

Northlew News

Autumn 2022



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Northlew News is a free quarterly newsletter produced by Northlew Parish Council.

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Hello from the Editor

Dear Northlewians,

Here we are, close to the end of September, my most favourite month purely because of the beautiful Virginia Creeper, and the rise of the autumnal colours.

As I write this introduction to our newsletter for each edition, I feel a little bit like I am writing a sermon, but then I give myself a well-deserved clout for being so 'up myself' as to think that anyone would want to listen to my mind wanderings, but what else should I write here? It's tough.

Last week I heard one of my nephews proclaiming that he simply didn't have enough time in the day, he really could do with another 8 hours a day. Oh, how we laughed; until I realised what horror this actually represented. How on earth can an 8-year-old have such pressure to require 8 more hours a day to get his 'stuff' done? Isn't the cry of there not being enough hours in the day the domain of the over stressed adult? It also reminded me of the man squatting by the sea fishing for his families tea that night, and passing the surplus off to a passing tourist; it's a long tale, but ultimately sees the tourist recommend he 'go global' with the supply, and make so much money that he could afford to sit by the water each day fishing for his supper..... you get where I am coming from? There are also echoes of The Hare and The Tortoise from Aesop's Fables, how I loved those as a child!

As a workaholic (writing this in my bus on a break, on a Sunday, on my week off!) I regularly find I don't have enough time to literally smell the coffee, hear the waves crash, wait for a falling star, or even stay awake for a 20-minute TV episode. What am I achieving? What am I gaining? I'm just getting older, and more worn out. So, fingers crossed in the weeks and months to come you might see me sitting outside The Square Shop, literally smelling my coffee!!

With very best wishes to you all

Celia



.... Oh and of course should any of you wish to contribute to our last edition of 2022, the deadline will be soon, October 31st please, so get your thinking caps on!



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Your Parish Council

Your Councillors are here to help and always welcome your support and comments. Contact details as follows:-

Celia Miners	Cllr & Chair	cminers@northlewparrishcouncil.org.uk
Mark Rundle	Cllr & Vice Chair	mrundle@northlewparrishcouncil.org.uk
Andrew Alger	Cllr	aalger@northlewparrishcouncil.org.uk
Mai Cudmore	Cllr	mcudmore@northlewparrishcouncil.org.uk
Bryan Dufty	Cllr	bdufty@northlewparrishcouncil.org.uk
Davie Kent	Cllr	dkent@northlewparrishcouncil.org.uk
Steve Lofthouse	Cllr	slofthouse@northlewparrishcouncil.org.uk
Shaun McCarthy	Cllr	smccarthy@northlewparrishcouncil.org.uk
Shaun Millership	Cllr	smillership@northlewparrishcouncil.org.uk

Details on how to contact your Borough and County Councillors and Member of Parliament are also found on our website <http://www.northlewparrishcouncil.org.uk/YourCouncillors.aspx>.

Meetings

Parish Council Meetings are usually held at 7.30 pm on the third Monday of each month in the main hall of the Victory Hall. The agenda is published on the website at least 3 days prior to the meeting at <http://www.northlewparrishcouncil.org.uk/FullCouncil.aspx>. At 7.30pm prior to the start of the formal meeting, there is 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 meetings. Questions not answered at this meeting will be answered in writing to the person asking the question or may appear as an agenda items for the 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.

Minutes

The minutes of the last month's council meeting are available on Parish website at www.northlewparrishcouncil.org.uk. Please contact our clerk Sue Main for further information or if you would like to raise a topic at the public session of the Parish Council Meeting. Sue can be contacted at email: clerk@northlewparrishcouncil.org.uk or on 07956 312047.

Website

The website contains a whole host of useful village information including latest news on the home page, a local information and memory page, your Councillors, agenda and minutes and back copies of the newsletters. If you have any community-related news for inclusion or have any feedback, comments and/or suggestions about the website then please contact our Parish Clerk at clerk@northlewparrishcouncil.org.uk.

Highways

Here is a reminder on how to report a problem to Devon County Council whether it be issues with potholes, parking, overgrown vegetation, public rights of way, hazardous or fallen trees, debris or obstruction, defective road markings, trip hazard, traffic lights, broken man hole covers, grit bins, bridges and walls, fences and barriers, ice, street lights, flooding and blocked drains. Go to:-

<https://www.devon.gov.uk/roadsandtransport/report-a-problem/>

Select the relevant icon below, it will take you to an information page where you can log a report. For those wishing to have up-to-date information on traffic, road closures etc. please go to <https://one.network/> where you can register to receive this live.

Report a problem

If you are reporting an emergency that requires immediate attention, please call us on 0345 155 0000. An emergency on the highway is defined as something that is very likely to present an imminent obstruction to a vehicle, injury or serious damage to property.

Tick an existing problem

- Pothole**
Large deep surface damage that is less than 100mm deep.
- Parking**
Remove enforcement for excessive parking on an object parking zone.
- Overgrown vegetation**
Large areas of overgrown vegetation that is a safety hazard.
- Public rights of way**
For example, blocked access or narrow paths.
- Hazardous or fallen trees**
Trees that have fallen, are falling or are leaning, unstable, damaged or dying.
- Debris or obstruction**
Traffic lights, signs, streetlights, signs, signs, signs, signs, signs.
- Defective road markings or signs**
Worn and/or missing road markings or signs.
- Trip hazard**
Holes or uneven surfaces on the road surface.
- Traffic lights**
The lights are not working or the lights are not working.
- Broken manhole cover**
Broken, missing or missing manhole cover.
- Grit bin**
Worn or damaged or not working.
- Bridges and retaining walls**
Structural damage or significant deterioration of retaining walls.
- Fences and barriers**
Damaged or missing roadside fences or barriers.
- Ice**
Ice on the road surface.
- Street lights, light signs, light bollards**
Faulty street lights, signs, light bollards.
- Flooding and blocked drains**
Standing water, blocked drains, flooded areas on the road.

Village Events

SATURDAY 1ST OCTOBER 2022

Heel and toe, Heel and toe, Off we go, Off we go

**To The Barn Dance
in the Party Barn**

Featuring The Dartmoor Pixie Band

£15 in advance - £20 on the door - Includes Supper

Licensed Bar - Raffle in aid of DAACT

Doors open 7pm - Do-si-do from 7.30pm

For tickets message The Party Barn or text 07432512499



**THE PARTY
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 Dartmoor Pixie Band  The Party Barn  Dartmoor Bars

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Village Events

THE
PARTY BARN
PRESENTS

A Christmas Celebration

FOLLOWING THE SUCCESS OF LAST YEARS CAROLS IN THE BARN.....

SATURDAY 3RD DECEMBER FROM 6.30PM

THE HUMMINGBIRDS

**FOLLOWED BY A CHRISTMAS SING A LONG
WITH NORTHEW SILVER BAND**

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Pear Tree Cottage, Howards Gorhuish, Northlew, Okehampton, Devon EX20 3BT



Pear Tree Cottage is a charming two-bedroom self-catering holiday home standing in the grounds of Howards Gorhuish, 2 miles from Northlew. Howards Gorhuish, is a former dairy farm dating from late 17th century and the cottage was originally the cowshed, converted in the 1990's. It has recently undergone a complex refurbishment but retains its old-world charm. It is warm, cosy and comfortably furnished with Visit England 4 Star Gold Award Accreditation.

Accommodation: Sleeps 4 plus one infant (travel cot provided). Fully equipped kitchen/diner. Triple-aspect sitting room featuring stone inglenook fireplace with wood burning stove and French doors leading to the cottage's private patio and garden. Entrance hall leading to stairs and upper landing which leads to two spacious double bedrooms each with its own en-suite. Both bedrooms are double aspect with lovely views across the gardens, meadow and beyond. Further overflow accommodation available in The Old Cob Barn, which can be let as B&B. Garden features private patio and steps leading up to a secluded lawned area with feature shrubs. Garden furniture and BBQ. Gate leading to wildflowers meadow with summer house and a small shady copse. Dog friendly. Open all year round. Short breaks available. Generous welcome pack provided by The Square Shop, Northlew.

For further information contact: Keith & Jackie Ellis Tel. 01837 658750
Website: <https://www.pear treecottage.devon.com> or Email: Jackie.ann.ellis@btinternet.com
Facebook: @PearTreeCottageDevon or www.cottages.com

Half Marathon Fundraiser for Parkinson's Disease Mags Jarvis

As some of the people in Northlew know, I was **diagnosed with Parkinson's in 2013**. Since then I have found villagers very supportive and this has helped me greatly (although I'm not sure my visits to The Green Dragon combine well with my medication !). In 2012, when I was 57, I found that I had developed a tremor in my left hand, my daughter noticed that when I ran my left arm hardly swung compared to my right arm and I had this dragging sensation round the sides of my mouth. I did some research, pieced my symptoms together and thought that I probably had Parkinson's. I was diagnosed 'officially' by a consultant neurologist, in October 2013. Many people who receive this diagnosis find it totally overwhelming and become quite withdrawn and depressed. Fortunately for me my mind was already prepared for this life changing knowledge.

Parkinson's Disease is a progressive neurological condition which means it causes problems in the brain and gets worse over time. **There is no cure** at the moment. It occurs when the brain cells that produce dopamine start to die. Dopamine allows messages to be sent to the parts of the brain that coordinate movement. The three main symptoms are tremor, slowness and muscle stiffness. Fatigue is also a typical symptom, as well as depression and anxiety.

I fundraised for Parkinson's UK in 2017. I was due to run the London Marathon and was planning on fundraising last autumn but I sustained a knee injury in April that year. Since then I have gradually built up my running and in June ran my first race for a long time in the Bude Lifeboat Race (6.4 miles). I now plan to run a sponsored **half marathon on October 30th 2022 on the Grand Western Canal towpath**. **If I find my knee really doesn't want to do that then I will complete a 40k duathlon (run 3k-cycle 35k-run 2k) on the Tarka Trail.**

Parkinson's UK supports people with Parkinson's and their carers as well as funding research projects into potential treatments. If you would like to kindly sponsor me I have started a fundraising page on:-



Mags, Sarah and Colin at their last fundraising race

<https://www.justgiving.com/Mags-Jarvis1>



Mags and Sarah before Mags' previous fundraising run

I also have a cash box if anyone would prefer to donate that way. I can collect from anyone if you could phone me on 01409 220268 or 07815 695983.

Pews News

St Thomas of Canterbury Church

Hello again, I think I made it by the skin of my teeth for yet another deadline

I've noticed a goodly number of new folks living here in Northlew, and I'd like to take the opportunity to welcome you to the village. Not living here myself [I'm over in Hatherleigh] I can't speak first-hand, but everyone I know here says it's a first class place to live, so well done; good pick! And I wish you many happy years here enjoying all that Northlew and the surrounding district has to offer.



It's been particularly lovely to see some of you popping up at church; it's always nice to see new faces [as well as the regular old faithfuls] as it keeps us on our toes and reminds us of the value of being involved in the wider community. I hope and pray that you find a safe spiritual home with us and very soon feel like part of the furniture! If you're thinking of popping along, worship services are on every Sunday at 9.30 except when a fifth Sunday pops up when we all gather in Hatherleigh. With five churches to cover, I'm not there every week, but usually on the 2nd and 3rd Sundays each month; see you there!

With the inside of the church looking a little shabby, what began as a quick repaint has become a bigger project with much of the rendering needing to be removed and replaced. We're hopeful we can obtain most of the funds for this from grants, but it's always good to have a creative fundraiser on the go if there's some fun involved. Alan and Val Welsh are busy compiling a Northlew Church Festivals of the year recipe book which we hope will be available by mid-Autumn, so do look out for that, or better still pass you favourite seasonal recipes on to them for inclusion in the book!

Over in Hatherleigh we have a major building project on the go, and to help that along we recently held a sponsored abseil down the church tower. 73 people took part, had a load of fun and raised a good bit too. Watch this space for a repeat in Northlew, so long as we can overcome the practical hurdles.

If you're interested in the church building, and keeping it safe and well, but aren't really the worshipping kind, do remember we have a friends group in the village that has been set up for the care of the building. We're always happy to have new members and friends.

It's no secret that it looks like we're heading into tricky times with all sorts of threats on the horizon; economic, conflict and social difficulties along with all the regular things we have to deal with. Let's be on our guard, and keep alert to those among us who may be struggling in different ways at the moment. I'm always happy to be tipped off about anyone in need that I may not be aware of that we could help. For us who know God, we are very aware that underneath it all we have a sure foundation that we can rely on. So if you find yourself having a wobble, remember God is still on the throne and holds out the promise [as Julian of Norwich said, after her vision of heaven] that 'all will be well, and all manner of things will be well', and that it is possible to know the security of that right in the here and now.

With love, and every blessing, Revd. Leigh.

PEWS NEWS

FRIENDS OF ST THOMAS' CHURCH, NORTHLEW (FOST)

The Friends of St Thomas's Church met on 1st June 2022. The ordinary meeting was followed by the Annual General Meeting and the new Committee elected as below. Holly Dancer stood down from the committee as she has now moved to Hampshire and Pat Durston, after many years' service has also stood down but wishes to keep a close interest in all that we do.

FOST Committee 2022

Acting Chair & Secretary – Jackie Ellis

01837 658750/07952 071809 or Email to: jackie.ann.ellis@btinternet.com

Treasurer – Tony Hazell Email: carmelcoaches@hotmail.com

Roger Atkinson

Keith Ellis

Tania Haycocks

Alan Haycocks

Shaun Millership

Revd. Leigh Winsbury [Ex Officio]

FOST and the PCC are working closely together to raise funds to pay for the replastering and redecoration of the Church, together with the refurbishment of the Church organ – see the previous edition of Northlew News to read all about the organ! Separate quotes have been sought for the two projects and a decision will be taken by the PCC on when to go ahead. The costs quoted are rather mind-boggling but it is hoped that work can start early in the New Year – we do hope villagers will rally round to help us with the fundraising effort – Watch this space to see fundraising plans are put in place!!

New Friends are very much needed as well as new Committee members to carry on the important work of preserving our lovely historic Church and its artefacts. The Committee meets two or three times a year and the work is not onerous! If you would like to become a member and Friend of St Thomas' please contact the Secretary, Jackie Ellis, on 01837 658750 or by email: jackie.ann.ellis@btinternet.com.

Important Note for existing Friends: FOST is in the process of changing its bank account and the Treasurer, Tony Hazel will be notifying you of the new bank details or you may contact him at carmelcoaches@hotmail.com for further info.

Pews News

Fundraising for St Thomas of Canterbury Church, Northlew

We are aiming to produce a booklet to help raise funds for urgent repairs to our church in Northlew.

The booklet will aim to highlight the importance of food and hospitality throughout the church year and we would very much welcome contributions for inclusion.

If you would like to share a favourite recipe or photograph related to one of the major celebrations during the church year (such as Christmas, Easter, Harvest etc), please let us know.

We would like to publish in time for Christmas so recipes need to be submitted before the end of September if possible.

We are very happy to answer any questions about the project or discuss ideas.

Many thanks for your help

Val and Allan Welsh
Ashbank House, Northlew
valofgreen@gmail.com
01409 221690
Mobile 07780 544679



Pews News

The Methodist Church

POSITIVE EMPOWERMENT



The Lionesses Roar, Birmingham Soars and Mohammed Salah is scoring goals for Liverpool again !!! Apologies for the last one but I'm a slightly biased Liverpool supporter.

Sporting success is surrounding us in this country at the moment. Like many people I was glued to my sofa with a cold drink in my hand cheering on our sporting superstars, willing them to glory and immortality... particular praise must go to the Lionesses who have finally brought football home.

One of the stand out things for myself from the Commonwealth Games in Birmingham, was the sense of inclusion and diversity. The full integration of Para-sports was a sheer joy to watch. If you've not watched the 3x3 format of wheelchair basketball, you must catch up on iPlayer... it is quite literally incredible.

People in all their diversity united through their common interest of sport brought something special to those watching. The word often used was empowering.

As a minister in church I seek to empower people through the love of God. But that idea of empowerment must go further than ourselves. When we are empowered we must then empower others. It is so easy to look at people and assume that they perhaps do not fit, or are unsuitable, or need to change first... often we can simply mean that we want them to be like us ! To empower people is to see the possibilities that lie within them, and to provide them with opportunities to 'give it a go'.

I do believe God made each of us as unique, and that uniqueness should never cause for ridicule by others. Therefore I always encourage those at the Northlew Methodist Chapel to be accepting of people in all their wondrous diversity. We can only be enriched by mixing our uniqueness with those of other people, and it can only enrich the community where we live to involve

Pews News

The Methodist Church

the diversity of talents and ideas that exist within our own communities.

What a boring place the world would be if everyone was the same .

We've had the pleasure of living in a number of places in the UK over the years, from Brighton on the South Coast, to the Moray Coast in Scotland, the far reaches of the cold north on the Shetland Islands and even in Birmingham. What we have discovered is the beauty of different cultures and peoples of all backgrounds. We have only been in Devon for a year, but we can already say that we are enjoying ourselves, learning how to make a 'proper' cream tea. But most of all it is the welcome of the people here that has made us feel at home. We hope to be here for a few years and look forward to meeting more of you at local events and in the chapel. Everybody is welcome in God's kingdom.

So thank you Lionesses, thank you all the athletes from across the world that came to Birmingham, thank you that through your example you have shown us all what can be achieved.

Oh, and of course, thank you Mo Salah for continuing to score goals !

Many blessings

Rev Chris Jackson

Superintendent Minister
West Devon Circuit
The Methodist Church
chris.jackson7@gmail.com



Pews News



The Methodist

Services

9 th October	2.30 pm	Rev Chris Jackson – Harvest Festival followed by afternoon tea
23 rd October	9.30 am	Miss Winifred Davey
6 th November	10.30 am	Fairplace Worship Group
13 th November	10.50 am	United Remembrance Service at the Parish Church
20 th November	9.30 am	Rev Chris Jackson – Toy Service

The revamped 50/50 is up and running again every Saturday morning from 10 a.m. until 12 noon. If you have any unwanted items please feel free to bring them along, and if we sell them, its money for you as well as for us. We also serve coffee during this time and on the last Saturday of each month we have a cake and savoury stall as well, so pop along, every one welcome.

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TO ARRANGE A COLLECTION TO SUIT YOU.



Northlew & Ashbury Produce Show Post Event

Northlew & Ashbury Produce and Craft Show – 10th Sept

Despite the sad news about the loss of our Queen, the Committee decided that we should go ahead with this event, as a lot of preparation an expense had already been incurred. It was obviously the right decision, as the Village gave their usual wholehearted support and turned out either as entrants, or just to come along to the Hall and enjoy the day. Despite a slow start with entries, we eventually ended up with 50 individuals entering over 140 items. Once the Hall was laid out with all these entries, it looked amazing. Having started out at the beginning of the year without a Committee, and no money, I believe we put together a good show, which was well supported by the Village. After a quick count up we will have made a net profit of over £200, which will be a good platform to get things underway next year. A big thank you to those who helped to put this show together, as well as all of you who supported it with entries or coming along in the afternoon.



Quiz Time



Name the famous Devon landmarks

1



2



3



4



5



6



7



8



Quiz Time



Name the famous Devon landmarks

9



10



11



12



13



14



15



Quiz provided by Ian Richards with thanks. Go to page 24 for answers



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Poetry in Motion



There was a young person from Bude
Who walked round the town in the nude
Police officers said "what um"
Magnificent bottom
And slapped it has hard as they cude

There's a lovely church clock in Northlew
But its timing is sometimes askew
It strikes seven at eight
So we're sure to be late
Until Shaun makes it sound good as new.

There's a pub in Northlew called The Green
Dragon,

Where you can buy Cider & Beer by the
pint or the flagon,

But if you order a coke

It won't be a joke

Livin' in the sticks someone's gotta drive
the wagon.

Steve the Shopkeeper in The Square Shop
Nor'Lew

If you are passing by stop in & buy stuff
it's not hard to do

Veg, bread and various local meats

Eggs, cheese & home made treats

And while you are there have a proper
coffee too!

Poetry in Motion



Two people went for a slide
One was particularly wide
One was so fast
They went with a blast
The other got caught on the side

The road from Scobchester to Bogtown
Has potholes so big one could drown
If you have a low car
You can't go very far
Without it goes bang on the ground

Tis lovely when kids play in the sun
They can go out and have so much fun
It's just a pain
when it comes in to rain
And use iPhones while sat on their bum

It's a shame on some paths round Northlew
To see little lumps of dog poo
It's not a big fag
To use a poo bag
To stop it from fouling a shoe

Do you have straggly ends, troublesome fringes, unmanageable hair?



Help is at hand, hello I'm Sarah from Dare 2BU Hairdressing Services here in Northlew, qualified and fully insured. I can come to you, or if you fancy a treat, why not come to my hair studio, where you can have a wash cut and blow dry, and a special pamper.

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Bird Watch

Dunnock—*Prunella Modularis*

If you have been keeping up with my articles, you will know that we usually start off by dispelling a few myths about the bird in question. So, not to disappoint, the Dunnock is sometimes called a Hedge Sparrow, but it isn't a Sparrow at all, in fact its family name is Accentor, and so to give the bird its correct name, it is Hedge Accentor. It is a small passerine, or perching bird, with three forward facing toes, and one facing rearward. Unlike the House Sparrow, it has a short slim beak, designed for foraging for insects in the undergrowth, rather than cracking seeds.



Dunnock basically means a dull grey/brown, but if you take time to study this bird closer, it is far from dull.

It may skulk around at the bottom of hedges or your bird feeder, and rarely gets into an argument with other bird species, but when it comes to its interaction with other Dunnocks, things start to get pretty spicy.

For a start, the female bird will happily mate with any male that comes along, and therefore probably doesn't know the identity of the chicks father. In fact, a clutch of eggs may contain the genes from several males. Taking into account that mating only takes one tenth of a second, and the male can mate over 100 times in a day, there is a lot of confusion over paternity. Sometimes two males will 'share' a female, working together to defend her 'honour' and their territory. The female is happy with this arrangement, as both males will then help to raise the chicks.

It is very important to the male that his genes get the best chance of being passed on to the next generation, so if he comes across a female who has just mated with a rival male, he will peck out his sperm from the female, and mate with her himself.

You will never look at a dear little Dunnock in the same way again now.!!

In certain parts of the country, the Dunnock is one of the 'host' species for the Cuckoo, and so we should study this bird in our next instalment.

Chris Baines



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ASHLEY LONG

M: 07710 790 010

E: ajlplumbingheating@outlook.com

INSTALL - SERVICE - BREAKDOWN



Dartmoor Housekeeping

'More than just cleaners'

Jayne O'Connell

General house cleaning
One-room cleans for
special occasions
Ironing
Window cleaning
(ground floor)
One-off deep cleans

07533881589

jayne.northlew@gmail.com

The Square Shop



Opening Times

Monday	Closed
Tuesday—Friday	10am—4pm
Saturday and Sunday	10am—12 Noon

Quiz Answers



1. Smeatons Tower
2. Colaton Fishacre
3. Berry Pomeroy Castle
4. A La Ronde
5. Britannia Naval College Dartmouth
6. Okehampton Castle
7. Spinsters Rock
8. Greenway
9. Exeter Northernhay Park War Memorial
10. Haldon Belvedere Tower
11. Burgh Island
12. Totnes Castle
13. Cadover Bridge
14. Meldon Viaduct
15. Fingle Bridge

The Green Dragon

Open Mic. Nights in the GREEN DRAGON

The 1st Monday of every month
from 8.00pm



Come along and sing, play an instrument, tell
jokes, recite poetry or just have a few drinks
and enjoy the entertainment

The open mic nights at the Green Dragon are on the first Monday of every month from 8.00 to 11.00 and are open to anyone to come along, sing, play an instrument, tell jokes, recite poetry or just to have a few drinks and enjoy the entertainment. There is no charge. It is not a money making enterprise, just a chance for people to enjoy entertainment from local performers, and some from much further afield. Apart from the hiatus over the last couple of years it has been running successfully, and without a break, since 2011 (on well over 100 occasions). In the past it was always very busy, with a fantastic, relaxed atmosphere. We were even visited by a team from Britain's Got Talent some years ago.

Kiddies Corner

Northlew Primary PTFA would like to take this opportunity to thank you all. The last few years have been difficult for all with minimal opportunity for us to enjoy planned events but your kindness & generosity in supporting our events have helped us to raise vital funds to help the school and allowed us to fund educational trips for the children. We look forward to welcoming you to our up coming events this year. If anyone would be interested in getting involved with the PTFA we would welcome new members so please feel free to contact us on northlewpfta@gmail.com Thank you again for your continued support.

Dates for the diary:

- Carnival - Friday 4th November 2022
- Christmas Fair - Saturday 26th November 2022
- Christmas Hamper - to be drawn week of 12th December 2022

If you can please support Northlew & Ashbury PTFA on #easyfundraising, you'll raise FREE donations with your everyday shopping. It's quick and easy to sign up! Plus, once you've raised your first £5, easyfundraising will double it! Sign up now: https://www.easyfundraising.org.uk/support-a-good-cause/step-1/?invite=2GS9P1&char=267200&referral-campaign=c2s&utm_source=anwupsharebox



Northlew Baby and Toddler Group

Wednesday mornings 10 – 12

(Term time)

In the Village Hall

£1.50 per child snack included

Tea and coffee for adults

For more info find us on ~~facebook~~

Northlew Toddler Group, Devon





Do you have rats, mice, moles, or any other annoying pests??

We can help with single visits or maintenance plans. We work on farms, equine centres, and private dwellings all around the area, humane solutions found whenever possible. Whatever the problem P4 pest control can help

contact Rob 01837 89097, 07713 584316 or Tim 07786 248554

An advertisement for Rural Chic Devon Retreats and Hof Northlew. The background is a scenic landscape with rolling hills, trees, and a cloudy sky. In the top left corner, there is a logo featuring an owl and the text 'Rural Chic Devon Retreats' in a serif font, with the tagline '....done direct & proper' below it. In the top right corner, there is a logo for 'HOF NORTHLEW' with a stylized mountain peak above the text and 'HUT & COTTAGE & GALLERY' below it. At the bottom, a grey banner contains the text 'Hillside Old Forge, Northlew EX20 3NR' and 'hofnorthlew@gmail.com ♥ www.hofnorthlew.com'.

Food for Thought

Linguine alla carbonara di salsiccia

Ingredients (serves 4)

4 good quality organic Italian sausages

Olive oil

4 slices of thickly cut pancetta chopped

Sea salt and ground black pepper

455g dried linguine

4 large egg yolks preferably organic

100ml double cream

100g freshly grated parmesan cheese

Zest of 1 lemon

Spring of fresh flat-leaf parsley chopped

1. Slit sausage skins lengthways and pop meat out. With wet hands, roll meat into little balls, the size of large marbles

2. Heat frying pan with good splash of olive oil. Fry sausage meatballs until gold brown all over, add pancetta and continue cooking until golden.



3. While this is cooking, bring a pan of salted water to the boil, add linguine and cook according to packet instructions.

4. In large bowl, whip up egg yolks, cream, half of parmesan, lemon zest and parsley.

5. When pasta is cooked, drain and reserve some of the cooking water. Toss in egg mixture back in pan. Add sausage meatballs and everything else together.

6. The egg will cook from the heat of the linguine pan gently, just enough to thicken and not scramble and be smooth and silky. Add some of the reserved water if necessary.

7. Sprinkle over the rest of the parmesan, season as required and drizzle with extra virgin oil. Enjoy!

Recipe suggested by Tanla Haycocks from Jamie Oliver's Italian Cookbook

Tania's Tarts open every Friday 10-12pm from kitchen window: tarts, pies and savouries

Sports and Recreation

- **BADMINTON** – this is held at the Victory Hall on Mondays and Wednesday at 5-7pm. Contact Chris Baines for more information on 01409 221362 or email chrisbaines63@btinternet.com
- **KNIT AND KNATTER**– the group meets every 2nd and 4th Wednesday of the month at the Methodist Chapel Rooms at 2.30 – 4pm. Everyone is free to knit or crochet an item of their choice or knit for some of the worthy causes including local hospital baby premature units and various orphanages. £1 for coffee/biscuit and donations of wool gratefully received. For more information call Eunice Peck on 01409 221187.
- **NORTHLEW AMATEUR DRAMATIC SOCIETY (NADS)** – NADS emerged from the pandemic darkness with a small production last December. We have plans for a number of events including a pantomime next year but in the meantime we need YOU. Whether it is backstage or treading the boards we need more members and for the panto children as well. Please get in touch and we will let you know of our next meeting - phone call, email or address we will find you! If you'd just like to be notified of what we are up to and forthcoming events please send an email address. Lyn Taylor, Chairman 07971 609115 lyntaylor11@live.co.uk Martin Perry, Secretary 01409 221376 martinperry.northlew@gmail.com.
- **NORTHLEW AND ASHBURY SNOOKER CLUB** – this is an active and thriving facility in the village which has two full size tables including one recently refurbished and has a team in the Okehampton League. We welcome new members, of all levels of play, for a small membership fee but who can have a free go before joining, just contact David on 07977 789734 or david@grindhill.co.uk.
- **NORTHLEW CHILDREN'S GROUP**- held on Wednesdays at 10am-12pm at the Victory Hall - Contact Jo Dryden via Facebook or 07789 282990 - see page 26.

Sports and Recreation

- **NORTHLEW SILVER BAND** – Devon's only Village Silver Band over 100 years old. Thank you to everyone who has supported Bandamonium. As a first year there were issues caused by the traffic on the A30 meaning that Northlew didn't get to see all the bands, but that aside from that it was a screaming success & I really recommend getting to Hatherleigh to witness the massed bands next year it was pretty impressive with 100 or so brass players giving their all, the rendition of Abide with Me brought tears to the eyes - in a good way. All the bands enjoyed themselves and I believe that was mirrored by the audiences, an afternoon when bands let their hair down and had fun. Big thank you to Steve & Shirley of the square shop for doing an amazing job of T-shirt sales & for all the Northlew players that helped support the Bandamonium Barbarians which was a scratch band set-up just for the day from anyone that wanted to play. Special mention must be made to the SW Comms band that had some ringers helping them out on the day, it meant the Northlew Band's drum kit was used by a percussionist from the Black Dyke band, the 5th best brass band in the WORLD, and who had just played at Glastonbury.... Next year will be bigger and better, warning for Northlew the date is Sat 29th July 2023. We are in the advanced stages of negotiations for a new training band session for all comers in our band room. Watch this space, parents stock up on ear plugs. The Carnival is fast approaching (Fri 4th Nov), calling for everyone to come and play whether past, present, friends or acquaintances - everyone is welcome. We are aiming to have a bigger band than last year and really make the village proud. For more information please contact: Tim Williams 01409 221754 or Martin Perry 01409 221376.
- **PLAYGROUP FOR GROWN UPS** - come to the Methodist Chapel on the 1st and 3rd Tuesday of the month from 2 to 4pm for games, refreshments and laughter. All for £1.50. Local transport available. For more information please call Chris on 01409 221797.
- **SHORT MAT BOWLS** – this is held every Thursdays at 2- 4pm at the Victory Hall. For more information call Mike on 01409 220320, Norman on 01409 221518 or Lin Miller 01409 221164.
- **SKITTLES** – Tuesday 7.30-10pm at the Victory Hall. Contact Mark Turley 07958 764143.
- **TABLE TENNIS** - this is held at the Victory Hall on Fridays at 5-6pm. For more information contact Chris Baines on 01409 221362 or email chrisbaines63@btinternet.com.
- **WALKING GROUP** including nature walks are organised periodically throughout the year. Please contact Chris Baines on 07917 795072 or email chrisbaines63@btinternet.com if you would like to join us, or for more information.

Victory Hall



Northlew Victory Hall would like to congratulate Marj Rundle for being the winner of the quiz circulated in July. She wins the £50 first prize. Many thanks to Ian Richards for compiling it for us.

SAVE THE DATE: Our ever popular Christmas lunch will be on Sunday December 11th, please look out for posters nearer the time.

Longer evenings are coming!

- Naturally coloured knitting yarns
- Sheep skin rugs in a range of colours
- Raw fleeces for crafting, spinning, felting

100% pure wool in the natural colour of the sheep, spun at a woollen mill in Launceston

Several colours & yarn weights available from 2 ply to Chunky £5.50/50g ball; whites, creams, greys, mid-dark browns



All from our own flocks raised just outside Northlew

Available direct from the farm or for sale in the Square Shop

Can deliver to the Square Shop for collection

South Yeo Farm East, Northlew, EX20 3PS
Tel: 01837 810274 e: southyeofarm@btinternet.com
FB: Farmer Dixon - Twitter: @southyeoeast



SeaMoor Lotto



SeaMoor Lotto was created in 2018 by West Devon Borough Council. Set up to support community projects in the local area, SeaMoor Lotto operates on the principle of raising money within the community for the community. We empower local good causes to raise money in a fun and effective way. A ticket for SeaMoor Lotto costs £1 a week and 60p will go directly to good causes! Northlew Parish Council are a registered good cause with SeaMoor Lotto, so you can raise funds for the parish council, and potentially win something for yourself. Google SeaMoor Lotto, it's really simple to join!

www.seamoorlotto.co.uk

This is how the lottery works for you

SeaMoor Lotto is an exciting weekly lottery that raises money for good causes in South Hams and West Devon. All good causes supported by the lottery will benefit South Hams and West Devon and its residents.

Play the lottery, support South Hams and West Devon - it's that simple!



How tickets work?

Tickets for the lottery cost just £1 per week, with a top prize of £25,000!



About the draws

A weekly draw takes place every Saturday night. Match all 6 numbers and you win the JACKPOT!

[See our prizes](#)



Raising money for your cause

From every £1 ticket you buy 60p will go to local good causes in South Hams and West Devon and improving our community.

Community Contacts

Medical

Blake House Surgery, Black Torrington	01409 231628
Derriford Hospital	01752 202082
Royal Devon and Exeter Hospital	01392 411611
MyDentist Okehampton	01837 52745
NHS Direct	111
Okehampton Boots (Mon-Sat 9-5.30)	01837 543220
Okehampton Community Hospital	01837 658000
Okehampton Lloyds Pharmacy (Mon-Friday 9-6.30 Sat 9-5.30)	01837 52153
Okehampton Medical Centre	01837 52233

Vets

Okeford Vets	01837 52148
North Park Veterinary Group	01837 658777

Other

Police	101 (non emergencies) 999 (emergencies only)
Reporting a Power Cut	105
Floodline	0345 988 1188
Citizens Advice Bureau	0344 411 1444
West Devon Borough Council	01822 813600
Devon County Council	0345 155 1015

Community Support



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HELPING YOU NAVIGATE
THE LATEST CHANGES

With so much change going on in the agricultural industry, we can help you work out what's right for your farm business. Sit down for free with one of our experienced agricultural advisors who can assess your business, make sense of the latest schemes such as SFI, and develop a plan to get you where you need to go.

Whether that's helping with funding applications, explaining the latest schemes and ensuring you are compliant, as well as advising on areas such as business planning, benchmarking, diversification and succession planning, we can guide you through.

As well as this free one-to-one support, we are also running free workshops on a range of topics such as tree planting, SFI soils standards, digital skills and financial forecasting to name a few.



Register with us today:

www.businessinfopoint.co.uk/thrive

team@businessinfopoint.co.uk | 0800 592 872

Events at Okehampton Library

Digital Devon

Book onto one of our free digital skills sessions in October at Okehampton Library to learn some basic digital skills or improve and refresh existing skills. Bring in your own device or use our public access computers. Contact Okehampton Library to have a chat about how we can help, and to book a digital session. Booking essential.

Okehampton Library Fun Palace – Saturday 1st October 09:30-12:30

Fun Palaces is a national campaign to put culture in the heart of local communities. It is an annual weekend of action - arts, science, craft, tech, digital, heritage and sports. We are offering a creative community morning of free taster activities.

Crochet - 09:30-10:30 ***Needle Felting*** - 11:00-12:00 ***Ukulele*** - times TBC

'Libraries Week' - 3-8th October

'Read Easy' information stand – Tuesday 4 October 10:00-12:00

National Charity Read Easy are hosting an information stand at Okehampton Library for people to come along to discuss the research they have available. Also to consider ways to encourage those they recognise as having problems with reading to seek the help that they provide.

'An Evening of Devonshire Custom and Song' with Jim Causley and Mark Norman - Thursday 6th October 19:30

More than simply a folk-singer, multi award winning singer-songwriter, musician and proud Devonian Jim Causley is an all-round entertainer. Supporting Jim is Mark Norman who is curator for the Folklore Library and Archive, and Recorder of Folklore for the Devonshire Association. Enjoy an evening with some discussion on different aspects of Devon folklore (legends, farming etc) with Jim performing a number of local songs in between each piece.

Tickets are £5 each, available at the library or through Eventbrite. Small charge for refreshments.

Book & Puzzle Sale - Saturday 8th October 10:00-12:00

Friends of Okehampton Library books and puzzle sale, raising money for the Friends of Okehampton Library and Libraries Unlimited.

Creepy Crafts & Spooky Stories - 28th October 10:30-11:30

From skeletal hands for ages 7+ to flying ghosts, witches, owls and stars for ages 3+ Crafts will be 50p each - Booking essential.

REGULAR EVENTS

Cuppa & A Chat - Tuesdays 13:30-15:30

Come along for a chat and free tea and coffee. Everyone is welcome. Free! No booking necessary, just drop in.

Bounce & Rhyme - Tuesdays 10:00-10:20 & 11:00-11:20

Suitable for under 5s. Free, no booking necessary.

Baby Weighing – Tuesdays 09:30-11:30

Free self-weigh facilities for parents to weigh their babies, available in a screened area within the library. This is in partnership with Devon Public Health Nursing.

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

Suitable funder 5s. Free, no booking necessary.

Lego Builders - Saturdays 10:30–11:30

Suitable for ages 5+. Free, no booking necessary.

The Book Biz Bunch, Children’s book group – 1st Thursday of each month, 15:45-16:30

Does your child love books? Are they a confident reader? We will be focusing on having fun and reading for enjoyment at our Book Biz Bunch children’s book group. Extra activities will be included. Any writing is completely optional. Free, booking essential

The Secret Book Quest

A completely FREE year-round reading challenge for 5-12 year olds across Devon. To take part, children need to sign up at the library, read 50 library books, collect stickers and solve the code.

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

Please see our library website or Facebook page for any additional events and library services www.devonlibraries.org.uk

Okehampton Library, 4 North Street, Okehampton EX20 1AR. Okehampton@librariesunlimited.org.uk Tel: 01837 52805		Opening Hours: Monday 09.00-17.00 Tuesday 09.00-18.00 Wednesday 09.00-13.00 Thursday 09.00-17.00 Friday 09.00-18.00 Saturday 09.00-13.00
 @OkehamptonLib  facebook.com/OkehamptonLibrary		

Devon Libraries is part of   **Devon Libraries**
 Devon Libraries is part of Libraries Unlimited. Libraries Unlimited is a registered charity. Every penny we receive directly towards library services that help to give a difference to people's lives and communities. To donate, please visit www.librariesunlimited.org.uk

Transport



Bus Timetable Here are the timetables for the service buses that run from the village on a regular basis

NORTHLEW - HATHERLEIGH - OKEHAMPTON MD Buses 630 NORTHLEW - OKEHAMPTON via Sheepwash MD Buses 631 NORTHLEW - OKEHAMPTON MD Buses 633 Via Germansweek, Bratton Clovelly

Monday, Thursday and Saturday (Except Public Holidays)

	633 M	630 Th	631 S		633 M	630 Th	631 S
NORTHLEW Square	0930	0945	0945	OKEHAMPTON Market Street	1230	1245	1245
SHEEPWASH Square	-	-	1000	BOASLEY CROSS School	1245	-	-
HIGHAMPTON	-	-	1005	BRATTON CLOVELLY Clovelly Inn	1255	-	-
HATHERLEIGH Moor View	-	-	1010	GERMANSWEEK War Memorial	1310	-	-
EXBOURNE Red Lion	-	-	1020	FOLLY GATE Crossways Inn	-	1250	-
SAMPFORD COURTENAY New Inn	-	-	1028	INWARDLEIGH Memorial	-	1255R	-
SAMPFORD COURTENAY Station	-	-	1030	SAMPFORD COURTENAY Station	-	-	1252
HATHERLEIGH Moor View	-	1000	-	SAMPFORD COURTENAY New Inn	-	-	1258
INWARDLEIGH Memorial	-	1010	-	EXBOURNE Red Lion	-	-	1302
FOLLY GATE Crossways Inn	-	1014	-	HATHERLEIGH Moor View	-	-	1312
GERMANSWEEK War Memorial	0945	-	-	HIGHAMPTON	-	-	1317
BRATTON CLOVELLY Clovelly Inn	1000	-	-	SHEEPWASH Square	-	-	1322
BOASLEY CROSS School	1010	-	-	HATHERLEIGH Moor View	-	1305	-
OKEHAMPTON Market Street	1025	1020	1037	NORTHLEW Square	1325	1320	1337

CODE: M - MONDAY ONLY Th - THURSDAY ONLY S - SATURDAY ONLY
R - SERVES THIS POINT IF REQUIRED BY PASSENGERS ON THE BUS

These services are financially supported by Devon County Council

NORTHLEW - BIDEFORD Via Shebbear MD Buses 642

Monday only (Except Public Holidays)

NORTHLEW Square	0915	BIDEFORD The Pill (Riverside Car Park)	1330
HIGHAMPTON	0925	STIBB CROSS	1350
SHEEPWASH Square	0930	ROWDEN FARM	1354
BLACK TORRINGTON Black River Inn	0935	CAUTE Phone Box	1358
BRANDIS CORNER	0940	SHEBBEAR Square	1405
BRADFORD Lana Cross	0945	DIPPER MILL	1415
DIPPER MILL	0950	BRADFORD Lana Cross	1420
SHEBBEAR Square	1000	BRANDIS CORNER	1425
CAUTE Phone Box	1006	BLACK TORRINGTON Black River Inn	1430
ROWDEN FARM	1011	SHEEPWASH Square	1435
STIBB CROSS	1015	HIGHAMPTON	1440
BIDEFORD The Pill (Riverside Car Park)	1035	NORTHLEW Square	1450

This service is financially supported by Devon County Council

NORTHLEW - HOLSWORTHY Via Sheepwash Taw & Torridge 639

Wednesday only (Except Public Holidays)

NORTHLEW Square	0925	HOLSWORTHY Manor Car Park	1335
HATHERLEIGH Market Square	0940	ANVIL Corner	1340
HATHERLEIGH Moor View	0942	COOKBURY Church	1348
HIGHAMPTON	0946	HOLEMOOR CROSS	1354
SHEEPWASH Square	0952	BRADFORD Lana Cross	1355
BLACK TORRINGTON Black River Inn	1000	BRANDIS CORNER	1404
BRANDIS CORNER	1008	BLACK TORRINGTON Black River Inn	1410
BRADFORD Lana Cross	1015	SHEEPWASH Square	1418
HOLEMOOR CROSS	1018	HIGHAMPTON	1424
COOKBURY Church	1022	HATHERLEIGH Moor View	1428
ANVIL Corner	1030	HATHERLEIGH Market Car Park	1430
HOLSWORTHY Manor Car Park	1035	NORTHLEW Square	1445

This service is financially supported by Devon County Council

Transport

Dartmoor Train Line There are trains hourly each way, seven days a week, between Okehampton, Crediton and Exeter St Davids, including services for daily commuters. Most services also call at Exeter Central, including the key peak services.

Sunday 15 May to Saturday 10 December 2022

EXETER AND CREDITON TO OKEHAMPTON

Monday to Fridays	Exeter Central	a	0616	0733	0834	0933	1032	1132	1232	1332	1432	1532	1632	1735	1824	1924	2052
	Exeter St Davids	d	0631	0738	0838	0938	1037	1137	1237	1337	1437	1537	1637	1740	1845	1942	2115
	Newton St Cyres	a	1044x	1344x	2122x
	Crediton	d	0641	0749	0849	0949	1051	1147	1247	1351	1447	1547	1647	1750	1855	1953	2128
	Crediton	d	0642	0749	0850	0949	1051	1151	1251	1351	1450	1549	1648	1751	1856	1955	2129
	Okehampton	d	0707	0815	0915	1015	1117	1217	1316	1417	1515	1615	1715	1817	1922	2020	2155

Saturdays	Exeter Central	d	0724	0834	0934	1032	1131	1233	1332	1433	1531	1632	1733	1828	1920	2025
	Exeter St Davids	d	0630	0738	0838	0938	1037	1136	1238	1337	1438	1538	1637	1738	1845	1933	2110
	Newton St Cyres	d	1044x	1344x	1644x	1940x	2117x
	Crediton	a	0640	0748	0849	0949	1050	1147	1248	1350	1448	1548	1650	1748	1856	1946	2123
	Crediton	d	0641	0749	0850	0950	1051	1152	1251	1351	1450	1549	1651	1749	1857	1955	2125
	Okehampton	a	0706	0815	0915	1015	1117	1217	1316	1417	1515	1615	1716	1815	1922	2020	2158

Sundays	Exeter Central	d	0837	0932	1032	1132	1232	1332	1432	1532	1632	1732	1821	1920	2040
	Exeter St Davids	d	0842	0937	1039	1138	1238	1337	1437	1538	1637	1742	1847	1942	2118
	Newton St Cyres	d	1047x	
	Crediton	a	0852	0945	1054	1149	1251	1348	1448	1549	1647	1752	1858	1953	2129
	Crediton	d	0853	0949	1055	1150	1252	1349	1449	1550	1648	1753	1859	1954	2130
	Okehampton	a	0918	1015	1120	1216	1317	1415	1514	1615	1713	1818	1924	2019	2155

OKEHAMPTON TO CREDITON AND EXETER

Monday to Fridays	Okehampton	d	0725	0825	0925	1025	1127	1227	1326	1426	1525	1625	1725	1830	1931	2030	2219
	Crediton	a	0748	0848	0948	1048	1150	1250	1349	1449	1548	1648	1748	1853	1954	2053	2248
	Crediton	d	0750	0850	0951	1051	1152	1253	1350	1451	1550	1651	1750	1855	1956	2054	2249
	Newton St Cyres	d	0954x	1054x	1353x	1453x	..	1653x	2000x
	Exeter St Davids	a	0800	0900	1003	1103	1204	1303	1402	1503	1600	1703	1800	1906	2008	2104	2300
	Exeter Central	a	0805	0905	1007	1107	1207	1307	1406	1508	1606	1707	1805	1910	2014	2121	2308

Saturdays	Okehampton	d	0725	0825	0925	1025	1127	1227	1326	1426	1525	1625	1725	1830	1931	2030	2224
	Crediton	a	0748	0848	0948	1048	1150	1250	1349	1449	1548	1648	1748	1853	1954	2053	2247
	Crediton	d	0750	0852	0950	1050	1152	1252	1350	1451	1549	1651	1749	1855	1955	2054	2248
	Newton St Cyres	d	0953x	1053x	1353x	1453x	..	1653x	1958x
	Exeter St Davids	a	0800	0903	1005	1103	1204	1302	1402	1502	1559	1703	1759	1906	2006	2104	2259
	Exeter Central	a	0805	0907	1007	1107	1208	1307	1406	1508	1604	1707	1803	1910	2011	2120	2318

Sundays	Okehampton	d	0825	1030	1125	1225	1325	1425	1525	1623	1725	1833	1929	2025	2204
	Crediton	a	0948	1053	1149	1249	1349	1449	1548	1647	1749	1857	1953	2049	2225
	Crediton	d	0949	1053	1149	1251	1349	1451	1550	1652	1752	1857	1954	2051	2225
	Newton St Cyres	d	1352x	
	Exeter St Davids	a	1000	1104	1200	1303	1402	1502	1603	1703	1803	1908	2005	2102	2237
	Exeter Central	a	1005	1109	1205	1308	1407	1506	1608	1708	1810	1928	2025	2128	2256

NOTES AND SYMBOLS

- Bold** Through service
- Light Connecting service
- a Arrival time
- d Depart time
- x Stops on request. Please tell the Conductor if you wish to leave.
Please signal to the Driver if you wish to board.

WE ARE
MOVING



inkprint



This October we will be
moving to our new unit on
the A30BC, **Okehampton**
EX20 1BG

01837 52937

sales@inkprint.co.uk



GOTLAND GIN

Highampton,
Devon



- Distillery Tours
- Shop
- Bar
- Experiences
- Meet the Sheep
- Visitors Welcome

Find us on



Google
Maps



Mob. 07764277038

www.gotlandgin.co.uk