

NORTHLEW NEWS



January 2019

Northlewnews@gmail.com

Your Parish Councillors

Chair:	Vice Chair:
Joanna Wilson: 01409 220254	Celia Rundle: 07432 512499
Jane Colbourne: 01409 221220	Simon Dufty: 01837 871744
Mark Rundle: 01837 53314	Bryan Dufty: 01837 871256
Kate Hawkins: 07775 621756	Vacancy: see page 23
Terry Hatt: 07811 383397	Clerk: Janet Millership: 01409 221409
Cllr James McInnes: 01837 861364	Cllr Patrick Kimber 01837 810057

Note from the Editor

Very many thanks this month to Dan Anscomb of The Green Dragon who has kindly agreed to sponsor the printing of this month's edition. Also, we are very grateful to the Coffee 'n' Chat group who donated £50 to the Parish Council specifically to go towards the printing of the Northlew News. The support of local businesses, groups and societies is very important to the growth and sustainability of the Northlew News whether through sponsoring the printing or advertising. Thank you all very much indeed.

Apologies but there is a hard, early deadline line for contributions to the February edition of Monday 14th January. For the March edition the deadline will revert to the 20th February. If you would like to receive an electronic copy of the Northlew News then please email at northlewnews@gmail.com.

Best wishes



Northlew Stores C I C. Keeping it local!

Fresh bread, cakes and savouries

We are delighted to offer our customers a range of delicious bread, cakes and savoury pastries from Ellis Bakery of Tavistock. We are also offering an ordering service from the bakery. Please ask at the counter for details. Orders will be available for collection on Tuesday and Friday mornings. Please place your order before 12 noon the day before you would like to collect, thank you.

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.

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 in the shop or email:

northlewshop@gmail.com

Opening hours

Please note the change to winter opening hours in the afternoons:

Mon:	8:00 am – 12 Noon 3:00 pm – 5:00 pm
Tues:	8:00 am – 12 Noon 3:00 pm – 5:00 pm
Wed:	8:00 am – 12 Noon Closed
Thurs:	8:00 am – 12 Noon 3:00 pm – 5:00 pm
Fri:	8:00 am – 12 Noon 3:00 pm – 5:00 pm
Sat:	9:00 am – 12 Noon Closed
Sun:	9:00 am – 12 Noon Closed

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.

Window display

If you would like to display anything in the shop window then please contact Paula.

Thank you

Thank you to all customers for your continued support of the village shop.

Northlew Post Office



The post office is open on Monday and Friday mornings from 9:30 am to

12 noon in the Church Room - please check Christmas opening hours

Don't forget about your chimney!



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

Northlew Methodist Church

Services

6th January

9:30 am Readings and favourite hymns

13th January

9:30 am Mrs Jean Daniel

20th January

9:30 am Mrs Angela Banfield

27th January

10:00 am United Family Service at the Parish Church

Thank you

Thank you to everyone who supported the concert in the Victory Hall on 23rd November. We had a wonderful evening of singing from the Mini Minstrels and The Briars, followed by plenty of refreshments, and a profit of £402 for the Methodist Church.

Thank you also to everyone who has supported the Methodist Church during 2018, at the services, 50/50 shop, coffee mornings and concerts.

Best wishes for a peaceful and happy 2019.

50/50 Coffee Mornings

Every Saturday during January from 10:00 am – noon there will be a half price sale at the 50/50 shop behind the Methodist Hall, so come along, grab a bargain and then join us for a coffee.

Also, on Saturday 26th January there is a cake and savoury stall.

St Thomas of Canterbury Parish Church

New Team Vicar

The Reverend Leigh Winsbury will be licensed by the Bishop of Plymouth at a service in Hatherleigh Church on 23rd January. He will then become our team vicar and we very much look forward to welcoming him and Mrs Winsbury to Northlew. I just hope that we are not all snowed in on that day! No doubt there will be a 'bun fight' after the service for which plates of something will be requested. More about that nearer the time in the Church or Church Room.

Wishing everyone a very happy new year.

Services

Please check in church for the times of the services as they were not all available at the time of going to print.

6th January

TBC

13th January

TBC

20th January

TBC

23rd January

Licensing of Rev Leigh Winsbury at Hatherleigh Church

27th January

10:00 am United Family Service at the Parish Church

Events and fundraising for 2019

Please see Events at a Glance for details.

A unique historical building in our midst – St Thomas' Church, Northlew

The Church of St Thomas is one of the oldest, if not the oldest, building in the village. Often, when an iconic image of Northlew is sought, it is the view of the church

from the lychgate that is chosen - serving to emphasise the strong association between the building and the village.

The church and its surrounds have, within living memory, 'always been there', and perhaps understandably are taken for granted: only coming to the fore at times such as baptisms, weddings and funerals. Few would disagree that Northlew would be poorer without the church building, and most would want to see it preserved for future generations.

But – how is the maintenance of this fine old building managed? Is it perhaps by one or more of the following: The Diocese (of Exeter); The Church Commissioners; West Devon Borough Council; The Department for Environment, Food and Rural Affairs; The Historic Buildings Trust? The answer is that it is none of these. The funding of the maintenance of the church building, its fabric and the churchyard is the responsibility of 'The Friends of St Thomas Church' (FOST).

FOST is a registered charity, and oversees the use of funds, largely

originating from bequests, to keep the church building in a good state of repair. Membership of FOST and its committee has never implied a faith or a desire to worship, but simply an interest in the maintenance of a very special old building.

Over recent years the membership of FOST has declined and the organisation has become largely 'invisible'. In order to function properly and to represent the wishes of a wide cross section of the village FOST needs 'new blood'. If you are interested and feel able to attend two short(ish) meetings a year, your contribution would be valued and appreciated.

In the first instance either: contact Malcolm James (Chairman) on 01409 221663 or email malcolmejames@hotmail.co.uk; or make a note of the date of the next AGM – which is Wednesday 1st May 2019. More details to follow.

New Ladies Group

Tuesday 8th January
7 pm – 9 pm

After a successful first get together at the beginning of December, we have decided to form a ladies group in Northlew. We shall meet every second Tuesday of the month.

Ten ladies attended the first session, but a newly formed Facebook Group "Northlew Ladies" now has 18 interested.

Please join us at the Chapel rooms on Tuesday 8th January. We are all bringing some nibbles and will discuss what activities we would like to take part in for the next six months. These may be crafting sessions, speakers on interesting subjects, etc. Bring along your ideas! We also want ideas for a catchy name for our group.

If you need any further information, please call Gina Farrow 01409 221238 (The Old Bakehouse)

**Northlew Silver Band
Devon's only Village Silver
Band over 100 years old and
counting**



What an amazing December.

From the Training Band (not orchestra Martin) playing at the PTFA Christmas Fayre at the beginning of the month, and by the way they were brilliant, through to the Extravaganza at the Victory Hall on the 15th which lived up to its billing.

It was always going to be a big weekend with three gigs in three days. Who would have thought that was possible last year when we were starting out again? First there was Holsworthy Farmers market Christmas service, our first performance outside the safety of Northlew for quite some time. It was a fun evening no less for being sat in the parade ring just slightly behind bars and it was really good to be on the publicity material too!

Then on Saturday 15th December we had the big one, our first Christmas concert in quite a few years, the Extravaganza. Well it lived up to the billing. Thank you Northlew for attending in your droves, the official count was just shy of 100 which was unbelievable. We didn't start on time waiting for seats to be found and corners to be filled and it was unbelievably hot. Friends had joined us from Okehampton, Hatherleigh and Launceston, Jo, Julia and Heather from Okehampton, El and Becka from Hatherleigh and Sheila from Launceston although Sheila is really a member of Northlew – just don't tell Launceston. Thank you guys and also thanks to Maurice who we know wanted to play but agreed to take the baton and conduct with about 5 minutes warning. If you're not a fan of Christmas music then this was not the afternoon for you, the music covered Carols to 'Do they know it's Christmas?' to 'Rocking around the Christmas Tree' to 'Mistletoe and Wine' to 'White Christmas' and the the marvellous Training Band – who if they were nervous forgot to show it – and more Christmas tunes ending with Slade's 'Merry

Christmas Everyone'. We freely admit to not being the slickest band in the area and we definitely need more practice and I need to work on my compering but ask anyone who went and I think they'll say it was a fun afternoon and a massive injection of Christmas spirit. Oh, and let us not forget the raffle, chocolate tombola, mulled wine, cider and snowballs and so many cakes the generosity and work that goes into to the afternoon by so many was staggering with Tracey as ever the principal culprit, thank you to all. And I heard Santa was there with his brussel sprouts to which we're grateful for him carving out a little time in his busy diary. Roll on next year's concert and I'm sure Frosty will make an appearance too.

Well the weekend wasn't over and on to the Sunday church Carol service and the lighting of the Christmas lights where we'd have played for longer but the rain eventually beat us.

So, as we head into Christmas week with Carols at the pub and the Chapel Carol service still to go just a little contemplation on the best band month for a little while.

We didn't charge for entrance to the Extravaganza to try and get as many people to hear us. We asked for donations instead and that worked; special thank you to the Coffee 'n' Chat ladies. We raised enough money to pay for three instruments we had already purchased for the Training band during the year and for, probably, another two or three if we're careful.

Thank you everyone for your support of the Silver Band.

Rehearsals start Wed 9th January and we look forward to performing for you in 2019.

Join us!

Beginners, every Wednesday in the band hut at 6:15 pm

Full Band, every 2nd Wednesday in the band hut at 7:30 pm -9:00 pm

Anyone wanting to try and play an instrument please get in touch

All welcome - Your Devon Village Silver Band needs you! For more information please contact:

Tim Williams 01409 221754
or

Martin Perry 01409 221376

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

Quiz Nights

The Green Dragon quiz nights are returning. Pop into the Green Dragon to find out more!

Northlew and Ashbury Parent, Teacher and Friends Association (PTFA)

Northlew and Ashbury PTFA would like to say a massive thank you to everyone that has supported our events throughout the year.

We are thrilled to announce that we have raised the £1,605.09 for the interactive white board for the school. It has already been purchased and is being installed in January.

So, thank you everyone you supported us. We couldn't have done it without you!

We hope you all have a wonderful Christmas and a Happy New Year. Don't forget to keep your eyes peeled for more fun events from the PTFA in 2019!

If you would like to be involved in the PTFA please speak to one of us. We always welcome new members and more ideas to continue helping us raise vital funds for our children at the school.

Best wishes from all of us at the PTFA.

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Northlew and Ashbury Produce and Craft Show 2019

Were you one of the many entrants or visitors to the very popular village Produce and Craft Show in September 2018?



If so, we need your help to ensure we have another show in 2019.

Please come along to the AGM on Thursday 17th January 2019, at 7.30 pm in the committee rooms of the Victory Hall. The meeting will take no longer than an hour and last year's was much shorter!

The show itself isn't very difficult or arduous to run, but we are down to a team of just six people, and that does make it tricky, especially setting up the tables the night before and clearing up on the day, after the event.

The committee meets about three or four times before the event, to discuss the categories for the next show, consider any other changes to be made and agree the show schedule, publicity and organisation for the day.



If you would like to play a role, however small, in what appears to be an increasingly popular annual village event - please do come along and meet us. If you can't, or don't want to join the committee, we still want to hear your views

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and ideas for making a 2019 Show successful.

Everybody welcome!

We look forward to seeing you there.

Gardening tips for the month



Harriet will be back in February

Badminton Club



We play every week on Monday and Wednesday in the Victory Hall.

All abilities welcome. Please contact Chris Baines on 01409 221362 for more information.

The Victory Hall

Christmas Lunch

Thank you to the 90 people who supported the NVH Christmas lunch. Thanks to everyone who came to support the event whether attending, bringing raffle prizes, laying up, peeling veg, waiting on tables and a whole host of other jobs. We really appreciate your help ... the funds raised help with the ongoing maintenance of the hall and without all this support things would be very different. So, thanks once again, we made a profit of £892.55 due to your generosity.

Regular events

The Victory Hall use on weekdays is booming and includes:

- ***Badminton***; Monday and Wednesday
- ***Skittles***; Tuesday and Thursday
- ***Short Mat Bowls***; Thursday
- ***Table Tennis***; Friday
- ***Toddlers*** Group; Friday

In addition, the camera club, the walking group, Northlew Amateur Dramatics Society (NADS) and the

Parish Council to name but a few also use the Victory Hall.

Come along and join in.

Simon Dancer
Chair, Victory Hall Committee

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 for which all the profit will go to the named registered charity.
2. Registered charity name & number required when booking and must be on all advertising for the event.
3. The organiser is a parishioner.
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

Northlew Walking Group

Our last walk of 2018 was supported by a small band of supporters. Joining us were Keith Ellis with his two dogs, Jenny Anderson, Mags & Colin Jarvis, Marion Dufty, Sue Sanders, Pat Richardson and myself.



Luckily the clouds parted for our start at 1pm from the square, and so off we went down Crowden towards the playing field. We

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turned right here and headed down to the bridge over the River Lew towards Norley. The water level was pretty high, the long drought of this summer long forgotten. We continued on, up to the hamlet of Norley, and then continued left at Worth, passing East and West Worth to reach the crossroads at Holstock Cross.

Turning left, our intended route was to turn immediately left again, but thanks to prior notice from Marion, this route was flooded, so we continued on to arrive at Greendown Cross. After a short rest, we turned left here, returning to the bottom of Crowden. Keeping straight on, we passed Gratton Farm and Shallowford stopping at the small bridge over the stream for the photoshoot.

It was then a short climb up the road to return to the square. As a special treat and an early Christmas celebration, everyone was invited back to Wistful Cottage for sausage rolls, mince pies, cake and lots of tea. We were also celebrating the completion of Angela's 'retreat'. We were very

pleased that Enid and John Maguire joined us for refreshments.

That completes another year of Northlew walks

Next Walk: No 29

Our first walk in 2019 will be on the 4th January.

Please come and join us. All welcome.

For information please call Chris Baines on 01409 221362

Northlew Amateur Dramatics Society (NADS)

NADS members are busy rehearsing for our upcoming show 'Darts!' by Lucy Turmaine which is being performed on 11th and 12th January 2019 in the Victory Hall. Tickets are on sale from Elmfield.

Ladies' darts night comes but once a week.....at least, during the season. It's time to let your hair down, put aside all the stresses and strains of everyday life and have a

good evening out with your mates. Unfortunately, events don't always turn out that way.

Set in the local pub, Darts! explores the relationships within and between the teams, the camaraderie and conflict, and deals with the inevitable sexism that the women encounter.

Everyone welcome!

Nature Watch: A year in the life of a pond

Having read that a pond is one of the best ways to attract wildlife into your garden, in 2017 I decided to 'create' one at the bottom of mine. This article therefore, is going to take you through my experience of firstly building the pond, and then each month, I will let you know what is going on, throughout the year. Note: this is my experience, and therefore the information should be taken as such.

The build

The location is very important, and should consider the following points:

- a) Don't put it under trees, or in particular shady areas. Leaves can contaminate the water and need to be removed as much as possible. If there is too much shade, it can lead to algae growth in the water, which can reduce the oxygen level.
- b) No matter how big or small, the pond should have a 'deep' area a minimum of 18", and a shallow area with a slope from the deep area to the edge. The deep area will reduce the risk of all the water from freezing up in the winter, and the shallow area will allow wildlife to move in and out of the pond easily. It will also prevent animals like hedgehogs and mice from drowning.

Having chosen the location, you need to decide how you are going to prevent the water from draining away. The most common methods are pre-formed plastic liners, or a PVC membrane. The former is particularly resistant to punctures, but is less flexible than the membrane with regard to the pond shape. Please note, if you go with the membrane, make sure the bottom of the pond has no sharp stones or similar objects, as they

could cause the membrane to puncture. Soft sand or old carpet can be used to line the pond, thus helping to prevent any sharp protrusions.

Filling the pond

Fill the pond with rain water, if you have it, or tap water if not. Once the water has been standing for a few days, any harmful chemicals will have evaporated.

Pond life

Next you need to decide what to put in your pond. Unless it is a really big pond with plenty of hiding places, do not put fish in it for two reasons:

- a) they may get eaten by a passing heron
- b) they will reduce the biodiversity of the pond, as they will eat everything.

Plants

As for plants, I bought a Pond Lily, which are great for 'creatures' to rest on the leaves, and a friend gave me some Water Iris. I also put in some pond weed from a pet shop, in order to provide some quick cover, but I think I will be

removing most of that next year, as it is rapidly taking over.

So, that's about it for the set up.

Now you need to wait for nature to find it. More to follow next month.

Chris Baines

Theatre Highlights



***Theatre Royal @
Plymouth***
Box Office 01752
267222

STOP PRESS

Les Miserables in Plymouth
Get your tissues ready for the
greatest musical ever!
11th June – 6th July 2019

4th December – 19th January
The Gingerbread Man for 3 year
olds and up
14th December – 12th January
Pantomime - Dick Whittington
15th January – 16th February
Roald Dahl's Matilda
19th February – 23rd February
Horrible Histories

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6th March – 9th March

Birmingham Royal Ballet - Beauty & the Beast

11th March – 16th March

Club Tropicana

18th March – 23rd March

Tom Stoppard's Rough Crossing

3rd April – 6th April

Welsh National Opera

9th April – 13th April

The Worst Witch - 7 yrs and up

22nd April – 27th April

Hair - the musical

More on the website

www.theatreroyal.com

Northcott @ Exeter

Box Office 01392 726363

3rd December – 6th January

Pantomime - Jack & the Beanstalk

22nd February – 2nd March

Hip Hop version of Wind in the Willows

19th March – 23rd March

The Bank Robbery Goes Wrong

11th April – 13th April

Room on the Broom for 3 years up

6th May – 11th May

The Mousetrap – touring

More details from Martin Perry

01409 221376 and possible free lifts!

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.

The studio opens most weekends
10am - 6pm and bank holidays

Yoga Classes



Yoga classes will be back on
Wednesday 9th
January 2019

7 pm - 8.30 pm in The Methodist Hall

Further information contact Angela
on 01409 221110 / 07809427991

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The Old Wheelwright's Private Dining in Northlew

Relaxed private dining with a very personal touch. For that special dinner why not let me welcome you with a glass of wine, then serve a three-course dinner (previously ordered) with a bottle of wine to complement it.

A log fire (for more wintery nights), soft music and discreet service, the evening is yours. Relax after dinner with coffee knowing you can walk home at your leisure.



Private Dining available on Thursdays, Fridays and Saturdays. Prebooking only.

Please contact Tania on 01409 220053 or email at haycocks3@aol.com for a sample menu and bookings.

Northlew Camera Club

The camera club meets in the Victory Hall on the last Monday of the month. A typical meeting will include :

A monthly theme: where we view and discuss attendees' photographs. Last month we chose movement as our theme.

Buddying: a chance for attendees to discuss photography with each other and for those with more experience to help others within the group.

Field Trips: a chance to practice techniques 'in the field', and then show results at the meeting.

Workshops and speakers: opportunities to learn from visiting experts. For example we recently spent a day at Castle Drogo receiving tuition from professional photographer John A Howells, We spent the morning looking through our lenses, getting different aspects of composition and how to improve our efforts (changing aperture and use of light and speed). It was really educational. After a brief lunch stop, we tramped to the top of hills and spent a pleasant couple of hours photographing the autumnal

woodlands and heath. We were lucky with the weather, rain held off but we were not able to get any sunset pictures, as there was too much cloud.

We are planning another day trip for next year, again with a professional photographer, so if you interested in improving your camera skills, please join us.

For more details please contact either me Julie Phillips on 01409 220088 or come along at 7pm on the last Monday of the month in the Victory Hall.

We look forward to meeting new members.

Play Group for Grown ups

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

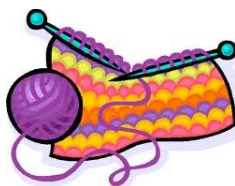
Rediscover the fun in cards, games, jigsaws and having a good old chat! If there is something you particularly enjoy playing, bring it with you!

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 Scadeng on 01409 221797

Knit and Knatter



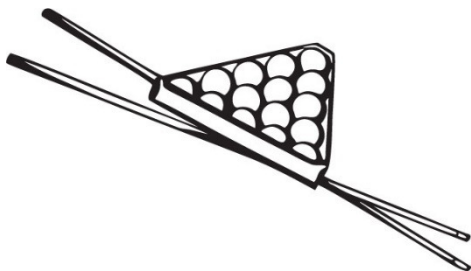
The Knit and Knatter group are knitting and crocheting for good causes and

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.

If you have any spare wool that you can donate to support the Knit and Knatter fundraising activities, please let me know and I will arrange to collect it. Your help is very much appreciated.

For more information or to donate wool please call Eunice Peck on 01409 221187

Northlew and Ashbury Snooker Club



Come and join us! We currently have vacancies for membership and we would be pleased to see new faces over the newly refurbished 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 or Simon on 01409 221881

Member of Parliament for Northlew

Mel Stride MP
House of Commons
London
SW1A 0AA
Tel: 020 7219 7037

Parish Council

Parish Council meetings

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

At 7:30 pm prior to the start of the formal meeting, there will be a public session (if required) which, at the chair's discretion may last up to 15 minutes, to enable members of the public to ask questions of and make comment to the council. We request that notice of intent to ask questions/make comment be made to the clerk by the Friday prior to the date of the meeting. Questions not answered at this meeting will be answered in writing to the person asking the question or may appear as an agenda item for the next appropriate parish council or committee meeting. Members of the public are asked to restrict their comments and/or questions to three minutes. This section is not part of the formal meeting of the council. Any member of the parish can attend the formal part of the meeting but may not contribute to

it unless specifically invited by the chair.

Further to the introduction of the General Data Protection Regulation (GDPR) all parish councillors and the clerk have new email addresses. Please use these email addresses from now on for all matters relating to the parish council or parish.

Please see page 21 for the new email addresses of your parish councillors and clerk.

Thank you

Minutes

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 or by email clerk@northlewparishcouncil.org.uk

Parish Clerk Vacancy

The position of clerk to the Parish Council is a part time post reporting to the Parish Council. The Clerk to the council is the Proper Officer of the council and as such is under statutory duty to carry out all functions, and in particular to serve or issue all notifications required by law of a local authorities Proper Officer. The clerk for Northlew Parish Council also has the role of the Responsible Financial Officer (RFO). The overall role of the clerk is to ensure that the council, as a whole, conducts its business properly and to provide independent, objective and professional advice and support.

The salary provided will be commensurate with experience and ongoing training will be provided. If you would like to have a chat about the evolving role of the clerk please call Joanna Wilson, chair of the parish council on 01409 220254 or email at chair@northlewparishcouncil.org.uk

Parish Council Emails

Councillors & clerk	
Joanna Wilson Chair	chair@northlewparishcouncil.org.uk
Celia Rundle Vice Chair	crundle@northlewparishcouncil.org.uk
Jane Colbourne	jcolbourne@northlewparishcouncil.org.uk
Bryan Dufty	bdufty@northlewparishcouncil.org.uk
Simon Dufty	sdufty@northlewparishcouncil.org.uk
Terry Hatt	thatt@northlewparishcouncil.org.uk
Kate Hawkins	khawkins@northlewparishcouncil.org.uk
Mark Rundle	mrundle@northlewparishcouncil.org.uk
Vacancy	To be filled at the election in May 2019
Janet Millership Clerk	clerk@northlewparishcouncil.org.uk

Exercise of the month: Kick start your healthy New Year...

By Tom Wilkins

www.trainertompt.com

If you are looking for a mobility exercise that involves lots of movement, then walkouts are just for you. You can adjust the intensity of this exercise by adding in push ups, mountain climbers and even burpees into the movement. When completing this exercise, make sure you keep your breathing deep, taking in oxygen at the top of the movement and exhaling all the way down to the floor. I would recommend completing this exercise in sets for optimum results (following the program below).



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Okehampton & District Community Transport Group



Okehampton & District Community Transport Group have been serving the community for 28 years. We cover 274 square miles of rural Devon. We provide accessible, door to door

transport for the frail, elderly, disabled and rurally isolated to access both healthcare and social appointments. We have a Ring and Ride bus service which takes passengers into Okehampton for shopping or to meet friends. We run a Volunteer Car Service for healthcare transport, we have two wheelchair accessible vehicles and also a 15 seat community minibus which we use for lifestyle trips during the week and weekends and is also available to groups and societies. All our fares are subsidised.

If you would like any further information, please ring Sue or Liz on 01837 55000 or 07484 525577

Sue Wonnacott, Co-Ordinator
Okehampton District Community Transport Group
Unit 3, Okehampton Business Centre
Higher Stockley Mead
Okehampton
Devon
EX20 1FJ

www.odctg.co.uk
<https://www.facebook.com/pages/Okehampton-District-Community-Transport-Group/165867586926940>

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Advertising in the Northlew News

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



OKEHAMPTON
DEVON

Elmfield
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

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Anthony Stock
DECORATOR

The Old Manse
Northlew
Okehampton
Devon EX20 3NZ

Tel: 01409 220161



STEVE THE HELPING HAND
No job's too small
HANDYMAN *Just give me a call*
07920 884888



NORTHLEW, OKEHAMPTON steve.shelton@uwclub.net



R M S

ELECTRICAL SERVICES

DOMESTIC • COMMERCIAL • INDUSTRIAL • SOLAR PV

01837 658998 07513 299514

rmselectricalservices@hotmail.co.uk

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P.S Electrical



Office :01409220246

Mobile: 07792 163156

enquiries@pselectricians.co.uk

3 The Old Orchard

Northlew

Okehampton

EX20 3NH

Domestic, Commercial, Industrial, Bespoke garden
lighting and Agricultural
PartP Approved



J A WILKINS

Carpenter & Joiner.

All building work undertaken

**Extensions, alterations, kitchens,
bedrooms, bathrooms, roofing, etc.**

Little Wigdon
Station Road
Northlew

01409 221212
07890 929184



JEANNETTE LAWRENCE

Traditional

Freelance

Mobile Hairdresser

01409 221762

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J & J SERVICES

**For all you car repairs and
servicing under one roof**

**Batteries • Tyres • Exhausts • MOT Preparation • Diagnostics
Repairs to old and new • All makes and models**

**Ring John
for a friendly and efficient service**

01409 220091 07850 767686

**The Knoll, Northlew, EX20 3BR
Established 1981**

**Steve Lofthouse
Driving Instructor
Northlew**



Take Up! Driving

07533 017938

01409 220285

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CBL STOVES

The Showroom, Unit 5
Red Post, Bude, Cornwall
EX23 9NW

01288 381852
carl@cblstoves.co.uk
www.cblstoves.co.uk



- Stainless Steel twinwall flues
- Chimney Lining
- Iskoern Pumice lining
- Fireplace alterations
- Stove Installations
- Wood, Multifuel, Gas & Electric Traditional & Contemporary Stoves & Fires
- Chimney Rebuilds
- Slate, Granite & Glass Hearths
- Wood & Ceramic beams & surrounds
- Floating Shelves



LOCAL FREELANCE EQUINE SERVICES

CLIPPING

ALL YARD WORK (INCLUDING POO PICKING)

GROUND WORK EXERCISE (NO RIDING)

20 YEARS' EXPERIENCE, EXCELLENT REFERENCES

HOURLY RATE TO BE AGREED DEPENDING ON SCOPE OF WORK

Call Rachael on 07917 704876

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2019 Events at a Glance

January	<ul style="list-style-type: none"> • Friday 11th and Saturday 12th January: NADS performance of Darts! Victory Hall • Thursday 17th January: Northlew Produce Show Committee Annual General Meeting
February	<ul style="list-style-type: none"> • Sunday 24th February: Steak pie lunch in the Victory Hall
March	<ul style="list-style-type: none"> • TBC
April	<ul style="list-style-type: none"> • Tuesday 23rd April (St George's Day): Dragon pie supper at the Old Wheelwrights
May	<ul style="list-style-type: none"> • Wednesday 1st May: Annual General Meeting of Friends of St Thomas' (FOST) • Sunday 6th May: Rogation Service (venue tbc) • Saturday 25th May: Ploughman's lunch in the Church Room
June	<ul style="list-style-type: none"> • Friday 21st June: Midsummer safari supper, various venues • Ashbury BBQ and service: date to be confirmed
July	<ul style="list-style-type: none"> • Saturday 6th July: Patronal Festival (Victory Hall if wet) • Saturday 20th July: Summer concert 'Blues in the Pews' in the Parish Church
August	<ul style="list-style-type: none"> • Saturday 17th August: Treasure hunt and tea outside the Church Room • Saturday August 31st: Ploughman's lunch in the Church Room
September	<ul style="list-style-type: none"> • TBC
October	<ul style="list-style-type: none"> • Sunday 6th October: Harvest Festival • Monday 7th October: Harvest Supper in the Victory Hall • Ashbury Festival of Light: date to be confirmed
November	<ul style="list-style-type: none"> • Friday 1st November: Northlew Carnival • Saturday 23rd November: Bring and Buy Christmas Fair in the Victory Hall
December	<ul style="list-style-type: none"> • Saturday 1st December: Christingle Service • Saturday 7th December: Christmas Concert • Sunday 22nd December: Carol Concert

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**Northlew & Ashbury
Primary School**

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 - 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

Events at Okehampton Library

13:30-14:30 Every Tuesday, starting from 8th January – ***Knit & Natter***
Bring along your knitting, stitching, crochet or other portable project, for a chat with like-minded crafters. Tea and coffee available at 50 p a cup.

10:30-11:15 Wednesday 9th January – Toddler Yoga

Toddler Yoga based on the book 'We're Going on a Bear Hunt'. Fun, interactive yoga class for parents and children, with some singing and stretching incorporated in the session. Book through Okehampton Library

10:00-13.00 Thursday 10th January – Drink Wise Age Well

A chance to connect with the Drink Wise Age Well project to find out what they provide and how they can offer support.

15:00-15:40 Wednesday 16th January – Chair Yoga

Yoga on chairs helps improve balance, co-ordination, muscle tone and is great for arthritis. Suitable for adults of any fitness. Free, no booking necessary.

Regular Children's activities

Tuesdays 10:00 - 10:30 – Bounce and Rhyme for over 1 year olds
Free, no booking necessary

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

1st Tuesday of the month - Book Club for ages 7 – 11

(except Aug/Sept) 15:45 – 16:45. Free, no booking necessary

Wednesdays 09:30 – 10:15 - Duplo Builders and Storytime

For ages 0-5. Free, no booking necessary

1st Tuesday of the month - Book Club for ages 7 – 11 (except Aug/Sept)

15:45 – 16:45 Free, no booking necessary

For ages 12+ Ask staff for further details

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

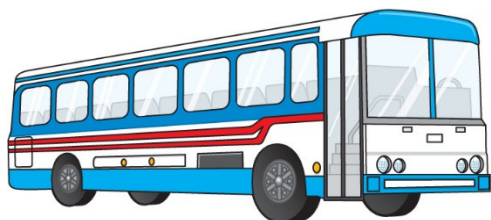
Children under 8 must be accompanied to all events by a responsible adult. See our website or call in for details –

okehampton.library@librariesunlimited.org.uk

Community Contacts	
Okehampton Medical Centre	01837 52233
Blakehouse Surgery, Black Torrington	01409 231628
Okeford Vets	01837 52148
North Park Veterinary Group	01837 658777
mydentist, Okehampton	01837 52745
Okehampton cinema	01837 658586
Inkprint, Okehampton	01837 52937

This is just a start! Please let me know of any other community contacts you would like adding to this list. Thank you.

Bus Routes from Northlew



Every Monday, Thursday and Saturday there is a morning service to Okehampton. The bus will be parked for 2-3 hours outside Waitrose where you can leave

your shopping whilst you visit Okehampton. There is also a service to Bideford which is convenient for Morrisons.



Also, by arrangement, services to Crediton (Tuesdays) Newton Abbot (Wednesdays) and Exeter (Fridays) and in school holidays Barnstaple (Tuesdays) Holsworthy (Wednesdays) Tavistock (Fridays) are available from Northlew.

These services mainly use scenic routes ideal for showing off the area to friends that may be visiting. Bus passes are accepted at all times and if you are not lucky enough to have one then the fares are low. Let the bus take the strain out of driving and no parking charges to pay or spaces to find! Most importantly, if you live on the route then the bus stop is your front door.

Northlew is fortunate to have so many public transport routes so why not leave the car at home, reduce pollution, keep up with local gossip and use the bus!

Carmel Coaches Excursions for 2019

Date and venue	Cost
2nd January: Dick Whittington pantomime at Plymouth	£25
13th February: Matilda the musical at Plymouth	£70

Our new brochure for 2019 will be out shortly.
<https://www.carmelcoaches.co.uk>



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

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