

NORTHLEW NEWS



October 2017

Northlewnews@gmail.com

Your Parish Councillors

Chairman: Joanna Wilson: 01409 220254	Vice-Chair: Jen Kelson: 07795 075685
Jane Colbourne: 01409 221220	Simon Dufty: 01837 871744
Mark Rundle: 01837 53314	Celia Rundle: 07432 512499
Vacancy	Bryan Dufty: 01837 871256
Chris Scadeng: 01409 221797	<i>Clerk: Janet Millership: 01409 221409</i>
<i>Cllr James McInnes: 01837 861364</i>	<i>Cllr Patrick Kimber 01837 810057</i>

Note from the Editor

Thank you for all the contributions to this month's edition and continued thanks to those of you who regularly contribute to the Northlew News. All contributions are much appreciated. Please let me have any items no later than the 20th of next month. If you or your company would like to sponsor an edition please give me a ring.

I can be contacted by email at northlewnews@gmail.com or jwilson@thejovinconsultancy.com or please call me on 01409 220254.

Many thanks and with best wishes,



Northlew Stores C I C.

The village shop stocks fresh bread, milk and other dairy products as well as having a good selection of frozen food including ready meals, pizzas, pies, sausages, vegetables, fish and desserts.

Prescriptions

You can arrange for your medicines to be delivered from

Okehampton Medical Centre to the village shop. You will need to place your prescription in the box in the shop by 10:00 am on Thursday to get a delivery the following Thursday.

We also take in prescriptions for Black Torrington Surgery. For more information please ask Paula

Please note: Prescriptions need to be collected as soon as they are delivered as we are very short of space. Any prescriptions not collected within the week of delivery will be returned to the surgery.

Opening times

Monday: 8am – 1pm
Tuesday: 8am – 11am
Wednesday: 8am – 11am
Thursday: 8am – 1pm
Friday: 8am – 1pm
Saturday: 9am – 12 noon
Sunday 9am – 12 noon

Paula is looking for volunteers to extend the opening hours of the shop. Please ask Paula for further information. Thank you for your continued support of the shop.

Northlew Methodist Church

Services

1st October

9:30 am Mr Roy Down

8th October

2:30 pm Mr John Hill – Harvest Festival

15th October

9:30 am Readings and favourite hymns

22nd October

9:30 am Service at Boasley

29th October

9:30 am Mr John Hawkins

Harvest Festival

Sunday 8th October

2:30 pm Harvest Festival Service
Preacher: Mr John Hill

Monday 9th October

7:15pm Harvest Thanksgiving
Preacher: Mr Dean James
Supper and sale

Northlew Doodlebugs Return!

Saturday 14th October

3 - 4 pm, Methodist Chapel
Followed by light refreshments

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October 2017

St Thomas of Canterbury Parish Church

Services

1st October

No morning service
6:30 pm Harvest Songs of Praise

8th October

9:30 am Morning Prayer
6:30 pm Evening Prayer

15th October

9:30 am Holy Communion
6:30 pm Evening Prayer

22nd October

11:00 am Family Service and baptism
6:30 pm Holy Communion

29th October

11:00 am Group Service, Meeth

Harvest Festival

Harvest supper, this year in the Victory Hall, will be held on Monday 2nd October. There will be a list in the Churchroom for bookings. Any gifts of produce, flowers, pots of pickle etc to go in the Church and then auctioned at the supper will be very gratefully accepted. So come and join us in singing the good old harvest hymns on

Sunday and at the supper on Monday

Ploughman's Lunch

The Ploughman's Lunch was a cheerful occasion and well supported. We made a profit of £362 for the church funds. Thanks to all

All Soul's Eve Service

A quiet, reflective service for those who would appreciate some time and space to remember loved ones who have died.

Thursday 2nd November

7:00 pm Hatherleigh Parish Church

Everyone is welcome (from all the parishes)!

We will try and hand out invitations to remind people of the service. The person who has kindly done this for us in the past has now moved, so we apologise if we do not deliver an invite to everyone who has lost a loved one recently. Do please put the date in the diary if you would like to come or contact Rev. Ruth Hansford (Tel: 01837 810 314; Email:

maggiethecat@waitrose.com), if you would like to know more about the service.

Thought for the month

Dear All,

It has recently been revealed that Britain has fallen from 8th to 11th place in the international league tables of charitable giving and voluntary activity. The survey carried out by the Charities Aid Foundation (CAF) collects data from 139 countries looking at the proportion of their income that people give to good causes, the numbers of hours of volunteering they do, and the number of random acts of kindness they do for strangers. Britain is not alone, as every Western country in the top 20 had a lower score than the previous year, with Africa being the only continent to see an increase in all three areas of giving behaviour. Top of the table is Myanmar, for the fourth year running, followed by Indonesia and Kenya. We may wonder about Myanmar's position, when we see the current situation with the Rohingya refugees pouring into

Bangladesh, but would be better occupied focussing on our own position and asking what we can do about our decline in these 'generosity' ratings.

This month begins with a feast of Harvest celebrations in several of our churches, where we give thanks for the abundance of food with which we are blessed, and the many who work so hard to bring it to our tables. And we are so blessed, particularly when we see the many that are struggling to find the basics of life due to war, poverty, and the many natural disasters that have happened this year. The Bible tells us that God loves a cheerful giver. Therefore, at Harvest not only do we take time to give thanks for what we have received in such abundance, but we give thanks for what we can give. The reason is not to pull Britain up the league table again (although that would be good), but because the best thing to do with a blessing is to share it. Where generosity and kindness is shared, it grows, and in the present climate of increasing division and hatred, and huge poverty and need, that is what our communities and our world

needs. Mahatma Ghandi once said:
'There is enough in the world for everyone's need,
but not for everyone's greed.'
May God give us grace to count our blessings and share them,

Rev. Ruth Hansford

Priest-in-Charge of Hatherleigh, Meeth, Exbourne, Jacobstowe, and Northlew

Women's Guild and Fellowship

Wednesday 4th October

2:30 pm in the Methodist Hall

Northlew Post Office



The post office is open Monday and Friday mornings from 9.30am to 12pm in the Church Room

The Green Dragon



This historic 18th-century inn is located in the village square at the heart of Northlew. The Green Dragon

offers real ales from Devon breweries with the occasional guest ales too. It serves food at both lunchtime and in the evenings and the regular menu is complemented by themed food nights and periodic beer festivals.

Opening times

The Green Dragon is open:

Lunchtime from 12 - 2pm

Lunch is served every day

Evening opening times are:

Monday – Saturday.

Open 6pm with food served from 6pm- 9pm

Sunday Open 7pm no evening meals

Please contact Dan on 221228

Northlew Walking Group



For various reasons, our numbers were down for this walk, possibly the

weather forecast, or maybe everyone was busy baking for the Produce Show a day later. As it was, we were nine walkers including Trevor Miller with Kim and Bess, Sue Sanders, Steve and Diane Hargreaves, Marion Dufty, Jenny Anderson, Pat Carter, Angela Baines and myself.

Despite the forecast, the weather continued to improve, resulting in us removing layers as we went.

We started from the square as usual, and walked through the Parish Churchyard, to head down the path beyond and come out onto Harpers Hill. On reaching Wistful Cottage, we picked up Pat and Angela, who had chickened out of walking up to the square, only to walk back down.

After crossing the bridge over the River Lew, we turned right down Shorts Lane and continued to come out at the

bottom of Waterhouse Hill. Having turned right, we crossed Broomhill Bridge, and walked on up the hill, turning right at the next junction to reach Kennel Bridge. Looking up the valley towards Wadland Barton has got to be one of the best views in the area.

After a short walk towards Ashbury, we took the footpath on the left into the field. With the woods on our right, we strolled along the pleasant valley, stopping to admire the view, and for the regulation photo shoot. The weather by now was improving by the minute, only the mud underfoot reminding us that we were still in Devon.

As we continued, Marion told us that we were now crossing her fields, but that she had never walked the footpaths herself! Proceeding on up from Coombe towards Bogtown, we encountered a field of Marion's 'frisky' cows, after giving us all a close inspection, they ran off to find some more lush grass to eat.

We came out onto the road near Bogtown, at which point we headed down to Ashbury, where

we stopped to admire the views over towards Dartmoor. From here we headed back to Northlew along the well walked track which brings you out at the square, alongside the Primary School.

Next Walk No 15

Our next walk will be on the 6th October, starting at 2pm in the square.

This will be our last 'Summer' walk. From November the walks will start at 1pm. See you there.

Chris

chrisbaines55@talktalk.net

Northlew and Ashbury Produce and Craft Show Saturday 2nd September

Many thanks to everyone who supported the village produce and craft show in many different ways. After a break of one year, the show was one of the most successful ever, with over 300 entries from more than 50 entrants. Particular thanks go to the newly formed show committee and friends who helped on the day and worked

tirelessly beforehand and to the judges, who showed great dedication to their task. We were extremely pleased that all the judges this year were local residents with professional specialisms in their field.

This year, the show aimed to raise funds for the nominated charity of the Devon Air Ambulance, and a total of £360.50 has been sent to continue the great work that is carried out.

On the day, yummy (and huge) jacket potatoes were enjoyed, alongside scrumptious cream teas and cakes. These were all served in the 'Bistro' - luckily with outdoor tables to enjoy the rare sunshine this year.

This year's show included all the old favourite classes, but also new categories including photography and the hotly contested cider class. The splendid fruit, vegetables, baked goods, preserves, crafts, children's exhibits, photographs and floral displays filled the Victory Hall.



Visitors also had the opportunity to enjoy the first ever, small, but fantastic Parade of the Living Scarecrows. Well done to all the children who took part.



The ever popular raffle rewarded many winners, and the new 'Auction of Produce' raised funds too.

Well done to everybody who entered exhibits and those who won certificates. Congratulations

too to all those took home trophies - Arabella Porteous, Callum Rose, Evie Fulford, Zoe Short, Paul Harris, Jayne O'Connell, Pat Canham, Sylvia Voaden, Tracey Davey, Jane Stanleick, Holly Dancer and last but not least Gillian Dixon who won the Judges' Best in Show for a truly magnificent knitted hat.



The show committee continue to welcome all suggestions on how to make next year's show even better and will be looking for new committee members and support for 2018.

Diary Date: Northlew and Ashbury Produce and Craft Show AGM, Thursday 11th January, 7PM, Northlew Victory Hall.

The Northlew and Ashbury Produce and Craft Show Committee

Northlew Marathon Walk



We did it!!!
Marathon completed
27+ miles
and 5 pubs



Over £2k raised for the Northlew landing lights and the charity Something to Look Forward to

So what happened? We met in the square at 7am and trotted off light footed and hopeful. Past Kimber right just before Patchacott and our first food stop at Tim and Jane's in Polehays for homemade pasties and sausage rolls and lashings of squash. Less than three miles in we couldn't hang around for too long and set off to Beaworthy, and then a muddy footpath section which nicely dampened our training shoe

members of the party and was blamed for a few blisters. Oops. Anywa, Halwill Junction was the next stop and Shuv with the food wagon! The back of the car was packed with sausage sandwiches, crisps, drinks, Vicky's amazing homebaked energy thingies. 5 miles done, two foodstops, newbies to the marathon were beginning to realise that the day was not just about pain and non stop frog marching.

Dragging ourselves away we entered Cookworthy Forest and trekked though and down to the A3072 where the dogs, Tracey, Bugs and Callum left us, oh the food truck was there again (pasties, ham and cheese sandwiches added to the list), and out with the fluorescent walking jacket things and the main road ¼ mile then off to Black Torrington. This section was interesting. Last year there were a couple of killer hills but this year Julia hardly noticed them and the rest of us knew the pub was round the corner.... We were that excited that we arrived at the Torridge Inn 2 minutes before opening time.

Here we parted company with Sue who had a nasty fall, Paula, Phil and Tracey but we gained

Steve and Pip and Jayne for the quick amble to Highampton and The Golden Inn stop where Luke escaped before we struggled up to Sheepwash and the The Half Moon Inn, food truck was there also for yet more sustenance. So at this point were over half way at about mile 16, had 6 food stops and 3 pubs and were feeling pretty OK in the main. I think this section was the most taxing of the day, the long, long road up and down from Sheepwash through East Tottleigh to Strawbridge before 5 miles later arriving at Hatherleigh and the welcome break at the Tally Ho. Must say Jayne and Julia's fund raising efforts were truly inspirational. Ant, Tricia, Toby, Vicky, Lilly and Howard the dog joined us along with Doombar and Charlie who returned for the final push. Off we set and within 2 minutes we were splintered as young Lilly managed to extract some sponsorship from the chap in the Post Office but it took a little while to persuade him! Kerry wasn't around this year but had left us some alcoholic refreshment which was placed at Gibleford bridge, and the front runners were taking the stretch to home far too seriously

but some of us backmarkers (Yellands! Julia!) took full advantage emptying water bottles for rocket fuel.

So I'm led to believe Sarah and Mark actually ran up Harpers Hill and back into the village, well that's just madness, but I'm glad to report that we all made it to the Green Dragon and welcome refreshment.... Well we hadn't had enough had we?

Well done to the marathoners



Mark, Julia, Sarah, Roy, Mike, Juliet, Jim and myself but we had so many lovely people and dogs who joined us for some of the adventure just a massive thank you to EVERYONE!

And don't forget the support staff especially Shuv and Vicky – an Army marches on it's stomach – Thank You!

Will we do it again? Absolutely, next year we'll be tramping the roads of our area of Devon, and

it will be a new route, and it will be longer and even more of a challenge.

All Heroes!!

Tim

Tim has a close shave!



Oh and I had my hair shaved also for our charities – NEVER AGAIN!!!



Gardening Tips for the month



By Harriet King at 'Down to Earth' – Practical Garden Advice

Well autumn seems to have arrived early this year. Whilst we aren't suffering the appalling weather that other areas of the world are coping with, it certainly doesn't look as if we are in for our usual benign September. The leaves are beginning to colour up though, so we may yet have a good autumn display.

Tidying up and preparing slowly for winter are the main tips for October.

Greenhouse

Clean your greenhouse inside and out. This will reduce the risk of pests and diseases overwintering. When you bring in tender or half hardy perennials such as pelargoniums, to protect them from frosts, make sure they are free from aphids or whitefly. Also

pick off any leaves affected by grey mould - it spreads like wildfire unless your greenhouse is heated.

Black Spot

If you've had blackspot on your roses over the summer, clear away all infected foliage that has fallen and in fact, remove any remaining on the plant if it is diseased (and if it is practical to do so!). This reduces the disease reservoir considerably.

Dahlias

At the end of the month, if there have been enough frosts to blacken the foliage on dahlias, cut it down and either dig up the tubers for storing or protect with a thick layer of leaf mould or compost. If the tubers are small it is probably best to dig them up and after removing as much soil as possible, store them upside down on a crate in an airy dry frost-free place such as a garage.

Rhubarb

As well as dividing herbaceous perennials, you can also divide large rhubarb crowns to create new plants. Dig in plant of well rotted manure before replanting.

Hedges and trees

Deciduous hedges such as beech or hornbeam can be trimmed now.

It's also a great time to plant pot grown trees and shrubs whilst the soil is still comparatively warm. Bareroot trees and hedging generally aren't available before November, after leaf fall.

Mulching

Now is a great time to mulch your borders before the ground gets really cold. A thick layer of compost, well rotted manure or bark chips will help suppress weeds too. One of the best free mulches for ericaceous plants is fern foliage. This doesn't need to be rotted down first - just cut down the leaves and place in a thick layer under rhododendrons and azaleas.

Keep an eye out for your December newsletter as I will be recommending practical presents for keen gardeners rather than giving actual gardening tips. There are so many products out there and believe me, I've tried most of them, both good, bad and frankly useless!
Happy gardening, Harriet

Victory Hall

Registered Charity No/: 266213 A/3



Northlew Victory Hall invite you to join them for an 80's Disco on

**Saturday 21st October
8pm - 12am.**

If you would like to dress up... please feel free! Prizes for best male and female! On the spot competitions... prizes to be won. Food available from 9pm. Come and join us for fun, food and a flippin' good night out...

DJ Dixon on the beats...

£4.50 in advance.. £5 on the door.

Call Jayne on 01409 221225 for tickets

Booking a charitable event at the Victory Hall

Bookings for any event where the proceeds will be going to a registered charity will only be charged at a nominal fee of £10 per booking.

Please note the name of the charity and registered charity number will be needed for all such bookings. The charity name and number should also present on all advertising for the event.

www.northlewvictoryhall.co.uk

Northlew and Ashbury Snooker Club

Northlew and Ashbury Snooker club has been running for many years. It has a very nice club room with two full sized snooker

tables. One team plays in the Bude league each winter. New members are very

welcome. There is a small membership fee to join. For more information about the club please call 01409 221085



Recipes for the month



Chicken ham parcels

Ingredients

Chicken breast or boneless chicken thighs

Full fat cream cheese

Clove(s) of garlic finely chopped

Slices of Parma ham or prosciutto or serrano ham

Method

Preheat the oven to 180 C

Mix cream cheese, chopped garlic together and season with salt and black pepper. If using chicken breast cut along the thickest part, but not through the breast, and flatten in out. Spread some of the cream cheese/garlic mixture on the inside and fold the chicken over it. Turn the chicken breast over and put more cream cheese and garlic mixture on the surface, then wrap slices of the ham round the chicken breast until covered. Do as many breast (or thighs) as you need. One small breast per person or two thighs per person usually is enough. Place the chicken parcels in an ovenproof dish and bake in the oven until done i.e. no pink chicken, the juices run clear and the ham

looks crispy. This usually takes between 20 – 30 minutes. In an AGA bake on the lowest set of runners in the roasting oven. Serve hot with roasted vegetables or cold with salad. Delicious!

HOF Gallery and Cottage

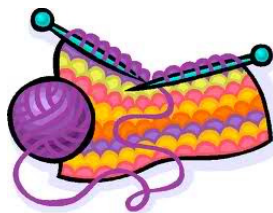


The HOF Gallery is a small space devoted to all things Arts & Crafty. The gallery also has a selection of fine ceramics, paintings, prints, locally crafted sculpted & hanging feltwork. A 'rustic' framing service is also available.

Open studio most weekends
10am-6pm and bank holidays

Knit and Natter

Please join us if you like doing any sort of material craft! We



have ladies doing cross stitch, tapestry, crochet

and knitting. We meet in the hall next to the Methodist Church every 2nd and 4th Wednesday of the month from 2:30 pm – 4pm. Please just come along and join in. Also, if anyone has any spare wool for the group please let me know.

For more information please contact me on 01409 221187
Thank you. Eunice Peck

Northlew Camera Club

30th October

7 pm for 7:30 pm

Presentation by Mr Tom Wallis.

Tom is a keen bird watcher and have travelled to various locations around the world photographing wildlife. Come and enjoy a presentation, slide show and Q&A session with tea and biscuits.

Camera Club members £1
Non-members £3
All Welcome
Please contact Chris and Angel
Baines 01409 221362 or
Chrisbaines55@talktalk.net

Badminton



We play every week in the Victory Hall. All abilities welcome. Please contact Chris Baines on 01409 221362 for more information

Don't forget about your chimney!

It's that time of year!



Please check when you last had your chimney swept; it may be longer ago than you think.

Yoga Classes



Yoga classes will be restarting on Wednesday

27th September in the Methodist Chapel.
7:00 - 8.30.pm

Please wear comfortable clothes and bring a mat or blanket to lie on. All are welcome. For further information please contact

Angela on 01409 221110 or
07809 427991

Parish Council

I am sorry to announce that Mrs Alex Crossthwaite Eyre has resigned from the Parish Council as she now has too many other commitments to continue in the role as councillor. On behalf of the Parish Council I would like to thank Alex for her contribution over the last 5 years. Alex will continue to support community events, as she has done in the past, when she can.

Given the changing role of parish councillors and the ever increasing level of time commitment and governance now required, we are currently reviewing our recruitment process for new councillors. More information about the recruitment process will be available in next month's edition.

Joanna Wilson
Chair, Northlew Parish Council

The minutes of last month's council meeting can be seen on the parish notice board.

Please contact the Parish Clerk Janet Millership on 01409 221409 for further information.

Parish Council meetings are usually held at 7:30pm on the 3rd Monday of each month in the back room of the Victory Hall.

Member of Parliament

Mel Stride MP
House of Commons
London
SW1A 0AA

Tel: 020 7219 7037

Advertising in the Northlew News in 2016

If you would like to advertise in the Northlew News please contact Joanna Wilson.

Business advertising rates:

- £2.50 per advert (business card size) per month or £25 per annum
- £5 for half page
- £10 full page

Please note there may be a one off charge of £15 if your advert needs to be reset by the printers. All cheques to be made payable to The Northlew Parish Council.

Items for sale advertising rates:

- £5 per advert for half page with picture
- £1 per advert (text only) per month

Mags Jarvis' sponsored Great Escape Run in aid of Parkinson's UK



Thanks so very much to everyone for their amazing support and generosity for my sponsored half marathon across Dartmoor from Princetown to South Brent. It was a great day, sunny and a little on the warm side. The terrain was fairly challenging but this didn't stop our daughter Sarah coming 4th

overall and 2nd lady in 1 hr 46 mins. I was very pleased with my run and came in 2nd female over 60, in 2 hrs 37 mins and I finished in the top half of the field.

I am delighted to say that to date the total raised for Parkinson's UK now is £2,830. I am in the process of collecting the final donations at the moment. I have been overwhelmed by the support I have received. I really do appreciate it.

Thank you again. Mags x

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.



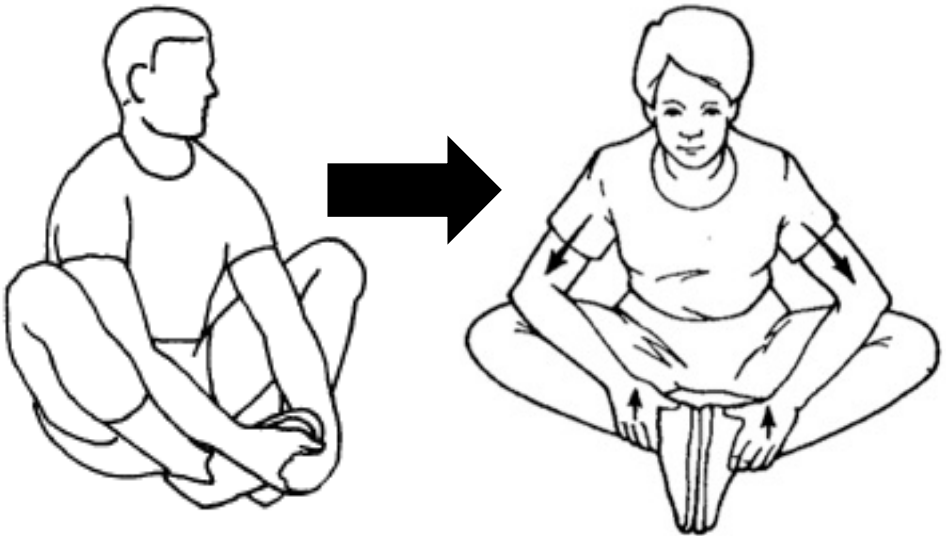
At Plym Ford

Stretch of the Month

By Tom Wilkins

www.trainertompt.com

This month's edition focuses on the groin and inner thigh. As demonstrated below, this groin stretch is excellent for loosening up the inside of your thighs. This stretch can be performed as a passive movement allowing you to apply gentle pressure on your knees to increase the intensity of the stretch. Follow the simple steps below to perform the stretch effectively.



Key Points:

- Keep your back straight and push your chest out
- Apply gentle pressure with your elbows onto your knees
- Control your breathing throughout
- Aim to repeat 1-2 times a day
- Hold each stretch for 12-15 seconds



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2017 Events at a Glance

October	<ul style="list-style-type: none"> • Monday 1st October: Harvest supper, Victory Hall • Sunday 8th October: Harvest Festival, 2:30 pm • Monday 9th October: Harvest Festival, 7:15 pm • Saturday 21st October: 80s Disco, 8:00 pm – midnight • Primary school half term: Monday 23rd – Friday 27th October inclusive • Monday 30th October: Camera Club presentation 7:30 pm
November	<ul style="list-style-type: none"> • Friday 24th November: Concert in the Victory Hall with Stithians Ladies Choir, 7:45 pm • Primary School non school day: Friday 24th November
December	<ul style="list-style-type: none"> • Sunday 10th December: Christmas Lunch, Victory Hall • Primary School Christmas holiday: Monday 18th December – Tuesday 2nd January 2018 inclusive

2018 Events at a Glance

January	<ul style="list-style-type: none"> • Primary School Term starts: Tuesday 2nd January • Thursday 11th January: Northlew and Ashbury Produce and Craft Show AGM 7pm Victory Hall
February	<ul style="list-style-type: none"> • Primary School half term: Monday 12th – Friday 16 February inclusive
March	<ul style="list-style-type: none"> • Good Friday: 30th March
April	<ul style="list-style-type: none"> • Easter Sunday: 1st April

Carmel Coaches Excursions for 2017/18

Date and venue	Cost
<ul style="list-style-type: none">• Saturday 4th November Bridgwater Carnival	£14
<ul style="list-style-type: none">• Monday 20th November for 5 days Turkey and Tinsel break at Torbay Hotel, Torquay sea front	£199
<ul style="list-style-type: none">• Saturday 25th November Christmas shopping, Cardiff	£20
<ul style="list-style-type: none">• Sunday 3rd December Christmas shopping, Cribs Causeway/Cabot Circus, Bristol	£15
<ul style="list-style-type: none">• Wednesday 3rd January 2018 Peter Pan, Theatre Royal, Plymouth	£25

**For more information or to book your seat
please call 01409 221237**