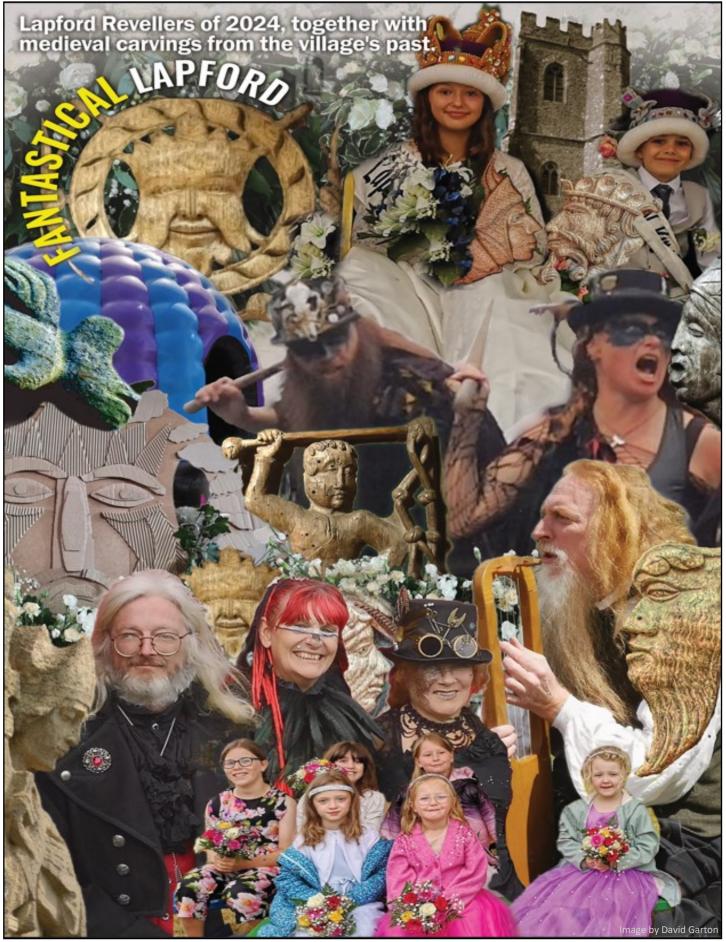


LAPFORD LOOKOUT

YOUR LOCAL MONTHLY NEWSLETTER



Year 28 Issue 8 August 2024



LYPFT — LAPFORD YOUTH PLAYING FIELD TRUST

Every member of the public in our village of LAPFORD is invited to contribute to this survey.

- * What would you like to see in the Playing Field?
- * Do you have any suggestions to enhance the Playing Field?
- * If you are a parent with young children, it's so important we provide a safe and happy environment for their development.

PLEASE WRITE DOWN YOUR WISHES AND POST THEM IN THE ARK LETTER BOX OR EMAIL THEM TO roy.andrews1950@icloud.com

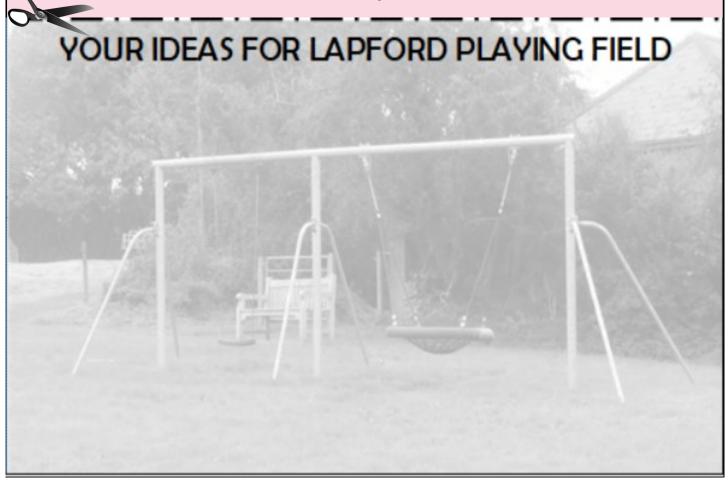
* If you are a teenager or young person in Lapford, we are very interested in your thoughts and ideas, and would like to work with you to develop them.

PLEASE WRITE DOWN YOUR WISHES.

HELP US TO HELP **YOU**

Please email your thoughts to roy.andrews1950@icloud.com or detach the slip and post it in The ARK post box by Friday 30th August.

Thank you.



LAPFORD NEIGHBOURHOOD PLAN - SAVE THE DATE!

A date for your diaries: On 5th and 6th October, there will be an event to gather your views on the future of Lapford.

How would you like to see the future of our village? Your input is vital!

More details to follow in next month's Lapford Lookout.

Lapford Parish Council



TELEPHONE BOX

Some time ago the Parish Council asked for your ideas regarding the future use of the old red telephone box at Moorland View.



Any actions were delayed as it was necessary to arrange for the power supply to be disconnected. Renovations on the box will start shortly.

What would you like it to be used for? All suggestions very welcome.

Please email julie.down@lapfordparishcouncil.org.uk or call 07756 363678.

LAPFORD YOUTH AND PLAYING FIELD TRUST



LYPFT's next car boot sale will be at the Playing Field on Saturday 7th September.

More details to follow.



LAPFORD LOOKOUT

Contributions welcome



lapfordlookout@gmail.com

Deadline for inclusion in the next issue: 6.00 p.m. on the 14th August for inclusion in the Sept issue



Lapford Weather June 2024

Slightly cooler than average and also dry.

The warmest day was the 26^{th} with a maximum of 25.4° C and the coolest was the 13^{th} which reached just 13.2° C. The coolest night was on the 12^{th} with a minimum of 4.4° C, and a chilly -1.1°C on the grass. There were in fact three nights with a grass frost early in the month.

Total rainfall was a third of the average for June with 21.4 mm. The wettest day was the 14th with 6.9 mm. This was the driest June since 2018.

The windiest day was the 15th with a gust of 34 m.p.h.

Andy Epstein



DATES TO LOOKOUT FOR

August

12-13th Lapford Bridge and Mill Hill closed

13th Lapford Parish Council meeting, 7.30pm

13th Lapford Gardening Club visit to Saxtons, 7.30pm

14th Copy deadline for September Lapford Lookout, 6.00pm

24th Lapford Village Market, Victory Hall, 10.00-12.00

29th Lapford & District Over 60 Club Meeting

30th Last date for LYPFT suggestions for Playing Field

September

7th Lapford Garden Club Show, Victory Hall, 3.00pm

7th LYPFT Car Boot Sale, Lapford Playing Field

10th Lapford Gardening Club, Talk on Foraging, The ARK, 7.30pm

14th Copy deadline for October Lapford Lookout, 6pm

14th Bingo Night, Victory Hall, 6.30pm

17th Lapford Parish Council meeting, 7.30pm (3rd Tues)

19th Lapford & District Over 60 Club trip South Devon

14th Mid Devon Walking Festival Afternoon Tea and Village Trail

20th Victory Hall Quiz

21st Chawleigh Village Market

26th Lapford & District Over 60 Club Meeting

28th Lapford Village Market, Victory Hall, 10.00-12.00

October

5th-6th Lapford Neighbourhood Plan Event

8th Lapford Parish Council meeting, 7.30pm

8th Lapford Gardening Club, Get off slug! The ARK, 7.30pm

14th Copy deadline for November Lapford Lookout, 6.00pm

17th Lapford & District Over 60 Club trip to Plymouth

19th Friends of Langannerie Big Breakfast, Victory Hall

19th Chawleigh Village Market

26th Lapford Village Market, Victory Hall, 10.00-12.00

31st Lapford & District Over 60 Club Meeting

Future Dates

11th Nov 12th Nov	Lapford Project 2000 AGM, Orchard Centre, 7.30 Lapford Gardening Club, Metal supports and sculptures, The ARK, 7.30pm
12th Nov	Lapford Parish Council meeting, 7.30pm
14th Nov	Copy deadline for Dec Lapford Lookout, 6.00pm
19th Nov	Chawleigh Village Market
20th Nov	Lapford & District Over 60 Club trip to Street
23rd Nov	Lapford Village Market, Victory Hall, 10.00-12.00
28th Nov	Lapford & District Over 60 Club Meeting
10th Dec	Copy deadline for Jan Lapford Lookout, 6.00pm
10th Dec	Lapford Gardening Club, Christmas Decorations and Social, The ARK, 7.30pm
10th Dec	Lapford Parish Council meeting, 7.30pm
21st Dec	Chawleigh Village Market
14th Jan	Lapford Parish Council meeting, 7.30pm
11th Feb	Lapford Parish Council meeting, 7,30pm

Please send your Dates to Lookout For to lapfordlookout@gmail.com

11th Mar Lapford Parish Council meeting, 7.30pm

CHRISTIANS TOGETHER IN LAPFORD WELCOME YOU

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

We look forward to fellowship with you.



THE PARISH CHURCH OF ST THOMAS OF CANTERBURY

All are welcome—Refreshments served after services

Contacts:

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

Services:

1st, 2nd & 3rd Sundays – Lay Led Morning Prayer – 9.30 a.m. 4th Sundays – Common Worship Eucharist – 9.30 a.m. 5th Sundays – See announcements on Church notice board

This month:

Sunday 4 th	9.30 a.m.	Trinity 10	Lay Led Morning Prayer
Sunday 11 th	9.30 a.m.	Trinity 11	Lay Led Morning Prayer
Wednesday 14 th	10.30 a.m.	BCP Holy Communion (1662)	
Sunday 18 th	9.30 a.m.	Trinity 12	Lay Led Morning Prayer
Sunday 25 th	9.30 a.m.	Trinity 13	Common Worship Eucharist



LAPFORD CONGREGATIONAL CHURCH

Contacts:

Cat Seymour **884432** Helen Wyatt **07964 855677** Carol Worsdell **07368 860835**

email: lapfordcongregationalchurch@gmail.com www. facebook.com/lapfordcongregationalchurch

Services:

Services every Sunday at 11.00 a.m.
Communion will be held on the second and fourth Sundays

Preachers for this month:

4th August- Caroline Stott 11th August- Cat Seymour 18th August- Kevin Dudman 25th August- Sarah Preece 1st September- Cat Seymour

No Messy Church in August due to Summer Holidays.



LAPFORD COMMUNITY CHURCH

Contacts:

Briony Clinch - Tel: **83666** www.lapfordcc.org.uk

Services:

Meets every Sunday morning at 10.30 a.m. in the Victory Hall with refreshments served from 10.00 a.m.

Connect Groups meet during the week at either 7.00 p.m. or 7.30 p.m.

Please visit our website for information about the Foodbank and The ARK. Our website will also give you more information about other Church activities.

LAPFORD REVEL COMMITTEE SAYS "THANK YOU"

to those businesses who kindly provided draw prizes for this year's Grand Revel Draw.

The Malt Scoop, Lapford Mill, Kelland Dairy, Tiverton Castle, RHS Rosemoor Gardens, Plough Arts, Diggerland, National Trust Castle Drogo, Merlin Cinema, Fursdon Gardens, Waie to Play; and to individual contributors for chocolates and other prizes.

MID DEVON WALKING FESTIVAL

The First Mid Devon Walking Festival will take place between September 14th & 29th with a programme of guided walks showcasing some of the best trails and views in Mid Devon, and other activities. For more information about this and how to take part see www.visitmiddevon.co.uk.

Lapford will join in with this on Saturday September 14th with afternoon tea in The ARK, a family friendly Village Trail and the re-launch of a local walks leaflet highlighting two local routes around the surrounding countryside.

More details in the September Lapford Lookout.

Lapford Celebrations Committee, Lapford Parish Council



LAPFORD REVEL BEST DRESSED HOUSE COMPETITION



A difficult competition to judge as the entries were all so different, from the complex to the hilarious. Results below.

Winner: Tudor Cottage

Highly Commended: 40a Highfield, Mulberry, Barton View, 36 Orchard Way. Thank you to everyone who took part this year!

LAPFORD GARDENING CLUB

Tuesday 13th August 7.30 p.m.



Trisha & James Welcome members to their garden at Saxtons

Hopefully the grapes will be ripening in the vineyard, and there will be sampling of last years' brew. If it's raining we'll stay in the barn for plenty of garden chat.

Dates for your diary

Saturday 7th Sept - Lapford Village Show, Victory Hall, 3pm Tuesday 10th Sept - Talk on Foraging, The ARK, 7.30pm Tuesday 8th Oct - Get off slug! The ARK, 7.30pm

Tuesday 12th Nov - Metal supports and sculptures, The ARK, 7.30pm

Tuesday 10th Dec - Christmas decorations and social, The ARK, 7.30pm

Phone Trisha on 01363 83911 for further details

AUGUST PROGRAMME



Monday 5th to Sunday 18th

Crediton Heart Project Summer Arts Festival

Friday 23rd & Saturday 24th

Crediton Youth Theatre presents Community Spirit 7.30 p.m. plus 4.00 p.m. matinee on Saturday

BRIDGE AND MILL HILL ROAD REPAIRS

At long last, the above is scheduled to be done on Monday and Tuesday, 12th and 13th August.

The road will be closed, which will cause some inconvenience. Please take care on the diversion routes. I'm sure you will agree, this really will be 'short term pain, for long term gain!



Julie Down Lapford Parish Council

A SUMMER SALAD

Runner beans and new potatoes give our meals a taste of summer, and are good in a salad, too.

In a salad bowl mix:

1 lb (500g) diced boiled new potatoes

½ lb (200g) wedges of boiled runner beans

1/2lb (200g) halved cherry tomatoes.

For salad dressing whisk together:

3 tablespoonfuls of rapeseed, or olive oil

1 tablespoonful of cider vinegar

1 teaspoonful of honey

salt and pepper



Pour over salad and mix well.

Decorate the salad with chopped hard-boiled eggs and chives. Cubes of Feta, or Cheddar cheese turn this into a meal.

Paul Cleave

SANDFORD SUMMER SHOW

Monday 26th August from 2.00 p.m. at Sandford Parish Hall

The judges are on standby, the cups are polished and prizes are ready, all we need now is your handiwork to make the show complete! Whether you have green fingers and have your flowers and produce ready to contribute or you have been baking, jam making, sewing or taking photos, we have the class for you.

We especially look forward to the children's contributions but you can be any age to join in! Collect your entry form from Sandford Community Stores or via email from sandfordsummershow@yahoo.com and hand it in to the store by midday on Friday 23rd August.

Bring all your friends and family for a great afternoon out, come rain or shine, to marvel at all the wonderful entries and those lucky prize winners. There will be lots of lovely tea and cake, a plant stall and a prize draw. See you all there!

Valerie Blake

LAPFORD PARISH COUNCIL NOTES JULY MEETING

The meeting was held on July 9th, below is a summary.

- There is a vacancy for a councillor, closing date 31st July.
- A meeting with Highways was arranged for 11th July.
- Bridge and Mill Hill works will take place on 12th and 13th August, a road closure and diversions will be in place.
- The Parish Council bank account transfer is ongoing.
- New model financial regulations will need to be adopted.
- Report received from the Celebrations committee, planning already started for the Mid Devon Walking Festival on the 14th September, and next year's 80th Anniversary on VE Day.
- A query was raised regarding the footpath at Cobley.
- Report from Lapford Emergency Action Plan Committee regarding Highway issues, Flooding, Ash die-back.
- Positioning of council waste bins was reviewed, with the one near the Melissa Lake Shelter to be moved, to make it more accessible from the pavement.
- Road Warden training ongoing.
- A defibrillator will be installed at the garage, partly funded by grants.
- Lapford Neighbourhood plan councillors meeting arranged to start the process, in readiness for public meetings/displays on Friday 4th and Saturday 5th October.
- More details to be obtained regarding a bus shelter at the top of Highfield.
- Lapford Playing Field, Toddlers area, discussions re lease for 25 yrs from MDDC.
- Review of cars/vans/caravans permanently in car park to be undertaken, and necessary orders for removal issued if
- The broken Council laptop had been repaired.
- Quote to be obtained to tidy up Revd Wilson's grave.
- Village market needs more support, suggestions included a cake stall, item to be added to future agenda.
- Cloverdown to be asked to cut back trees on trading estate by bus shelter, so it can be cleaned.
- Date of next meeting 13th August.



Arts in the Park

Saturday 17th August 10am - 4pm

A free day of creative activities in Newcombes Meadow













Creative Workshops

For more details and to book your place visit

www.ticketsource.co.uk/the-crediton-heart-project

Workshops are open to all ages unless specified. Cost is £5 for 16+, £3 for under 16s. Ages 11-15 must be accompanied by adult or a permission form signed at the venue. Ages 5-10 must be accompanied by adult who can participate or watch.

At Crediton Arts Centre

Collage 2 - 5pm Make dream landscapes on concertina sketchbooks, with Charlotte Turner (Age 10+)

Pottery 10am - 1pm Hand building creatures and garden decorations, to collect a week later, with Lynda Burton

Robot Making 2 - 5pm Make your own robots using found objects and recycling, with Fliss Shillingford (Age 7+)

Saturday 10th

Puppet making 2 - 3.30pm (Age 7-11) 4 - 5.30pm (Age 12+) Using recycled materials, we'll teach you how to make your very own coastal creature and learn how to bring them to life! with Boots & Moon Theatre

Thursday 15th

Mask Making 10am - 1pm Using paint, collage and bits & pieces to create masks to wear or for home decoration, with Teresa Rodrigues (Age 7+)

Gelli Plate Print Painting 2 -5pm Painting and designing in layers on gelli plates. You'll work with stencils, botanicals, imagination and of course lots of paint! with Lesa Gray

Paper Bead Jewellery 10am - 1pm Exciting Paper Bead Jeweilery Toam - Tpm Excuring and easy bead creation to make into your own jeweilery, with Holly Jarrett (age 12+)
Felt Making 2 - 5pm Quick, easy and colourful felt fabric made into shapes or as flat pictures, with Holly Jarrett Pottery Collection 3 - 5pm Collect the pottery you made the week before.

Film & Music Events

£5 & £3

Film Day at Crediton Arts Centre 3pm WONKA A musical fantasy of the early life of Roald Dahl's famous Willy Wonka. (PG)

7pm The Shape of Water Stunning visual fantasy from the storytelling master Guillermo del Toro. (Cert 15) £5

7.30pm at Crediton Arts Centre A performance of summer sounds from

Crediton's own musical talent. £5 day 16th Moon Jazz

7.30pm in Crediton Parish Church Enjoy this popular local jazz band playing an eclectic mix of jazz standards and jazz influenced pop songs in the splendid setting of the parish church, £8

Arts in the Park

Saturday 17th August 10am - 4pm A day out in Newcombes Meadow for all the family with free activities.

The Last Baguette theatre performances 11am-12pm, 1-2pm, 3-4pm

Devon Drumming workshops 12-1pm, 2-3pm

Higher Beings Circus workshops 11am-12.30pm, 2-3.30pm

Craft Fair and Food Stalls all day!



The Crediton Heart Project Working to keep the h Charity No. 1189549

ActionFraud National Fraud & Cyber Crime Reporting Centre 10300 123 2040 111

From Claire Webb, Deputy Head of Action Fraud:

"When fraudsters go phishing for valuable information, anyone could be a target. They will hook an unknowing victim with a genuine-looking email, in a bid to get them to share personal information, or bank details.

"Year on year, the amount of people reporting phishing emails and texts is growing. Action Fraud is urging everyone to be extra vigilant of suspicious-looking emails landing in their inbox, which could contain malicious links leading to unknown websites.

"Remember, if you think you have received a phishing email or text message, make sure you report it. You can forward emails to report@phishing.gov.uk, or forward spam text messages to 7726."

What is phishing?

'Phishing', 'quishing' or 'smishing' is when criminals use scam emails, text messages, QR codes, or phone calls to trick victims. Whether it's an email asking you to "verify" your bank account details, or a text message claiming you've missed a delivery and are required to pay a redelivery fee, the goal is usually the same - to trick you into revealing personal and financial information.

Practical advice you can follow when it comes to dealing with suspicious messages and calls:

- If you have any doubts about a message, contact the organisation directly using the contact details on their official website.
- Do not use the number or web address in the message.
 Your bank, or any other official source, will not ask you to provide sensitive information by email.
- Received an email that doesn't feel right? STOP! Report suspicious emails by forwarding them to: report@phishing.gov.uk. Send emails to this address that feel suspicious, even if you're not certain they're a scam – they will be checked.
- Always report suspicious text messages or scam call numbers, free of charge, to 7726. Your provider can find out where the text came from and block or ban the sender.
- To report a scam text, forward it to 7726 and then send the sender's number when prompted.
- To report a scam call, simply text 7726 with the word 'Call' followed by the scam caller's number.
- If you've lost money or provided financial information as a result of a phishing scam, notify your bank immediately and report it to Action Fraud at actionfraud.police.uk.

(If you found this information useful, please share it).





ROAD TRAFFIC REGULATION ACT 1984 SECTION 14
THE COUNTY OF DEVON (TEMPORARY RESTRICTION)
(LAPFORD ROAD TO BARRIS HOUSE 2400884
YEO VALE CROSS TO BRIDGE COTTAGES 2400884A, CREDITON) NOTICE 2024
TEMPORARY PROHIBITION OF THROUGH TRAFFIC

DEVON COUNTY COUNCIL hereby give NOTICE that:

From MONDAY 12 AUGUST 2024 for a maximum of 5 days
Until TUESDAY 13 AUGUST 2024 (both dates inclusive)

No person shall cause or permit any vehicle to proceed on the sections of Affected Roads.

Roads affected - LAPFORD ROAD TO BARRIS HOUSE 2400884 YEO VALE CROSS TO BRIDGE COTTAGES 2400884A, CREDITON.

The alternative, signed, route for vehicles will be via - HIGHER FORCHES CROSS - LOWER FORCHES CROSS - FILLEIGH MOOR CROSS - POUNCERS CROSS - B3042 CHAWLEIGH - HOLLOW TREE CROSS - EGGESFORD STATION - A377 TO LAPFORD CROSS - VICE VERSA.

This temporary restriction is considered necessary to enable - **RESURFACING WORKS**

For additional information contact: KENNFORD TARMACADAM Telephone: 01392 464020

Dated: MONDAY 12 AUGUST 2024

Meg Booth, Director of Climate Change, Environment and Transport Devon Highways, Devon County Council, County Hall, Exeter, EX2 4QD

Ref: TTRO2458257

BRUSHFORD Coldridge

PIG AND OLIVE PIZZA



The Pig and Olive are bringing their pizza van to Lapford on Saturday 24th August from 4.30 p.m. till 8.30 p.m. and will be in the car park adjacent to the Orchard Centre.

May I express a BIG, BIG thank you

to whoever found and handed in my gold watch to the Revel chairperson.

Thank you for your honesty.

// what3words

///zapped.interval.toothpick

John Chappell



DEVON AIR AMBULANCE TAKE PART IN WHAT3WORDS SUMMER CAMPAIGN TO RAISE AWARENESS AND URGE PUBLIC TO DOWNLOAD THE APP TO #KNOWEXACTLYWHERE



 Devon Air Ambulance, along with other UK emergency services are recommending the free what3words app that can provide callers with their exact location.

- This summer 90% of Brits are looking to enjoy outdoor activities, and almost half (47%) are planning to visit new areas of the UK, but many wouldn't feel confident describing specific locations, causing issues in emergency situations.
- Devon Air Ambulance often use the what3words app to help locate patients in rural parts of the county.

Devon is a county made up of stunning, but rural and sometimes dangerous beauty spots like Dartmoor and our incredibly scenic coastal paths that both locals and tourists alike will flock to for their summer adventures.

Devon Air Ambulance (DAA) is working in partnership with what3words to gear up for a busy summer across the county, urging the public to download the free app as a simple way to be prepared, helping them to save vital minutes and resources in emergency situations.

Brits are truly making the most of the UK and all it offers this summer – thousands say they will be out walking (52%), heading to the beach (42%) and enjoying road trips (24%) across the country. However, new research reveals that Brits aren't adequately prepared. A staggering three quarters (75%) say they don't check the traffic or roadworks beforehand, 67% do not research their destination in advance and less than a third (28%) make sure the address they are heading to is accurate.

Additionally, over half (55%) of respondents said they would rely on their phone's GPS to help find their way back if they got lost

during outdoor activities, yet less than half (45%) make sure they have enough phone battery before heading out, and only a quarter (27%) pack a portable charger. This is cause for concern given 1 in 4 (25%) Brits say they have got lost during an outdoor excursion before.

'What's the address of the emergency?' is one of the first questions asked when calling 999, but describing where help is needed can be difficult and stressful, especially in unaddressed or unfamiliar areas. New research highlighted that many people would struggle to describe meeting points in forests (40%), on country roads (39%) and campgrounds (34%), which could lead to a delay in locating a caller when every minute matters.

what3words provides a solution and has created a simple way to communicate very precise locations. It has divided the world into a grid of 3 metre squares and given each square a unique identifier consisting of three words: a what3words address. This means that every viewpoint along a hiking trail, stadium entrance, picnic spot in the park and tent on a campground has its own what3words address. For example,/// zapped.interval.toothpick marks the Great Links Tor area of Dartmoor, where former DAA patient, George Bladon required assistance following a fall. Read George's story here: https://www.daat.org/blog/rock-bottom-to-recovery

Alex Sanders-Page, Advanced Prehospital Practitioner at Devon Air Ambulance Trust said:

'Devon is a unique place with many awesome sights to see. However, it is not always possible to know exactly where you are, especially if you're exploring places off the beaten track, or only visiting the area. what3words is such a useful tool to get help if you have an incident when exploring our amazing County. Using what3words to find casualties has made our job at Devon Air Ambulance so much easier when trying to find where to locate a patient and send help to. It is also of use in built up areas, as sometimes just knowing what side of a building somebody is can help us decide where to land the helicopter to get to them as quickly as possible.'



The what3words app works offline, making it ideal for use in areas with an unreliable data connection, such as popular summer destinations like festivals, beaches, national parks and campsites. what3words is available in over 60 languages to date, including Welsh. It is free to download on iOS and Android, and can be accessed via the online map at what3words.com

To read more about DAA's use of the what3words app, visit: https://www.daat.org/News/what-3-words-the-app-that-everyone-is-downloading

HOUSING—THE FOURTH MOST COMMON PROBLEM PEOPLE COME TO US WITH



Let's take a look at the rental market for a moment. Are you looking to rent somewhere on your own or share with other people? Having decided that, do you want to rent directly from a landlord or via a letting agent?

Renting directly from a landlord may mean fewer fees, fewer references and maybe no need to undergo a credit check. However, if you go through an agent they can liaise on your behalf with the landlord over things like repairs.

Rental properties in today's market are not always easy to find. You can look online, look in local papers, visit local estate agents and ask family and friends to help. Don't ever, however, pay any money to anyone before you have seen the property and ideally, take someone with you when you go to view.

Don't rent from an existing tenant as you run the risk of subletting if the existing tenant doesn't have the right to rent to you, but they may be the person showing you around the property.

You need to be very clear about how much the rent is, when and how it is to be paid (e.g. four weekly or calendar monthly), which bills, if any are included in the rent, how much the bills that aren't included amount to, how long the tenancy agreement is, whether there are options to renew and whether there is a break clause in the event you wish to terminate the agreement early.

Sometimes a landlord will request a holding deposit whilst they carry out pre-tenancy checks. This shouldn't be more than a week's rent and should be returned to you at the start of the tenancy. You need to also be clear about the documents you need to produce when agreeing to rent the property including evidence of your Right to Rent.

Tenancy deposits are commonplace, but you need to know how it will be protected. Are any items of furniture or appliances included in the tenancy and can you have pets? If you can see obvious problems, these need to be fixed before you move in.

Beware if a landlord refuses to rent to you because of race, religion or sexual orientation. A 'no kids policy' or refusing to rent to you because you receive benefits may class as discrimination. You don't need to disclose receipt of benefits to a landlord unless they specifically ask. Some may then require a guarantor particularly if you have no renting history or if they feel you may have trouble paying the rent.

We at CA TNMWD are here to help with any questions you may have about associated or other problems. Like to join us helping people in our community? We are always happy to welcome new volunteers. Training and ongoing support is provided. Take the first step and email recruitment@citizensadvicetnmwd.org.uk we look forward to hearing from you!





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01363 83389 07792 592068 @Blackberry_Lane
blackberrylane.co.uk@gmail.com www.blackberrylane.co.uk



WEST COUNTRY PICTURES



Rull Farmhouse East Worlington Tel: 01884 860978 Email: brook@rullfarm.fsnet.co.uk

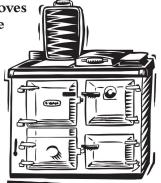
Picture Framing Service Available Locally Please telephone for an appointment Local collection and delivery can be arranged



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07565 768386

I'm Abi a fully qualified beauty therapist.

I offer a wide range of treatments with a friendly professional service. I enjoy all aspects of my job, as everyday holds something new. I look forward to welcoming you to my Salon.

abigailsbeautyretreat@gmail.com Lapford, EX17 6PZ



Painful Feet?

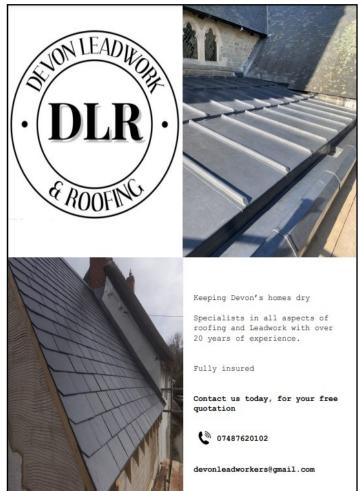
Viv Pulford Foot Health Practitioner

Diploma in Foot Health, and BSc in Adult Nursing. Tel No 01884 861306 or 07827 779559

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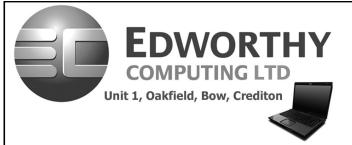
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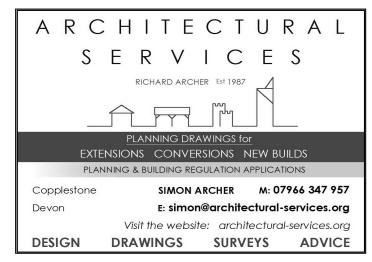
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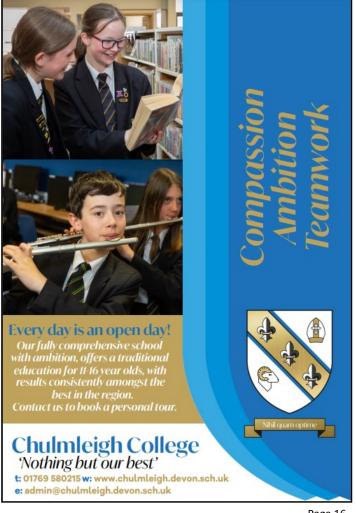
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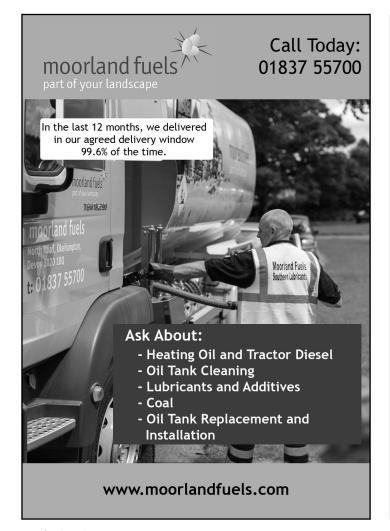
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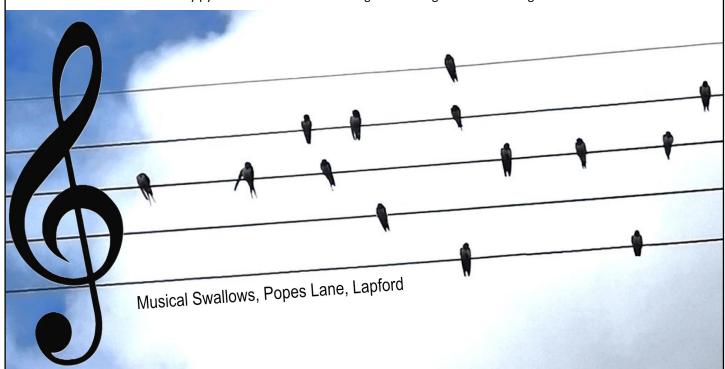
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A POTTED HISTORY OF "TWINNING" OR "JUMELAGE"

Why do we see local signs saying "North Tawton twinned with Blangy Le Chateau" and "Lapford twinned with Grainville Langannerie", or even "Crediton twinned with Avranches"? When did it all start and why?

Town/Village twinning, was an official relationship-builder, started in Europe after the second world war. The idea was simple: repair damaged relationships between France, Germany and the UK. Find towns that suffered during the wars and pair them. Then encourage people from these areas to meet, mix and get along. One of the first UK cities to "twin" was Coventry who twinned with Stalingrad and later with Dresden as an act of peace and reconciliation, all three cities having been heavily bombed during the war.

Locally, "twinning" had another impetus in the 1970's after the UK joined the Common Market in 1973. Whoever made the choices of which town/village to twin with which, personally I think, did an excellent job. North Tawton's Twin in Normandy, Blangy Le Chateau, is a picturesque town/village with a stream running down the centre of the main street. There is a Primary School and an Agricultural college, a Fire Station, and a Football Club all of whom enjoyed many exchanges with our own primary school, Firemen and Football team in the early days. Grainville Langannerie is a typical rural French Village close to the Normandy beaches and the heart of Calvados country.

Twinning was a chance to broaden perspectives – both culturally, linguistically and, socially. Spending time with our hosts in their own homes and experiencing their own customs and day to day way of life that you would not experience staying at a hotel.

However, recently members of North Tawton and Friends of Grainville Langannerie have dwindled, as we have all got "older", new CRB check rules have made it more difficult for schools to exchange with each other, and as cheap travel has become more widely available and communications links have improved, families travel to France more easily without the necessity of belonging to a Twinning Group.

Membership numbers have dwindled to such an extent that the North Tawton Twinning is no longer in existence, but several couples from North Tawton have bolstered the Lapford/Friends of Langannerie group who will next year celebrate **50 Years of French Exchanges** with a visit to France in May.

They are also organising a **Big Breakfast on Saturday October 19**th in Lapford Victory Hall, to help raise funds to cover the cost of any trips, visits or functions held when the French make a return visit in 2026. How much longer this group will continue will depend on us finding new "younger" members to carry on this warm and friendly tradition — a chance to experience another culture not so dissimilar to our own with friends both English and French.

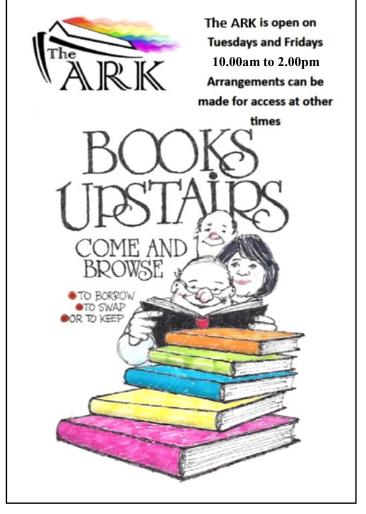
If you are interested in becoming one of those new members please get in touch with Marion Pratt – marion174@btinternet.com or 01837 82285 or Stacey Lumsdon 07891 556884 to book in for the Big Breakfast and come and chat to some of the current members.











THE ARCHIVE TEAM IS ON HOLIDAY IN AUGUST

Don't forget we are closed for the month of August but will reopen on September 3rd 2024.

Our usual opening hours at the Orchard Centre are Tuesday mornings from 10.00hrs to 13.00hrs.

To get in touch: Ring 01363 779462 or

email: archivelapford2022@gmail.com

PFQ PFQ POJE

LAPFORD GARDENING CLUB

Lapford Village Show will take place on Saturday 7th September in the Victory Hall and we'd like to encourage as many folk as possible to enter. Entries can be dropped off between 9-11.00 a.m. on the day of the show, after which Judging will take place. In



the afternoon everyone will be able to come and see the entries and stop for a cuppa. The show opens at 3.00 p.m.

Rachael Clayburn and Heidi Becker Show Secretaries

LAPFORD VICTORY HALL QUIZ - SAVE THE DATE!

The Victory Hall will be holding a quiz on 20th September 2024

More information to follow next month



LAPFORD QUIZ TEAM WIN AT WINKLEIGH FAIR

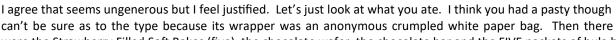
The Lapford based quiz team, Mixed 'Erbs won the Annual Winkleigh Fair Quiz recently. Competing against many other teams, they came home victorious with the Winkleigh Quiz Winners Cup. Congratulations to all the members of the team, you did Lapford proud!



TO X

Dear X

I am wondering if you enjoyed your 'meal on the move'. To be honest, I hope it left you feeling just a little bit peaky. I hope the potholes jiggled you about a bit and upset your digestive juices.



were the Strawberry Filled Soft Bakes (five), the chocolate wafer, the chocolate bar and the FIVE packets of hula hoops. Admittedly they were small packets but even so – five? You washed it all down with a bottle of cola which I suppose is better than something alcoholic given that you were driving. You also enjoyed a Lost Mary, which lost me temporarily until I looked it up on the internet and discovered it was the name of a disposable vape. I'm still asking myself why on earth anyone would name a vape Lost Mary.

I can see that you are thinking: 'And?' or 'So?' Quite possibly, you are thinking something worse, something the Lapford Lookout would blush to print. Who am I to object to your dietary choice? You have a point. But, the thing is, it's not what you eat that concerns me, though perhaps it should concern you. I can't help feeling that five soft bakes and five packets of hula hoops on top of a pasty with some chocolate bars thrown in, do not contain the elements of a healthy diet. What does concern me and upsets me, is what you do with what is left after you have eaten. If you were to clear up after yourself, I wouldn't know what you'd scoffed. The reason I have detailed information about your snack the other day is because, on my early morning ramble around the triangle armed with a bag for rubbish, I collected the evidence which you had so carelessly strewn along a short length of the lane. I suppose you didn't give a thought to who would clear up after you. No doubt having visited the shop, you munched your way along the lane, managing to dodge the pot holes with just one hand on the wheel. I suppose when you found yourself with empty packets in your hand that were surplus to your requirement you simply tossed them out of the window without a second thought, (or even a first one!)

What I want to ask is, would it be so very hard to keep a plastic bag in your car and take your rubbish home? That's my reason for writing. By all means snack on what you like wherever you like but please just take your litter home. I fear my request will fall on deaf ears. Even if you did find yourself with this magazine somehow, it would be the next thing I find in the hedgerow! Hey ho. Fortunately, there are not so many of you, X. The lane often has no litter at all unless someone else has been round before me with a bag because that's what happens around here. People look after the village. Having attempted to alert you to the mess you left behind (and your danger of encouraging diabetes), I shall forget about your thoughtless habits and think about how lucky I am to live in such a lovely place, home to lots of lovely people.

PS I also picked up the cardboard wrapper of a 'Round File' suitable 'for enlarging holes or use on curved surfaces' but I think we can absolve you of that one. You were too busy chomping to think about filing metal and you really would have a problem if you were trying to include that in your diet!

Not very kind regards,

An Early Morning Rambler



WHAT A FANTASTICAL REVEL

The Revel has been and gone again, and it is time for me to reflect as Chairman of the committee. I want to start by thanking everyone who came along and joined in on all the days. Sadly, we didn't quite have the usual good weather on the Friday night, but we soldiered on anyway. The procession was well attended, and it was good that so many of you came to see the crowning of the Revel King and Queen and the wonderful Beltane Border Morris dancers despite the rain.

Saturday was again well attended during the day and it was wonderful that so many joined in with the house decorating event. There was lots of varied entertainment with something for everyone. It is hoped that we can build on this success and we would love to bring back the games next year.

We hope you agree that it was a great set up for the Saturday utilising Lower Town Place to its best and with music throughout the afternoon and evening. Lapford Revel was a great family day out. Free to attend with good quality food and drink at incredible prices. This was only possible because of people helping out and people coming along in the spirit of community and being part of the event. The event originally began with the canonisation of St Thomas, as did many village fayres around the country, but what makes ours so special is how we celebrate our lovely village and by showing true Revel spirit!

This year's Revel was not without its challenges, including the weather in part and the timing of the England quarter final! I like to think that we rose to deal with as many of these as possible. Those we didn't, were learning moments and we hope to take these lessons and build on them next year. One area that we had problems with is volunteers, both as committee members and helping on the day. This is not just a Revel issue as I am aware that many of our village organisations are struggling, some to the point of not functioning any more. I would hate to see this happen to the Revel as there is a long history of celebrating the Revel which should continue.

Community is the lifeblood of the Revel. Without an army of volunteers and those willing to take responsibility for arranging the event as part of the committee, it simply would not happen. I applaud everyone who helped and supported the Revel, but we really do need more people to get involved and help plan for 2025. If you have recently moved to the village, please come along, and join in. I know some people feel it is an exclusive club or that only those who have been in the village for a long time can be part of it. This is not in the least bit true; we welcome everyone to take part in the organisation of the Revel and hopefully to bring some fresh ideas.

Thank you all for being a part of Revel 2024 - you were all Fantastical!

Mark

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Lapford Parish Council

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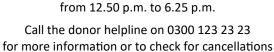


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By hand: Use the box in The Orchard Centre or the Editor's letterbox *Contributions are welcome, to be used at the Editorial Team's discretion.*

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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.

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- 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

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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.

LAPFORD WEBSITES

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





NEED TRANSPORT TO YOUR MEDICAL APPOINTMENT OR A PRESCRIPTION COLLECTED?

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

Morchard Bishop Surgery - £4

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.

LAST POSTING TIMES AROUND THE VILLAGE



Mon-Fri Saturday 9.00 a.m. 7.00 a.m. **Eastington Cross** 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. Morchard 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.

CONTACT	TELEPHONE / EMAIL
Mr Warren Clayburn	01363 83095 / wmclayburn@gmail.com
Mr Darren Crump Mr Steve Keable	07960 715553 / darrencrump99@hotmail.co.uk 07967 655045/ steve.keable@btinternet.com
Marion Pratt Mr Alex Gater Mrs Stacey Lumsdon	01837 82285 / marion174@btinternet.com 07815 795918 / alex@lapfordmill.uk 07891 556884 / friendsoflapfordschool@gmail.com
Mr Bill Graham Crediton Library	01363 83047 / bg4847@aol.com 01363 772578
LOL Team Mr Raymond Waldron Mr Ian Wilkie Miss Briony Clinch Mrs Jill Doe Mrs Sue Briant-Evans Mrs Cat Seymour Mr Steven Fletcher Miss Briony Clinch Cat Seymour	ladiesoflapford@gmail.com 01363 83894 / ednawaldron@btinternet.com 01363 83437 / i.wilkie45@btinternet.com 01363 83788 lapfordafc@gmail.com 01363 83410 / sunnyside@jilldoe45.plus.com 01363 83763 / susanbriantevans@gmail.com 01363 884432 / cathryn_seymour@outlook.com 07891 142436 / steven.fletcher@lapfordparishcouncil.org.uk 01363 83666 / admin@lapfordcc.org.uk 01363 83292 / admin@lapford-primary.devon.sch.uk 01363 884432 /
Mrs Sara Thurgood Mrs Sue Briant-Evans	lapfordcongregationalchurch@gmail.com 01363 83081 / info@lapforddogclub.co.uk 01363 83763 /
Miss Briony Clinch Mr Steve Munday Dr Nicola Perera Mrs Cat Seymour Mrs Trish Mumford Mrs Beccy Fletcher Mrs Carol Worsdell Mrs Joan Graham Mrs Caroline Noon Mrs Sue Briant-Evans Mr Mark Tanner or Mrs Sue Briant-Evans Mr Darren Crump Ms Audrey McCormack Mrs Stacey Lumsdon Mrs Grace Hill Mr Steve Keable Mr Roy Andrews Mr Andy Epstein	sue.briantevans@lapfordparishcouncil.org.uk 01363 83788 07798 684225 / steve@themundays.org 07880 189805 01363 884432 / cathryn_seymour@outlook.com 01363 83911 / james@mumfordj.plus.com 01363 884211 / lapfordlookout@gmail.com 07368 860835 / lapfordover60@yahoo.com 01363 83047 / jemg47@aol.com 01363 83763 / susanbriantevans@gmail.com 07368 860835 / lapford.pao@gmail.com 01363 83763 / susanbriantevans@gmail.com 079ff_raven@hotmail.co.uk or 01363 83763 / susanbriantevans@gmail.com 07960 715553 / darrencrump99@hotmail.co.uk 01363 779462 / archivelapford2022@gmail.com 07961 556884 / lapfordvillagemarket@gmail.com 07967 655045 / lapfordyouthclub@gmail.com 07969 823256 / roy.andrews1950@icloud.com amepstein55@gmail.com
Liz and Roland Smith Mrs Prue Lambert	01363 884495 / patricia@serafim.eclipse.co.uk 01363 884446 / pump@incywincyweb.com 01363 83150 / pruelambert@yahoo.co.uk
	Mr Warren Clayburn Mr Darren Crump Mr Steve Keable Marion Pratt Mr Alex Gater Mrs Stacey Lumsdon Mr Bill Graham Crediton Library LOL Team Mr Raymond Waldron Mr Ian Wilkie Miss Briony Clinch Mrs Sue Briant-Evans Mrs Cat Seymour Mr Steven Fletcher Miss Briony Clinch Cat Seymour Mrs Sara Thurgood Mrs Sue Briant-Evans Miss Briony Clinch Mr Steve Munday Dr Nicola Perera Mrs Cat Seymour Mrs Trish Mumford Mrs Beccy Fletcher Mrs Carol Worsdell Mrs Joan Graham Mrs Caroline Noon Mrs Sue Briant-Evans Mr Mark Tanner or Mrs Sue Briant-Evans Mr Mark Tanner or Mrs Sue Briant-Evans Mr Mark Tanner or Mrs Sue Briant-Evans Mr Mark Tanner or Mrs Sue Briant-Evans Mr Mark Tanner or Mrs Sue Briant-Evans Mr Mark Tanner or Mrs Stacey Lumsdon Mrs Grace Hill Mr Steve Keable Mr Roy Andrews Mr Andy Epstein Mrs Patricia Robottom Liz and Roland Smith

LAPFORD COMMUNITY PRIMARY SCHOOL NEWS



The Outdoor Play and Learning (OPAL) programme is all about improving the quality of play provision in school so that every child has an amazing hour of high-quality play every day — with ' no exceptions! It's not just about playtimes being a bit less bother or about children being a bit happier, we are talking about cultural transformation.





OPAL has been running at Lapford Community Primary School for approximately sixteen months. In that time, we have seen many exciting new changes to our outdoor spaces. We have built a new sandpit, collected a huge range of resources to allow children to play in a variety of ways and opened new areas to play, for example Badgers Seek where much of our play equipment is stored. This area also has a stage, mud kitchen space and a new grass social space for September.

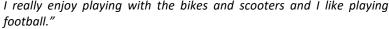
We hold weekly assemblies, where we talk about what has gone well and collaboratively come up with ways to improve playtimes for everyone. When new equipment is introduced to the playground, the children play an active part in assessing the risks involved and coming up with suggestions of how to mitigate these risks, allowing them to become adept at managing risk for themselves. In fact, since the beginning of our OPAL journey, despite children playing in a 'riskier' manner (using bikes, scooters and climbing trees) we have seen a dramatic reduction in the number of first aid incidents!

Here's what the children have to say about OPAL:

"We like having lots of different things to play with at playtimes because it is fun; playtime would be boring if we had nothing.

When we are playing outside, we make up games and sometimes we use the toys to help make up different fun





Florence Mills & Charlie Ravenscroft, Skylarks Class, Year 2

"For games with a group of friends, we would like some more soft cuddly toys. It would be nice to have more rope for different games. Our playtimes would be very boring if we did not have any toys to play with. At playtimes children enjoy going outside to play – everyone is smiling. If we did not have toys to play with, it would limit the types of things that we can do."

Noah Ravenscroft, Herons Class, Year 5

Without the generous donations of toys, bikes/scooters, tyres and dressing up clothes that we receive from parents and people within our community, our children would not have such enriched playtimes.

We are currently looking for donations of sheets and blankets, wheelchairs, buggies, toy babies and sandpit toys. However, if you have any other play equipment or loose parts such as tyres, piping, guttering, pallets etc, that you would like to donate, please contact the school office or leave donations at our reception area.

Mrs J. Wright, Head of School



