

INVITE YOU TO:

A QUIZZICAL AFTERNOON TEA



LAPFORD VICTORY HALL Saturday 1st April 3pm to 5pm

£5 per person. To include :
Afternoon tea with scones and cake

A display of "Quizzical Lapford"
from the Village Archive



Table quiz
Photo quiz
Easter Egg
Prizes




Draw of
6 food
flampers



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) jemq47@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

March 5th 9.30 a.m. Lent 2 - **Service of Penitence & Faith** (Lay Led)

March 8th (Wednesday) 10.30 a.m. - BCP Holy Communion

March 12th 9.30 a.m. Lent 3 - **Service of Penitence & Faith** (Lay Led)

March 19th 9.30 a.m. - MOTHERING SUNDAY (Lay Led)

March 26th 9.30 a.m. - PASSION SUNDAY - Common Worship Eucharist



Mothers from every generation - Present, Grand and Great - are cordially invited to our Mothers' Day service. You will be presented with posies and there will be Simnel Cake for all.

April 2nd 11.00 a.m. PALM SUNDAY Christians Together Joint Service at the Congregational Church

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 March - TBC

12th March - Sir Roy Sambles

19th March - All Age Service TBC

26th March - All Age Service led by Cat Seymour

2nd April - Palm Sunday Joint Service starting in the Village Car Park



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 The 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



The decision has been made to increase the Lapford Lookout advertising rates following an increase in the cost of printing which unfortunately we have to pass on. Our rates have not increased since January 2014 and it is a decision we have now regretfully had to make. We are very grateful to our advertisers for their understanding and their past, current and future support. Without this, the Lapford Lookout would not be at all possible.

Please note Lapford Post Office (Outreach Service) will now close at 12 noon each Monday, Wednesday and Friday.

Beccy

LAPFORD LOOKOUT

Contributions welcome

lapfordlookout@gmail.com

Deadline for inclusion in the next issue:

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

PUBLIC NOTICE

Lapford Youth Club Management Committee

Annual General Meeting
Tuesday 4th April 2023

7.30pm The ARK

SAVE THE DATES

Coronation of King Charles

Saturday 6th, Sunday 7th & Monday 8th May.

Look out for: a Community Picnic, Cream Teas, Entertainment, Music, Church Service, The Big Help Out, and much more



Lapford Revel

Friday 7th, Saturday 8th & Sunday 9th July.

Look out for: Royal Procession and crowning, Sweet Scramble, Morris Dancing, Revel Bar & BBQ, Family Games, Music, Stalls, Entertainments, Church Service and so much more.



LAPFORD REVEL CONSTITUTION -

Meeting to Approve a Revision
27th March at 7-30 pm.



The Revel Constitution was drawn up some time ago and last revised in 2011. Its provisions have not really caught up with recent Revel practice, so an Extraordinary General Meeting has been called to consider and approve a new, more user-friendly version. This meeting will be open to the public and will be held in the Small Room of the Victory Hall on Monday 27th March at 7-30 p.m.

Lapford Revel Committee



DATES TO LOOKOUT FOR

March

- 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
- 14th Lapford Parish Council, Orchard Centre, 7.30pm
- 16th Ladies of Lapford, Cakes, Custard and Fun Food Quiz
- 20th Nominations for Parish Council election open
- 20th Victory Hall AGM, small room of Victory Hall, 7.30pm
- 22nd Two Course Lunch, The ARK, 11.30am
- 25th Lapford Village Market, Victory Hall, 10am-1.00pm
- 27th Lapford Revel Constitution Meeting, Victory Hall, 7.30pm
- 30th Lapford Over 60 Club, Demonstration and talk on growing Bonsai trees, Victory Hall, 3.00pm

April

- 1st Lapford Litter Pick, from the Orchard Centre, 10.00am
- 4th Nominations for Parish Council election close
- 4th Lapford Youth Club Management Committee AGM, The ARK, 7.30pm
- 11th Lapford Gardening Club, tba
- 11th Lapford Parish Council, Orchard Centre, 7.30pm
- 12th Lapford Over 60 Club, Mystery Trip, 9.30am
- 14th Copy deadline for May Lapford Lookout, 6.00pm
- 20th Ladies of Lapford, talk by a Celebrant
- 22nd Lapford Village Market
- 27th Lapford Over 60 Club, tba

- 4th May - Local elections
- 6th May - Coronation of King Charles III
- 6th - 8th May Coronation Celebrations
- 8th May - Big Help Out, The ARK, 7.30pm
- 9th May - Lapford Gardening Club, Woodland walk, 7pm
- 18th May - Ladies of Lapford, town trail hunt
- 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 Weather Review



LAPFORD WEATHER JANUARY 2023

A very average January, half mild and wet and half cold and dry. Just one day with snow. No particularly notable days.

The mildest day was the 10th with a maximum of 12.8 °C and the coolest was the 17th with a maximum of 3.5 °C. The coldest night was on the 24th with a minimum of -4.0 °C. The lowest grass temperature was -9.0 °C on the 21st .

Total rainfall was 110.5mm, just a little wetter than average and the wettest day was the 11th with 22.6mm.

The windiest day was also the 11th with a gust of 42 m.p.h.



Andy Epstein



Your village needs you,
You need your village.

WELCOME TO LAPFORD OVER 60 CLUB

Lapford Over 60 Club holds meetings in Lapford Victory Hall at 3pm on the last Thursday of the month and everyone is welcome to attend.

The club enjoys a variety of speakers throughout the year and also goes on trips from April to November (excluding August, owing to tourist holiday season). These trips are discussed within the monthly meeting to ensure that all members have input as to where they would like to visit. Trips are charged at the rate of coach/minibus prices, plus any entrance fees where applicable. Therefore prices will differ with each trip. The trips are open to members and non-members, not only from Lapford, but also from surrounding areas.

Some ideas have been put forward for this year, which includes a possible mystery tour, Bristol, Weymouth, Tintagel and Boscastle, Widecombe Fair, Fleet Air Arm Museum and Clarks Shopping Village (Street). Some talks that we are looking forward to are on Bonsai Plants, Exeter Prison Service and Australia. John Burrows will be cooking a lunch at The Ark on a meeting day and a cream tea is also being arranged. The club enjoys a Christmas Party lunch during the first week in December at The Waie Inn which is always very enjoyable and includes entertainment.

Our annual membership fees will be £10 from April, there is no charge to attend a meeting, but a raffle is held and refreshments are available for a small fee. Please feel free to come along and enjoy time with other local people.

If you would like to know more please contact Carol on 07376 129192 or email: lapfordover60@yahoo.com.

Carol Worsdell - Chairman
Linda Lane - Secretary
John Burrows - Treasurer



Experience is the name everyone gives to their mistakes.

FULLY FUNDED DIGITAL AND TECHNOLOGY SUPPORT FOR FARMING COMMUNITIES

Cosmic and Business Information Point have partnered to provide free business, digital and technology support for farming communities as part of the Future Farming Resilience programme funded by DEFRA.

The Agricultural Transition means farmers and land managers face big changes and challenges over the coming years. In recognition of this, the Future Farming Resilience (FFR) project has been specifically designed and funded by DEFRA to support farmers through this transition period.

The new project can help farmers and land managers within the South West region to improve their digital skills, enabling them to have the confidence and ability to not only navigate the transition but to thrive.

The project offers free information and specialist workshops, as well as 1:1 advice, support, and training to help build digital confidence and enable farmers to better manage the day-to-day running of their farms; whether it be making applications and requesting payments for Sustainable Farming Incentive agreements, submitting tax online to HMRC, or promoting a diversified farm using social media, Google, or paid online advertising.

The 1:1 sessions are delivered in a no-nonsense, practical and supportive manner, free of jargon!

Those eligible for this support must:

- be a farmer or land manager
- be located within the South West region (Devon, Cornwall, Somerset, Dorset and the Isles of Scilly)
- be a Basic Payment Scheme claimant
- have an SBI number

Cosmic will provide the following:

- Help on a one-to-one basis to identify digital technology needs from the very basics through to advanced skills
- Provide training from highly skilled practitioners who have years of experience and the proven ability to tackle Digital and technology challenges
- Support that is uniquely kind, friendly, and inspiring
- Grow your confidence and trust in technology in a safe and responsible way
- Increase your confidence, reduce isolation and improve digital literacy

Visit www.cosmic.org.uk/farming for more information.



LAPFORD SPRING LITTER PICK DAY 2023



SATURDAY 1ST APRIL

Organised by Lapford Parish Council

Meet at the Orchard Centre at 10.00am to sign in

Just turn up - the more the merrier!

*Hi-Viz bibs, litter-pick sticks and rubbish bags provided.
Please bring gloves.*

Insured via MDDC

COMMUNITY INFORMATION VOTING PHOTOGRAPHIC ID REQUIRED

From May 2023 individuals who wish to vote in person, including those acting as a proxy on behalf of another individual, will be required to produce an accepted form of photographic ID to prove their identity before they will be issued with a ballot paper.

www.electoralcommission.org.uk/i-am-a/voter/voter-id

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.

THE ROLE OF A PARISH CLERK

The role of a Parish Clerk is to ensure that the council conducts its business properly and to provide independent, objective and professional advice and support. They are under a statutory duty to carry out all the functions, and to serve or issue all the notifications required by the law of a Local Authority's Proper Officer. The Parish Clerk is an employee of the Parish Council. They are not an elected officer and can only make decisions which the Parish Council's elected Members delegate to them. Typically, these responsibilities are set out in the Parish Clerk's contract of employment and include most day-to-day administrative functions.

Source: Mid Devon District Council

LAPFORD VILLAGE ARCHIVE

Our latest acquisitions include an electronic postcard of The Old Poultry Farm, Lapstock posters, Church Bell Ringing certificates and photographs, posters of Rensley Farm from 1871, a 1979 drawing of Lapford Church, and ten years of Lapford School newspaper cuttings from 2002 to 2012.



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.

LAPFORD PARISH COUNCIL NOTES, FEBRUARY 2023

We have not been able to include any notes from the February meeting of the Parish Council as it took place after the copy deadline for this issue. We hope to be able to include these in the April issue of the Lapford Lookout.

LAPFORD PARISH COUNCIL NOTES, JANUARY 2023

Please note this is a summary of the main points of interest. A copy of the draft minutes is available on the Council website, www.lapfordparishcouncil.org.uk and on the notice boards in the Orchard Centre and in The ARK.

The Parish Council met on 10th January 2023 in the Victory Hall. Six members of the public attended.

- Concerns were expressed about the missing County Councillor as it was felt she should attend more Parish Council meetings.
- Concerns were also expressed about problems with street lighting not working, highway and public rights of way and flooding causing damage to property.
- A presentation to Eddie, the former postman, would be arranged by Councillor Down.
- District Councillor Clive Eginton said that Mid Devon was looking at the possibility of increasing recycling collections to weekly rather than fortnightly in the future. He would report back later on this.
- The Parish Council precept for the year beginning 1st April 2023 would be raised to £25,000, increasing the charge for a band D property to £63.44, which was an extra £12.91 for the year equivalent to £1 per month or 25pence per week. The need to cover the cost of an election in May 2023 and to increase the amount of maintenance done around the village had been the main reasons for the increase. The Parish Council was looking to achieve more direct benefit for residents.
- The Parish Clerk, Rob Martin, announced that he intended to resign from his post, effective from 1st June 2023 as he had realised that this role had been one too many jobs for a man of his advanced years. Advertisements would be placed to find a replacement in time for some period of crossover.

Rob Martin is the Parish Clerk and his contact details are:
Email: clerk@lapfordparishcouncil.org.uk Phone: 07768 829511.

LAPFORD GARDENING CLUB REPORT



The Gardening Club's first meeting in 2023 was a lively affair attended by 16 gardeners. Sandra Munday started the night with a Quiz to test our horticultural knowledge – anyone know what the fear of vegetables is called? After a brief coffee break, Trisha Mumford ran the more formal part of the evening where accounts for 2022 were presented and discussions were held concerning future subscriptions and programme for 2023.

It was agreed that the subscriptions for the year should be raised to £20, but that the monthly meeting fee of £2 would be discontinued except for non members. Subscriptions can be paid in cash at the next meeting or by BACS (email trisha@mumfordj.plus.com for bank details).

Plans were formulated for meetings during 2023, and members will receive full details once the remaining topics are confirmed. Dates are given in the diary section of The Lapford Lookout. Three gardeners have agreed to open their gardens to members in the summer months and a woodland walk is also planned. The Annual Show will take place on 2nd September at the Victory Hall.

(Apologies from the Lapford Lookout Team for having missed this contribution from the February issue).

OLDIES TEXTING CODES

Since youngsters of today have their texting codes (LOL, OMG, TTYL, etc), the Oldies decided not to be outdone and are now developing their own codes:

- ATD – At the doctors
- BFF – Best Friends Funeral
- BTW – Bring the wheelchair
- BYOT – Bring your own teeth
- FWIW – Forgot where I was
- GGPBL – Gotta go, pacemaker battery low
- TFT – Texting from toilet



CHULMLEIGH FLORAL ART CLUB

We will be really pleased to welcome Barbara Clapworthy back to our club for our next meeting on March 15th at 7.30pm at the Pavilion, Chulmleigh when she will give a demonstration entitled "Love, Peace and Petals". Barbara is an Area Demonstrator and always makes exciting and beautiful arrangements which show her amazing skills. The competition is "Any Arrangement with Easter in mind" so think of the colours of Springtime and enjoy having a go! Barbara's arrangements will be raffled at the end of the evening and tea, coffee and biscuits will also be served.

On Saturday March 18th we will be holding our annual coffee morning in the Town Hall and will welcome cakes, scones, biscuits and plants to sell. As it is Mothering Sunday the following day we will also be selling flower arrangements made by Members of our club. Everyone is welcome so please come and support us.

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

Fretting about something that may never happen is like paying interest on misery.

"I've just been offered a new job and now I need to tell my current employer. The new company wants me to start as soon as possible. The problem is, we're already a bit short-staffed where I am now and I don't know how soon I'll be allowed to leave. How should I bring this up with my boss?"

citizens advice Torridge, North, Mid & West Devon

It can feel awkward telling your current employer you're moving on. The time between telling your employer you've found a new position and you actually leaving is known as your notice period.

If you've been in your current job for less than a month, you won't have to give any notice period unless you have a contract that states otherwise. If it's more than a month, you'll have to give at least one week's notice. Your contract should make it clear how long is expected.

If you don't have a contract and your employer has no written record of you agreeing to a notice period, you should give at least one week's notice.

It's worth waiting until your new employer has confirmed your employment, e.g. by giving you a start date before you hand in your resignation. It's then best to resign in writing (email is fine), so that you have a record of the date you told your employer. Take a look at <https://www.citizensadvice.org.uk/work/resigning/your-notice-period-when-resigning/> for some tips on how to write this letter.

You can work a longer notice than the one in your contract if you agree it with your employer. If you're keen to move sooner rather than later it may also be possible to negotiate a shorter notice period than your contract states. If you want to go down this route it can be useful to reassure your employer that you will tackle any urgent work before finishing.

Fixed term contracts are different as you won't need to give notice if you intend to leave on the last day of your contract. Leaving early would usually mean giving at least one week's notice unless your contract says otherwise.

Don't forget about your holiday during your notice period. If you have unused paid holiday you should speak to your employer about either taking this time during the notice period or being paid for them. Sometimes people change their mind about moving jobs or find their circumstances alter. If this happens to you, you should speak to your employer to see what the options are and if it is possible for you to stay in your current role.

If you have a problem, contact us at CA TNMWD on our free local AdviceLine number 0808 27 87 999 or visit www.ruraldevoncab.org.uk and click on 'Get Advice'.

Or how about joining us as a volunteer, helping people in our local community with their problems? We provide full, ongoing training and support. Take the first step and contact recruitment@ruraldevoncab.org.uk.



Invitation

Lapford Lookout Helpers and Delivery Volunteers

“Big Help Out”

Monday 8th May 7.30 The ARK

As part of the Coronation Celebrations the Lapford Project 2000 Committee, which produces the Lapford Lookout, cordially invites all current helpers and delivery volunteers to a

Wine & Cheese Social Evening

R.S.V.P. to susanbriantevans@gmail.com or call Lapford 83763

If you are willing to help with the monthly delivery of the Lapford Lookout then please let us know and come along.



LAPFORD & DISTRICT OVER 60 CLUB



We held our first meeting of 2023 on 26th January, where we discussed the programme for the coming year.

The discussion was fuelled by mulled wine and mince pies. Several suggestions were put forward for trips out, including Widecombe Fair, Clarks Shopping Village at Street, Fleet Air Arm Museum at Yeovilton, culminating of course with the annual Christmas Lunch at the Waie Inn in December.

We are looking forward to some interesting speakers and it will be a very interesting and informative year.

Jeanne Whittaker

EAST WORLINGTON HOUSE - GARDEN OPEN FOR THE NATIONAL GARDEN SCHEME

Sunday 5th March (1.30-5.00) Admission: £5.00, children free

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 miles turn left at the T-junction. The garden is 200 yards on left.

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.

Refreshments: Cream teas in the Parish Hall.

Contact: Campie Hurst-Bannister, 01884 860332.

YOUTH CLUB SALE AND LOWER TOWN PLACE

Some fifty people attended the February Parish Council meeting to hear why the Lower Town Place project had not progressed since the official opening event at the Covid delayed Revel in 2021. Since that time the Parish Clerk has been investigating allegations of irregularities concerning the sale of the old Youth Club in Popes Lane and the purchase of Lower Town Place.

Lower Town Place is owned by the Community, there has been no financial impropriety and there is no 'missing money'. These three headlining points are from the Clerk's Executive Summary as presented to the Parish Council. The report pointed out some problem areas and lessons to be learnt. The Clerk explained the time investigated had been narrowed down to a 10-year period covering four Council Chairmen, four Clerks, Council paperwork that could not be located and Council minutes which often lacked clarity. Unfortunately, this has fuelled misunderstanding and mistrust.

Fortunately, the Youth Club Committee had extensive files to evidence how professional advice had been taken from solicitors and the Charity Commission concerning decisions made. Youth Club Committee Chair Steve Keable said, "We nearly achieved top end value of £300k for the sale of the Youth Club and the Youth Club charitable purpose now passes into Lower Town Place.

In February last year the committee agreed a proposal paper "Youth Club of the Future" as a way forward with three examples of Exeter projects with £800k build costs. Both the Victory Hall Management Committee and HOLD welcomed this starting discussion. We have been waiting for the Parish Council to complete its investigation report in order to make progress. We'll have to wait another month until the Clerk's final report is checked, completed, and accepted by Councillors".

CHULMLEIGH AND DISTRICT SOCIETY EVENTS 2023

Friday 24th March "Hammer Scar, Five Years Together", an illustrated talk by wildlife photographer Stephen Powles, Chulmleigh Pavilion, 7.30pm

Friday 21st April "Eric Ravillious: Drawn to War", documentary film of one of Britain's leading landscape artists whose plane disappeared whilst he was serving as a war artist in WW2, Chulmleigh Pavilion, 7.30pm

Wednesday 10th May Outing by coach to the matinee performance of Steel Magnolias at the Northcott Theatre, Exeter Friday 19th May Concert by the Exmoor Voices Choir, Chulmleigh Pavilion, 7.30pm

Wednesday 28th June Walking Tour of Exeter led by Robert Hesketh in conjunction with Chulmleigh & District Local History Society

Saturday 22nd July Members' Afternoon Tea Party by kind permission of Mr Ian July 3 to 5pm

Friday 22nd September The Waifs and Strays Society, a talk by Karen Farrington, Chulmleigh Pavilion, 7.30pm Friday 27th October My Wildlife Garden, a talk by Dr Gavin Haig, Chulmleigh Pavilion, 7.30pm

Friday 24th November The Land Girls, a talk by Giles Edmonston-Lowe, Chulmleigh Pavilion, 7.30pm

To join the Society or to renew membership (£12) contact our Membership Secretary Diana Farrow, tel. 01769 581797 or email dhfarrow@aol.com

THANK YOU

I would just like to say a huge "thank you", on behalf of the whole village, to Ian Wilkie for the clean up and repainting of the Melissa Lake Shelter. I believe his efforts took several days of hard work and the village can now enjoy the shelter as it should be.



Cat Seymour

LAPFORD OVER 60 CLUB

MYSTERY TRIP

April 12th

Leaving Lapford Car Park 9.30am

Arriving Home around 5.30pm



Lapford & District
Over 60 Club

Contact either Carol: 07376 129192
or John: 01363 83985

- My therapist says I have a preoccupation with vengeance. We'll see about that.
- I think my neighbour is stalking me as she's been googling my name on her computer. I saw it through my telescope last night.
- Money talks ...but all mine ever says is good-bye.
- You're not fat, you're just... easier to see.
- The pharmacist asked me my birth date again today. I'm pretty sure she's going to get me something.

LADIES ARE LOST FOR WORDS

Well, some of us were, sometimes, although actually we managed to find quite a lot. It was our annual games night. After all the excitement and busyness of Christmas, it



seems to work well to have a simple gathering in The ARK with delicious nibbles and mulled wine (or spiced apple and ginger) and time to chat in between some games.

With the cold outside and the icy roads, we did think people might prefer to keep by their fires but thirteen hardy ladies turned up ready for action. There was a small amount of business to discuss about preparing a display for The ARK about what our group gets up to and about a plan for our last two meetings of the current year and then we were ready for our first game. If you know Pass the Bomb, ignore the next bit. Simply, it involves coming up with something associated with a word that is picked at random from a pack of words. A 'bomb' is handed to you and you come up with the word as quickly as you can and pass the bomb to the next person who has to come up with a different word. If the bomb buzzes while you are holding it you get one point against you. This obviously gets harder, the longer the round lasts and more words are used up as you cannot repeat a word already said. The best thing about the game is getting your word safely out of the way and watching the rising panic as people struggle for a word. Of course, just because of the pressure, your mind goes blank. Or you have the word ready and just before your turn, someone else says it. Once or twice when this happened there were almost rude words! We started with the child's version and moved on to the adult's one which required a different skill. Luckily, we did prove we could manage the adult version!

After a few rounds it was time for refreshments. We attempted a second game but because we were enjoying our chat and nibbles, there was little time left (Or was it that they kept talking to avoid being put through another game?). The main thing was, everyone seemed to have a good time with plenty of laughs before they wrapped up to make their slippery way back home.

We did welcome a new guest which was nice. Remember you are welcome to turn up to any meeting and you are likely to find plenty of people you know. If not, it is a good way to get to know some new friends.

Sue Raffill



LADIES OF LAPFORD MEETINGS (LOL)

Please come and join us in The ARK at 7.30pm

Thursday March 16th

Cakes, Custard, and Fun Food Quiz



April 20th - A talk by a Celebrant about her work.

May 18th - A town trail hunt. Details to follow.



It's called **reading**.
It's how people install new
software into their brains.

A thesaurus is great—there's no other word for it.

Ross Smith

THOUGHTS FROM THE ARK

We were sorting through another box of books that had been delivered to The ARK for the library upstairs. Sometimes it's books by well known recent authors but sometimes you get a boxful of gems. As you pick the books out, some are well read, that's obvious by the cover, other covers are not so well used, yet inside when you start to read the chapters, a story unfolds which draws you deeper into the pages of the book. Bright covers attract our attention, yet the book may not live up to our expectations and we are disappointed and discard the book. What you see on the cover does not always make it a good read. You sometimes have to look more carefully and closer.



We live in a culture that reveres its youth and ignores its elders. Nearly every other culture does the opposite and is the richer for it. We are poorer for not encouraging the wisdom of grandparents and seniors. The things we can learn from our elders are limitless. They were born at a time that was very different from now. Their perspective on life can be of great value as we struggle with our daily lives in this fast paced, unsettling world. Imagine for a moment a child born at the beginning of the 1900's, they would have lived through the First World War, the Great Depression, yet another world war, the cold war, with the threat of nuclear weapons. A telephone would have been a rare thing in homes then, just as a motor car or television. Now their grandchildren and great grandchildren have smart phones, which are connected to the internet and everything else that goes with technology.

Life has changed at a speed never seen before in human history. More than ever we need the quiet wisdom of those who lived in slower times.

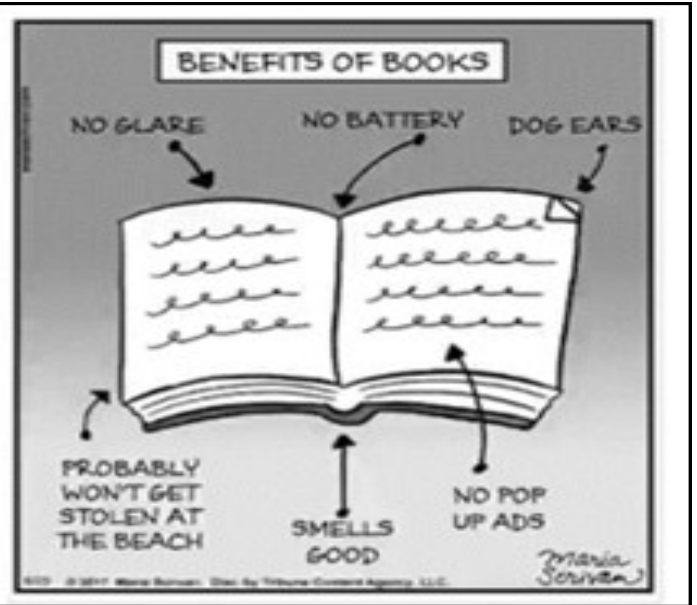
People are a bit like books. We judge a person by their looks, their clothes, their houses, their cars, where they come from, the type of job they do. They say you make up your mind about a person in the first few seconds of meeting them, yet there is so much more to each one of us, young or old, but it takes time and we can miss out on such gems if we dismiss them.

I was taking a senior lady out for a cup of tea one afternoon, as two girls approached, they had obviously come from the local community college and one said to the other, quite loudly, so we heard, "I hate old people." The lady in question had done amazing things in her life, experiences these girls would never get the chance to enjoy.

Are all the older people gone from your life? Look around - people who have lived rich, full lives are sitting near you on a bus or train, in a cafe, or a nursing home or hospital. Talk to them, ask them questions.

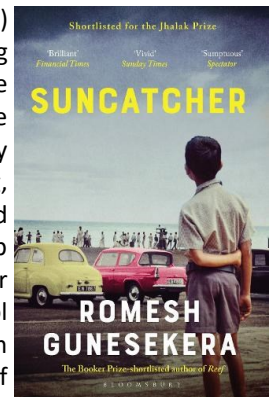
Listen, really listen, to their answers. Let them teach you with their stories. We all have a story to tell.

The Team at The ARK



LAPFORD BOOK CLUB BOOK REVIEW: SUNCATCHER by ROMESH GUNESKERA

Set in 1964 when Ceylon (Sri Lanka) was at a social and political turning point, with Mrs. Bandaranaike, the first female prime minister in the world, trying to reform the country through nationalising banking, education, industry, land, media and trade. (I looked her up, and her grip on government makes Mrs Thatcher look positively benign.) With school closed the main character Kairo, from a modest background, spends most of his time in his room leafing through comic books. His mother works on the local radio, his father is in denial that, through his stubbornness to learn Sinhalese, his job is in jeopardy and he takes comfort in betting on the horse races held in England. When Kairo meets Jay, who is from a rich and landed family, he is dazzled by him. Over one summer Kairo is swept into Jay's world, helping him build the aviary for the birds Jay catches, looking after the fish tanks in Jay's room, and going with him to Jay's uncle Elvin's estate. It is here that Kairo begins to see that his friend has a disregard for others when a game they play with the son of the estate's overseer, using bows and arrows, ends in severe injury for the boy, and a rather callous reaction from Jay.



As the summer goes on Jay seems to push the boundaries of good behaviour further, eventually this leads to tragedy. Kairo realises that his childhood is over and that he was only ever included on the periphery of Jay's life. Many years later he returns to his old home and finds it impossible to recapture the magic he remembered from that time.

The author describes the landscape, the people and the flowers and birds in such a rich language that, even though the names of the birds and other animals were alien to me, I felt I could see everything he described in technicolour. The book was also an insight to how some of the problems in Ceylon at present, especially the emergence of the Tamil Tigers, started with Mrs. Bandaranaike's attempts at modernisation.

Suzy Mann

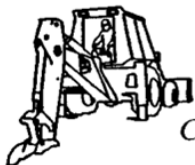
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CHILDREN'S HOSPICE SOUTH WEST

People are being invited to 'go on a bear hunt' in North Devon this spring.

A public art trail featuring 25 life-sized bears, all individually painted by local artists, is open until the end of May, with a series of mini art trails in and around Barnstaple, Bideford, Torrington and Ilfracombe.

The Bear Hunt art trail is being held to help raise awareness and funds for Children's Hospice South West (CHSW), which runs the Little Bridge House children's hospice in Fremington.

A special mobile app is available to download on Android and Apple phones to help people to track down all the bears, find out more about the artists, and create their very own virtual bear collection! They will also be able to use the app make a donation to CHSW, which provides vital care and support to local children and young people with life-limiting conditions and their families.

CHSW fundraiser and Bear Hunt project coordinator Kate Romo said: "The Bear Hunt art trail will be running until May, and we hope everyone has fun getting out and about and spotting all our beautiful bears.

"We can't wait to see everyone's Bear Hunt selfies on social media! Don't forget to use #chswbearhunt so we can see them!"

For more information about the Bear Hunt art trail and to download the Bear Hunt app, visit www.chswbearhunt.org



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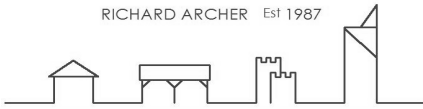
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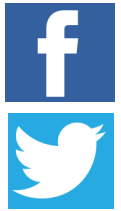
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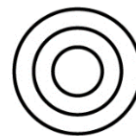


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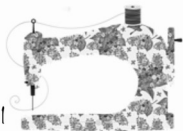
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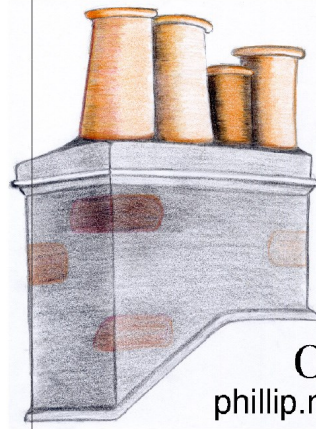
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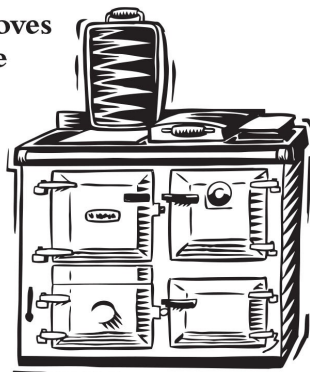
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We have a fully equipped van and offer a friendly experienced door to door service.

MOB: 07961 575663
EMAIL: info@4pawstodoors.co.uk



- Secure exercise area
- Safe training • Pure fun

Located just outside Coppleshone, POOCHES PADDOCK, provides a safe and secure space for your dog to run and play.

We offer exclusive use of a 5-acre, high fenced field for your dog to roam free without any worry of it running off or coming into contact with other dogs and livestock.

Visit pooches-paddock.co.uk to find out more information and to book your session.

Sarah's Barber Shop

85 High Street, CREDITON
Tel: 07772 336489 / 01363 899269
Haircuts for Men & Boys
Racing Car Seat for Little Boys

	Walk-ins		Appointments only
Mon	9-5	Thurs	9-6.30
Tues	9-4.30	Fri	9-5
Wed	Closed	Sat	8.00—2.00

EXHIBITIONS IN THE ARK

The Display for 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



HAVE YOU VISITED:



the current local Clubs' & Societies' Exhibition in The ARK? There is a wealth of information, history and up to date details to find out about.

The ARK is open at lunchtimes on Tuesdays and Fridays. Why not combine a visit to the exhibition with a light lunch, cup of coffee/tea/chocolate and/or cake and some good company?



Footnote: The Lapford Lookout is always pleased to receive news and information about the doings of local Clubs and Societies. Just a short paragraph to keep us all informed about yourselves, or a longer article with photographs sometimes would be lovely. (Lapford Lookout Editorial Team)

LAPFORD GARDENING CLUB MEETING TUESDAY 14TH MARCH



The March meeting of the Gardening Club will be discussing dahlias and will give everyone the opportunity to start some dahlia tubers in pots. The meeting will be in The ARK, beginning at 7.30 p.m. Please bring a large (2 to 3 litre) flower pot to the meeting.

New members always welcome

LAPFORD VICTORY HALL

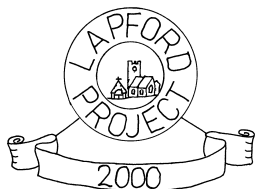
AGM

Monday 20th March 2023

Small Room
Victory Hall

7.30pm

All welcome



LAPFORD PROJECT 2000 (LP2K)

It has come to our notice that some villagers are unaware of who we are and what we do. Lapford Project 2000 (LP2K) was established with the purpose of organising events etc. to celebrate the new millennium. We currently have three main objectives:

The Lapford Lookout.

The first edition of the Lapford Lookout was a single piece of folded A4 published in April 1998. The publication has now evolved into a much loved monthly community newsletter and we hope you approve of how much progress has been made! The newsletter is self-funded as there has always been and continues to be great support from local advertisers. We have a monthly distribution of 600 copies, most being hand-delivered locally by our lovely group of volunteer distributors. The Lapford Lookout is an ongoing regular commitment and takes many hours of volunteer labour to produce each month. It has continued to evolve and contributions are always welcome – please send to lapfordlookout@gmail.com by the 14th of each month at the very latest.

Lapford Village Archive.

Lapford Project 2000 is also responsible for the setting up and ongoing maintenance of the Village Archive which consists of a collection of documents and artefacts mostly donated by local people and organisations, though some purchases have been and are made using income generated by the publication of the Lapford Lookout. It is mainly held in a dedicated, locked cupboard at the Orchard Centre, with an overspill facility locked in a container on Lower Town Place.

The day to day management of the Village Archive is in the hands of the Voluntary Archivist and helpers and all archive items are catalogued. The Archive is open to the public every Tuesday morning between 10-30 and 12-30, and at other times for individuals or groups by arrangement with the Voluntary Archivist who may be contacted by phone 01363 83103 or via email archiveapford2022@gmail.com

We are always pleased to receive items that may be of interest for future generations and researchers. Documents/ photographs can be scanned or copied for the Archive if owners wish to retain the originals.

Everything else!

Many other projects have been completed since the beginning. One such triumph is the Millennium Quilt providing a lasting record of the year 2000 in the Victory Hall. A close look at the quilt, or the book telling the story of how it was made, reveals how the village has changed over the last two decades.

LP2K is especially proud of its great success in the organisation of the Lapford Remembers events to commemorate the centenary of the Armistice in 2018. This huge undertaking brought together many sections of the community and was very well received. Lapford now has its very own "Silent Soldier" and Lapford Project 2000 organises the display of poppies around the village each November. Again, please see the Poppy Appeal and Remembrance display in The ARK for further information and pictures.

LP2K has instigated and funded many other improvements to the fabric of our village over the years. These include the renovation of village pumps and seats, daffodil planting, improvements to The Orchard Centre, Lapford in Lights, Village calendars, new notice boards and parish maps. Picture rails have been supplied and installed in The ARK together with display materials for events such as the current display of Village Organisations.

Many events have been staged for the benefit of the local community ranging from informative shows, magic, exhibitions, drama, and theatre and displays in The ARK, to live music. Some may remember the first two Lapstocks were organised by Lapford Project 2000! Since then Lapstock has thrived as a separate group, but unfortunately there are currently no plans for Lapstock 2023.

Loan funding has been provided to other groups to enable things to happen locally, for example to Lapford Parish Council to celebrate the Queen's Diamond Jubilee and to Lapford & District Horticultural Society to fund the printing of its Recipe Book. For several years a quiz was produced for the Playing Field Trust to raise funds for the maintenance of the Playing Field and, more recently sponsored Christmas Quiz Sheets have also raised funds for local benefit.

The future.

The Lapford Project 2000 group will continue to do what it can to improve village facilities for the benefit of all. For the time being, it will concentrate on the monthly production of the Lapford Lookout and the ongoing caretaking of the Village Archive. However, it doesn't rest on its laurels and has recently made an offer to Lapford Parish Council to take on the management of the village website!

Please take the opportunity to see the displays in The ARK (open Tuesdays and Fridays, 10.00am – 2.00pm). Also, everyone is welcome to our Quizzical Afternoon Tea and Village Archive Display at The Victory Hall on 1st April – see front page for more information.

Lapford Project 2000

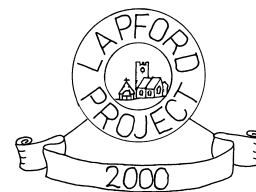




Image by Beccy Fletcher



Lapford & District
Over 60 Club

LAPFORD & DISTRICT OVER 60 CLUB

Monthly meeting
30th March
Victory Hall, 3.00pm

Demonstration and talk
by Paul Tebble
on growing Bonsai trees

All welcome
Draw and refreshments



CHULMLEIGH & DISTRICT GARDEN SOCIETY

Our next meeting will be held on Monday 20 March at 7.30pm at the Playing Fields Pavilion, Chulmleigh, EX18 7JL. There will be a presentation on "What Show judges are looking for" given by experienced judges Bill Lee (Vegetables & Plants) and Margaret Harris (Cookery & Preserves). This is your opportunity to find out how to win prizes at local shows, including the Garden Society's Autumn Show which will be held on Saturday 16 September and will be open to both Members and Non-Members. The Society's annual membership is £10. Guests are very welcome to attend our meetings at £3 per session.

Contact for more information: Chrissie Hookins, Hon. Secretary, Email: chulmleigh@gmail.com Tel: 01769 580719.



LAPFORD COMMUNITY PRIMARY SCHOOL NEWS

It's been an incredibly busy half term at Lapford Community Primary School with so many exciting opportunities for the children to extend their learning both in and away from the classroom.

Our Year 1 and 2 children enjoyed a trip to Chulmleigh Primary School to take part in a dance festival. This was a really exciting opportunity for the children to mix with other KS1 children from our trust primary schools and work together to create and learn a shared dinosaur themed dance. The children were AMAZING! They listened so well and threw themselves into all the activities planned. The final performance was a real treat as they were joined by a rather special guest...



KS2 have also been out and about with a visit to Kents Cavern. This was expertly planned to tie in with their topic of 'Rocks, Relics and Rumbles' and the children had a brilliant time finding out more about fossils as well as demonstrating their learning to the workshop leader. Once again, the children were a credit to themselves and represented the school fantastically.

Our forest school sessions have been continuing and the children are becoming quite the outdoor experts. So far they have learnt about trees, made bird feeders, built dens and whittled their own sticks for cooking marshmallows with! The children are loving being outside and learning new skills whilst having opportunities to build and strengthen their teamwork. Mrs K has been well supported in delivering these sessions by a team of volunteers and we are extremely grateful to them for giving up their time to enhance the opportunities available to Lapford children.



Meanwhile, we are really proud of the improvements to play this half term and it is fantastic to see the children engaged in play so positively. We have seen recently how a range of role play games are popular with children across all the year groups. During playtimes, we have seen pop-up shops, supermarkets, family homes, train stations and schools. With the donations that we have received so far, the children have been able to create some real-life scenarios that enable them to learn skills used in real-world situations such as teamwork, negotiation and cooperation.

Mrs. Wright, Head of School



Once again, the children were a credit to themselves and represented the school fantastically.



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

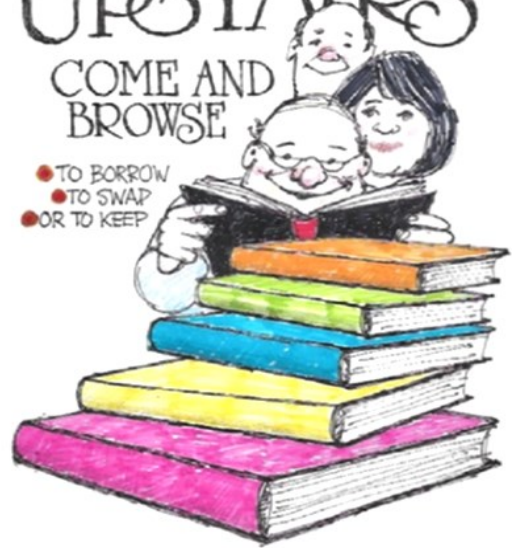


The ARK is open on
Tuesdays and Fridays
10.00am to 2.00pm
Arrangements can be
made for access at other
times

BOOKS UPSTAIRS

COME AND
BROWSE

- TO BORROW
- TO SWAP
- OR TO KEEP



Lapford Youth Club

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



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

BOW YFC CHARITY DUNG SALE

DELIVERY 12TH MARCH

£3 A BAG, £25 HALF TRAILER LOAD,
£50 FULL TRAILER

TO ENQUIRE OR ORDER CONTACT
GEORGIA
georgiahill2305@yahoo.co.uk
07954047987

ALL PROCEEDS WILL BE DONATED TO
DEVON AIR AMBULANCE AND FORCE



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

NATIONAL BLOOD SERVICE



Donations can be made at
Boniface Centre, CREDITON,
on 23rd May or 6th June
from 1.10am-7.15pm



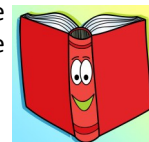
Call the donor helpline on 0300 123 23 23
for more information or to check for cancellations

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

March 28th, April 25th, May 23rd, June 20th,

July 18th, August 18th, September 12th, October 10th,

November 7th and December 5th

CHULMLEIGH RURAL CINEMA



Family fun, touching and beautifully produced whilst at the same time not afraid to address serious issues still relevant today, war, death, racism, bombings and bullying amongst others. Stars Jenny Agutter, Sheridan Smith and Tom Courtenay. (PG)

Friday 10th March 2023

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

Coming shortly:

Living (12A) Friday 14th April



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

Cllr Peter Heal (Chair)	Ashlands, Lapford, EX17 6AE	Home - 01363 884277 / Office - 01363 775467 peter.heal@lapfordparishcouncil.org.uk
Cllr Julie Down (Vice Chair)	Rafters, Lapford, EX17 6QP	01363 83356 / julie.down@lapfordparishcouncil.org.uk
Cllr Roy Andrews	Old Bakery, Park Road, Lapford, EX17 6QJ	07969 823256 / roy.andrews@lapfordparishcouncil.org.uk
Cllr Steven Fletcher	36 Orchard Way, Lapford, EX17 6PR	07891 142436 / steven.fletcher@lapfordparishcouncil.org.uk
Cllr Bill Graham	Pear Tree House, Lapford, EX17 6PZ	01363 83478 / bill.graham@lapfordparishcouncil.org.uk
Cllr Ivan Hall	Ardea House, Lapford, EX17 6PU	01363 83728 / ivan.hall@lapfordparishcouncil.org.uk
Cllr Malcolm Hayes	Bella Vista, Lapford, EX17 6QE	01363 83777 / malcolm.hayes@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	26 Orchard Way, Lapford. EX17 6PR	07565 768386 / abigail.whittaker@lapfordparishcouncil.org.uk
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

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



LVCA
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
- Morcharde 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: £7 per month.
- One quarter page: £14 per month.
- One half page: £28 per month.
- Whole page: £56 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.
Morcharde 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 Stacey Lumsdon	07891 556884 / staceyannlumsdon@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	07775 941505 / 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	07376 129192
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	Mr Mark Tanner or Mrs Sue Briant-Evans	Gryff_raven@hotmail.co.uk or 01363 83763 / susanbriantevans@gmail.com
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

	<p>LAPFORD OUTREACH POST OFFICE</p> <p>OPENING HOURS:</p> <p>Monday 9.00 - 12.00 Wednesday 9.00 - 12.00 Friday 9.00 - 12.00</p>	
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<p>LAPFORD'S DEFIBRILATOR</p> 	<p>is on the outside of The Orchard Centre in Orchard Way</p> <p>What 3 Words app location: emperor.stated.stapled</p>
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Lapford Village market

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

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

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

Made with PosterMyWall.com



You are invited to a

Two Course Lunch in The ARK

From 11.30am | Wednesday 22 March | Pay what you can
Proceeds to the Foodbank

We will be serving Beef Stew & Old School Puddings
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 March

The ARK

Made with PosterMyWall.com



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

Made with PosterMyWall.com



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 lapforyouthclub@gmail.com or find us on
Facebook and Instagram

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