



LAPFORD

Spring

LITTER PICK DAY

PART OF THE KEEP BRITAIN TIDY

Great British Spring Clean

Organised by Lapford Parish Council

MEET AT THE ORCHARD CENTRE FROM 9.30 AM TO SIGN IN

Just turn up

Hi-Vis bibs, litter-pick sticks,
rubbish bags and gloves will be provided.

HOT DRINKS & CAKE AVAILABLE

SATURDAY 12TH APRIL

Insured via MDDC



LAPFORD COMMUNITY PRIMARY SCHOOL NEWS



It has been so lovely to be able to enjoy some Spring sunshine at break and lunchtimes over the past few weeks. We love making use of the whole school grounds and having some drier weather has allowed us to do this. At the end of February, Mrs Mills led an OPAL Stay and Play special, where members of the community and their children joined with our nursery children

to explore our grounds and search for missing teddy bears which had been stolen by 'Evil Pea'! They played in the sandpit, climbed trees, walked through our grass tracks, explored our digging pit and finally located the stolen teddies to defeat Evil Pea! It is lovely to be able to invite members of the community into school to see our fantastic grounds and we are very keen for Stay and Play to continue to grow. Please do spread the word within the community that all children 0 - 4 are welcome, with a parent, grandparent or carer, every Tuesday morning from 9 - 10.30 a.m.

This month we've also been celebrating all things reading to tie in with World Book Day 2025. This began with our annual visit from the Bookery who brought their 2025 top titles to school to entice our young readers. They shared excerpts of their favourite books with the children and helped to generate a real buzz around reading. This year, the Bookery sold more books than ever before at Lapford and were incredibly grateful for the support. A full set of the books has been purchased



for the school library so that all children can have access to these high quality texts. Our Bookery visit was shortly followed by an author visit from Anne Parsons, best selling local author of the *Archie* series. She talked to the children about what it was like to be an author and shared her top tips for dealing with 'writer's block'! She also shared excerpts from her latest book *Archie, Go!*



6th March was the official World Book Day and we celebrated in style. The variety and quality of the costumes that the children wore was incredible and we all enjoyed strutting our stuff in the annual costume catwalk! After our morning assembly, the children worked in their class groups to create a story for a wordless book. Some children wrote the story, while others acted it out and one class created a whole class story map. After break, the children had the chance to share a book with a child from another class before the older two classes watched a live lesson on poetry with Michael Rosen. In the afternoon, the children created book characters from a potato, before joining together in the hall to create stories with their characters. We had a lot of fun!

Mrs J. Wright,
Head of School





DATES TO LOOKOUT FOR

April 2025

- 8th Lapford Youth Club AGM, The ARK, 7.30pm
- 12th Lapford Dog Club walk for Stand up to Cancer, Heywood
- 12th Congregational Church, Sankey Evening, 7.00pm
- 15th Lapford Gardening Club, The ARK, 7.30pm
- 15th Lapford Parish Council, Orchard Centre, 7.30pm
- 17th Ladies of Lapford, Crafting with Beccy, The ARK, 7.30pm
- 18th LYPFT AGM, Orchard Centre, 7.00pm
- 26th Lapford Village Market, Victory Hall, 10.00-12.00

May 2025

- 1st Devon County Council elections
- 8th Lapford's VE Day Commemorations
- 10th Annual Parish meeting, Victory Hall, 10.00am
- 13th Lapford Gardening Club, The ARK, 7.30pm
- 13th Lapford Parish Council, Orchard Centre, 7.30pm
- 15th Ladies of Lapford, 'Ladies of Lapford', a talk by David Garton, The ARK, 7.30pm
- 17th LYPFT Car Boot Sale, Playing Field, 10.00am
- 24th Lapford Village Market, Victory Hall, 10.00-12.00

June 2025

- 10th Lapford Gardening Club, Garden visit
- 10th Lapford Parish Council, Orchard Centre, 7.30pm
- 19th Ladies of Lapford, Fun Quiz, The ARK, 7.30pm
- 22nd Lapford Dog Club 30th anniversary at Lapford Mill
- 28th LYPFT Vintage Rally, Playing Field, 12 noon
- 28th Lapford Village Market, Victory Hall, 10.00-12.00

A ship is always safe at shore but that is not what it's built for.

Albert Einstein



Lapford Weather Review

Lapford Weather February 2025

An averagely variable February, some cold weather and some milder, wetter spells.

The mildest day was the 20th with a maximum of 14.4°C and the coolest was the 8th with a maximum of 3.8°C. The coldest night was on the 28th with a minimum of -2.5°C and a grass frost of -6.6°C. During the two week cold spell in the middle of the month the skies were mainly cloudy and dull, which prevented night time temperatures falling very far. There were only 2 air frosts during the whole month. Overall the month was fractionally milder than average.

The rainfall total was 56.2 mm., about 75% of the average. The wettest day was the 23rd with a fall of 15.5 mm.

The windiest day was the 23rd with a gust of 36 m.p.h.

Andy Epstein



FUTURE DATES TO LOOKOUT FOR



- 8th Jul Lapford Gardening Club, visit
- 8th Jul Lapford Parish Council, Orchard Centre, 7.30pm
- 11th, 12th, 13th Jul - Lapford Revel
- 17th Jul Ladies of Lapford, Outdoor Event TBC, The ARK, 7.30pm
- 26th Jul Lapford Village Market, Victory Hall, 10.00-12.00
- 12th Aug Lapford Gardening Club, Garden visit
- 13th Aug Lapford Parish Council, Orchard Centre, 7.30pm
- 23rd Aug LYPFT Lapford Village Market, Victory Hall, 10.00-12.00
- 3rd Sept Lapford Gardening Club Village Show
- 6th Sept LYPFT Car Boot Sale, Playing Field, 10.00 am
- 9th Sept Lapford Parish Council, Orchard Centre, 7.30pm
- 18th Sept Ladies of Lapford, Skittles at the Waie Inn
- 27th Sep Lapford Village Market, Victory Hall, 10.00-12.00
- 14th Oct Lapford Gardening Club, The ARK, 7.30pm
- 14th Oct Lapford Parish Council, Orchard Centre, 7.30pm
- 25th Oct LVCA Lapford Village Market, Victory Hall, 10.00-12.00
- 11th Nov Lapford Gardening Club, The ARK, 7.30pm
- 11th Nov Lapford Parish Council, Orchard Centre, 7.30pm
- 22nd Nov LYPFT Lapford Village Market, Victory Hall, 10.00-12.00
- 24th Nov Lapford Project 2000 AGM, Orchard Centre, 7.30pm
- 9th Dec Lapford Gardening Club, The ARK, 7.30pm
- 9th Dec Lapford Parish Council, Orchard Centre, 7.30pm

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

"America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves."

Abraham Lincoln

NOTICE FROM THE DISTRICT COUNCIL



It has been reported that there is an increasing problem with Dog Fouling in Lapford village.

Dog fouling is not only deeply unpleasant, but also dangerous. Whilst rare, contact with dog excrement can cause toxocarasis – a nasty infection that can lead to dizziness, nausea, asthma and even blindness or seizures.

District Officers will be carrying out extra patrols in Lapford and anyone who fails to clear up after their dog can be issued with a Fixed Penalty Notice of up to £100. If the case goes to court this could cost the owner or person in charge of the animal up to £1,000.

All dog excrement should be put in a bag and placed in one of the many bins in the village.

If you have any questions or concerns, please contact the Council on 01884 255255.

SAVE THE DATE – 8th MAY 2025
Lapford's 80th Anniversary of VE Day Events



Draft programme:

9-00 a.m. - Raising of the Union Jack (Church tower) followed by reading of the Proclamation (Church Green)

Evening from 7-00 p.m. - Ringing of the Church bells followed by a FREE concert in the Parish Church by the Crediton Singers and the Lapford Handbell Ringers.

9-30 p.m. - Lighting of the Beacon and reading of the Tribute (Church Green).

Note for bakers: The recipe for the WI VE Day Orange & Ginger cake can be found on the official VE Day Commemoration website www.veday80.org.uk

Lapford Celebrations Committee/Lapford Parish Council

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:

Sunday April 6th - Passion Sunday	9.30 a.m. Service of Penitence and Faith
Wednesday April 9th	10.00 a.m. BCP Holy Communion (1662 service)
Sunday April 13th - Palm Sunday	9.30 a.m. Common Worship Eucharist & Passion Narrative
Friday April 18th - Good Friday	2.00 p.m. Stations of the Cross
Sunday April 20th - Easter Sunday	9.30 a.m. Common Worship Eucharist
Sunday April 27th - Easter 2	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

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:

6th April	Caroline Stott
13th April	(all age service)
20th April	Merril Archer
27th April	No service

LAPFORD COMMUNITY CHURCH

Contacts:

Briony Clinch - Tel: **83666**

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

Services:

The Church 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.

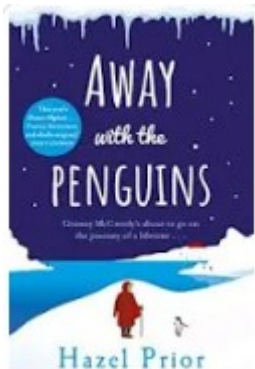
Please visit our website for information about the Foodbank and The ARK. Our website will also give you more information about other Church activities.



LAPFORD BOOK CLUB

Away with the Penguins by Hazel Prior

This is the story of Veronica McCreedy, a wealthy 86 year old who lives alone in a large house in Ayrshire. The story is told by various narrators, but Veronica's voice is dominant, she is a very positive lady with a liking for bright red lipstick, quoting from "Hamlet", and a determination to do things her way. One evening she turns on her television and watches a wildlife programme on Adelie penguins, living on Locket Island in the South Shetlands of Antarctica, and is captivated by them. She had been wondering what to do with her fortune and decides that she will sponsor the research station looking after the penguins. So she enlists her daily help, Eileen, to book her a trip (as Veronica herself does not use a computer).



The three research scientists do everything they can think of to dissuade her as they do not have facilities for guests, but she insists saying she will recompense them for her stay. Before she leaves, she discovers that she has a grandson, Patrick, and goes to visit him in the hope that he might be a worthy recipient of her money. However, he has recently broken up with his girlfriend and Veronica finds him in a dingy bed-sit, surrounded by his dirty washing, and the visit does not go well. This reinforces her determination to go to Locket Island – coupled with the fact that she herself has a silver locket which contains locks of hair from the people she cared about most.

On her arrival she is slightly dismayed at the basic accommodation, and the rather lukewarm reception she receives from Dieter, Mike and Terry, the researchers. However, the boat that brought her there departs, not to return for three weeks. During this time Veronica is taken by Terry, the only other female on the island, to visit the colony of penguins and she is entranced by the birds. Meanwhile, Patrick has been sent a box of Veronica's which contains two leather bound notebooks written by her during the Second World War. We then learn of how she was sent out of London by her parents at the beginning of the war for her safety, but that they were both killed shortly afterwards. She is looked after by a stern aunt, and tells of a very unhappy time in the countryside, with no friends of her own. As Patrick reads through these diaries he sees a very different person from the one who visited him, and when a message comes through from Antarctica that Veronica is quite unwell, he decides he will go out and see her.

Despite the reluctance of the scientists to have yet another visitor, his trip turns out to be a salvation for both Patrick and his grandmother. There is an orphan penguin chick in the story too, adopted by Veronica, and the chick's interaction with the other characters is what makes the story so heart-warming. The book is by turns very funny and desperately sad, but it ends on a very up-lifting note. We agreed that is just the sort of book to read on a winter's evening, by a warm fire!

Suzy Mann

LADIES OF LAPFORD MEETINGS (LOL)



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

Thursday 17th April

Crafting with Beccy

We always welcome new members.

Come and join us!

Thursday 15th May

"Ladies of Lapford"

Talk by David Garton

THE TENTERHOOK



Tenterhooks are iron hooked nails that were part of a field tenter, they were



integrally important to a wooden frame or rack. These hooks on the racks were used in maintaining the tension of drying serge or any woven woollen cloth made in the south of England from the mid 14th Century.

The finishing process of the cloth was done outside often under the shelter of a linhay, an open fronted two storey building, in rural



mid Devon. The width and length of the cloth was determined by the tension on the rack. This would result in the cloth, having had its natural oil removed by washing, stretching so, preventing it from shrinking.

Fields of tenter racks were seen throughout England from 1597 when the Crown law tried to prohibit this process, until the mid-nineteenth Century or even later in woollen blanket making. The law was ignored.



In Lapford we had several areas out the back of rows of cottages, where small fields or lincays of tenter racks or frames stood. The weaving of

wool serge cloth was a cottage industry. As recorded in Lapford history in 1851 there were 34 weavers sharing their skills making this cloth.

The earlier L shaped iron hooks, many were used on each rack, gradually became smaller over the centuries. I found one in my garden, up near Rensley Lane. With no knowledge of its purpose, I did some research. Do you have one in your garden? So, when you feel really stretched and about to 'lose' it, think of those tenterhooks!!

Lapford Village Archive

Tuesdays 10.00 a.m. every week in the Orchard Centre.

archivelapford2022@gmail.com

01363 779462

PUBLIC NOTICE

Lapford Youth Club Management Committee

Annual General Meeting

Tuesday 8th April 2025

7.30 p. m. - The ARK

LAPFORD VICTORY HALL

At the recent Victory Hall AGM, all the officers were re-elected. There were no new nominations for representatives from other village hall users.

The Chair (Darren Crump) thanked the committee for all their hard work over the last 12 months in keeping the Hall running and completing a few of the many projects that require attention. The lack of manpower is limiting how much can be achieved.



The Treasurer reported that the gradual recovery from the pandemic is still slowly progressing with a slight increase in bookings. The accounts are attached. There was a slight deficit during 2024 of just £13, a marked improvement on the previous year.

LAPFORD VICTORY HALL

Annual Accounts For The Year Ending 31.12.2024

	Receipts £			Payments £	
	2024	2023		2024	2023
Hall Hire	4937	4380	Cleaner	3086	2991
Abi's Room	3300	2970	Heat	691	1135
Donations	15	206	Water	290	357
Grants	0	550	Electric	1050	556
Interest	16	13	Insurance	1182	1167
Subdry	33	0	Repairs/Maint	496	1869
Fund Raising	374	0	Sundry	1335	1476
			Illicenses	86	155
			Tables	292	0
			Pensioners Lunch	200	0
TOTALS	8695	8119		8708	9706
Surplus/Deficit	<u>-13</u>	<u>-1587</u>			

MOVEMENT OF FUNDS

	01.01.2024	31.12.2024
Current A/C	12585	12542
Saver A/C	1081	1097
	13666	
Add: Pay in	182	
Less: Uncl. Chqs	-196	
Less: Deficit	-13	
BALANCE	13639	13639

(note: pensioners lunch opening balance £374, less £200 expenses and £60 hall charge, plus £52.64 returned, leaves a closing balance of £166.64)

PROGRAMME FOR APRIL

APRIL

- Fri 4th - Music: Eduardo Martin & Ahmed Dickinson
Cardenas (Arts Centre)
- Sun 6th - Revival: The Music of Gillian Welch (Arts Centre)
- Sat 12th - Theatre: It is I, Seagull
Suitable for age 13+
- Sun 13th - Theatre: Tongues / Savage Love
Two intriguing theatre pieces

MAY

- Fri 2nd - Theatre: The End is the Beginning.
A compilation of 16 of Samuel Beckett's plays,
prose, poems

PRUNES IN PORT

Something different for the store cupboard!



www.sustainablecrediton.org.uk

You will need:

- 250gm/8oz stoned prunes (Agenprunes if you can get them)
- 25gm/1oz brown sugar (Muscovado is best)
- a cinnamon stick
- a bay leaf
- Port

Place the prunes, bay leaf, and cinnamon stick in a preserving jar, and add brown sugar.

Cover with port, seal, date, and label the jar.

Store for at least six months before using.

These are good to serve with fresh pineapple, or ice cream, and their rich flavour makes an unusual accompaniment to roast pork.

Paul Cleave

SANDFORD SUMMER SHOW

After a hugely successful return last year, Sandford will again be holding a Summer Show in 2025 on Sunday 10th August in Sandford Village Hall.

Now is the time for all you keen gardeners to be thinking about sowing seeds and growing lots of flowers and vegetables to enter.

For the crafters, artists and photographers among you, now is the time to plan your creative project to show in the competition.

Entry forms will be available as hard copy in Sandford Stores or via email from sandfordsummershow@yahoo.com We will keep you updated on when these are ready but categories will be the same as last year.

More updates to come, but remember you are all the stars of the show and we look forward to seeing you produce your very best!

On behalf of the Sandford Summer Show Committee

"I fear the day that technology will surpass our human interaction. The world will have a generation of idiots."

Albert Einstein

INCREASED COUNCIL TAX

All our bills are creeping up and Council Tax increases are also anticipated. There are, however, several options to potentially reduce Council Tax bills.



If you're an adult living alone, your bill can be reduced by 25%. Simply notify the council that you are living alone and the date that became effective. You will be entitled to the discounted rate from that time even if it was some time ago.

Some people are 'disregarded' when calculating Council Tax. This includes under-18s, full-time students, long-term hospital patients, people with severe mental impairments and many more. Check if you can pay less council tax - Citizens Advice (<https://www.citizensadvice.org.uk/housing/council-tax/check-if-you-can-pay-less-counciltax/>)

If everyone in a home is disregarded the bill will be reduced by half. If everyone in a home is a student or severely mentally impaired there will be no Council Tax to pay.

If you live with an adult who isn't disregarded but who is on a low income or receives certain benefits you might be able to get a 'second adult rebate.' Getting a second adult rebate on your council tax - Citizens Advice (<https://www.citizensadvice.org.uk/housing/council-tax/check-if-you-can-get-second-adultrebate-on-your-council-tax/>)

If you or someone you live with is disabled and your home has been adapted, you can ask to be placed down one band. Ask your Council about Council Tax Reduction for people on low incomes. They will ask questions about your income and circumstances; if you are eligible, they will reduce the amount you have to pay. There are also different rules that apply when you've reached State Pension Age. Check your State Pension age - GOV.UK (<https://www.gov.uk/statepension-age>)

A 'discretionary reduction' is available whereby your council can reduce or cancel your Council Tax if you can provide evidence that you're suffering severe hardship and can't afford to pay your bill. If you don't get this you can still appeal to a valuation tribunal who, if they agree with you, can order the council to reduce or cancel your bill. Applying for Council Tax Reduction:

Citizens Advice (<https://www.citizensadvice.org.uk/housing/council-tax/applying-for-council-tax-reduction>)

You can always contact us on our AdviceLine, 0808 27 87 999 (free and local), or via our website: www.citizensadvicetnmwd.org.uk or call in at one of our offices. Opening hours are also on our website.

If you would like to help people with problems like this do get in touch! Check out our website or contact: recruitment@citizensadvicetnmwd.org.uk

More and more people are asking for our help, so we need more volunteers to try and meet demand. You will receive full training, make new friends and learn new skills; one day a week is all it takes.

LADIES OF LAPFORD

Ladies Learn about Yoga (and so could you, see below)

Our meeting in February was an unusually quiet one, although the usual chatter gradually returned when tea and cake were served. We were gathered to hear about Yoga – Myth, Reality and Healthy Aging. One of our members, experienced in the practice and teaching of Yoga gave us an informative and interesting talk. She explained how at a very difficult time in her life, someone had suggested that yoga might help her to move forward. She decided to give it a go and it obviously proved helpful because it became a regular part of her life and she found herself interested in deepening her understanding of its origins and principles.

Yoga came to the western world from India where, for years, it was something only practiced by the monks. They devised breathing techniques and movements that helped them to cope with the long periods of stillness and silence required by their devotions. It seems it filtered out from the monasteries when the monks realised that these practices could help ordinary people deal with the stresses of their lives.

Eventually, through the words of Shivapuri Baba, Yoga reached Europe as he traveled the world on foot meeting many leaders of that time. Reputedly, he was one of the first masters to enlighten the western world and one of the first to explain yoga to Queen Victoria. His teachings were followed by different styles of yoga brought by other Masters and today there are many practices which derive from yoga but which do not necessarily have the same philosophical backing, focusing instead on the physical practice. From the little bit I have read it seems that yoga is about much more than the purely physical (although I'm sure it is great for that as well). My understanding is that it is about bringing together all the parts of a person: physical, mental, spiritual, intellectual and emotional or as I read somewhere, about becoming one with your self, spirit and the world around you.

Having told us a little of its origins, Anne offered to give us a short introduction to doing yoga saying we could participate if we wished. She reassured us that she would keep it very simple and we did not need to be super fit or bendy to do it. Game as ever, most of us were up for this. We started by giving some real attention to our breathing, thinking about each breath as we inhaled and exhaled. From this we tried some simple movements, at first sitting down and then standing up. Everything seemed to happen slowly and thoughtfully and none of it felt strenuous. I found our short lesson very calming and when we had finished it was a few moments before the chatter broke out.

It was another very enjoyable evening and I now have the answer to achieving longevity. . . maybe. If you believe everything you read Shivapuri Baba is a great advertisement for yoga. Apparently, he lived to be one hundred and thirty seven years old and was in great shape right up to his death!

YOGA in LAPFORD. Should you wish to improve your chances of making it to one hundred and thirty-seven or even if you are simply interested in exploring the benefits of yoga, Anne will be starting up sessions of Hatha Yoga on Monday evenings at 6 p.m. from April 7th and of Chair Yoga on Wednesdays at 11 a.m. from 9th April. Anyone interested can contact her on yoga.anne49@gmail.com

My heartfelt thanks go to all the people who helped at the scene of my accident on Kelland Hill on the 5th March although I was only aware of Rebecca Poole and the tanker driver. I will never forget their calm, comforting support.

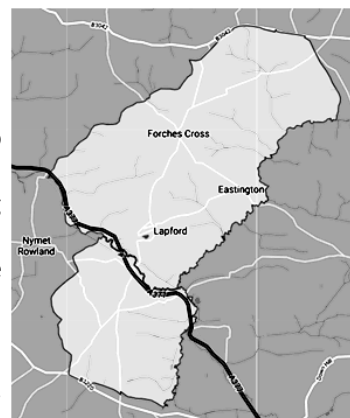
(Margaret) Anne Holman.



LAPFORD PARISH COUNCIL

Parish Council Meeting Notes February 2025

- The Orchard Centre caretaker reported recent graffiti and damage in the public toilet. The broken lock on the door to be replaced as soon as practicable.
- The Parish Council's objection to the appeal against MDDC's decision to refuse application No 24/01074/OUT, Eastington Lane, was confirmed.
- District Cllr Steve Keable submitted a comprehensive report covering many issues including future development of the Tarka rail line, the Community Risk Register affecting Lapford parish, dog aggression problems at Eggesford Forest and the government's Devolution White Paper with its possible effect on local government in Devon and the workload of parish councils. He also confirmed that County Council elections would be held in May this year.
- The Trustees of the Church Green had met. A bat survey to be commissioned for the dead chestnut tree and if favourable the tree will be felled and the timber gifted to the school for use in its outdoor area.
- The Council voted a £300 grant to Citizens' Advice – now attending The ARK on the last Friday of each month between 10-00 a.m. and 2-00 p.m.
- Steve Munday was confirmed as the Parish Council's representative on the Northern Devon Railway Development Alliance of which it is now a member. He will also speak for the Council on other railway related matters.
- The Community Risk Register was updated to reflect flooding issues along the river valley and the Mill, and snow and ice dangers towards the top of the village, particularly Eastington Lane towards the School.
- Terms of Reference for the neighbourhood Plan Steering Group were confirmed and a sum of £2000 per annum granted towards project expenses.
- The Clerk to pursue the possibility of renting a garage in Moorland View from MDDC for the storage of community equipment.



Parish Council Meeting Notes March 2025

- Margaret Squires our Devon County Councillor is not standing for re-election, she was thanked for all she has done for Lapford over her many years of service.
- Steve Keable reported on the Tarka Rail Line updates, MDDC council tax will increase by 3%, full report will be available in the minutes
- Play equipment has been ordered for the toddler play area. Funds still to be claimed for the Playing Field.
- MDDC will be patrolling the village following numerous complaints of dog fouling.
- The Neighbourhood plan questionnaires have been delivered
- Consideration to be given to the installation of CCTV at the Orchard Centre, following vandalism. Police will be informed of all future incidents
- Discussion regarding the weeds in the village took place. Councillors to 'walk around' the village to establish needs, with a view to getting costings from contractor
- Spring Litter Pick date agreed for 12th April, 9.30am, start at the Orchard Centre, hot drinks and cake available, all welcome
- Annual Parish Meeting date agreed for Saturday 10th May, 10am, in the village hall. Village organisations are welcome to present a report
- Community website currently not being used, agreed to offer this to the Neighbourhood Plan steering group
- Clerk still dealing with MDDC re renting a garage for community equipment storage
- Orchard Centre broadband package to be updated to provide better service
- Discussion re providing a streaming/projection facility for meetings etc, clerk to look into.
- Grass cutting tender accepted
- Clarification to be sought from DCC with regards to sign cleaning liability
- Vacancies for new councillors to be reviewed after the annual meeting
- Orchard centre refurbishment to be undertaken during the summer
- Approx £550 was raised at the recent Quiz run by the Celebrations committee for future events
- General opinion is that Parish Councils will have do more following local government reorganisation
- Steve Keable updated the council on the recent sewage spillage
- Twinning plaque on wall of Lowerfield House to be relocated to the Orchard Centre
- Concerns raised re collection of second general black waste bins and potential cost to user
- Bus shelter at bottom of village to be cleaned and quote obtained for replacement Perspex

Yoga

FOR WELLBEING
WITH ANNE



HATHA YOGA		CHAIR YOGA
MON 7TH APRIL		WED 9TH APRIL
6PM		11AM

AT LAPFORD VICTORY HALL
CONTACT: yoga.anne49@gmail.com



Lapford Primary School

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

On 5th & 6th 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 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
t: 01363 83292
e: admin@lapford-primary.devon.sch.uk



THE FOX AND HOUNDS
COUNTRY HOTEL

**OPEN DAILY
8AM-11PM**

BREAKFAST
LUNCH DINNER
AFTERNOON/CREAM TEA
ALL DAY COFFEE/BAR

Terrace, Beer Garden
River Walks & Grounds
Parties & Functions

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

RESERVATIONS

foxandhoundshotel.co.uk/dine
relax@foxandhoundshotel.co.uk

01769 580345

DOGS ARE WARMLY WELCOME!

WE'RE HIRING

**We have a position
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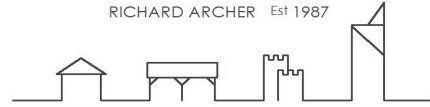
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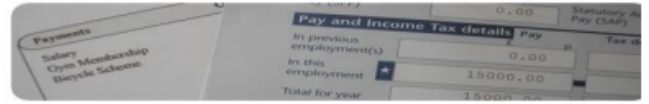
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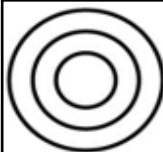
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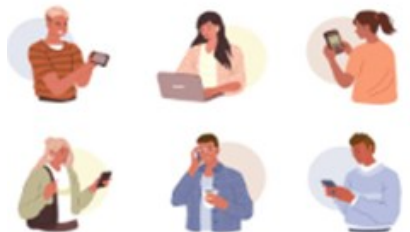
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HI LAPFORD!



With the days starting to get longer
and brighter it begins the countdown
to Revel.



Starting on Friday 11th July we have lots of exciting things ready to entertain all of you. We also have our competitions returning this year but with better prizes for our winners. We have prizes for Best house display, which can be anything from a floral display to a dramatic set piece. Winners from last year are already displaying a lovely winners plaque. We are continuing the Best Costume competition, now with a prize.

We are also announcing a brand new competition for this year, Name the Jester! All competitions will be judged on Saturday 12th July with the winner announced in the afternoon, following the draw. Draw tickets will be available from any committee members.

Don't forget to come along to the Revel quiz on Saturday 29th March too. Looking forward to seeing you there.

Lapford Revel Committee



Lapford Weather Review

Lapford Weather February 2025

An averagely variable February, some cold weather and some milder, wetter spells.

The mildest day was the 20th with a maximum of 14.4°C and the coolest was the 8th with a maximum of 3.8°C. The coldest night was on the 28th with a minimum of -2.5°C and a grass frost of -6.6°C. During the two week cold spell in the middle of the month the skies were mainly cloudy and dull, which prevented night time temperatures falling very far. There were only 2 air frosts during the whole month. Overall the month was fractionally milder than average.

The rainfall total was 56.2 mm., about 75% of the average. The wettest day was the 23rd with a fall of 15.5 mm.

The windiest day was the 23rd with a gust of 36 m.p.h.

Andy Epstein



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L	I	S	C	N	I	C	I	P	S	T	C	E	C	S	A	S	I
V	L	U	T	O	N	D	D	T	E	C	W	R	Y	O	E	E	G
A	O	P	R	A	A	M	O	T	S	U	C	E	O	A	D	R	I
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Y	T	E	T	A	M	A	R	Y	A	D	R	U	T	A	S	P	E
E	P	R	L	G	G	S	C	E	L	E	B	R	A	T	I	O	N

ASH WEDNESDAY
BREAD
BUNNY
CALVARY
CELEBRATION
CHOCOLATE
CHRIST
CHURCH
CROSS
CRUCIFIXION
CUSTOM

DEATH
DISCIPLES
EGG HUNT
EGGS
EUCHARIST
FAMILY
FASTING
FESTIVAL
FRIDAY
HOLIDAY
HOLY WEEK

JESUS
LAST SUPPER
LENT
MARY
MASS
MEAL
NEW TESTAMENT
PALMS
PARADE
PASSOVER
PENANCE

PENITENCE
PRAYER
RESURRECTION
ROAST
SACRAMENT
SATURDAY
SUNDAY
THURSDAY
TOMB
TRADITION
VIGIL

IT TAKES A VILLAGE TO RAISE A CHILD

Thank you to all who expressed the need for more and improved facilities for young people in the Neighbourhood Plan consultations. While there were so many positive responses, what is really needed are adults who can help with the youth club. After Covid there were 25 adults who regularly helped take the load to run six youth club sessions each month. While the demand from young people remains high there are currently only four adults who are willing to help on a regular basis, for two evenings per month. After our Annual Meeting on 6th April Easter, and with summer evenings we shall be trying to get a 3rd youth club running for the younger group. Please respond to our regular ads as it does take a village to raise a child.

Lapford Youth Club

Chulmleigh & District Garden Society
Monday 14th April
Vegetables
 With  **7.30pm**
Saul Walker **Chulmleigh**
Town Hall
 Guests £3.00
 New Members Welcome
 Email Diana:- dianaM@farmline.com

MID DEVON DISTRICT COUNCIL REPORT FOR LAPFORD PARISH COUNCIL, MARCH & APRIL 2025 CLLR STEVEN KEABLE, TAW VALE WARD

Northern Devon Railway Development Alliance - are working for investment on the North Devon (Tarka) Line to transform both the passenger experience and benefit communities and businesses along the line. Parish Council representative Steve Munday and I attended the Annual Convention in Barnstaple. Lapford Parish Council recently joined this group and was credited in the Annual Report. All Councils along the line are providing support and momentum for investment in the line.

Later in 2025 Class 175s will be brought into use on the line. This is much needed as passenger journeys approach 1m p.a. Two trains in the hour are needed as the platforms cannot accommodate longer trains. This requires two additional passing places, new signalling, and improved access. However, five car units with restricted door openings will be run at peak times to support Barnstaple to Exeter commuters.

Community Risk Register – If residents identify different risks to the following then I would like to hear from you.

Risk	Name of Risk	Like- lihood	Impact
1	Heavy rainfall housing flood risk, Lapford Mill, Lapford Malt Scoop Cottage, Chawleigh New Inn – affecting individual homes	4	4
2	Compact snow creating deep road ice in prolonged freeze between Lapford, Orchard Way to upper Lapford.	2	5
3	Flooding River Yeo at Lapford	5	2

Eggesford Station Monitoring Group - started by Winkleigh Parish Council to maintain a watchful eye on proposed car parking at the Station this group is becoming more involved in the potential developments and investment on the North Devon Line. Steve Munday and I are working closely with this group. Sadly, the DCC representative was not aware of the November consultation representations for the improvement and integration of public transport in our locality.

Aggressive Dogs & Owners, Eggesford Forest – Costs for the emptying of 'dog bins' is still to be clarified. Four Parish

Councils in Mid Devon have agreed to consider a contribution to costs once these are known.

Mid Devon balance the budget for 2nd year - without reducing services, redundancies or using reserves. MDDC will increase Council Tax by 3%, Devon County Council by 5%.

Mid Devon District Council has been shortlisted in recognition of its work to increase recycling rates and reduce fly-tipping and littering. Our Council is in the top-10 highest performing councils in England. Everyone, thank you for achieving this as the recycling income now hit £1m each year and that income keeps your Council Tax as low as possible.

Building Control is a jointly run service between North Devon Council and Mid Devon and has now achieved the top-quality ISO 9000 accreditation.

Devolution and Local Government Reorganisation - Joint Statement. Much has been said within local media sources on this topic. The Government has decided there will be a Devon County Council election on 1st May and historic Devon will be in a later round for reorganisation. Mid Devon is backing the 1-5-4 proposal to split Devon into three larger councils (1) an expanded Plymouth, (5) District Councils in the northern half of the county including Exeter, and (4) the District Councils to the south of the Exe Estuary and West Devon. All Devon District Councils back this proposal. The Joint Statement, maps and information can be viewed on the Mid Devon District Council website. <https://www.middevon.gov.uk/>

Funding Agreement Signed and Work Already Underway Cullompton's Relief Road – these matter to Lapford as this is a major £36m investment and an important key that will enable controlled housing building development in the eastern side of the Council.

The 2025 Mid Devon Business Survey is now LIVE – the deadline for responses is 25th April. This survey is the opportunity for Mid Devon businesses to tell the Council all about what you might need in the future to help your business grow and prosper. The purpose of the survey is to understand businesses and to tailor the Mid Devon support offer. <https://letstalk.middevon.gov.uk/mid-devon-business>

Councillor Steven Keable
Taw Vale Ward, Mid Devon District Council
skeable@middevon.gov.uk

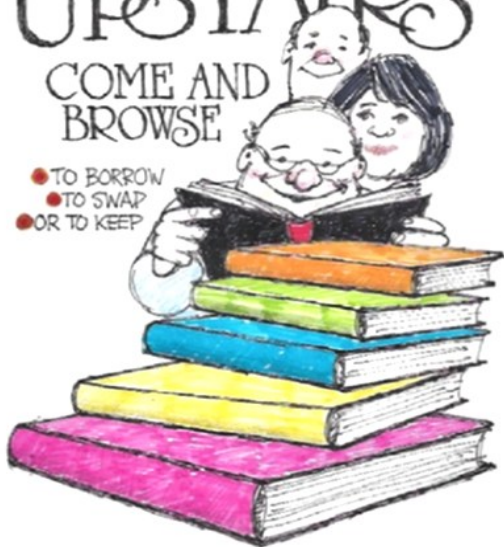


The ARK is open on
Tuesdays and Fridays
10.00am to 2.00pm
Arrangements can be
made for access at other
times

BOOKS UPSTAIRS

COME AND
BROWSE

- TO BORROW
- TO SWAP
- OR TO KEEP



Play

and

- Sessions led by our Senior Foundation Stage Nursery Practitioner
- Fun Activities
- An opportunity to get to explore our fantastic school grounds
- Make friends



Come and join us!

Tuesdays term-time

9.00 – 10.30am

Children aged 0 – 4 years,
accompanied by an adult

Fruit snack provided

CHULMLEIGH RURAL CINEMA



Cinema's politest bear goes in search of his Aunt Lucy in a high action jungle sequel delivering a most agreeable adventure for all the family. Olivia Coleman's flying and singing nun (somewhere in between Julie Andrews and Helen Reddy) is not to be missed. (PG)

Friday 11th April 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 9th May Conclave (12A)



CHAWLEIGH COMMUNITY MARKET

JUBILEE HALL, CHAWLEIGH

SATURDAY 19th April

10.00 TO 12.00

Stalls Raffle Refreshments

Vegetables and Preserves,
Meat, Sausages and Baked Goods,
Artisan Bread, Cakes,
Flowers, Bric a Brac, Books,
Hand Made Gifts,
Glass and Jewellery

Refreshments for Chawleigh Playing Field

Bacon baps, cakes, tea and coffee







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
Credition (Breast Screening) - £7
Credition 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.

LIVE IN MID DEVON AND NEED DEBT OR ENERGY ADVICE?

The Citizens Advice's Mid Devon team 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 them about any issues they would like help with, particularly around Energy or Debt issues. There is access to private spaces if necessary.



NATIONAL BLOOD SERVICE

Donations can be made at
Boniface Centre, Credition, 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 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



THANK YOU FOR YOUR ONGOING SUPPORT OF THE FOODBANK

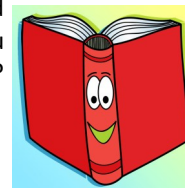
We would be grateful for the following donations:

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.



LIBRARIES UNLIMITED HOME LIBRARY SERVICE

Do you have difficulty in getting to Credition 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.



Credition Library - Telephone: 01363 772578

USEFUL TELEPHONE NUMBERS

- Emergency numbers ~ 999 or 112
- Childline ~ 0800 1111
- Churches House Action Team ~ 01884 255606
- Citizens Advice Bureau ~ 03444 111 444
- CAB Credition ~ 01363 776210 (M, W, Th, 9-3)
- Credition 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
- RAB 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



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



LAPFORD LOOKOUT

Contributions welcome

lapfordlookout@gmail.com

Deadline for inclusion in the next issue:

6.00 p.m. on the 14th April for inclusion in the May issue

TO CONTACT THE EDITOR

Write to:

Mrs. Beccy 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.

Any requests for placement of articles on particular pages in the Lapford Lookout should be submitted via email to the address above.

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

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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.

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



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 relating to Council business.



Lapford Parish Council

POST
OFFICE

LAPFORD OUTREACH POST OFFICE

POST
OFFICE

OPENING HOURS:

Monday	9.30 - 12.00
Friday	9.30 - 12.00



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 Jane Epstein	07779 926342 / jane.epstein@hotmail.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 542062 / lapfordlookout@gmail.com
Lapford Over 60 Club	Mrs Jeanne Whittaker	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

A BIG HELLO FROM FORCE CANCER CHARITY IN EXETER, DEVON.



We wanted to take this opportunity to let you know about our major cycling event, The Nello, which is celebrating its 26th year. The Nello has a 60-mile route or a 100-mile route and will take place on Sunday 19th June 2025. We can promise you'll have a fantastic day at this brilliant event!

This fantastic feel-good event was started in 2000 by Marc Millon, in memory of his friend Nello Ghezzi. Since the first Nello Century Cycle Challenge in 2000, the ride has raised nearly **£1.3m** for FORCE Cancer Charity, which works locally to support anyone affected by cancer, face-to-face and close to home. Be a part of something magical this year and sign up now!

Discipline: Road Cycling

Distances: 60 miles | 100 miles

Event date: Sunday 19th June 2025

Location start / finish point: Topsham Rugby Club

Entry limit: 1,500

Age limit: 14 years (18 unaccompanied)

Key points to note:

- Everyone is welcome on this ride.
- The event is not a sportive and it is not chip timed. It is a fun, social ride that many riders do year after year.
- It would be a great event for a club trip with beautiful countryside, great food stations and lots of accommodation options available.
- Any sort of bike is permitted. We are aware of the growing trend in electric bikes and we have no problem with Nello cyclists using one. It's all about taking part.
- Finish off your ride by celebrating at our Event Village at Topsham Rugby Club with spectators very welcome!

Review:

"The Nello is a very well organised event, the route was clearly signposted and the ride stops were some of the best I've seen! The whole day was geared around everyone having a good day, riding in a social atmosphere and the after-ride entertainment and food availability was most welcome. The whole day was a great experience. I would recommend any cyclist to give it a go and there's a great medal on completion as well. 10/10." – **Past participant Frazer Bolt.**

A reason to support FORCE

FORCE Cancer Charity is here to support anyone locally affected by cancer. We believe that anyone diagnosed with cancer deserves the best possible treatment and professional support close to home. By taking part on The Nello you will make a difference, enabling us to continue the great service that FORCE gives to so many people affected by cancer. To find out more about the fantastic work FORCE does, head over to our website:

<http://www.forcecancercharity.co.uk/>

Find out more information about The Nello on our website.

If you have any questions, please get in touch with us.

Hayley Hukku

Force Operations and Support Officer

Sponsored by
PINARELLO EST. 2000

The Nello

BIKE RIDE

“Great atmosphere!
Great food!
Great course!”

SUNDAY 29TH JUNE 2025

SIGN UP NOW!
forcecancercharity.co.uk/nello/

60 or 100 mile routes

Start & finish at Topsham Rugby Club

Great food stations

Medal for all finishers

“A great cause...
it was so friendly,
with a great
atmosphere”

FORCE Cancer Charity provides free support and information to anyone affected by cancer at our Centre in Exeter and at local community hospitals.

We offer counselling, group sessions, complementary therapies, benefits advice, specialist physiotherapy and exercise guidance and other health and wellbeing support. Our services are available to cancer patients and their families.

For more information on the services that FORCE offers or other fundraising events and campaigns, please visit our website: forcecancercharity.co.uk

SIGN UP FOR THE NELLO NOW!
forcecancercharity.co.uk/nello/


Presents
CRAFTING
with Beccy

The Japanese
 art of
 Kinusaiga
 The Ark
 April 17th 2025
 7.30pm





- bring along any thin fabric that you like or has meaning to you and you can include it in your own work or just bring yourself if you like
- you will learn how to create your own piece of art which you will start and can complete at home

We always welcome new members.
Come and join us!

Lapford Village market




SATURDAY 26TH APRIL
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
 £5 per stall payable on the day


LAPFORD YOUTH CLUB



The Drop In


EVERY 2ND AND 4TH FRIDAY
7pm - 9pm during term time
 FOR 11-16 YEAR OLDS - ONLY £1 PLUS MONEY FOR TUCK SHOP

High 5 THURSDAY



EVERY 2ND AND 4TH THURSDAY BUT CURRENTLY SUSPENDED
 VOLUNTEERS NEEDED FOR HIGH 5 TO RECOMMENCE IN MAY
 PLEASE CONTACT lapforyouthclub@gmail.com
 TO FIND OUT MORE

at LAPFORD VICTORY HALL




Sing Sankey & Supper

SATURDAY 12TH APRIL 2025
AT 7PM

AN EVENING OF SANKEY HYMN SINGING
 FOLLOWED BY A LIGHT SUPPER

COME TO OUR SANKEY EVENING AT
 LAPFORD CONGREGATIONAL CHURCH



Donations at the door in aid of our

WINDOWS FUND

ALL ARE WELCOME

FOR MORE DETAILS
 CONTACT GRACE ON 07807 019890