

Volume 44, No 4

JANUARY 2021
50p where sold

THE LYMPTONE HERALD



Editors: Claire and Rob Hilton - lympstoneherald@hotmail.com | 07739969311

Advertising: Steve Morgan sjmorgan222@gmail.com | 01395 276020

Copy deadline for the next issue : Wednesday 6th January, 6pm by email

Distribution by Robin and Judith Telfer Tel. 272275 | Copy Editor: P Acca

Cover Artwork: Deborah Mitchell

Village website: www.lympstone.org | webmaster@lympstone.org

PARISH COUNCIL NEWS

Lympstone Parish Council continue to wish everyone safe and well. The PC would like to remind all that from 2nd Dec, Devon is in 'Tier 2: High Alert', please visit Local restriction tiers: what you need to know - GOV.UK (www.gov.uk) for more detailed information on restrictions. The PC ask that you continue to follow Government regulations.

The PC would like to thank all the kind volunteers and groups who have, and continue, to support all Parishioners during these difficult times. The PC would like to thank the youth of the Parish who remain patient whilst going without their usual routines and activities and look forward to groups starting up and getting everyone socialising and active again once safe to do so.

The Community Hub have supported a safe, socially distanced Advent Trail event around the Parish (beginning on the 1st Dec) so please pick up a trail map and use this time to view the wonderful advent windows created around our area. It will be a joyful, daily event for all to locate and view.

The PC would also like to thank the landowner of the Mill Fields for all their hard work and initiative in making the diversion of the footpath safer and more secure. The fields have been tidied up

and really look lovely. The PC hope the public also appreciate the work that has gone on and support the owners in their choices.

On a note for dog owners walking the Parish – please, please pick up your dogs' mess. There are seemingly more irresponsible dog owners who are not clearing up after their dog and it is a disgusting mess if walked in. It is not necessary and is really hard to remove from the tread of a shoe to stop the mess spreading further into your home, car or even school children taking it into their classroom and sitting on it during learning activities on the classroom carpet! It can cause unnecessary health implications that no one would like to be the origin of.

The PC would also like to gently remind property and landowners that now is the time to cut back overgrown hedges in preparation for the Spring. A huge thank you to those of you that have done this already – it really is noticeable and positively commented on.

Back in July, Cllr Carter wrote an article in the Herald about a 'Lympstone Trees' community project. Please note that LPC have not forgotten about this initiative but have placed it on hold until Covid19 restrictions are lifted and when we can all safely plant specific trees

together. LPC shall keep you updated. The PC are still keen to update and refurbish the playpark in Candy's Field and desperately need the support of volunteers to help this happen. Please contact either myself, the Clerk, or any Councillor to find out more if you can help.

Unfortunately, due to continued Government Covid19 restrictions, all PC meetings will be postponed until further notice. The Parish Council are continuing to work hard on your behalf, please do not hesitate to 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.

The PC would like to remind all that ongoing EDDC planning applications submitted in the Parish, are on both Lympstone and EDDC websites. Please submit your responses regarding the planning application directly to EDDC. The PC also continues to add notices and information so please keep visiting Lympstone website if you have the access.

Finally, all Lympstone Parish Councillors would like to take this opportunity to thank you for your continued support, please keep safe, take care and we

look forward to seeing you all again, in person, soon. May you all have a very Merry Christmas and Happy, Healthy New Year!

Clerk to the Council:

Lucy Tyrrell c/o Minnows, Longmeadow Road, Lympstone EX8 5LF

Tel: 07890717081

Email: lympstonepc@gmail.com

GREEN CARS FOR LYPSTONE?

Some years ago we published a piece in the Herald about trying to get a car club car from Co-Cars in the village. Co-Cars is a social enterprise that provide cars for hire by the hour, day or week. The system is very easy to use and a great option for people who only rarely need a car or households who occasionally need a second car but want to avoid the costs, parking and maintenance issues associated with ownership.

The majority of the cars are either hybrid or electric so its also a good solution if you are looking for a more sustainable means of transport but can't upgrade to electric yourself.

If you think you'd be interested in a trial then please contact us at lympstoneherald@hotmail.com and we will try to organise this.

Rob Hilton

Why have professional financial advice?

Recent research¹ has found that people who had an ongoing relationship with a financial advisor were not only more confident about their future wealth, but also appeared to be **better prepared for retirement** than those who didn't.

The research found that working with a financial advisor can help you to:

- Think more carefully about your retirement plans
- Have milestones in place to ensure that you are on track
- Focus on your end goals
- Build a diverse portfolio of assets.



We can help you prepare for the financial challenges of later life.
Just ask.

¹ Understanding the non-financial benefits of financial advice, November 2020 survey of 32 adults carried out by International Longevity Centre UK.

RODNEY SPILLER WEALTH MANAGEMENT LTD

59 Fore Street, Topsham, EX3 0HL
Tel: 01392 304080, Mobile: 07901 104780
Email: rodney.spiller@sjpp.co.uk

Rodney Spiller Wealth Management Ltd is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the Group's wealth management products and services, more details of which are set out on the Group's website www.sjp.co.uk/product.

PARISH CHURCH

Christmas Services and events this year are somewhat curtailed because of regulations.

The annual **Christingle service** will be held in church at 4pm on Sunday 20th December. Due to current Covid restrictions, it will be shorter and simpler than in previous years, with singing only by the Worship Band as congregational singing is deemed a virus risk... but it will still be a time of joy and hope, and beautiful candlelight - with a Christingle for everyone to take home! (Please be aware that we need to keep Track-and-Trace details of everyone who attends, and will require face-masks to be worn)

The **Midnight Mass** begins at 11.30pm on Christmas Eve 24th December.

The **Christmas Day Service** is at 10am on Christmas morning.

Sunday 27th December at 10am service will be a shared one with our Mission Community partners, at Holy Trinity Church, Rolle Street, Exmouth. Therefore there will be no service in Lympstone on that day.

Sadly a live carol Service is impossible this year. Littleham Church had organised a Zoom version on the 12th which is too late news for the Herald.

Advent - The church has played a full part in the Advent windows starting on

the first with the Christmas star which appeared over the village on top of the tower. It may look small from the ground but took some hauling up on old bell ropes by a team of ringers. The Angel Gabriel came by on the second telling Mary that she would have a baby and to call him Jesus. Mary was joined by Joseph and the donkey and later we will see the kings and shepherds all finally arriving at the stable, under the star. Keeeeeeeeep watching! as they say on Strictly.

Quiet Prayer will happen in church at 11am on both Wednesday 13th and 27th January. It's simply half an hour of quiet time in church, topped and tailed by prayer and/or a reading from the Bible. Time to be still, put life back into perspective, and reconnect with God.

If you'd rather pray quietly on your own at home, we will be having a **Zoom Quiet Prayer** time on Tuesday 5th January at 12.30pm. Please contact the church office for details of how to join this.

Candlemas, the church's end of the Christmas season and a commemoration of Jesus' Presentation in the Temple, will be celebrated by candlelight on Sunday 31st January 2021.

Brian Mather

A portrait of Roger Wilkinson, a middle-aged man with short, light-colored hair, smiling. He is wearing a dark grey suit jacket over a light blue and white vertically striped shirt and a dark purple tie with a small, repeating elephant pattern. The background is a solid light grey.

"WE'RE HERE TO HELP,
NOT JUST WITH YOUR
PROPERTY MATTERS"

WILKINSON GRANTED

ROGER WILKINSON

WG Wilkinson
Grant & Co
GRANTING WISHES SINCE 1995

www.wilkinsongrant.co.uk

01392 875000



WINDOWS, DOORS,
CONSERVATORIES,
ROOF LINE and
GENERAL PROPERTY
MAINTENANCE

T: 01395 225643

M: 07794 477045

e-mail: r_acca@hotmail.com

The Little Plumbing Company



The Little Plumbing Company



Fully Qualified & Insured Plumbers

NO Callout Charges & Free Estimates

See our reviews on 'Our Local Expert'

www.thelittleplumbingcompany.co.uk

01395 741962



PAINTER & DECORATOR

Free Advice & Quotes



**Specialising in superior high quality
Interior painting and decorating**

Reliable & trustworthy

No job too small

Peter J Bond

Mobile: 0797 100 6957

Office: 01395 265202

Email: bondpeterjohn@hotmail.com

GARDEN CLUB

We are looking forward to 2021 in the hope that groups can get back to meeting together and enjoying again the many activities the village has to offer. The major event for the Garden Club will be the Annual Show in August which we anticipate will be bigger and better than ever. It may be possible before then to hold the annual coffee morning and plant sale which is usually in May, but we shall have to see how the Covid situation evolves.

This year has been a productive one for gardeners. Lots of good weather and plenty of time for many people to enjoy their ornamental plants as well as sowing and harvesting and, of course, keeping on top of the weeds. New seed catalogues are now arriving. They do brighten dark winter days as you pore over pages of endless possibilities and picture lots of colourful plants and crops coming up in the garden next year. Let your imagination run riot - better to over-cater than to run out!

The committee members wish you all a peaceful Christmas and best wishes for a different and happy New Year.

Jill Wilson



"We feel
safe and
secure."

Real words, from real
residents facing lockdown.

Our retirement village is home to people who really value their peace of mind... people who moved safely during lockdown, to enjoy a closer kind of community, with more reassurance for them and their family.


Millbrook
Inspired in Exeter

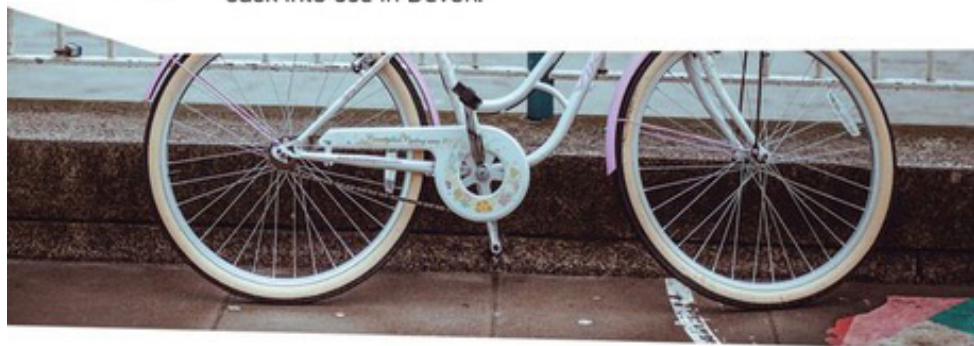
Call **01392 249 864** or visit **millbrookvillage.co.uk**

Ride On

Donate a bike!

Help us get more people cycling.

Ride On is a bike recycling charity in Exeter. Our vision is for a cleaner, healthier, and more active city. We refurbish second-hand bikes - in 2019 we put 681 bikes back into use in Devon.



If you have a bike you no longer need, why not donate it?

If you can deliver it to the Ride On workshop that's great (address below).

If not, we have bike drop-off points at the following locations:

- Briar Crescent, Wonford • Lewis Crescent, Digby (St Loyes)
- Lymstone • Sidmouth

Email info@rideoncycling.org for details.

61 Haven Road, Exeter EX2 8DP

Lymstone Drop Off Point - 8 Grange Close, Lymstone, EX8 5LD.

Ring Steve Morgan on 01395-276020.

www.rideoncycling.org

registered charity: 1174055

LYMPSTONE COMMUNITY HUB UPDATE

CHRISTMAS 'BAGS OF LOVE'

Many families have had an even tougher time this year due to the coronavirus. In November, the Hub committed to providing 100 Christmas 'Bags of Love' to give to local schoolchildren.

As we were in the middle of lockdown and shops were closed, a 'Wish List' of small toys was set up on Amazon. A local bookshop in Exmouth agreed to source reading and puzzle books for us in bulk and we asked for cash donations to support this.

THANK YOU LYPSTONE!

As a result of your generous support, over 87 gifts (bulk purchases of 4 – 25 items) were donated via Amazon which has enabled us to provide at least 6 small toys, games and trinkets for every Bag. A small number of people also donated gifts directly.

By 2 December in Lypstone, we raised an incredible £885 in cash donations with £718 also being raised from Exmouth donations.

This ensures that every child will also get a reading book and a puzzle or sticker book.

In all, we will be able to provide over 130 'Bags of Love' to local children, helping to make their Christmas a bit brighter.

CHRISTMAS COMMUNITY LUNCH

Local volunteers are cooking and delivering the Christmas Community Lunch on Sunday 20 December, where we will provide :-

- Turkey with all the trimmings
- Christmas pudding
- Christmas cake
- Mince pies
- A 'goody bag' from Santa

The Christmas cake and mince pies are being made and donated by a very generous Lypstone W.I. and they have also made arrangements with Santa so that every recipient will get a gift from him.

If you are going to be alone on Sunday 20 December and would like to eat a Christmas Dinner, knowing you are in the 'virtual' company of over 30 other residents in the village, please contact Linda Lyon at malcandlinda@aol.com or on 07786 332529

We are intending to continue providing a monthly, hot 2-course Sunday lunch in the New Year until social distancing restrictions are eased.

SAVE THE DATE!!

After nearly a year of lockdowns and social distancing, we are hoping that after Easter we may be able to socialise again. If we are able, the Hub is intending to organise the following events:

7-9 May 2021 : VE DAY 75th Anniversary
(postponed from May 2020)

12-13 June 2021 : Prince Philip's 100th
birthday (on 10 June 2021)

2-5 June 2022 : Queen's Platinum
Jubilee

Hopefully a number of group gatherings and events will be able to take place. Planning will start in the New Year for the 2021 events, once we know when restrictions will be lifted. Full details will be advertised in future Heralds and on the Lymington website.

Linda Lyon

We wish all our patients and friends in Lymington

Merry Christmas and Happy New Year

Win a Magnum of Prosecco Celebrate the season on us !

Simply cut out the coupon below and drop it through
our letterbox or post it via Royal Mail.
You will then be entered into our FREE Christmas draw.
Entrants must be over 18 years of age.
Entries must be received by 21st December 2020.

Name.....

Address.....

Postcode.....

Tel.....



Open 6 days a week: Tel 01392 873612
New patients NHS and private welcome.

Peter Tosh Opticians
FOCUSING ON YOU

 21 High Street, Topsham. EX3 0ED
www.petertoshopticians.co.uk



M HOBBS ROOFING

07525146585

mhobbsroofing@gmail.com
Roofing contractor
07525146585

1 Pines Road
Exmouth



houseit

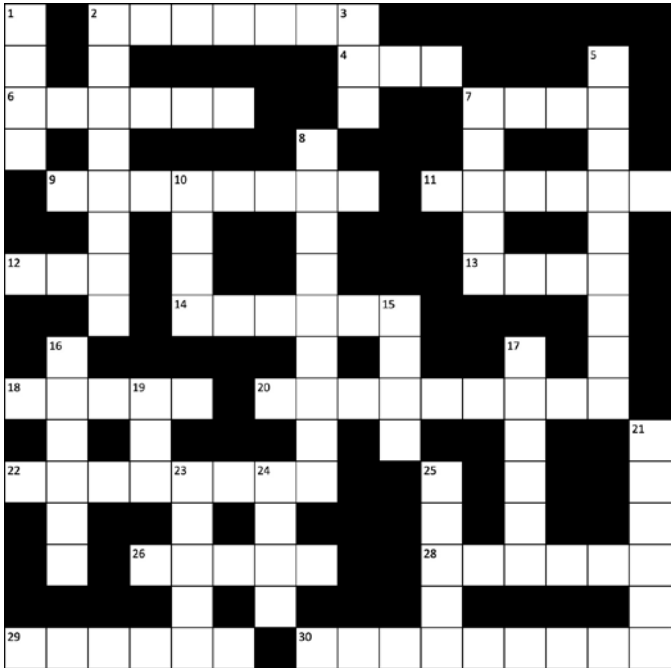
your key to secure storage

self storage made easy

01395
239 400

Woodbury Business Park • Woodbury • Nr Exeter www.house-it.co.uk

THE LYPSTONE CROSSWORD



Set by Tenzing

h	o	b	o		w		s		d	e	c	i	d	e
o		a		w	h	i	t	e		g			r	
p	o	l		l		o		a		h	o	u	s	e
e		l		e			t				n		a	
	c	o	l	l	e	g	e				l	i	a	r
		t		e			s			f	t		y	
				c		s			g	r	e	e	d	
	p	o	s	t	a	l			a		d			o
o		b		i		e	n	n	u	i		c	o	n
r	e	s	t	o	r	e			d			h		a
a		e		n		p	r	e	s	i	d	e	n	t
n		r				y		a				a		i
g	o	v	e	r	n			r		m	e	t	r	o
e		e			a			t		a		e		n
	t	r	u	m	p			c	h	a	r	a	d	e

After a number of requests we are going to try and fit in the solutions each month. Correct answers last time round from: Tor Laney-Hubbard, Giles Body, Jane & David Lees, The Scotts, Clare Smith, Alice Henderson, The Burtons, Simon & Liz Griffiths, Fiona Archer, Tony & Viv Day, Frances & Laurence Pearce, Jase Charles and Harri & Roger Pearson. This month's winners are Frances & Laurence Pearce.

Send in your answers this month for another chance to win a £25 voucher for The Redwing.

ACROSS

2. Minced dung dip? I'll just have dessert thanks! (7)
4. I could yomp initially, but its very cold! (3)
6. Kill violently, by the sound of it (6)
7. Wise men achieve alchemy without carbon (4)
9. Fat Elvis fiesta (8)
11. The War adjustment led to far too many of these (6)
12. Consume a messy tea? (3)
13. You'll hear (4)
14. (and 25D) Carol, you terrible tinsel thing (6, 5)
18. Spy it, drunk. (5)
20. I feel crap - jittery! Will warm up here (9)
22. Nick togs! Leave me naked, apart from one leg warmer (8)
26. Always Antarctic resident? No, he's famously at the other Pole. (5)
28. These European neighbours aren't missing the mark (6)
29. See 16D
20. Inept ammo? Oh no it isn't! (9)

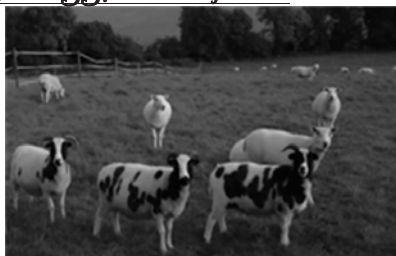
DOWN

1. I hear you had a wait in Massachusetts?
2. Naughty pertness - always well received (6)
3. Sounds like a genie. Could be a slow one? (3)
5. Wild elite most kissing location. (9)
7. Sampling summer rye whiskey can make you feel this way. (5)
8. Rage night kicks off when we get together (9)
10. Boys are never without them (4)
15. I pine for Rowan (4)
16. (and 29A) Not a big horse. Yet old Tinkle muddled through (6, 6)
17. Ready to away in one? (6)
19. South African 100 is in the bag, Monsieur! (3)
21. Presidential hue (6)
23. Jack in church (5)
24. Barmy Brazilians (4)
25. See 14A

Local Lymptong Lamb, Hogget and Pork

Our flock of sheep graze on the fields around Lymptong. Our lambs are born in the spring and are grass fed throughout their lives. We are currently taking orders for our lamb which comes from lambs born in April 2020 and hogget from last years' lambs.

We also have Pork from home raised Saddleback pigs. All are butchered professionally and locally:



Half a lamb (approx. 12kg) or hogget (approx. 15kg), (leg, shoulder, chops, breast, stewing)	£8.00 per kg
Leg (whole approx. 2.5kg) or half (approx. 1.5kg)	£10.00 per kg
Shoulder (whole approx. 2.5kg) or half (approx. 1.5kg)	£7.50 per kg
Pork sausages (pack of 6)	£3.00
Leg of Pork	£10.00 per kg
Shoulder of Pork	£9.00 per kg
Belly of Pork	£7.00 per kg
Loin of pork / chops	£12.00 per kg

Lleyn and Jacob Sheepskins

£70.00

For more information or to place an order contact Edward and Karen Ball:
email karen@ballandkin.me.uk Telephone: 0771 364 2595

Free Local Delivery

Heralding a new era in broadband for Lymington.

Bringing our fibre all the way to your home (FTTP) with speeds of up to **950Mbps**, Jurassic Fibre's ultrafast fibre broadband is available with the freedom of a **30 day rolling contract** for as low as **£25 per month for 30Mbps**.

Get the whole picture at jurassic-fibre.com



Jurassic Fibre

there really is a
#Megafibreforums



LYMPSTONE LIVING ADVENT CALENDAR

We hope you are already enjoying the wonderful advent windows as you walk around the village this month. You may notice that many more than those listed on the Trail Map have been inspired to add to the festive atmosphere by lighting and decorating their windows too, so lots to see.

On Christmas Eve, thanks to the support of Lymptstone Community Hub, free refreshments will be available from 4pm - 6pm outside the village hall (while stocks last). This will allow everyone to come together in a socially distanced way to enjoy the final advent windows, which have been decorated by some of the local clubs and societies. The primary school children will sing carols for us and their festive artwork will be on display around the tennis courts.

There will be charity collection boxes outside the village hall (cash only, please) in aid of Exmouth Foodbank.

Despite the relaxation in restrictions over Christmas it is still extremely important for us all to keep ourselves and each other safe and well.

Therefore, please do not come to view the village hall windows on Christmas Eve if you or any of your household have had any symptoms of coronavirus in the 14 days prior to that date.

More information about Christmas Eve events can be found on the back of the Festive Trail Map, also on posters around the village from 17th December and at www.lympstone.org

Follow [#lympstonelivingadvent](https://www.instagram.com/lympstonelivingadvent) on Instagram to see pictures of each window as they open. Use the hashtag when you post your own advent window pictures too.

Doreen Murray
lympstonelivingadvent@gmail.com

**COMPUTER
REPAIRS**

**ELECTRO
COMPUTERS**

NO FIX - NO FEE



01395 548151 / 07944 051987

support@electrocomputers.co.uk

PASSMORE PLASTERING

- Domestic and Commercial
- 30 Years Experience
- Internal Plastering
- External Rendering
- Traditional Lime Plastering
- Free Estimates and Advice
- Reliable, Professional Service

Telephone: 01392 432872
Mobile: 07952 643513

FREE 30 minutes initial consultation HOME visits - COVID-SAFE office

Come to us for for a fresh approach to advice on all aspects of law which might affect you - Wills, Lasting Powers of Attorney, Advance Decisions, and obtaining Probate etc. We can also help with advice on welfare benefits, property management and family loan arrangements.

We are an award-winning legal practice and our trusted lawyers have many years' experience. We will listen and work with you to find the most effective and economical solution to your problem.

Call Ian Hunt: 01404 515427 or email: advice@eastdevonlaw.co.uk

Website: www.eastdevonlaw.com

Personalised care in the comfort of your own home *Hourly & Live in care*

- Companionship
- Personal Care
- Home Help, Shopping
- Meal Preparation
- Medicine Management
- Specialist Dementia
- Parkinson's Care
- Hospital Discharge support


**Home
Instead**
SENIOR CARE®
to us, it's personal.



01395 200600

www.homeinstead.co.uk/eastdevon
Home Instead House, Brook Road, Budleigh Salterton EX9 6AY



DECEMBER POEMS

Lympstone Entertainments is posting a poem a day throughout Advent on its poetry website (www.lympstone-entertainments.net/poems-in-isolation). Many readers have emailed to say what pleasure the poems have brought them since the website began during lockdown in March, and have often suggested favourite poems for inclusion. The first half dozen Christmas poems are by Wendy Cope, Benjamin Zephaniah, Charles Causley, Seamus Heaney, Walter de la Mare and Alison Uttley. With many more treats to come.

Harland Walshaw

LYMPSTONE T.A.P. (THIRD AGE PROJECT)

Very sadly T.A.P. is closing because of the Coronavirus problem and the Methodist Church Hall is now closed. I would like to thank my Committee Anne Riley and Bobby Brunt for all their help - also our Members for their support. T.A.P. has been running for many years and we have had many excellent Speakers and we thank them all.

We will all miss our wonderful get together afternoons.

Diana Budgen - Chairman - T.A.P.

MOBILE LIBRARY

The mobile library will be in the village on the following dates in 2021.

10.15 - 10.35 at Meadow Close and then 10.45 - 11.45 at the Car Park.

8th January

5th February

5th and 26th March

30th April

28th May

8-12 years

CreativeHare

Leap ahead in creative writing



Improving literacy and inspiring passion the fun way!

Qualified and highly experienced teacher

WRITE!

A term-time Storytelling Club

New! Young Debaters Club

Devon-based 11+ Online tuition

Call Clare on 07366 456885

clare@creativehare.co.uk

www.creativehare.co.uk



CLOCK REPAIRS

**Terence C. Matthews,
Horologist**

Tel: 01395 273563

All clocks repaired, including
Westminster Chimes, Wall Clocks,
Grandfather & Grandmother Clocks,
Dial Clocks, Long Case and Carriage
Clocks.

Free estimates provided, with house
visits.



LYMPSTONE YOUTH AFC – NOVEMBER 2020

UNDER 8'S

Lympstone U8's 2 Vs 2 Lympstone U7's
MOM: Hughie Giles

An excellent return to training following a 5 week lay off due to lockdown restrictions. Lympstone u7'S Vs Lympstone U8's finished 2-2 with an excellent penalty shoot out resulting in a 3-2 penalty win to the U8's. A huge thank you to our sponsor Pencarrie for the amazing new kits.

UNDER 9'S

West Hill 4 Vs 0 Lympstone
MOM: (Joint) Jimbo Briggs and Charlie Thompson

A couple of challenging games against a strong West Hill which started well with great defending individually and as a team. West Hill pushed forward and ended up 4-0 winners. Jimbo and Charlie stood out with a shared MOM performance covering every blade of grass driving the team forwards.

UNDER 10'S

A great return to training with a big turnout for Lewis Fletchers U10's. The team spirit is continuing to develop on a weekly basis and the more they play together the stronger they will become. A big thank you to Lens Cleaning Services Ltd for the sponsorship of the sides new kit.

UNDER 11'S

Lympstone 1 Vs 1 Broadclyst
MOM: Tommy
Goals: Tyler Gratwicke

Great to see the kids playing football again, being outside and staying away from screens is great for kids mental and physical wellbeing. In this training match 18 players participated on the Lympstone side (9 a side) against a competent Broadclyst team. Congratulations to Lois Trice who made her debut for us today. It's worth noting that we have another talented girl playing for us in Lexi Armstrong who also plays for Exeter City Girls. Tyler scored his first goal for us having a great game. Tommy was MOM award for his athleticism and tenacious attitude.

UNDER 13'S

Looking to build on their strong finish to October, their work ethic and team spirit are continuing to grow which in time will bring the side the results they deserve. Keep working hard and play with a smile on your faces then the results will start to come. A big thank you to The Small Shed for your sponsorship of the sides new kit.

UNDER 14'S

Focused on continuing their great start to the season which as a club we are really looking forward to watching as the coaching staff inject a great work ethic into these young men. Keep up the hard work and play with the attitude I have witnessed to date and I smell on the cards. A huge thank you to Wessex Dry Cleaners of Exmouth for your sponsorship of the sides kit.

ADDITIONAL

Lympstone AFC club shop provided by Ship Shape in Exmouth is now open providing your club training gear and casual wear needs. Please visit www.shipshape.online then choose the clubs tab which will take you to our club shop. Have an amazing Xmas and New year everybody.

Elaine Paul

www.elainepaul.co.uk
07974387775



Creative Coastal Solutions offers you the opportunity to explore your way forward in a time of personal challenge and transition. Explore your best options utilising our inspiring Exe Estuary environment - experience the benefits of exercise for mind & body as well as achieving calm confidence for choices which need to be made - your way - your pace.
(Lympstone based consulting room or 'walk & talk')

Fantastic 30% discount on all coaching sessions for Autumn

Contact - coaching@elainepaul.co.uk



Serving the people of
Lympstone & beyond with joy.

SMALL ADS

GARDEN JOBS

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

Jenny Moon

SIMON AND JACKIE QUICK THE LOG MAN AND LOG LADY

For all your log, coal, kindling and gas supplies. Tel: 01395 267490

MATHS TUITION Experienced tutor available to teach primary to GCSE level maths. Reasonable rates Tel: Jane Moffatt on 279952 or 07730877889

PIANO with a VIEW Lessons for all ages, beginners and improvers, "purely for pleasure" and ABRSM exams to Grade 5 (Practical and Theory). Tel: Judy Joss (BA Mus, Dip Ed) on 01395 222749 or 07939 126190.

PROPERTY & HOUSE MAINTENANCE TREVOR HARRIS

Please contact Trevor on:

L: 01395 223916 or M: 07969 231333

e: trevor.harris1@sky.com

HOLIDAY COTTAGE Cosy cottage in centre of village. One double room and further room with bunks. Minimum 2 nights in low season and 4 nights in high season. Call Pete or Jan on 01395 488123

THE OLD DAIRY B&B AND BYRE COTTAGE HOLIDAY LET

Situated on the edge of the village, The Old Dairy B&B has three spacious, well-appointed rooms, (including a ground floor room). Located on the same site, Byre Cottage is a beautiful well-equipped 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

GCSE & A LEVEL SCIENCE TUITION

by an experienced, current, science teacher. All science subjects to GCSE and also A level Biology taught.

Tel: Mark Moffatt on 07730 877889

CURTAINS, BLINDS & SOFT FURNISHINGS MADE TO ORDER

Items using clients' own fabrics or choice of fabrics can be offered.

T: Sarah 07711005670

E: Madedevon@yahoo.com

PROPERTY MAINTENANCE -

Carpentry, Flooring, Fencing, Gates, Decking, Bathrooms, Kitchens, General Repairs. Free advice & estimates. James Waddell 01395 263496

LYMPSTONE TENNIS CLUB

The LTA have helpfully set out clear Covid advice for clubs like ours: social play, 1:1 coaching, group coaching and competitive matches are all possible for singles and doubles.

Latest club results:

Ladies A: Mixed start to the season ... 2 wins and 2 losses: Glorious 8-0 and 8-1 wins over David Lloyd B and Budleigh respectively.

Ladies B: A great start to the season winning their first 3 matches against Bovey Tracey, Okehampton and the best score: 8-0 win vs Sidmouth C.

Mens A: Promoted to Division 1 this season has produced mixed results: 2 home wins at the start of the season followed by a couple of losses before returning to winning ways with an 8-0 victory against Tipton St John.

Mixed A: Lymptstone mixed A hit the ground running with a convincing 8-0 win against Tipton St John in Division 2. A reality check followed in their second fixture losing a closely fought match 3-6 to Sidmouth A.

Mixed B: A good start with 2 wins vs Teign Valley 6-2 away and 8-0 at home. These were followed by 2 losses and a draw before lockdown 2.0.

ADVERTISING RATES FOR 2021 - HELD AT 2020 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 or less	£5	£25	£45
Example: 7 lines or less	£7	£35	£63
Example: 10 lines	£10	£50	£90

Copies of the Lymptstone Herald are delivered free to every household in Lymptstone (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*

Enjoy a restful evening of self care under the fairy lights of Lymptone Village Hall. Includes luxury, vegan & natural products for facial pampering, essential oil rollerballs to use & take away, a 40 minute yoga session and a relaxing yoga nidra (guided sleep meditation).



Email to book:
Claire.hilton@me.com

**Looking for a luxurious
Christmas gift or
January treat?**

Wednesday 20th January
8 - 9.30pm £35

Yin Yoga and Pamper Relax and restore



FUTURE SESSIONS

Sleep Session: 2 hour yin and nidra session with lavender essentials to take away. (February)

Feet happy: foot nourishment, yin yoga and nidra. (March)

5 spaces
left

ASHBURY DENTAL CARE



ALWAYS HERE FOR YOU.

We are situated in Budleigh Salterton, in a spectacular position overlooking the Otter Estuary.

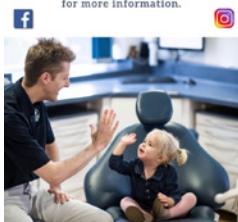
*EARLY AND LATE
APPOINTMENTS*

FREE PARKING

*WE ARE ACCEPTING NEW
PATIENTS!

*SELF REFER OR REFERRAL
FROM YOUR DENTIST*

Please visit
www.ashburydentalcare.co.uk
for more information.



REFERRAL SERVICES

Implants

From missing teeth to implant retained dentures, implants are the way forward.

Sedation

Anxious or nervous? Our experienced sedation team are here to help you.

Endodontics

Problem tooth, toothache, abscess? A root canal might be the solution for you.

Dentures

From denture repairs whilst you wait, to new dentures and denture stabilisation.

Susannah's
TEA ROOM

SUSANNAH AND HER STAFF
WOULD LIKE TO THANK ALL
CUSTOMERS FOR THEIR
CONTINUED SUPPORT
THROUGHOUT THIS VERY
CHALLENGING YEAR.

WE WISH EVERYONE A VERY
WARM, JOYOUS AND
PEACEFUL CHIRSTMAS.

LOOKING FOR A NEW DRIVEWAY, PATHWAY,PATIO?

Family-Run Business est. 2015



UNIT 1A, WOODLEYS DRIVE, EXETER RD.
NEWTON POPPLEFORD EX10 0BJ

01395 567071

www.drivewaytransformations.co.uk

PLEASE CALL OR VISIT OUR
WEBSITE FOR OUR FULL
RANGE OF SERVICES

driveway
TRANSFORMATIONS LTD



THE NIGHTINGALE IN CLOVER

Lympstone Artist Paints Hospital Murals

At this time of year, Deb Mitchell would normally be painting pantomime sets, in Bristol, Plymouth and all theatres west. Instead, she has been in Exeter's Nightingale Hospital, which is just receiving its first patients, painting murals at the entrances to its newly-opened wards. They were commissioned by the Hospital to make the wards easily identifiable, and to create a calming and positive atmosphere.

It is one of these murals that you will find on the cover of this month's Herald – showing a deer in the park at Powderham, with Lympstone across the estuary behind it. Each ward is named after a wild flower, which explains the clover trailing across the foreground in this painting outside Clover Ward. Four-leafed, of course.

The 116-bed NHS Hospital has been built to provide care for patients suffering from symptoms of coronavirus. Deb has also painted a large mural for the entrance hall, showing a nightingale singing and several wild animals.

She lives next to Jason's Fish Shed, and her studio was once Norman Mitchell's boat-building workshop. She has been a scenic artist all her working life, including a long spell at the Northcott

Theatre.

These are not her first murals. You will almost certainly know the large painting on the end of a building as you reach the centre of Exeter from the Topsham Road. This was commissioned by the Council in the late 1980s to celebrate the 150th anniversary of the Royal Institute of British Architects.

Deb's Nightingale paintings will not be seen (we hope) by quite so many people. But they are much more likely to bring comfort and joy at a difficult time.

Harland Walshaw

FRIENDS OF THE CHURCH

A particularly happy Christmas for Norma Edwards and Brian Mather - winners of our £25 lottery prizes for November!

Clive Wilson



Hilton Barnfield Architects

2020 EXETER LIVING AWARDS - PROPERTY BUSINESS OF THE YEAR

"A small, independent practice with national recognition."

www.hiltonbarnfield.co.uk • 01395 224 829