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# THE LYPMPSTONE HERALD



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## **PARISH COUNCIL NEWS**

### **JANUARY 2023**

I do hope everyone had a lovely festive break and on behalf of the PC, I would like to wish all Parishioners a Happy New Year! Apologies for there being no PC report in last month's Herald, unfortunately I had been poorly with a horrid cold and had been absent from the December PC meeting. At the December meeting a new Cllr was successfully co-opted onto the PC, and I would like to welcome Cllr Andy Lewis to the team! I shall get a photo and information about Cllr Lewis for the website then you can find out more.

LPC held their monthly public meeting on Monday 9th January in the Meeting Room.

**Clerks Report** – The Clerk presented the draft PC budget for 2023/24 and although some issues were expressed by Cllr Murray this was agreed to be submitted to EDDC. Reviewed Contracts, Equality, Grant Policies, H&S Statement and Working Groups terms of reference were unanimously agreed.

The Clerk reported that a temporary Herald editor had been found so a massive thank you to Mr David Hawes for stepping in as without his support you would not be reading this!

## **Reports from the Chairman, East Devon District Councillors and Devon County**

**Councillors** - The Chairman welcomed everyone back after the Christmas break. He wished all present a happy new year, hoped everyone had a good Christmas and were all fit and well.

Sadly, the Chairman announced Cllr Tyrrell's resignation on the PC. He thanked Dave Tyrrell for his commitment and enthusiasm over the last two years and wished him well for the future.

The Chairman explained that over the last ten days, Cllr Francis had worked tirelessly to prepare the PCs response to the East Devon plan. Cllr Murray and Cllr Staddon had been assisted by Mrs Murray and Mr and Mrs Minter to deliver over 1000 leaflets to houses in the Parish which highlighted EDDCs public consultation to proposed areas for development in the Parish. He thanked all for their tremendous effort and hoped EDDC would take on board all the comments submitted by members of the public.

County Cllr Trail explained that potholes were being reported and fixed or made safe. He encouraged all to report defects online at DCCs website 'report a problem' or give him a phone call directly to action.

District Cllr Jung explained that he had previously circulated to the PC the notes on the new Government Strategy for housing numbers. He added that the notes showed no clear explanation of how EDDC now stood with the required housing numbers or “an up-to-date Local Plan”. He added that EDDC had decided that the local plan consultation should continue after the announcement and the public consultation deadline remained the 15th January. This was because the plan was not simply about housing numbers, but many strategies and policies and therefore the majority of the work could continue. He added that the results from the local plan consultation would go forward to a Strategic Planning Committee probably after the May elections and would tie in with the new emerging policies from the Government, so there would be a merging of both the new government policies and our new Local Plan.

**East Devon Local Plan Review** – Cllr Francis read the PCs response to EDDC proposed development sites from the feedback received from Parishioners. Residents present highly praised the written response and gave Cllr Francis a round of applause! The response was unanimously agreed by the PC to submit. The full response from LPC to the EDDC public consultation can be found online on the Lymington or EDDC website.

**Community Hub meeting 23rd January 6-8pm** - Cllr Linfoot explained that there was another meeting planned for groups and clubs to attend in the meeting room of the village hall. This would be to continue to discuss the Kings Coronation event to be held in May. A huge thank you to those representatives who attended the last meeting, and additional representatives are always welcome to come along and find out more!

**Methodist Hall** – The PC agreed to hold a Part B meeting to discuss the purchase of this property as a community asset. Support from the community is vital and therefore anyone interested in helping can contact me, the Clerk, who will put you in touch with The Friends of the Methodist Hall.

**Community** - Cllr Payne reported that the new Stripe payment system was up and running for members of the public to book the hot desks in the newly refurbished room in The Hub (Youth Club) building. The room is already being used by members of the public who find it a peaceful space to work. The room hosts tea, coffee, Wi-Fi, and printer facilities - all for £10per day, or £5per day at a weekend! You can book a hot desk online at:

<https://www.bookinglive.io/c/lympstone-parish-council/book>

This is also the link to book the use of Candys and Cliff field.

The next PC meeting will be held on Monday 6th February in the Meeting Room, Lympstone Village Hall.

*Clerk to the Council: Lucy Tyrrell,  
c/o Minnows, Longmeadow Road,  
Lympstone, EX8 5LF*

*Tel: 07890 717081*

*Email: [lympstonepc@gmail.com](mailto:lympstonepc@gmail.com)*

## **PARISH CHURCH**

The warm initiative continues....

You will find a warm winter space in the Meeting Room of the Village Hall on Monday afternoons throughout February. Everyone welcome between 2 and 5pm.

Plus..... Every Wednesday between noon and 2.30 in Church with Tea, Coffee and company.

Need a Food Top UP? Then you will find groceries, nappies and toilet tools in the church and a basket to add contributions to the Exmouth Food Bank of which this is a part.

Every Monday to Friday you may have a free soup and roll lunch at the Swan Inn between noon and 2.30pm. Just ask for a voucher from the Church or by calling Peter 07976 259920.

I was reading recently, in the newspaper, that people are turning away from church because it is 'stuffy'. May I suggest trying our very successful 'Journey' services on the first and third Sundays. Anything but 'stuffy'!

Tick Tock for (accompanied) toddlers continues on Friday mornings.

Lympstone Unlocked is 5 to 6pm on the fourth Sunday in Church for 7 to 15 year olds.

Alan Dabreo, our organist and choirmaster, is recruiting for the choir. If you like to sing give him a call on 07808 536404

If you would like the latest, up to date, `church news just subscribe on

lympstonechurchweekly@gmail.com

*Brian Mather*

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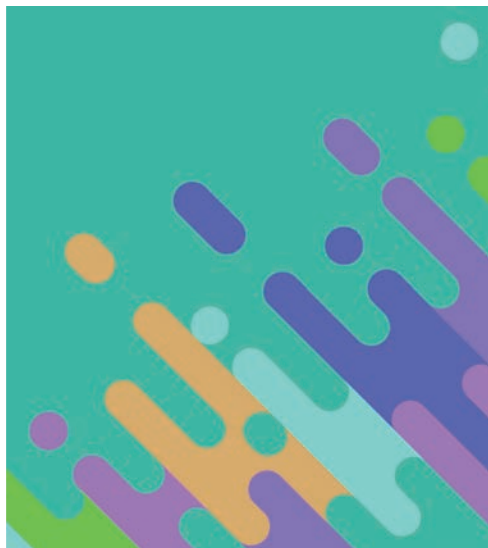
## YOUR VILLAGE HALL NEEDS YOUR SUPPORT

Devon County Council is carrying out a Devon Communities Village Halls audit. They came to Lymptstone on 1st December and were blown away by the very high standard of our facilities and equipment, and the efficiency of the maintenance systems put in place. It was a proud end to our year and we are delighted with the popularity and success of the hall.

Your Trustees are working hard behind the scenes, but we are struggling to provide the support needed by key team members: Caron has been struggling to keep up with the booking enquiries, and Miles has been stepping in to help with the show-rounds on top of all the other work he does for us. We have vacancies for three Trustees, and also

for a new Bookings Assistant - someone local who can help us to ensure that our hirers value the venue and are fully briefed. Without the invaluable help of a small group of 'Friends' of the hall, who help with everything from maintenance to IT support, we would be struggling even more! Please get in touch if you might be interested in getting involved in any capacity.

The village hall's running costs now higher than ever, in part due to rising energy and maintenance costs, and the favourable rates we offer to local groups are insufficient to cover all these costs. Our hire charges for regular talks for local not-for-profit groups have been held at 2022 prices, but other local hire charges have had to be raised to reflect



### Lymptstone's Community Workspace

*Collaborate . Connect . Community*

The Hub (formally Youth Club)

Candy's Field

Lymptstone Village

Open 8am-6pm Mon-Fri

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the increased running costs. In order to meet overall costs and invest in future improvement plans, we always need to hire the village hall out at commercial rates to out-of-village hirers, but we limit these bookings. These hirers pay the full rate for the use of the village hall (eg children's parties and wedding receptions).

We do not always have sufficient parking spaces for hall users. Some local groups who use the hall are losing revenue, as members of those groups (especially senior residents) find themselves unable to park. We ask those who aren't attending a booking at the hall to please find alternative locations to park. Thank you! Use of the car park when dropping off and collecting children shouldn't interfere with events and may continue.

We are here to serve the village, and the vast majority of our bookings are regular or annual bookings for local community groups and events. This autumn the Little Ducklings Nursery began operating in the Community Room (the space that used to be used by the Pre-school), and the school continue to hire the Main Hall daily in term time. We also host a number of exercise classes which are well used by local residents, and most of which are also run by Lympstonians. All our

regular hirers are aware of the need to occasionally accommodate a major village event, such as the annual shows, and contracts are negotiated with this in mind. Some of you will be well aware of just how accommodating these regular hirers have been!

Could you get involved and help us?  
Many hands make light work!

*Mary Turner*

*secretary@lympstonevillagehall.org.uk*

## **MUMMERS SLAY THEIR RECORD**

After a Mummerless 2020 and playing out in the street in 2021, Lympstone Mummers were glad to get back into our four fine hostelrys two days before Christmas last. And so, it seems, was half the village! Apologies to those physically removed from enough Redwing floor on which to slay a body or three, but many thanks for the raucous welcome everywhere and for your generosity. Armed with a borrowed 18th century card reader our rendering of the traditional Lympstone Mummers Play raised a record £445.18 for the Children's Society. Thanks again 'til next December.

*Old Father Christmas (aka Tony Day)*



Lympstone ART Group  
[www.lympstone.org](http://www.lympstone.org)

## **MONDAY MORNING ART AND CRAFT SESSIONS**

**Sewing, Knitting, Painting,  
Drawing, Collage .....Bring any  
art or craft you want to work  
on and enjoy the company of  
others for chat and coffee**

**Venue Meeting Room, Lympstone  
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# WARM SPACES, Winter 2023

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at  
the Meeting Room  
Lympstone Village Hall

Every Monday in  
January and February  
2pm -5pm



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during the colder months

*The content of page 12 has been removed from this online version of the Herald after publication (and after printing) due to an editing error. Apologies for the inconvenience.*

# “Are you paying too much tax?”

... and can it be reduced before the end of the tax year?

If you'd like help answering this or any other question regarding your finances, please get in touch.

The levels and bases of taxation, and reliefs from taxation, can change at any time. The value of any tax relief is dependent on individual circumstances.



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## WILD ABOUT LYMPSTONE - OUR 'NATURAL' HEALTH SERVICE

"Nature itself is the best physician."  
*Hippocrates*

A Happy New Year to you all!

I wonder, if like me, new year resolutions are still fresh on your mind, with a boost to your health and wellbeing perhaps near the top of your list?

This got me thinking that maybe a good place to kick start Wild About Lymptone's 2023 articles would be a reminder of the wider values and benefits nature and wildlife brings to us all, especially our health and wellbeing.

As a passionate nature lover, and firm believer in the healing power of nature and wildlife, I've been lucky enough, through my work at the University of Exeter, to learn a lot more about the growing research in this area. Fascinating insights are emerging about how and why we benefit both physically and mentally from our natural spaces and the wildlife in them.

We all know how over-stretched our National Health Service is right now, so it's good to remember that we can access a different kind of health service, provided by the natural world. A service that, luckily for us, is abundantly free around beautiful Lymptone.

Research is evidencing what perhaps many of us already experience to be true - that spending time in nature benefits us both mentally and physically. It's proven to reduce anxiety and stress, improve mood and psychological well-being, and raise self-esteem. It's also been shown that exercising in natural spaces supercharges the benefits we gain, with health benefits worth over £2.2billion in the UK! Evidence like this is helping to persuade policy makers to better protect our precious natural spaces and wildlife.

I'd highly recommend Isabel Hardman's book 'The Natural Health Service', if you're interested to read more. Also, take a peek at the amazing research going on at the University of Exeter's European Centre for Environment and Human Health website ([www.ecehh.org](http://www.ecehh.org)).

There are many theories about why nature, and the wildlife it supports, has a healing power over our minds and bodies. Many believe this is because as humans we are part of nature, and have evolved with it, so our natural state is to be in nature. For sure, it seems that it's here we are more easily able to connect with our own innate health and wellbeing.



Whatever the reason, the benefits are clear. So, we hope you enjoy getting out and about as much as you can this year, looking out for, and looking after, Lymstone's wildlife, soaking up the natural beauty around you, and using this amazing local, free Natural Health Service, to boost your health and wellbeing.

We'd love to hear from you – to know if you enjoyed this article and/or if you have other suggestions for interesting Wild About Lymstone articles.

*Email:*

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*[rebecca\\_abrahams@yahoo.com](mailto:rebecca_abrahams@yahoo.com)*

*Website:*

*<https://www.lympstone.org/clubs-societies/wild-about-lympstone>*

*Facebook:*

*[https://www.facebook.com/](https://www.facebook.com/WildAboutLymstone)*

*WildAboutLymstone*

## **LYMPSTONE GARDEN CLUB**

Garden Club fixtures for the new year.

Talks with refreshments for winter and spring evenings Community Room  
7.30pm, doors open 7.00pm:

16th February

Julia Tremlett, NGS (National Gardens Scheme)

16th March

Caradoc Doy, Plants Behaving Badly

20th April

Derek Dexter, Fuchsias

**SPECIAL EVENTS** Village Hall:

13TH May, 10.am-noon

Coffee Morning and Plant Sale

19th August, 2.00pm-4.30pm

Lympstone Village Show

When sowing early seeds, please pop in a few extra for us to sell at our fund-raising coffee morning, also cherish some well-loved specimens in preparation for the Village Show.

*Terri Scott*

## **LYMPSTONE ART GROUP**

### **Lympstone Art Group Talk:**

Tuesday 14th March 7.30pm at  
Lympstone Sailing Club

This talk is by Elaine Paul on “Nudity, Divinity and Humanity in the Italian Renaissance Art. She explores what inspired the Artists of the 15th & 16thC Italian Renaissance focussing on the art and sculpture of Masaccio, Donatello, Botticelli, Leonardo, Michelangelo and Raphael.

Free to Lympstone Art Group Members.  
£3 on the door for non-members.

### **Lympstone Art Group Workshops:**

Wednesday 22nd February, Simon Ripley from Double Elephant on “Monograph, Collagraph and Drypoint Printing”.

Wednesday 8th March Anna Brewster on “Fast and Loose Still Life using Ink Reeds and Dip Pens”.

Both workshops are run from 10am to 4pm at Lympstone Sailing Club. Price £35 for members £45 for non-members, to book a place contact:

Mai Targett maitargett@gmail.com

*Judith Carter*

## **POSTERS AROUND THE VILLAGE**

Copyrite in Victoria Road, Exmouth will print A4 colour sheets on waterproof biodegradable paper, which means there is no need to laminate them if displaying them outside.

Cost £20 for 16 A4 colour printed sheets. I used this paper to advertise the Monday Art and Craft Sessions and it has remained intact with no distortion of the print through some very heavy rainstorms. Other clubs in the village may find these a useful alternative to lamination.

*Judith Carter*

## **THE LONE GENIUS WHO CHANGED THE WORLD**

A talk by Graeme Wheeler  
Saturday, 18th February at 7.30pm  
Lympstone Village Hall

Clocks are one of Graeme Wheeler’s great passions, and he repairs them in his Lympstone workshop. In his talk at the Village Hall, he will be telling us the story of one of his heroes, John Harrison, the clockmaker who changed the world.

Harrison was an 18th century Yorkshire

cabinet maker who taught himself about clocks. His greatest achievement was to solve the problem of calculating longitude, which enabled sailors to navigate accurately for the first time. Captain Cook used one of the marine watches that Harrison designed, and so did Captain Bligh of the Bounty, and all sailors have since have been dependent on Harrison's discoveries.

In spite of this, Harrison encountered great snobbery, and half of the huge prize that had been offered for solving longitude was withheld from him. It took an intervention by George III to secure him all the money.

When the BBC held a poll to discover the public's choice of the Greatest 100 Englishmen some 20 years ago, Harrison came 39th. With his knowledge of horology and maritime history, and with great enthusiasm, Graeme Wheeler tells us the story of this remarkable lone genius, and explains in simple terms just why his achievements were so astonishing.

This talk is given in aid of the Friends of Lympstone Church, who raise money to repair and maintain our oldest and most beautiful building.

Tickets £5 from Demelza, 2 Brookfield Cottages, EX8 5ES tel. 01395 272 243

## **THE VILLAGE CONCERT**

Saturday, 25th February 7.30pm  
Lympstone Village Hall

The Village Concert is one of the highlights of Lympstone's year, when many of the most talented performers in our community come together to entertain you.. Last year, for Covid-related reasons, it had to be postponed until the end of March, but now we have returned to our usual late-February spot.

Here is a mixture of favourite acts with several new ones, of songs and sketches, of comedy and humour. There's nothing like live performance – and a live audience. Come to laugh and cheer, and celebrate the community in which you live.

This is the event which helps to raise the funds for all the other events that Lympstone Entertainments stages throughout the year, thanks to the generosity and talent of these performers.

Tickets can be bought in person from Susannah's Tea Room, or online from [lympstone-entertainments.net](http://lympstone-entertainments.net)

## THE QUIET GIRL

Friday, 10th February at 7.30 pm  
Lympstone Village Hall on the big screen.

Lympstone Film Society bring you an Irish film made last year, which was the first Irish film to be shown at the Berlin Film Festival and to be short-listed at the Oscars.

A silent nine-year old girl is sent away to live with foster parents on an Irish farm in 1981, in this gem of a film. Powerful in its restraint, heart-warming in its character depictions and wondrous in its presentation, it will stay with you long after the end credits roll.

“The lead performance from young Catherine Clinch is astonishing; one of the best child performances I’ve ever seen, and worth seeing the film for her alone.”

Non-members £5 at the door  
The bar opens at 6.45 pm

## AIRSWIMMING

Cygnets Theatre are popular visitors every summer, when they perform a classic play in Judith and Robin Telfer’s garden. But now they return to Lympstone on Sat 4th February, bringing a modern play to the Village Hall at 7.30pm.

Airswimming by the award-winning playwright Charlotte Jones tells the story of Persephone and Dora, who meet in St Dymphna’s Hospital for the criminally insane in 1924. Neither of them quite knows why they are there, and why their families won’t let them come out! What have they done - apart from bearing illegitimate children?

As they search for meaning in their lives, Doris Day, the patron saint of all that is wholesome, perfect and feminine becomes their guide and saviour.

Don’t miss this life affirming, musical-tragical-comical delight!

Tickets £12 (over 14s only) from  
Susannah’s Tea Room or online:  
[lympstone-entertainments.net](http://lympstone-entertainments.net)

CYGNET THEATRE COMPANY PRESENTS

# AIRSWIMMING

BY CHARLOTTE JONES



AIRSWIMMING 'TRIP[S] THE LIGHT  
FANTASTIC, EFFORTLESSLY SLIDING  
FROM THE DESPERATELY FUNNY TO  
THE DESPERATELY SAD'

THE GUARDIAN 1997

## THE HERALD HISTORY SPOT

### Living in a Coastal Village in the late 1500's: Part 5 Sources of Concern

The reason why I wrote 'Devon Boy 1590' in the first place was because I wanted to understand more about what drove men and boys to undertake the 2000 mile each-way trip across the Atlantic to Newfoundland to fish for cod. I also wanted to understand more about the lives that typically people led in the coastal towns and villages from which most of these mariners came, and what made them choose to do such a hazardous journey.

In the late 1500s there is famine. There have been a series of poor harvests and the Armada has disrupted life. It is hard for families to feed themselves. Because of this they forage more

diligently and, for example, fall back on using ground acorns as flour for bread. Processing acorns so they are safe to use as flour is arduous. Families tend to be large and it is usual for older children to live and work away from home.

Perhaps related to famine is the ever present threat of plague. It comes in waves. At this time there is an outbreak in Exeter, for example, that kills 15% of the population. Plague tends to arrive on our shores among mariners from other lands. News of where plague is rife is passed on by word of mouth or through ballad singers or speakers at markets and other gatherings. There are many other illnesses, such as





influenza, that easily kill an unhealthy population when proper medical care is non-existent. More often than not care-giving is in the domain of older women in the village. What we would understand as worthless 'cures'/or spells are widespread.

There is a great deal of superstition. This is partly caused by the Elizabethan insistence on the evils of Catholicism and partly the fear of bewitchment and other social threats. Groups of people secretly follow the Roman Catholic doctrines in private, always fearing the visits from those who might reveal their activities to authorities. It is women who are mainly targeted as witches and once suspicion has been raised, they are liable to be ostracised and potentially tortured and put to death.

So there are many threats in later Tudor times that encourage young men to become mariners and fish servants in the Newfoundland trade. In a good year as fish servants, they are able to earn much more than from work on the land. That possibility has to be tempered by the likelihood that in some years, few fish are caught and the profit is minimal or nothing and they get no pay. Some ships are captured by pirates and men are forced to be involved in piracy or are sent to N.Africa to work as slaves, eventually maybe being offered back to

their families for ransoms.

However in late Tudor times there is a spirit of adventure, talk of spice islands and the discoveries of other lands. In the early 1600's a few of the mariners begin to stay on over the winter in Newfoundland, some making their way to the new fishing grounds of New England and perhaps never returning. There is a new sense that there can be more to life than village and farm and no doubt these thoughts encourage young men to consider taking the chances of become mariners on these extraordinary voyages.

*Jenny Moon (Extracted from 'Devon Boy, 1590: a story of village life and fishing in Newfoundland' published by Lympstone History Society - contact: gthbanks@gmail.com)*





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## Little Hares Toddler Group

at  
St Peter's Preparatory School



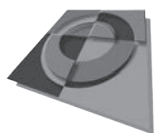
Hop to it! Parents and carers are warmly invited to bring their little ones (0-4 years) to Toddler Group sessions: 09:15 - 10:15 on 1 & 15 March 2023 in the Wessex Sports Hall.

Complimentary refreshments will be provided.  
Book your free place now.

Contact [rachel.jupp@stpetersprepschool.co.uk](mailto:rachel.jupp@stpetersprepschool.co.uk)  
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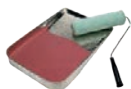
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**Office:** 01395 489189

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East Devon District Council fund a not-for-profit loan scheme for homeowners and landlords\*.

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Heatherton Park Studios, Bradford on Tone, Taunton, TA4 1EU

\*subject to eligibility

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**Terence C. Matthews,  
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**Tel: 01395 273563**

All clocks repaired, including  
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Free estimates provided, with house  
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## ADVERTISING RATES FOR 2023 - PRICES HELD FOR 2<sup>ND</sup> YEAR RUNNING!!

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
<b>SMALL ADS (min. charge £5)</b>			
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 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](mailto: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.  
*David Hawes (temporary stand in for Rob and Claire Hilton, Editors).*

## SMALL ADS

### **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

### **PROPERTY MAINTENANCE -**

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

**HOLIDAY COTTAGE** Cosy cottage in centre of village. One double room and further room with bunks. Minimum 3 nights in low season and 4 nights in high season. Call Pete or Jan on 01395 488123

### **WITHALL'S HOUSE BED AND**

**BREAKFAST.** A modern and spacious home close to the heart of the village. Ample parking and flexible accommodation. Call Pete and Jan Hardy on 01395 488123 Or visit [www.lympstonebedandbreakfast.co.uk](http://www.lympstonebedandbreakfast.co.uk)

### **GARDEN JOBS - Jenny Moon**

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

### **LADY DECORATOR**

"Touch of Gloss". Over 20 years experience. Please contact Jill Simpson on T: 07932 684241  
E: [jillsimpson10@gmail.com](mailto:jillsimpson10@gmail.com)

### **THE OLD DAIRY B&B AND HOLIDAY COTTAGE, LYMPSTONE**

Luxury B&B and self-catering cottage. both with secure parking.  
Call Den/Jules on 07595 540562  
or book on-line at  
[www.theolddairylympstone.co.uk](http://www.theolddairylympstone.co.uk)

### **PROPERTY & HOUSE MAINTENANCE TREVOR HARRIS**

Please contact Trevor on:  
L: 01395 223916 or M: 07969 231333  
e: [trevor.harris1@sky.com](mailto:trevor.harris1@sky.com)

### **SIMON AND JACKIE QUICK**

#### **THE LOG MAN AND LOG LADY**

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

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Mobile Hairdresser

Have your Hair done in the comfort of your own home.

Please ring Sharon on:

M: 07385 048150

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Cat-Sitting, and Boarding of other Small Pets (not Cats)

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### **FOOT HEALTH PROFESSIONAL**

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Foot care in the comfort of your own home. Nail cutting, fungal nail treatment, corns and callus, verruca, diabetic footcare.

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### **GARDENING SERVICES BY LD PRIOR**

18 years of experience, and

RHS Advanced qualified

T: 07832-109041 or 01392 496798

E: leeprior20@gmail.com

Website: www.ldprior.com

### **DOWNSIZING**

Donations would be appreciated for the Devon Air Ambulance for the following items, which must be collected:

Call 07873-574396 after 6.00pm

Two 4 draw filing cabinets

Calor Mini Heat Gas fire + bottle (both new)

Vibraplate exercise machine

Hostess heated food trolley

### **2 BED FLAT FOR SALE**

In Avenues area of Exmouth.

Hallway, kitchen, bathroom, and living room: 14ft x 12ft. In roof area, with vaulted ceilings. Communal gardens, parking. Guide £150,000. Rental income for investment c£800pm.

T: 07767 221447



# Tree planting – Yonder Oak Wood

Saturday and Sunday - 4 & 5 February  
and 18 & 19 February. 10.00am-3.30pm

Join us for a day of tree planting and help create a new woodland.  
We're aiming to plant 13,000 trees and we want your help to do it!

Getting there: walk, cycle or minibuses from Exmouth.  
There is no parking on site.

Find out more and book your place:  
Visit [woodlandtrust.org.uk](http://woodlandtrust.org.uk) and search 'Events'.



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