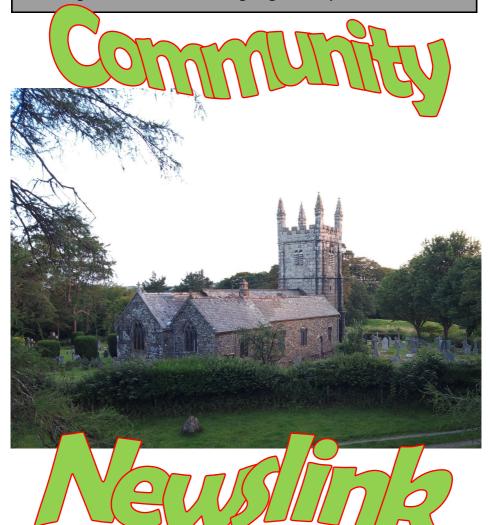
## THE AREA MAGAZINE FOR LEWDOWN, CHILLATON, CORYTON, STOWFORD, MARYSTOWE, THRUSHELTON, LEWTRENCHARD

August 2021 The magazine for all that's going on in your area



PUBLISHED BY THE LEWDOWN RESIDENTS ASSOCIATION, REG. CHARITY NO. 1071808 FUNDED BY THE ADVERTISERS, SPONSORS, MEMBERSHIPS AND AREA CHURCHES ALSO SUPPORTED BY GRANTS FROM DEVON COMMUNITY FOUNDATION AND LLOYDS TSB FOUNDATION FOR ENGLAND & WALES

#### EMERGENCY NUMBERS FIRE, POLICE, AMBULANCE 999

For all other information and contact with Police stations call 101

Your local police contact for Lewdown. Chillaton. Stowford Lifton area is -

PCSO SEONIAD GREENWOOD Please contact via 101 For Neighbourhood & Farm Watches and crime prevention advice

For HORSE WATCH Gina. 01837 840716

Floodline

0345 988 1188

#### **Parish Clerks**

Lewdown Grouped Peter van Delft 01566 783023 lewdowngpc.clerk@gmail.com <u>www.lewdowngroupedpc.org.uk</u> Milton Abbot Grouped Shane Honey 01822 840454 shanehoney7@hotmail.com <u>www.magpc.co.uk</u> Stowford Peter van Delft 01566 783023 stowfordclerk@gmail.com www.stowfordparishcouncil.org.uk

#### West Devon M.P.

Geoffrey Cox M.P.	01822 612925			
<b>County Councillor</b>				
Lois Samuel	01837 851240			
Borough Councillors				
Milton Ford Ward				
Mr Neil Jory	01822 860342			
Bridestowe Ward				
Terry Southcott	01566 783079			
Caroline Mott	01837 861212			
Tamarside Ward				
Chris Edmonds	01566 784794			
SCHOOLS				
Lewtrenchard	01566 783273			
Lifton	01566 784288			
Milton Abbott	01822 870273			
COLLEGES				

01822 614231

## Okehampton 01837 650910 Launceston 01566 772468 / 773918

#### **RING AND RIDE SCHEME**

 Okehampton Area
 01837 55000

 Tavistock Area
 01822 618028

#### **COMMUNITY GROUPS**

Cricket Club 07847111330 Chillaton Football Club 01822 860476 01822 860350 Lamerton Pony Club Lewdown Past 01566 783396 Lewdown Residents Assn 01566 783320 Lewtrenchard W.I. 01566 784104 Lifton Benefice Churches The Revd. Philip Conway 01566 784462 liftonpriest@yahoo.com Lifton Surgery 01566 784788 or 111 Red Spider Company 01566 783505 Recreation Field 01566 783367 Stowford Hall 01566 783223 Victory Hall 01566 783267 07847111330 Youth Cricket Young Farmers 07443 461344

#### ADVICE HELPLINES

Citizen's Advice Bureau 08444 111444 West Devon Women's Aid 0183755228 Age Concern 01752 665424 0800 665544 Health Info Line Homelessness Trust 01822 615259 Parentline 0800 8002222 Relate 01392 275681 Samaritans 08457 909090 Tavistock Area Support Services (TASS) (Age UK is at TASS) 01822 616958 Transport to Health 01822 617525 Victim Support 01822 820455 Youthwize Okehampton 01837 54004 **SHOP & POST ÓFFICE** Copper's Post Office & Stores Lewdown 01566 783218

#### <u>Newslink Day</u>

There will be NO Newslink assembly day until future notice. The magazine will be produced and delivery arranged, in order to ensure people can keep their distance from one another.

Tavistock Page 2

# The Community Newslink

#### A MONTHLY MAGAZINE PROVIDING NEWS, INFORMATION AND ITEMS OF INTEREST FOR THE AREAS OF LEWDOWN, CHILLATON, CORYTON, STOWFORD AND MARYSTOWWE, THRUSHELTON, LEWTRENCHARD

Established January 1999 Issue No. 248 August 2021 Editor

#### Andrew McCarthy 3 Reddicliffe Mews, Lewdown, Devon. EX20 4BQ Telephone 01566 783093 E-Mail mccarthy.andy@gmail.com

#### Production, Distribution and Delivery Helpers.

Mrs C. Bickell, Mrs Martin, Mr. T. Nash, Mrs R. Squires, Mrs A. Westlake, Mrs M. Rolfe, Terry Southcott, Simon and Monique Hedger, Coppers Stores, Keith Turner and Ryan and Jessica Kingdom

#### All news, photographs, reports, events etc. for the Newslink need to be handed in to the Editor by 15th of the preceding month.

We welcome your articles / items / advertisements. Though we do our best, we cannot guarantee to publish all that is sent to us, as some things will not reproduce in a good enough quality.

#### **COLOUR PRINTING & COPYING**

This service is available for a minimum of 10 copies at a charge of 5p per single copy or 7p per double sided copy.

#### FOR SALE COPIER PAPER £3.50 per ream

The Community Newslink purchases its paper in bulk and as such is able to access competitively priced materials. We can currently offer our readers copier paper for the special price of £3.50 per ream, a vast saving on High Street prices. We recommend you phone to check availability and arrange a convenient time to collect.

Please Contact: Terry Southcott, Fairview Bungalow, Lewdown Phone 01566 783079.

All proceeds will go to The Lewdown Residents Association and The Community Newslink.

Cover Picture - St Petroc's Church, Lydford (picture taken from Lydford Castle)

## Dear readers, of this fine old publication.

With the opening up of nearly all things, it seems that the Lewdown produce show will be going ahead in all it's glory, so-are your sunflowers huge, or your runner beans long and straight or do you have potato's the size of footballs, if so pick up a schedule and have a go. It's actually a good laugh. You will never believe it but we the Nash family have actually been further than Okehampton recently. We even went over the border to Somerset for a bit of a get together to celebrate the father in law's birthday, a very pleasant barbecue was had by all. It's the first time in over two years the whole family have been together, but in truth this has been the same for so many families all over the country.

Before I finish, i would like to take this opportunity to thank the many people who sent cards, and called with offers of help and friendship after our mother Grace Nash passed away recently. They were most appreciated by all the family

Driving past the primary school I saw shirts with leaver of 2021 on the back. My mother also was a leaver of Lewtrenchard school. She was there from the age of 5 to 14 and left in 1946, not a computer in sight, there might not have even been electricity, the most high tech thing they had was chalk. Will close now as there's a shower with my name on it. The third this year. Best wishes to you all from your honorary chairperson.

The oldest computer was owned by Adam and Eve. It was a apple with very limited memory, just one byte and everything crashed.

*I just started reading a horror story in Braille. Something really bad is about to happen, I can feel it.* 

I am trying to organise a hide and seek tournament, but good players are so hard to find. **Apples Juicing Have you got too many apples?** We can crush them, press, bottle & sterilise for Juice

Contact - George Bellamy Woolacott Farm, Lewdown 01566 783266

## Is there anyone interested in starting up a gardening club in Stowford or any other ideas?

#### please call Julie/Charles 0n 01566783223



## An Daras Trust Lew Trenchard Primary School



#### Baby / Toddler Session

Monday morning 9.30am to 10.30am. Justine welcomes you to come and join her at Lew Trenchard Primary School for lots of fun activities (some messy) and plenty of singing. A great opportunity to meet other parents / carers. £2.00 per session – please bring your own snack (we are unable to provide drinks for parents). We will be adhering to all current covid policies and procedures to keep you and

your little one safe.

Monday to Friday 8.45am to 3.15pm 2-5 year olds Led by Lisa McMorrow Early Years Teacher Please phone for availability. Early Years Foundation Unit with plenty of safe outdoor space. We accept 2gether funding for 2 year olds and Early Years Education funding for 3 year olds.

## NEW – Wrap around care

Available for 2-11 year olds £2 per hour (1/2 hour bookings available) 8am to 9am breakfast club. 3.30pm to 6pm after school care including snacks.

For more information contact the school office on 01566 783273.

www.lewtrenchard.devon.sch.uk Email lewtrenchard@andaras.org





## Lewdown and Stowford Produce Show Saturday 28<sup>th</sup> August.

We are hoping that the produce show will go ahead as normal with a full range of classes. Schedules will be out in the first week of August.

There will be a special prize for the tallest sunflower and also the sunflower with the largest head to be judged on the day.

Photography classes for the day are:-

- the beach,
- a sleeping animal,
- Action (sport,work etc)

The scarecrow theme this year is nursery rhymes, scarecrows can be displayed along the road from Stowford Cross to the Victory Hall, if possible left out for the weekend.

We are also keeping two classes for a virtual show,

- A photo of your garden
- A photo of a single flower.

Entries to be sent to:timnash682@btinternet.com by the 21st Aug

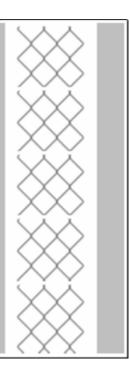


TJS fencing contractors

Friendly reliable service, competitive rates

post and rail, stock netting, agricultural maintenance.

All to a high standard No job to small 07832 187057





- ▲ GENERAL GARDEN MAINTENANCE
- ▲ SERVICES RENEWED & REPLACED
- LEAK REPAIRS & TROUBLESHOOTING
- MOLE / GRUNDOMAT WORK UNDERTAKEN
- MOLE & COMPRESSOR AVAILABLE



- COMPLETE JOB PRICING OR HOURLY RATES
- FULLY INSURED & BASED NEAR LAUNCESTON



#### John Burrows Boiler Services

Commissioning, Servicing and Breakdown Engineer for Domestic Oil Fired Appliances

AGA Rayburn Grant Trained OFTEC Reg No C9888

> Tel: 01822 810494 and 07782345395

E-Mail: John\_campbellburrows@icloud.com

Gill House, North Brentor, Tavistock, Devon PL19 0LR

Special Rates for the Elderly

FUND RAISING FOR "HELP FOR HEROES"



## <u>Septic Tanks</u>

**Emptied** 

Phone: 01805 601203 Mobile: 07831 241531

Leave a message, we will return your call, or email: hearnhaulageltd@outlook.com Small Lorry Available

Card payment accepted Hearn Haulage Ltd

himney Sweep





## WEEPS STEVE SWIFT 01566 783435 or 07890 467406

Clean & Professional Service

Chimneys should be cleaned at least once a year. In cases of wood & bituminous coal up to four times a year is recommended

#### Lewtrenchard WI

On Monday 12th July a group of 26 WI members enjoyed their annual outing. Lewdown members were joined by members of Bratton Clovelly WI and some other guests for a visit to Alder Vineyard. Despite some very heavy showers, we walked around the vines which grow on South facing slopes to catch as much sun as possible. We learnt about some of the different varieties of grapes and the importance of correct pruning, particularly in the first three years before the grapes can be harvested. The grapes grown at Alder produce a white dry wine and a fruitier rose. It was interesting to hear that grapes are self pollinating and not dependent on bees to do this work. The main enemy of the vineyard is frost, especially in the late spring. This is when a large percentage of the crop can be lost. We returned to the centre where we saw the impressive wine making machinery and bottling plant. This is a new venture and means Alder wine can now be produced on site. Previously the grapes had to be sent away to be made into wine. We then went into the beautiful new cafe which enjoys lovely views overlooking the valley and very much enjoyed tasting the wine. Margaret Dunn, our president, thanked the staff at Alder for a most interesting visit, which despite the inclement weather had been enjoyed by all. A short business meeting followed particularly to remind members of upcoming events such as the monthly coffee morning and dates for continuing the work at The Ramps. Our August meeting will take the form of a members' cream tea at The Ramps for which we will all hope for good weather.

#### West Devon Borough Council- Community Support Helpline Number

If you need help during the coronavirus (COVID-19) outbreak, please call us on **01822 813683.** Lines are open Monday to Friday from 9 a.m. to 5 p.m



## Are you concerned about speeding in and around the Lewdown area?

## Speed Watch needs you help

This month speedwatch has been active and we have found times of the day when the offending is very high. An example of this is in one session where 111 vehicles passing to the west had 10 in excess of 46mph with one topping the offenders at 64mph past Lewtrenchard School.

At the time of writing we have just completed a session with 98 vehicles passing to the west with 17 offenders, 2 being recorded doing 60mph passed the school.

The group needed more volunteers to be able be more visible and active at educating drivers. This will also help collate data that we can use to build the case to get Devon County Highways to put in measures to reduce speed though our growing village hopefully before someone is killed or seriously injured by the very poor driving and lack of respect for the residents of the village.

We badly need more active volunteers to ease the burden on the operators of the group.

If you can find some time to help, please contact <u>Cllr.Terry.Southcott@westdevon.gov.uk</u> or call 01566 783079 or 07831309666

	Start Date (YYYY-MM-DD)			
		2021-06-17		
	End Date (YYYY-MM-DD)	2021-07-15		
		Update		ASN.
Information				22
from the	Analysis of all my Group records for 2021-06-17 to 2021-07-15			
speed AI	All Records 55			School
l hala	Excessive Speeder Records 1			
	Max Speeder 20mph			يىلىد.
1 3116	Max Speeder 30mph 0			Ω.
	Max Speeder 40mph 66			~~~
	Vehicles without MOT 1			
	ehicles without TAX		1	
Ve	Vehicles on SORN 1			Y
	Police Actions taken if known			
Le	etter sent 1		8	
No	o letter sent		2	
Re	eported to SWAN		45	

#### For Dogs & Cats Raw Meat Animal Feed Convenient (400g blocks) Frozen to preserve

### Natural, just meat or meat and bone

## No Preservatives, No Artificial Colouring's

(both can be harmful to your animal)

For information or to order



website: www.rawrationsplus.co.uk Phone: 07831309666 Email: sales@rawrationsplus.co.uk Post: Fairview Bungalow, Lewdown, Okehampton, Devon EX20 4DL





## **TCM** Plumbing

Burst pipes? Tap dripping? Overflow running? Valves Leaking? Radiators not getting hot? Gutters blocked or leaking? Based locally at Inwardleigh we cover the surrounding areas Helping you with your plumbing needs no matter how small

Contact Tim Morgan on 01837 810599 Or visit our website www.tcmplumbing.org.uk to see what we can do for you

#### J.D. HALL <u>CARPENTER AND JOINER</u> (OVER 30 YEARS EXPERIENCE.) FOR ALL YOUR WOODWORKING NEEDS CALL 01566 783566 OR 07881 752822

www.jdhalloakconstruction.co.uk



**CARPENTRY & JOINERY** MARK CHIVERS - SOLE TRADER

HIGHLY SKILLED CARPENTER WITH OVER "38 YEARS" EXPERIENCE "NO JOB IS TOO SMALL"

FREE ESTIMATES PROVIDED - NO OBLIGATION

PLEASE CONTACT ME WITH ANY ENQUIRIES: Telephone: 01566 783743 Mobile: 0780 410 4812 EMAIL: M.C.CARPENTRY@OUTLOOK.COM

## Stove & Chimney Specialists

Showroom Opening Hours:

Mon-Fri 9am until 4pm

Saturday 9am until 2pm

Call us now for a FREE

no obligation quote on:

01288 381 852

Visit our Showroom at Red Post, Nr Bude, Cornwall. EX23 9NW Supply and install woodburners & multi-fuel stoves

- Gas & Electric stoves
- Fire places & surrounds
- Chimney flues & linings
- Laying slate hearths & oak beams
- Chimney stack rebuilds & repairs
- Fireplace renovations
- Showroom with live working stoves

Website: www.cblstoves.co.uk Email: carl@cblstoves.co.uk



Page 12



## Marystowe Books

We are still waiting for the lockdown to lift so we can invite everyone to visit our bookshop.

It will be lovely to welcome readers, and of course the honesty box will operate when the Church is open all the time and we will continue to offer deliveries.

All the books are listed on the Marystowe page at www.southtamar.church.

All proceeds from the sale of the books go to Marystowe Church and we ask for a minimum donation of 50p for paperbacks and  $\pounds 1$  for hardbacks.

Doing the cataloguing of the books has led us to enjoying some books that otherwise we would not have considered - and we thought - lets share; so, we

are going to start a monthly Pot-Luck Read. We will choose a book a

month for you and deliver, have ready for collection or even post (postage to be charged). We will make sure that books are not midway through a series, so can be enjoyed as a single read, all will be paperback, not only fiction but will include biographies, travel stories, nature, humour and history. There will be an annual subscription of £10 for collection and delivery; for postage we will have to make an additional charge to cover the cost. It would be a great present or treat yourself!

To join the **Pot Luckers** please call Joy and let her know if you have any particular genre you do not want to read.

Please contact Joy (01822 860630) or Barbara (01566 984797)

## Marystowe Jígsaws

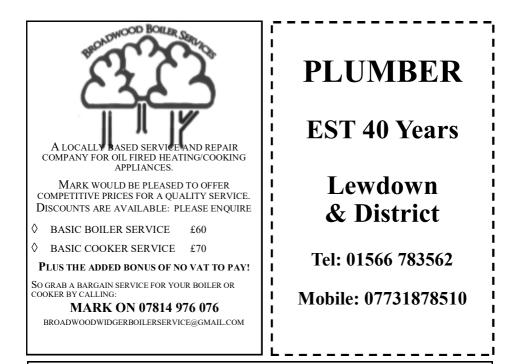
We have over 75 Jigsaws in our library.

If you enjoy Jigsaw puzzles, then please join our Jigsaw Library.

Membership of the Library is  $\pounds 5$ , this is  $\pounds 1$  deposit and then 4 credits. The loan of a Jigsaw is 1 credit.

All the puzzles are, we understand, complete, if not we will refund your credit.

The puzzles, with pictures are all listed on the Marystowe page of www.southtamar.church.



OIL BOILERS Breakdown Servicing Replacement

**OIL TANKS** Replacement Relocation New Installations

## **PLUMBING & HEATING**

## 01566 783471 07596 997207 07599 078 805

R & S McNamara, Lewdown, Devon EX20 4PT Retained Contractors to all of the major insurers

OFTEC Reg C12274 email: mcnamaraplumber@btconnect.com



#### CHURCH NEWSLETTER

Ministers

United Benefice of Lifton, Broadwood, Stowford, Lewtrenchard with Thrushelton & Kelly with Bradstone

The Revd. Philip Conway, 01566 784462 liftonpriest@yahoo.com The Rectory, Parsonage Court, Lifton PL16 0BJ

Milton Abbot Benefice **The Revd. Andy Atkins, 01822 870298 andya4jc@gmail.com** The Vicenzge The Parade Milton Abbot PI 19 0NZ

**Ouakers** 

#### Churchwardens

Chui chivai achs	The Vicarage, The Parade, Militon Abbot PL19 UNZ				
Lifton-St Mary's					
Mrs E Brown	01566 784386	Miss N Brimblecombe	e		
Broadwood- St Nicholas					
Mr D Perkin	01566 776758				
Kelly with Bradstone-St Ma	ry's				
Mr W Kelly	01822 870393	Mr R Eggins	01822 870240		
Marystowe—St Mary the Virgin					
Mrs B Dawe	01566 784797				
Coryton—St Andrews					
Mr G. Vicat	01822 820254	Mr R. Searight	01822 860148		
Stowford—St John the Baptist					
Mr C Chick	01566 783223				
Lewtrenchard—St Peters					
Mrs A Westlake	01566 783909	Mrs R. Dawe	01566 783127		
Thrushelton—St George					
Mr A J Nash	01566 783274	Mr T Nash	01566 783320		

#### **Roman Catholic Services**

#### Meeting for Worship Tavistock Sunday 9.15 am Holv Davs 10am Tavistock every Sunday 10.00am. Fr. Greatbatch 01822 612645 4 Canal Road, Tavistock. (P. Sparling 01822 860355) Contact - Kay Nicholson 01822 614596 Okehampton Saturday 6pm Okehampton Sunday 11am Every Sunday 10.30am. Fr M. Darline Joseph Children's Meeting 2nd Sunday 01837 52229 Community Centre, Okehampton Sunday 10.30 am Launceston Community College, Mill Road, Holy Days 7.30pm Okehampton. Canon John Deeny 01566 773166 Contact - Eleanor Flack 01837 53475

St. Mary the Virgin, Marystowe

Please see the church website <u>www.southtamar.church</u> for details about services. Services are also available online and by telephone 01822 730132.

### Lifton Benefice Service times for June 2021

All services and times are subject to change following National instructions and restrictions.

*Any updates will be posted on the Benefice Website.* <u>north-tamar-churches.org.</u> *At going to Print, the following services are arranged in the Benefice* 

#### Sundays and Festivals 1st August The Ninth Sunday after Trinity <u>9.30am Parish Eucharist at Lifton</u> 11.15am Parish Eucharist at Kelly

8<sup>th</sup> August The Tenth Sunday after Trinity <u>NB</u> <u>BENEFICE EUCHARIST. 10AM AT</u> <u>LEWTRENCHARD</u>

- 15<sup>th</sup> August The Feast of the Blessed Virgin Mary <u>NB</u> <u>BENEFICE EUCHARIST. 10AM AT STOWFORD</u>
- 22<sup>nd</sup> August The Twelfth Sunday after Trinity 9.30am Parish Eucharist at Thushelton 11.15am Parish Eucharist at Lewtrenchard

#### 29<sup>th</sup> August The Thirteenth Sunday after Trinity NB BENEFICE EUCHARIST WITH HOLY BAPTISM. 10AM AT BROADWOODWIDGER

People are most welcome to attend if it is safe and appropriate for them to do so,. However we do counsel people to be careful and cautious during the Covid Pandemic.

**Wednesday Morning Eucharist: 10.30 at Lifton** *There will be some occasions when the Wednesday Morning Service will be a service of Morning Prayer.*  From the Parish Priest

Dear friends,

The nation's lifting of Covid restrictions reminds me very much of my Fther's old Ford Escort in the late 70's early 80's.

Sometimes it would start and then stop. Sometimes it would cough and splutter and jump a bit, then go for a fe yards and then stop. Sometimes you would have to push it for fifty yards just to get it to have a chance of starting, and on the occasions it did start, there was always the chance that it would break down again before you got to the end of the road!

We are all very hopeful that the journey away from restrictions is now definitely beginning, but we must still not be complacent. It could well be that we are sent back to square one .

However after a couple of false starts we are now planning for a full return to church life in September. Worship rotas will be appearing in the next few weeks as will timetables for JPCC and PCC meetings. There will also be training and development opportunities for all of us as we continue to grow in faith and understanding. I am very heartened by the attendance numbers at our churches, and those returning to church despite the continuing concerns regarding infection, and delighted that there are at least 14 candidates for Baptism over the Summer and Autumn.

Our Vision Meeting, which had to be postponed from the end of June is now rescheduled for Saturday 18<sup>th</sup> September. Again, there will be more details forthcoming later. Please do put this important date in your diaries, and do come to join us.

Whether you are staying put over the summer, or travelling to see friends and family, I hope you are all able to enjoy the Summer Holiday season.

Do all please take care, and stay safe.

With love and prayers,

Philip

## **Broadbury Landcare**

 All Aspects of Garden Maintenance and Landscaping
 Fully Qualified Fully Insured Free Estimates 10 Years Experience
 Andrew Barton 07532 216216

# Lewdown 200 Club

2021

£15 £5 £5	JANUARY Emma Jones Andrew Craddock Colin Jones	No. 94 No. 185 No. 131	£15 £5 £5	FEBRUARY Keith Wannacott Lynne Townsend Rosie Metherell	No. 42 No. 121 No. 193
	MARCH			APRIL	
£50	Colin Jones	No. 134	£15	Kenza Baber	No. 56
£15	Lily Chick	No. 72	£5	Rosie Metherell	No. 193
£5	Paul Perkins	No. 187	£5	Lee Tillier	No. 24
£5	Frank Hill	No. 123			
				JUNE	
	MAY		£50	Ron Wawman	No. 17
£15	Esme Stacey	No. 190	£15	Roger Wawman	No. 184
£5	Mrs G Perkins	No. 55	£5	Torben Hughes	No. 111
£5	Eric Gilbert	No. 46	£5	Sarah Yeo	No. 91

#### JULY

£15	Rowenna Crocker	No. 70
£5	Charlie Chick	No. 128
£5	Charlie Martin	No. 81



## RED SQUIRREL TREECARE Chillaton - Devon Tree Removal - Pruning Hedge Cutting- Seasoned Firewood Low impact/small scale Forestry Call Matt on 01822860651

e:info@redsquirreltreecare.co.uk



# S H Joinery

Granite and Quartz worktop cutting and fitting Cut roofs Traditional A frames Kitchen fitting External bi fold doors Joinery

Steve Hunt 01566 783228 07974 799062 shjoinery@hotmail.com





Member in practice

Caroline Harris MIAB Owner & Bookkeeper

Tel: 01566 783 502 Mob: 07866 953 708 cmhbookkeeping@btinternet.com www.cmhbookkeeping.co.uk

- + Bookkeeping
- + Self Assessments
- + Accounts Preparation
- + VAT Returns



#### A.J. NASH BUILDERS LTD

Andy Nash General Builder & Decorator

Anvil Cottage Lewdown Okehampton

07769728425 01566 783274 sarahnash@btinternet.com



WELCOME TO LOBHILL FARMHOUSE BED AND BREAKFAST and HOLIDAY COTTAGE



Lobhill Farmhouse, Lewdown, EX20 4DT Tel: 01566 783542 0781 724 4687 Jane Colwill

www.lobhillbedandbreakfast.co.uk

#### **Mobile Foot Care**

Sally Isaac S.A.C. Dip. FHPT/FHPP Gentle and professional foot care in your own home

If you suffer discomfort from

- corns
   • cracked heels
- callus
   ingrown toenails
- thickened/tough nails

or just have difficulty cutting your toenails then please ring me

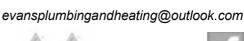
I'll come to you!

Telephone Sally 07961 076 168

### **Evans Plumbing and Heating**

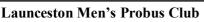
Based in Lydford Robbie Evans is your local Plumbing and Heating Engineer

- Installations of Boilers
- Servicing, Maintenance and Repairs
- Central Heating Systems
- Bathrooms and Kitchens
- Blocked Drains and Burst Pipes
- 24hr Call Outs
- FREE No Obligation Quotes



01822 820884

or 07794053150





Are you a retired Professional? Are you a retired business man?

If you answered yes to one of the above come and join us.

We meet on the  $2^{nd}$  and  $4^{th}$  Monday each month

at 10.15am (except Bank holidays)

at The Eagle House Hotel, Launceston. You are welcome to come and meet us.

There is an opportunity to socialize over a coffee with like minded people.

We have a speaker to entertain us at each of our meetings and events during the year.

We look forward to seeing you.

Launceston-Mens-Probus.btck.co.uk

Or Telephone Neil on 01566 86514



Roger's Painting & Decorating Services Interior & Exterior Work Traditional & Modern Techniques City & Guilds Qualified 25 years Experience



Mobile: 07783 819171 Tel: 01566 784170

Adrian Davey Painter and Decorator Over 30 years experience Friendly and reliable service 01566 780 477

Page 22

# Soupa Troopers

## Wednesday September 8<sup>th</sup>



We will be open from 12.30pm in Lewdown Victory Hall

#### Soup and a Bread Roll, Tea or Coffee - £3

To attend you must have been double vaccinated, wear face covering while moving around and register IN ADVANCE with Audrey Jones on 783392.

We are aware that some are reticent about being out and about but rest assured we will do our best to accommodate you safely.

We are planning for games to go ahead with the allocation of a hand sanitiser on each table to be used as and when.



Followed by conversation & games



S Hedger 07/21

## Tim Dixon

Domestic Plumbing & Bathroom Fitting

## 01566 784028 07903535881

careful & reliable service

timdixonplumbing.co.uk

## **Bulk Buy Fuel Loans**

We know living without mains gas can be expensive. If you rely on oil, Calor gas, LPG, wood or coal to heat your home, we may be able to help you to spread the cost of your bulk buy over six months\*

## Find out more: call 01823 461099, or email enquiries@wrcic.org.uk

Your local, not-for-profit lender funded by West Devon Borough Council

#### Wessex Resolutions CIC

Heatherton Park Studios, Bradford on Tone, Taunton, TA4 IEU www.wessexresolutions.org.uk

\* Subject to Status

#### **Representative 0% APR**





The Friends of the Forgotten Garden are now getting back to a more normal situation having managed to complete our **double billed AGM**! We managed to complete the 2019-20 and 2020-31 meetings in one evening followed by a fascinating talk on PPE at garage forecourts by Oliver Yeo, MD of GripHero Limited.

Who would have thought when we last had an AGM in 2019 that we would be interested in such an obscure topic?

**Annual Subscriptions** remain the same for the next year at £10 per person or £15 for family membership. So members are asked to get payments into either Brian or Graham or look at website for more options.

In **August** we intend to have a **Barbecue at the Forgotten Garden** but the *weather dependent* date has yet to be confirmed so pay attention to the website or the notice board by Lewdown shop.



Keep up with our news on our website. http://www.forgottengarden.co.uk

## **R Mears & Sons** Chimney Sweeps & Stove Installation

Established over 30 years Vac Brush. Full CCTV investigations. Pots, Cowlings & Bird Protection fitted. Chimneys Lined. Solid Fuel Appliances, Rayburns, Woodburners, Stoves, etc serviced. Fully Insured.

Tel: 01840 261221 Tavistock: 01822 664554 Mob: 07737 533392 www.sweepdevon.com



#### Stowford Parish Hall Hire Charges

£3 per hour (Special rates for users of over 30 weeks per year £2 per hour)
Parties, Wedding, Funerals £20
General and Euro Elections £120
Tables £2 each (plus £20 Deposit) Any number of Chairs 25p each
Contact Julie Chick on 01566 783223 for bookings and enquiries





For those interested in **ART** An OPEN STUDIO to be held in the area and throughput the Tamar Valley **28th August to 5th September** programmes available mid-August

and direction signs during the event

Stowford Parish Hall Summer BBQ at the hall 14th August 12pm - 4pm Burger or hot dog with a pudding £5 per head , under 10's £2.50. event subject to covid regs. for info 783223

> Cream Tea Afternoon at Anvil Cottage,Lewdown

Mon 30th August 2pm - 5pm for Macmillan Cancer

£4 per head event subject to covid regs for info 01566783274

## K. Moore & Son. PLANT HIRE

Specialising in all sitework, drives, sand schools, septic tanks hedging and all types of farmwork.

> Royal Oak, Newton Down, Lifton Tel:- 01566 784722 07785 540494



For all your Renovation, Conversion and Landscaping Needs! We don't just sell granite.....

\* Slate: Flooring, Worktops, Sills, Hearths & Tables.
\*Granite Quoins, Cobbles, Lintels, Steps, Gateposts & Troughs.
\*Oak Beams, Oak Sleepers, Barrels & Boards (ideal for shelving)
\*Natural Stone Paving & Cobbles. \* Porcelain Paving & Flooring.
\* Rustic Oak & Tables \*Slate Cheese Boards & Placemats.









Tel. 01566 784289 Lifton Devon. www.markstonegranite.co.uk





Les Sorts It

I have recently moved to the area and I am looking for clients locally. I am an experienced gardener and no job is turned down. During the winter times I also offer cleaning services with experience also. WEEDING, GRASS CUTTING, HEDGE TRIMMING, PLANTING, PRUNING & GENERAL OUTSIDE IOBS

If you would like a quote or have any questions please call,

Les-07591761096

## Gardeners

Enjoy the Winners Circle For that champion veg Collect your own FREE **Proper Well Rotted** The Only Local Source of Pedigree Fell Pony Plops 01566 783471 Free Bags Available! Trailers welcome!

Page 30

## A C WORTH BUILDERS



GENERAL BUILDERS, DECORATORS, PLUMBING & HEATING, PURPOSE MADE JOINERY etc. LEWDOWN BARN, OKEHAMPTON, DEVON EX20 4BS

Email: acworthbuilders@aol.com



Tel: 01566 783282 Keith: 07778 471648 Andy: 07867 524515



## **TOP SOIL**

TOP QUALITY TOP SOIL FOR SALE

SEA SAND · ROAD PLANINGS VARIOUS DECORATIVE GRAVEL CHIPPINGS & BUILDING AGGREGATES

No VAT

01566 784645 or 07771 823414

## **CANNON BARN PODIATRY & FOOT PAIN CLINIC**

Specialists in Lower Limb Musculoskeletal Conditions including: Heel Pain | Plantar Fasciitis | Achilles Tendonopathy | Mortons Neuroma

SWISS DOLORCLAST RADIAL SHOCKWAVE THERAPY CLINIC

General Chiropody & Podiatry Patients very welcome.

Helping you walk towards pain free

Call: 07946 473972 www.cannonbarnpodiatry.co.uk 1 Cannon Barn Cottages | Lewdown | Nr Okehampton EX20 4BT





Satellite Systems

## 01822 735675

www.premier-aerial-sat.co.uk info@premier-aerial-sat.co.uk Find us on Facebook

- Digital Freeview Aerials
- Freesat/Sky Installations/Repairs
- CCTV install, repair and upgrade
- TV Wall Mounting Service

#### Lewdown



**Located in the roadside porch of the Blue Lion (EX20 4DL)** Please note it is not recognised by 999 calls if more than 200 meters

away from it.

When ringing 999 they will access code to open box.

#### Chillaton

Located in the Village Square on the wall of No. 1 Barn Cottages (PL16 0HS)

The 999 operator will be able to give directions for its use.



Page 32