

Cheriton Bishop & Crockernwell

Newsletter

July & August 2020



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Double-Edition

Useful Information

Doctors and Healthcare

Doctors Surgery: 01647 24272 or 01647 24025

Surgery: 8.00 to 9.30 am, Monday to Friday - no appointment needed. **Out of Hours:** Call 111. **Emergency:** Call 999

The Patient Group: Amanda Vooght (Chair) - 01647 24593, Steve Colderick (Secretary) - 01647 24818

TALKWORKS Depression & Anxiety Service (South & West Devon): 0300 555 33 44

Minor Injuries Unit: Okehampton Medical Centre, 8.15 am to 6.00 pm, Monday to Friday

Emergency Services

Electricity: 0800 365 900

Gas: 0800 111 999

Water: 0344 346 2020

Highways Agency: 0300 123 5000

Streetlights, potholes: 0345 155 1004 • csc.roads@devon.gov.uk

Police

Non-emergency: 101

Crimestoppers: 0800 555 111

Neighbourhood Watch: Jean Martin - 01647 24586

Schools and Local Organisations

Cheriton Bishop Primary School: 01647 24817 (term time only)

Head Teacher: Alex Waterman, Secretary: Linda McCracken, Chair of Governors: Jo Carter, PTFA: Dee Studholme-Côté

Cheriton Bishop Pre-school: 01647 281205 - Play Leader: Christine Grist

Acorn Community Support: 01647 252701

Beavers: Rachel Barclay - 01647 24575 • **Cubs:** James Morris - 01647 252375 • **Scouts:** Ollie Milverton - 07706 695928

Young Farmers: Georgia Pearce - 07563 382705

Walking Group: Dennis Milton - 01647 272844 and Jon Whitehead - 01647 281454

Farming Community Networks (FCNs) helpline: 0300 111999 or Joanne Jones - 07897 540278

Churches

Anglican Team Ministry: Rev. Martin Wood, The Rectory, Church Lane, Cheriton Bishop - 01647 24119, Tuesday to Sunday
Church Warden: Alan Greenslade - 01647 24002

Crockernwell Church: Rev. Julian Albrow, 21 Dunsford Road, Exeter, EX4 1LG - 01392 255791
Church Secretary: Mrs A MacDonald - 01647 24446

West Down Chapel: Derek Coren - 01647 24264

Halls & Meeting Rooms

Village Hall: Tim Gorrige - 01647 24789

Spalding Hall: Jean Martin - 01647 24586 (if no reply after 24 hrs, call Paul Mitchell - 01647 24405)

Local Authorities

Parish Councillors:

Dennis Milton (Chair) 01647 272844

Peter Endacott (Vice Chair) 01647 24580

Kim Bastyan (Vice Chair) 07966 478054

Tim Vooght 01647 24593

Phil Dicker 01647 24450

Andrea Wood 01647 272786

CB Parish Clerk: Rachel Hodder - 01363 85523

Drewsteignton Parish Clerk: Alice Turner - 01837 83484

Tedburn S M Parish Clerk: Jane Clark - 07932 386023

Crockernwell Parish Cllrs: Ysanne James (Chair)
Peter Brennan (Vice Chair)

West Devon Borough Cllr: Paul Ridgers - 01822 813600

Member of Parliament: Mel Stride MP (Central Devon)

Mid Devon District Councillors:

Derek Coren 01647 24264

Stuart Penny 01363 85197

County Councillors:

Nick Way (Cheriton Bishop) 01363 777903

James McInnes (Crockernwell) 01837 861364

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p.brennan@drewsteigntonparish.co.uk

cllr.paul.ridgers@westdevon.gov.uk

House of Commons, London, SW1 1AA

Summer Newsletter...

Welcome to the July & August 2020 Edition

Dear readers,

I am sitting at my desk on the very cusp of the copy deadline, trying to keep info as up-to-date as possible - this being a double-issue, I am sure that life will change so much until I am writing the next introduction for the September issue. As I write, the weather takes turns in drenching and then baking, which just about sums up the summer we are all looking forward to. My lawn is lush and green again though, so no complaints here.

I have been desperate to get the lawn in tip-top condition as I am expecting some new members of the family that will be calling the garden 'home'. I have managed to persuade my long-suffering husband to let me keep a few chickens "not as pets" - I said, "they will earn their keep in eggs" - I assured. Obviously, I have to confess these tiny 'fibs' as I feel a little bit guilty at the time and money I have already spent on my little angels! These aren't 'just any chickens', these are Mrs Cooper's chickens (read in a husky Marks & Spencer advert voice please). I can't tell you how excited I am about it. I have a list of about 20 possible names (for 3 - 5 chooks) to whittle down at the last minute as I will have to see which names suit them.

I am pretty sure that the introduction in the September Newsletter will be all about my chickens - and if you see me out and about in the village, don't make eye contact or I will bore you all about them!

Lucy x

Newsletter Team

Editor:	Lucy Cooper 01647 272765 cheritonnews@gmail.com
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Web Editing:	James Jillians Christine Jillians

Advertising Rates

Advertising in the White Pages (per issue):

Black & White: Full page = £25
Black & White: Half page = £12.50
Colour: Half page = £25
Colour: Full page = £50

Please email cheritonnews@gmail.com

We can also insert an A4 Flyer, single or double-sided. Please supply 375 copies

Cost of inserting A4 flyer = £10

Please contact **Patience** on **01647 24350**

Online Info – Cheriton Bishop Website

For more information about Cheriton Bishop, Crockernwell and the surrounding area please visit our website: www.cheritonbishop.org.uk

Please check out this link to a postcard collection of the village:

<http://cheritonbishop.org.uk/photos-and-postcards/>



Dates for your Diary

Due to the uncertain course of the Coronavirus Covid-19 epidemic, many events and regular meetings have been cancelled or postponed this month and until further notice.

July 2020

July	St. Marys - Private Prayer on Weds & Sun	10am-4pm
4 Jul	Gardening Club - Hand Tied Arrangements	Cancelled

Forthcoming Events

8 Aug	Gardening Club - Village Show	Cancelled	
13 Sept	Gardening Club Talk	Drewsteignton	TBC
19 Oct	Penny's Primulas	Spalding Hall	7.30pm

Mobile Library - Tues 22th Sept

Village Stop Arrive Depart

Drewsteignton	Square	12:10	12:30
Clifford Bridge	Clifford Bridge	13:30	13:50
Crockernwell	Stanbury's Orchard	14:10	14:40
Cheriton Bishop	Glebelands	14:50	15:45

Future Library Visits, 2020:

20th October, 17th November and 15th December

Online Newsletter

We are reducing printed copies of the Newsletter for the foreseeable future, but we will still be producing it.

Find the Newsletter and other useful information at www.cheritonbishop.org.uk

September Deadline

All copy for the September 2020 edition needs to be received by

**Thursday
20th August**

Please email your copy to cheritonnews@gmail.com or call if you can only supply a paper copy.

Editorial:

Lucy Cooper
01647 272765

Advertising:

Patience Netherway
01647 24350

Classified Advertising

Looking to buy or have something to sell?

If you would like to advertise ad-hoc, please email: cheritonnews@gmail.com

Charges for lineage ads are £1 per line to include a contact number.

What's On?

Gardening Club

Penny's Primulas

**Monday 19th October at 7.30pm
Spalding Hall**

Penny of Penny's Primulas is coming to give the talk on *primula seiboldii* that was cancelled at the last minute back in March.



Walking Group

Monthly Walking Group

We are now re-starting our monthly daytime and evening walks, but with social distancing and other precautions such as meeting at the walk location and no car sharing at present.

Please see the Cheriton Bishop Walking Group Facebook page for details.

Contact: Dennis Milton - **01647 272844** or Jon Whitehead - **01647 281454**

Acorn Community Support



Acorn is continuing to offer support to individuals across our communities and we would therefore encourage anyone who needs any help to contact us. Specifically we can easily provide the following although the list is not exhaustive!

- Telephone befriending
- Shopping buddies
- A cashpoint machine
- Transport to medical appointments
- Delivery of food from the food larders

Our trustees, staff and volunteers are willing and able to help in anyway we can, so please do not hesitate to contact us on **01647 252701** or email office@acorncommunitysupport.co.uk if you or someone you know needs some support.

Cheriton Bishop Village FaceBook Page

The 'Cheriton Bishop Village' FaceBook page is for the residents of Cheriton Bishop and the surrounding area. It was created to compliment the newsletter, to remind people of events and clubs and other goings-on in the area.

Members can post:

- photographs of the village (old and new)
- gardening question or advice
- requests for help from someone in the village who maybe able to assist
- selling, swapping or giving away items like plants, toys etc.
- pretty much anything really!

If you would like to be part of this, please send a request to our FaceBook page. Thank you.

What's On?

Stone Lane Gardens Arboretum

The gardens are now open for visitors with social distancing advised. The lovely National Collection of Birch and Alder trees provides welcome shade from the summer sun.

Summer Sculpture Show

Until October, a sculpture collection will be on show throughout the gardens. Among the groves of trees, pools and streams, individual sculptures can be seen within their own natural 'frames'. The gardens create a magical setting for the exhibition which is loved by visitors of all ages. It is an ideal place to bring the family, as children delight in discovering the sculptures, tucked away around every corner all around the gardens. This year's exhibition, suitably entitled 'Re-awakening'.

The annual 'Mythic Garden' exhibition will be returning next year in all it's glory. Sadly, our annual Music Fest fund-raising event is also postponed until next year.

The trustees are delighted to announce that Dartmoor National Park has granted planning permission for a garden visitors' tea room which will open later on this summer as soon as permitted. All details are on our web site.

Admission to the gardens is normally £6 for adults currently discounted to £5 for cash, with £2.50 for children and £15 for families of four. Card payment for tickets can be made at www.stonelanegardens.com/shop

Our tree nursery is taking orders as usual and purchases can be made via our web site or by phoning **01647 231 311**.

The Gardens are an RHS Partner Garden and a registered charity. Stone Lane Gardens, TQ13 8JU.

Free summer car parking is at Long Lane, 2 miles from Drewsteignton.

Visit us online: www.stonelanegardens.com

'Pub-Up-Shop'

The Duck, Yeoford

01363 85273

Please refer to our website www.theduckatyeoford.co.uk for the full list of items available as we are constantly adding new stock. Special offers will be posted on their Facebook page, Instagram and the Yeoford Hub. Please call to place your order and arrange your collection time.

Open Tuesday to Saturday from 12-5pm. Also open on Friday evenings from 5pm - 8.30pm for fish and chips and Saturdays from 5pm - 8.30pm for hot pizzas, and various burgers.

Food Delivery & Takeaway

The Red Lion Inn, Tedburn

01647 61374

A delivery and takeaway menu is available to help the local community in the current situation.

Offering *free delivery* to help those who can't get out.

Deliveries:

Call before midday for a lunch or after 5.30pm for dinner.

Collections:

Lunch 12-2pm. Dinner 6-9pm.

Letters to the Editor

Thank You Friends & Neighbours

We'd like to thank ALL our dear friends and neighbours near and far, who welcomed us home from our sojourn (84 days) in South Africa during the lockdown with such wonderful thoughtfulness and fun.

We arrived home on Sunday 24th May at about 04.30 in the morning, after a 24 hour journey, to find bunting on the gate and a lovely hand-crafted "Welcome Home" sign on the front door, then cards and flowers, and numerous goodies to eat once we got inside.

The grass and hedge cutting fairies had been, and also the 'getting-the-cars-started' elves had been at work before our return.

Ongoing during our 14-day self-isolation

period many people did our shopping, helped out with various problems, and kept in touch with lovely phone calls, messages and treats. Also, our veg garden has been completely filled with plants that friends had saved for us awaiting our return. So after 2 weeks of digging and weeding we can now look out over a ready-made patch of beans, peas etc, and greenhouses full of tomatoes and cucumbers.

We couldn't have had a more loving homecoming. Cheriton Bishop is a fabulous community!!

Thank you all!

Paul & Jan Mitchell



Message from Acorn

Acorn Community Support continues to offer social, emotional and practical support to members of our community. If you would like any help or support, or are worried about someone in the community, please contact via email to office@acorncommunitysupport.co.uk or call **01647 252701**

Visit our website at: www.acorncommunitysupport.co.uk

Cheriton Bishop Support Group – Hello!

If you need some help as you're self-isolating, or would like to volunteer, give us a ring. Phone Emma on 01647 24848

We are a group of volunteers who would like to support the community that we live in and ensure that nobody is left isolated or without support. We don't ask for anything in return, we just believe in helping each other in a time of difficulty.

We will endeavour to help you if you need support during this trying time with such things as picking up shopping, dog walking, urgent supplies, posting mail or a friendly phone call.

We are your local neighbours and not a professional body. We can only offer help within reason, and where we can all stay safe.

- If you need medical advice, use the online service at **111.nhs.uk/covid-19/**
- If you have no internet access, call NHS **111** from your phone.
- In a medical emergency, dial **999**
- Other useful contacts:
Acorn: **01647 252701**
Samaritans: **116 123**

Letters to the Editor

It's A Free World



Human beings lived as hunter gatherers for hundreds of thousands of years before the rise of agriculture and of cities, so all of us have them as ancestors. Hunter gatherers live in small bands of between 20 to 50 people without social or gender hierarchy: both women and men are free, and their freedom is a freedom in and through community.

With agriculture came surpluses for the first time. Surplus was the first temptation. Those who cornered it needed people to produce more of it, and then people to defend it. Hierarchy and war came together, and women ceased to be equal. The resulting societies eventually founded cities, probably around 12000 BC. Since that time most human beings have not been free. Myths of a 'fall' in cultures around the world, and of a golden age when all were free and all could gather food without labour, lament this transition. Many human beings, perhaps most, have lived in absolute slavery, and the serfs of medieval Europe, and the industrial proletariat of the nineteenth and early twentieth centuries, were hardly different from slaves.

Nostalgia for freedom never went away, however, and took political shape in the American and French revolutions which promised 'life, liberty and the pursuit of happiness' or 'liberty, equality, and fraternity'. These promises were only attained gradually.

Political struggles during the nineteenth and early twentieth centuries finally gave all men over 21 in the UK the right to vote in 1918; women followed ten years later. Within fairly broad limits people in Europe, North America and Australasia were 'free', though poverty made, and continues to entail, severe limitations to freedom.

After World War II, with some justification, the 'free world' was contrasted with the totalitarian communist world. The freedom obtained with such difficulty and after so long was not, however, a return to the original freedom of our ancestors, freedom in community. Instead, 'freedom' came to mean 'doing what I damn well like'. Hence the initial protests at laws about wearing seat belts, motor cycle helmets, not smoking in public places. 'It's a free world. Why shouldn't I? Nobody's going to tell me what to do!'. Some of the protests about the lockdown restrictions have been the same.

This version of freedom is problematic, as anyone who has travelled on public transport where there are windows you can open knows. You are sitting in a bus or train compartment and are perfectly comfortable. Suddenly someone stands up and either yanks open or slams shut a window. You are now either too hot or too cold. How was this decision taken? Well, someone felt they were too hot or too cold and simply decided to change things to how they wanted it to be. The proper procedure, of course, would be to hold a plebiscite: 'Excuse me, would anyone mind if I opened/closed this window?'. Possible in a bus, more difficult in a train, but I've never seen it happen. The window yankers assume their will is universal.

The same problem occurs in settlements – villages, towns, suburbs etc.. I like cockerels: you don't. I like bonfires: you regard them as an infringement of your right to unpolluted air. I like fireworks on bonfire night: you hate them. How do we resolve these differences?

The law is there to help us do that, but it is a clumsy instrument, especially as, in civil

Letters to the Editor



cases, it is usually the person with most money who wins the action. In practice it's another version of the rule of the 'strong' (i.e. the wealthy, arrogant and bullying). And there's no law about yanking windows open or shut in buses. By and large I think 'live and let live' is the best policy, but it's true that some practices of our neighbours can be a real nuisance. No surprise that complaints about noise pollution soared during lockdown.

Compromise can sometimes be reached, but not always. You can agree to use your drum kit on Wednesdays, when I'm out bowling; the Bell ringers agree to practice just one night a week. I agree to light my bonfire at dusk. But I can't ask my cockerel only to crow after 7am, or only on Wednesdays and Fridays.

As hunter gatherers know, freedom in community always has limitations. Since all humans are mutually dependent, and all of us have neighbours, we have to recognise that freedom can't mean doing what I damn well like. Neither can it mean that I bully or harass my neighbour if they do what I don't like.

The imperial ego of the toddler only too easily shows its unpleasant adult face. The problems these difficulties pose will never be completely solved, but the task – carried on in this village by our numerous clubs and societies, and by the Parish Council - is to try and fashion a courteous culture in common. Somewhere in that direction is where we find freedom.

For an amusing comment on all this just put in 'Peggy Seeger: A Free World' into your search engine.

Tim Gorringe

Transport For Key Workers

Due to the reduction of bus services across the county, Devon County Council are trialling an on-demand subsidised taxi service for Devon residents for key workers accessing employment only. This service is intended to replace those journeys which were previously made by bus - a subsidised flat fare will be charged.

Requests can only be made by email and should be sent to devonbus@devon.gov.uk Please include the following information in your email:

- Name and Address,**
- Key Worker Status**
- Employer / Payroll Ref**
- Journey Requirements** (pick up/drop off)

We will aim to respond to all requests as soon as possible during normal office hours.

Journeys should be booked 48 hours in advance of travel.

News from the Castle

I hope that you are all keeping safe and well. As you can imagine, we are keeping a very close eye on guidance coming through from government regarding Coronavirus.

Important notice

The car park is open for Teign Gorge walks. We have limited spaces available, so if the car park is full please come back another time. The toilets, shop, cafe, garden, grounds and castle remain closed until further notice.

Take care of yourself, and each other.

Paula

Community Engagement Officer
paula.clarke@nationaltrust.org.uk

Health & Lifestyle

North East Dartmoor Care - NEDCare

Update on Progress

NEDCare was set up by the local community at a time when the closure of beds at the Moreton Cottage Hospital was compounding the issues caused by a chronic lack of regulated care in the area.

Set-up entirely on donations from the local community, NEDCare achieved registration with the Care Quality Commission in July 2017 and delivered its first hour of care in August of that year. The service has continued to grow and has delivered over 17,000 hours of care since then. Please see our flyer in this edition of the magazine, which shows a handy graph of how the service has grown to meet demand.

However, the graph also shows that, whilst progress has been good, we still have some way to go before we are able to support all those who need care at home. Every case of a person who can't access the care they need is heart-breaking and a personal tragedy that should be unthinkable in the UK today.

To better support local people we need to recruit more carers, so if you or anyone you know may be interested in working with our team, please do get in touch. We are a super-flexible and highly supportive employer that offers great terms and conditions. See our Facebook page for testimonials from some of our great team of Carers.

Care in the Time of Covid19

It has been a busy four months for NEDCare since Covid19 came to change all our lives - but while the world has changed dramatically, our essential service continues as usual.

Every one of our team has stepped up to the new challenges in their usual calm and professional way and we continue to support people to live well at home. The upsurge in public support for care has been a breath of fresh air, but we still need to see full funding for Local Authority care and better access to PPE.

Charity Begins at Home

We are delighted to report that NEDCare CIO achieved charitable status on 9th July 2020. Whilst we were previously a not-for-profit structure, charitable status will enable us to apply for a greater range of funding, to claim gift aid on donations and to offer gifts in wills.

To find out more about our work please contact Julia Darby on **01647 279211** or email julia@nedcare.org. Our website is www.nedcare.org and you can find us on Facebook under North East Dartmoor Care - NEDCare.



Message from your GP Surgery

Please adhere to HM Government and NHS recommendations regarding suspected Coronavirus symptoms. Do not visit the surgery or hospital if you have a high temperature or a new and continuous cough.

Visit [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus) for guidance or call **111** if you cannot get online or if your symptoms worsens.

Health & Lifestyle

Cheriton Bishop Walking Group

Hope everyone has kept safe over the last three months, at last there seems to be light at the end of the tunnel.

How fortunate we are to live in such a beautiful area where we could get out for walks locally and individually without causing any risk or infringing regulations

We will now be re-starting our monthly daytime and evening walks, but with social distancing and other precautions such as meeting at the walk location and no car sharing at present.

The walks will be at locations where the risks can be minimised as much as possible.

Please see our FaceBook page and circulation list for details of each walk.

Looking forward to seeing everyone again (at a distance).

Jon & Dennis

Contact: Dennis Milton - **01647 272844** or Jon Whitehead - **01647 281454**



Gardening Club News

Reluctantly we have had to cancel the Summer Show this year. Many of the organisers, stewards, judges and competitors are in the wrong age group and several are self-isolating so it is better to make the decision now so we all know where we are.

This means you will not be able to pay your annual subscriptions until the autumn season of talks starts – at least the subscriptions will remain the same at £5 per family, which is great value for six winter evening activities, two shows, a chance to buy seeds at reduced prices, and the opportunity to meet up with a friendly welcoming group of people!

The first autumn talk is on Monday 13th September. This year it is the turn of Drewsteignton to host the joint meeting,

so obviously it will be up to them to decide whether it goes ahead.

Up to now their meetings have been in the church rooms but their committee was suggesting moving to Whiddon Down Hall which is larger, but I do not know what the decision was as lockdown intervened. Full details will be printed in the September newsletter.

The first meeting in the Spalding Hall is on Monday 19th October at 7.30pm, when Penny of Penny's Primulas is coming to give the talk on primula seiboldii that was cancelled at the last minute back in March.

Do have a safe and restful summer holiday,

Janet Jeffery

Health & Lifestyle

Cheriton Bishop & Teign Valley Practice, EX6 6JA

Tel: 01647 24272 or 01647 24025

Main Surgery – Cheriton Bishop – Open Surgery: 8am to 9.30am, Mon to Fri

Two doctors will be available for the open surgery each morning. No appointment necessary

Appointment Surgeries: mornings

Dr Hamilton	Monday	10am to 11am
Dr Hamilton	Thursday	8.30am to 11am
Dr Vaile	Monday / Thursday	8.30am to 11am
Dr Vaile	Wednesday	10am to 10.50am
Practice Nurse	Monday / Wednesday	9am to 12.30pm
Practice Nurse	Friday	9am to 12noon
Health Care Assistant	Monday / Tuesday / Wednesday	8.30am to 12.30pm
Health Care Assistant	Thursday	8.30am to 11.10am
Health Care Assistant	Friday	8.30am to 11.30am

Appointment Surgeries: afternoon

Dr Clunie	Monday	2.50pm to 5.10pm
Dr Hamilton	Tuesday	2.50pm to 4.50pm
Dr Hayter / Dr Clunie	Tuesday (alternate)	2.50pm to 4.50pm
Dr Vaile	Wednesday	2.30pm to 4.30pm
Dr Hayter	Friday	3pm to 4.30pm
Practice Nurse	Monday	2pm to 4.30pm
Practice Nurse	Tuesday	2pm to 6.50pm
Practice Nurse	Thursday	2pm to 5.30pm

Evening Surgery: Cheriton Bishop only

We recognise the need for those who work to be able to access a convenient surgery appointment time, so there will be an evening clinic on Tuesdays run by Dr Clunie and Dr Hayter by appointment

Branch Surgery – Christow – By Appointment Only

Dr Hayter	Monday	8.20am to 10.20am
Dr Hamilton	Tuesday	8.30am to 10.30am
Dr Clunie	Wednesday	2.30pm to 4.30pm
Dr Hayter	Thursday	3pm to 5.00pm
Dr Clunie	Friday	3pm to 4.30pm
Practice Nurse	Tuesday	8.30am to 11.30am
Practice Nurse	Wednesday	2pm to 4.30pm
Practice Nurse	Thursday / Friday	2pm to 5pm
Health Care Assistant	Monday / Tuesday	8.30am to 11.30am

To Make an Appointment for any Surgery or Speak to a Doctor

Please ring **01647 24272** Mon to Fri, 8am to 6pm (except Bank or statutory holidays)

Out of Hours: When the surgery is closed and you need to speak to a doctor please call: **111**

In an Emergency, Call: 999

Health & Lifestyle

Thriving from home!

Many of us have in the past probably dreamed of a week or two off work by surprise; time to enjoy being with the family, relax or just be at home. But obviously not like this. The timeframe of being/working from home has run past the novelty stage now and we're all facing lots of new challenges... but also new opportunities!

A challenge that we are all facing currently is that of change. Change can be stressful at the best of times, because we need to adapt our views and routines, which takes time and energy. The most pressing issues related to stressful changes are: chronic pain, obesity, diabetes and depression/anxiety.

Here's a small seed of hope and empowerment... we cannot change how a situation unrolls in front of us, we can however completely control how we react to it. In doing so we can be a huge determinant in the states of our physical and mental health.

The only thing we truly have a choice over when our options are restricted is how we respond to the hand life deals us. Two people in the same scenario with the same issues will inevitably act differently. This shows us that the reaction is a choice. If we allow ourselves to feel chronically stressed and overwhelmed because of the way life presents itself to us, then inevitably we increase our odds of developing illness and illness-inducing behaviours.

On the other hand, we can choose to take stock of our situation, accept it for what it is, and work out how to flow with it, with the greatest possible ease and the least possible resistance. Same situation, but with different outcomes!

I'd like to detail here a few easy steps to not only help you survive at home, but to thrive – no matter what the external situation. One thing many people working from home or furloughed currently are blessed with is a little more freedom over their own time. Therefore, the opportunity has arisen to make changes that were not possible before.

Here are a few things we can all do to increase our ability to thrive:

- Regular exercise
- Fresh food - including: nuts and seeds, fatty cold water fish, dark leafy greens, olive oil, garlic, turmeric and ginger. Whilst also trying to cut down on: sugar, alcohol, white bread and processed foods
- Regular mindfulness and breathing practices
- Reaching out for support from family members or organisations, a problem shared is often a problem halved

With love and appreciation!

Joe Arnold (Doctor of Chiropractic, MChiro)
Dartmoor Chiropractic

Would you like to do a First Aid Course?



The Parish Council is proposing to organise a First Aid course in the village hall taking place, it is hoped, this year. The course will either run during the day, evening or on a Saturday. Numbers are limited but the Parish Council would consider a second course if needed. To gauge interest, please contact: Dennis Milton on **01647 272844** or email: dennismilton.design@gmail.com

In The Garden

The Summer Garden Show Stoppers

The garden will now be at its summer best, after the tentative early growth of June. Vegetables will be filling their rows and beginning to look as if a harvest will be possible soon. New potatoes will be ready to eat, sweet peas can be cut daily and artichokes will look grandly architectural.

Now that the fresh growth of Spring has matured to a more uniform green, the brightest summer flowers appear. Cannas, dahlias, sunflowers; the real show stoppers. The roses are coming to the end of their main display in July. As the flowers fade, cut them back to a healthy side shoot or bud. This will encourage further flowering in September. Only leave species roses to form their beautiful autumn hips.

In high summer, don't cut your lawn too short. A slightly longer lawn can withstand drought better and is helpful for wildlife.

The vegetable garden is becoming more productive. New potatoes are a delight and garlic can be harvested when the leaves begin to fade. Lift them and let them dry, either in the sun or under

cover. If the stems are not damaged, you can plait them together to hang up for the winter kitchen.

Cucumbers have a habit of hiding behind their foliage and you need to be alert to catch them before they grow too big. Tomatoes will be obvious; warm and ripe and delicious. Keep picking your vegetables to encourage more to grow. By July, your climbing beans will be at the top of their supports. Pinching out the leading shoot means lower side shoots will produce more beans.

August is a good month to take cuttings from tender perennials such as pelargoniums and fuchsias. Cut a strong non-flowering shoot about 10 centimetres long from the parent plant, just above a leaf bud. Remove the lower leaves and cut the bottom of the stem just below a leaf joint. Place several cuttings around the edge of a pot filled with a mixture of half compost and half perlite. Pelargonium cuttings can be left in a shady corner but other cuttings will root better under polythene to stop them drying out.

Sally Rix



Local tree surgeons with over 8 years experience covering all aspects of tree and hedge care.

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 SymmeTree

In The Garden

Chicken Dust Baths

Chickens like to bathe in dust, and a dust bath helps to remove excess oil as well as external parasites like lice and mites. A dirt bath also maintains the water resistance of the outer feathers of a chicken. Dust bathing is an important part of keeping chickens happy, healthy and clean. You can add a few ingredients to make it even more effective .

Wood ash from wood or paper, nothing where accelerants or chemicals have been added. Ash/charcoal can be nibbled on as it is a natural way to cleanse the body of toxins and parasites. It also helps kill fleas, mites and lice.

Sand adds an extra layer of grit to the mixture and helps keep it free flowing.

Diatomaceous Earth (food grade) will dehydrate parasites, block their airways and attack their respiratory systems.

Dirt from your garden, dried out in the sun. What's a dust bath without dust?

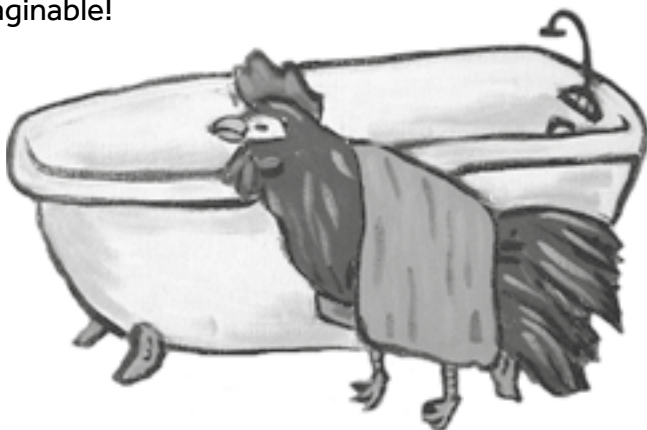
Ingredients

- 2 parts dry dirt/dust
- 1 part wood or paper ash (not from burning rubbish)
- 1 part sand
- 1/2 part diatomaceous earth

You will also need:

- Gloves and mask
- Optional dried herbs
- A large, easy-to-clean container that is shallow enough for your hens to jump in and out of easily.

Please note: If you don't provide a dust bath, your chickens will probably create their own in the most inconvenient spot imaginable!



Editor's Request...

If you would like to write an article for our *Earth Corner* page, please send an email to cheritonnews@gmail.com and I will add it to the Newsletter.

Gill Westcott has given me her list of suggestions for topics, but please feel free to send in articles with your own thoughts, ideas and observations:

- Water, from sink to ocean
- Pollinators and how to help them
- Choosing an electric bike
- What is a carbon footprint and how to find it?
- Replacing a boiler
- Oxygen
- Experiences with electric cars
- The debate about meat
- Devon landscape in 2030?
- Getting grants for saving home energy

Earth Corner

Protecting Your Environment

Well, all the rain has predictably brought out the slugs, but before you reach for the slug pellets, please be aware that they can kill amphibians, hedgehogs and wild birds as well. So how do I dispose of my slug pellets safely?

Problems arise from things that are put down the sink or the toilet which pollute or block the sewage system. Fat may be liquid when hot, but it congeals in the pipes, and combined with 'disposable' wipes, it often clumps into vast fatbergs that backs up the sewage can overflow onto roads, into rivers and sometimes peoples bathrooms. Disposable wipes do flush away, but if you put them in a bottle of water with a piece of loo roll and shake vigorously, the toilet roll will disintegrate but the flushable wipe does not.

The process of removing chemicals from waste water is expensive. Phosphates, which take the oxygen from streams and rivers, are found in washing powder and dishwasher tablets unless they specifically say they are phosphate free like Ecover products. Phosphates can be removed from waste water, but slug pellets contain a poison - metaldehyde - which can't be filtered out. It inevitably ends up in streams or rivers, where it threatens our drinking water as well as

aquatic life, including insects which spend their youth stage in water. The UK has lost 40% of its insects since 1970 due to chemicals in the environment and habitat loss

So what's the preferred way to deal with slugs? Beer traps? Torchlight searches at night for collection and disposal? You can send off for nematodes, natural organisms which prey on pests, and other organic repellents and defences are also available. Crumbled eggshells don't work for long, but you may have success with bramble and holly clippings distributed around your vegetables. If you are lucky and have hedgehogs, ground beetles or slow worms, these are on your side in the anti-slug battle, and so are frogs and toads which you can attract into the garden with a small pond.

So there we are – use any of those and you will be protecting your vegetables and the streams and rivers at the same time!

Gill Westcott

For information, pesticides can be safely disposed of at these recycling centres:

- *Punchbowl Recycling Centre, Crediton EX17 5BP*
- *Exton Road Recycling Centre, Exeter EX2 8LX*

There's No Planet 'B'

Britain's bees are in trouble

Insects in general are dying at a rate of 2.5% every year and could be extinct within a century. Right now, they need us almost as much as we need them. The decline in bees diversity and abundance would have a serious impact on how our natural world functions, including how much food we can produce. Bees pollinate much of the food that makes our diets healthy and tasty - from the apple in our lunch box to the tomatoes on our pizza. According to Friends of the Earth, it would cost farmers an extra £1.8 million to pollinate their crops without bees. There is little you can personally do to help tigers or pandas, but fortunately, bees are easily pleased and there are several ways in which you can help them to thrive.

Top Tips:

Consider these tips for this year and for future years to help our bees.

- Plant flowers with open flowers, rather than pompom heads. If you can see the pollen, it is easier for a bee to collect.
- You could mow your lawn less - leaving your grass to grow to 8-10cm (3-4 inches) will allow pollinators such as clover, daisies and buttercups etc to grow and it will save energy.
- Dandelions are brilliant pollinators each having many flower heads containing nectar and pollen. So instead of mowing or spraying them, let the dandelions flourish.

Dennis Milton

Neighbourhood Watch

A Big Thank You...

The next Newsletter after this one will be the September issue so we thought it would be a very good idea to say a BIG THANK YOU to Acorn Community Support and the Cheriton Bishop Support Group who have done a fantastic job in supporting the people of our community. Thanks also to Cheriton Bishop & Teign Valley Practice which has been here all the time when needed.

Getting Back in the Car

With the easing of restrictions taking place, many more vehicles are about after the roads have been relatively quiet. Road users may find the following useful after not driving for a while:

- Your vehicle may not have been used for weeks, so check fuel, oil, tyre pressure and condition, coolant, lights / electrics and screen wash.
- Take your time - If you have been out occasionally then you may have become used to roads that are much quieter. Remember, your driving skills may be a bit rusty so take your time and get used to driving again.
- Be More Observant - More people are walking and cycling. Look out for vulnerable road users and take care when passing.

Coronavirus Scams - Protect Yourself

Unfortunately there are some people who try to exploit this situation now the NHS is finalising a Test & Trace Service. Contact Tracers will never:

- Ask you to dial a premium rate number to speak to them - starting with 09 or 087
- Ask you to make a payment or purchase a product.
- Ask for details of your bank account.
- Ask for social media identities or login details.
- Ask for passwords or PINs or ask you to set these up over the phone.
- Ask you to download any software or hand over control of your P C or other devices.
- Ask you to access any website that does not belong to the government or NHS.

Contact Tracers are likely to call from the number **0300 013 5000** and the ONLY website the service will ask you to visit is: **[contact-tracing.phe.gov.uk](https://www.contact-tracing.phe.gov.uk)**

If a victim of fraud, report to Action Fraud on **0300 123 2040** or Police **101**

Van Thefts

Thefts from vans are continuing in Devon, the latest reported in Tiverton, where thieves drilled holes in the doors to gain entry and thousands of pounds worth of tools were stolen. Police are requesting

that people are vigilant and ensure their vans are well secured and tools are removed. 'No tools left inside' notices and alarm systems are good deterrents.

Fraudulent Emails

During the pandemic there has been an increase in scam emails. Think twice before you click on anything. Here are some safety & security tips:

- If you receive an email you haven't requested or seems suspicious in any way, call the person or organisation on a number you know is right.
- Never open attachments from unknown sources or if they seem strange.
- Check the layout, grammar or spelling and has it been addressed to you by name.
- Don't make purchases, payments or charity donations to emails that are not familiar to you.
- Beware of emails suggesting you need to transfer money, provide personal details or perform a function. Banks, government departments, agencies, local authority and the police will *never* contact you this way.
- Don't reply to emails that just seem wrong.
- Don't click on 'remove' or reply to unwanted emails. This says your account is open and you are likely to get further emails.
- Make sure that spam filters are switched on and set up to avoid unwanted emails getting through.
- Use strong passwords to prevent email accounts from being hacked.

Boiler Safety

Your boiler should be serviced at least once a year and faults should be put right straight away by a qualified engineer. Appliances that are not working correctly could admit carbon monoxide (CO), a invisible poison which has no smell or taste. If inhaled, it causes headaches, dizziness, breathlessness, nausea, collapse etc. If you suspect CO poisoning, open windows and doors, turn off the appliance and arrange for a qualified service engineer to inspect and repair it before it is used again. If not already fitted, have a carbon monoxide alarm fitted.

That's it for this edition of Neighbourhood Watch. By the time the September Newsletter is published, we hope that the lockdown will be over and we are all getting used to the new normal. Keep safe and well.

Always be observant & vigilant and keep your eyes open when out and about

Contacts: Jean Martin - **01647 24586**
Police - **101** or **999** for an emergency

Church Messages

Churchwarden's Ramblings

St. Mary's will be open for private prayer on Wednesday and Sunday each week between 10am and 4pm.

When you visit please observe social distancing and follow the directions given on the notices fixed at the porch. Please avoid using the Altar Rail and the Lady Chapel and do use the hand sanitiser provided on entry and leaving. Please leave the main door open but close the screen door behind yourself on entry and as you leave.

While St Mary's remains closed for Services, we are posting service material, prepared by Rev. Martin Wood, for use each Sunday on the Parish Website cheritonbishop.org.uk the site

includes prayers and links to other sites to provide advice and information. There is also a simple reflection for use at home on the day of a funeral you can't attend.

If the National Guidelines change over July and August and there are changes to the church access I will post on the Church section of the cheritonbishop.org.uk website to keep you updated.

Rev Martin Wood is available and can be contacted on **01647 24119**.

We continue to pray that you, your family and your friends stay safe and well.

Alan Greenslade, 01647 24002

Planned Giving at St Mary's Cheriton Bishop

A fairly large proportion of our planned givers have set up standing orders (which are still being paid regularly) to provide the income we need to contribute towards Clergy stipends. May I ask you to consider one of the following ways to continue your regular giving?

1. Set up a standing order to regularise your giving, be it weekly, monthly, quarterly or annually.
Please email cheritonbishopwebsite@gmail.com to be given our bank details. This is the cheapest method and avoids all handling problems during the Covid-19 outbreak.
2. Write a cheque made out to St Mary's PCC Cheriton Bishop and post or deliver it to the letter box in my porch at 6, Stonelands, Crockernwell, EX6 6NB. (First class post is 76p).

3. I had planned to suggest putting coins or cash into the wall safe in the Church opposite the main door, but that is no longer accessible. I suppose you could put coins and/or cash into an envelope and drop that into my letter box in Crockernwell. I don't have the facilities to accept contactless payments now preferred by shops.

Please act now on my request as without this month's contribution from those using the schemes, we'll end up hard pressed to continue to pay our way as we have done over the last few years.

Yours sincerely,

Bill Jeffery
Treasurer

West Down Evangelical Chapel

Yeoford Road, Cheriton Bishop EX6 6HG. Telephone 01647 24264 / 24660

As the government continues to re-assess regulations surrounding of places of worship, please contact one of the above telephone numbers if you require further information regarding the opening of West Down Chapel.

Church Messages

Offering Help and Support

As I write this, last week we had **Mental Health Awareness Week** and **Ascension Day** coincide. They may at first glance appear to have very little in common. Although, the message around Coronavirus has changed from 'Stay at Home' to 'Stay Alert' it still means many people are still staying at home and remaining isolated.

From an infection control point of view, being in isolation is the best place because you cannot catch or pass on the infection if you are isolated. From a Mental Health perspective, being isolated and lonely is not healthy and likely to make things worse.

These two factors are almost in direct conflict. It is why it has been so important for people to be in contact with family and friends through telephone calls, video calls, emails and sharing photos. It helps people not to feel isolated and alone.

Our mental health is affected by many different factors, namely our ability to remain in contact with family and friends; our life situation, if we are under pressure or distress by our finances or employment/unemployment.

We may be in a crisis caused by the loss of a close relation; we may be losing our housing or our physical health be deteriorating. These are just a few examples, there are many more, it shows often how complicated it can be.

We should be encouraged that people can admit that things are not going well and they are struggling

Are we ready to respond positively when we ask the question "Are you alright?" and the answer is not "I am fine". We need to care, to listen, to offer help and support rather than exchange pleasantries. It seems now more

than any other time there will be a lot of people who are not alright.

We need to support people in the way we want to be helped when we are struggling

Ascension Day was both exciting and worrying. The disciples saw Jesus ascend to heaven but then they are on their own, isolated and the world feels intimidating. They are isolated on a mountain top and they see angels. But the reality is that they have to go back to Jerusalem and be ready to do God's work.

You cannot isolate yourself forever, at some point you have to engage in the world and get on with the things that you need to do.

The disciples would have felt very inadequate without Jesus being present with them. Yet, Jesus promises that God would be with them helping and encouraging them. The same is true for each of us.

As we learn how God views every one of us with great value and importance, we should do likewise and value the people around us

It may be we have to reconnect with people we have lost touch with or take the time to stop and listen and help someone who feels isolated or lonely.

We can all make a difference if we try to help others.

Rev. Martin Wood

The Rectory, Church Lane, Cheriton Bishop
EX6 6HY Tel: **01647 24119** (Tues to Sun)
Email: revwood163@gmail.com

Cheriton Bishop Parish Council

Draft Minutes of the Parish Council Meeting

Monday 15th June 2020, from 7.30pm using virtual Zoom technology

Present: Cllrs D Milton (Chair), Cllr Endacott (Vice), Cllr Bastyan (Vice), Cllr Dicker, Cllr Vooght, Cllr Wood and Cllr Coren (MDDC)

In Attendance: The Clerk

- 1. To receive and accept apologies:** Apologies from Cllr Penny (MDDC) and Cllr Way (DCC).
- 2. To receive declarations of interest – to receive declarations of personal and disclosable pecuniary interest in respect of items on the Agenda:**
Cllr Coren declared a personal and pecuniary interest in item 5 of the Agenda (19/01188/FULL)
- 3. Public Involvement: to receive public comment on items on the Agenda:**
No members of the public were in attendance.
- 4. Cheriton Bishop Council Meeting Minutes 11th May and 3rd June 2020 – to consider the approval of the minutes as a correct record:** It was resolved to approve and sign the minutes as a correct record
- 5. Mid Devon District Council – Planning Applications – to consider the following applications upon which MDDC had asked the Council to comment:**
Reference: 20/00475/FULL
Proposal: Retention of two ponds
Location: Land at NGR 27432293671 (Thorne Cross Farm) Cheriton Bishop
Applicant: Mr R Toms
It was resolved that the Council was neutral in respect of this application but to seek the following conditions:
 - the ponds should be used for private enjoyment only
 - the field in which they are situated should remain in agricultural use as a meadow with ponds and not become a garden or amenity area
 - there should be no commercial use or development
 - the field in which the ponds are situated should remain part of Thorne Cross Farm and not be sold off separately

Reference: 19/01188/FULL

Proposal: Change of use of agricultural land to allow 1 pitch for the siting of 1 static caravan 2 touring caravans and associated works for the use of a gypsy and traveller family

Location: Land at NGR 276600 96594 (North of Shortacombe Farm)

Applicant: Mrs A Tyrer

It was resolved that the revised information sent to MDDC is only in respect of foul drainage. The revision is not relevant to any of the Council's previously submitted objections which therefore remain as before.

These are: highway access, removal of ancient hedge, unsuitable site that does not meet government criteria and is in an isolated situation, MDDC already had identified sufficient sites to meet targets, there are no services on site and there are no transport links or services within reasonable distance.

Reference: 20/00824/FULL

Proposal: Erection of an agricultural storage barn

Location: Land at NGR 275775 095053 (Wolfgar Barn) Cheriton Bishop

Applicant: Mr R Hind

It was resolved that the Council is neutral in respect of this application and to make no additional comments.

Cheriton Bishop Parish Council

6. Mid Devon District Council – Planning Decisions – to note the following Planning Application which MDDC had approved with conditions as filed:

Reference: 20/00577/FULL

Proposal: Extension of domestic garden and erection of two single storey rear extensions

Location: Brambleside Cheriton Bishop

Applicant: Mr M Tripp

7. Mid Devon District Council – Planning Refusal – to note the following Planning Application which MDDC had refused for reasons as filed:

Reference: 20/00251/OUT

Proposal: Outline for the erection of 3 dwellings (Revised Scheme)

Location: Land and buildings at NGR 277638 93018 (East of Hill View) Cheriton Bishop

Applicant: Mr P Nickells

8. Lease of Glebelands Play Area – to consider whether to enter into a lease of Glebelands Play Area with MDDC: Councillors discussed their concerns that they do not have the right experience or knowledge about playground inspections which they would be required to make, if they take on the lease, to ensure the equipment and play area are safe. It was resolved that the Clerk should contact MDDC to find out whether it will keep the playground open if the Council does not enter into the lease. The Clerk to explain the Councillors' concerns to MDDC. Clerk also to ask whether, if the Council did take on the lease, MDDC would continue to inspect the playground if paid for the service.

9. War Memorial – to consider the next steps with regard to the removal of the existing surface and laying of a new surface at the War Memorial:

Councillors noted that the works required at the War Memorial do not meet the criteria for S106 funding. Councillors considered Cllrs Penny and Coren's suggestion that if the works were for creating a memorial garden at the site, an application could be made to the S106 General Fund. Councillors expressed concern about maintenance of such a garden.

Councillors noted that a public footpath crosses the memorial and that the surface needs to be made safe as soon as possible as it is a trip hazard. It was resolved that the Clerk should write to Cllr Way, Steve Tucker and the Highways Department to inform them that Councillors have serious concerns about the safety of the surface and request Highways come out to inspect and then make the surface safe. Cllr Endacott will also speak with Steve Tucker.

10. Recycling - to consider the request for provision for the recycling of hard to recycle items:

Councillors took note of comments made by residents of Glebelands regarding the suggestion that recycling bins might be placed on the car park at Glebelands and agreed this was not appropriate. Councillors resolved that, as there is clearly a wish in the parish that more items be recycled, MDDC should be contacted to request that hard to recycle items be collected by MDDC in a separate box on the fortnightly waste collection days. Cllr Coren to action.

11. Public Space Protection Order (PSPO) – to consider a response to MDDC's proposed PSPO in relation to Dog Control: After discussion it was resolved that the Council would not respond collectively but that councillors could each respond to the survey if they wished to as the survey was aimed at individual residents. Concerns were expressed about the enforcement of the Order.

12. Climate Change – to receive an update on Climate Change initiatives: Cllr Wood reported that she will be joining the Mid Devon Climate Conversation on Friday 26th of June. An earlier Conference she had hoped to join had been cancelled.

13. Devon Air Ambulance (DAA) Landing Site – to receive an update/consider next steps: Cllr Dicker reported that he was awaiting an update on progress from DAA. Clerk to contact DAA for an update.

14. Insurance Renewal – to consider the renewal of the Council's insurance with Community First: It was resolved to renew the insurance. Clerk to action and amend the figures at Part 3 of the Policy.

Cheriton Bishop Parish Council

15. Accounts 2020/21 – to approve the following payments and receipts:

The following payments were approved and receipts noted

Payments:

Zoom Software (refund to Clerk)	£7.19
St Thomas (paper)	£19.18
Spalding Hall (hall hire)	£96.00
Clarity Copiers (copying)	£62.03
Savills (amenities rent in advance 24/6/20 – 23/6/21)	£327.00
Savills (increased rent 24/6/19 – 23/6/20)	£32.45
Clerk Pay (20/4/20 – 31/5/20)	£426.72
P Clapham (Internal Auditor)	£55.00

Receipts:

Trindle Newspapers	£126.00
DCC Locality Fund	£500.00

16. Internal Auditor's Report 2019/20 – to receive and note the Internal Report:

It was resolved to receive and note the Internal Auditor's Report

17. Annual Governance Statement 2019/20 – to resolve to agree the Annual Governance Statement:

It was resolved to approve the Annual Governance Statement

18. Annual Accounting Statement 2019/20 – to resolve to agree the Annual Accounting Statement:

It was resolved to agree the Annual Accounting Statement

19. Certificate of Exemption from an External Audit - to resolve to certify that the Council is exempt from an External Audit:

It was resolved to certify that the Council is exempt from an External Audit

20. To receive a report from the Chairman (for information only):

The owner of Higher Shippon has agreed to remove the caravan from the site. Temporary buildings remain. The Asset of Community Value Nomination form for The Old Thatch has been completed and is with the Clerk to submit. A reminder that Church Lane will be closed on 28th and 29th July. The tree butt opposite the Old Thatch Inn has been removed. There is space for more trees on the verge.

21. To receive a report from Councillors (for information only):

Cllr Wood reported that, for reasons of accuracy, she was recording the meeting and would be recording future meetings.

Cllr Wood thanked the Clerk and Cllr Way for setting up the £500 grant from the Locality Fund which is to be paid to the Cheriton Bishop Support Group. A parishioner has reported that the public footpath sign at Thorne Cross has disappeared.

Cllr Bastyan reported that a parishioner had contacted her suggesting Cheriton Bishop enter the Best Kept Village award. Cllr Vooght explained that the village had in the past won the award and as a past winner had been put in a lesser competitive category which required more resources than were available. Cllr Bastyan will suggest that the parishioner put the suggestion on the Cheriton Bishop Facebook page.

Cllr Dicker reported that very large signs had been erected at the entrance to Little Mounson. Cllr Coren will speak with the landowner.

22. To receive a report from Councillor Way (DCC), (for information only):

Cllr Way was not present.

23. To receive a report from MDDC Councillors (for information only):

Cllr Coren reported that it was difficult to obtain information from MDDC officers as many had been seconded to Covid-19 grant funding. MDDC has given out £18 million in grants to local businesses to provide relief during the lockdown.

24. Correspondence: to receive a report from the Clerk of correspondence received:

There was no relevant correspondence of which Councillors were not already aware.

25. Dates of Next Meetings:

13th July, 14th September, 12th October, 9th November, 14th December

Situations Vacant

Parish Council Casual Vacancies

Cheriton Bishop Parish Council

Notice Is Hereby Given that following an uncontested Parish Election the Parish Council now has 2 casual vacancies to fill by co-option. Do you have a few spare hours each week to make a difference? Become a Councillor and have a say in what happens where you live.

- Be involved in decision making, community projects, local planning applications and other issues affecting your community
- All you need is time, enthusiasm and to enjoy working as part of a team
- No experience is necessary – support and training will be provided

To become a Councillor you must be at least 18 years old and meet citizenship, residence and other criteria. To apply or for more information please contact: Rachel Hodder, the Parish Clerk by email: clerk@cheritonbishop-pc.org.uk or call: **01363 85523**

Extended closing date for applications: **Friday 10th July**

Help Wanted

Overseeing the Advertisements for the Parish Newsletter

We have been overseeing the Advertising Section of the Newsletter for many years and we now think that the time is right to hand on the baton. We are looking for some one, or preferably two who would work together, to take over.

It is not an onerous job and for most of the year there is very little to do. The busier time is towards the end of the year when renewal letters and invoices are sent out.

We feel it is useful for two people who can work together to take the job forward, simply because it is good to be able to double-check details with someone else, especially at the time of year when all the renewals come in.

We are both willing to help with the changeover and be available to show what we have done in the past. However, it may be that YOU, yes you, would be

happy to take on the job and completely alter the way it is done to make it more streamlined, straightforward and perhaps use more technology to make it work more efficiently!!

Talk to your friends or neighbours or relatives and see if there is a pair of you out there that would enjoy taking on this community task – it can be good fun!

Many people, both advertisers and readers, have said how useful they have found this part of the Newsletter so please come forward to keep it going.

If you'd like more information do get in touch:

Patience Netherway - **01647 24350**
netherway42@gmail.com

Jan Mitchell - **01647 24405**
janmitchell50@hotmail.com

Classified Ads

WANTED: Any amount of scrap lead; to cast balls/bullets for antique guns that I collect and fire. Even a tiny bit helps. Preferably free but willing to pay something if a big amount. Paul Mitchell, Underhill. Call: **01647 24405**

SELLING SOMETHING?

If you want to list something to sell in the Classified section of the Newsletter, contact Lucy Cooper: cheritonnews@gmail.com

NEWSLETTER CLASSIFIED ADS...

It costs just £1 per line to advertise in the Classifieds. Please include a contact number

Yellow Pages

Advertising in 10 issues:

¼ page advert = £45

½ page advert = £90

Your ad should be supplied in A4 size (portrait for quarter page, landscape for half page) so that we can re-size the artwork to fit our template. We cannot print adverts with a black/grey background or with large blocks of black/grey. Adverts will be printed in black/white and greyscale. Please contact **Patience** on **01647 24350**

Just for Fun! Origami

To make your origami Fortune Teller, start with a square of paper:

