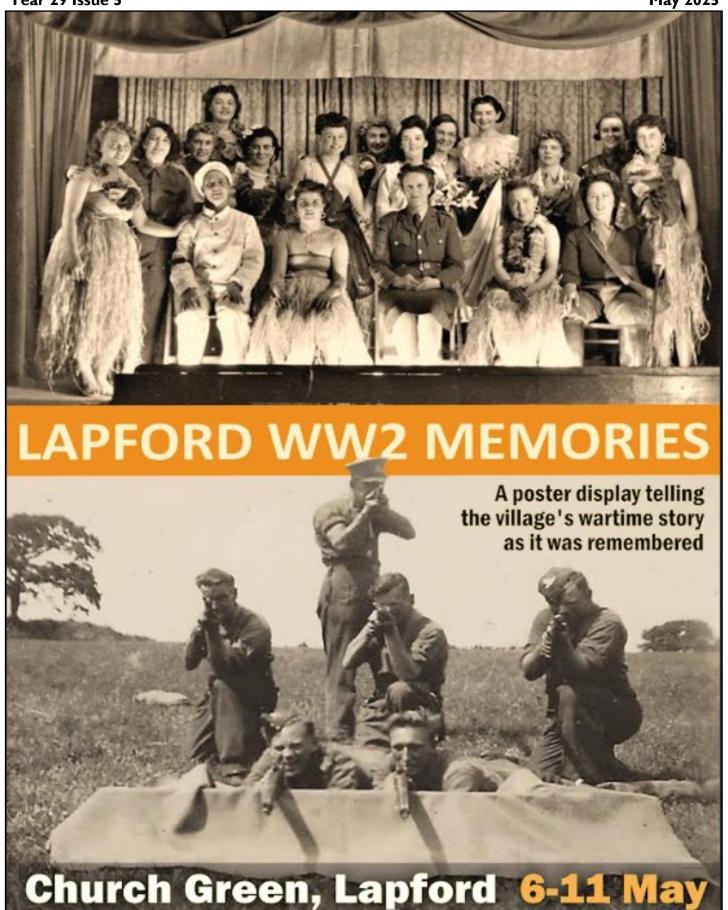


LAPFORD LOOKOUT

YOUR LOCAL MONTHLY NEWSLETTER

Year 29 Issue 5 May 2025



VICTORY IN EUROPE DAY

VE Day marked the end of World War Two in Europe after six years of fighting abroad and deprivation at home. A national



holiday was declared for May 8th1945, the official surrender of Germany, documents having been signed the day before.

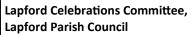
King George VI and the Prime Minister, Winston Churchill, broadcast to the nation — via radio, no television broadcasts then.

People celebrated by gathering in the streets of towns and cities – particularly in London – holding impromptu street parties, dancing, ringing church bells, attending church services, and lighting bonfires.

However, the hardship of war was not over. Wrecked cities had to be rebuilt and rationing of foodstuffs,

clothes, petrol, coal and paper did not fully end until the early 1950s.

Visit The ARK to learn a little about what life was like in Great Britain during wartime and how people coped with the shortages and restrictions imposed on them.









LAPFORD'S VE DAY COMMEMORATION

Thursday 8th May 2025

VE DAY 80TH ANNIVERSARY A SHARED MOMENT OF CELEBRATION 8 M A Y 2 0 2 5

Remembering Victory in Europe Day when the Second World War officially came to an end.

Programme:

9-00 a.m. Hoisting of the Union Jack (Church Tower)

Reading of the Proclamation (Church Green)

7-00 p.m. The Church Bells will ring.

Refreshments available in the Parish Church

7-45 p.m. Mid Devon Good Afternoon Choir STC free concert in the Parish Church followed by –

8-15 p.m. Performance by the Lapford Handbell Ringers

8-45 p.m. Mid Devon Good Afternoon Choir continues ending with everyone singing 'I Vow to Thee My Country' and 'God Save the King' STC.

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

All Welcome!







DAJES TO LOOKOUT FOR

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

14th Copy deadline for June Lapford Lookout, 6pm

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 Indoor Car Boot Sale, Victory Hall, 10.00-12.00

31st Closing Date for Lapford Parish Council vacancies

June 2025

10th Lapford Gardening Club, Garden visit

10th Lapford Parish Council, Orchard Centre, 7.30pm

14th Copy deadline for July Lapford Lookout, 6pm

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, 10.00-1.00pm TBC

July 2025

8th Lapford Gardening Club, visit

8th Lapford Parish Council, Orchard Centre, 7.30pm

11th, 12th, 13th - Lapford Revel

14th Copy deadline for August Lapford Lookout, 6pm

17th Ladies of Lapford, outdoor event TBC, The ARK, 7.30pm

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

August 2025

12th Lapford Gardening Club, Garden visit

13th Lapford Parish Council, Orchard Centre, 7.30pm

14th Copy deadline for September Lapford Lookout, 6pm

23rd LYPFT Lapford Village Market, Victory Hall, 10.00-12.00

LAPFORD REVEL BELL RINGING COMPETITION

The bell ringing competition has not been held since 2009 but due to our enthusiastic local church bell ringers it will be revived this year with eight teams competing on the evening of Thursday 10th July between six and nine o'clock.



Two trophies will be awarded, The Revel Shield incorporating



a beautiful silver bell for the winning team; the Malt Scoop Cup for the runners up.

A feast of call change ringing for the village! Will you spot the winners — the team with the fewest mistakes?

FUTURE DATES TO LOOKOUT FOR



3rd Sep Lapford Gardening Club Village

Show

6th Sep LYPFT Car Boot Sale, Playing Field, 10.00 am
9th Sep Lapford Parish Council, Orchard Centre, 7.30pm

13th Sep The ARK, 10 years celebration

18th Sep Ladies of Lapford, Skittles at the Waie Inn

27th Sep Lapford Village Market, Victory Hall, 10.00-12.00

TBC

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

"At last came the golden month of the wild folk – honey-sweet May, when the birds come back, and the flowers come out, and the air is full of the sunrise scents and songs of the dawning year."

- Samuel Scoville Jr.

Rock By The River - East Worlington Friday 4th July

Please save the date for this year's unmissable extravaganza! Further details in due course.



Lapford Weather March 2025

Very dry, slightly milder than average.

The warmest day was the 20^{th} with a maximum of $16.4\,^{\circ}\text{C}$ and the coolest was the 13^{th} with 6.9 o C. The coldest night was on the 4^{th} with a minimum of -3.6 °C.

There were also some very cold grass temperatures spread through the month, notably -8.4 $^{\circ}$ C on the night of the 16th during a chilly week.

This was the driest March I have recorded with just 2.8 mm rain, not quite beating the paltry 2.3 mm measured in June 2018. Nearly all this rain fell on just one day,

the 27th. The last very dry spring was in 2011.

The windiest day was the 18th with a gust of 33 m.p.h.

Andy Epstein



LADIES OF LAPFORD MEETINGS (LOL)



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

We always welcome new members.

Come and join us!

Thursday 15th May

"Ladies of Lapford" Talk by David Garton

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 May 4th - Easter 3 9.30 a.m. Lay Led Morning Prayer Sunday May 11th - Easter 4 9.30 a.m. Lay Led Morning Prayer

Wednesday May 14th 10.00 a.m. BCP Holy Communion (1662 service)

Sunday May 18th - Easter 5 9.30 a.m. Lay Led Morning Prayer Sunday May 25th - Easter 6 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



Services:

Services every Sunday at 11.00 a.m.

Communion will be held on the second and fourth Sundays

Preachers for this month:

4th May Merril Archer including Sunday Kids Club

11th May All age service18th May Merril Archer25th May No service

1st June Cat Seymour including Sunday Kids Club

Messy Church Last Thursday of the month

LAPFORD COMMUNITY CHURCH



Briony Clinch - Tel: **83666** 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 REVEL AND QUIZ

Thanks to so many of you for turning out for the quiz in March. I hope everyone had a great time whilst raising over £400 for this year's Revel! Well done to all of you and also many thanks to everyone who helped out especially our grand quiz master, David Garton.

Moving forwards we still have the Revel itself, celebrating 'Industrial Lapford'. Still plenty of time to plan those costumes and house decorations plus think of a name for the Revel jester in our competitions this year. Lots of prizes to be won, not least in the Revel Grand Draw with an increased top prize of £120!

As always we are looking for our wonderful volunteers to help with this year's celebration. Be part of the team and also enjoy extra perks for being a helper. Please contact Lorriane Kigongo to put your name down to help out.

This is also our first proper call out to all creative and industrious folk who would like to be a stallholder. We are holding our stall costs from previous years so contact Sue Briant-Evans or Mark Tanner to

The Revel Chair

book your stall today!

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.



VILLAGE LITTER PICK – 12TH APRIL

Thank you so much to those wonderful people who turned out and did such a splendid job of tidying up the village. A record number of black bags were filled, and the village looks so much better as a result.



A volunteer beside a small proportion of the litter collected, including a broken clothes airer found tucked down behind the bus shelter at the top of Highfield.

Please dispose of your litter and surplus items responsibly. The village has a large number of litter bins to use.

The recycling facility at Punchbowl is the

place for larger surplus/used items. Please Google Punchbowl Tip for further information including opening hours and acceptable items.

Lapford Parish Council

SING SANKEY AND SUPPER EVENING

Although it was a small gathering at the Congregational Church in April, we had a great evening of Sankey Hymn

singing - we sang 17 hymns!!





Afterwards there was a lovely spread of delicious food waiting for us - we made £110 towards our window fund - thanks to all who came and supported us.

Grace Hill

(Photos by Cheryl Abbott)

MORCHARD MAKERS MARKET A market of quality and varied crafts

Hi, my name is Sue Pym. After thirty years in the catering industry and a move to Crediton, I felt the lack of regular craft fairs and markets in the area disappointing so I created my own

I have been creating crafts from upcycled items for years. Using glass, fabric, wood and willow. My items are limited in number so I can create themed collections.

I now have an amazing collective of crafters creating amazing crafts and gifts. A varied market gives a great choice for all our supporters and customers.

Items of interest for the next Makers Market on May 31st. We have a plant stall at the entrance to the hall accompanied by woodcraft and a local crafter called Susan Vile doing live demonstrations in fabrics and sewing throughout the market.

"There are two types of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed."

- Ray Goforth

AWFUL APRIL

It's was dubbed "Awful April" as increases in energy, water,



broadband and council tax kicked in. Increasing numbers of people are finding it harder to cover basic living expenses.

Some people qualify for benefits payments but don't realise it. Our advisers can run a simple benefits check. Call our local AdviceLine on 0808 27 87 999 – it's a free call. You can access email video and advice via our website www.citizensadvicetnmwd.org.uk and details of our office opening hours and drop-in availability are also there. People of working age on low income may be eligible to claim, or those of State Pension age with little or no income, people who are sick or disabled and carers may still be eligible to claim so it is worth exploring the possibility.

Our last Advice Column focussed on getting help from the Local Authority with council tax and they may also be able to help with energy, water bills, food or other essentials through their Household Support Fund (welfare assistance). If you have children and are on a low income or claiming certain benefits, you may qualify for free school meals, transport to school or help with the cost of uniform. It is always worth shopping around for cheaper deals on broadband, energy or considering having a water meter installed. It's a case of trying to increase income and/or reduce outgoings.

Here at CA TNMWD, we have specially trained energy advisers who can talk to you about ways of reducing energy costs and we can provide energy vouchers to those who qualify. When things are tight, having a budget is even more important. Tools and calculators | MoneyHelper -

www.moneyhelper.org.uk/en/tools-andcalculators has some helpful guidance and Debt and money - Citizens Advice - www.citizensadvice.org.uk/debt-and-money/ also has lots of useful links and information.

When budgeting, 'priority' debts i.e. rent/mortgage, Council Tax and energy bills have to come first as missing these payments can have the most serious consequences. Then review debts such as credit cards or payday loans. We have specially trained debt advisers who can help people manage debt and we are regulated by the Financial Conduct Authority. It is important, however, if you start to fall behind on payments, to contact the organisation or company involved as soon as you can to try and see if you can come to some kind of arrangement.

Unsurprisingly, demand for our services is increasing and accelerating as more people are impacted by rising costs. If you would like to help us support those people, how about volunteering with us? You don't need to be any kind of professional specialist as we provide full training and support. You'll not only be helping your local community, you will have an opportunity to learn new skills and make new friends. Take the first step and contact us at

recruitment@citizensadvicetnmwd.org.uk we would love to hear from you!

THANK YOU

The ARK would like to thank everyone who donated so generously to help people in Ukraine.

We realise the need is still great but unfortunately The ARK is unable to take any more donations. Thank you.



VACANCIES FOR LAPFORD PARISH COUNCILLORS

- Do you want to help make the parish of Lapford a better place to live?
- Do you want to serve your Community?
- Do you have time or expertise which could benefit your Community?
- Do you want to make a difference to all those around you?
- Are you concerned about your local area?
- Do you want to represent the views of local people?

If you would like to make a difference, and be involved in shaping the future of your local Community, why not step forward and apply to become a Lapford Parish Councillor?

Lapford Parish Council is looking for new Parish Councillors - if you wish to serve the community as a councillor, please contact the Clerk, Rob Martin, clerk@lapfordparishcouncil.org.uk

Closing date 31st May 2025

CHULMLEIGH & DISTRICT SOCIETY OUTING BY COACH TO BUCKFAST ABBEY WEDNESDAY 11TH JUNE 2025



In conjunction with the History Society, a chance to explore a hidden gem, living Abbey, Church & Monastery, home to a community of Benedictine monks, at the centre of a picturesque valley on the edge of Dartmoor National Park. Immerse yourself in a presentation of Benedictine monastic life, from its origins to the present day, wander in the beautifully maintained themed gardens, picnic or choose between two restaurants for lunch or light refreshments.

Chulmleigh and History Society members £20, non-members £22
Departs Wallingbrook Health Centre at 9.30am and Abbey at 4.30pm
To book call 01769 581398 or email chulmleighsociety@gmail.com
Payment by cheque or by BACS Sort Code 30-90-49
Account No. 02474872, reference surname and Buckfast



"May is the month of expectation, the month of wishes, the month of hope."

- Emily Bronte

THOUGHTS FROM THE ARK

In his best selling book 7 Habits of Highly Effective People, author Stephen Covey describes an experience he had on a subway in New York. A man and his children



boarded the train, and his children were very loud and boisterous, disrupting the whole carriage. The man sat down beside Stephen Covey, seemingly oblivious to the situation. Covey finally said, "Sir, your children are really disturbing a lot of people. I wonder if you couldn't control them a little more?" The man looked startled. Then he said, "Oh, you are right. I guess I should do something about it. We just came from the hospital where their mother died about an hour ago. I don't know what to think, and I guess they don't know how to handle it either." Covey's attitude changed instantly.

Looking back on it later, he admitted that he learned a valuable lesson: seek to understand before seeking to be understood. Sometimes people who irritate and hurt us do so because they themselves are in pain. They are dealing with issues we don't know about and when they lash out, it's just the burst dam of personal frustration. It calls for looking beyond their words and actions trying to see their hearts. That's hard to do when you are self-absorbed. The Bible says "Let all bitterness, wrath, anger, clamour and evil speaking be put away from you, with all malice. And be kind to one another, tender-hearted, forgiving one another even as God in Christ has forgiven you." If you have been grumpy towards those you live or work with, The word for today is — practise being tender-hearted and kind. (From the UCB Word for Today).

I really enjoy reading, having a library upstairs at The ARK is my idea of heaven. I don't have to go far, I can just pop upstairs and find a book to read. I seem to have done a lot of that since Christmas, I usually get books as presents. I was shown a book called "The Happiest Man on Earth." It isn't a very big book, so a fairly quick read. It's the story of an Auschwitz Survivor. It tells how as a German Jew he was arrested, beaten then taken to concentration camps, first Buchenwald and then Auschwitz. On a Nazi death march, he managed to escape and survive. He lost family, friends and his country. Because he survived he made a promise to smile every day and to be kind. He said he was lucky to be alive — that we are all lucky to be alive, every breath is a gift, that life is beautiful if you will let it be. He said remember to take time to appreciate every moment of life.

He got married and has children, grandchildren and great-grandchildren. In 2020 he celebrated his one hundredth birthday. It shows that happiness can be found even when we are surrounded by darkness.

The ARK is celebrating 10 years of being open on Saturday, 13 September, so put that date in your diary and come and help us celebrate. We are looking forward to it. Watch this space, as the saying goes.

The ARK

Lapford Parish Council invites you to the ANNUAL PARISH MEETING

To be held in the Victory Hall
On Saturday 10th May at 10-00 a.m.

Luke Groves-Davis from Devon Communities Together will present the results of the recent Parish Consultation and look forward to the next steps in the Neighbourhood Planning programme.

Local organisations are invited to send a representative to speak about their activities over the past year, or to submit a written report to the Parish Clerk ahead of the meeting.

Email the Clerk on: clerk@lapfordparishcouncil.org.uk

AUTUMN SHOW Saturday 13th September

We need your help to make the Show a success. Take a look at the schedule wait till the last moment to get your

don't wait till the last moment to get your entries together.

For the artists – take a photo of a local scene; draw or paint 'Nature'.

For the crafty – make a lavender bag; make an item from old shirts .

Have you sowed your tomato seeds?
There's a special class for outdoor grown tomatoes.

apfor



TRIP AROUND THE SHETLAND ISLES

Thanks go to Andy Epstein for entertaining us last month with his slides of the Shetland Isles. Starting with some statistical background Andy went on to take us on a trip around the

islands showing us the archeological heritage of the area. The slides showed an island bathed in sunshine with enticingly blue sea, but we all noted that Jane was well wrapped up against the cool breeze. Andy ended the talk with a quick look at some of the plants and gardens of the area and ended showing us a 'plantiecrub' – a stone enclosure for a vegetable plot – so sometimes it's more than a breeze!

Our next meeting is on **Tuesday 13th May** when our speaker will be **Stephen Powles** who will talk about

Hornets – Gentle Giants

7.30pm at The ARK

Stephen is a retired vet who has a passion for nature which he captures through photography and film. His focus is now on conservation where he hopes to inspire others to protect the fragile natural world. The talk will be of interest to beekeepers as well as gardeners.

All are welcome to attend, as usual.

MID DEVON IS NOW ACTIVE

A new leisure journey has begun in Mid Devon with the launch of Active Mid Devon.

The shift from Mid Devon Leisure to join the nationally recognised "active" branding, used by many other organisations, represents the council's wish to provide more than just leisure facilities, with a move towards encouraging healthy lifestyles through physical activity, health checks and socialising.

While already boasting more than 6000 members, running more than 100 classes each week, and attracting tens of thousands of swimmers to its pools every month, the leisure staff are already busy supporting customers with their fitness goals. But they do much more and staff at all three sites, in Cullompton, Tiverton and Crediton also undertake customer health checks, work with GPs on health referral schemes and encourage clubs to meet and socialise on site.

Now a new look will encompass this and shows our customers that we offer much more than sports halls to hire and swimming sessions to attend.

As part of Active Mid Devon we have, today, launched a new booking system for customers which gives them greater control over their bookings and account. The booking system will allow customers to manage their classes, view live schedules, pay fees and set up reminders.

Customers will have to register on the new system and create an account to access classes and bookings. It takes just a few minutes and is free to register.

Customers will notice a number of other changes, with the launch of a new app coming soon, but we want to assure our members and casual users that their classes will remain the same and they do not need to amend any direct debits.

Andy Mackie, Operations Manager for Leisure, said: "These changes are about embarking on a new leisure journey that encompasses fitness, mental wellness and social connections. For many years our leisure centres have offered much more than classes and gyms and now we are recognising this with a new vision and approach. This is about offering our customers more of what they want, and an easier way to take part, whether you are a casual swim user or take part in multiple classes a week. Customers will now have greater control over their bookings, can check course progress and manage their accounts."

The new booking system, which in the first instance is available to members, is now live. Non members will be able to view classes online and register, but until our payment system is integrated, which will take place in the coming days, will not be able to book a class or activity online.

www.activemiddevon.gov.uk

For more information please contact:

Communications - Mid Devon District Council

Telephone: 01884 234 232







ART IN THE ARK

The ARK Exhibition Team are looking for donated artworks created by locals to make a beautiful exhibition in The ARK to raise money for The ARK.



If you have an excess of drawings, paintings, 2D craftworks that you would like to donate please contact Rebecca on 07941 648087 or rebeccahollevartworks@gmail.com

All monies raised for The ARK

MID DEVON DISTRICT COUNCIL REPORT FOR LAPFORD PARISH COUNCIL, 15TH APRIL 2025. **CLLR STEVEN KEABLE, TAW VALE WARD**

Mid Devon's' Recycling - Our District is now in the top 5% of performing Councils in the country with £1m income that offset the cost of waste to Council Tax Payers to equivalent of £1 per collection. Everyone - 'thank you' as this is a collective effort by all residents.

Feedback from Residents Survey - The resident and budget survey ran from 30 October to 11 December 2024, with 433 residents completing the questionnaire. Key findings from this latest survey include:

- Percentage of residents that are very or fairly satisfied with the way the Council runs things increased from 41.1% to 51.8%.
- Percentage of residents that are very or fairly satisfied with the Council's customer service towards residents and/or businesses increased from 33.7% to 42.3%.

Active Mid Devon Re-branding of Mid Devon Leisure - with a new vision to inspire people to be happier and healthier. Mid Devon leisure customers can now benefit from a new Mid Devon Active app for • Booking and managing classes • View real time schedules • Join waiting lists • Set reminders.

Devolution & Local Government Reorganisation - 28th November is the deadline for submissions to Government. The District Council are pooling resources to work through joint consultants on 1:4:5. DCC has put forward five options which will be considered by the new Council after 1st May.

State of the District Debate – this annual event has been deferred due to the County Council Elections and is being scheduled for 25th June – where Local Government Reorganisation in Devon will be theme.

Tribute to Cllr Frank Letch MBE - Sadly on Tuesday 8 April 2025, the Council's current Chairman, and a very well-known figure in the Crediton community and beyond, Councillor Frank Letch MBE, died following an illness. Frank had Chaired several community meetings in Lapford.

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

EGGESFORD FOREST HARVESTING OPERATIONS

As you may have already seen harvesting has already started at Eggesford Forest, due to the exceptional weather the contractors are weeks ahead of what we had originally planned.

We will be thinning the trees across the entire forest area, removing selected trees to give the remaining ones more space to grow to their potential. Thinning also allows more light to reach the forest floor, which improves the habitat for ground flora and the wildlife it supports.

For safety reasons the car park was closed at the beginning of the week and will remain closed until mid-June, if the weather remains in our favour it could be sooner and we will open it at the earliest opportunity. As the operation progresses, we will also need to close the lay-by at Southcott Woods this could be at the same time as the car park closure, we will try and avoid closing both if we can.

Alternative parking for people wishing a forest visit would be at Heywood wood or Flashdown Plantation (very limited parking). We understand that residents may not be familiar with sustainable forest management especially as Eggesford Forest has not been worked in more than a decade and are keen to explain how this planned work supports the long-term health and resilience of the forest.

Please don't hesitate to contact me if you have any questions on any of the above or if you have any queries about any of our other woodlands. Queries from local residents can be directed to westengland@forestryengland.uk.

Shaun Woodward, Community Ranger



LADIES AND GARDENERS GET TOGETHER FOR HEALTH AND WELLBEING

As the title suggests, the Ladies' group joined with the Gardening Club in March to hear about the well being garden that has been established at Bow Medical Practice. Dr Taheri talked with passion and enthusiasm about her efforts, with the help of a team of volunteers, to create a green space and harness the power of horticulture and nature to improve the mental and physical wellbeing of patients.



Dr Taheri talked about her love of gardening which was fostered when she was very young by her grandmother. She was aware when the practice was built at Bow that the spare space left behind it could make a garden but life was busy and there was not enough time to explore the possibilities. It was during lockdown, that she had time to think more about this idea and also to fully recognize for herself and others, the enormous value both mentally and physically of spending more time outside working in a garden. This awareness, combined with her own increasing frustration at feeling she was often not able to help as a doctor, many of the patients she saw, fueled her determination to make the garden at Bow happen.

She told the story of its growth, of the battle to try to gain funding (not readily available despite the wealth of research demonstrating the health benefits of her project), of the planning and designing. the search for materials, recycled where possible, the arrival of a volunteer or two, and the sheer hard graft of digging, building and planting. Gradually, the garden took shape and is now flourishing and is often visited.

We were introduced to Emma who has been appointed as green social prescriber. The great thing about Emma being available in the garden is that with the clinical atmosphere of the surgery removed, people usually feel more relaxed and able to talk. Emma is often able to assess their needs and encourage them in directions which will help without them ever needing to visit the surgery. Similarly, Dr Taheri spends as much time as she can in the garden, saying that people view her differently when they see her (usually covered in mud and sometimes rain-soaked!) and consequently they often open up in a more relaxed way allowing her to understand more about what will help.

Dr. Taheri gave us many links to research that clearly supports her belief in the restorative power of nature. In addition to a host of studies, she mentioned the gardening for health charity Thrive and a book by Sue Stuart Smith, The Well Gardened Mind in support of her argument. Sue Smith tells many stories of people from all walks of life and of all ages who have struggles with stress, depression, trauma and addiction and gives examples of how they have been helped through gardening and outdoor activities. Dr Taheri and Susan were also able to give us examples of the many people who have benefitted already from the existence of the garden. She firmly believes that with a better understanding of the health benefits, many people could avoid some of the problems that bring them to the surgery in the first place, increasing wellbeing and reducing the load on social services.

It was an inspiring and impassioned talk and I felt glad to hear from a doctor who was as keen to prevent people from becoming ill as she was to help them recover. If you have ever scoffed at tree huggers, perhaps you should think again. Maybe they are onto something that some of us are missing.

Sue Raffill



MORCHARD BISHOP MEMORIAL HALL EX17 6PH

SATURDAY 1-5pm

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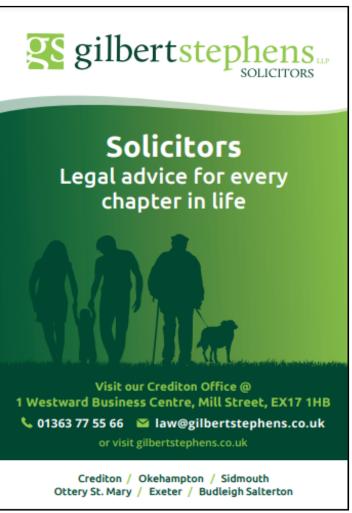
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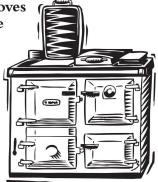
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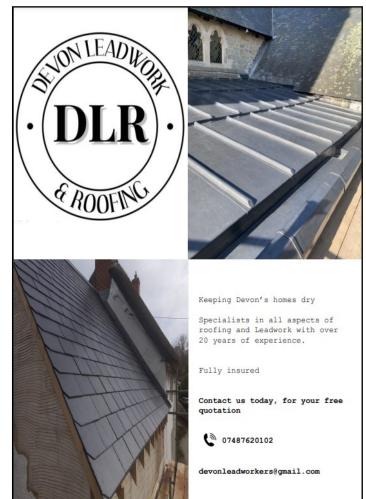
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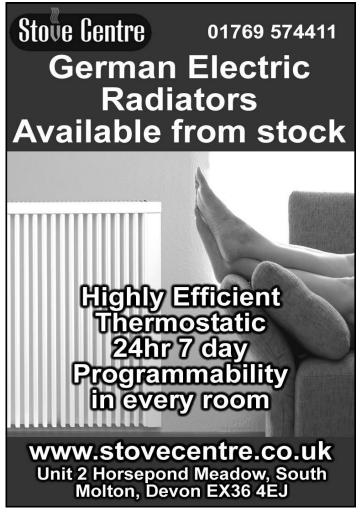


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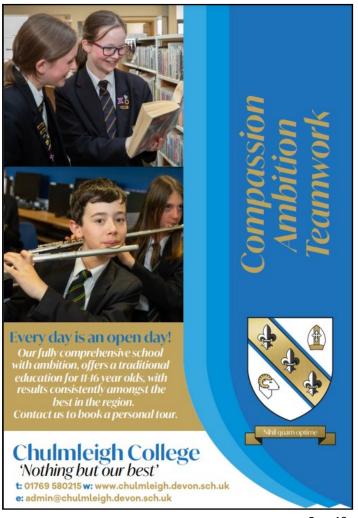
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aptoro

Lapford Village Show 6th September 2025 Classes



Section 1 – Photography & Art

Un-mounted photograph of a local scene Drawing or painting entitled 'Nature' **Section 2 – Home made (items 5-7 to be covered for showing)**

A lavender bag An item made from old shirts

3 Pieces of refrigerator (unbaked tiffin) cake

Victoria sandwich cake to own recipe 8" diameter

4 flapjacks

Fruit Gin (labelled & presented in a glass bottle)

jar red berry jam (labelled, any metal cap is to be a new one)

jar marmalade (labelled, any metal cap is to be a new one)

Section 3 - Floral Art

A table arrangement no larger than 12"

A hand tied posy

Section 4 - Flowers

l specimen rose bloom

stem floribunda rose

pansies

similar dahlia blooms

specimen bloom dahlia

A vase of dahlias (minimum 5 blooms)

stems mixed sweet peas

stems of any other flowers (not included in the schedule)

vase mixed flowers (minimum 3 types) vase mixed foliage (minimum 3 types)

A flowering pot plant in flower (maximum pot size 16cm)

l foliage pot plant (maximum pot size 16cm

Section 5 – **Vegetables** (items 31-43 to be of the same variety)

3 potatoes

onions (either from seed or set each under 250g)

3 beetroot

2 courgettes

shallots

3 French beans

tunner beans

3 tomatoes

3 tomatoes (grown outdoors)

3 tomatoes (small fruited cherry type)

2 cucumbers

5 sprigs of mixed herbs in a jar

2 items of any other vegetable (not included in the schedule)

Section 6 – **Fruit** (all exhibits to be of the same variety)

3 pears

3 dessert apples

3 culinary apples

6 cane fruit

3 items of any other fruit (not included in the schedule)

Section 7 - Children's Section

A Lego monster

A vegetable animal

Under 5 years

6-12 years

A paper flower

A drawing or painting of nature

Section 8 – Fun Section

Longest runner bean

Heaviest marrow

Heaviest onion

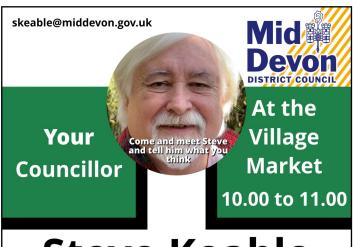
An odd shaped vegetable

A weed the judge would least like to take home

Section 9 - Members Only.

Club plant. Potato as distributed earlier in the year & grown in pot provided

Page 21 Lapford Lookout



Steve Keable

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

Please do raise any council <u>issues you</u> have with Steve

Surgery

Regular Local Music Events



Ist Tues of month 8pm Sandford folk session, The Lamb Inn, main bar. Mainly song.

Last Tues 8pm Folk session, New Inn. Coleford, Mainly song,

Every Wed 7.30pm CODS Crediton Operatic Society, Old Town Hall. Put on regular plays, musicals and concerts. www.codsonline.com

2nd Wed 8pm Informal song / music share/ chat. Red Lion, Shobrooke.

Every Thurs 7.30pm Acoustic night. Lapford Mill. Anything goes! Lovely intimate venue.

Ist Thurs 12 - 3pm and 3rd Thurs 7.30pm Folk session, Pennymoor Singaround. London Inn, Morchard Bishop. Mainly song. 3rd Thurs 7.30pm Jazz Club. Three Pigs £5 House band but anyone can play/sing/jam 1st Friday 6-9pm Open mic, Turning Tides, Crediton Station Tea Rooms. Hot/soft drinks. 2nd Friday 7pm Night Train open mic. Elephant on the Green cafe. Bar and nice vibes.

4th Fri 7pm Open mic, Cafe 100, Crediton High St. Friendly and diverse, bar available.

Red Deer pub, near big Tesco. 2nd Sun 7-10pm Blues Jam. 3rd Sun Jazz night 7-10pm Last Sun 7 - 10pm The Great Crediton Jam Night. Amplified jam and open mic.

Last Sun 12-3pm Folk music Half Moon Inn, Cheriton Fitzpaine. Musicians/listeners welcome.



Contact Hazel with updates sagalout1@gmail.com

Choirs in the Crediton area.

Lapford Lookout

Mon 7 - 9pm Crediton Sings Choir, Elephant on the Green Cafe. Variety of music, occasionally perform, Tim Matthews 07833897324

Mon 7.30pm North Creedy Choral Society, Parish Church or Boniface Centre. Sing mainly classical pieces for concerts with piano accompaniment. www.northcreedychoral.co.uk

Tues 2-4pm Good Afternoon Choir. Crediton Congregational Church. www.goodafternoonchoir.org Jonathan Rawles 07957 789923

Tues 7-9pm Mellow D choir. Wesley room, Methodist Church. Informal group who sing what they like, members often suggest material. Dave Powis 07896 685393

Wed 7.15 - 9.15pm Sandford Sings, community choir. Sandford Parish Hall. Folk, pop and world music. Perform regularly, ceanstee@hotmail.com

Thurs 7-8.45pm Community Choir. Copplestone Methodist Church. All age choir with a wide selection of music, occasionally perform. lunn.family4@gmail.com

> Thurs 7.30-9.30pm Ad Hoc choir. Upton Pyne Village Hall. Range of material and performances. Jo Ward 07977 101843

Fri 7 - 8.45pm Crediton Parish Church Choir. They also have a junior choir for children. www.creditonparishchurch.org.uk

St Boniface Concert Society.

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Contact Hazel with updates sagalout1@gmail.com



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LAPFORD COMMUNITY PRIMARY SCHOOL NEWS

We have had an incredibly busy end to the Spring Term at Lapford Community Primary School and there has been lots to celebrate.







During March and for the second year running, Year 3 travelled to Pixie's Holt on Dartmoor for a night away from home and a day exploring the Dartmoor environment. The children were amazing, taking everything in their stride and getting stuck into all the activities, from a night walk in complete darkness, to scrambling and weasling through rocks and caves! They also did a fantastic job inside the accommodation – setting and clearing the table for meals and making their own packed lunches. The school felt very quiet without them but they arrived back late on Friday afternoon with rosy cheeks and

totally shattered – all signs of a wonderful residential!

Future Musicians

The following week, 22 musicians from Lapford travelled to Chulmleigh College to take part in a music making afternoon alongside children from three other local primaries and from Chulmleigh College. This event, 'Future Musicans' was organised by Devon Music Education Hub and involved the children rehearsing two pieces together for just under one hour, before performing them to parents. It was an



incredible afternoon for our young musicians and for many of them, the first opportunity they have had to perform as part of an ensemble. They did amazingly and the standard of the performance after just an hour of rehearsal was superb. I was very proud that Lapford had so many musicians playing such a wide range of instruments with complete confidence. Well done to everyone involved.

OPAL

For the past two years, Lapford Primary have been working alongside our OPAL mentor, Kate, to improve the quality of play and outdoor learning at our school. This is something I feel particularly passionate about, given the amazing grounds and access to the environment that Lapford has. When we began the programme, back

e, back g that although there was

Platinum

Award

in January 2023, playtimes where slightly underwhelming and our play was rated at 34% - meaning that although there was evidence that children were mostly enjoying play, there was significant room for improvement. For our final audit, at the end of last term, we were delighted to be awarded a play score of 99%, a Platinum award for play and a glowing report from Kate:

'What a joy it was to witness the amazing playtimes Lapford have co-created with their staff, children and wider community. You have really utilised every asset of your site, enhanced by your effective methods for replenishing and maintaining loose parts. Your staff have truly embraced the culture of play at lunchtime and your children will enjoy amazing playtimes for a long time to come. I really look forward to Lapford being able to inspire other schools through your fabulous playtimes. Really fabulously well done, Lapford!!'

Mrs J. Wright, Head of School

LAPFORD PARISH COUNCIL Main points from the meeting of 15th April 2025

(The minutes in full can be accessed on the Parish Council's website)

Seven Parish Councillors, four members of the public and the District Councillor attended.

- A minute's silence was held in memory of Cllr Frank Letch, Chair of MDDC and a County Councillor.
- Cllr. Ian Wilkie had resigned for personal reasons creating another vacancy on the Council. He was thanked very much for his positive contribution and willingness to help in the future.
- District Councillor Steve Keable reported that MDDC is now in the top 5% of <u>all</u> Councils in the country for recycling rates which bring £1m in income to the Council each year. Active Mid Devon is the new name for Mid Devon Leisure with a new vision to inspire people to be more active. Submissions to the Government for Local Government reorganisation have to be in by 28th November. It is likely to cost MDDC £16 million to put into effect. The State of the District Debate to be held on 25th June.
- Work was scheduled to begin on installing new Toddler Play equipment on the small Playing Field and plans were in place to add to the equipment on the main field.
- The Celebrations Committee had met and was finalising plans for the VE Day Commemoration.
- Removal of the French Post-box from its present location was discussed. The matter to be referred to the Twinning Committee for ideas as to its relocation.
- The updated asset register was accepted with some additions.
- Councillor training about the new Local Plan to be put in place.
- The Footpath Maintenance Grant had been applied for and outstanding repairs to gates and other matters to be progressed.
- The final year-end accounts and the Annual Governance and Accountability Return were accepted.

Date of next meeting Tuesday 13th May.



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:

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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 Friday of each 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, 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



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

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



USEFUL TELEPHONE NUMBERS

- Emergency numbers ~ 999 or 112
- Childline ~ 0800 1111
- Churches House Action Team ~ 01884 255606
- Citizens Advice Bureau ~ 03444 111 444
 CAB Crediton ~ 01363 776210 (M, W, Th, 9-3)
- Crediton Ring and Ride ~ 01363 773303
- Crimestoppers ~ 0800 555 111
- Dog Fouling/Fly Tipping ~ 01884 255255
- Environment Agency Floodline ~ 0845 9881188
- Farming Community Network ~ 03000 111 999
- Gas Emergency ~ 0800 111999
- Highways (roads/lights/potholes) ~ 0345 155 1004
- Mental Health Support Out of Hours ~ The Moorings
 @Devon ~ Exeter: 07990 790 920 or
 Barnstaple: 07850 927 064
- NHS for non urgent medical needs ~ 111
- Patient Participation Group ~ Bill Graham ~ 01363 83047
- Police Non-emergency ~ 101
- Power cut ~ 105 or 0800 6783 105
- RABI 24/7 Support Line ~ 0800 188 4444
- RSPCA ~ 0300 1234 999
- Safeguarding concerns and Social Services ~ 0845 6000388
- Samaritans ~ 116 123, 01271 374343, 01392 411711
- SHOUT ~ Text 85258 for help from crisis volunteers
- Water leaks or burst mains ~ 0800 230 0561

LAPFORD PARISH COUNCIL — www.lapfordparishcouncil.org.uk

Old Bakery, Park Road, Lapford, EX17 6QJ Cllr Roy Andrews Cllr Sue Briant-Evans Edgerley Cottage, Lapford, EX17 6AH (Vice-Chair)

Cllr Julie Down (Chair) Rafters, Lapford, EX17 6QP Cllr Steven Fletcher Larkrise, Eastington Ln, Lapford EX17 6QE

Cllr Bill Graham Pear Tree House, Lapford, EX17 6PZ Cllr Peter Heal Ashlands, Lapford EX17 6AE

Cllr Alex Shapland

Vacancy Vacancy Vacancy Parish Clerk - Rob Martin

District Cllr Steve Keable County Cllr Margaret Squires

Mel Stride MP

Homelands, Eastington Ln, Lapford. EX17 6QE

2000

House of Commons, London, SW1A 0AA

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02072 197037 / mel.stride.mp@parliament.uk



LAPFORD LOOKOUT



lapfordlookout@gmail.com

Deadline for inclusion in the next issue: 6.00 p.m. on the 14th May for inclusion in the June 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. © All information in this newsletter is copyright and may not be reproduced without the permission of the Editor.

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

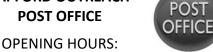
ASK A COUNCILLOR

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



LAPFORD OUTREACH **POST OFFICE**



Monday 9.30 - 12.00 Friday 9.30 - 12.00



LAST POSTING TIMES AROUND THE VILLAGE



Mon-Fri Saturday 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) Friends of Lapford Mill Friends of Lapford School HOLD	Marion Pratt Mr Alex Gater Mrs Stacey Lumsdon Mr Bill Graham	01837 82285 / marion174@btinternet.com 07815 795918 / alex@lapfordmill.uk 07891 556884 / friendsoflapfordschool@gmail.com 01363 83047 / bg4847@aol.com
Ladies of Lapford (LOL) Lapford Allotment Society Lapford Amateur Dramatic Society Lapford Association Football Club Lapford Book Club Lapford Celebrations Working Group Lapford Choir Lapford Church Green Trust Lapford Community Church Lapford CP School and Nursery Lapford Congregational Church Lapford Dog Club Lapford Emergency Action Plan Committee Lapford Handbell Ringers Lapford High 5 (ages 7-11) Lapford Gardening Club Lapford Pover 60 Club Lapford Poppy Appeal Organiser Lapford Project 2000 (LP2K) Lapford Revel Lapford Victory Hall & Lower Town Place Lapford Village Market Lapford Vouth Club Management Committee Lapford Youth Club Management Committee	Crediton Library LOL Team Mr Raymond Waldron Mr Ian Wilkie Mrs Jane Epstein Mrs Sue Briant-Evans Mrs Cat Seymour Mr Steven Fletcher Miss Briony Clinch Cat Seymour Mrs Sara Thurgood Mrs Sue Briant-Evans Miss Briony Clinch Mr Steve Munday Mrs Cat Seymour Mrs Trish Mumford Mrs Beccy Fletcher Mrs Jeanne Whittaker Mrs Joan Graham Mrs Caroline Noon Mrs Sue Briant-Evans Mr Mark Tanner or Mrs Sue Briant-Evans Mr Darren Crump Ms Audrey McCormack Mrs Stacey Lumsdon Mrs Grace Hill Mr Steve Keable Mr Roy Andrews	ladiesoflapford@gmail.com 01363 83894 / ednawaldron@btinternet.com 01363 83894 / ednawaldron@btinternet.com 01363 83437 / i.wilkie45@btinternet.com lapfordafc@gmail.com 07779 926342 / jane.epstein@hotmail.com 01363 83763 / susanbriantevans@gmail.com 01363 884432 / cathryn_seymour@outlook.com 07891 142436 / steven.fletcher@lapfordparishcouncil.org.uk 01363 83666 / admin@lapfordcc.org.uk 01363 83292 / admin@lapford-primary.devon.sch.uk 01363 884432 / lapfordcongregationalchurch@gmail.com 01363 83081 / info@lapforddogclub.co.uk 01363 83763 / sue.briantevans@lapfordparishcouncil.org.uk 07925 410172 07798 684225 / steve@themundays.org 01363 884432 / cathryn_seymour@outlook.com 01363 83911 / james@mumfordj.plus.com 01363 83911 / james@mumfordj.plus.com 01363 83047 / jemg47@aol.com 01363 83047 / jemg47@aol.com 01363 83763 / susanbriantevans@gmail.com Gryff_raven@hotmail.co.uk or 01363 83763 / susanbriantevans@gmail.com 07960 715553 / darrencrump99@hotmail.co.uk 01363 779462 / archivelapford2022@gmail.com 07891 556884 / lapfordvillagemarket@gmail.com 07891 556884 / lapfordvillagemarket@gmail.com 07967 655045 / lapfordyouthclub@gmail.com 07969 823256 / roy.andrews1950@icloud.com amepstein55@gmail.com
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The ARK The Friends of St Thomas of Canterbury	Miss Briony Clinch Mrs Prue Lambert	07925 410172 01363 83150 / pruelambert@yahoo.co.uk





