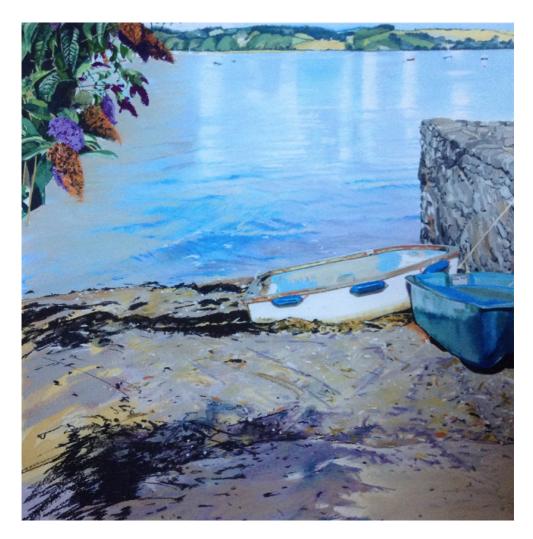
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THE LYMPSTONE HERALD



Editors: Claire and Rob Hilton - theherald@lympstone.org | 07739969311 Advertising: Steve Morgan sjmorgan222@gmail.com | 01395 276020 Copy deadline for the next issue : Wednesday 3rd June, 6pm by email Distribution by Robin and Judith Telfer Tel. 272275 | Copy Editor: P Acca Cover Artwork: Sue Paterson Village website: www.lympstone.org | webmaster@lympstone.org

PARISH COUNCIL NEWS

It remains a very difficult time for all, the PC wish to convey their continued thanks to all individual and community initiatives being carried out daily to support and reach out to all our Parishioners.

Council meetings Parish remain cancelled until further notice and in line with Government advice. Please continue to visit Lympstone website at www.lympstone.org for updated and regular information regarding the available support in the village during lockdown and the Parish Council. The PC want to reiterate that EDDC are continuing with planning applications, so visit the website to see current applications submitted in the Parish. The PC also continues to add notices and information so please keep visiting the website if you have the access.

On a Thursday during our 'Clap for Heroes' at 8pm please refrain from using fireworks to mark this. Fireworks are hugely distressing to the nearby people, pets and wildlife and could be a potential fire or injury risk which is not necessary at this time to our already overworked emergency services.

Cllr Atkins has reported the following: To all users of the undermentioned facilities, Candy's Field, Avenue Field and Cliff Field - Please be aware, due to the restrictions in place in respect of dog walking and the normal procedure of grass topping; this seasons early growth will be harvested i.e. cut and baled in June, weather permitting. It would be appreciated by the livestock that will be eating the baled material if dogs can be kept on leads at this time and pick up after your dog. Thank you.

It has also been reported by several different ClIrs that there has been an increase in dog mess throughout the Parish. PLEASE PICK UP AFTER YOUR DOG. It is a disgusting mess that needs to be cleared up to prevent other people and children stepping or playing in it, and, indirectly ingesting the faeces. There is enough to worry about in this current pandemic and everyone should do their bit to prevent any more unnecessary stress.

The 75th Anniversary of VE Day was well supported throughout the Parish with many houses displaying lovely celebratory memorabilia and social distancing tea parties. Thank you all who celebrated and marked this occasion albeit a slightly different way.

Please continue to email myself, the Clerk and any of our Parish Councillors with any queries and we shall endeavor to respond with the appropriate help or signpost you in the right direction. Please visit www.gov.uk/coronavirus for daily updated information regarding Covid-19. The PC have asked that you continue to follow Government regulations, keep yourself safe and we look forward to seeing you all again soon.

"We'll meet again, don't know where, don't know when, But I know we'll meet again some sunny day.

Keep smiling through, just like you always do, 'Till the blue skies drive the dark clouds far away.

So will you please say hello to the folks that I know, Tell them I won't be long. They'll be happy to know That as you saw me go, I was singing this song..."

Clerk to the Council:

Lucy Tyrrell c/o Minnows, Longmeadow Road, Lympstone EX8 5LF Tel: 07890717081 Email: lympstonepc@gmail.com

MICK CORNISH

Gill and family would like to thank everyone for their cards and kindness after the loss of Mick . Thank you from the bottom of my heart to all the people who stood in the street to say a last goodbye to Mick on his last journey.

Thank you Gill Cornish





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PARISH CHURCH

Demelza writes:-

The church building in Lymsptone remains closed during the pandemic - but worship is continuing to take place across the village from the comfort of our peoples' homes. You can access prayers and other resources online, either through the Mission Community website, www. exmouthcoastalchurches.org.uk, or via the Church of England website (www. churchofengland.org), or do telephone Demelza (272243) for more tangible paper resources, or to ask for prayers for yourself or for someone you know needs prayers at this time.

Following Government guidelines, the churchyard has now been reopened, although we would advise that you observe sensible social distancing measures if you choose to visit the grave of a loved one, or just some space and peace.

You might like to use this prayer as we live through strange and worrying times, and as we look forward to a return to our 'normal' lives:

Keep us, good Lord, under the shadow of your mercy

in this time of uncertainty and distress. Sustain and support the anxious and fearful,

and lift up all who are brought low;

that we may rejoice in your comfort knowing that nothing can separate us from your love

in Christ Jesus our Lord. Amen.

Also we are pleased to announce that the PCC unanimously agreed to support Demelza's application for re licensing to continue as a Lay Reader.

Our new Rector, Steven Jones, is posting a weekly reflection on YouTube under the heading 'The Hope Chronicles' it's worth taking a look at them. Also Steve was the preacher at the Mission Community Service recently. If you missed it look on the website or YouTube.

Spare a thought for those who do not have Computers, Smart Phones, or the Internet. Yes there are quite a few people in our congregations who are even more cut off than the rest of us in Lock Down. The Archbishop of Canterbury has launched a free telephone line to give more people access to worship, prayer, and reflections while churches are closed. It can be found at 0800 804 8044 and is called 'Daily Hope'.

This link has been set up by the CofE offering worship etc for those not on line.

The Church finances during the Lockdown – the only income that we now have is the regular donations from those who contribute by Standing Order

or using the Parish Giving Scheme and the Church is extremely grateful to them for continuing to provide for the work of the church in this way; Thank you so much. No collections have been received since 15th March During April we received nothing this year while last year the sum collected was £520 which with Gift Aid increased to £650.

The PCC agreed this week to bring this to the attention of the congregation and encourage those who usually make cash donations to support the Church by putting aside cash each week ready for when services resume. We shall then be able to claim Gift Aid on their cash, but we can't claim Gift Aid on cheques unless the donor is a Tax payer and fills in a form.

Should anyone like to join the Parish Giving Scheme, phone John Lupton on 275014 and find out how to go about it.

Brian Mather

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LYMPSTONE CHRISTIAN AID WEEK 10TH TO 16TH MAY 2020

In Christian Aid Week we would usually be popping an envelope through your letterbox, but this year's week is very different, a 'Virtual Christian Aid Week'. Lympstone people have already shown incredible kindness to local neighbours through LYCRA (Lympstone Coronavirus Response Action) and in many personal acts of love.

Now is the time to reach out to our neighbours both near and far. As the Coronavirus spreads across the world, love rises up in response.

Please reach out and help us fight poverty and injustice around the world by visiting the village website lympstone.org

The Lympstone Christian Aid Week 2020 Team has sent you an e-Envelope. You can donate by going to: https:// envelope.christianaid.org.uk/envelope/ or

You can visit the Lympstone Christian Aid Week 2020 Just Giving page to make a donation by clicking on this link: https://www.justgiving.com/team/ Lympstone-Christian-Aid-Week-2020

or please contact Peter Watsham – peter@watsham.org or 07976 259920 – who will email, text or WhatsApp one to you.

Depending on when you are reading this, it may not be too late to enter the Mission Community Christian Aid Artwork Challenge or to have a go at the Mission Community Christian Aid Quiz. Contact Peter Watsham – peter@watsham.org or 07976 259920 – for more details.

Following the success of the Big Brekkie last year we had planned to hold another one on 16th May, but this will have to wait – perhaps until October.

Peter Watsham

Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

Be aware of people offering or selling: Protect yourself and others:

- Virus testing kits these are only
- offered by NHS. Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect.
- vourself from coronavirus such as anti-bacterial products. Shopping or medication collection
- services. Home cleaning services.
- Don't be rushed into making a decision. If it sounds too good to be true it probably is.

Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.

- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure

Be a good friend, help to protect your family, friends and neighbours from scams. Read it. Share it. Prevent it.

#Coronavirus #ScamAware

NATIONAL

STANDARDS

TRADING



Contact For advice on scams call the Citizens Advice Consumer Helpline on 0808 223 11 33 To report a scam call Action Fraud on 0300 123 2040 Contact your bank if you think you have been scammed

Scams Team

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk

I can help you get your garden ready for spring Spiller's 20% discount on work completed before end May Gardening **Services**

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A POEM

Be kind to old Job Stroll with him down to the Globe. So patient there They love to hear His tales of yore And would deplore To say, "We've heard them all before"!

Anchor your boat The daylight has gone. Call in for a chat To the friendly old Swan. 'How lucky we are, Bill. 'To travel by water 'That's thanks to those words of your son 'And my daughter. 'These Youngsters has said "Stop all these Cars!" 'We can now count the Stars

'The air is so clean. 'What magic we've seen'

Why not ride your horse To the Saddlers of course Where your kind smiling hostess Can summons a ghost To tie him with care To an old Hitching Post While you, my Good Fellow Enjoy you hot Roast.

At the Redwing the same They're always on tap. They will greet you with smiles At your Pony and Trap.

Masses of Parking Space Plenty of room. A mere knock on the ground Will call up an old Groom. So happy he'll be to find a Horse there, So, drink and be Merry With songs of Good Cheer!

Marv Truell

FRIENDS OF THE CHURCH

As I said in the last issue, we have had to suspend sale of our lottery tickets for the 20/21 round - yet another consequence of the Covid-19 epidemic. So there is no winner for April. But the computer problem which stopped me announcing the March winner has been solved - and the March winner is Bruce Ellis!

One of the highlights of the Lympstone summer - our annual charity Cricket Match between Lympstone and a St Peter's School eleven was due to be held on Thursday 11 June. Sadly, that too now looks as though it can't be happen - at least with anybody to watch! In the unlikely event that things change so at allow it to go ahead, with appropriate precautionary measures, we will announce that on the village website and by posters - at least on the village notice board under the railway bridge - before the end of May.

Clive Wilson



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GARDEN CLUB

This is surely the busiest time of year for gardeners. The dry, warm and sunny days followed by the badly needed rain means everything is growing apace. Sowing and anxiously watching for germination, tidying, feeding and mulching mature plants and, of course, trying to keep on top of those weeds has given us plenty to do.

When you need a break from all that toil, there is much of interest on the internet. There will be a 'Virtual Chelsea' from 19-23 May, see rhs.org. uk/chelsea The horticulture industry has taken a huge knock during lockdown. The show manager says it will be a great opportunity for everyone to support our nurseries and learn from the best garden designers and experts. There will be a wealth of gardening information on the RHS website and social media streams. Do check out rhs. org.uk/supportournurseries. The RHS also offers free advice and has regular podcasts.

Also the National Garden Scheme ngs. org.uk has video footage of gardens that should have opened to the public this year in aid of HospiceCare.

Something to look forward to early next year nearer home - some of you may have seen Sue Applegate and her beautiful and extensive collection of peonies on Gardeners' World recently. Well, she will be giving us a talk here in Lympstone on 16.2.21. Do make a note of the date.

In case some of you did not see the Herald last month, sadly we have decided to cancel the Annual Show on 15 August. Unfortunately as much commitment in work and money is involved beforehand the decision could not be delayed.

May the weather be with you - as they say on Gardeners' Question Time.

Jill Wilson

co.uk

LYMPSTONE PARISH CHARITY

The Lympstone Parish Charity exists to help people in need, hardship, or The Charity has modest distress. funds and is operated discreetly and anonymously. However, in view of the desperate situation with coronavirus, the trustees will be happy to receive appeals for help on behalf of needy parishioners. Help in identifying villagers in need, who might not wish to ask for help themselves, will be gratefully received. Brian Ridge (Secretary to the Trustees) Tel: (01395) 275432. E-mail: brianridge@lympstone.eclipse.

Lympstone Folk (on line) 8.30pm every 2nd and 4th Wednesday until the end of the lockdown

To take part or just watch email Ifex8@btinternet.com for details

download of 'Zoom Meetings' App required



LYMPSTONE VILLAGE HALL – JOIN THE LOST CHAPEL OF LYMPSTONE THE TEAM!

Although the hall is closed at the moment and we face a period of transition before it returns to its busy schedule and hub for villagers, we are looking to strengthen our team and plan for the future.

The hall is run by a Board of Trustees who are all volunteers. We have the opportunity to invite two additional Trustees to be part of the team. It's not just about Committee Meetings, we are looking for 'hands on' people who are able to use their experience to help manage the hall, and are also prepared to 'make things happen' at busy times. Social media, fundraising and IT skills for website maintenance are specific areas we are particularly keen to develop. But, whatever your experience, if you are interested in supporting the community by being part of the Village Hall management team, please email your contact details to us by 29th May. Initially one of the Trustees will call you for an informal chat.

Trustees are protected from any financial liability by the newly formed CIO charity status.

Email: info@lympstonevillagehall.co.uk Website: www.lympstonevillagehall. co.uk

Steve Morgan

At the turn of the 18th to the 19th century, the chapel at Gulliford was at its height with over 300 congregation travelling from Woodbury Salterton, Ebford and Exmouth. However over time the law began to relax and new non-conformist chapels were built in the surrounding areas. In 1819, Rev John Jervis wrote a letter stating that a room in the house of Mr Henry Crabb, an upholsterer, of The Strand was being offered for the use of weekly services during the winter instead of Gulliford Chapel. This must have proved popular because a non-conformist chapel was built on land owned by Mr Robert Titcher in 1821. Robert lived in the present day "Redwing" and the land 51ft by 31ft used was part of his garden fronting the road. Rev Jervis was a wellliked figure having served at Gulliford Chapel for 47 years, a gentleman who collected ferns & rocks. Sadly a few weeks prior to the opening service Rev Jervis died, the replacement minister never had the same following and soon the new chapel was rented out to the Methodists. Once the Methodists had their own new chapel and schoolroom built in the 1870's and 1880's the chapel on Church Road was surplus to requirement and sold off for £187 19s 6d. The land was developed and today Ellenthorpe stands on the former chapel site.

Angela Coles www.fogbg.org.uk

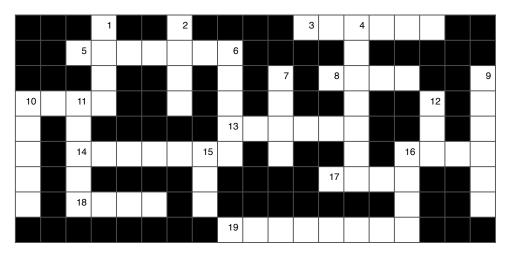


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THE LYMPSTONE CROSSWORD



CLUES

ACROSS

- 3. Delhi's chaotic take cover! (6)
- 5. Approach prisoner with sensitivity (7)
- 8. Varied resistance to drug here (4)
- 10. Not bed-blocked. Shut! (4)
- 13. Minced racoon from Wuhan animal market (6)
 14. Two hundred vainly go towards China for the
- solution we're seeking (7)
- 16. Will little person get the point? (4)
- 17. Finally got the ventilators built for trial (4)
- 18. Five hundred have low mood (4)
- 19. I'm up against disorganised mutiny that I hope

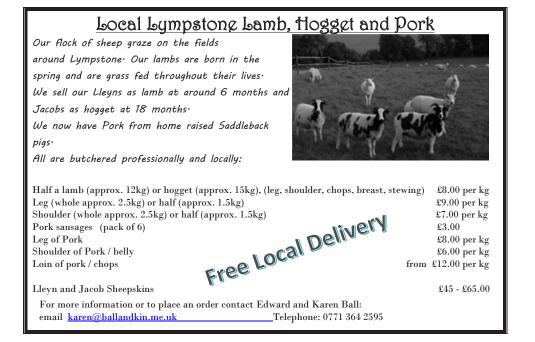
16dn 8ac – 2dn 10dn! If in 5ac with 13ac - 16ac 4dn!

Correct answers received last month from: Mai & John Welton, Helen, Dougal, Kirsty & Polly Scott, Simon Griffiths, Tor & Arthur Laney-Hubbard, Ann Hurley, Colin Morris, Natalie Conboy, Gail McKenzie, Fiona Archer, Harriet Yeates, Alice Henderson, Margaret Turgoose, The Burtons. The winner of the £25 voucher for the Redwing this month is Ann Hurley.

DOWN

1. Wooer oddly OK lacking nothing but a job (4) 2. Invest! ISAs will lose their lead and bottom out before 8th May (4) 4.7, 19 shelved and 10-18 is so late it's pointless. What now? (7) 6. IoM event loses a refreshment stop for a little bit (5) 7. Gather in another drug (4) 9. Sounds like I might be needing one of these.... (6) 10. Survives Seville in turmoil without the Spanish! (5) 11. Tory, before leaving, provides endless cause of scourge (5) 12. Puppet put out - basic necessities in short supply (3) 15. New Home Secretary initially applauded enthusiastically (3) 16. Support is steady - evenly (4)

Set by Strangelove who apologises – he's somewhat pre-occupied by the current unprecedented circumstances.





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ALAN DIXON 6.3.51 – 4.4.20

Jill, Katie, Rachel and all the family would like to say a heartfelt "Thank You" to all our wonderful Lympstone friends and neighbours for their support during Alan's last few months. For the gifts of food, flowers, numerous offers of help and cheerful visits (before restrictions), we are truly grateful. We were so glad to be able to keep Alan at home and the personal messages of sympathy have been a great comfort over the recent weeks, as we adjust to life without Alan.

Your generous donations to Hospiscare, through the Just Giving page and the Men's Walk have totalled almost £4,000 and we are so pleased to show our gratitude to Hospiscare in this way. The sight of so many people lining the streets of Lympstone to pay their respects was overwhelming and is something we will never forget.

Thank you Lympstone, what an amazing community. We look forward to celebrating Alan's wonderful life when it is safe to do so. Jill Dixon

A DOGGEREL

Keep fit with Michael Cycle

Walk with Wendy Be trendy.

No car Pat Is thin not fat. Go with Pete On your feet

To work with Mike On your bike.

Run with Sam. Avoid a jam.

Bus with Bar Leave the car.

Walking's guicker And helps the ticker.

Parking's a pain. Try the train.

Save Devon Lanes Where wildlife reigns.

Mum's no fool She walks with Bob to school And saves the fuel.

Run for fun, Chum. Give yourself a fillip, Phillip. And Meg, leg it

Jo and Jack and Steve and Jill Share a car and split the bill! Mary Truell

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A POEM A DAY...

The life-blood Lympstone of Entertainments is live performance. With that not possible, we have turned to poetry. Not just on our boards in the village, but on our website, www. lympstone-entertainments.net. The Poetry in Isolation page is printing a poem every day, many of them suggested by those of you who read the website, selected from the world's literature, from Wordsworth to Walter de la Mare, from Spike Milligan to William Shakespeare. Here is one form of human contact that doesn't breach the Government's guidelines.

The poem we'd like to share with you in the Herald, though, was written by a Lympstonian, Simon Friend. Simon has formed a team with his neighbours, Simon Pryor and son Bob. Together they have been delivering papers, prescriptions and groceries throughout the village since lockdown on March 23rd. The team averages over 80 deliveries a day, seven days a week. Simon still found time to write this:

COVID THOUGHTS

Social distance, self isolate These are words that didn't rate In the English language every day But now it seems they're here to stay Flatten the curve is what we do By staying at home, no matter who We swab our doors and wash our hands As Coronavirus stalks the lands

In empty streets of every town The virus creeps and knows no bounds Down country lanes along the shore Its tendrils reach. It wants some more It wants the old and takes the young In a matter of months it has flung Itself around the world, and now we wait As lockdown makes it hesitate We clap our hands for the NHS The front line workers doing their best With respirators and intubation They battle on to save a nation No face masks and no testing kit And that is not the least of it An exit strategy is what we need, A ray of hope to stop the bleed

Herd Immunity, another phrase That's on our lips in these strange days And something that is far more frightening They gave it a number – Covid 19 There must be light at the end of the tunnel

A Rainbow of Love, through which can funnel

Our hopes and dreams for better days Let's pray this world finds better ways

So we lock our doors and watch TV And learn the facts on PPE With jigsaws, Alexa and downloads from Amazon We stay the course in this mighty marathon Dame Vera Lynn and then the Queen Gave us the words to rekindle our dreams

So keep up the fight, pack you troubles away

And we WILL meet again some sunny sunny day

God Bless and Stay Safe! Simon Friend

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Tanya, Matt and Monty the dog from Exmouth

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21

LYMPSTONE WALK NO 2 – BYSTOCK POOLS AND ST JOHN'S IN THE WILDERNESS

Approximately 10 kms - OS Explorer map 115

Starting in the centre of the village by the Swan, walk east towards the church making sure you bear right at the junction with Burghmans Hill. As you pass Redwing Bar and Restaurant you will see the large brick wall and chimneys of the house, "Sheppards" ahead on your right. Immediately before this, take the foot path (Church Lane) right, crossing the stream, and after a short distance, meet the tarmac road. Continue straight on up Church Lane passing the houses on your right to the top of the incline where the path bends to your left. Follow the path round the edge of the fields till you pass through a "kissing gate" to arrive at a junction of 3 paths. Turn left and continue walking east, away from the estuary, signpost onto the East Devon Way (EDW).

Soon you will cross Sowden lane, picking up the EDW again. Climb the stile to enter the field and follow the wellmarked path through the field and over the stile at the top of the first field. The path then follows the edge of the fields turning right, then left then right again to bring you out on Courtlands Lane. Enjoy the later part of this stretch with its high banks on either side. Why they are there, I do not know. Turn left on to Courtlands Lane, soon to cross the main Exeter to Exmouth road following the signs to A La Ronde. If you have never visited, why not make your walk a day trip breaking it at this wonderful National Trust property which was completed in 1796 by the Parminter cousins of the wealthy trading family of Exmouth. If you are not a member of the National Trust, you will have to pay for entry. (Note this property is closed during the Covid 19 Lock Down)

Just past the entrance to A La Ronde, you will find the EDW marked off to your right taking you along the back of houses marking the northern edge of Exmouth. At the first road you come to, look across the road to your right where you will see the path continuing on. You will soon come into Hulham where the EDW continues round to your left. You will then cross Dinan Way up Marley Road where you pick up Bystock Woods on your right, before you meet the B3179 Budleigh Salterton to Woodbury Common road.

Although maybe a bit further than you want to go during Lock Down, now is the time to continue on while traffic is light. During normal conditions, it can be a bit hazardous here.

Turn left here keeping on your side of the road for a short distance until you reach the next right turn off this road towards Yettington. Cross the road very carefully (poor visibility) to take this road. You will pass Lympstone Common on your left.

Continue along this lane about 1 km, passing Wright's Lane and "Squabmoor" on your right before reaching Bystock Ponds, also on your right, marked by Devon Wildlife Trust (DWT) sign. Before you reach here, don't be tempted off the road to your left by the East Devon signs taking you off into the woods. On entering the DWT land, walk straight down the hill keeping close to the fence on your right to find the Bystock Pools. A lovely spot for a lunch break. Note that during Lock Down, the DWT car parks are closed to visitors but locals walking there are welcome. Be sure to Social Distance.

Having walked around the Pools, continue downhill and through the lower car park to turn right on the road to take you back to the B3179.

Cross directly here to take St John's Road on down the hill. After about 1K, you reach Withycombe Barton which is a beautiful collection of period properties which have grown up around St John's in the Wilderness Church with its 14C tower. Do take time to visit and walk to the end of the graveyard to see it stretch on again up the hill ahead of you making it what must be one of the largest graveyards in the county.

After your visit, continue on down St John's Road to join Dinan Way where you turn right. Not the best bit of the walk but I hope the visit to St John's in the Wilderness makes this stretch worthwhile.

Having passed several roads left and right, after you pass Jubilee Drive on your left, look out for the EDW where you crossed Dinan Way earlier in the walk, where you turn left to retrace your steps back to Lympstone.

This walk is a bit of a contradiction. It is maybe a bit further than we should be going at this time and some of the attractions on the way will be closed but its appeal is definitely enhanced by the lack of traffic on stretches which might otherwise be uncomfortable.

Allan Henderson

SMALL ADS

GARDEN JOBS

Jenny is still digging for Oxfam. £10/ hour, all to Oxfam. Tel: 01395 708850 *Jenny Moon*

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Situated on the edge of the village, The Old Dairy B&B has three spacious, wellappointed rooms, (including a ground floor room). Located on the same site, Byre Cottage is a beautiful wellequipped holiday cottage with a double and twin room. Plenty of secure, private parking for all our guests.

Contact Den & Jules:

L: 01395 275679 M: 07959 5540562 e: info@theolddairylympstone.co.uk or Visit: www.theolddairylympstone.co.uk

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Please contact Trevor on: L: 01395 223916 or M: 07969 231333 e: trevor.harris1@sky.com

MINIMUM 1 BED HOUSE WANTED

Single Person looking to buy a property close to centre of Lympstone. Some outdoor space preferred but not essential if good storage and close to the beach.

Ability to park close by useful if further out of the centre.

Please contact Emma by:

T: on 07974715445 or

Email: e.bushell@ymail.com

LYMPSTONE VILLAGE JAMS

Homemade award-winning local jams, marmalades and chutneys always available from 2 Brookfield Cottages, The Strand. Made to order from locally-sourced fruit and/or vegetables, with no added colours, flavourings, preservatives, etc, these could almost count towards your 5-a-day!

COLYTON 11+ THIS SEPTEMBER?

Places still available for mock 11+ CEM tests on 5th July, 29th August and 5th September at Lympstone Village Hall. For more details contact Jane on 07730877889 or janepmoffatt@gmail.com

ADVERTISING RATES FOR 2020 - HELD AT 2019 PRICES!!

Advertisers who book 6 issues will effectively get one advert free, and those who book 11 issues (i.e. a 12-month period) will get 2 adverts free.

ADVERT TYPE	MONTH	HALF YEAR (6 issues)	YEAR (11 issues)
Full Page	£100	£500	£900
Half Page	£50	£250	£450
Quarter Page	£25	£125	£225
Boxed Advert	£15	£75	£135
SMALL ADS (min. charge £5)			
Example: 5 lines of less	£5	£25	£45
Example: 7 lines or less	£7	£35	£63
Example: 10 lines	£10	£50	£90

Copies of the Lympstone Herald are delivered free to every household in Lympstone (approx 1100) every month with further copies being sold through the village shops. Please send your enquiries to Steve Morgan : sjmorgan222@gmail.com

DISCLAIMER This news letter is compiled from emails sent to the editors by numerous people and very little of the information is checked before publishing which is done in good faith. *Rob and Claire Hilton, Editors*

Online Yoga: Mon 7pm; Thurs 7.30am Story Yoga: Wednesday 2pm PJ Yoga Nidra: Wednesday 9pm

Beginner one-to-one also available To join in contact Claire.hilton@me.com

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OPEN LETTER FROM COLONEL SIMON CHAPMAN OBE RM, COMMANDANT CTCRM

'I hope you and your immediate families were able to enjoy Easter together at home and that you are managing to stay safe and healthy.

As with the Armed Forces in general, CTCRM continues to deliver essential training in order to fulfil the UK's operational outputs. This means trained personnel will be ready to respond to the evolving COVID-19 situation and to provide resilience nationally as our support increases.

Elements of initial Royal Marines training and some specialist training continue. Consequently, you may see staff and trainees travelling to the Centre from their homes, or out training in the local area. In accordance with the government's direction to the general population, CTCRM follows the guidance issued by Public Health England and social distancing rules are followed by our Service Personnel and civilians, except in a very few instances where a number of essential training tasks do not make this possible. In such cases, we have taken precautions to reduce the risk to trainees and staff. including training as cohorts, additional hygiene and cleaning.

Reduced training and fewer trainees

means fewer staff, and many of my staff are working remotely from site. For those who are required to come to work, we have made every effort to maintain a safe living, working and training environment. The gymnasium (for personal use) and café facilities remain closed. Extra hand washing facilities and sanitiser are available and as much as possible meetings are being conducted by Skype, or by teleconference. Our measures remain under constant review.

Whilst most of us who wear uniform are used to uncertainty and operating in difficult circumstances, COVID-19 is presenting challenges for all of us professionally and domestically. Whilst it is vitally important that training continues at CTCRM, having the support and understanding of the local community makes a big difference to my workforce and their families. We are very grateful, thank you'.

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LYMPSTONE WI

We are all considering our front line workers at present in particular those working in intensive care. There has been footage of staff in PPE and accounts of how uncomfortable this can be after hours of activity. Apparently the face masks can chafe, this can be relieved by the wearing of a simple cotton headband. Lympstone WI have stepped up and made almost 150 headbands to be distributed this week.

A small effort hopefully well received by our current heroes.

Terri Scott

