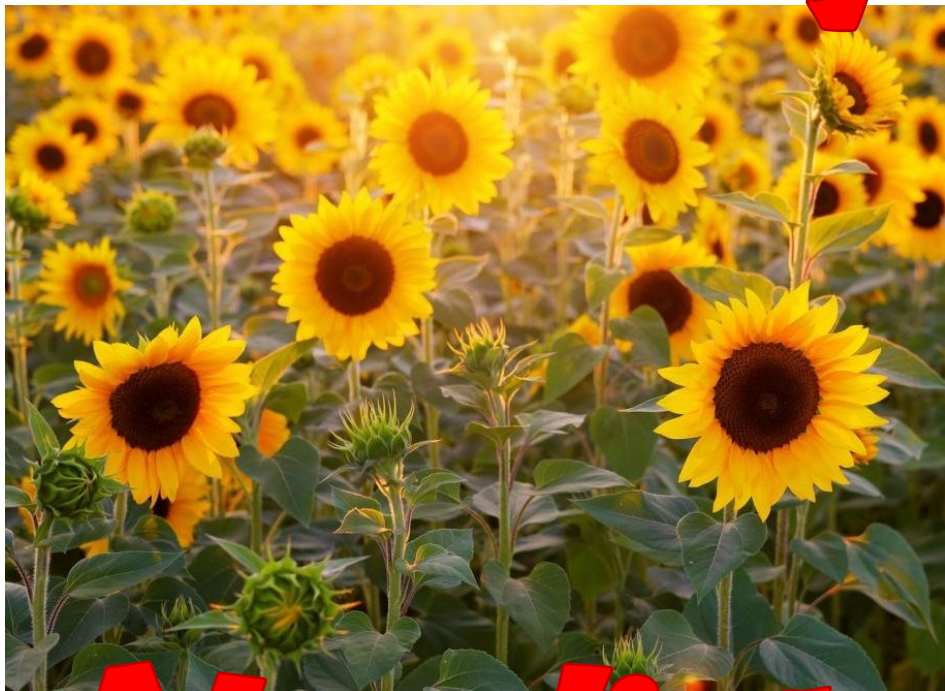


THE AREA MAGAZINE FOR LEWDOWN, CHILLATON, CORYTON,
STOWFORD, MARYSTOWE, THRUSHELTON, LEWTRENCHARD

July 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

Milton Abbot Grouped

Jane Savage

clerk.magpc@outlook.com

www.magpc.co.uk

Stowford

Peter van Delft 01566 783023

stowfordclerk@gmail.com

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. 269 July 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

Advertising in the Newslink is free for Charity events in our local areas.

Adverts for events outside of the area, and for businesses are priced as follows:-

	Black and White	Colour
1/4 page	£4/month or £40 per year	£6/month or £60 per year
1/2 page	£8/month or £80 per year	£12/month or £120 per year
Whole page	£12/month or £120 per year	£16/month or £160 per year

Volunteers required for the L.R.A. Committee

Would you like to get involved in helping to run the Newslink magazine and helping publicise and fund local events? We are looking for new members to come forward to join the LRA Committee.

We usually have two meetings a year, and if you are interested in helping to run this valuable local resource in the community please contact our Chairman—Tim Nash on 01566 783320 or email the Editor of the Newslink at mccarthy.andy@gmail.com

Front Cover Picture- July Sunflowers, courtesy of The Old Farmer's Almanac
The Month of July is named after Roman dictator Julius Caesar (100 B.C.–44 B.C.).
Caesar developed the precursor to the Gregorian calendar we use today.

Soupa Troopers

All welcome to this community event



2023

Wednesday July 12th

Wednesday August 9th

Wednesday September 13th

From 12.30pm in Lewdown Victory Hall

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

Followed by conversation & games



S Hedger 06/23

Good evening to you all. Well it seems summer is very much with us today, the 10th of June, so we in the Nash household took the opportunity to go up to Bow water gardens for a change via the recycling centre in Okehampton, no surprises there. The old BBQ is now officially no more, it is to coin a well used phrase a ex BBQ, but how knows what it is going to be in its next life once melted down?, a fridge, or fishing hook the possibilities are endless.

Good news everyone. Since you last read my rubbish, myself and the present Mrs Nash have been abroad. Our Twice postponed (due to covid) cruise has taken place, and guess what, we had rain, which is more than you all did. We and a few others, and the 784 crew, pootled around the Adriatic, for a few days of chilling out time. The scenery in that area is breath taking, and if you ever get the chance take a ship into the small port of Koper, just south of Dubrovnik, i highly recommend it. Koper is famous for being the most southerly glacial inlet in the northern hemisphere, but don't just take my word for it , isn't that correct Brian.

Will close now as Man City are in action later, and the greenhouse needs watering up. It's a good job i have over 3000 litres of water in various receptacles near by, collected of roofs through the winter. Also it's banana sandwiches for tea.

Best wishes to you all. Tim Nash Hon Chairperson.

PS. A friend of ours recently fell into an upholstery machine, the other day, but don't worry, he fully recovered.

A man walks in to a fish monger with a salmon under is arm." Do you make fish cakes he asks.

"of course says the fishmonger.

"Oh good exclaims the man, it's his birthday today.



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

Email lewtrenchard@andaras.org



Lewtrenchard WI June Report

Thirteen of us and partners met at 10.30am on June 12 at Ruth's, we drove to Blisland for our annual day out. It took about 30 minutes to get there. We had a quick stop by the green then went on for a mile to the Camel trail where we parked and went for a leisurely stroll.

Then back to Blisland where we were able to park by the green. Most of us opted for a pub lunch outside overlooking the green. At 2.30pm, we met Charles Whitehead for a guided tour through the churchyard and the church. Some parts of the church date back to the 11th century and other parts to the 15th century. The church had some impressive history and visitors including our now King Charles III & Queen Camilla. Charles was very knowledgeable and clearly passionate about the church & the village.



It was a most enjoyable outing and everyone thoroughly enjoyed each other's company. Blisland is well worth a visit, it has something for all ages and interests.

We set off for home just before 4pm.

Date and venue for next meeting: Monday July 10, 2023 at 7.30pm. The police have sadly cancelled Cyber Security, a new speaker to be advised. Interesting item beginning with 'E', don't forget your flower of the month.

June dates for your diary:

13 - Walk

20 - Coffee morning at Roadford Lake

Don't feel left out, Mary E is always on hand to organise a lift.

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

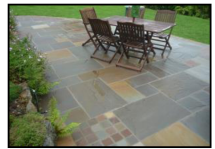
07785 540494

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

Lewdown Grouped Parish Council

Coryton, Lewtrenchard, Marystow and Thrushelton

Minute No 761 of Monday 15th May 2023 held at the Victory Hall
These minutes are provisional until they have been agreed and then signed by the chairman at the next Parish Council meeting.

Annual Grouped Meeting

Present: Cllrs Andrews (Chair), Southcott (vice Chair), Alexander, McSmythurs, Metherll, Perkins,
Wilkinson, Yeo. Peter van Delft – clerk

Meeting opened 7.33pm

1. The Chair welcomed all those present
2. The chair welcomed new councillor Richard Alexander.
3. Apologies for absence – All present
4. Appointment of Officers
 - 4.1 Election of Chair – Cllr Andrews elected, proposed by Cllr Metherell, seconded by Cllr Alexander all in favour
 - 4.2 Election of Vice Chair – Cllr Southcott elected, proposed by Cllr Wilkinson, seconded by Cllr Alexander all in favour
 - 4.3 Election of Tree Warden – Cllr Wilkinson elected, proposed by Cllr Andrews, seconded by Cllr Southcott all in favour
 - 4.4 Election of Police & Crime Commissioner Council representative – Cllr Alexander elected, proposed by Cllr Metherell, seconded by Cllr Southcott, all in favour.
 - 4.5 Election of WDBC Superlinks representative – Cllr Andrews elected, proposed by Cllr Alexander, seconded by Cllr McSmythurs
 - 4.6 Election of ‘The Ramps’ Caretaker – Cllr Wilkinson elected, proposed by Cllr McSmythurs seconded by Cllr Andrews, all in favour
 - 4.7 Election of Snow Warden – Cllr McSmythurs elected, proposed by Cllr Alexander, seconded by Cllr Andrews, all in favour
5. The signing of the Declaration of acceptance forms were submitted to the clerk & counter signed
6. Close of Annual Grouped Meeting

Ordinary Meeting

1. Members of the public open forum – two members present
2. Minutes of previous meetings 759 & 760 being a true reflection of those meetings were approved and signed by the chair, proposed by Cllr

McSmythurs, seconded by Cllr Yeo, all in favour.

3. The Parish's groups and associations open forum – questions, comments and summary of the previous year activities. Chairwoman of Lewtrenchard W.I. Mrs Margaret Dunn reported that the Institution had another successful year despite that there were still some Covid 19 anxiety last year.
4. Reports from Cllr Mott (WDBC) Cllr Mott could not be present due to commitments at another P.C, however Cllr Southcott reported on her behalf that WDBC would hold its first full meeting on 30th May with many new independent Cllrs holding new seats.
5. Village speed limit update – Cllr Southcott reported that the installation of the new VAS camera was being delayed because Devon Highways have not yet erected the poles that are required to position the camera on. Speed-watch have started monitoring vehicles in the new 30mph zone with many vehicles exceeding the limit being recorded. Cllr Southcott is now Chapter 8 accredited, he has also passed his H&S assessment, other volunteers are also being assessed for H&S.
6. Finance – Annual Governance & Accountability Returns 2022-23
 - 6.1 Asset register approved and signed by the Chair, proposed by Cllr McSmythurs, seconded by Cllr Southcott, all in favour
Certificate of Exemption approved and signed, proposed by Cllr Alexander, seconded by Cllr Yeo, all in favour
Audit - Annual Governance Statement approved and signed, proposed by Cllr Alexander, seconded by Cllr Wilkinson, all in favour
Accounting Statement for approved and signed, proposed by Cllr Alexander, seconded by Cllr Andrews, all in favour
Internal Audit Report was approved by Mrs Sally Spry, the council thanked her for the work.
Confirmation of the dates for the period for the exercise of public rights has been set for 5th June – 14th July, proposed by Cllr Perkins, seconded by Cllr Metherell, all in favour.
 - 6.2 Outstanding invoices were authorized they include: Dean Elliot – Grass cutting £ 55.00, Caroline Harris bookkeeping Services – Payroll services £165.00, W.D.B.C. – Dog Bin emptying service £381.89, BHIB – Parish Insurance £447.76, DALC – Annual subscription £227.66, P. van Delft – clerk salary (April – May) £514.32, HMRC – PAYE £7.20, Lewdown Victory Hall Committee – Kings Coronation Grant £500.00, Proposed by Cllr Southcott, seconded by Cllr Andrews, all in favour.
 - 6.3 R.F.O Reported a combined credit balance £21,371.29 after authorized payment, proposed by Cllr Alexander, seconded by Cllr Perkins, all in favour
 - 6.4 Bank signatory update removal and additions – The R.F.O. reported that the bank mandate needed to be updated. Cllr Andrews to be included, motion proposed by Cllr Metherell, Seconded by Cllr Alexander, all in favour.

- 6.5 Bank debit card request – The R.F.O. suggested that the council may be best served with a Debit card for future cash payments a cash limit of £250 was suggested. Motion proposed by Cllr Andrews, seconded by Cllr Southcott, all in favour.
- 6.6 HMRC – response to outstanding credit account. The R.F.O. reported that both parties had now agreed to a credit balance of £80.20, this to be used in future payments.
7. Reports from councillors – Cllr Perkins that many new pot holes in her parish will need to be reported especially near the Tolbar to Coryton Barton road, also, some reflective posts are missing near Tolbar, also, a drain cover is missing on the Tolbar to Coryton Barton road. Cllr Perkins also reported that the “School” and “Parking” highway signs has not been reinstated. rCllr Wilkinson reported that Stoney Lane had a pot hole measuring 4m x 1m. Cllr Yeo asked the chair if the council could write a letter of appreciated to retired previous councillors. Cllr McSmythurs enquired if planning applications could be reviewed in line when the parish council meets.
8. New councillors are still needed to fill vacant seats in Coryton, Marystow and Lewtrenchard.
9. Lewtrenchard Primary School Re-wilding Project grant request. No information has come forward yet, item to be held over. Cllr McSmythurs reported a Declaration of Interest in this matter. Cllr McSmythurs to enquire further and report back.
10. Play area update – Cllr Perkins reported that a provisional agreement has been made on the location of the play equipment in the recreation ground. A new lease agreement is required. New drawings for the equipment and quotations will now be sought. Cllr Andrews thank Cllr Perkins for all the work she has done in this matter. Cllr McSmythurs to talk to the planning officer about the proposal.
11. Correspondence – Parishioner speeding complaint was read by the Chair, some points that were raised have or will be dealt with by Devon Highways and the ongoing speed limit reduction in the vicinity of the school will continue to be raised by the parish council until it has been resolved. The Chair to write back to the parishioner.

Items to be included in the next ordinary meeting: Road warden scheme.

Date, place and time of next extraordinary meeting is 12th June, at Lewdown
Victory Hall, 7.30pm



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.

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

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



Lifton Cottage Garden Society and WI
40th ANNIVERSARY

VILLAGE SHOW

Saturday 5th August

Pick up your copy of the Show Schedule with the classes and entry form
from

S.T. Lanes, Lifton Stores or Arundell Delicatessen.

Encourage your family and friends to join in the fun.
Help us make this 40th Anniversary Show the biggest and best in our history!

There is no limit to how many classes you enter but each person may
only enter one item per class.

Everyone is welcome to take part and to attend.

Entries for the classes should be brought to the Community Centre
between 9.00am and 11.00am

Judging will take place between 11.30am and 1.00pm

Doors to the show will open at 2.30pm.
Come and see what everyone in the village has
entered.



Raffle with prizes donated by local businesses.

Refreshments available.



Cups and Awards for the Village Show and
Winner of the Scarecrow Trail will be presented at 4.00pm



It's that time of year...

"We've booked a package holiday to Spain. It's our first time booking this sort of getaway and a friend recently had a terrible experience when things went wrong on a similar trip. What sort of help is available if something does go wrong?"

Firstly, tell the company or travel agent you booked with as soon as possible so you're more likely to be able to get it sorted quicker. If you wait until you get home, you might get less or no compensation at all.

If the holiday you went on turned out to be lower in value than the one you originally booked you can make a claim for 'loss of value.' E.g. you paid for a deluxe room but only got a standard one. If it wasn't sorted out at the time, you can claim back the difference in value.

You can also claim compensation for any extra money you have to spend while away – e.g. the beach was a bus ride away from the hotel, not across the road as advertised. This is called 'claiming for out-of-pocket expenses but make sure you keep all your receipts.

If big parts of the trip you booked didn't happen or services weren't provided, e.g. a planned two day excursion was cancelled and no alternative was organised, you can make a claim for 'loss of enjoyment.' You can also make this claim if something happens that causes distress or disappointment - like the pool was closed the whole time. There are no strict guidelines on how much you can claim for loss of enjoyment but any claim you make must be reasonable. You can't get compensation if you simply did not enjoy the holiday or if the problem was outside the control of the holiday company such as bad weather.

Check the information you received when you made the booking to see what you're supposed to get. If you don't get the service you've been promised you may be entitled to compensation for breach of contract. You might also be able to claim from your travel insurance – check if your policy covers this.

You can always ring our FREE, local AdviceLine on 0808 27 87 999 or take a look at our website, www.ruraldevoncab.org.uk and click on 'Get Advice.'

If you would like to help people with problems like this why not come and volunteer with us? You get ongoing training and support, you will make new friends and you will have the satisfaction of knowing that you are helping your local community. Contact recruitment@ruraldevoncab.org.uk for information.

Lewdown Grouped Parish Council

Coryton, Lewtrenchard, Marystow and Thrushelton

Minute No 762 Extraordinary meeting of Monday 12th June
2023

Meeting opened 7.30pm

Present: Cllrs Andrews, Southcott, Alexander, Metherell, Perkins, Wilkinson, Yeo

1. The Chair welcomed all those present.
2. Apologies for absence – Cllrs McSmythurs, Mott
3. Dispensations & declarations of interest - None
4. Members of the public open forum – no members present
5. Planning – Application 0484/23/LBC – Listed building consent for repair & renovation of water wheel. Bidlake Mill, Combebow, Lewdown, EX20 4ED
Council decision – Support – Proposed by Cllr Perkins, seconded Cllr Wilkinson, all in favour
Planning – Application 1422/23/FUL – Siting of timber chalet for on site managers accommodation. Alder, Lewdown, Okehampton, EX20 4PJ
Council decision – Support – Proposed by Cllr Perkins, seconded Cllr Alexander, all in favour

Meeting closed 7.58

Date, place and time of next meeting 26th June, at Lewdown Victory Hall, 7.30pm



The Annual General Meeting of the Friends of the Forgiven Garden of Lewtrenchard is being held at 7.30pm on Monday 19 June at the Lewdown Victory Hall followed with a talk by local artist Katy Stonehouse. For more details and updates see our website.
<https://www.forgottengarden.co.uk/category/news/>

The Ark

AT BRIDESTOWE METHODIST CHURCH



Is open for teas and coffee and a chat on
Tuesdays From 10am to 12 noon And 2.00pm to 4.00pm
Thursdays From 10.00am to 12 noon And 2.30pm to 4.30pm.
Do come and join us, you will be made most welcome.
You will find us on **Launceston Road**, Bridestowe.

Girl Friday – here to help you...

Do you struggle with home administration?
Want to understand spreadsheets?
Need a helping hand with letter writing, complaints,
emails, proof reading, editing or copy typing?
Do you quiver at the mere suggestion of organising
something?

Traditionally trained, organised and
efficient secretary. Contact Cathy on
07739 701555 or email catherinejdennis@icloud.com
Confidentiality assured.
DBS checked.





MOUNT KELLY CHORAL SOCIETY

Summer Concert

1st July at 7.30 p.m.

St.Eustachius Church, Tavistock

~

Extracts from:

Mozart C Minor Mass

Rutter Gloria

Haydn Creation

Brough Requiem in Blue

Vivaldi Gloria

Entry Free. There will be a
retirement collection



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 for details about services.

Services are also available online from 6pm on Sundays.

North Tamar Mission Community Service times for June 2023

At going to Print, the following services are arranged in the Mission Community

- 2nd July *The Fourth Sunday after Trinity*
8am: Eucharist at Stowford
9.30am Parish Eucharist at Lifton
11.15am Parish Eucharist at Kelly
- 9th July *The Fifth Sunday after Trinity*
9.15am Parish Eucharist at Broadwoodwidge
Morning Prayer at Thrushelton
11.15am Parish Eucharist at Lewtrenchard
4pm Evensong at Lifton
- 16th July *The Sixth Sunday after Trinity*
9.30am Parish Eucharist at Lifton
11.15am Parish Eucharist at Stowford
Morning Prayer at Kelly
- 23rd July *The Seventh Sunday after Trinity*
9.30am Parish Eucharist at Thrushelton
Morning Prayer at Lifton
Morning Prayer at Broadwoodwidge
11.15am Parish Eucharist at Lewtrenchard
- 30th July *The Eighth Sunday after Trinity*
11am Mission Community Summer Celebration Eucharist at Roadford Lake
Amphitheatre, with Menestrouthi Brass Ensemble followed by
Fellowship Lunch. (If wet, in the Burrator Room)
- 6th August *The Feast of the Transfiguration of our Lord
Lammastide*
8am: Eucharist at Stowford
9.30am Parish Eucharist at Lifton
11.15am Lammastide Sunday Festival Eucharist at Kelly *with Origin Voices*
4pm. Festal Choral Evensong at Thrushelton *with Origin Voices*

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 summer holidays are nearly here!

Whether we are fortunate enough to be able to have a summer break or not, the Summer holiday season affects us all, if just with the increased amount of traffic on changeover day!

It is so important that families (of all kinds and sorts) spend some time together enjoying each other's company in rest, relaxation and recreation. So, whatever your plans for the holidays, I hope you will be able to enjoy time with those who you love, doing things that you enjoy.

As a church we are called to worship, and we are called to worship together. Since last October we have spiced things up a bit and taken our 5th Sunday Mission Community Services *on the road*. To explore parts of our parishes that we would not normally see, and we have moved the time to 11am so that we can always move from our worship to enjoyable fellowship over lunch. These services are growing in popularity, and I, like many of you, look forward to them and enjoy them.

Our ***Everyone at Eleven service*** this month is going to be particularly special as it will be (weather depending) an open-air celebration with Brass Band at Roadford Lake. Followed by a Summer Buffet Fellowship Lunch afterwards. Of course, we would be foolish not to have a wet weather plan, and the Burrator Room is ours for the morning should we need it.

This will give us a chance to enjoy worshipping together and let everyone know how much this matters to us by making a joyful noise outside and for everyone to notice. Do please come, and encourage others to join us, to make this a truly special summer occasion.

With love and prayers,

Philip



Bridestowe Methodist Church Preachers for July

2 nd	Drop In the ARK 10.30 – 12.30
9 th	Circuit Service At Fairplace 11.00
16 th	United Service at C of E 9.30
23 rd	B Searle at 11.00
30 th	G Yeates at 11.00

Milton Abbot Grouped Parish Council

Please see our website for lots of information about Milton Abbot, Chillaton, Bradstone, Dunterton and the surrounding areas, along with a list of the local Parish Councillors

www.magpc.co.uk

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

£4.75 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 £4.75 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. or M 07831309666

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

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



07734 956925

8- Seater Vehicle Available

Anytime - Anyplace - Anywhere

AIRPORT • TRAIN STATION
SHOPPING • DOCTOR

Prompt Reliable Honest
FAMILY RUN COMPANY
24/7 365 days

Les sort it!

Gardeners available.
Hard working and
honest
Reliable
Many skills to offer.



If interested call
Les
07591761096



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

PLUMBER

EST 40 Years

**Lewdown
& District**

Tel: 01566 783562

Mobile: 07731878510



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

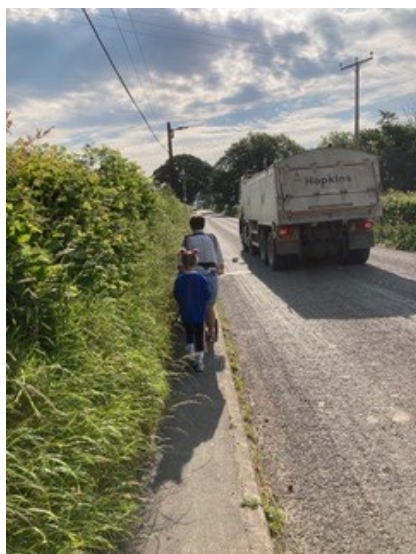


Pedestrian safety

On behalf of the residents of Lewdown, **I wish to thank one of my fellow councillors and concerned residents**, who gave up their time to clear the weeds invading the footway from the village to the school currently at their own expense.

This over growth was raised as a safety issue with Devon County Council Highways by some residents and myself. As DCC Highways had taken NO ACTION after waiting a week then, concerned residents volunteered to step in and sorted the problem.

Before



After



(Note how good drivers move out when passing pedestrians, NOT all drivers do this)
Photos courtesy of Robert Holland.

Cllr. Terry Southcott.

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



Do you own agricultural equipment or machinery?

The Equipment Theft (Prevention) Bill has reached consultation stage in parliament. This bill aims to make agricultural equipment, machinery and plant less attractive to steal by introducing compulsory immobilisers and forensic marking which will be fitted or applied before equipment is sold to the customer.

We are committed to tackling rural and business crime across the counties. This new bill will assist our officers to identify items and prove ownership once recovered.

To contribute to this consultation, visit: Equipment Theft (Prevention) Bill: Call for evidence (accessible version) - GOV.UK (www.gov.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@BOUTLOOK.COM

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



supplier of

HARDWOOD LOGS

cut and split to your requirements

Tel. Colin Bennett: 01822 487259

Mobile: 07523172369

Lewdown
Victory Hall

Bookings contact

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



Lewdown Grouped Parish Council

Coryton, Lewtrenchard, Marystow and Thrushelton

Councillor Vacancies

At the recent election on 4th May, 3 seats remain vacant on Lewdown Grouped Parish Council. These places can now be filled by co-option. If you would like to become a councillor representing the parish of Coryton, Mary Stow or Lewtrenchard please contact the clerk for details.

The basic qualifications are as follows (you only need to meet one of the list.)

1. you are registered as a Local Government Elector for the area of Coryton, Mary Stow or Lewtrenchard Parish Council. or
2. During the whole of the last 12 months have you resided in the Civil Parish of Coryton, Mary Stow or Lewtrenchard **or within 3 miles (4.8 kilometres).** or
3. During the whole of the last 12 months have you occupied as owner or tenant land or premises in the Civil Parish of Coryton, Mary Stow or Lewtrenchard, or
4. During the whole of the last 12 months your main place of work has been within the Civil Parish of Coryton, Mary Stow or Lewtrenchard.

Parish Clerk: Peter van Delft, Portgate Chapel, Portgate, Lewdown. Okehampton, Devon, EX20 4PZ

**Telephone: 01566 783023 Email: lewdowngpc.clerk@gmail.com.
www.lewdowngroupedparishcouncil.org.uk**



Upholstery Service



fabric and furniture

A New Life for your Favourite Furniture

Collection & Delivery Available

Call: Linda 07484 093494 or **Email:** sales@fabricandfurniture.co.uk
@fabricandfurniture fabricandfurniture

www.fabricandfurniture.co.uk



Lifton & Tinhay Scarecrow Trail and Competition



in association with
Lifton Cottage Garden Society and WI
Annual Village Show

Saturday 29th July
to
Sunday 6th August

Take a walk around the village and see how many
scarecrows you can find.

Choose your favourite and vote for your top three.
Voting slips can be found in the
Lifton Village Shop, Arundell Deli
& at Lanes Garage

Take your voting slips to the Community Centre
before 2pm on Saturday 5th August.
The winners will be announced at the prize giving in
the afternoon.

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



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



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
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

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
07830888557

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*

BUS TIMETABLES—LEWDOWN AREA

For up-to-the-minute timetable/changes/temp restrictions check with the operators:-

Tavistock Country Bus: <https://tavistockcountrybus.co.uk/>
 Go Cornwall Bus <https://www.gocornwallbus.co.uk/>
 Traveline South West: <http://www.travelinesw.com/>

117 Tavistock - Lifton - Launceston - Tavistock

Tavistock Country Bus

Timetable valid from 12/04/2021 until further notice.

Direction of stops: where shown (eg: W-bound) this is the compass direction towards which the bus is pointing when it stops

Mondays to Fridays

Service Restrictions	Tu
Tavistock, Bedford Square (SE-bound)	1015
Tavistock, Hospital (W-bound)	1017
Lamerton, opp School	1023
Chaddlehanger, opp Heathfield Cross	1028
Longcross, Iron Railings Cross (W-bound)	1030
Chillaton, opp Square	1035
Chillaton, Green Cross (NE-bound)	1036
Lewtrenchard, opp Church	1043
Lewdown, Post Office (W-bound)	1044
Dippertown, Harris Arms (W-bound)	1047
Lifton, Fox and Grapes (W-bound)	1050
Lifton, opp Arundell Arms Hotel	1053
Liftondown, Liftondown Cross (SW-bound)	1055
Launceston, Launceston Rugby Ground (SW-bound)	1057
Launceston, Westgate Street (W-bound)	arr 1103
Launceston, Westgate Street (W-bound)	dep 1105
Lawhitton, Newton Cottage (NW-bound)	1115
Milton Abbot, Church (E-bound)	1125
Lamerton, opp Carrs Garage	1130
Lamerton, adj Blacksmiths Arms	1132
Tavistock, opp Hospital	1138
Tavistock, Bedford Square (SE-bound)	1140

Saturdays

no service

Sundays

no service

Bank Holidays

no service

Service Restrictions: Tu - Tuesdays

114 Tavistock - Launceston - Lifton - Tavistock

Tavistock Country Bus

Timetable valid from 12/04/2021 until further notice.

Direction of stops: where shown (eg: W-bound) this is the compass direction towards which the bus is pointing when it stops

Mondays to Fridays

Service Restrictions	Th
Tavistock, Bedford Square (SE-bound)	0945
Tavistock, Hospital (W-bound)	0948
Lamerton, Blacksmiths Arms (NW-bound)	0954
Lamerton, Carrs Garage (NW-bound)	0956
Milton Abbot, Church (W-bound)	1000
Lawhitton, Lawhitton Turn (NW-bound)	1010
Launceston, Westgate Street (W-bound)	arr 1020
Launceston, Westgate Street (W-bound)	dep 1023
Liftondown, Liftondown Cross (NE-bound)	1031
Lifton, Arundell Arms Hotel (E-bound)	1033
Lifton, opp Fox and Grapes	1034
Dippertown, Harris Arms (E-bound)	1037
Lewdown, opp Memorial	1041
Lewtrenchard, Primary School (E-bound)	1043
Chillaton, Green Cross (SW-bound)	1049
Chillaton, Square (SW-bound)	1050
Longcross, Iron Railings Cross (E-bound)	1053
Chaddlehanger, Heathfield Cross (SE-bound)	1056
Lamerton, School (E-bound)	1101
Tavistock, opp Hospital	1106
Tavistock, Bedford Square (SE-bound)	1109

Saturdays

no service

Sundays

no service

Bank Holidays

no service

Service Restrictions: Th - Thursdays



306

Launceston - Okehampton

Go Cornwall Bus

Timetable valid from 04/06/2023 until further notice.

Direction of stops: where shown (eg: W-bound) this is the compass direction towards which the bus is pointing when it stops

Launceston, Westgate Street (W-bound)
 Lifton, Arundell Arms Hotel (E-bound)
 Lifton, opp Fox and Grapes
 Lewdown, opp Memorial
 Bridesstowe, Garage (NE-bound)
 Okehampton, West Street (Stop B)
 Okehampton, Railway Station (W-bound)

Mondays to Fridays

0600 0615 0915 1315 1720
 0623 0640 0940 1340
 0625 0643 0943 1343 1748
 0642 0650 0950 1350 1755
 0704 0657 0957 1357 1802
 0731 0709 1009 1409 1814
 0735 0716 1016 1416 1821

Saturdays

0615 0915 1315 1720
 0640 0940 1340 1745
 0643 0943 1343 1748
 0650 0950 1350 1755
 0657 0957 1357 1802
 0709 1009 1409 1814
 0716 1016 1416 1821

Sundays

no service

Bank Holidays

no service



306

Okehampton - - Launceston

Go Cornwall Bus

Timetable valid from 04/06/2023 until further notice.

Direction of stops: where shown (eg: W-bound) this is the compass direction towards which the bus is pointing when it stops

Okehampton, Railway Station (W-bound)
 Okehampton, West Street (Stop A)
 Bridesstowe, Garage (NE-bound)
 Lewdown, Post Office (W-bound)
 Lifton, Fox and Grapes (W-bound)
 Lifton, opp Arundell Arms Hotel
 Launceston, Westgate Street (W-bound)

Mondays to Fridays

0600 0720 1025 1425 1825
 0604 0727 1032 1432 1832
 0631 0738 1043 1443 1843
 0653 0746 1051 1451 1851
 0709 0752 1057 1457 1857
 0712 1059 1459
 0736 0820 1125 1525 1925

Saturdays

0720 1025 1425 1825
 0727 1032 1432 1832
 0738 1043 1443 1843
 0746 1051 1451 1851
 0752 1057 1457 1857
 0754 1059 1459 1859
 0820 1125 1525 1925

Sundays

no service

Bank Holidays

no service

The North Tamar Mission Community



St Mary the Virgin,
Kelly with Bradstone

St Mary the Virgin,
Lifton

St Nicholas,
Broadwoodwidge

St. John the Baptist,
Stowford

St. George,
Thrushelton

St Peter
Lewtrenchard

Invite you to join a

***A Special Summer
Sunday Celebration***

On Sunday 30th July at 11am

At the Amphitheatre, Roadford Lake

Or in the Burrator Room, if wet!

By arrangement with the Southwest Lakes Trust

With

Menestrouthi Brass Ensemble

Followed by

A Summer Buffet Fellowship Lunch

*Some seating will be available,
please bring garden/deck chairs and/or Blankets if you can.*

EVERYONE OF ALL AGES ,

(AND DOGS ON LEADS!)

VERY WELCOME