

A decorative border featuring a floral wreath with blue and purple flowers and green leaves. On the right side, there is a stack of four ornate teacups in pink, yellow, white, and blue. On the bottom left, there is another stack of three teacups in yellow, white, and blue. The entire central text area is enclosed in a decorative, scroll-like frame.

## *The ARK*

*Community Cafe and Foodbank*

# *Open Morning*

**SAT  
1ST  
MAR**

*Library Foodbank  
Meeting Rooms  
Children's books  
Cafe*

**FROM 10AM - 12 MIDDAY**

*You are invited to join us for coffee / tea  
and cakes*

*If you've never been to The ARK before,  
come and see what's there for the  
community's use.*

### LAPFORD CARNIVAL FLOAT 1951 - "THE RAINBOW"

Back row left to right: Audrey Butt, Stella Lewis, Vera Lewis  
Front row left to right: Janice Gunn, Jean Butt, Sylvia Carbert, Georgina Woolcott. Picture courtesy of Ann Cann.

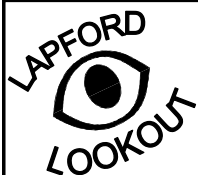


### LAPFORD CARNIVAL QUEEN'S FLOAT, SEPTEMBER 1955

From left: Janice Gunn, 'Queen' Sylvia Carbert, Maureen Moyes. Page Boy Stephen Challacombe. Picture courtesy of Ann Cann.







## **DATES TO LOOKOUT FOR** **February 2025**

- 8th LAFC, Tank Sherman, Victory Hall
- 11th Lapford Gardening Club, The ARK, 7.30pm
- 14th Copy deadline for March Lapford Lookout, 6.00pm
- 18th Lapford Parish Council meeting, 7.30pm (new date)
- 20th Ladies of Lapford, The ARK, 7.30pm
- 22nd Lapford Village Market run by LVCA, Victory Hall, 10.00-12.00
- 26th Lunch in The ARK, 12.30pm
- 27th Lapford Over 60's EGM

## **March 2025**

- 1st The ARK open day, 10am—12pm
- 11th Lapford Parish Council meeting, 7.30pm
- 14th Copy deadline for April Lapford Lookout, 6.00pm
- 18th Ladies of Lapford, The ARK, 7.30pm
- 18th Lapford Gardening Club, The ARK, 7.30pm
- 22nd Lapford Village Market, Victory Hall, 10.00-12.00
- 29th Revel Quiz, Victory Hall

## **April 2025**

- 15th Lapford Gardening Club, The ARK, 7.30pm
- 26th Lapford Village Market, Victory Hall, 10.00-12.00

## **Future Dates**

- 8th May Lapford's VE Day Commemorations
- 13th May Lapford Gardening Club, The ARK, 7.30pm
- 17th May LYPFT Car Boot Sale
- 24th May Lapford Village Market, Victory Hall, 10.00-12.00
- 10th Jun Lapford Gardening Club, Garden visit
- 28th Jun LYPFT Vintage Rally
- 28th Jun Lapford Village Market, Victory Hall, 10.00-12.00
- 8th Jul Lapford Gardening Club, Garden visit
- 11th, 12th, 13th July 2025 - Lapford Revel
- 26th Jul Lapford Village Market, Victory Hall, 10.00-12.00
- 12th Aug Lapford Gardening Club, Garden visit
- 23rd Aug Lapford Village Market, Victory Hall, 10.00-12.00
- 27th Sep Lapford Village Market, Victory Hall, 10.00-12.00
- 14th Oct Lapford Gardening Club, The ARK, 7.30pm
- 25th Oct Lapford Village Market, Victory Hall, 10.00-12.00
- 11th Nov Lapford Gardening Club, The ARK, 7.30pm
- 22nd Nov Lapford Village Market, Victory Hall, 10.00-12.00
- 9th Dec Lapford Gardening Club, The ARK, 7.30pm

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



### **LAPFORD LOOKOUT**

Contributions welcome

**lapfordlookout@gmail.com**

Deadline for inclusion in the next issue:

**6.00 p.m. on the 14th Feb for inclusion in the March issue**



## **A SALAD FOR WINTER**

In a bowl mix:

- 200g (8 oz) diced cooked beetroot
- 100g (4oz) diced apple
- 50g (2oz) diced celery



**Sustainable  
Crediton**

[www.sustainablecrediton.org.uk](http://www.sustainablecrediton.org.uk)



Moisten with one tablespoonful balsamic vinegar, one tablespoonful olive oil, one teaspoonful honey, and season with salt and pepper.

Sprinkle with toasted walnuts. This is good with crusty sour dough bread and Devon cheese.

**Paul Cleave**



## **Lapford Weather Review**

### **Lapford Weather December 2024**

Milder and drier than average. A month noted for a lack of sunshine and a particularly gloomy drizzly period over the Christmas holidays.

The mildest day was the 1<sup>st</sup> with a maximum air temperature of 14.7°C in a warm south westerly air stream. The coldest day was the 11<sup>th</sup> with a maximum of 5.2°C and the coldest night was on the 4<sup>th</sup> with a minimum of 1.0°C. There were no air frosts this month, quite unusual for December but not unheard of. The coldest grass temperature was -4.2°C on the 20<sup>th</sup>.

Total rainfall was 54.3 mm, just under half the average for December. The wettest day was the 4<sup>th</sup> with 7.1 mm.

The windiest day was the 6<sup>th</sup> with a gust of 65 m.p.h.

### **Annual Report 2024**

2024 was a milder than average year, the sixth mildest I have measured in my records going back 37 years. There has been a small rise in annual average temperatures here in that time, by less than half a degree. It was also wetter than average, total 1051.2 mm, the eleventh wettest in the same period. There does not appear to be any long term trend in annual rainfall here, some years are wetter than average, others drier.

The warmest day of the year was the 31<sup>st</sup> July with a maximum of just 27.9°C. The coldest day was the 24<sup>th</sup> January with a minimum of -4.0°C.

The wettest day was the 1<sup>st</sup> May with 30.0mm, and the windiest was the 6<sup>th</sup> December with a gust of 65 m.p.h.

Last winter was relatively mild with just one cold spell in January, but very little in the way of snow. The only morning with snow lying on the ground was on the 28<sup>th</sup> March.

Spring was mild and wet. Summer was cooler than average and quite dry apart from July. Autumn was mild and wet, with an early taste of winter around 20<sup>th</sup> November when we had snow on the ground for a couple of days.

**Andy Epstein**



## SAT NAV



I have a little Satnav, it sits there in my car. A Satnav is a driver's friend it tells you where you are.  
 I have a little Satnav, I've had it all my life. It's better than the normal ones, my Satnav is my wife.  
 It gives me full instructions, especially how to drive "It's sixty miles an hour", it says, "You're doing sixty five".  
 It tells me when to stop and start, and when to use the brake. And tells me that it's never ever, safe to overtake.  
 It tells me when a light is red, and when it goes to green. It seems to know instinctively, just when to intervene.  
 It lists the vehicles just in front, and all those to the rear. And taking this into account, it specifies my gear.  
 I'm sure no other driver, has so helpful a device. For when we leave and lock the car, it still gives its advice.  
 It fills me up with counselling, each journey's pretty fraught. So why don't I exchange it, and get a quieter sort?  
 Ah well, you see, it cleans the house, makes sure I'm properly fed. It washes all my shirts and things, and keeps me warm in bed!  
 Despite all these advantages, and my tendency to scoff, I only wish that now and then, I could turn the bugger off.

Pam Ayres

## 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](mailto:jemg47@aol.com) (t) 01363 83047

#### Services:

February 2nd	CANDLEMAS	9.30 a.m.	Lay led morning prayer
February 9th	Fourth before Lent	9.30 a.m.	Lay led morning prayer
February 12th	Wednesday	10.30 a.m.	BCP Holy Communion
February 16th	Third before Lent	9.30 a.m.	Lay Led Morning Prayer
February 23rd	Second before Lent	9.30 a.m.	Common Worship Eucharist



### LAPFORD CONGREGATIONAL CHURCH

#### Contacts:

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

**email:** [lapfordcongregationalchurch@gmail.com](mailto:lapfordcongregationalchurch@gmail.com)

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

2nd February - Caroline Stott

9th February - all age service led by Trevor Grant (leprosy mission)

16th February - service led by Merril Archer, followed by Deacons meeting

23rd February - no service

### LAPFORD COMMUNITY CHURCH

#### Contacts:

Briony Clinch - Tel: **83666**

**www:** [lapfordcc.org.uk](http://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.





## CHAWLEIGH COMMUNITY MARKET

There will be no market in February 2025.

### LAPFORD BOOK CLUB REVIEW

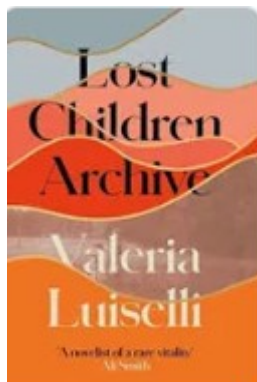
The Lost Children Archive  
by Valeria Luiselli

The lost children in this story are ostensibly the Mexican and other South American children who make the long and perilous journey to try to gain entry to the US to rejoin their parents. This is a harrowing and pathetic part of the book - the grandmothers in South America embroider the childrens' parents' contact details onto the collars of their clothes and tell them never to take their clothes off until they meet their parents in US. En route to the US the children are led by men who drive them like cattle through jungles, across deserts and onto the roof of trains, from which, inevitably, some children fall to their death. Those who manage to reach and cross the border are detained, after which many are deported without even seeing their parents. The parents do not know what has happened to their children.

There are, however, two other lost children in this story. Tom, aged ten, and Memphis, aged five. They are stepbrother and stepsister. Their parents met when their working lives as sound recordists brought them together. The parents' working lives have now diverged, as has their personal relationship. Tom is very conscious of what is happening and is desperate to protect little Memphis from what is going on. The parents resolve to move from New York to Arizona; Dad is obsessed with Geronimo and the Apache and Ma with the lost daughters of her Mexican friend Manuela. The book starts in a verbose and wordy fashion with Ma narrating their story as they pack to leave and travel across states, then the narrative is simplified as Tom takes over the story. His perception of what is happening seems to be more acute than that of his parents, who seem entirely bound up in their own world and their own projects and wholly oblivious to the needs of their children. Tom has a polaroid camera, and takes photos of their journey for Memphis. He knows that she is too young to remember much of what happened, and he wants her to be his friend for ever, despite the looming divorce. Eventually the two children leave their sleeping parents and set out together across the perilous desert, just like their Mexican counterparts.

This is a very interesting and thought-provoking read. The author is obviously very angry about the situation into which migrant children are thrust and wants the reader to share her indignation and fury. It works. Whether she realised that she has made Tom and Memphis two lost (in the sense of neglected) children is debatable. If you want to be drawn into the world of these migrant children and to understand their desperation, a world unimaginable to most readers, then read this.

**Prue Lambert**



### THANK YOU

Thank you, to all our friends in the village who popped Christmas Cards through our letterbox, they were a nice welcome when we got home on 30th December. As we were in Australia from early October we were not in a position to send out cards this year.

Love and every Blessing for the New Year

Peter & Viv



### HAPPY NEW YEAR!

Inevitably perhaps, debt and energy are the two key problems people are bringing to us. The cost of living continues to rise, pensioners missed out on winter



fuel payments they have come to rely on and energy costs continue to rise. If you are struggling and getting into debt please take action sooner rather than later. Our specially trained debt advisers can help you navigate what seems a minefield and remember, our advice is confidential, professional and totally nonjudgemental. Our website has some useful links and information so check out [www.citizensadvicetnmwd.org.uk](http://www.citizensadvicetnmwd.org.uk)

We are also able to issue fuel vouchers please get in touch to see if you are eligible. Our AdviceLine is a free, local number: 0808 27 87 999.

We are delighted to announce that we have new outreaches opening this year so people can access us directly in their own area. In Crediton we are at the Age Concern office in the Lady Mills Centre every Wednesday. Drop-in is available 9.30am – 12.00noon and afternoon appointments are available which can be booked via our website. We are at the Cullompton Community Centre on the third Friday of each month between 9.30am and 12.30pm. The last Friday of each month sees us at Lapford in The Ark Community Café from 10.00am – 2.00pm. Ongoing dates have still to be confirmed at Uffculme and Hemyock however, on 17th January we will be at Warm Spaces on Square Corner in Uffculme between 10.30am and 3.00pm and we will be at the Blackdown Support Group Building (next to the GP surgery) in Hemyock on 23rd January from 10.00am – 2.00pm. Details of all our opening hours in Bideford, Barnstaple, Okehampton, Tiverton and Tavistock as well as our other outreach offices are on our website and news of our new outreach offices can be found on social media.

Sadly, we are unable to meet demand which continues to rise as more and more people seek our help. We have an ongoing recruitment campaign to encourage more people to come and volunteer with us. Volunteers make new friends, learn new skills and have the satisfaction of knowing that they are helping people in their community. If you are interested in joining us as a volunteer, please contact [recruitment@citizensadvicetnmwd.org.uk](mailto:recruitment@citizensadvicetnmwd.org.uk) or check out our website for more information. Maybe the New Year is an ideal time to broaden your horizons.

## GRASS CUTTING QUOTATION INFORMATION

Lapford Parish Council put out this tender for grass cutting around the Village for 2025/2026.

If you are interested in providing a quote, please use the specification below.

The quote we request is as follows, to start in April 2025.

### Parish Council Property

1. Grass around Victory Hall x 10.
  2. Strimming around Flower Box at village sign at top of village x 8.
  3. Strimming around the village seats situated at top of village, Eastington Lane and opposite Highfield x 8.
- Grass cuttings to be taken away by you.

### Church Green Trustees

1. Cutting grass on Lapford Village Green and around Melissa Lake Memorial Shelter x 10.
- Grass cuttings to be taken away by you.

It is also a requirement that you hold Public Liability Insurance to the value of £2 million - policy to be available for inspection upon request.

Please reply to the Clerk to Lapford Parish Council by 1<sup>st</sup> March 2025 using the details within the contact section of this Lapford Lookout.



## LAPFORD NEIGHBOURHOOD PLANNING UPDATE

Following the public consultation last October and the analysis of comments carried out by Devon Communities Together an exhibition highlighting that analysis has been staged in The ARK. In order to facilitate as many people as possible visiting these two extra public viewing occasions were arranged for 24<sup>th</sup> & 25<sup>th</sup> January. In addition, the information has been published in pamphlet form to be delivered to every house in the parish.

Devon Communities Together has been working to produce a questionnaire/survey form based on the consultation event comments. This too will be delivered in paper form to every house but will contain a QR code for accessing the form online. It would be preferred that the people use the online method of return, but paper copies can be returned to safe locations in the village or collected on request. More details about this to follow. Again, the results of the survey will be analysed by Devon Communities Together and the results presented to the village.

Members of the public who volunteered to be involved with the planning process met on 11<sup>th</sup> January, agreed to form a Steering Group, and will meet again on February 1<sup>st</sup>.

### Timetable going forward.

February – pamphlet to publicise the analysis of the Consultation to be delivered to every house.

March – Survey Forms to be delivered to every house, with one month in which to complete and return them.

April/May – Analysis of the survey to be received from Devon Communities Together. Look out for a public event when this will be formally presented.

June onwards – the work of writing the Plan begins.

**Lapford Parish Council**

## HAVE YOU SECURED YOUR EMAIL ACCOUNT?

### Why are email accounts so important?

Your emails contain a lot of information about you, so it's crucial you make your email password strong. If criminals get into your email account, they could access personal information that could be used to scam you or others. To make it harder for them, always use an email password that you haven't used elsewhere.

Your email inbox can also act as a 'gateway' to your other accounts. Once they can access it, a criminal could use the 'forgot password' option to request emails enabling them to get into other accounts, such as your social media.

### How to secure your email account

#### Your email password

Using a combination of 3 random words creates passwords that are long enough and strong enough. Avoid words that can be guessed, like your pet's name or birth month. Adding numbers and symbols is a good way to make your password even harder to guess.

#### Turn on 2-Step Verification (2SV) for your email

2-Step Verification (2SV) gives you twice the protection so even if cyber criminals have your password, they can't access your email.

2SV works by asking for more information to prove your identity. For example, getting a code sent to your phone when you sign in using a new device or change settings such as your password.

You **won't** be asked for this every time you check your email.

#### How to turn on 2-Step Verification (2SV)

Turn on 2SV for Outlook <https://s-url.co/39QFAA>

Turn on 2SV for Gmail <https://s-url.co/4NQFAA>

Turn on 2SV for iCloud <https://s-url.co/4dQFAA>

If you are using an email service that does not offer 2SV, please consider switching to an email provider that does.

#### How to check if one of your online accounts may have been compromised

Services such as [www.haveibeenpwned.com](http://www.haveibeenpwned.com) can tell you if your personal information or any of your account passwords have been made public in a major data breach.

If you have been affected by a data breach, you can find some useful information here from the National Cyber Security Centre on how to protect yourself from the impact of data breaches.

For more advice on how to stay secure online, please visit [www.cyberaware.gov.uk](http://www.cyberaware.gov.uk)

*(If you have found this information useful, please share it with friends, family members and colleagues)*

Devon and Cornwall  
**ALERT**

**ActionFraud**  
National Fraud & Cyber Crime Reporting Centre  
**0300 123 2040**





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

**A BIG THANK YOU TO THOSE WHO SUPPORTED  
THE CHRISTMAS FAYRE IN THE ARK**

There were some lovely items to buy. The mulled wine and mince pies went down really well. A jolly Santa and Christmas music helped get us in the right frame of mind for the forthcoming festivities. It was a great way to begin Christmas.

The Fayre raised £800.65 for the Foodbank which is an amazing amount to help the Foodbank coffers. Huge thanks got to those who set up the display and worked so hard making things to sell, not forgetting those who were there, providing the refreshments.

Thank you, it wouldn't be the same without you.



**Monday 10<sup>th</sup> February 7.00<sub>pm</sub> for 7.30 start.**

**£3.00 each inc. bread & cheese. Wine available.**

**Max 6 per team. Please register by 5th Feb.**

**Diana:- dianaM@farmline.com**

**New members welcome**



**NEWS FROM THE VICTORY HALL**

January and February always feel like such long grey months, where nothing really appears to be happening, so it seemed right to look back to December and reflect on how the Hall was used in the run up to Christmas.

It was a busy month. At the beginning of the month there was the Pensioners Christmas meal, which was well attended and everyone was treated to a turkey meal and the usual trimmings. The youngsters from the school made an excellent contribution to the afternoon. The classes from the school provided the afternoon entertainment, sharing Christmas carols, with great enthusiasm, which made it a joyous start to the Christmas festivities.

Sunday 8 December, the hall was again full when the Exmoor Carolers came to entertain. Mulled wine and mince pies were provided, keeping the audience well sustained for the singing. The Carolers really enjoyed themselves in spite of some of their journeys to reach Lapford. One Caroler from Lynton, came armed with a chain saw, just in case they came across trees down from the storm the previous night. A really festive and enjoyable evening.

On December 14, the Hall was again in full use for the LAFC Big Breakfast, which is always well supported. It obviously went well, the smell of a good fry-up was still evident when Lapford Community Church came to use the hall for their service on Sunday morning.

The Youth Club, Dog Club and Lapford Community Church continue to make good use of the hall each week. The Church was able to use the Hall for their usual Sunday service as well as on Christmas Day.

The facilities at the Hall are not top class, and much needs to be done to bring it up to the standard required. The committee is working to improve the space and make it more user friendly. It takes time, money, support and encouragement. The kitchen is constantly being inspected and kept up to health and safety regulations but it's not always easy when lots of activities are using the facilities.

As frequent users of the Victory Hall, Lapford Community Church wished to replace their fitted audio-visual equipment, which is now rather old and at times unreliable. Technology moves on and to make it easier for all hall users, a more modern installation will solve these problems. For some months the church has been searching for an installer and have chosen the company who installed the halls' acoustic panels some years ago. During the process the church has been in regular contact with the hall management committee, the Parish Council and other interested hall users to help source the best solution. We are expecting the new system to be installed before Easter. It will be a great asset for the hall and the community.

Lapford Celebrations Committee are holding a Quiz evening in the Hall on the 31st January so if you have found January slow, this should kick start you into 2025 with renewed vim and vigour.

There is a saying, "Many hands make light work". We would really appreciate anyone who would like to join us in the task of running and managing the Hall. We want to make it a place to be proud of, with people clamouring to use the Hall. We are very lucky to have it.



No matter how educated, talented, rich or cool you believe you are, how you treat people ultimately tells all.

### DO YOU WANT FASTER, BETTER, FIBRE BROADBAND?

If so, you need to  
REGISTER YOUR INTEREST  
then Openreach will be funded by the  
Government to connect more of the Parish

PLEASE GO TO  
[www.openreach.com/connectmycommunity](http://www.openreach.com/connectmycommunity)

### LAPFORD GARDENING CLUB MEETINGS



The Gardening Club's first meeting in 2025 was a social affair including a picture gardening quiz. There was much collaboration and call for half points to be awarded, with a general sharing of knowledge.

Trisha Mumford ran the more formal part of the evening where accounts for 2024 were presented and showed a small profit. Plans were formulated for meetings during 2025, and members will receive full details once the remaining topics are confirmed. Dates will also be publicised in the diary section of the Lapford Lookout. Annual membership of £20 is now due. Please email [trisha@mumfordj.plus.com](mailto:trisha@mumfordj.plus.com) for details of how to pay.

The next meeting is on

**Tuesday 11th February at 7.30pm in the ARK**  
**'Making plant supports'**

This will be a practical session to produce a small hazel support which can be used in the summer. Bring pot or bucket to help form support.

Potential new members are always welcome.



Lapford & District  
Over 60 Club

Will be holding an EGM on Thursday 27th February at The ARK, 3pm, to elect a new Chair. Please attend and support your club. If you don't use it you will lose it!

**Jeanne Whittaker**  
**Secretary, Lapford Over 60 Club**

centre  
creditorarts  
Share Film, Music, Drama

### FEBRUARY PROGRAMME

Thursday 6 <sup>th</sup>	MUSIC & FOOD: Jazz on the Green
Friday 7 <sup>th</sup>	MUSIC: Caoilfhionn Rose
Friday 14 <sup>th</sup>	FILM: Nightmare Alley
Saturday 15 <sup>th</sup>	FAMILY THEATRE: Little Lotte
Saturday 22 <sup>nd</sup>	FAMILY MAGIC: The Great Baldini
Friday 28 <sup>th</sup>	THEATRE: Sherlock Holmes: The Last Act

### LADIES OF LAPFORD MEETINGS (LOL)



Please come and join us in The ARK at 7.30 p.m.

**Thursday 20th February 2025**

Yoga. Myth, reality and healthy ageing

**Tuesday 18th March**

Dr Teheri will tell us about the Bow Well Being Garden

**\*\*Please note the change of day**

This meeting is being held in conjunction with  
the Gardening Club

We always welcome new members.  
Come and join us!



### LAPFORD VOLUNTARY CAR AID - A CRY FOR HELP!!!

Let us tell you a little bit about Lapford Voluntary Car Aid (LVCA)...

It is a subsidised transport service for the residents of Lapford that provides cars (and drivers!) to take "Clients" to and from their doctor/dentist appointments as well as collecting medication as requested. We

serve Bow, Chulmleigh, Crediton, Morchard Bishop, Winkleigh and Witheridge surgeries, Chulmleigh Dentist and Crediton Hospital.

This service was set up in the late 1990s and has been well used over nearly 30 years. We normally have around 12 volunteer drivers but, over the last couple of years, this number has reduced and, over the next few years, as the current drivers' ages increase, we anticipate the number reducing even more. With this in mind, if we don't manage to "recruit" more volunteers to drive for us then sadly the service is in danger of closing down, which would impact on the lives of a lot of Lapford residents who cannot manage to get to their appointments without us.

Drivers give their time voluntarily, but will receive a mileage allowance for their vehicle expenses. It would not be a huge commitment, maybe just 2 or 3 journeys a month – but even that would be so appreciated by all who run and use the service.

If you think you can help us to keep this valuable service running, please contact Grace on 01363 83178 and she will give you all the information you need to join the team.

Once again, we cannot stress enough how vital this service is to ALL ages in Lapford (not just the elderly population) – please help us to keep it running as successfully as it has for almost 30 years.

Thank you for reading this – go on...pick up that phone and give us a call!!!

**Lapford Voluntary Car Aid**







## Lapford Primary School

**'is on track to be 'good' at its next inspection.'**

On 5<sup>th</sup> & 6<sup>th</sup> November 2024 we asked for a registered Ofsted inspector to carry out a review of Lapford Primary School. For further detail on the progress the school is making please visit [www.lapford-primary.devon.sch.uk](http://www.lapford-primary.devon.sch.uk) to view the full report.

**We are absolutely delighted with these findings!**

Lapford Primary School is part of the high performing **Chulmleigh Academy Trust** enabling seamless transition & **priority admission** to secondary school at Chulmleigh College



w: [www.lapford-primary.devon.sch.uk](http://www.lapford-primary.devon.sch.uk)  
t: 01363 83292  
e: [admin@lapford-primary.devon.sch.uk](mailto:admin@lapford-primary.devon.sch.uk)



## RURAL COUNTRY CARE

We are a small local team providing a reliable, personable service to those who would like a helping hand at home.

We offer the following:

- PERSONAL CARE
- HOUSEHOLD TASKS
- MEAL PREPARATION
- MEDICATION MANAGEMENT
- MOBILITY SUPPORT
- ONLINE GROCERY SHOPPING
- LIGHT GARDENING
- TRANSPORT ARRANGEMENTS
- EMERGENCY CONTACT AND CALL OUT OPTIONS

*Competitive rates and regular time slots*

DBS checked. Public Liability Insurance. References available. Please contact us to discuss your requirements.

Sonia 07885 520380

Jemma 07773 011033



THE FOX AND HOUNDS  
COUNTRY HOTEL

**OPEN DAILY  
8AM-11PM**

14 FEBRUARY

JOIN US FOR OUR

*Valentine's Day*

**7 Course Taster Menu**

See website for details

*Every Week*

**Chit-chat Tuesdays**

Free refill for all coffees and tea

**Waggy Wednesdays**

First coffee for 99p when you bring your dog

**Thursdays Elevensies**

Coffee or tea & biccies £2.50

For more information, visit:  
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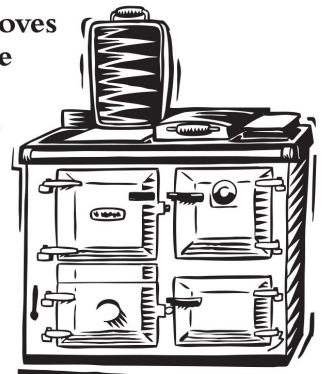
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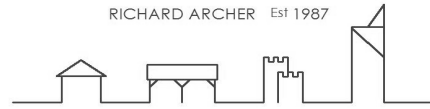
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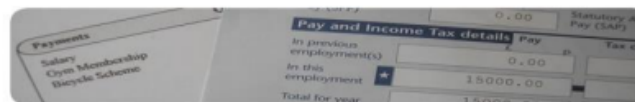
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Now nobody can find me.  
I've left my chair, my house, my road,  
My town and my world behind me.

I'm wearing the cloak, I've slipped on the ring,  
I've swallowed the magic potion.  
I've fought with a dragon, dined with a king  
And dived in a bottomless ocean.

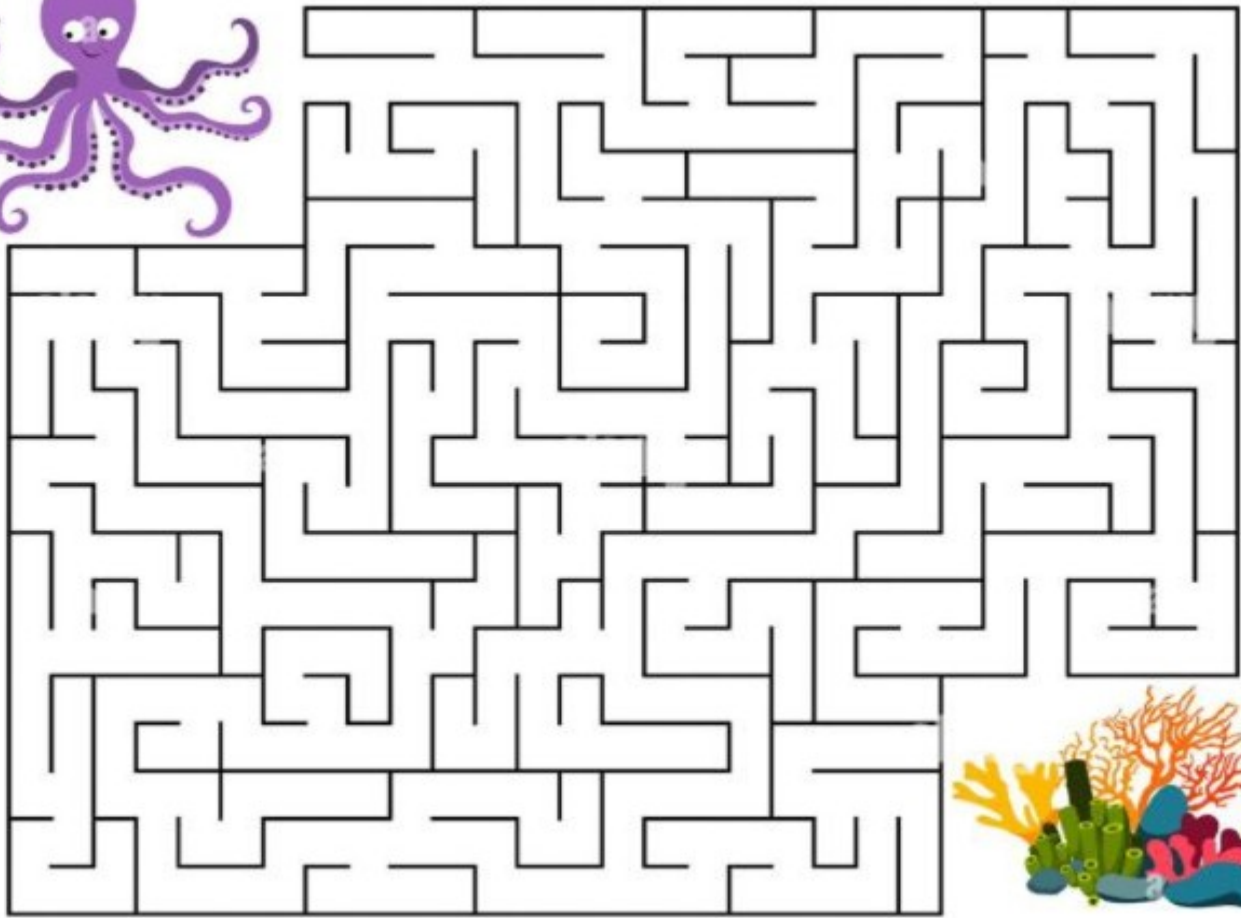
I opened a book and made some friends.  
I shared their tears and laughter  
And followed their road with its bumps and bends  
To the happily ever after.

I finished my book and out I came.  
The cloak can no longer hide me.  
My chair and my house are just the same,  
But I have a book inside me.

Julia Donaldson



**PUZZLE CORNER**  
Kindly contributed by Debbie Mulliss



**Find the Farm Animals**

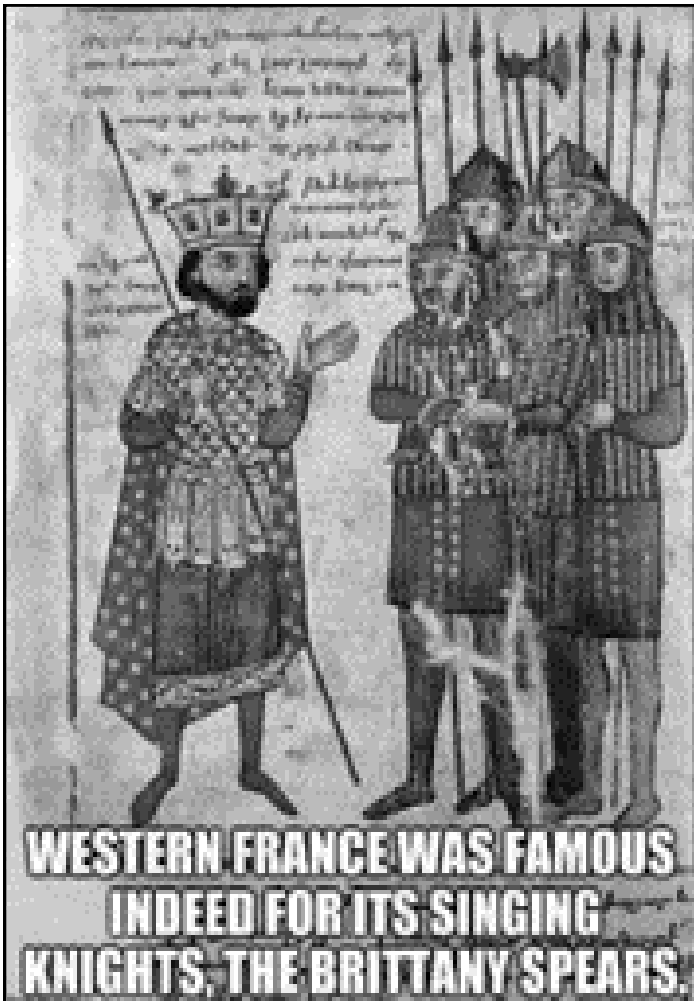
- |        |           |        |         |          |
|--------|-----------|--------|---------|----------|
| *bee   | *donkey   | *goose | *ox     | *rooster |
| *bull  | *duck     | *hen   | *pig    | *sheep   |
| *calf  | *duckling | *horse | *piglet | *turkey  |
| *chick | *foal     | *lamb  | *rabbit |          |
| *cow   | *goat     | *mule  | *ram    |          |

I H Z I D O N K E Y I  
Z T O H E N C O W B H  
T Y C S E U S H E E P  
S U O S D P B Y I E D  
Z O R A B B I T C C M  
G O A K T G G G A L K  
H F M A E F M U L E V  
V M O X G Y W U F E E  
Q G L A M B B N T Q T  
D U C K L I N G O W J  
M H R O O S T E R K B



## PARISH COUNCIL NOTES FROM MEETING 14<sup>th</sup> JANUARY 2025

- There is a meeting being organised by Lapford School regarding some changes on 28th January, Julie Down and Roy Andrews to attend. No further details known.
- Short report from Margaret Squires re Unitary Council.
- Steve Keable reported on Devon and Torbay Local transport plan. Proposed car parking at Eggesford Station, and Tarka line rail investment, due to increased usage. Also election fees are increasing. S106 governance is being updated. There have been problems with aggressive dogs and owners at Eggesford forest. A full copy of the report is available online.
- Rail travel/station access etc will be included in the Neighbourhood Plan.
- Road Warden equipment has been received. Training ongoing.
- Potholes are being filled in about a week once reported.
- Open reach fibre installation still ongoing.
- One Network website shows all current/future road closures.
- Awaiting confirmation of S106 funding for playing field equipment from MDDC, Clerk to provide additional information.
- Footpaths grant to be applied for, same amount as last year.
- HOLD report, grass cutting going to tender, gate latches not working.
- Celebrations Committee reported that there is a fund raising quiz on 31st Jan, now planning for VE day. Councillors asked to provide a raffle prize and a cake!
- LEAP reported a lack of response to letter to DCC regarding various highways issue sent in November. Clerk to chase.
- Grant application received from Citizens Advice. Decision delayed until next meeting to establish the service they provide in Lapford.
- Grant application received from the Community Church to assist with the upgrade to the sound system/projector in the Victory Hall. Agreed to use the Calor fund balance of £1300 plus additional £700. This will be available for village use.
- Tenders to be sought for grass cutting.
- Road safety on A377, discussed danger whilst walking/speeding cars. DCC aim is to maintain existing network, no budget for new works. Speeding is a police matter.
- Neighbourhood Plan, lots of ongoing works, see separate reports.
- A payment to be made for the use of The Ark for Neighbourhood planning meetings.
- A contribution to be made to the Victory Hall for electricity used for Christmas Tree lights.
- Consideration to be given to setting up a cleaning schedule for village assets and weed control. To be added to a future agenda.



### CROCUS AND CREAM TEAS IN EAST WORLINGTON

The annual Crocus and Cream Teas event this year is held on two Sundays.

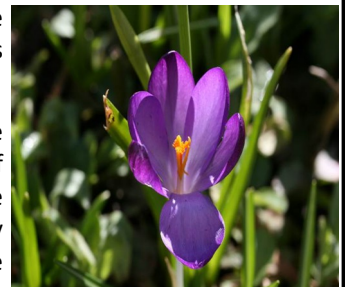
- Sunday 23rd February 1.30pm to 5.00 p.m.
- Sunday 2nd March 1.30pm to 5.00 p.m.

Adults £6 Children free

At East Worlington House, East Worlington, Witheridge, Crediton EX17 4TS

This event supports the National Garden Scheme and its chosen charities.

East Worlington House is the location where thousands of purple crocuses feature in the two-acre garden, set in a lovely position with views down the valley to Little Dart River.



These spectacular crocuses have spread over many years through the garden and into the neighbouring churchyard. Walks from the garden across the river and into the woods. Dogs on leads please.

The delicious Cream Teas are available in East Worlington Parish Hall, a Grade 2 listed converted Tythe Barn, adjacent to East Worlington House.

More information at [ngs.org.uk](http://ngs.org.uk)





skeable@middevon.gov.uk



Come and meet Steve  
and tell him what you  
think

**Your  
Councillor**

**At the  
Village  
Market**

**10.00 to 11.00**

**Steve Keable**

**Every 4th  
Saturday  
10.00 to 11.00  
Victory Hall**

**Please do  
raise any  
council  
issues you  
have with  
Steve**

**Surgery**



**You know you're old  
when your knees  
give you a more accurate  
weather forecast  
than the guy on the tv.**

## CHULMLEIGH RURAL CINEMA



Sir Ian McKellen delivers a masterful performance as the titular theatre critic, whose sharp tongue and keen insights mask a dark agenda. Also stars Gemma Arterton as the leading lady subject of his most savage take-downs, with Romola Garai and Lesley Manville. (15)

**Friday 14th February 2025**

**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 £5.50 (Chulmleigh Society members £4.50) on the door**

**Coming shortly**

**Friday 14th March Small Things Like These (12A)**



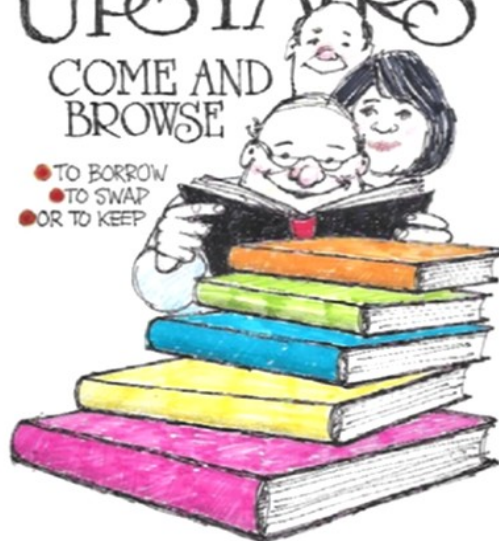
**The ARK is open on  
Tuesdays and Fridays**

**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



"Since this is an era when many people are concerned about 'fairness' and 'social justice', what is your 'fair share' of what someone else has worked for?"

Thomas Sowell



## SAVE THE DATE

Advance warning that the Revel Committee will be holding a Grand Quiz in the Victory Hall on the evening of Saturday March 29<sup>th</sup> 2025.



If at first you don't succeed  
then skydiving definitely  
isn't for you.

Steven Wright



## NATIONAL BLOOD SERVICE

Donations can be made at  
Boniface Centre, CREDITON, or at  
Chulmleigh Community College



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

*Do something amazing - Give Blood!*



## LAPFORD'S DEFIBRILLATORS

One is on the outside of  
The Orchard Centre in Orchard Way

What 3 Words app location:  
emperor.stated.stapled

Another defibrillator is at Rose Removals.  
It can be found in the red telephone box  
in front of the building.

Access through the front car park and up the  
stairs, about 200 yards from the main gate.  
(Pedestrian access around the side out of hours).



What 3 Words app location:  
inert.depend.smart



A third defibrillator has now been installed  
at the Spar Shop at Lapford Cross. It is round  
the side to the left as you look at the shop.

What 3 Words app location:  
that.snowstorm.speaks



## LAPFORD LOOKOUT TO CONTACT THE EDITOR



### Write to:

Mrs. Becky Fletcher, Larkrise, Eastington Lane, Lapford, Crediton, EX17 6QE

Tel: (01363) 542062 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.*

*© All information in this newsletter is copyright and may not be reproduced without the permission of the Editor.*

## LAPFORD OUTREACH POST OFFICE

POST  
OFFICE

POST  
OFFICE

### OPENING HOURS:

Monday 9.30 - 12.00

Friday 9.30 - 12.00



**Sending  
gifts or goods  
abroad?**

If you're using Royal Mail or  
Parcelforce, fill in your customs  
form online while you wait.  
Scan here to get started.

## ASK A COUNCILLOR

A Parish Councillor wearing an identification badge will be present at each monthly Village Market in the Victory Hall. This will give an opportunity for parishioners to raise issues which the Council might be able to help with or to answer questions related to Council business.



Lapford Parish Council



## LIBRARIES UNLIMITED HOME LIBRARY SERVICE

Do you have difficulty in getting to Crediton Library and carrying heavy books home to read? 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.



Crediton Library - Telephone: 01363 772578

## THANK YOU FOR YOUR ONGOING SUPPORT OF THE FOODBANK

We would be grateful for the following donations:

Coffee, Tea, Drinking Chocolate, Rice Pudding,  
Custard, Tinned Fruit, Rice, Pasta, Pasta Sauces,  
Tuna, Baked Beans, Tinned Meats, Tinned Tomatoes,  
Vegetables, Carrots, Peas, Sweetcorn, Soups,  
Breakfast Cereals (not Porridge), Toilet Rolls.





## LAPFORD PARISH COUNCIL — [www.lapfordparishcouncil.org.uk](http://www.lapfordparishcouncil.org.uk)

Cllr Roy Andrews	Old Bakery, Park Road, Lapford, EX17 6QJ	07969 823256 / <a href="mailto:roy.andrews@lapfordparishcouncil.org.uk">roy.andrews@lapfordparishcouncil.org.uk</a>
Cllr Sue Briant-Evans (Vice-Chair)	Edgerley Cottage, Lapford, EX17 6AH	01363 83763 / <a href="mailto:sue.briantevans@lapfordparishcouncil.org.uk">sue.briantevans@lapfordparishcouncil.org.uk</a>
Cllr Julie Down (Chair)	Rafters, Lapford, EX17 6QP	07756 363678 / <a href="mailto:julie.down@lapfordparishcouncil.org.uk">julie.down@lapfordparishcouncil.org.uk</a>
Cllr Steven Fletcher	Larkrise, Eastington Ln, Lapford EX17 6QE	07891 142436 / <a href="mailto:steven.fletcher@lapfordparishcouncil.org.uk">steven.fletcher@lapfordparishcouncil.org.uk</a>
Cllr Bill Graham	Pear Tree House, Lapford, EX17 6PZ	01363 83047 / <a href="mailto:bill.graham@lapfordparishcouncil.org.uk">bill.graham@lapfordparishcouncil.org.uk</a>
Cllr Peter Heal	Ashlands, Lapford EX17 6AE	01363 884277 (home)/01363 775467 (office)/ <a href="mailto:peter.heal@lapfordparishcouncil.org.uk">peter.heal@lapfordparishcouncil.org.uk</a>
Cllr Alex Shapland	Homelands, Eastington Ln, Lapford. EX17 6QE	07738 690937 / <a href="mailto:alex.shapland@lapfordparishcouncil.org.uk">alex.shapland@lapfordparishcouncil.org.uk</a>
Cllr Ian Wilkie	~	01363 83437 / <a href="mailto:ian.wilkie@lapfordparishcouncil.org.uk">ian.wilkie@lapfordparishcouncil.org.uk</a>
Vacancy	~	~
Vacancy	~	~
Parish Clerk - Rob Martin	~	07768 829511 / <a href="mailto:clerk@lapfordparishcouncil.org.uk">clerk@lapfordparishcouncil.org.uk</a>
District Cllr Steve Keable	~	07967 655045 / <a href="mailto:skeable@middevon.gov.uk">skeable@middevon.gov.uk</a>
County Cllr Margaret Squires	~	<a href="mailto:margaret.squires@devon.gov.uk">margaret.squires@devon.gov.uk</a>
Mel Stride MP	House of Commons, London, SW1A 0AA	02072 197037 / <a href="mailto:mel.stride.mp@parliament.uk">mel.stride.mp@parliament.uk</a>

### 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



### LAPFORD WEBSITES

[www.lapfordhistory.co.uk](http://www.lapfordhistory.co.uk)  
[www.lapfordparishcouncil.org.uk](http://www.lapfordparishcouncil.org.uk)  
[www.lapford-primary.devon.sch.uk](http://www.lapford-primary.devon.sch.uk)  
[www.lapfordvictoryhall.co.uk](http://www.lapfordvictoryhall.co.uk)  
[www.lapfordvillage.co.uk](http://www.lapfordvillage.co.uk)  
[www.facebook.com/lapfordparishcouncil](https://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.



### 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.
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.

NAME OF SOCIETY	CONTACT	TELEPHONE / EMAIL
Adventure Gaming	Mr Warren Clayburn	01363 83095 / wmclayburn@gmail.com
Community Equipment	Mr Darren Crump Mr Steve Keable	07960 715553 / darrencrump99@hotmail.co.uk 07967 655045/ steve.keable@btinternet.com
Friends of Langannerie (twinning)	Marion Pratt	01837 82285 / marion174@btinternet.com
Friends of Lapford Mill	Mr Alex Gater	07815 795918 / alex@lapfordmill.uk
Friends of Lapford School	Mrs Stacey Lumsdon	07891 556884 / friendsoflapfordschool@gmail.com
HOLD	Mr Bill Graham	01363 83047 / bg4847@aol.com
Home Library Service	Crediton Library	01363 772578
Ladies of Lapford (LOL)	LOL Team	ladiesoflapford@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 Association Football Club	~	lapfordafc@gmail.com
Lapford Book Club	Mrs Jill Doe	01363 83410 / sunnyside@jilldoe45.plus.com
Lapford Celebrations Working Group	Mrs Sue Briant-Evans	01363 83763 / susanbriantevans@gmail.com
Lapford Choir	Mrs Cat Seymour	01363 884432 / cathryn_seymour@outlook.com
Lapford Church Green Trust	Mr Steven Fletcher	07891 142436 / steven.fletcher@lapfordparishcouncil.org.uk
Lapford Community Church	Miss Briony Clinch	01363 83666 / admin@lapfordcc.org.uk
Lapford CP School and Nursery	~	01363 83292 / admin@lapford-primary.devon.sch.uk
Lapford Congregational Church	Cat Seymour	01363 884432 / lapfordcongregationalchurch@gmail.com
Lapford Dog Club	Mrs Sara Thurgood	01363 83081 / info@lapforddogclub.co.uk
Lapford Emergency Action Plan Committee	Mrs Sue Briant-Evans	01363 83763 / sue.briantevans@lapfordparishcouncil.org.uk
Lapford Foodbank	Miss Briony Clinch	07925 410172
Lapford Handbell Ringers	Mr Steve Munday	07798 684225 / steve@themundays.org
Lapford High 5 (ages 7-11)	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	07368 860835 / lapfordover60@yahoo.com
Lapford Parish Church	Mrs Joan Graham	01363 83047 / jemg47@aol.com
Lapford Poppy Appeal Organiser	Mrs Caroline Noon	01363 83863 / lapford.pao@gmail.com
Lapford Project 2000 (LP2K)	Mrs Sue Briant-Evans	01363 83763 / susanbriantevans@gmail.com
Lapford 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 779462 / archivellapford2022@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 / lapforyouthclub@gmail.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
The ARK	Miss Briony Clinch	07925 410172
The Friends of St Thomas of Canterbury	Mrs Prue Lambert	01363 83150 / pruelambert@yahoo.co.uk



**Every time you use visit a website, send or receive a message or email, buy or book anything online, comment on a post, upload a photo or find directions on your phone, you're adding to your digital footprint. When you stream music, make a video call or use a smart speaker, that adds to your digital footprint too.**

And when you post a photo of your children or friends, you're also adding to their digital footprint, even though they may not have agreed to it.

One of the commonplace consequences of having a digital footprint is seeing an ad for something you've searched for online on your social media feed, or as a pop up. But there can be other, more serious outcomes too. Like when you don't make the shortlist for a job because a prospective employer has seen something you posted five years ago. When you're scammed because you've inadvertently shared some confidential details. Or when somebody sells on your personal information to a third party.

*We could probably all benefit from thinking more about the trail we leave online. And how it could affect us and others now and into the future.*

## #DigitalFootprint

## What happens when you have a digital footprint?

Your digital footprint is part of your online history and can potentially be seen by

other people, or tracked and held in multiple databases, however careful you are with your privacy settings. Here are just a few examples of what can happen:

- Prospective or current employers can look into your and family members' background.
- Applications for schools, colleges, universities, scholarships, clubs or even sports teams could be rejected.
- You, family members or friends could fall victim to fraud or identity theft ... or both.
- Your children could be at risk of criminal activity threatening their online or physical safety.
- Records of your online activity could fall into the wrong hands, including organised crime groups.

• Tech companies such as browser and search engine providers can track and record what you've searched and viewed. This, in turn, could be shared with other parties including law enforcement agencies.

- You could be refused life, medical, property or vehicle insurance based on information you have shared online.
- Advertisers can track your movement from site to site to gauge your areas of interest.
- Companies can target you with specific marketing content on social media and other websites. You could also receive emails, letters or phone calls from these companies.
- Entertainment providers (such as music or films) could target you with unwanted recommendations for content based on what you download or stream.



## Your top tips

- Think twice before sharing information about yourself, family members or friends that would be better kept private. That goes for social media, forms on websites and apps, responding to texts and messages and when taking part in surveys and quizzes.
- Think before you post. Even if your social media privacy settings are set up correctly, there's no guarantee that your posts or photos won't be shared beyond those who you want to see them.
- Be aware that every time you visit a website, your activity is visible to tech companies like website owners, browsers and search engines.
- Read terms and conditions and data privacy policies on websites and apps before providing any personal data or making transactions. What can the providers do with your data, and why would you agree to it? If you're not comfortable with the information being requested, don't provide it.
- Check geolocation settings on mobile devices, apps and cameras. If you don't want anybody to know your whereabouts – or where you've been – disable them.
- Never stop enjoying the many excellent benefits of using the internet, but always bear in mind the digital trail you may be leaving, who may be able to access it and how they may be able to use it.



# You are invited to A two course Lunch in The ARK

(Main Course; £5.00, Dessert; £2.50)

**Wednesday 26th February**

**Please be seated by 12.00 noon**

We will be serving

Chicken Casserole

and a Surprise Pudding.

Coffee and Tea

will be served afterwards

(Transport can be provided)

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

Bookings only: to be made by  
Friday 21st February



# A night with Tank Sherman

in aid of Lapford Football Club

ticket inclusive of a Pasty & Pudding

Licenced Bar available



**Ticket Price: £15**

**Saturday 8th February 2025**  
7pm for 8pm start

**Victory Hall, Lapford, EX17 6PZ**

To buy your tickets please contact John  
Burrows on:  
**01363 83985 or 07814941454**

## Live in Mid Devon & need debt or energy advice?

**Citizens Advice's Mid Devon team are here to help**

Thanks to the National Lottery Community Fund, we have a dedicated team in place to help Mid Devon residents with money and energy problems. We can help with money management, debt queries, access to benefits and advice around energy issues. The service is free and confidential.

To find out more, visit our website by scanning the QR code or going to [www.citizensadviceinmwd.org.uk/middevon](http://www.citizensadviceinmwd.org.uk/middevon)



**citizens  
advice**

**Torrige, North,  
Mid & West Devon**



We will be attending The ARK from 10.00 a.m. to 2.00 p.m. on the last Fridays of the month to allow people to chat with us about any issues they would like our help with, particularly around Energy or Debt issues. We have access to private spaces if necessary.

# Lapford Village market



**SATURDAY 22ND FEBRUARY**

**10AM-12PM**

**LAPFORD VICTORY HALL**

**Local produce Stalls**

**Handmade crafts**

**Foodbank drop off point**

**Bric-a-brac, Car-boot tables**

**and much, much more**

**Tea, coffee & snacks available**

To book a stall / table please call Stacey

07891 556884 or email

[lapfordvillagemarket@gmail.com](mailto:lapfordvillagemarket@gmail.com)

£5 per stall payable on the day