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

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



PUBLISHED BY THE LEWDOWN RESIDENTS ASSOCIATION,
REG. CHARITY NO. 1071808

FUNDED BY THE ADVERTISERS, SPONSORS, MEMBERSHIPS AND AREA CHURCHES
ALSO SUPPORTED BY GRANTS FROM DEVON COMMUNITY FOUNDATION AND
LLOYDS TSB FOUNDATION FOR ENGLAND & WALES

Coronavirus (COVID-19)

There are three simple actions we must all do to keep on protecting each other



Wash hands

keep washing your hands regularly



Cover face

wear a face covering in enclosed spaces



Make space

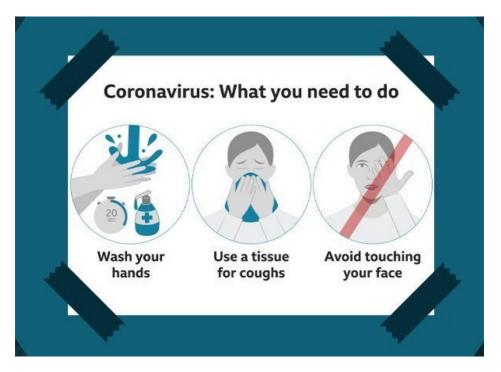
stay at least 2 metres apart—or 1 metre with a face covering or other precautions

NHS

If you have any coronavirus symptoms:

- · a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

Get a test and stay at home



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. 243 March 2021

Editor

Andrew McCarthy

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

Production, Distribution and Delivery Helpers.

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

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

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

COLOUR PRINTING & COPYING

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

FOR SALE COPIER PAPER £3.50 per ream

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

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

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

Cover Picture - Pretty yellow Primrose flowers, from www.freeimages.co.uk

Dear readers, who are in need of some mental stimulation, unfortunately you won't find it here either. Thought I would start as I mean to go on so for good measure here is a joke that's in bad taste in every aspect.

A dung beetle walks in to a bar, and asks if this stool is taken.

What to say when you are doing not a lot. The highlight of the month is going to Derriford hospital to donate blood and getting tea and biscuits served by nice young nurses, and watching something on the tele which has the sound turned off, though reading the subtitles can be strangely entertaining. The car also enjoys its run or else I will have to put the battery on charge especially with the cold weather we have been having.

Changing the subject completely, Why doesn't James Bond fart in bed? He's afraid it will blow his covers

Next weekend is Valentine's Day and the present Mrs Nash is expecting the same as she always gets, if she's lucky some reduced flowers from a local supermarket, but probably a hot drink in bed in the morning, who said romance is dead.

Will close now as the chase is on the tele and I will try to stir the old grey cell into action.

Best wishes to you all from Tim Nash.

Ps

My doctor wrote me a prescription for daily sex, but my wife insists it's for dyslexia.

I told my doctor l can't get the grease soundtrack out of my head.

He said tell me more, tell me more.





White Umbrellas For your Wedding

Tel: 01566 783342

All proceeds to the Gurkha Welfare Trust

Les Sorts It

I have recently moved to the area and I am looking for clients locally.

I am an experienced gardener and no job is turned down.

During the winter times I also offer cleaning services with experience also.

WEEDING, GRASS CUTTING, HEDGE TRIMMING, PLANTING, PRUNING & GENERAL OUTSIDE JOBS

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

Les- 07591761096

Gardeners



Enjoy the Winners Circle
For that champion veg
Collect your own FREE
Proper Well Rotted
The Only Local Source of
Pedigree Fell Pony Plops
01566 783471

Free Bags Available! Trailers welcome!

TJS fencing contractors

Friendly reliable service, competitive rates

post and rail, stock netting, agricultural maintenance.

All to a high standard No job to small 07832 187057



ROGER WONNACOTT

- MOLE / GRUNDOMAT WORK UNDERTAKEN
- MOLE & COMPRESSOR AVAILABLE



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

07919 912776

**Trwonnacott@hotmail.com

John Burrows Boiler Services

Commissioning, Servicing and Breakdown Engineer for Domestic Oil Fired Appliances

AGA Rayburn Grant Trained OFTEC Reg No C9888

Tel: 01822 810494 and 07782345395

E-Mail:

John_campbellburrows@icloud.com

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

Special Rates for the Elderly

FUND RAISING FOR "HELP FOR HEROES"



Lew Trenchard Primary School



Monday to Friday
9.00am to 3.30pm
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.

Baby / Toddler Session

Monday morning 9.30am to 10.30am.

Term time starting Monday 9th Nov 2020.

Justine welcomes you to come and join her in Lewdown Victory Hall for lots of fun activities (some messy).

A great opportunity to meet other parents / carers.

£2.00 per session – please bring your own snack and drink (we are unable to provide drinks for parents).

We will be adhering to all current covid policies and procedures to keep you and you little one safe. Masks will need to be worn by all adults.



Wrap around care



Available for 2 - 11 year olds

£2 per hour (1/2 hour bookings available)

We now offer wrap around care:
8.15am to 9.15am 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



07734 956925

8- Seater Vehicle Available

Anytime - Anyplace - Anywhere

AIRPORT • TRAIN STATION **SHOPPING • DOCTOR**

Prompt Reliable Honest FAMILY RUN COMPANY 24/7 365 days

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

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

Green Home Grant



West Devon Borough Council

We would like to help you save money and stop wasting money on high energy bills. You could have a warmer home by applying for a new

Green Home Grant for a renewable air source heat pump or external wall insulation.

To be eligible you must meet the below criteria.

- Owner Occupier (sorry this scheme is not open to housing associations tenants)
- •EPC of E or below. (please speak to us if you do not know or not have one)

Be on either means tested benefit or a net household income of less £30000 a year (this is after household expenses such as mortgage, Council tax, utility bills).

Any Questions please email us at eco@swdevon.gov.uk

100th Birthday for Past Lewdown Resident Fred Hammett.

Fred celebrated his 100th Birthday at Venville House, Tavistock Road, Princetownon the 3rd February 2021 with a card from her Majesty the Queen, one of a large mail bag which took extra staff to open all 588 cards, that's right 588 cards sent to him in lockdown.

Fred had been planning a party for his 100th birthday, but that was not to be, so staff put a shout out on Face Book asking anyone that knew him to send a card.

Fred received cards from friends, people who he never met, many local school children,





and his RAF and Servicing Commando family. Fred comes from an large Lydford family, he married Phyllis Piper from "Pipers Stores" Lewdown and delivered groceries around this area. David & Liz Copper said when they came to the shop Fred used to call with his van selling Brock Bond Tea.

After being retired for some time they moved back to "Beechcroft" Lewdown then later moving to Tavistock to live.

The Blue Lion, Lewdown

Charlie, Nicky, Charlotte, Georgia, Jonty & Alfie Welcome you to our Family Friendly Pub



Pool - Darts - Skittles - Sky Sports 01566 783238

For upcoming live music & quizzes etc follow us on Facebook Search for 'blue lion inn'

P. S. Electrical

Spears Fishleigh Sanctuary Lane Hatherleigh EX20 3LH



Office - 01837 811112

Mobile - 07792 163156

Email - enquiries@pselectricians.co.uk

Website - Okehampton.pselectricians.co.uk

All electrical work undertaken

Part P approved



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 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

Lewtrenchard WI March 2021

After some technical hitches getting into our ZOOM meeting, and thank you to everyone for persevering, Margaret welcomed 11 of our members via ZOOM online and one guest from Kelly WI. She also welcomed our speakers Katherine and Laura from the charity Go Beyond (formerly CHICKS). She hoped everyone was keeping well and asked Josie to announce the 3 birthdays for Febuary. Monique mentioned it was also Josie's birthday in February so we wished her happy birthday, too.

Katherine began by telling us that when CHICKS was started in 1992 and the focus was to give inner city children a country break camping under canvas on Dartmoor. Many of them had never even been outside of the city. The first year they brought 25 children down with 60 children in year 2 and by 2018 they gave 600 children respite breaks. To date they have seen sixteen thousand children enjoy these experiences. In 1998 they moved to rented retreat near Milton Abbott, which gave the children solid walls to stay in. In 2003 they purchased a coastal centre in Cornwall, in 2006 they purchased a Moorland Retreat on Dartmoor and finally in 2015 they opened a retreat in Derbyshire to enable visitors to come from across the UK.

The name change came about for a number of reasons. Moving into the modern era and introducing the use of the internet unfortunately mean that putting the name CHICKS into a search engine didn't always bring up the appropriate websites. The older children wanted a more grown-up image to be associated with the charity plus now the breaks are more for respite from things like abuse, bullying and being carers than just for holidays.

The candidates, who face real challenges, are proposed by professionals such as key workers, social workers, teachers rather than friends and family. The respite breaks give them a chance to escape and build good memories for 5 days between Monday and Friday. The breaks are multifaceted engaging in arts and crafts, playing ball games, on trampolines and giant Jenga, trying new foods, going horse riding, rock climbing and surfing. Some of these activities pose a real challenge and allow the children to achieve things they never thought possible. It inspires them to do more and to build their confidence going forward. The breaks make a difference that can last a lifetime and can even help them learn to trust adults more. The charity has been restricted during the pandemic and last year had to stop all together and then later was only able to offer a week of day trips to children local to the centres. It also developed some new activities such as library corner, where the children can go and spend some quiet time reading and even take a book home with them at the end of the break.

As a charity it has managed to raise some funds during the pandemic through people donating their loose change, people substituting their birthday gifts for donations to them or making online donations. Each residential break is free to the child but costs £950 per child for everything but this can even include appropriate cloth-

ing. For the first year after the break, they receive a birthday card with memories captured from their break and a Christmas gift. There are sixteen children each week at each centre with 2 children to 1 adult ratio. Some of the children make friendships that last a lifetime and some even come back and volunteer once they're established, confident adults.

In summary the aim is "to provide the chance for children and young people living in incredibly difficult circumstances across the UK to have fun, make memories and find their confidence." Barbara thanked Katherine and Laura for their enthusiasm and for coming and telling us about this worthwhile charity. If you would like to see more details please visit their website at https://www.gobeyond.org.uk or watch their short film on YouTube https://www.youtube.com/watch? v=BFxVcxYZIyE.

We then turned to the business side of the meeting. February is Show the Love month where support the campaign that focuses on highlighting community-based climate action. We plan to decorate the Lewdown and Stowford bus stops with green hearts from 12th -15th again this year. We will reuse the ones from last year plus Alana is having her children make them and members were invited to drop their hearts off with Teresa or Monique or to feel free to add their own hearts directly at the bus stops. Some people shared the hearts they had made on the ZOOM call and pictures will be taken of the decorated stops this week.

Barbara read the record of the meeting of 11th January and Monique provided a finance update that reflected the summary that was sent out with the newsletter. Members were reminded to renew their £5 300+ club memberships and to contact Monique if they wished to enter either the St Georges Day Cup or

In March the speaker will be Lynne Rogers coming to show us some gentle, armchair Pilates that hopefully we can all try.

AOB:

We haven't been able to collect any pennies for friendship from our usual monthly flower of the month for ACWW this year. If members do wish to make a contribution please contact Monique.

A question was raised about holding afternoon meetings, which would be difficult for our members that are still working. Further discussion with all of the members would need to take place before any decision could be made.

Sadly, the World Day of Prayer has had to be cancelled for the second year in a row due to the meeting restrictions; However, Audrey does have 40 books for any members wanting one.

LEWTRENCHARD WI CORONAVIRUS VOLUNTEER GROUP

Margaret Dunn 01566 783779 margaret-dunn@outlook.com

Monique Hedger 01566 783765 monique@hedger.biz

Congratulations to everyone involved in rolling out the Covid vaccinations so efficiently. Their hard work means that we are beginning to see the light at the end of the tunnel. The figures for infection in this area are among the lowest in the country, but it will still be many months before we are back to anything like normal, so please continue to stick to all the current rules. That will be by far the quickest way to achieve our goal of freedom. Anyone being subjected to domestic abuse can go into any Boots, Lloyds and some other chemists to ask for Ani and they will be helped. Ani stands for assistance needed immediately.

Confidential help is available to anyone having problems in the parishes of Lewdown, Stowford, Coryton, Thrushelton and Marystowe. We offer friendship, shopping, hospital transport, access to food parcels, mental health services and financial advice for all ages, plus odd jobs for the elderly and vulnerable. We also have information about various hardship grants that are available.

Don't be embarrassed, just ask. We are here to help.



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.



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





Lobhill Farmhouse, Lewdown, EX20 4DT

> Tel: 01566 783542 0781 724 4687

Jane Colwill

www.lobhillbedandbreakfast.co.uk



ST PETER'S CHURCH, LEWTRENCHARD

Open again for Private Prayer

Although St Peter's is not open

for Public Worship for the time being. It is, however, open for Private Prayer Wednesday -Sunday from 9.30am until 4pm.

All the usual protocols are in place including hand sanitiser and track and trace details. Face Masks should be worn.

Stacey & Rural Business Administration

BOOKKEEPING & VAT RETURNS

to trial balance using QuickBooks Online, Making Tax Digital compliance

FARM RECORD KEEPING

all cattle & sheep records, movement reporting, vet & med records

WATER REGULATIONS

records, maps & compliance

FARM ASSURANCE

records, maps, compliance & inspection assistance

BASIC PAYMENT SCHEME

applications, mapping changes, Young Farmer/ New Entrant applications, Entitlement Trading

GRAZING LICENCES

and temporary land associations

STEWARDSHIP APPLICATIONS

Mid Tier, Water Capital Grants, Productivity Small Grant, Hedgerow & Boundary Grant

PAYROLL

weekly or monthly with payslips & end of year returns

WASTE EXEMPTIONS

registrations

Fiona Stacey

Tel: 07870 632395 / 01566 783418

Email: fiona@staceyruralbusinessadmin.co.uk Web: www.staceyruralbusinessadmin.co.uk



We've partnered with QuickBooks Online







CHURCH NEWSLETTER

Ministers

01566 784386

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. Andv Atkins, 01822 870298 andya4jc@gmail.com

The Vicarage, The Parade, Milton Abbot PL19 0NZ

Miss N Brimblecombe

Mrs E Brown **Broadwood- St Nicholas**

Churchwardens

Lifton-St Marv's

01566 776758 Mr D Perkin

Kelly with Bradstone-St Mary's

Mr W Kelly 01822 870393 Mr R Eggins 01822 870240

Marystowe—St Mary the Virgin

Mrs B Dawe 01566 784797 Corvton-St Andrews

Mr G. Vicat 01822 820254

Mr R. Searight 01822 860148

Stowford—St John the Baptist

01566 783223 Mr C Chick 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

Sunday 10.30 am Launceston Holy Days 7.30pm

Canon John Deeny 01566 773166

Ouakers

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 and by telephone 01822 730132.



St Peter's Church, Lewtrenchard

We hope that you are all keeping safe and well.

St Peter's Lewtrenchard, in common with ALL other churches and organisations, has struggled to continue its obligations both spiritually and financially in these difficult times. Sadly, we are not able to meet together physically or until recently even have our church open for private prayer.

In addition to our ongoing concerns for our congregation and visitors the Churchwardens and PCC members are responsible for the upkeep of the church building including the fabric, the churchyard, car park and land to the west of the lower churchyard.

A lack of footfall and no fundraising opportunities has meant funds are being depleted as we continue to pay all our running costs, with very little revenue being gathered. Recently we have repaired the 'sink hole' in the car park and removed ash trees infected with ash dieback and the two hundred year old beech trees to the south west of the lower churchyard which were found to be 75% diseased. All these jobs have been costly.

We are asking if you might consider giving a contribution either as a one off or on a regular basis to St Peter's, to ensure the continuing future of a Christian presence in the community. Please contact the Churchwardens or Reverend Philip Conway (784462) for further information or bank details if you wish to set up regular giving in support of St. Peter's.

Churchwardens Anne Westlake (783909) and Ruth Dawe (783127)

From the Parish Priest

Dear friends,

As the latest lockdown continues, all of us are looking forward to the day when we will be able to begin to live our lives in more normal circumstances. This is likely to take still quite some time, as we wait for more people to receive the vaccination. However disconcerting and disappointing this may feel, it is so important that we continue to do what is right for the wellbeing of our whole society and nation.

This means that for the second year in succession the Church will be looking to keep the great days of Holyweek and Easter in Lockdown. To keep up with what we are planning and doing do please check on our website <u>north-tamar-churches.org</u> for all the latest news and events.

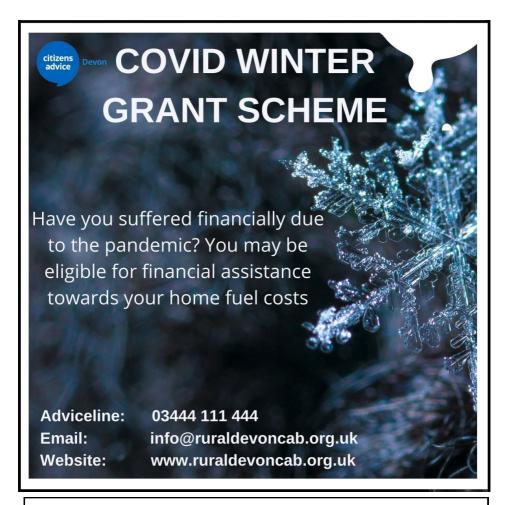
The other occasion that we will be "missing out" on in March in, of course, Mothering Sunday.

Unlike Mothers' Day, which is a day just to focus on our mums, Mothering Sunday is when we give thanks to God for all those who demonstrate his love in maternal care, or mothering. This of course, obviously, includes our Mothers, and we should always be grateful to them and for them. It is an occasion to honour and treat them when they are alive, and to pray for their souls with gratitude when they have passed away. It is also an occasion to give thanks for all those who show God's gift of creation, care and protection in so many other ways and situations, and in these days of Covid, there are so many people to thank, and to thank God for.

So this Mothering Sunday (14th March), perhaps we could go out of our way to thank those who look after us, whatever gender they may be, or whatever role they fulfil.

With love and prayers,

Philip



World Day of Prayer - Cancelled at Lifton Chapel.

The above due to be held on 5th March 2021 is unfortunately cancelled. However the service will be available on YouTube WDOP. Booklets, including the donation envelopes, for the promotion of the movement, prepared by the women of Vanuatu for 2021 service will be available to collect from local churches.

Any queries and donations can be passed to Audrey Jones at 3 Kings Way, Lewdown or Ruth Dawe, Highlands, Lewdown

Are you concerned about speeding in and around the Lewdown area? Do you want to do something about it? Then join a volunteer speed watch group.

Your local West Devon Borough councillor is looking for volunteers to form a speed watch group in Lewdown.

For more details of what's involved and to volunteer, contact

Cllr.Terry.Southcott@westdevon.gov.uk

or call 01566 783079 with your Full Name, Address, Phone No./s, and Email address and all necessary information will be sent to you.



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



Premier Aerial & Satellite Systems

01822 735675

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

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

COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community



and be kind



Connect and reach out to your neighbours



Make the most of online groups



Support vulnerable or isolated people



Share accurate information and advice









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

The Skylark

Why are the skies so silent now, they never used to be? Where is your lovely trilling song which so enchanted me? When I was young or so it seemed, the world was full of song. It doesn't seem the same to me, whatever has gone wrong? The birds still sing but you're not there, oh how I miss your voice I'd gladly change things round again if I could have my choice. As a little boy I watched in awe, as you soared up there so high Such a tiny bird in all that space, your song just filled the sky I used to think you'd not come back and that you'd disappear But you always left your song behind to overcome my fear You always loved the meadows sweet, where are the meadows now?

No meadows left with flowers so bright, they're all beneath the plough

All growing food that no one wants, why does it have to be?

If I could make things right again would you sing again for me?

All through my life you never left, but now I am so sad

Without your song I'm only left remembering what I had

Once I found your pretty nest among the grass so green

Next day I tried to find it, but it was nowhere to be seen

You flew so close and asked me, if I found it, not to touch

Those four brown eggs so small and neat, I knew they meant so

much

I have so many memories of how you lived upon my farm You seemed to know, I'm, sure you knew, I never meant to harm Up from the grass you often flew and hovered on the breeze To sing your song as if you knew your singing would me please. What can I do to bring you back and listen to your song? In this mad world it seems to me, we have so many things all wrong

Did you really fly so high up there and disappear from view? Or can we make things right again so that all is well for you? It's so long since I heard you sing, please can you put that right To see you soaring up on high would be a wondrous sight.

©Frank Rolfe



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 30 Years

Lewdown & District

Tel: 01566 783562

Mobile: 07546 158318

OIL BOILERS Breakdown Servicing Replacement

OIL TANKS Replacement Relocation New Installations

PLUMBING & HEATING

01566 783471 07596 997207 07599 078 805

R & S McNamara, Lewdown, Devon EX20 4PT

Retained Contractors to all of the major insurers

OFTEC Reg C12274

email: mcnamaraplumber@btconnect.com

One Bedroom Flat for Rent

- * rural, quiet location between Bridestowe and Lewdown
- * furnished
- * garden and parking
- * LPG central heating
- * suit single person
- * own transport recommended

£450/calendar month plus bills (water included) For further details call 01837 861645

Evans Plumbing and Heating

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

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

01822 820884 or 07794053150

evansplumbingandheating@outlook.com





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 2nd and 4th Monday each month

at 10.15am (except Bank holidays) at The Eagle House Hotel, Launceston. You are welcome to come and meet us.

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

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

We look forward to seeing you.

Launceston-Mens-Probus.btck.co.uk

Or

Telephone Neil on 01566 86514

Roger's Painting & Decorating Services

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



Mobile: 07783 819171

Tel: 01566 784170



CARPENTRY & JOINERY MARK CHIVERS - SOLE TRADER

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

FREE ESTIMATES PROVIDED - NO OBLIGATION

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

Stove & Chimney Specialists

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

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

Showroom Opening Hours:

Mon-Fri 9am until 4pm

Saturday 9am until 2pm

Call us now for a FREE no obligation quote on:

01288 381 852



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



Tim Dixon

Domestic Plumbing & Bathroom Fitting

01566 784028 07903535881

careful & reliable service timdixonplumbing.co.uk

Bulk Buy Fuel Loans

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

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

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

Wessex Resolutions CIC

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

* Subject to Status

Representative 0% APR



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

Kathy Lawrence & Jo Kingdon
Over 10 years Experience
OFSTED Rated Outstanding
We will cater for your Childcare needs
Ages 4 months—14 years

7.30am - 6.00pm weekdays

We accept the Government funding for 3 year olds and 2gether funding for eligible 2 year olds.

As little or as much as you need. We operate a 'Pay as you go' system - No charges for missed days

TEL: 01566 783317 Email: childminders@hotmail.co.uk

K. Moore & Son. PLANT HIRE

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

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

For 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





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 on 01837 810599 Or visit our website www.tcmplumbing.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.jdhalloakconstruction.co.uk

How can I help slow the spread of the virus?



Stay at home – no unnecessary journeys or social contact







Only leave home for essential shopping, medical needs and exercise once a day



You can travel to and from work if absolutely necessary



Public gatherings of more than two people are banned excluding people you live with



Don't visit other people's houses or socialise outside your home



Police will be able to fine you if you don't follow the rules

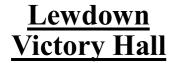


If you are unwell, isolate yourself and your family

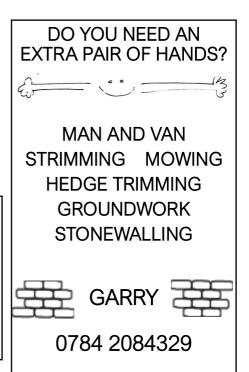


Keep in touch with one another





Bookings contact Esme or Roy Stacey On 01566 783267



<u>Lewdown Recreation Field 200 club.</u>

Due to the ongoing lockdown we have decided to postpone the distribution and collection of 200 club tickets until June when hopefully we will be allowed out!!

You will not miss out on winning as we will do double draws from June until December.

If you do see us and you would like to hand your ticket money of £5 we will enter your name in the book ready for the draw.

Will keep you all posted.

Colin and Sarah

R Mears & Sons

Chimney Sweeps & Stove Installation

Established over 30 years

Vac Brush. Full CCTV investigations.

Pots, Cowlings & Bird Protection fitted. Chimneys Lined.
Solid Fuel Appliances, Rayburns, Woodburners,
Stoves, etc serviced. Fully Insured.

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



Stowford Parish Hall Hire Charges

£3 per hour (Special rates for users of over 30 weeks per year £2 per hour) Parties, Wedding, Funerals £20 General and Euro Elections £120

Tables £2 each (plus £20 Deposit) Any number of Chairs 25p each Contact Julie Chick on 01566 783223 for bookings and enquiries

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

FRFF FSTIMATES

TEL: 01837 657687 / 01566 783788

MOBILE: 07866 465093

email: info@gtownsendgroundworks.com

CANNON BARN PODIATRY & FOOT PAIN CLINIC

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

SWISS DOLORCLAST RADIAL SHOCKWAVE THERAPY CLINIC

General Chiropody & Podiatry Patients very welcome.

Helping you walk towards pain free.

Call: 07946 473972

www.cannonbarnpodiatry.co.uk

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





Broadbury Landcare

All Aspects of Garden Maintenance and Landscaping Fully Qualified Fully Insured Free Estimates 10 Years Experience

Andrew Barton 07532 216216

A C WORTH BUILDERS



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

Email: acworthbuilders@aol.com



Tel: 01566 783282 Keith: 07778 471648

Andy: 07867 524515



Lewdown Grouped Parish Council

Coryton, Lewtrenchard, Marystow and Thrushelton

Councillor Vacancy

A vacancy has occurred on Lewdown Grouped Parish Council. If you would like to become a councillor representing the parish of <u>Marystow</u> please contact the clerk for details.

The basic qualifications are as follows

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

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

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



Adrian Davey Painter and Decorator

Over 30 years experience Friendly and reliable service 01566 780 477

West Devon Borough Council Community Support in West Devon Helpline Number

We've launched a helpline number for anyone in the community who needs help and support.

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



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

Shane Honey 01822 840454 shanehoney7@hotmail.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

Kevin Ball 07870 377879

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 784104

Lifton Benefice Churches

The Revd. Philip Conway 01566 784462 liftonpriest@yahoo.com

 Lifton Surgery
 01566 784788 or 111

 Red Spider Company
 01566 783505

 Recreation Field
 01566 783367

 Stowford Hall
 01566 783223

 Victory Hall
 01566 783267

 Youth Cricket
 07847111330

 Young Farmers
 07531 286011

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 8002222 Relate 01392 275681 08457 909090 Samaritans Tavistock Area Support Services (TASS) (Age UK is at TASS) 01822 616958 Transport to Health 01822 617525 Victim Support 01822 820455 Youthwize Okehampton 01837 54004

SHOP & POST OFFICE

Copper's Post Office & Stores Lewdown 01566 783218

Newslink Day

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

This system will continue until it is safe to socialize once more