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

December 2022 / January 2023 The magazine for all that's going on in your area



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Archive copies of the Newslink are available for viewing/download from:-

http://www.rawrationsplus.co.uk/ lraarchive.html

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

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Editor

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

Production, Distribution and Delivery Helpers.

Tim and Sarah Nash, Ruth Dawe, Audrey Jones, Tom Andrews, Mike Bickell Rita Squires, Terry Southcott, Simon and Monique Hedger, Bob Holland Julie Chick, Coppers Stores, Keith Abayomi-Turner and Kathy Lawrence

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.

LEWDOWN RESIDENTS ASSOCIATION

We would like to thank all those who have made the commitment over the last year to support the work of the Lewdown Residents Association by paying a subscription. Your support is very much appreciated.

The subscription to become a member of the Residents Association is £3 per head. Donations in support of the magazine are always gratefully received! Please do remember us. THANKYOU.

Name: Address:

Please send your Donation/Subscription Cheque/cash to: Mrs Sarah Nash, Anvil Cottage, Downpark, Lewdown. EX20 4BU Or via BACS—Lewdown Residents Assoc. sort code 09-01-54, acc 97666081 For more information, please email: sarahnash@btinternet.com

Front Cover Picture— Wishing everyone a very merry Christmas and a happy and prosperous New Year from the Lewdown Residents Association! Page 3 Image from Image Diamond (https://www.imagediamond.com)

Soupa Troopers

All welcome to this community event



2022

Wednesday December 14th Christmas Special Wednesday January 11th Wednesday February 8th

From 12.30pm in Lewdown Victory Hall Soup and a Bread Roll, Tea or Coffee - £3



Followed by conversation & games



S Hedger 11/22

Dear readers. it is only little old me here, welcoming you all to this festive double bumper edition.

A friend of mind has been charged by police for writing a book with no full stops in it.

We are all expecting a very long sentence.

This is a example of what you have got to expect from this high brow literally feast, that is my festive pile of tripe.

More news from our newly appointed police liaison officer.

Police have confirmed that the man who was tragically found dead, after a fall from the 18th floor roof of a local night club, was not a bouncer.

I hope your preparations for Christmas are in hand, or are you a last minute mad rush sort of person.

The present Mrs Nash has things well in hand, which is good news for the in-laws, as there will be plenty in the house, including eggs when they rock up with crackers and wine, can live without the crackers, put father has very good taste in wine, not that I know a great deal on the subject, but like everyone else, I know what I like.

Before i go any further, i want to thank everyone who has anything to do with the editing, printing and distribution of this wonderful magazine, also the treasurer and secretary for just being lovely people, you know who you all are, and for the best will in the world if it was left up to me there would not be a magazine at all. to say my 15 month old grandson has more knowledge on such matters in computing, would not be a understatement. Also to the present Mrs Nash as acting as a unpaid secretary and proof reader of this rubbish, well someone has to vet this and try to make some sense of it before its let loose on you the poor people who receive this magazine.

Will close now, as it's time to cook something to eat, and tonight is sounding like a crispy bacon butty night, with ketchup, other sauces are available.

Here's hoping you all have a joyous and peaceful Christmas and new year. Best wishes from

Tim Nash still your second best chairperson.

And finally

I met this bloke with a digeridoo, and he was playing Dancing queen on it...... I thought that's Abba-riginal.

Poppy appeal 2022

Many thanks to you all in this small but very generous area.

This year together we raised a new record total of

£2081.77

which is amazing with the squeeze on everybody's income.

Many thanks to everyone who sold poppies on their premises,

or went house to house collecting.

you know who you all are, and hope you all are surrounded in a wonderful warm glow

like you've eaten a hearty bowl of ready break all week.

after the effort that was put in this year.

many thanks again from Tim and Nicky Nash

area organisers.

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

Hear ye, Hear ye

The most fun you can have with your clothes on at

Christmas.

Back by popular demand

Carols around the tree, at the Victory hall

Monday 19th, December at 7pm prompt ish.

Mulled wine, smacks,

Lots and lots of joyous carol singing,

and BINGO.

Yes Christmas bingo a couple of games, instead of the Quiz

Really rubbish prizes, but what do you expect.

It's all free.

hope to see you all there.



your little one safe.

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

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







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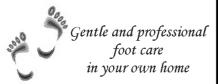
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Lewdown Victory Hall Big Breakfast Saturday 10th December From 10am-2pm Large £8 Small £6

Bacon/Sausage sandwich also available

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New Bus Route times to Okehampton Station!

Stagecoach will no longer operate service 6A between Launceston and Okehampton, which will be replaced by new service 306 operated by Go Cornwall Bus under contract to Devon County Council and Cornwall Council

Service 306 will also serve Okehampton Railway Station for train connections.



Note: There will no longer be a Sunday service between Launceston and Okehampton.

176 306

176 Bodmin | Launceston via Callywith College | Bolventor
 306 Launceston | Okehampton via Lifton ₹Rail Link

GORNWALL

buses towards Okehampton

	-			-		
306	176	306	306	176	176	306
	0900			(1315)	1635	
	0913			1330	1650	
				1342	1702	
	0926			1354	1714	
0628		0928	1328			1728
0643		0943	1343			1743
0651		0951	1351			1751
0658		0958	1358			1758
0710		1010	1410			1810
0717		1017	1417			1817
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buses towards Launceston / Bodmin

		306	176	306	306	176	306
0	Okehampton Railway Station	0735		1025	1425		1825
	Okehampton West Street Stand A	0742		1032	1432		1832
	Bridestowe turn	0753		1043	1443		1843
	Lewdown Memorial	0801		1051	1451		1851
	Lifton Arundell Arms	0808		1058	1458		1858
	Launceston Westgate Street arr	0820	•	1110	1510	•	1910
	Launceston Westgate Street dep		0827			1515	
	Tregadillett East Park		0841			1522	
	Bolventor Jamaica Inn		0851			1534	
	Callywith College		0905			1549	

Lewtrenchard WI November Report

We met November 14 at Lewdown Victory Hall. The meeting was attended by 14 members, quite a few apologies due to ill health & colds, we wish everyone a speedy recovery. After singing Jerusalem, reading the minutes of the previous meeting & finances, we ploughed through our rather long agenda.



Not many attended our walk or coffee morning but both were thoroughly enjoyed. Ring Mary E if you would like a lift.



Margaret then handed over to Allana Chick who presented painting on glass.

Allana explained that it was easy as long as you don't 'bake it' you can wipe off any mishaps and begin again. Allana went

through 3 techniques: sponging on, outlining & flooding with colour and brush dipped straight into the paint - something for all abilities. By putting a piece of white paper inside the jar it is easier to see what you are painting or you can use a template e.g. a flower to give a guide for your outliner. Every time you apply a colour or outliner, give it a gentle blast with a hairdryer, then apply more paint for a stronger effect. Once your artwork is complete, leave it to dry for 24 hours then bake at 160° for 40 minutes. After hints & tips, we were let loose on the paint and everyone had a go, the room went quiet for a bit as we all concentrated on our work, it was good fun and actually quite relaxing, Allana was a very good and patience teacher. If anyone gets the 'bug' Allana can recommend a good and generous starter kit containing 10 colours plus various other bits and bobs.

Date and venue for next meeting: December 12, 2022, 7pm Victory Hall Lewdown, **Christmas celebrations & entertainment by the Lifton Singers**

December dates for your diary: 08 - Walk 15 - Coffee morning at Roadford Lake

Please come along to any of the above, you will be made most welcome. Page 14

A Warm Welcome at Lifton Community Centre

Drop-in for a hot drink & social time on Mondays 10.30 am - 12.30 pm From 5 December

The number of days and the length of time we can provide this service will be increased if there is suffient demand & volunteers. Please contact Elizabeth on 784386 to offer whatever time you can.

St Mary the Virgin, Marystowe

We had a very moving and reflective Service of Remembrance for Marystowe, Chillaton and Coryton combined.

We missed John Dawe and Iris Griffiths who both played a large part in the services in many past years.

The congregation was a combination of new faces and old friends. We do hope the new faces become new friends.

Thanks go to everyone who took part in the service making it bridge the old and the new.

Our love and prayers are with Amy Harrowell who

was confirmed in October, she is a regular worshipper at Marystowe and also involved in our social events, perhaps you will remember her as the blood-stained Nancy in last year's Oliver!



We are now in full flow getting prepared for our Christmas celebrations at Marystowe/Chillaton.

As always, we seem to get carried away, so there are a few dates we would like to ask to go onto your calendar/into your diaries.

We look forward to seeing many of you over the next few weeks.

Saturday 26 November 10am – midday Christmas Coffee Morning with Stalls.

Please do join us in the Church, we have a number of craft stalls, the books, delicious cakes and the launch of our Christmas Hamper Draw.

Christmas Hamper Draw. Chris Gallie is preparing 5 beautiful hampers:

Traditional Christmas Hamper Chocoholics Cheer Gardener's Delight Pamper Hamper Himper (hamper for him)

Please contact Barbara, Joy or any member of the PCC for tickets, which are £1 each. The Draw will take place during our Christmas Zoom evening.

Christmas Zoom Evening 10 December 6.30 pm – A Christmas Carol

Please see the Advert in the magazine for details of the Zoom invitation. We are offering the usual Savoury and Sweet Nibble Bags which will be delivered locally on the 10th December so you can be comfortable and catered for as you watch familiar

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faces being surprisingly (or not) silly and funny in order to raise money for the Church and The Children's Society. Again the Lifton Singers are kindly providing some sing-a-long moments and the words will be in lucky number programmes (to win a Christmas Cake).

Christmas Eve Carols Around the Tree – Marystowe Schoolroom 5pm – 6pm Before our usual Christmas Eve Service we will be singing Carols and enjoying Mulled Wine and Mince Pies; this will be the second of our "Pop-Up" evenings for Marystowe and Chillaton using the Schoolroom as the location. We are hopeful of a monthly village 'get together' in what we are now calling The Virgin Arms!

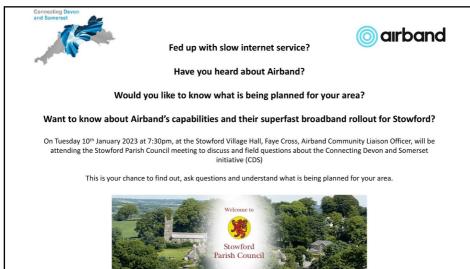
Finally, this is the last Christmas that Deborah Asbridge is organising the decoration for the Church as she is standing down. If you regularly provide decorations for our Church then please look out for a note from Joy so the 2023 flower rota can be prepared. If you would like to become a regular decorator of the Church then please do let us know.

A big

Thank You

to Deborah for her organisation of the decoration of our Church and also for her imagination in arranging special displays – the beautiful flower festival in 2020 and also the stunning displays for the late Queen's Jubilee this year -the pictures in this article are all Deborah's talent and we look forward to enjoying them in the future.







It's the shortest day of the year and the kids are *hyper* so why not calm them down by bringing them to the

Winter Solstice Event

on the evening of

Wednesday 21st December at the Forgotten Garden of Lewtrenchard between 6pm until 8pm.

The candlelight event with a hot drink, mince pies and carol singing For more details and updates see our website. <u>https://www.forgottengarden.co.uk/category/news/</u>





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 Vicenage The Parade Milton Abbot PL 19 0NZ

Ouakers

Churchwardens

Chui chivai uchs	The Vicarage. The	Parade, Milton Abbo	DT PLI9 UNZ
Lifton-St Mary's	8-,	, _,	
Mrs E Brown	01566 784386	Miss N Brimblecomb	e
Broadwood- St Nicholas			
Mr D Perkin	01566 776758		
Kelly with Bradstone-St Ma	ry's		
Mr W Kelly	01822 870393		
Marystowe—St Mary the V	ïrgin		
Mrs B Dawe	01566 784797		
Coryton—St Andrews			
Mr G. Vicat	01822 820254	Mr R. Searight	01822 860148
Stowford—St John the Bapt	ist	-	
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

TavistockSunday 9.15 am Holy Days 10amFr. Greatbatch 01822 612645 (P. Sparling 01822 860355)	Meeting for Worship <u>Tavistock</u> every Sunday 10.00am. 4 Canal Road, Tavistock. Contact – Kay Nicholson
OkehamptonSaturday 6pm Sunday 11amFr M. Darline Joseph 01837 52229LauncestonSunday 10.30 am Holy Days 7.30pmCanon John Deeny 01566 773166	01822 614596 <u>Okehampton</u> Every Sunday 10.30am. Children's Meeting 2nd Sunday Community Centre, Okehampton Community College, Mill Road, Okehampton. 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 from 6pm on Sundays.

North Tamar Mission Community

Services and Events: December 2022 - January 2023

At going to Print, the following services are arranged in the Benefice

3 rd December Saturday	St. Mary's Lifton Christmas Fayre From 1pm in the Community Centre
	The Second Sunday of Advent Eucharist at Stowford Parish Eucharist at Lifton Parish Eucharist at Kelly
9 th December Friday	Carols at Coombe Trenchard starting at 6pm.
9.30am	The Third Sunday of Advent Parish Eucharist at Broadwoodwidger Morning Prayer at Lifton Morning Prayer at Thrushelton Parish Eucharist at Lewtrenchard
	Broadwoodwidger Parish Carols Singing at Upcott Barton Starting at 6pm
9.30am	The Fourth Sunday of Advent Parish Eucharist at Lifton Parish Eucharist at Stowford Morning Prayer at Kelly Lamerton Hunt Carol Service at Stowford
23 rd December Friday	Community Carol Service at Lifton starting at 7pm
24 th December	CHRISTMAS EVE
4pm 6pm 8pm 11.45pm	Children's Crib Service at Lifton Christingle Service at Stowford Nine Lessons and Carols at Broadwoodwidger Vigil First Eucharist of Christmas at Kelly Solemn First Eucharist of Christmas at Lewtrenchard

25th December CHRISTMAS DAY

9.30am 11am	Christmas Morning Eucharist at Thrushelton Christmas Morning Family Eucharist at Lifton
2023 1 st January 10am	The Naming of Jesus Mission Community Eucharist at Stowford
8 th January	The Baptism of Christ
9.30am	Parish Eucharist at Broadwoodwidger
11.15am 4pm	Morning Prayer at Thrushelton Parish Eucharist at Lewtrenchard Evensong at Lifton Followed by Tea
15 th January 9.30am 11.15am	The Second Sunday of Epiphany Parish Eucharist at Lifton Parish Eucharist at Stowford
22 nd January 9.30am 11.15am	The Fourth Sunday after Epiphany Parish Eucharist at Thrushelton Morning Prayer at Broadwoodwidger Morning Prayer at Lifton Parish Eucharist at Lewtrenchard
29 th January 10am 4pm	The Fifth Sunday after Epiphany Together at Ten Eucharist at Upcott Barton! Christingle Service at Lifton
2 nd February Thursday 7pm	The Presentation of Christ in the Temple <i>(Candlemas)</i> Festival Eucharist at Kelly
	The Third Sunday Before Lent Eucharist at Stowford Parish Eucharist at Lifton Parish Eucharist at Kelly

Wednesday Morning Eucharist: 10.30 at Lifton

There may be some occasions when the Wednesday Morning Service will be a service of Morning Prayer.

From The Parish Priest Dear friends,

John Betjeman begins his wonderful Christmas Poem with the words:" The waiting Bells of Advent ring..." and by the time you are reading this Advent has begun. It is a time for watching, waiting, and preparing. It is traditionally a time of excitement and expectation which is often swallowed up by the mad dash for Christmas Shopping. In church though, we try to keep the season of Advent as a solemn time of preparation to welcome Jesus into our lives. Not just as the baby in the Crib at Christmas, but also into our lives, day by day. Advent Calendars and candles and the famous Advent wreath with its five candles are all ways of counting down and building up towards the great festival of the Birth of Jesus.

As we approach the new year too, there is always a tendency to look back on the past year. It has been a momentous one nationally, with the death of Her Majesty the Queen, and the accession of King Charles. Politically there was great upheaval, an undeclared war in Europe and an unprecedented financial crisis. The scars and effects of the Covid Pandemic have also cast a long shadow in all our lives.

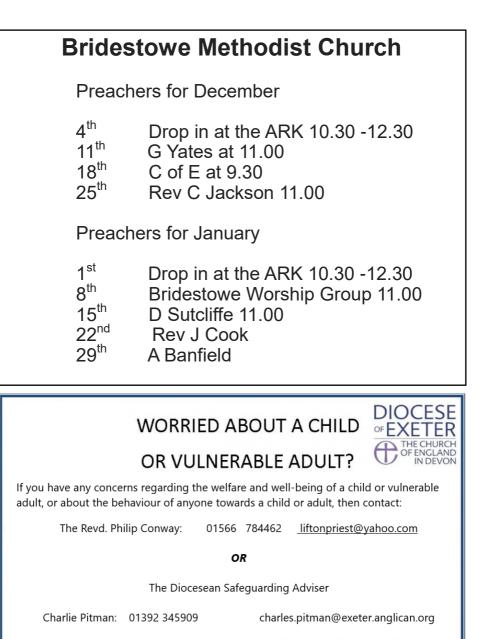
In Advent there is a tradition of looking back into the Old Testament to look for signs and hints of the coming of Jesus. So, as we look back at what has been, for many, a very tough year, let us look for the signs of God's goodness and hope in the past year: Events that have united or inspired us, acts of kindness that have moved us, works of art or education that have uplifted us all tell of the hope that God gives us for the future.

We approach 2023 with hope in the goodness of God and with renewed commitment to make this world a place that reflects his will, purpose, and kingdom.

May I wish you a very Happy Christmas and a peaceful, prosperous, and happy new year.

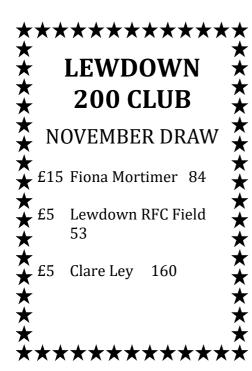
With love and prayers,

Philip



If you are a young person and you feel unhappy about something happening to you, you can call Childline on 0800 11 11.





Lamerton Hunt

Christmas Bingo

at The Victory Hall, Lewdown on Monday 5th December. Doors open 7.30pm for 8pm eyes down.

Poultry and Hamper prizes donated by Lifton Strawberry Fields. Fantastic Raffle.

Enquiries 01822860253



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Page 26



STOWFORD COMMUNITY COFFEE MORNING

Support this new venture and come and meet your neighbours for a coffee, cake and catch up!

When? 10am-12 noon on the first Tuesday of every month.

> Where? Stowford Parish Hall.

Cost? £3 per person (cash only) which includes a hot drink and cake.

Profits will be donated to a charity chosen by SCCM.

All friends and family welcome.

If you need help with transport, please contact Sarah on 07801106702 or Tracy on 07973327161

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December 9th at 6.00pm

Coombe Trenchard warmly invites you to an evening of Carol singing and performances of bell ringing from the Lewdown handbell ringers in the fabulous setting of the main hall.



Hot mulled cider and seasonal treats will be available to ease your tonsils for singing Entry is free, however donations will be most welcome.





Doors open 7:30 for 8pm start Raising money for Chickens • Chicken dinner • Cash flyer Refreshments • Raffle All ages welcome • Part of the Tarka Christmas challenge For more information contact Jordan on 07807706278

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Launceston Men's Probus Club



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

If you answered yes to one of the above come and jcin us. We meet on the 2nd and 4th 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



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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.

Stowford's

Christmas









Stowford Parish Hall Thursday 1st December 7.30pm also

Thursday 5th January 7.30pm £3 per person at the door Teams of 2 – 6 people

Bring your own drinks, we provide the nibbles



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Profits from the sales to be equally divided between St Luke's Hospice and St Peter's Church Fabric Fund



Seasonal Scam Alerti

Scammers' tactics are increasingly sophisticated and sometimes hard to recognise. However, there are things to look out for.

I If it seems too good to be true, it probably is. E.g. tickets to an event that are much cheaper than being sold elsewhere or a holiday that's a lot less than you would expect to pay.

D Be wary of people contacting you out of the blue on social media, telephone or via text and email offering items for sale or a deal on something.

□ If you're buying from a website you haven't used before do a bit of research. Look at the terms and conditions and check that the address is a proper address not just a PO box number. This information can usually be found in the 'contact us' section. Registered UK companies lodge their details on the Companies House website.

□ Check what people have said about the company – don't just rely on the reviews on the website itself, have a look at other review sites.

Scammers often ask you to pay in an unusual way or pay very quickly.
 E.g. send money via a money transfer service such as MoneyGram or
 Western Union or pay via vouchers.

□ **Never** give away personal information such as a password or PIN and never click on or download anything you don't trust.

To find out about scams across the country, you can sign up to the Trading Standards email alert on their website. National Trading Standards Scams Team (list-manage.com)

If you have transferred money speak to your bank and to the police. If you feel the scammer is in your area and you feel unsafe you should also inform the police. You can also report the scam to Citizens Advice Report a scam - Citizens Advice and Action Fraud Action Fraud

Don't feel embarrassed reporting a scam – it can happen to any one of us and scammers are getting increasingly sophisticated. If you want to talk to someone locally you can contact CA TNMWD on our free, local AdviceLine **0808 27 87 999** or visit www.ruraldevoncab.org.uk and click on 'Get Advice'.

Demand for our services is increasing all the time not just at this time of year. If you would like to join us as a volunteer contact recruitment@ruraldevoncab.org.uk to find out more. We are a friendly bunch and you will receive ongoing training and support to enable you to help people in our community resolve their problems.



The Marystowe Church Dicken's Christmas Evening by Zoom

December 10th 2022 6.30 pm



Watch a reading by some of the usual suspects who have press ganged new "volunteers" ...with sing-a-long songs from the Lifton Singers.

The Zoom link is: https://us02web.zoom.us/j/83356244042? pwd=c3VLS2JydXNaWjUwUUt4Qm9YajU0Zz09 Meeting ID: 833 5624 4042 Passcode: 982039

Please call Joy (01822 860630) or email joy.mcsmythurs@btinternet.com to be sent an electronic link (much easier than typing all the address), also call to find out how to make the most of the evening with Christmas nibble boxes delivered to your door, Tickets for the Hamper Draw, and a lucky programme to be able to sing-a-long.

> Proceeds for Marystowe Church and

The Children's

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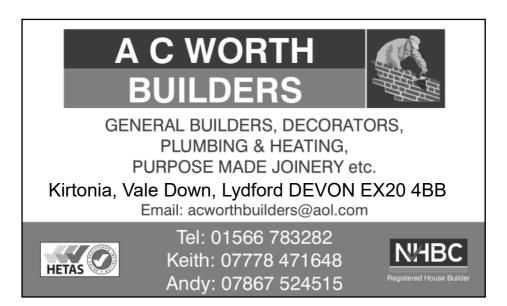
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Dermal Filler Injections Volumise, soften and reshape from £250 Combine 2 treatments for £350 and 3 for £450 Includes review at 2 weeks

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