

NORTHLEW NEWS



There will be a full moon on 28th June known as the strawberry moon

June 2018

Northlewnews@gmail.com

Your Parish Councillors

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Published by the Parish Council

A little bit about the strawberry moon

June's full moon is named after the wild strawberries that start to ripen during this month and this name is often attributed to the Algonquin tribe of North America. According to some sources, European names for this early summer month moon was rose moon and hot moon, for the beginning of the summer heat. Other sources quote mead moon as the Anglo-Saxon name because this was the time for mowing the meads, or meadows.

In ancient times, it was common to track the changing seasons by following the lunar month rather than the solar year, on which the 12 months in our modern calendar are based.

For millennia, people across Europe, as well as native American tribes, named the months after features they associated with the northern hemisphere seasons, and many of these names are very similar or sometimes identical.

Today, we use many of these ancient month names as full moon names. A common explanation is that colonial Americans adopted many of the native American names and incorporated them into the modern calendar.

However, it seems that it is a combination of native American, Anglo-Saxon and Germanic month names which gave birth to the names commonly used for the full moon today.

Some years have 13 full moons, which makes one of them a blue moon, as it doesn't quite fit in with the traditional full moon naming system. However, this is not the only definition of a blue moon.

About every 19 years, there is no full moon in February. This is one of several definitions of the term black moon. The other definitions refer to a new moon which does not fit in with the equinoxes or solstices, similar to a blue moon.

Wild Strawberries



Europe has its own native wild strawberry; the Alpine strawberry (*Fragaria vesca*), also called European strawberry, Woodland strawberry, or fraiser des bois.

There are several different kinds of wild strawberries. The native

North American type is the Virginia strawberry (*Fragaria virginiana*), also known as Mountain strawberry or Common strawberry. It grows naturally in the United States, including Alaska and also in Canada. It has also been exported; one popular variety, which was imported to Great Britain in the early 1900s, is called Little Scarlet.

It was an accidental cross of *Fragaria virginiana* and the South American *Fragaria chiloensis*, also known as Sand or Beach strawberry, with larger fruit, which resulted in the modern strawberry grown commercially and in gardens, the *Fragaria ananassa*.

Close to the summer solstice

It was reported that the strawberry moon last coincided with the summer solstice in 2016 and before that it was in 1967.

Sources: <https://www.timeanddate.com/astronomy/moon/strawberry.html>
<https://www.telegraph.co.uk/science/2016/06/19/strawberry-moon-coincides-with-summer-solstice-for-first-time-si/>

Note from the Editor

If you would like to receive your copy of the Northlew News electronically then please email me at northlewnews@gmail.com or please call me on 01409 220254.

Please note due to the introduction of the General Data Protection Regulation (GDPR) I will no longer be using my personal email for the Northlew News or any Parish Council business. We are in the process of creating parish council email addresses for all councillors and there will be more information about this in next month's edition. The domain name is @northlewparishcouncil.org.uk And I can be contacted on chair@northlewparishcouncil.org.uk.

If you have any questions then please do not hesitate to contact me.

With very best wishes,



Northlew Stores C I C.

Opening times

Paula would like to thank all customers for your continued support.

If any of the clubs in Northlew would like to put a display in the shop window then please contact Paula.

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.

Extended opening hours

The new opening hours for the shop are as follows:

- Mon: 8:00 am – 12 Noon
3:00 pm – 6:00 pm
- Tues: 8:00 am – 12 Noon
3:00 pm – 6:00 pm
- Wed: 8:00 am – 12 Noon
Closed
- Thurs: 8:00 am – 12 Noon
3:00 pm – 6:00 pm
- Fri: 8:00 am – 12 Noon
3:00 pm – 6:00 pm
- Sat: 9:00 am – 12 Noon
Closed
- Sun: 9:00 am – 12 Noon
Closed

Volunteering

If you are interested in volunteering at the shop to work behind the counter, help with stock taking or general admin then please contact Paula or northlewshop@gmail.com

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

Northlew Post Office



® The post office is open on Monday and Friday mornings.

The post office is open from 9:30 am to 12 noon in the Church Room

Northlew Methodist Church

Services

3rd June

9:30 am Rev Liz Singleton

10th June

9:30 am Mr Andy Hunter

17th June

9:30 am Miss Vicki Brown

24th June

9:30 am Service at Boasley

50/50 Coffee Mornings

Saturday 30th June

10:00 am – 12 noon

Cake and savoury stall, coffee morning and 50/50 shop open

Sunday lunch – thank you

Thanks to everyone who supported our Sunday lunch on 15th April, where there was a selection of pies and puddings. We made a profit of £895. Many thanks to all those who provided and served meals and also for the helpers setting up and clearing up afterwards.

Village Fun Day - thank you

We wish to thank Dan for the donation of £200 from the Village Fun Day. An event like this takes a lot of organization, so thanks to all those who helped in any way.

Concert in the Victory Hall Monday 11th June

7:30 pm

Jess Martyn and the
Stowford Meadow Singers.
Chair: Rev Liz Singleton

Tickets including
refreshments cost £6

Please ring Dorothy 01409
221782 or Bet 01409
221003

Everyone is welcome!

Dance in the Victory Hall Saturday 16th June

8:00 pm

Dance with Simon on
keyboard

St Thomas of Canterbury Parish Church

Services

3rd June

9:30 pm Holy Communion

10th June

9:30 pm Morning Prayer
(B.C.P.)

17th June

09:30 am Holy Communion
6:30 pm Songs of praise at
Ashbury

24th June

10:00 am Family Service

Songs of Praise

The Songs of Praise will be preceded by a walk from the village square to Ashbury and a barbecue. Walkers leave the square at 4 pm and the barbecue will be at 5:00 pm. The church service starts at 6:30 pm.

Jim Atlinson

We were all saddened to hear that Jim had passed away. He had had a long period of hospital visits and treatment but always seemed to come up smiling with a positive outlook on life. Jim was a faithful member of the

church choir, a very keen gardener and friend to us all. He will be sadly missed and we offer our deepest sympathy to Mollie and his family. May he rest in peace.

Thank you

Many thanks for the recent fund raising for the Parish Church. We greatly appreciate the very generous donation from Dan on behalf of Village Fun Day, Shaun's tractor run and those who supported the Ploughman's lunch. All gratefully received and we are truly thankful.

Northlew Horse Show



Northlew horse show is making a comeback this year! The show is going to incorporate the South Tetcott hunt show and the Holsworthy riding club show (many hands make light work!) It is on Saturday July 28th at Hillside farm, Northlew (by kind permission of the Dufty family).

Schedules will be out shortly. For all enquiries please contact Daph Beasley 07870 440418

The Green Dragon



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

The Green Dragon is open:
Lunchtime: 12 – 2 pm
Lunch is served every day
Monday – Saturday: open 6 pm
Food served from 6 pm- 9 pm
Sunday: open 7 pm (no food)

Please contact Dan on 01409 221228 for more information about the Green Dragon

Village Fun Day

A huge thank you to Dan and everyone who helped with the Village Fun Day. More information about the day will be in the next edition.

Women's Guild and Fellowship

Wednesday 6th June 2:30 pm.
Women's Guild and Fellowship meeting in the Methodist Hall

Northlew and Ashbury Produce and Craft Show 8th September

Preparations for this year's Produce and Craft Show are now firmly underway. Members of the small but enthusiastic committee ran a plant sale at the well attended April village fun day and raised £46. About thirty children had the opportunity to plant runner bean seeds with the hope of growing the longest bean for the Runner Bean Challenge. Preview copies of the show schedule were also available.

If you or your child missed the chance to plant a seed then, there is still time to grow a winning bean - you can plant any variety of runner bean and just bring along the longest bean pod on the day of the Show. This is a children's only competition, with no entry fee and no need to pre book or submit an entry form.

2017 saw the first photography categories in the Show and these proved so popular that this year sees the introduction of a photography section. Photographs can be in black

and white or colour, presented unframed with a maximum size of 22.5 x 15 cm.

The adult categories (which children and young people can also enter, at the usual adult fee) this year are very broad to encourage imagination and creativity:

Wildlife - this could include any local wildlife and there has been a lot of talk about hedgehogs in the village with the opening of the hedgehog rescue centre. Or perhaps you prefer something slightly larger and more exotic from further afield!

Movement - this category speaks for itself and can include, by definition, anything which isn't still. So an opportunity for all those sport or dance enthusiasts to capture their passion, or much more besides.

Sunrise or Sunset - always a popular subject for photographers, and there have been so many opportunities recently with the snow cover and extreme weather which leads to interesting lighting. Or perhaps an opportunity to share one of those holiday images.

Artistic - well, if you have another image which doesn't fit into the three previous categories, then the final category this year may be the one which fills you with glee.

Children aged 8 and under and young people aged 9 to 16 haven't been forgotten, and this year each section includes a photography class for animal photos. So use your imagination and take a photo of your favourite pet, champion show jumping pony, local livestock or any other animal that captures your attention.

Remember, you don't have to be an expert photographer, just get out and take some interesting images and keep the judge busy. You can enter two images in each category. Happy shooting!



Produce and Craft Show schedules are now available from the Village Shop, the Green

Dragon, the Church Room and the Victory Hall.

Northlew and Ashbury Craft and Produce Show Committee.

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This year's nominated charity is The British Heart Foundation. Registered Charity number 225971

Northlew Walking Group

This month's walk brought us back to a village square start and joining us for our meander around the Parish of Northlew this month were, Robin & Dee Gant from Broadwoodkelly, Chris Allen from Holsworthy, and Enid Maguire, Val Hughes, Angela Baines, Sue Sanders, Colin & Mags Jarvis, Pat Carter and myself all from Northlew.



As we were in the height of Spring, we decided to count the different species of flora and fauna as we walked. Heading out of Northlew up Station Road,

we turned right down towards East and West Kimber. We crossed over Tidgy Brook and then climbed up towards the left turn towards Bogtown. After coming out on the road at Bogtown, we continued straight on to reach Ashbury. Turning left past the church, we then walked the 'Two Churches Trail' back towards Northlew. For the record, we counted 60 different wildflowers and 26 different trees.

As promised we finished off a lovely walk with refreshments at Wistful Cottage, cake compliments of my wife.

Next Walk No 23

For our next walk, we will enjoy our annual picnic at Meldon Reservoir. This will take place on the 1st June. Northlew residents meeting in the square at 11:00 a.m. armed with picnic boxes. Non residents to meet at Meldon Reservoir car park at 11:30 a.m. (Please note, there will probably be a pay & display meter at the car park by then.)

See you there
Chris

chrisbaines55@talktalk.net

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Gardening Tips for the month



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

Where to start?

Well it's slightly less frenetic in June, than May, but there's still plenty to do.

Weeding and staking

The most essential job to do is weed. And weed. And weed... Oh...and if you haven't done so already, then stake any tall/floppy plants. Hazel twigs and branches are invaluable for this, being both strong but flexible. They also blend in much better than bamboo and string.

Pruning

Spring flowering shrubs such as Chaenomeles (Japanese or ornamental quince), forsythia, deutzia and camellias can be pruned back straight after flowering. People worry about

pruning camellias, but they are pretty resilient plants that can be cut back quite hard if needed at this time of year, or even treated as a hedge.

Clematis amandii and

C.montana can be pruned back now.lightly in the case of

C.armandii whilst montanas can be clipped over with shears to eventually form a tight 'hedge'

Bedding plants

All your tender annual and bedding plants can be planted outside now that the danger of frost is over. Dahlias can be planted out too - don't forget to pinch out the stem tips to encourage more flowers in time.and give them a generous helping of slow release granular fertiliser and a dollop of manure or homemade compost as a mulch.

Sowing for next year

Biennials such as wallflower, foxglove and sweet williams can be sown outside in rows. They can then be transplanted into the final positions in the Autumn, ready for flowering next year.

If you want to try growing Florence/bulb fennel or maybe you have before, but found that it bolted, then delay sowing until

just after Midsummers Day, after which the daylength shortens.

Hardy geraniums

Once your hardy geraniums have finished flowering, cut it all down so that a second flush of foliage and flowers can regrow. If however you want a hardy geranium that keeps flowering till November and doesn't need cutting back, then try Rozanne. It was voted Plant of the Century for very good reason!

Daffodil foliage can be cut back or mown off at the beginning of the month (to the relief of those who do the mowing!). Cutting back earlier means that the bulb will be starved and won't flower as well next year.

Vegetables

Early potatoes can be harvested as soon as they flower.

Sweetcorn can also be planted now.either grown in pots or sown as seed direct in the soil.

When thinning carrots always water the row first, then thin to 2" apart. Remove the thinnings completely from the area as the scent can attract carrot fly. I grow carrots under a single layer of horticultural fleece which stops the fly getting access.

They do not fly higher than 18" so you can also put a fleece fence round the crop which stops them landing.

You can also sow runner beans directly in the soil now. They often grow better and stronger than those grown in pots and transplanted.

And do make time to put down your tools for a while and wander round your garden with a glass of something chilled, or a cuppa and just enjoy. This is the peak of the year when the garden is at its lushest and freshest and all your hard work pays off.

Happy gardening, Harriet

Theatre Highlights



***Theatre Royal @
Plymouth***

Box Office 01752
267222

29th May – 2nd June

Love from a Stranger - Agatha Christie

5th – 9th June

Some Mother do 'ave 'em - Joe Pasquale

11th – 16th June

Thriller - Songs of Michael Jackson

18th – 23rd June

Titanic - the musical!

26th – 30th June

Summer Holiday - from the 1960s film

4th July – 4th August

MISS SAIGON - book early for good seats

14th – 18th August

EVITA

29th Aug – 15th Sept

WAR HORSE returns

Northcott @ Exeter

Box Office 01392 726363

28th May – 2nd June

Flashdance

5th – 9th June

Iolanthe - the all male G & S Co.

16th June only

Children's Ballet (3 yrs+) Ugly Duckling

19th – 23rd June

Great Expectations

***Juliet is fund raising for
cancer research
Saturday 21st July***



***Cancer plays dirty but so can
you!***

Pretty Muddy® isn't like any other fundraising event.

On Saturday 21st July Juliet Yelland is tackling a 5k muddy obstacle course to raise funds for cancer research for breast cancer. As part of her preparation and training she is doing a personal challenge of running over 100 miles during the month of May.

There is a sponsor form for Juliet's challenge in the village shop. Please sponsor her to raise funds to help beat breast cancer.

Thank you from Juliet

Northlew Nature Watch

*The Cuckoo comes in April
She sings her song in May
She changes her tune, in the
month of June
And July she flies away*

Hopefully, many of you will have heard the quintessential sound of Spring, because as you can see from the above rhyme, it's now too late for this year. I have been told that they have been heard in Northlew this year, which is great news.

Even though the Cuckoo is already thinking of leaving our shores, most of our Summer migrants are now in full swing raising a family. The Swallows, Swifts and House Martins can be seen souring around our skies, catching insects on the wing for their young. On a calm sunny evening, the Swift can be heard screeching through the village square. Their acrobatics are amazing to see.

If you have put up nest boxes in your gardens, then the chicks should all be taking their first flights this month. All of a sudden, gardens are full of little fluffy chicks, being cared for by

their parents, until they can feed themselves.

Devon banks must be the best place in Britain for our wildflowers. For the last couple of months, they have been a blaze of colour, with a succession of wildflowers. Among these have been Lesser Celandine, Wood Anemone, Bluebells, Red Campion, Pink Purslane and Foxglove to name but a few. A recent walk around the area produced 60 different wildflowers, and 26 different species of tree.

The 21st of June sees the most hours of daylight, and then the days actually start to shorten again, so get out there as much as possible, and enjoy this beautiful county

Chrisbaines55@talktalk.net

Victory Hall

Registered Charity No/: 266213 A/3

Royal Wedding Lunch

Thank you to everyone who supported the recent lunch at Northlew Victory Hall, held to celebrate the Royal Wedding.

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The hall was resplendent with Union Jacks and red, white and blue bunting... a fun quiz was also held... with a tense tie breaker to decide which table was the winner!!! A profit of £382.80 was raised for our funds.

Booking a charitable event at the Victory Hall

Northlew Victory Hall Management Committee are making a small change to the criteria needed for booking a charity event, as Trustees to NVH we have a duty of care within the charity. We were not covering our costs under the existing £10 fee and so have implemented the below to try and make things fair and clear to all.

Criteria to qualify:

1. Any event where all profit will go to the named registered charity. Registered charity name & number required when booking and must be on all advertising for the event.
2. The organiser is a parishioner.
3. All profit to go to the named charity.
4. It must be a public event open to all. This offer is not for private functions.
5. The £10 covers the hall and use of the kitchen for drinks only. If food preparation and serving is required then an additional £15 is essential to cover our extra costs.

Any event must meet all 5 criteria to be granted the booking price of £10.

www.northlewvictoryhall.co.uk

Project Zambia

The lucky winner of my garden hamper was Angi Short with lucky square Number 43 ... have fun growing lots of produce!

Please look out over the coming months for more of my fund-raising activities
Kaitlyn x

Northlew Amateur Dramatics Society (NADS)



After a much needed spell of R&R, NADS are ready to slap on the greasepaint once more. This year marks our 10th anniversary and we are celebrating with a double bill of one act comedies on 3rd and 4th of August.

Clara's On The Curtains by Arthur Lovegrove:

The curtains are about to go up on the Wickley Women's Guild sell out production. Mabel is in charge and Clara's on the curtains - what could possibly go wrong?!

Mum's the Word by Brian Miller:

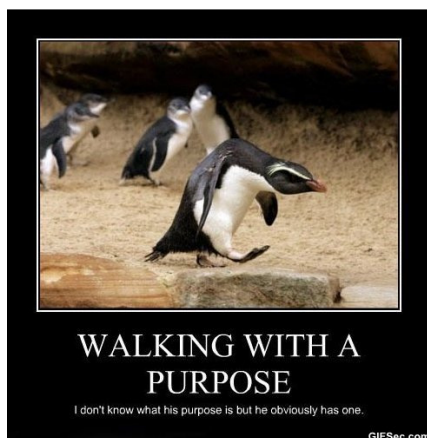
On a sunny afternoon, Grantham, a retired army officer, cleans his service revolver. Jessica, his younger wife, arrives with tea. But this normal

scene changes when the subject of divorce arises

Food, supplied by Ellis Bakery, will be available in the interval.

Tickets will be available from mid-July from Elmfield.

Northlew Marathon Charity Walk Saturday 11th August



More details to follow but new route is being planned as I type and it's going out via Ashbury, Meldon, Okehampton and Folly Gate.

For more information please contact:

Tim Williams
01409 221754

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Play Group for Grown ups

*We don't stop playing because
we grow old, we grow old
because we stop playing!*

Rediscover the fun in cards, games, jigsaws and having a good old chat! If there is something you particularly enjoy playing, bring it with you!

We meet on the first Tuesday and third Thursday of each month. 2:00 pm – 4:00 pm in the Methodist Chapel Room.

For more information or to arrange transport please call Chris on 01409 221797

Northlew Camera Club

If you are interested in joining the Camera Club, please contact Chris Baines on 01409 221362 or email chrisbaines55@talktalk.net or Julie.phillips240@ntlworld.com

It meets in the Victory Hall on the last Monday of the month. All levels and ages welcome!

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

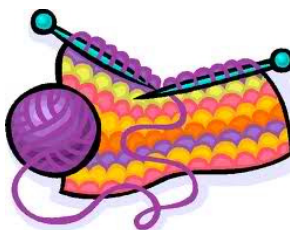
Northlew Toddlers

With an increase of pre-schoolers in the village we are starting Northlew toddler group again. Welcome to any babies and toddlers with their parent/s or carer/s

Fridays 9.30 -11.30 in the victory hall

Please come along. Any queries please contact Mel on 07919380636 or Becky on 07969 801880.

Northlew Knitters



The Northlew Knitters are knitting and

crocheting for good causes.

If you have any spare wool please would you leave it at the shop for collection by the knitting group – your help is very much appreciated.

Everyone is welcome to join us. We meet in the Methodist Church every 2nd and 4th Wednesday of the month from 2:30 pm - 4:00 pm.

For more information please call Eunice Peck on 01409 221187

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

Yoga Classes



Yoga classes will run from 7:00 pm – 8:30 pm, weekly on Wednesdays

until the end of July.

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

Badminton Club



We play every week in the Victory Hall. All abilities welcome.

Please contact Chris Baines on 01409 221362 for more information

Okehampton Railway

Okehampton Reinstatement Group organised another excursion by train from Okehampton to Oxford and Stratford departing at 07:10 on Saturday 21 April 2018.

This took place to raise awareness of the need for a regular daily train service between Okehampton and Exeter.

There was a good uptake of tickets although numbers were down when compared with the Okehampton to Paddington trip in 2017.

Passengers came from surrounding villages, Tavistock and Bude. Tea, coffee and bacon sandwiches were served on the platform at Oke station to the waiting crowd.

The train consisted of 8 carriages and included a buffet car and Pullman fine dining. We arrived in Oxford at 10.44 and the GWR train manager had arranged for a hop on/hop off sightseeing bus to be waiting for us with tickets being sold with a negotiated discount.

We had a lovely day out in Oxford with beautiful weather and plenty of time to sightsee.

We left Oxford at 17.21 and had a very comfortable pleasant journey back to Devon. We did have to make one unplanned stop at Didcot to off load 5 people who had mistakenly boarded the train, despite numerous announcements over the public address system, who were expecting to go to Paddington! The train arrived back at Okehampton at 20.46 and everyone seemed to have enjoyed their day out.

Follow Okehampton Reinstatement Group on Facebook for updates on the proposed daily rail service and future planned excursions from Okehampton station.

Message of thanks

I would like to thank all those people involved in providing the beautiful tree and memorial stone in memory of my dear husband John Peak. It was such a lovely idea and so unexpected.

I am very grateful for all your kindness.

Elaine Peak

Parish Council

Minutes

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

Next Meeting

Parish Council meetings are usually held at 7:30 pm on the 3rd Monday of each month in the back room of the Victory Hall. Any member of the Parish can attend but if you would like to raise anything with the Parish Council please notify the clerk at least a week before the meeting.

Please contact the Parish Clerk Janet Millership on 01409 221409 for further information or by email

clerk@northlewparishcouncil.org.uk

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

Exercise of the month: Home leg Circuit

By Tom Wilkins

www.trainertompt.com

This month's edition focuses on a more advance lower body circuit. To complete this circuit, follow the diagram below with the reps stated below the exercise. If you do not have a medicine ball you can complete the first exercise with just your bodyweight. Aim to complete this circuit 1-3 times a week..... Watch out for the sore legs!



Health and Care Jobs Fair

Charter Hall, Okehampton

Wednesday 6 June 2018

2pm – 5pm

Supported by



The NHS in Devon



Speak to local health and care employers about current vacancies, careers advice, and volunteering opportunities. Information about childcare, fostering and from Job Centre Plus. Free refreshments!

**I HELP ROB PLAN
FOR HIS FUTURE**

**NOT JUST THE
WEEKLY SHOP**

If you have any questions about the event, please email proudtocare@devon.gov.uk.



force Okehampton
 Registered Charity No. 1049874

**CANCER
 SUPPORT
 FACE TO FACE**

Castle Ham Lodge, Okehampton
 every Wednesday, 10am - 4pm
 Further details / appointments:
 01392 406151 or 01392 402086
www.forcecancercharity.co.uk

SUPPORT AND COUNSELLING
 COMPLEMENTARY THERAPIES
 INFORMATION AND ADVICE
 HELP WITH REFERRALS to Welfare / Benefits Advice

Our services are **FREE** to anyone affected by cancer

Cancer patients in West Devon are to be offered chemotherapy treatment in Okehampton for the first time, thanks to funding from FORCE Cancer Charity.

The service will be available every Wednesday between 10 am and 4 pm at Okehampton Hospital from February 21.

Each Wednesday a team of professional staff and volunteers provides support and counselling, complementary therapies and information at Castle Ham.

FORCE is looking for more volunteers to join the team in Okehampton. There are opportunities to help with the new chemotherapy service at the hospital on Cavell Way or at Castle Ham Lodge. Regular volunteer Karen Taylor finds it hugely rewarding. "Everyone is very kind, very friendly, it's a beautiful environment and there's a lot of knowledge here. I've learnt a lot and hopefully helped other people feel a bit happier on a daily basis," she said.

If you would like to become a FORCE@Okehampton volunteer, please contact Naomi Snook on 01392 406154 or via email - naomips@forcecancercharity.co.uk

To find out more about Force Okehampton please see below:

- Twitter: @forcecancer
- Facebook: www.facebook.com/forcecancercharity
- Web: www.forcecancercharity.co.uk
- For more information, please contact Trina Lake on 07774 195445 or trina.lake@forcecancercharity.co.uk

Registered Charity Number: 1140676

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OKEHAMPTON
DEVON

bed & breakfast

*and great company - just perfect -
thank you very much."*

*"We came for 2 nights and
stayed for 4 - do we need to
say any more?"*

Bed and breakfast accommodation at Elmfield

Prices from £35 per night

Extensive breakfast menu

Discounts apply for stays of 3 nights or more

Contact: Martin on 01409 221376 or 07974 859029

www.elmfield-northlew.co.uk



Anthony Stock DECORATOR

The Old Manse
Northlew
Okehampton
Devon EX20 3NZ

Tel: 01409 220161



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2018 Events at a Glance

June	<ul style="list-style-type: none"> • Monday 11th June: Concert with The Stowford Meadow Singers and Jess Martyn • Saturday 16th June: Dance in the Victory Hall
July	<ul style="list-style-type: none"> • Saturday 21st July: Fun Day • Tuesday 24th July: last day of summer term for Northlew and Ashbury Primary School • Saturday 28th July: Northlew Horse Show
August	<ul style="list-style-type: none"> • Friday 3rd August: NADS production, Victory Hall • Saturday 4th August: NADS production, Victory Hall • Saturday 11th August: Northlew Marathon Charity Walk • Monday 27th August: bank holiday
September	<ul style="list-style-type: none"> • Wednesday 5th September: first day of autumn term for Northlew and Ashbury Primary School • Saturday 8th September: Northlew and Ashbury Produce and Craft Show • Sunday 9th September: Fundraising lunch for Kaitlyn's volunteering trip to Zambia • Saturday 15th September: Dance in Victory Hall
October	<ul style="list-style-type: none"> • Sunday 14th October: 2:30 pm Harvest Festival • Monday 15th October: 7:15 pm Harvest Festival
November	<ul style="list-style-type: none"> • Sunday 10th November: WW1 Commemoration Victory Hall • Friday 23rd November: Concert 7:30 pm
December	<ul style="list-style-type: none"> • Sunday 9th December: Christmas Lunch, Victory Hall



**Northlew & Ashbury
Primary School**

5 Non-pupil days 2018:

Wednesday 25th July
Thursday 26th July
Monday 3rd September
Tuesday 4th September
Friday 23rd November

Summer Term 2018

Half Term: Monday 28th May to Friday 1st June (inc)

Monday 4th June: All pupils return

Tuesday 24th July: Last day of term

Autumn Term 2018

Wednesday 5th September: All pupils return

Half Term: Monday 22nd October to Friday 26th October (inc)

Monday 29th October: All pupils return

Friday 21st December: Last day of term

Christmas Holiday: Monday 24th December 2018 to Friday 4th January 2019 (inc)

Spring Term 2019

Monday 7th January: All pupils return

Half Term: Monday 18th February to Friday 22nd February (inc)

Monday 25th February: All pupils return

Friday 5th April: Last day of term

Easter Holiday: Monday 8th April to Monday 22nd April (inc)

Summer Term 2019

Tuesday 23rd April: All pupils return

Monday 6th May: May Day Bank Holiday

Half Term: Monday 27th May to Friday 31st May (inc)

Monday 3rd June: All pupils return

Friday 19th July: Last day of term

Monday 22nd July to Thursday 25th July (inc): Non-pupil days

Saturday 2nd June 09:00-14:00 – Repair It!

Communities across Devon can have their broken electrical items and gadgets, including computers, fixed for free by Recycle Devon. The aim is to keep electrical items working and prevent unnecessary wastage.

Please note: They are unable to fix CRT TVs & monitors, electric blankets or microwaves. Repairs will be carried out on a first come, first served basis so please be prepared to wait.

For further information, please contact: Catherine Causley, Re-use Project Co-ordinator. catherine.causley@devon.gov.uk 07970 120703

National Bookstart Week***Tuesday 5th June: 'Bird Boogie'***

10:00-10:45 Bounce & Rhyme and craft for over 1's

11:00-11:30 Bounce & Rhyme for under 1's

Free rhyme cards and book for each child attending. Free, no booking necessary.

Wednesday 6th June 09:30: 'Bird Boogie' Duplo and story time

Free, no booking necessary.

Tuesday 12th June: Empathy Day

Pop in and borrow from our book display

Regular Events

Tuesdays 10:00- 10:30 - Bounce & Rhyme for over 1 year olds

Free, no booking necessary

Tuesdays 11:00-11:30 - Bounce and Rhyme for under 1 year olds

Free - no booking necessary

1st Tuesday of the month (excluding Aug & Sept) 15:45-16:45 -
Bookworms
Book Club for ages 7-11 Free - no booking necessary

Wednesdays 09:30-10:15 - Duplo Builders & Storytime for ages 0-5
Free - no booking necessary

Saturdays 10:30 – 11:30 - Lego Builders for ages 5+
Free, no booking necessary

Book Track for ages 6+ during library opening hours. Free, ask staff
for further details

Children under 8 must be accompanied to all events by a
responsible adult

Okehampton Library,
4 North Street,
Okehampton
EX20 1AR
01837 52805

okehampton.library@librariesunlimited.org.uk

www.devonlibraries.org.uk

Carmel Coaches Excursions for 2018

Date and venue	Cost
17th June Fathers' Day: Dartmouth by steam train and river cruise	£25
11th July : Miss Siagon at Theatre Royal, Plymouth	£68
27th August: Donkey Sanctuary and Sidmouth	£15
29th August: Warhouse at the Theatre Royal, Plymouth	£63
29th October: 5 day break at Warner Hotel, Thoresby Hall, Notts	£379
9th November: Thursford Christmas Spectacular weekend	£249

2018 tours leaflet available from the office.

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