

COME AND BROWSE

- TO BORROW
- TO SWAP
- OR TO KEEP



LAPFORD YOUTH CLUB

High 5

THURSDAY

EVERY WEEK DURING TERMTIME

6PM - 7.30PM

For 7-11 year olds (KS2 primary)
Fun, Games, Craft, Friends
Only £1 subs
(Up to £1 additional money for tuckshop)





For more information email lapfordyouthclub@gmail.com or find us on
Facebook and Instagram

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LAPFORD YOUTH CLUB PRESENTS

HIGH FIVE JUNIORS

For 4-7 year olds and
their carers



Arts and Crafts, toys, games, tuck shop, refreshments

£1 per child. Additional 50p for tuck shop

LAPFORD VICTORY HALL
EVERY 3RD SATURDAY OF THE MONTH
10AM-12PM

For more info contact Cat Seymour on 07970180637

Made with PosterMyWall.com

ODE TO CHRISTMAS 2022

Well, happy Christmas mateys, you can't get on a train,
The Border Force is striking, so you can't get on a plane,
The nurses on the picket line feel underpaid and wronged,
And if you need an ambulance, the wait could be prolonged.

No turkey on the table, the blighter's got the flu,
Here's a Yuletide sausage, one'll have to do,
Let's raise a glass of water, with blankets on our knees,
And drink to festive merriment, as we gently freeze.

© Pam Ayres 2022



Lapford & District
Over 60 Club

LAPFORD OVER 60 CLUB MONTHLY MEETINGS 2023

Thursday 23rd February

Thursday 30th March

Thursday 27th April

Thursday 25th May

Thursday 29th June

Thursday 27th July

Thursday 31st August

Thursday 28th September

Thursday 26th October

Thursday 30th November

December—Christmas meal at Waie Inn

SNOWDROPS

I like to think
That, long ago,
There fell to earth
Some flakes of snow
Which loved this cold,
Grey world of ours
So much, they stayed
As snowdrop flowers.



(Mary Vivian)



Photo by Hazel Morgan

**PLEASE REMEMBER THE COPY DEADLINE FOR
CONTRIBUTIONS TO THE LAPFORD LOOKOUT
IS THE 14TH OF EACH MONTH**



Donations can be made at
Boniface Centre, CREDITON,
on 14th February
from 1.10am-7.15pm



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

Yeo Vale Cross: 11.50-12.10

Orchard Way: 13.45-14.55

School: 15.00-16.00

Nymet Rowland

Opposite Village Hall: 12.30-12.50

Every 4 weeks on Tuesdays

February 28th, March 28th, April 25th, May 23rd, June 20th,
July 18th, August 18th, September 12th, October 10th,
November 7th and December 5th



LAPFORD LOOKOUT 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

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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LAPFORD PARISH COUNCIL — www.lapfordparishcouncil.org.uk

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Cllr Roy Andrews	Old Bakery, Park Road, Lapford, EX17 6QJ	07969 823256 / roy.andrews@lapfordparishcouncil.org.uk
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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

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
- RABI 24/7 Support Line ~ 0800 188 4444
- 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 WEBSITES

- www.lapfordhistory.co.uk
- www.lapfordparishcouncil.org.uk
- www.lapford-primary.devon.sch.uk
- www.lapfordvictoryhall.co.uk
- www.lapfordvillage.co.uk



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 are as follows:

- Bow Medical Centre - £6
- Chulmleigh Dental Practice - £6
- Chulmleigh Health Centre - £6
- Crediton (Breast Screening) - £7
- Crediton Community Hospital - £6
- Morcharad Bishop Surgery - £5
- Redlands Health Centre - £7
- Witheridge Surgery - £6

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 twelve 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.


LAST POSTING TIMES AROUND THE VILLAGE



	<u>Mon-Fri</u>	<u>Saturday</u>
Eastington Cross	9.00 a.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	9.00 a.m.	7.00 a.m.
Orchard Way	9.00 a.m.	7.00 a.m.
Saxtons	9.00 a.m.	7.00 a.m.
Morcharad Road	9.00 a.m.	7.00 a.m.
Copplestone	4.30 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.


NAME OF SOCIETY	CONTACT	TELEPHONE / EMAIL
Adventure Gaming	Mr Warren Clayburn	01363 83095 / wmclayburn@gmail.com
Beginners Ballroom Dancing	Mr Steve Munday	07798 684225 / steve@lowerfieldhouse.co.uk
Books on Wheels	Mr Peter Westcott	01363 83525 / pj.westcott@btinternet.com
Friends of Langannerie (twinning)	Mr Peter Henshaw	01837 89070 / petehenshaw@yahoo.co.uk
Friends of Lapford Mill	Mr Alex Gater	07815 795918 / alex@lapfordmill.uk
Friends of Lapford School	Mrs Kirsty Wensley	07977 825814 / kirstywensley4@gmail.com
Heart for Lapford Strategy Group (H4L)	Secretary	heart4lapford@aol.com
HOLD	Mr Bill Graham	01363 83047 / bg4847@aol.com
Ladies of Lapford (LOL)	Mrs Joy Quickenden	01363 83245 / joyquickenden@gmail.com
Lapford Allotment Society	Mr Raymond Waldron	01363 83894 / ednawaldron@btinternet.com
Lapford Amateur Dramatic Society	Mr Ian Wilkie	01363 83437 / i.wilkie45@btinternet.com
Lapford and District Pre-school Playgroup	Mrs Lorraine Kigongo	01363 83162 / lkigongo@catpreschools.co.uk
Lapford ARK	Miss Briony Clinch	01363 83788
Lapford Association Football Club	~	lapfordafc@gmail.com
Lapford Book Club	Mrs Jill Doe	01363 83410 / sunnyside@jilldoe45.plus.com
Lapford Celebrations Committee	Mrs Sue Briant-Evans	01363 83763 / susanbriantevans@gmail.com
Lapford Choir	Mrs Cat Seymour	01363 884432 / cathryn_seymour@outlook.com
Lapford Church Green	~	~
Lapford Community Church	Miss Briony Clinch	01363 83666 / admin@lapfordcc.org.uk
Lapford Community Primary School	~	01363 83292 / admin@lapford-primary.devon.sch.uk
Lapford Congregational Church	Mr Peter Lacey	01363 884230 / lapfordcongregationalchurch@gmail.com
Lapford Dog Club	Mrs Sara Thurgood	01363 83081 / info@lapforddogclub.co.uk
Lapford Emergency Action Plan Committee	~	~
Lapford Emergency Response Team	~	~
Lapford Foodbank	Miss Briony Clinch	01363 83788
Lapford Handbell Ringers	Mr Steve Munday	07798 684225 / steve@lowerfieldhouse.co.uk
Lapford High 5 (ages 7-12)	Mrs Cat Seymour	01363 884432 / cathryn_seymour@outlook.com
Lapford Gardening Club	Mrs Trish Mumford	01363 83911 / james@mumfordj.plus.com
Lapford Lookout	Mrs Beccy Fletcher	01363 884211 / lapfordlookout@gmail.com
Lapford Over 60 Club	Mrs Carol Worsdell	lapfordover60@yahoo.com
Lapford Parish Church	Mrs Joan Graham	01363 83047 / jemg47@aol.com
Lapford Poppy Appeal Organiser	Mrs Caroline Noon	01363 83863 / lapford.pao@gmail.com
Lapford Project 2000 (LP2K)	Mrs Sue Briant-Evans	01363 83763 / susanbriantevans@gmail.com
Lapford Regeneration Committee	~	~
Lapford Revel	~	~
Lapford Victory Hall & Lower Town Place	Mr Darren Crump	07960 715553 / darrencrump99@hotmail.co.uk
Lapford Village Archive	Ms Audrey McCormack	01363 83103 / archivelapford2022@gmail.com
Lapford Village Market	Mrs Stacey Lumsdon	07891 556884 / lapfordvillagemarket@gmail.com
Lapford Voluntary Car Aid	Mrs Grace Hill	01363 83178 / lvca2011.19@gmail.com
Lapford Youth Club Management Committee	Mr Steve Keable	07967 655045 / stevekeable@btinternet.com
Lapford Youth and Playing Field Trust	Mr Roy Andrews	07969 823256 / roy.andrews1950@icloud.com
Lower Town Place Gardening Group	Mr Andy Epstein	amepstein55@gmail.com
North Creedy Choral Society	Mrs Patricia Robottom	01363 884495 / patricia@serafim.eclipse.co.uk
Nymet Rowland Village Pump	Liz and Roland Smith	01363 884446 / pump@incywincyweb.com
Save Our Heritage Lapford	Mrs Donna Egan	01363 83732 / donnaegan84@gmail.com
Springers 4's and under	Mrs Cat Seymour	01363 884432 / cathryn_seymour@outlook.com
The Friends of St Thomas of Canterbury	Mrs Prue Lambert	01363 83150 / pruelambert@yahoo.co.uk




**LAPFORD OUTREACH
POST OFFICE**

OPENING HOURS:

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



LAPFORD'S DEFIBRILATOR



is on the outside of
The Orchard Centre
in Orchard Way

What 3 Words app location:
emperor.stated.stapled

THE CHIMES ARE BACK

Most residents will already be aware the Parish Clock is now back chiming and we trust will remain a reliable and regular sound of Lapford life for many years to come. Three new motors have been installed to wind the three parts of the clock as and when required, together with refurbished weights, new steel cables and a new chain drive system.



The weights drive the clock through the drums on the ends of the motors then via the chains. When the weights reach their limits the motors then rewind them back up. The left-hand motor/weight works the quarter chimes, the centre one the clock itself and the right-hand one the hour chimes. Unlike before, each motor has its own electronics and control system. The clever part is that if a weight reaches its limit whilst 'working' the rewind motor keeps that part of the clock going at the same time as winding the weight back up to the ceiling.

The 19th century vintage clock mechanism then operates hammers which strike on the outside of the bells in the room above, unlike when the bells are rung in a peal, where they are swung around and struck by their larger internal clappers. This is why the bells sound quieter for the clock.

The repairs have been funded by the Parish Council as the clock was originally gifted to the whole community but mounted on the tower rather than constructing a new building to house it.

Bill Graham