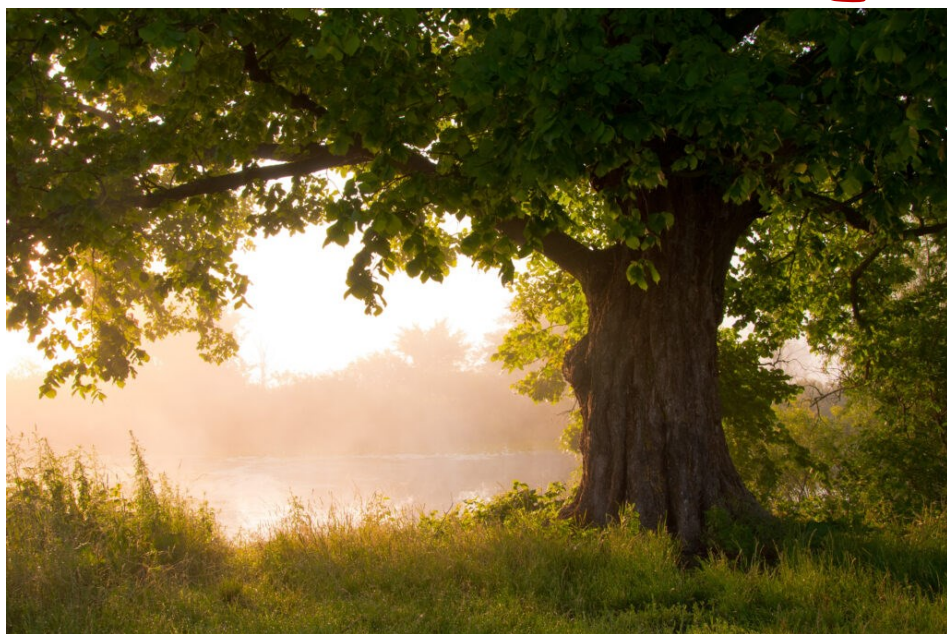


THE AREA MAGAZINE FOR LEWDOWN, CHILLATON, CORYTON,  
STOWFORD, MARYSTOWE, THRUSHELTON, LEWTRENCHARD

February 2023

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

# Community



# Newslink

PUBLISHED BY THE LEWDOWN RESIDENTS ASSOCIATION,

REG. CHARITY NO. 1071808

FUNDED BY THE ADVERTISERS, SPONSORS, MEMBERSHIPS  
AND AREA CHURCHES

**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

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

Milton Abbot Grouped

Shane Honey 01822 840454

shanehoney7@hotmail.com

[www.magpc.co.uk](http://www.magpc.co.uk)

Stowford

Peter van Delft 01566 783023

stowfordclerk@gmail.com

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

**West Devon M.P.**

Geoffrey Cox M.P. 01822 612925

**County Councillor**

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**

Tavistock 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

Lamerton Pony Club 01822 860350

Lewdown Past 01566 783396

Lewdown Residents Assn 01566 783320

Lewtrenchard W.I. 01566 783779

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

Youth Cricket 07847111330

Young Farmers 07443 461344

**ADVICE HELPLINES**

Citizen's Advice Bureau 08444 111444

West Devon Women's Aid 0183755228

Age Concern 01752 665424

Health Info Line 0800 665544

Homelessness Trust 01822 615259

Parentline 0800 800222

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

Youthwise Okehampton 01837 54004

**SHOP & POST OFFICE**

Copper's Post Office & Stores Lewdown

01566 783218

**Newslink Archive**

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

[http://www.rawrationsplus.co.uk/  
lraarchive.html](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

Established January 1999  
Issue No. 264 February 2023

**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— An Ancient Tree - image from the “The Queen’s Green Canopy” project (queensgreencanopy.org). Members of Lewdown W.I. planted a tree in honour of the late Queen Elizabeth II—see page 23.

# Soupa Troopers

All welcome to this community event



2023

Wednesday February 8<sup>th</sup>

Wednesday March 8<sup>th</sup>

Wednesday April 8<sup>th</sup>

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

Followed by conversation & games



S Hedger 01/23



## Newslink Delivery

Could anybody help deliver the newslinks around the Lewtrenchard area on a monthly basis.

Please call Terry on 01566783079 / 07831309666 for exact area.

### **Lewdown Victory Hall News.**

Firstly the Victory hall committee would like to thank everyone who attended, and helped with the big breakfast on the 10th of December.

£169.40 was taken for hall funds.

Also

There will be a open meeting for anyone with ideas

**for King Charles III coronation.**

This will be on the 20th of February at the Victory Hall

starting at 7.30 pm.

please come and have your say.



An Daras Trust  
Igniting Curiosity Growing Capabilities

# Low Trenchard Primary School



## Baby / Toddler Session

Monday morning 9.30am to 10.30am.  
Justine welcomes you to come and join her at Low 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](http://www.lewtrenchard.devon.sch.uk)

Email [lewtrenchard@andas.org](mailto:lewtrenchard@andas.org)



# 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](http://www.cannonbarnpodiatry.co.uk)

1 Cannon Barn Cottages | Lewdown | Nr Okehampton EX20 4BT



*why get wet?*

To Hire



**White Umbrellas  
For  
your Wedding**

**Tel: 01566 783342**

All proceeds to  
the Gurkha Welfare Trust

# 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**

# 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!



## The Clovelly Inn Bratton Clovelly



Torben,

Alex & Thomas  
look forward to seeing you  
01837 871447

Suzy,

## 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

## 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

A.J. NASH BUILDERS LTD.

Andy Nash

General Builder & Decorator

Anvil Cottage  
Lewdown  
Okehampton

07769728425

01566 783274

sarahnash@btinternet.com



## 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

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](http://www.lobhillbedandbreakfast.co.uk)



*“I keep seeing on the news that my bills could be going up soon. It’s making me really worried especially as I spent more on Christmas than I should have done. How can I get my spending back on track in 2023?”*

Lots of people are asking themselves this very question just now but there are lots of things you can do to be more in control of your money and be better prepared for the future.

1. Be very clear about exactly how much money you have coming in and going out each month and be realistic about what you really need for essentials like food and travel.
2. Set yourself a budget that you can stick to. You may find our budgeting tool useful to help you.

**<https://www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/work-out-your-budget/>**

If any of your bills do go up during the year, you can go back to our budgeting tool at any time, create a new plan and stay in control.

3. See if you can reduce any of your living costs. **<https://www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-your-debts/reducing-your-regular-living-costs/>**

4. Make sure you are getting all the income you are entitled to.

**<https://www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-your-debts/check-if-you-can-increase-your-income/>**

Will show you if you are entitled to support such as benefits or government grants. It will also tell you if you are being paid the correct wage.

5. As credit or store card bills land on the mat it is perfectly understandable that these debts add to your worries but the priority has to be paying your rent/mortgage, energy bills and Council Tax as failing to pay these has serious consequences. The following links give advice about which bills you need to prioritise and support available to help pay these and other bills.

**<https://www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-your-debts/work-out-which-debts-to-deal-with-first/>**

**<https://www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/get-help-with-bills/>**

## 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 

service operated by  
**GO** CORNWALL  
BUS

### buses towards Okehampton

	306	176	306	306	176	176	306
Callywith College		0900			1315	1635	
Bolventor Jamaica Inn		0913			1330	1650	
Tregadillett East Park		▼			1342	1702	
Launceston Westgate Street arr		0926			1354	1714	
Launceston Westgate Street dep	0628		0928	1328			1728
Lifton Lifton Hall Hotel	0643		0943	1343			1743
Lewdown Post Office	0651		0951	1351			1751
Bridestowe turn	0658		0958	1358			1758
Okehampton West Street Stand B	0710		1010	1410			1810
 Okehampton Railway Station	0717		1017	1417			1817

### buses towards Launceston / Bodmin

	306	176	306	306	176	306
 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	





# Potting Shed Ceramics

## CLAY at HOME WORKSHOPS 2023!

Feeling the need to be creative, less anxious, less stressed?

This might be for you.

I bring the materials and tools to your home. All you need to provide is a suitable table on which to work. Suitable for individuals or small groups. Even hen parties!!

Sessions run from 10am - 3pm

I then bring your work back to my pottery where it is glazed and fired before being collected/delivered.

*For more info contact Gill*

*07794 532961*

Stowford Parish Council



**The Parish Council would like to thank everyone who donated money to buy a Remembrance “Unknown Tommy”**

**statue, their kindness has also helped to buy a second Remembrance “Unknown Women in War” statue. Both statues**

**can be seen adjacent to the Remembrance tree located in green triangle lawn in front of Stowford St John Church.**

**Leroy St Louis (Chairman)**



# 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 sufficient demand & volunteers.  
Please contact Elizabeth on 784386 to offer  
whatever time you can.

# Lewtrenchard WI January Report

We met on December 20 & January 09 at Lewdown Victory Hall. Both meetings were well attended.



**At Decembers meeting Margaret:** welcomed all to our Christmas party (postponed from December 12 due bad weather) including a warm welcome to the Lifton singers and Teresa, her first visit since her



accident. We had a few announcements then the Lifton singers entertained us with some lovely Carols. Our committee members discreetly left the room, got changed and then performed a surprise Snow

White 'speed pantou'. It was hilarious. Susanne recorded the performance so that we can share it with absent members.



We all settled down for something to eat. As always, there was plenty of delicious food. Secret Santa's were distributed and annual trophy-winners announced:

Flower of the month: Julie Chick

Competitions: 1<sup>st</sup> Joyce Vanstone, 2<sup>nd</sup> Julie Chick & 3<sup>rd</sup> Marion Lethbridge

Potato Challenge: Joyce Vanstone

**At Januarys meeting Margaret:** handed over to Mary E, Lynn, Margaret D & Barbara to present the 2023 WI Resolutions. All were very good and interesting.

**Mary - Save our water:** Some interesting facts & water saving suggestions, the earth still has the same amount of water as when dinosaurs lived but now we have many more people. A lot of water is wasted due to leakages, if you know of persistent leaks contact your MP that is the only way to get higher powers moving. We are suffering more and more droughts. We can no longer take water for granted and must do our best to save it. At time of writing, this resolution received seven votes.

**Lynn - Tea workers:** A talk on the plight of female tea workers. The four biggest tea producers are China, India, Kenya and Sri Lanka. The majority of tea imported into Britain comes from Kenya. Tea is the most popular drink in the

world after water, with an estimated 70,000 cups drunk every second around the world. Women make up the majority of the tea-plucking workforce. Plucking is an extremely labour-intensive process with workers paid below living wage levels. Emily Pankhurst went to a great deal of trouble to help woman gain equality and it must not be in vain. At time of writing, this resolution received five votes.

**Margaret - online gambling:** Some woman may not be gamblers themselves but become victims by a gambling partner, they might experience financial hardship, domestic violence, unable to feed their children or heat their homes. A gambling woman might suffer extreme guilt causing mental suffering to herself or the whole family. Studies from June 2022 show a decrease in gambling, but remote betting increased. More than one death a year is down to gambling. This calls for an urgent new gambling act. At time of writing, this resolution received five votes.

**Barbara - clean rivers for people & wildlife:** A 'chemical cocktail' of sewage, agricultural waste and plastic is polluting the waters of many of the country's rivers. Two main polluters are sewage spills from the water industry and pollution from the agricultural sector. Not enough is being done; we are calling for Government to designate stretches of rivers for safe bathing. At time of writing, this resolution received two votes.

**Date and venue for next meeting:** February 13, 2023, 7pm Victory Hall Lewdown.

**February dates for your diary:**

- 10 - Walk
- 14 - Show the Love for Climate Change
- 17 - Coffee morning at Roadford Lake



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

## 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**

# Stowford Parish Council



## Minutes of ordinary meeting held on Tuesday 8<sup>th</sup> November 2022

These are abbreviated minutes, for the full minutes please visit the council website. [www.stowfordparishcouncil.org.uk](http://www.stowfordparishcouncil.org.uk)

### Meeting No 713

Present:- Cllrs Leroy St Louis (Chair), John Govett, Rees Kenyon, Lorna St Louis, Cllr Chris Edmonds (WDBC), Cllr Lois Samuel (DCC), Peter van Delft (clerk),

Meeting opened 7.32pm

1. Apologies – Cllrs Law and Hennessey
2. Dispensations & declarations of interest – Cllr Leroy St Louis for item 11 and 14
3. Minutes of previous meeting 712 were not signed by the chair, item held over to next meeting.
4. Lest we forget ‘Tommy’ statue – Fund raising, positioning and security. Permission was granted to position the statues on the Triangle outside St John Church, concerns were raised over the possibility of storm damage, the clerk was requested to add the statues to the list of items to be insured on the council policy. After much discussion Cllr Leroy St Louis proposed that the statues remain in situ, seconded by Cllr Lorna St Louis, all were in favour, statues to be added to the asset register and included on the insurance policy. The clerk informed that the total fund-raising donations received £225.00. It was resolved that the balance of £66.67 for the purchase is paid from the council’s reserves, proposed by Cllr Leroy St Louis, seconded by Cllr Kenyon, all in favour. A service was to be held at Stowford Church; service will start at 10.45am on 11<sup>th</sup> November.
5. Finance – 5.1 Payments were authorised for the following – Clerk salary P van Delft (Sept - Oct) £208.80, HMRC – PAYE £16.80, P van Delft – repayment of Tommy statues £350.00, Mr T. Nash – Wreath £18.00, Proposed by Cllr Kenyon, seconded by Cllr Govett, all in favour. 5.2 Insurance claim – Storm damage to bus shelter refund received, 5.3 R.F.O. Reported a cash credit of £6,253.75 after payments. Proposed by Cllr Lorna St Louis, seconded Cllr Govett, all in favour, 5.4 The draft budget was considered; it was resolved that the budget should be restricted to a maximum 3% increase. Motion proposed by Cllr Govett, seconded by Cllr Leroy St Louis all in favour
6. Cllr Edmonds (WDBC) reported the Stagecoach 6a bus service were changing, this is now managed by Cornwall Service No 306. This service now links in better with the train services at Okehampton. Help and guidance with people suffering from the cost-of-living crisis is now available from the council, see the website



for more details, a leaflet is also available. Information on support grants, energy efficiency improvements. Independent advice is also available from Citizens Advice.

7. Cllrs reports. Cllr Samuel (DCC) reported that there were still grant funding available from her Localities grant fund, interested groups, societies and non-profit making organisations should contact her. Finances for the council were poor due to government cutbacks a reduction in funding will result in the County Council finding £37M in savings and a further £75M in the year 2023-24  
Cllr Govett thanked Devon Highways for resurfacing the highway through the village. Cllr Govett asked Cllr Edmonds how many new homes were expected to be built in Stowford? Cllr. Edmonds confirmed that the Joint Local Plan contained an indicative number of 10 dwellings for Stowford over the life of the Plan, (2017-2034). Cllr Govett enquired if the pc can provide suggestions for suitable sites for building. Cllr Edmonds replied that no sites had been allocated in Stowford. Cllr Govett also asked Cllr Edmonds if West Devon had a policy that requires only one property/house to be built on someone's own land. Cllr Edmonds responded by saying that it was his understanding that the JLP does not contain such a policy but would make enquiries with the Local Planning Authority. Cllr. Edmonds advised that members of the council and the public can view details of the Joint Local Plan on the WDBC website. He also suggested that the Parish Council could consider developing a Neighbourhood Plan to consider the future development needs of the village and provided some local examples of councils that had already done so. The results of a Stowford Parish Plan July 2017 can be found on its website.
8. Parish Hall lease agreement – Councillors reviewed the draft lease agreement, it was resolved to proceed with agreement in the current format, proposed by Cllr Leroy St Louis, seconded by Cllr Kenyon all in favour.
9. Safeguarding of the 1839 Parish Map – A revised quote to scan, print and frame the map has been received for the sum of £545, it was resolved to ask for a Localities grant from DCC for this most important document, motion proposed by Cllr Govett, seconded by Cllr Leroy St Louis all in favour.
10. Broadband Fibre update – Cllr Kenyon reported that he had asked for Airband to the next council meeting in January, once arranged Cllr Leroy St Louis to promote details of the meeting on facebook and the Newslink magazine. Members of the public are most welcome.
11. Defibrillator training – Cllr Leroy St Louis reported that the SPHC would arrange a date. T.B.A.
12. Coronation of King Charles III – 6<sup>th</sup> May 2023, parish celebration arrangements. Members and the public should contact the chair and clerk for ideas.
13. Meeting dates 2023 – It was resolved to approve the dates, proposed by Cllr Leroy St Louis, seconded by Cllr Kenyon, all in favour. Meeting closed 9.20pm

## *Lewdown Past*

*The Lewdown and area local history group*

### **Field names in our local parishes**

*An illustrated talk by Ellen Chaplin*

**Stowford Parish Hall, 7.30pm on Tuesday 21<sup>st</sup> February**



*699, now known as Rampsonwillis. What are the origins of this name?*

Field names have long been an important part of rural life. Their most widespread source is Tithe Maps (example above), produced around 1840 for every parish in England and Wales. The accompanying Apportionments recorded the landowner, the occupier, the field's name, its land use, acreage and valuation, the latter intended to replace the 'tithe', or tenth, of the produce formerly payable to the church. Some names such as Furze Platt give clues to the character of the land while others, such as Lout Park, Turftie or Turmpy remain a mystery. Field names seem to have changed little over time and the tithe survey may have built on existing estate maps. Maybe you know of such a map?

Our speaker, who grew up locally, is currently studying field names and also general place names in Devon, parish by parish, with the aim of updating the English Place Name Society's publications on Devon. She has researched a variety of maps and other sources and her talk to the Devonshire Association was very well received.

Visitors are very welcome: charge £2 for members, £3 for visitors, including refreshments. Parking in front of the hall or opposite. Enquiries: phone Hilary on 01566 783396.





## 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 Vicarage, The Parade, Milton Abbot PL19 0NZ

### Churchwardens

#### Lifton-St Mary's

Mrs E Brown 01566 784386 Miss N Brimblecombe

#### Broadwood- St Nicholas

Mr D Perkin 01566 776758

#### Kelly with Bradstone-St Mary's

Mr W Kelly 01822 870393

#### 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*

**Tavistock** Sunday 9.15 am  
Holy Days 10am

Fr. Greatbatch 01822 612645  
(P. Sparling 01822 860355)

**Okehampton** Saturday 6pm  
Sunday 11am

Fr M. Darline Joseph  
01837 52229

**Launceston** Sunday 10.30 am  
Holy Days 7.30pm  
Canon John Deeny 01566 773166

### **Quakers**

Meeting for Worship  
Tavistock every Sunday 10.00am.

4 Canal Road, Tavistock.  
Contact – Kay Nicholson  
01822 614596

#### Okehampton

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 [www.southtamar.church](http://www.southtamar.church) for details about services.  
Services are also available online from 6pm on Sundays.

# North Tamar Mission Community

## Services and Events: February 2023

*Any updates will be posted on the Benefice Website. [north-tamar-churches.org](http://north-tamar-churches.org).*

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

### Sundays and Festivals

**5<sup>th</sup> February** Third Sunday before Lent  
8am Eucharist at Stowford  
9.30am Parish Eucharist at Lifton  
11.15am Parish Eucharist at Kelly

**12<sup>th</sup> February** Second Sunday before Lent  
9.30am Parish Eucharist at Broadwoodwider  
Morning Prayer at Thrushelton  
11.15am Parish Eucharist at Lewtrenchard  
4pm Evensong at Lifton

**19<sup>th</sup> February** Sunday before Lent  
9.30am Parish Eucharist at Lifton  
11.15am Parish Eucharist at Stowford  
Morning Prayer at Kelly

**22<sup>nd</sup> February** **ASH WEDNESDAY**  
*No 10.30am Eucharist at Lifton*  
7pm Liturgy for The Beginning of Lent at Lifton

**26<sup>th</sup> February** First Sunday in Lent  
9.30am Parish Eucharist at Thrushelton  
Morning Prayer at Lifton  
11.15am Parish Eucharist at Lewtrenchard

**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,

Well, we had a relatively normal Christmas! We could travel and gather together, we could sing together in church and enjoy each other's company in our homes. I was able to be with my mum at new year for the first time in three years!

When things go wrong, or when we are stopped from doing what we usually do, there is always the temptation to look back at what we used to do and wish for it. That is completely understandable. However, we also have opportunities to look at what we could and can do now. This may even mean changing some of the things we do.

This month sees Ash Wednesday and the beginning of Lent when we are asked by the church to REPENT! The word **repent** has all sorts of overtones and undertones which are not always helpful, but it actually means to TURN AROUND. Lent has traditionally been the time when Christians have concentrated on the way we live our lives, on turning round back to live as Jesus calls us to. In some ways much of the traditional Lenten practice has been replaced in secular society by efforts such as Dry January which are about personal discipline and wellbeing. The Christian church has been encouraging its members to live lives in love, prayer and service for all of its existence. In Lent we are called to think about how we can be better Christians, people, husbands, wives, employers, workers... by following Christ's Call to live in his love.

I invite you all to use this time as we prepare for the great feast of Easter to explore God's love, and join us for our worship across the benefice, and to our Lent exploration Group on Monday evenings, as we look towards what God is calling us to do and be in 2023.

With love and prayers,

Philip

## 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 join us.

We meet on the 2<sup>nd</sup> and 4<sup>th</sup> 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](http://Launceston-Mens-Probus.btck.co.uk)

Or

Telephone Neil on 01566 86514



## TAXIS

### 07734 956925

8- Seater Vehicle Available

*Anytime - Anyplace - Anywhere*

AIRPORT • TRAIN STATION  
SHOPPING • DOCTOR

Prompt Reliable Honest  
FAMILY RUN COMPANY  
24/7 365 days



A LOCALLY BASED SERVICE AND REPAIR  
COMPANY FOR OIL FIRED HEATING/COOKING  
APPLIANCES.

MARK WOULD BE PLEASED TO OFFER  
COMPETITIVE PRICES FOR A QUALITY SERVICE.  
DISCOUNTS ARE AVAILABLE: PLEASE ENQUIRE

- ◇ BASIC BOILER SERVICE     £60
- ◇ BASIC COOKER SERVICE    £70

**PLUS THE ADDED BONUS OF NO VAT TO PAY!**

SO GRAB A BARGAIN SERVICE FOR YOUR BOILER OR  
COOKER BY CALLING:

**MARK ON 07814 976 076**

[BROADWOODWIDGERBOILERSERVICE@GMAIL.COM](mailto:BROADWOODWIDGERBOILERSERVICE@GMAIL.COM)

# PLUMBER

## EST 40 Years

### Lewdown & District

**Tel: 01566 783562**

**Mobile: 07731878510**

# Bridestowe Methodist Church

## Preachers for February

5th In the Ark 10.30 – 12.30am

12th B Searle 11.00am

19th U S at the C of E 9.30am

26 D Bray 11.00

## Lewdown W.I.

Members of Lewdown W.I. planted a tree, donated as part of the “Queen’s Green Canopy” project in memoriam to honour Her Majesty, the late Queen Elizabeth II.

As a nationwide initiative created to mark the Platinum Jubilee, the QGC was due to conclude in December – the end of the Jubilee year. However, as the official tree planting season in the United Kingdom is from October to March, the initiative has been extended to include the full tree planting season, beginning in October 2022 and concluding in March 2023.



# Tavy Turf

Pete Badge

01822 610998

07980564175

## Growing & Supplying

Turf, Topsoil & Compost

Acres of weed treated turf all ready to be cut.

All turf is cut fresh then supplied direct to your drive.

Topsoil and Compost dry stored

## Landscaping & Laying

Years of experience in clearing, planning, landscaping lawns & laying turf.

Diggers, Stone Buriers, levellers & graders

## Grass Cutting & Maintaining

Specialists in maintaining large lawns & playing fields.

Grass Cutting, Collecting, Disposal & Mulching.

Vegetation Clearance.

We only grow professional turf & use specialist machinery

# GRAHAM TOWNSEND GROUNDWORKS

## WATER DRAINAGE & GROUNDWORK SPECIALISTS

### WATER LEAKS & RENEWALS

DRAINS CLEARED

GROUNDWORKS

TREATMENT PLANT

DRAINS REPLACED

ALL FENCING WORK

MOLING (No Dig)

DEMOLITION

PATIOS DRIVES

SEPTIC TANKS INSTALLED

### FREE ESTIMATES

TEL: 01837 657687 / 01566 783788

MOBILE: 07866 465093

email: [info@gtownsendgroundworks.com](mailto:info@gtownsendgroundworks.com)



## 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



## **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](http://www.sweepdevon.com)





**Roger's  
Painting & Decorating  
Services**

Interior & Exterior Work  
Traditional & Modern Techniques  
City & Guilds Qualified  
30 years Experience



**Mobile: 07783 819171**

**Septic Tanks**

**Emptied**

**Phone: 01805 601203**

**Mobile: 07831 241531**

**Leave a message, we will  
return your call, or email:**

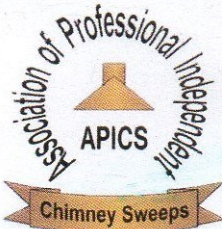
**hearnhaulageltd@outlook.com**

**Small Lorry  
Available**

**Card payment accepted**

**Hearn Haulage Ltd**

*Chimney Sweep*



**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**

# **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

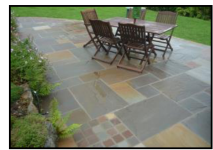
07785 540494

# **MARKSTONE GRANITE**

*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](http://www.markstonegranite.co.uk)

# Lewdown Grouped Parish Council

## Coryton, Lewtrenchard, Marystow and Thrushelton

Abbreviated minute No 756 of Tuesday 15th November 2022 held at the Victory Halls

These minutes are abbreviated for the full minutes please visit the Council's website

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

Present: Cllrs Andrews (Chair) Southcott (vice chair), Harrop, McSmythurs, Metherell, Perkins, Vanstone, Cllr Mott (WDBC), P van Delft (clerk). Meeting opened 7.32

1. Apologies for absence – Cllrs Dawe, Richards, Wilkinson, Yeo
2. Dispensations & declarations of interest – Cllr Southcott item 8 - Newslink
3. Minutes of previous meeting 755 being a true reflection of that meeting was approved and signed by the chair. Proposed by Cllr Southcott, seconded by Cllr Andrews, all in favour.
4. Planning 3412/22/HHO – Householder application for proposed ground & first floor extensions to provide enlarged kitchen, bedroom and en-suit & replacement windows. Site- Thrushelball, Lewdown, EX20 4QY.  
Council decision – Support – proposed by Cllr Harrop, seconded by Cllr McSmythurs, all in favour  
Planning 3413/22/ LBC – Listed building consent for proposed ground floor and first floor extensions to provide enlarged kitchen, bedroom, & en-suite & replacement windows, Site Thrushelball, Road from Thrushelton Church to Cannon Barn, Council decision – No comment – Proposed by Cllr Harrop, seconded by Cllr Perkins, all in favour.  
Planning 3204/22/ARM – Application for approval of reserved matters following outline approval 1277/20/OPA in relation to plot 2 and discharge of conditions 3 approved drawings) 8 (energy statement) & 11 (surface water discharge) relating to plot 2, Site - Slaughterhouse, Lewdown  
Council decision – Support – proposed by Cllr Harrop, seconded by Cllr McSmythurs, all in favour  
Planning 1841/22/FUL – Replacement dwelling (resubmission of 3252/21/FUL, Site - Mobile Home, Widdacombe Barns, Lewdown, EX20 4EA.  
Council decision – Object – proposed by Cllr Perkins, seconded by Cllr Andrews, all in favour except for Cllr Metherell who abstained.
5. Queens Platinum Jubilee bench, Inclusion of a verse provided by Lewtrenchard Primary School. It was proposed by Cllr Metherell to include the second plaque with the text as provided, seconded by Cllr Vanstone, all in favour.
6. Finance – 6.1 Payments were authorised for the following: Dean Elliott – Final grass cut £55.00, South Hams District Council – Parish Maps £58.13, Mr Tim Nash – Remembrance wreath £18.00, No Butts Bin Co Ltd – Lewtrenchard plaque for Queens bench £72.00, P. van Delft – clerk salary (Oct - Nov) £466.68, HMRC – PAYE £75.40, Coryton PCC – maintenance payment £250.00,

Lewtrenchard PCC – Maintenance payment £250.00, Marystow PCC – Maintenance payment £250.00, Thrushelton PCC – Maintenance payment £250.00. It was resolved that the Lewdown Cricket Club, Newslink and Citizens Advice donations needed to be reviewed thus they were not authorised at this meeting. Future donation payments for Lewdown Cricket Club to be £15, Newslink to be £250 and Citizens Advice £250.00, motion proposed by Cllr Harrop, seconded by Cllr Perkins all in favour except Cllr Southcott who abstained. Review of grass cutting contract – The current contractor confirmed that there would be no change to the quoted contract of 2021. The second quote was considered not best value, motion to continue with the current contractor proposed by Cllr Harrop, seconded Cllr Perkins all in favour. 62 R.F.O Reported a credit balance after authorised payments £21,094.12

6.3 Draft budget and precept request – The RFO provided a draft for consideration, after due consideration it was resolved to restrict the increase to 4% or to £8524 for the year 2023-24, changes to some donations awards were also considered this resulted without any overall increase to the draft. Final budget and precept request to be reviewed at the next meeting.

7. Cllr Mott (WDBC) reported that the council were now able to provide ‘Warm Hub Grants’ to groups, organisations clubs etc. The council is available to help individuals experiencing difficulties with the cost of living increases with various entitlements, contact your WDBC councillor or visit the WDBC website for more information.
8. Reports from councillors – Cllr Andrews reported to Devon Highways a problem relating to the Crossroads signpost, also reported the poor road surface from Lewdown to Bratton Clovelly. Cllr Perkins also reported to D.H. the damage on the bridge by Angel Steps. Cllr Southcott reported that documentation relating to V.A.S. has now been signed, he also reported that work for the new 30mph speed limit through the village will be completed by 1<sup>st</sup> April 2023.
9. Reports from DCC Cllr Samuel have been circulated via email.
10. Financial assistance for Lewtrenchard school ‘Rewilding Project’ - Cllr McSmythurs reported that there was no reason why the council could not make a financial contribution for projects outside the educational curriculum, it was resolved to hold over the item to the next meeting when Cllr Richards could report further.
11. Section 106 money – affordable housing contribution use for the parish’s, it was resolved to hold over to the next meeting.
12. Play area equipment – Cllr McSmythurs reported that he held a telephone meeting with WDBC regarding the three options that the parish council were considering. WDBC were in principle supportive of the pc’s proposed vicinity for a play area however it would not like to see any significant visibility infringement from the play equipment with the surrounding area, also con-

cerns with a new road access to the proposed play area were raised, it would not support a new separate entrance for the play area, alternatives will need to be sought.

13. The chair motioned for an extension to the meeting, proposed by Cllr Southcott, seconded by Cllr Perkins, all in favour. Cllr McSmythurs proposed that the play area is sited at the recreation ground and may be best suited for the purpose, It lies parallel to the Victory Hall and the Cricket Club. Cllr McSmythurs asked if the council could formally ask for a meeting with the Recreation Ground Trust to discuss the proposal. Cllr Perkins raised concerns over parking for users of the playground, Cllr Metherell suggested that there was a path behind the Cricket pavilion that could be considered useful in gaining access to the playground. Cllr Sothcott proposed to arrange a meeting with the Victory Hall Committee and the Recreation Ground Trust, however it was resolved to wait with a meeting until it heard back from the Baring Gould Trust before considering any further action.

Meeting dates for 2023 were approved. Meeting closed 9.58

Items for inclusion at the next meeting. Vehicle activated Signs – update including fundraising & planning. Emergency Plan – Draft plan for consideration, storage of equipment. Planning applications – Training for councillors, Playground/equipment, Lewtrenchard Rewilding Project, S106 money.

Date, place and time of next meeting 30<sup>th</sup> January 2023, at Lewdown Victory Hall, 7.30pm

**WORRIED ABOUT A CHILD  
OR VULNERABLE ADULT?**

**DIOCESE  
OF EXETER**  
 THE CHURCH  
OF ENGLAND  
IN DEVON

If you have any concerns regarding the welfare and well-being of a child or vulnerable adult, or about the behaviour of anyone towards a child or adult, then contact:

The Revd. Philip Conway:    01566 784462    [liftonpriest@yahoo.com](mailto:liftonpriest@yahoo.com)

**OR**

The Diocesan Safeguarding Adviser

Charlie Pitman:    01392 345909                      [charles.pitman@exeter.anglican.org](mailto:charles.pitman@exeter.anglican.org)

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

  
pray

  
grow

  
serve with joy

## **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.

## **Les Sort It!**

*I am expanding my gardening business and offer a variety of skills. No job turned down. All jobs considered.*

*Honest, Hardworking and reliable.*

***Any inquiries please call Les 07591761096***



### **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.

**TORQUAY TAXIS Ltd**

**AIR AND SEA PORT  
TRANSFERS**

luxury comfortable transport

Door to door service

All air and sea ports covered

Reliable service

Competitive prices

18 years established

Call Jared Spencer  
07830360341  
01566 451442

**ROGER  
WONNACOTT**

GROUND & GARDEN MAINTENANCE

- ▲ 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

**07919 912776**

 [rwonnacott@hotmail.com](mailto:rwonnacott@hotmail.com)



supplier of  
**HARDWOOD LOGS**  
cut and split to your requirements  
Tel. Colin Bennett: 01822 487259  
Mobile: 07523172369

**Lewdown  
Victory Hall**

Bookings contact Esme  
or Roy Stacey  
On 01566 783267

**Broadbury Landcare**

All Aspects of Garden Maintenance  
and Landscaping

Fully Qualified Fully Insured Free Estimates  
10 Years Experience

**Andrew Barton** 07532 216216



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

**Raw Rations Plus**



website: **www.rawrationsplus.co.uk**

Phone: 07831309666

Email: sales@rawrationsplus.co.uk

Post: Fairview Bungalow, Lewdown,  
Okehampton, Devon EX20 4DL



**A C WORTH  
BUILDERS**



GENERAL BUILDERS, DECORATORS,  
PLUMBING & HEATING,  
PURPOSE MADE JOINERY etc.

Kirtonia, Vale Down, Lydford DEVON EX20 4BB

Email: acworthbuilders@aol.com



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



## Workers Needed!

I am looking for 3 people to join my busy business.

I have a gardening business that is growing at a rapid rate.

I need helpers to facilitate my business.  
No experience needed. Learning on the job.  
If interested please call.

Les 07591761096



**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](mailto:M.C.CARPENTRY@OUTLOOK.COM)



# “I Have Heard About Your Faith”

Ephesians 1:15-19

All are invited to World Day of Prayer  
Program prepared by the Women of Taiwan  
Marystowe Church of St Mary The Virgin  
Friday 3 March, 2023 from 2.30pm

(Practice Friday 24 February at 2.30pm)



Our sisters in Taiwan are sending us blessings with the service they have prepared for World Day of Prayer 2023. Taiwan is an island rich in natural resources and culturally diverse.

The women of Taiwan share the issues faced geographically, politically and socially and also their hopes for the future.

Let us join with them as we give thanks for the beautiful island and people of Taiwan and encourage one another in our faith just as Apostle Paul did in his letters.



## T C M 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**

**Tel: 01837 810599 Mobile: 07838 901803**

**Or visit our website [www.tcmlumbing.org.uk](http://www.tcmlumbing.org.uk)  
to see what we can do for you**

## J.D. HALL

### CARPENTER AND JOINER

(OVER 30 YEARS EXPERIENCE.)

**FOR ALL YOUR WOODWORKING NEEDS**

**CALL 01566 783566 OR 07881 752822**

**[www.jdhallowalkconstruction.co.uk](http://www.jdhallowalkconstruction.co.uk)**

# TAMAR COSMETICS DOCTOR

Medical Aesthetics Clinic  
Dr Sarah Michaels  
MBBS, BA (Hons), MRCGP

Discreet Clinic in Lifton  
Close to Launceston  
Free Parking

[sarah@tamarcosmeticsdoctor.co.uk](mailto:sarah@tamarcosmeticsdoctor.co.uk)  
07830888557

[www.tamarcosmeticsdoctor.co.uk](http://www.tamarcosmeticsdoctor.co.uk)  
Find me on Facebook, WhatsApp and  
Instagram

Treatments and Prices (free consultation)

Muscle Relaxant Injections including migraine treatment  
£180 for one area, £250 for 2 areas, £300 for 3 areas.

Total face and neck treatment £450

Includes review at 2 weeks

Dermal Filler Injections

Volumise, soften and reshape from £250

Combine 2 treatments for £350 and 3 for £450

Includes review at 2 weeks

Fat Dissolving Injections (Deso Face & Body)

Sculpt and contour from £150, course of 3 for £400

Profhilo & Skin Boosters

Smooth & moisturise from within

Face, Neck, Decolletage and Hands from £200

Discounts for courses booked in advance

Meso-Therapy / Micro-Infusions

Hyalauronic acid, amino acids, vitamins and minerals into your  
skin to target: - dryness, fine lines, acne, scars,  
hyperpigmentation and hair loss.

Treatments £120 or £300 for 3

pHFormula Skin Resurfacing 'Peels' and Needling Pen

Target fine lines, acne, scars, redness, pigmentation, and skin  
laxity. Resurface rather than strip your skin from £120

Proton pen treatment to boost collagen and elastin from £120

# Tim Dixon

**Domestic Plumbing  
&  
Bathroom Fitting**

**01566 784028  
07903535881**

careful & reliable service  
timdixonplumbing.co.uk

# Megan's Home Cleaning!

**10+ years in the  
Business**

**Earth Friendly  
Cleaning solutions  
Weekly & bi-weekly  
Slots available  
Tel: 07955 805 271**

## Robert Easton Decorating

T 01752 769755 | M 07771614856

E Roberteaston72@yahoo.co.uk

31 Colston Close,  
Plymouth, PL6 6AY

**INTERIOR & EXTERIOR PAINTER & DECORATOR**

- No Job Too Small
- Wallpaper Hanging
- Free Estimates
- Time Served Tradesman with 27 Years Experience



**City &  
Guilds**



**TRUSTMARK**  
Government Endorsed Quality



*Devon & Cornwall's  
Highest Accredited Decorator*



# 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



**Caroline Harris**  
Bookkeeping Services



**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

