

Copplestone *Enlightener*

DECEMBER 2023

Copplestone Community Choir



After our summer break, the choir resumed practices in September and has continued to grow as we now have over 60 singers!

In November, the choir sang at two pre-Christmas events, one at Bernaville Nurseries as part of their Christmas Open Evening and the other at Bow Christmas Market. The choir enjoyed singing at both venues and were also able to do some festive shopping!



Singing at Bernaville wearing our new choir T-shirts

If you would like to hear the choir sing, we have two more singing events coming up:

Chawleigh Christmas Tree Festival
Thursday 14th December, 7.30pm
at Chawleigh Village Hall EX18 7HH.

This should be a lovely event and help to get us all into the Christmas spirit.

Copplestone Community Carol Service
Sunday 17th December, 6.15pm
at Copplestone Church.

A lovely popular evening with carols, readings, choir, quartets, refreshments and more.

Copplestone Community Choir welcomes singers of all ages, men and women, music readers and non-music readers. There are no charges and apart from singing, we also enjoy a short social time for coffee and cake mid-way through our practice times. We sing a variety of songs and practice on Thursday evenings, 7pm - 8.45pm, at Copplestone Methodist Church.

If you enjoy singing and are interested in joining us, please do get in touch or just come along on any Thursday as you will be warmly welcomed. For more details please email: lunn.family4@gmail.com or Tel: 07814 372828.

Suzanne Lunn



Copplestone Church

Sunday 10th December
10:45am & 5pm

Gridzone Christmas Play
'The Magical Christmas Jigsaw'



Sunday 17th December
6:15pm - Community Carol Service
with Copplestone Community Choir

Christmas Morning Service
10:30am - Family Service
Very informal, suitable for all ages

Wishing you all a joyous Christmas
and a peaceful & happy 2024.



1st Crediton Scouts
Christmas Post



Do you have Christmas cards to deliver locally?

1st Crediton Scouts offer a postal service within Crediton town and the villages of Copplestone and Newton St Cyres

Stamps cost £1 for 3, or 40p each
(cash only, please try to have correct change)

Our special stamps are on sale and cards can be posted at Crediton Courier office, CJ Interiors, Age Concern, Crediton Congregational Church, Copplestone Farm Shop and Quikes Farm Shop. Additional post boxes (no stamps) at Morrisons, Tesco and our tree at the Christmas Tree Festival.

Alternatively, from any of our Beavers, Cubs, Scouts and leaders.

Stamps / posting also available to Copplestone Primary School families at the second-hand uniform sales

Last posting date: 13th December

Cards will be delivered by the Beavers, Cubs and Scouts
16th - 18th December

If you have any queries, or know of an elderly / housebound local resident who would like us to collect post from their home, please call Helen 07814 977693 or email helen.olsson@middevonscouts.org.uk

Copplestone Parent Teacher Association



We are pleased to say that Becky Guy and Katy Manns have stepped forward to fill the role of Chair and Vice-Chair. Gill Everitt-White has come forward as the PTA secretary. However, we are still seeking someone to take on the role of PTA Treasurer, please get in touch if you can help, this is a vital role which needs to be filled in order for the PTA to continue.

We have had a busy start to the year, in October, we supported the schools Grandparents Tea Party for Harvest.

We are delighted to report that our first BAG2SCHOOL collection of this year weighed a whopping 450kg meaning we received £225. This is AMAZING!! A big thank you to everyone who donated! Look out for the date of our next collection which will be in the Spring.

Thank you to all the families who have supported the school by purchasing Christmas cards and other gifts which feature their child's design. For every purchase we earn 23% commission, this year we have raised almost £200.

We have also designed a school tea towel which features a self-portrait of every child in the school, they are now available to purchase from the school reception: £6 for 1, £10 for 2, or £13 for 3. Again, all profits raised go back to providing trips and experiences for the children.

In December, we will be supporting the school by providing refreshments, hot drinks, non-alcoholic mulled wine and mince pies at all the Christmas performances.

Lastly, we have been informed that we will be having a special visitor on the last day of term!

Thank you so much for your continued support.
Lisa Camp CPTA Treasurer
 Email: pta@copplestone-primary.devon.sch.uk

Piglets Baby & Toddler Group



Piglets is a community run Baby and Toddler Group which runs on Wednesdays from 9.15am at the Copplestone Church Hall; entrance door and parking is around the back of the church.

We have a variety of age appropriate toys out for the children to play with and there is a separate space for small babies to lie down if needed. There are also craft activities and we try to tailor these if there are upcoming holidays/celebrations. The children will be enjoying Christmas crafts throughout December.

We end the session with some nursery rhymes and the children love to join in with musical instruments. Snacks of fruit, a biscuit and drink are provided for the children and there is always plenty of tea and cake for parents and carers.

We are a really friendly and relaxed local group who love to welcome new and regular faces. We run every Wednesday during term time from 9.15am -11.30am for babies and children up to school age (and their parents/carers!). The first visit is free and then £1 for children under 1 year, £2 for children 1 year and older or £2.50 for a family.

The new volunteers are Sophie Browning, Mark and Becky Williams, Becky Bridgeman and Pebbles Bird. We look forward to seeing you there!

Sophie Browning

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Copplestone Primary School



It has been a very busy term at school and the children have taken part in some enriching learning activities. Year 6 visited Exeter to learn more about the impact of World War II, as well as visiting the war memorial to lay a wreath on behalf of the school, which they did with great respect. Year 5 saw some real mummies at Torquay museum – this was a highlight of their topic on the Egyptians. Year 4 have been busy learning about the Roman invasion of Britain, and have visited the museum, as well as created their own brilliant Roman catapults in their technology lessons. Year 3 has been to explore the wonderful Eden project and they have found out all about the history of chocolate. So there has been a real focus on learning about the past this term.

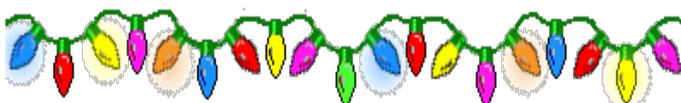
Our youngest children are off to the theatre soon as we believe that seeing live performances really helps to enhance the children's learning. Finally, our love of music continues at Copplestone with Year 2 having an amazing drumming workshop in school. We are getting excited for the end of term festivities at school, including some special nativity performances and lots of carol singing!



The highlight of the term must go to our talented tag rugby team, who won the Crediton tournament earlier this term. They showed excellent sportsmanship and commitment and we are very proud of them.

The early years outside learning area is being refurbished as I write. This is going to be an amazing space for children to take their learning outside, and be creative with their play. We welcome visits to the school for prospective families and pupils, and would love to show off this new learning space which will be ready for reception class very soon. Please do get in touch with the school office if you would like to visit us in action.

Mrs Alison Mackey - Head of School



Copplestone Pre-School

Open Monday to Friday 9.00am to 3.30pm Term Time Only



Children from 2 – 4 years accepted, two-year-old funding, 15-hour universal funding and extended 30 hour funded entitlement available. We have strong links with the primary school with access to large outdoor areas including forest school. If you would like to come and have a look around or for a parent information pack, please contact the Pre-school Administrator on 01363 84265 or email pre-school@copplestone-primary.devon.sch.uk

Spaces available for the Spring Term (January 2024)



Copplestone Farm Shop

Open Monday-Saturday 8am-5pm
Sunday 10am-3pm



Orders now being taken for
**Christmas Turkeys, Meat boxes,
Veg boxes & Hampers**

Home deliveries available
01363 530764

copplestonefarmshop.sumupstore.com

COPPLESTONE Children & Youth



As a church we don't celebrate Halloween, but choose to celebrate God's light instead. So, on the 31st October, we ran a drop-in light party for primary school aged children. Between 4pm and 5:30pm at the church we had craft, games, music and even a bit of food too and every child that came received a little goodie bag to take home. From 5:30pm to 7:30pm we held a pop-up light party on Sunnymead where we served free hot chocolate for anyone passing by and gave out more goodie bags. We also had a memory board where people could remember loved ones. A huge thank you to all involved in making these events happen and thank you to all who stopped by.



Back in October, we took a group of youth from across the circuit to The Gathering which took place at Belmont Church in Exeter. The Gathering exists to create space for young people to connect with others, worship together and grow in their faith in God. The theme this time was about staying hungry for God at home and we spent part of the evening exploring more about the Christian lifestyle from serving others, giving, worship and sharing our faith. It was a great evening and we'll be taking another group to the next event in February.



In early November, a group of 13 primary aged children from Copplesstone and Morchard Bishop attended the latest Gathering Kids event, which was again held at Belmont Church. The theme was all about knowing Jesus and showing Jesus, the light of the world. The kids had a great time through games, activities, craft, group discussion and worship and we'll definitely be back in March next year for the next event.

Copplesstone Church Premises

Available for hire (not Sundays)
with fully equipped kitchen.

For more details or to book please contact

Eunice Petherick

Tel: (01363) 881029

Email: bookingcopplesstonechurch@gmail.com



In Kidzone, our Sunday morning sessions have covered a variety of topics since September, from how and why we should forgive others to the reasons why we might be tempted to lie. We've also taken time to look at some of the people involved in the very first Christmas and more recently we've been busy rehearsing together with the youth for our **Christmas Play** which is taking place on **Sunday 10th December** at 10:45am and 5pm. All are welcome to join us.



It's been a busy term for our youth in The Grid. Back in September the youth led our morning service which was themed around loving our enemies, something that is easier said than done as it doesn't come naturally. The youth band once again led the sung worship and had further opportunities to lead in different settings. In October, the youth went to Bow Congregational Church to lead their morning worship and then in November the youth band led the sung worship at The Gathering Kids in Exeter.



In between all the various events and services, the youth have been working through a series focussing on the Psalms in their normal Sunday morning sessions. The Psalms are amazing to read as they remind us of so much truth even in adversity, yet the writers are often brutally honest about their circumstances and feelings. Yet they always point back to God who is with us in every situation and stage of life.



Youth Club

The first Friday in October saw the return of our youth club for those in school years 6-11, following the summer break. We kicked off with a typical night including games consoles, pool, table tennis, table football and the all-important tuck shop. In November we ran our Bonfire event, which included a fire pit out in the car park where the youth toasted marshmallows, and inside we had hot dogs, hot chocolate and games including light up 10-pin bowling. We're meeting again on the **1st December** and always happy for new faces to come along. If you'd like more information or to book a place, contact me youthwork@copplesstonechurch.org.uk.

Mark Williams, Children & Youth Worker
youthwork@copplesstonechurch.org.uk



The Greatest Christmas Gift ??



Two young boys were spending the night at their grandparents' house the week before Christmas. At bedtime, the two boys knelt beside their beds to say their prayers. The younger one began praying at the top of his voice:

"I PRAY FOR A NEW BICYCLE..." "

I PRAY FOR A NEW NINTENDO..." "

His older brother leaned over, nudged him and said, *"Why are you shouting? God isn't deaf!"* to which the little brother replied, *"No, but Grandma is!"*

Perhaps you remember growing up and experiencing that restless anticipation on Christmas Eve, with the hope that you are going to receive that gift that you've been wanting all the year? Or that sense of excitement when you saw a wrapped present under the tree that looked like it could just be the right size and shape of the latest toy that you've set your sights on all the year?

As a Christian I've heard many times (especially as a child) how Christmas is not about gifts! At 42 years of age I have come to realise that the exact opposite is true! In the Bible we read that *'God SO loved the world, that he gave his only son, Jesus, so that whoever believes in him will not perish but have eternal life'* John 3v16. For me, Christmas is a time to remember the amazing gift given to us by God. A gift that, unlike my highly desired toys of old, does not fade with time. It's a gift that never disappoints. In fact the gift of Jesus is the greatest gift that was ever given, a gift that brings fulfilment, hope and love to all those who accept it. But the thing that I find most amazing about this gift is that, even 2000 years after it was first given, the gift of Jesus Christ is still available to us today. Through Jesus we have hope, acceptance and a way to God the Father.

So this Christmas let's remember that the greatest gift of all time has already been given, and is freely available for all. The gift of Jesus Christ.

Sean Schofield.

On behalf of Coplestone Methodist Church.



A date for your diaries:



Fair Share

Coffee Morning

Saturday 9 March, 10.00 – 12.00
Coplestone Church Community Rooms

Fair Trade Coffee/Tea/Tasters
Young Person's Activity
Cake Stall
Nearly New Stall



THE FARMING
COMMUNITY
NETWORK

For more information
Contact Anne or Martin
01363 84679 or 07484 263574



FAIRTRADE
FOUNDATION



Coplestone Church

Every Sunday there is a worship service starting at 10.45am with contemporary Christian music. There is also a more traditional evening service starting at 6.15pm.

*Both services include Bible readings, prayer and a Christian message.
All are welcome.*



You can also find us online @
www.coplestonechurch.org.uk
and click 'Online Services' or find
'Coplestone Methodist Church' on YouTube.

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Home-Start



Exeter, East & Mid Devon

Being a parent has never been easy. It can be lonely, frustrating, overwhelming and life-changing events can happen to anyone. All parents struggle at one time or another and that is why Home-Start is ready to support families through their toughest times. Home-Start volunteers support families with individual one-to-one home-visiting and work alongside families experiencing challenges such as poor mental or physical health, loneliness and isolation, financial worries, lack of confidence and the feeling of being overwhelmed - just two hours a week can make a big difference to a parent and their children. Our service is based around the principal that volunteers offer no judgement, just compassionate, confidential help and support.

If you are a parent with small children and you're struggling, you can self refer to us; just send a message at <https://homestarteemd.org.uk/contact-us/> or call us. You must have a child aged 5 years or under in the family, and not have an open child protection or child in need order.

We have a number of volunteers supporting local families in Mid Devon, but we are always seeking more. If this sounds like something of interest to you, visit <https://homestarteemd.org.uk/volunteering/> or give us a call and we will send you some information.

Home-Start Exeter, East and Mid Devon
 Email: office@homestarteemd.org.uk
 Telephone: 01395 542298

Saint Boniface Concert Society



Piano concert & AGM – Sunday 28th January at 3pm.

The Society's AGM will take place on 28th January 2024, at 3pm, at Crediton Parish Church, EX17 2AH, accompanied by a **FREE piano concert** by a talented young performer with strong local connections. Robin Stephenson, currently a student of mathematics at Sheffield University, is also a passionate classical pianist with a wide repertoire from Beethoven to modern. He was the soloist in Gershwin's Rhapsody in Blue at Exeter Cathedral in 2022, and also winner of a New York competition for amateur pianists. We look forward to an exciting recital from him, which promises to be varied and fun. Crediton Parish Church has free parking and disabled access. Refreshments will be on offer. The Saint Boniface Concert Society is a local charity devoted to bringing top-flight musicians to play in Crediton.

Caroline Romijn



THE HEART OF DEVON PRESENTS...

Rebekah Ryan
REBEKAH RYAN



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The Café Coppleshone Church Community Room Thursday mornings



Coppleshone community café is a hidden gem in the quiet village of Coppleshone. Located in the rear hall of the Methodist Church, we are open from 9am to 12 noon on Thursdays and we serve café style coffees, teas or a luxurious, hot chocolates.

It's not just drinks that we serve. There's also delicious home-made cakes by a team of certificated bakers or you could have a toasted teacake. So, if you fancy a slice of lemon drizzle, flapjack or some other yummy cake, do come along - you will be most welcome.



There is no charge, however, a donation to a local charity of the month will always be welcome but not essential. In recent months we have donated to the following charities:

- August - £110 to Devon Air Ambulance Trust**
- September - £150 to Coppleshone Piglets**
- October - £95 to ELF (Crediton Branch)**

We have a variety of playthings - so whether you're a mum or dad with little ones and want to chat with other parents over a drink or whether you're an older person who fancies a bit of company in the warm, then this is the place to be.

The team (all volunteers) make a simple promise to all who visit, that is to provide great coffee, delicious food and a warm welcome. We open every Thursday apart from one week at Easter and one week at Christmas. This year we will be closed on the 28th December.



Why not drop in and say hello to our friendly team and experience this hidden gem for yourself. For more information about the Café please contact Lulu. We look forward to seeing you!

Lulu Couchman
07727 693099

Lighting Up the Parish



Once again our bi-annual event was blessed with a window of very decent weather, which enabled everyone to lift their eyes to the heavens, and witness another spectacular firework display, whilst being warmed by the intense heat of a huge bonfire. The torchlit procession from the School was led by the inimitable Great Western Morris Dancers, who entertained the crowd and encouraged a number of the children and adults to take part in a 'mass jig' called Princess Royal before the Procession headed off for the Display at Dulings Farm.

This year our regular Food Tent and Licensed Bar was supplemented by the Farm Shop remaining open, as well as selling locally produced beef burgers on their barbecue. We know that at least 500 people had something to eat that night! We had over 1,700 people come through the gate and we are pleased to announce that we raised a little over £6,300 for the Coppleshone Recreation Association (CRA).

Of course, we cannot now run an event of this size without there being some impact upon local traffic and access, albeit very temporarily. It would defeat the object of it being a local event if we were to try and move the venue out of the village, and most people we talk to far prefer that people just cope with whatever inconvenience and minor disruption occurs, knowing that it is short lived, and the benefits to the community far outweigh any negatives. Having said that, we do continue to learn from each event, how we can improve things for people, so for example, now that we are attracting more people from outside the Village, we need to be arranging for there to be accessible toilet facilities.



We do rely so much upon the good will and practical support from so many people to put on an event like this, so I do wish to thank the following for their time and assistance: Chris Murray and Craig Stanbury for setting up, organising and

running the magnificent fire work display; Roger Pennington and Charles and Hilary Edwards for the use of Dulings and the event field; Lizzie Laessing for use of the Food Tent and Barn, Rose Removals for all the pallets and other bonfire material; and finally to all the Marshalls, Food Tent and Bar Teams for their unstinting work. Looking forward already to 2025!

Dave Brassington
On behalf of the CRA Fundraising Team.

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Sustainable CREDITON



Local events since the summer:

Big Green Fair (Saturday 23rd September). We welcomed old friends as well as new stall-holders including FORE (the Friends of the River Exe), Graham Ley of 'Recyclables' with renovated bikes raising funds for Devon Air Ambulance, and CAG Devon with a recycling game. We were delighted to support the re-launch of the CREDITON Repair Café, and we showcased our own project, #Patchwork CREDITON, as well as the work of the Makers' Boutique, our Community Larder, and the Mossy Carpets Project.

Bug Hotels Giveaway (Saturday 21st October) was a great event: CREDITON is now the richer for an assortment of new bug hotels.

#Patchwork CREDITON – this project has run successfully over a period of weeks, bringing people together to upcycle old textiles into attractive tote bags, re-using fabric to avoid landfill.

CREDITON Repair Café has its second session scheduled for Saturday 25th November, at the Elephant on the Green, just as this paper goes to press. Watch out for forthcoming sessions – normally the fourth Saturday of the month. There will be details in our newsletter and on our Facebook page.

Tree, Woodland and Pollinator: Our Woodland Management Group have met three times so far this Autumn to do coppicing (in return for free firewood); the tree team have held a 'Tree Care Day' to look after trees planted in previous years, and the Pollinator Group have been doing Autumn maintenance on the plots around the town.

Community Allotment and Community Larder: teams have continued work with impressive results. More volunteers are very welcome for either group.

Autumn campaigning:

Representatives of Sustainable CREDITON attended the South-West Unite to Survive climate rally in Bath on 21st September, and reps also attended a meeting with Mel Stride on Friday 10th November to raise climate issues. Sustainable CREDITON is very glad to have incorporated the CREDITON COP26 Group as our Climate Action Team.

Next dates for your diary:

Saturday 2nd December 10am - 1pm – Our Hub in the Town Square (now officially known as 'The Sustainabubble' – will have an open day focussing on local sustainable food.

Saturday 2nd December 9.30am - 12 noon at the Congregational Church: A Clothes Collection for Refugees Everywhere. Clean clothes, especially men's; shoes, trainers; basic toiletries (soap, toothpaste); sanitary products; sleeping bags & blankets.

Saturday 24th February – 11am – 2pm at the Boniface Centre: 'Share, Grow, Eat' – Sus Cred's annual Seed Share. Please come along to donate seeds or collect donated seeds and plants. Swap or donate. A lovely event with refreshments.

Thursday 14th March – at the Congregational Church: a talk on swifts and how to support swift populations.

If you would like to get involved or join the mailing list for our newsletter, please write to: info@sustainablecrediton.org.uk

*Caroline Romijn (Secretary)
(07720 775326)*

Wildlife Warden Scheme



If you are looking for opportunities to get involved in, or even lead wildlife care projects in your local area or you are looking for opportunities to connect with your community, friends and neighbours, then do get in touch with:

Jess Carter
at the Mid Devon Wildlife Warden Scheme:
wwcoordinatormiddevon@gmail.com
Tel: 07722 301375
www.middevonwildlifewardenscheme.co.uk

The Wildlife Warden Scheme is a support scheme for volunteer groups and offers training, networking, talks and information for local people wanting to protect wildlife, work on local environmental projects and generally boost the natural world in the local places and spaces that they live in.

Jess Carter

SUSTAINABLE CHRISTMAS

1. QUALITY OVER QUANTITY
2. SUSTAINABLE MATERIALS
3. EXPERIENCES OVER THINGS
4. SHOP LOCAL
5. GIFT REUSABLE ITEMS

Looking for somewhere to keep pigs near Coplestone?

RING 07966197811

Well here we are once again heading into winter after a somewhat changeable summer. Days getting shorter and options to do things limited. So, why not give the Crediton u3a a go! It will get you out of the house and into a convivial meeting once a month at the very least and possibly more if you join one of the interest groups listed below.

We are an organisation open to all with monthly meetings held at the Boniface Centre where for the price of £1.50 you can have a tea or coffee, biscuit and attend a talk presented on a variety of topics, usually illustrated by pictures or slides. In the past couple of months we have had presentations on "The Cosa Nostra" in October and "A Century of Water Quality" in September. Looking forward to the new year we kick off with:

Wednesday 17th January

Talk - "Refugees and Asylum seekers in the UK"

Wednesday 21st February

Talk - "Battle of Britain (outside London)"

Wednesday 20th March

Talk - the intriguing "Medical Detection Dogs"

Beside these monthly get-together's we also run a set of interest groups which meet once a month at various venues around Crediton. Currently you can join groups which include Cycling, Walking (Long, Medium or Short lengths), Bird Watching, Book Groups, Carpet Bowls, Boules, Craft Groups, Energy Action, Ukulele Playing. For the more just convivial events, we run Monthly Coffee Morning get togethers at the cafe in Mole Avon, two Pub Lunch groups (a Sunday one and a Friday one) and also a Wine Appreciation group. Hopefully we will also be restarting a set of visits to places of interest following a break in this activity due to the covid period, and there may well be another couple of groups starting soon. So come along and find out more.

The annual fee to join the u3a is just £12 and this will give you access to all the above various sub groups, as a full member you can join in any of the above activities, the opportunity is to have a "taster" session at any of them before deciding to actively join the group. Most groups do not have any extra costs involved in taking part other than materials for the craft groups and of course the cost of the meals for the pub lunch groups.

We are actively looking for new members to join us and perhaps enlarge the set of groups we run. So, if you have a passion or interest in something not listed above and think that you might find a bigger audience with the 300 or so members we currently have, please feel free to come along to one of the monthly meetings, see what we do and perhaps think about joining with us and starting an interest group. Full support can be given in the starting up and advertising of any new groups proposed.

Ian Fenn

<https://u3asites.org.uk/crediton>



Involve is part of Devon Voluntary Action (DeVa) and we work with existing and evolving charities, voluntary organisations, community groups and individuals across Mid Devon, to identify the needs and wants of the community and to help develop positive ways to enhance and build on the community's existing assets. We support the local community to become more connected and empower people to become active citizens.

How can we help you?

Are you part of a voluntary organisation, looking for support or training? We run informative and interactive workshops based on themes such as fundraising and grants, the role and responsibilities of a trustee, finance management and budgeting or mental health awareness.

Are you an individual looking for a group in your community? Our Crediton Community Builder is there to help signpost you to existing groups or help you set one up!

For more information please contact us:

<https://involve-middevon.org.uk/>

Facebook: <https://www.facebook.com/creditoncommunitybuilder>

<https://www.facebook.com/InvolveDevon/>

Email office@involve-middevon.org.uk

Telephone: 01884 210933



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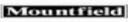


Please call us on 01363 84424
www.kjstoneman.co.uk












Thoughts of Christmas and New Year



Christmas and New Year are not only times to celebrate, but also to reflect. It is always alarming to note how quickly we seem to go from one year end to another but when you pause to see how much is crammed into that intervening period, it can be quite uplifting.

Not every publication produces a monthly edition so not all the publications that support the CA TNMWD advice columns show each one. However, very soon, they will also be put up on our website so still accessible to all. (www.ruraldevoncab.org.uk)

Our advice columns this year have focussed on a range of topics; shoddy workmanship, employment issues, the risks of being let down on holidays abroad, scams, dealing with cost-of-living issues, the perils and pitfalls of buying second hand vehicles – we have really covered a great deal of ground and it is hoped that sharing this information and sharing the access routes to our services has helped people.

Recognising the huge increase in demand for our services due to the cost-of-living crisis and seeing that the problems people bring to us are increasingly complex as a direct result of this and therefore take more time to explore, advise and resolve, we continue our drive to recruit and train more volunteers. We are always keen to hear from people who would like to volunteer with us and our trustee board is made up of volunteers too.

Trustees at CA TNMWD play a very active role in the running of the charity, attending four trustee board meetings a year, two strategy days where our strategy in moving the charity forward is discussed, as well as participating in specific working groups such as premises or workforce wellbeing. They also join the local office quarterly team meetings and the whole of organisation team meetings so they are an active bunch but if you would like to join them, we would like to hear from you. The experience of our trustees is very varied which is important in achieving balance in our decision making. Whether your interest lies in joining us as a volunteer or in joining our trustee board, your first port of call is recruitment@ruraldevoncab.org.uk we very much look forward to hearing from you.

CA TNMWD is here to provide free, independent, confidential and impartial advice to anyone who needs it and increasing numbers of people are turning to us for help. Our website provides links to some key areas as well as options to contact us and request advice via email www.ruraldevoncab.org.uk Our local AdviceLine is free, just call 0808 27 87 999.



Love



Hope



Joy



Peace

Copplestone Parish Council



Highway issues within the Parish

Copplestone Parish Council have made a formal complaint about the road network at the Farm Shop and traffic lights. Devon County Council were invited to meet the Council at the November Meeting, but no response was ever received. DCC Highways have informed us that the road network is due to be resurfaced in the next financial year. The Parish Council find this unacceptable and will continue with our complaint.

The Parish Council have 2 vacancies and would like to hear from any resident about joining. Please contact the Clerk.

Below is a list of Current Parish Councillors for Copplestone.

Graham Turner - Chairman
Jeremy Bore, Stephen Faulkner
Carla Shaw, Stuart Penny
Kyle Eastman, Adam Youngs
Vacancy x 2

District Councillors

Cllr Stuart Penny & Cllr Natalie Letch

County Councillor

Cllr Frank Letch.

Meetings

Copplestone Parish Council meet on the 1st Tuesday of the month and hold an open forum for members of the public to attend and voice their views on matters within the Parish. Meetings start at 7pm.

If anyone has any issues that they wish to raise with the Parish Council, please contact the Clerk on copplestoneparishcouncil@gmail.com.

Christopher Voaden - Clerk



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North Tawton
EX20 2DH

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Selection of local hardwoods

www.ashridge-court.co.uk 07872 598659

Copplestone Gardeners



The Copplestone Gardeners Harvest Special was indeed a special event. On offer for tasting were a myriad of delicious morsels. Blackcurrant curd, gooseberry cake, apple cake and several jams catered for the sweet toothed. Savouries included squash hummus, chutney and confit garlic with a seasoning of Szechuan pepper. A great turn out and some great garden chat as well.

In case you are wondering the Szechuan pepper was grown in a Copplestone garden, it seems unlikely but this shrub thrives here. Szechuan pepper has a citrusy, spicy flavour and an interesting numbing effect on the tongue and lips. It is also said to enhance other flavours and to give you a spiritual lift! The shrub will eventually grow to 7m but is easily pruned to size. It is also prickly, giving it the common name prickly ash. Plants are available online from Otter Farm.

Looking ahead now we are moving in to what is the quietest gardening season. Time to enjoy Christmas and garden at a less frenetic pace.

The garden in winter however, is there to be enjoyed as much as in any other season. Whilst the spring and summer garden is full of activity from growth and flowering the winter garden slows down and offers time to reflect and plan. Many of the larger gardens open to the public now have a specialist winter garden. Rosemoor is perhaps the closest example.

Whilst few of us have the space to create a dedicated winter garden it is possible to inject some winter interest into the smallest garden by plucking one or two ideas from these specialist gardens. The dogwoods often have colourful stems, if planted in front of an evergreen shrub they will light up a dull day and form a winter enhancing vignette to admire from a window. Add some snowdrops and daffodils to extend the interest into the first days of spring.

Whether planting a new Szechuan pepper plant or going out to enjoy a winter garden for inspiration, have a wonderful Christmas and a good New Gardening Year.

Christine McSweeney
christine.mcsweeney@gmail.com or Tel: 84605



Tarka Line News



Following a successful set of submissions by various organisations and individuals including the Tarka Rail Association, the government and train operating companies have withdrawn their proposals to close most of the station booking offices on the English rail network including those at London termini. The consultation with the public was coordinated by Transport Focus. They received 57,825 representations on the GWR proposals. There were concerns over the ability of the following stations to cope with sales demand at high-peak periods: Barnstaple, Bridgewater, Bristol Parkway, Didcot parkway, Maidenhead, Reading, Swindon and Twyford. There were also 257 petitions. The top three themes in responses were concerns over the ability to buy tickets in future (including difficulties in using TVMs), the provision of information needed to plan journeys (including during periods of disruption) and how passengers requiring assistance would receive help and support. The common theme running throughout responses was the role, and value, of staff in delivering all of these.

The Devon and Cornwall Railcard has now become available digitally as well as physical. To purchase the card you will need a valid debit or credit card, proof that you are a permanent resident of Devon or Cornwall, a passport style photo and if buying for someone else the railcard holders details including their email address. It can be purchased at <https://railcards.gwr.com> and offers a 1/3 off your rail fare, 1/3 off for a friend and up to four children can travel for £1 each providing all are travelling together. It costs just £12 and is valid for one year from date of purchase. Purchasing one should be an approximately ten-minute process and allows discounted fares to destinations in Devon and Cornwall.

Alan Clark
Stations Officer and Secretary Tarka Rail Association



Elephant on the Green 14 St Lawrence Green, Crediton

**stop by for a pot of tea
when you're coming
this way**

OPEN Thursday-Sunday 10am-4pm

also available for daytime and evening hire
private, business and community groups welcome

NB: dogs welcome, with well-behaved owners!

National Trust

News from the Moor

It has been a brilliant season at all of the places in the care of the National Trust across the Moor. Despite some very wet days in July and August visitors seemed to enjoy their days with us; whether that was to watch the machinery of Finch working or to soak in the sights and sounds of the Devil's Cauldron at Lydford. We have also hosted community wellbeing photo walks at Finch Foundry, Lydford Gorge, Parke and Fingle Woods, welcomes school groups for visits, linked up with DNPA at Parke to learn about the river and make natural boats and visited an area of peatland restoration above Okehampton.

This is one of my favourite times of year when rare sunny days feel like a treat before winter really starts to kick in. We have now moved into winter mode with Lydford Gorge and Finch Foundry closed until next year and the Parke estate and Fingle Bridge woods open all year round for those of you needing fresh air and exercise.

Before we know it, Castle Drogo will be decorated in a traditional style ready for Christmas. We are fortunate to have lots of photos, letters and diaries which tell us how the Drewe family decorated the castle and we try to match their style as much as possible. With the backdrop of the gorgeous architecture, it makes for a little piece of magic. The castle is open every weekend in December but please check the website for full opening times. There are rumours that a jolly chap in a red coat with a big beard will be visiting us too!



At Castle Drogo, we have a full close down from 8th January when all the behind the scenes work takes place with floors polished, deep cleans and maintenance completed. This includes the visitor centre, garden, café and shop. The estate remains open at all times, but you won't be able to get a cuppa afterwards so make sure you bring a flask. We then re-open in full from 5th February.

Finally, a huge thank you goes out to everyone for their support this past year. All of our visitors are great of course, but we especially like to welcome our neighbours who pop in regularly and chat with the teams. I would like to say a special thank you to our incredible volunteer team who share their love and knowledge of these places every day. We really could not do it without them.

Paula Clarke
Volunteering & Community Manager, Dartmoor
07826 945107, paula.clarke@nationaltrust.org.uk



Lifeline Alarm Service



A Lifeline alarm provides help at the touch of a button 24 hours a day, 365 days a year. The service provides peace of mind to people who feel at risk in their own homes. It gives people the freedom to live their life independently knowing that they can obtain assistance when they need it. The technology consists of an alarm unit connected to the telephone line and a button to call for assistance if:

- you have become immobile or incapacitated;
- your security is being threatened or,
- you are suffering from a medical emergency.

The alarm is also supplied with a wireless pendant worn around the neck or wrist allowing help to be summoned from anywhere around your house or garden. Calls for assistance are answered by specially trained staff who will immediately contact family members, friends or neighbours nominated by you for help. In the case of a medical emergency, the appropriate emergency service will also be called.

The Lifeline alarm service is available to everyone in Mid Devon. However, you will need to have a telephone socket with an active landline near a three pin electrical socket. Our prices have recently increased to £47.16 per quarter and a one off installation fee of £40.

We also offer:

- Key safes
- Big button phones
- Bogus caller buttons
- Fall detectors
- Flood detectors
- Fashion watch with alarm compatibility
- Mobile alarm
- Safe socket
- Smoke detector
- Temperature detector
- Wireless Carbon Monoxide

For more information about how it works and the costs, please contact our Lifeline Alarm Service on 01884 234383 or email lifeline@middevon.gov.uk
Tracy Stubbs, Telecare Officer MDDC

**I REALLY DON'T
MIND GETTING
OLDER, BUT MY
BODY IS TAKING
IT BADLY.**

Crediton ELF Fundraising Group



In September, we had a successful Big Breakfast in Coppleshstone; thank you to everyone who came along to enjoy a delicious cooked breakfast and for all the helpers on the day.

In October, we had another popular meat bingo at Crediton Football Club; again thank you to our regular bingo supporters.

In November, we held our annual quiz night at the Boniface Centre in Crediton. We had 17 tables of quizzers who enjoyed a variety of a quiz rounds to test their knowledge including a music round. With a bar, pasties, raffle and auction, the evening was a great success and raised over £1,000 for ELF.



ELF Quizzers



ELF Bar Staff



ELF Kitchen Helpers

As we write, we are looking forward to our comedy night at Bow Village Hall on 25th November with the Cornish Comedian, Johnny Cowling. The event is already fully booked and should be a great evening full of fun and laughter.

Coming up, we will have an **ELF Craft Stall at Morrisons, Crediton on Tuesday 5th December, 10am - 2pm.** Please do look out for us and perhaps treat yourself or others to some lovely festive craft items.

We have our **Christmas Meat Bingo on Wednesday 13th December** at Crediton Football Club. There will be some great Christmas themed prizes and raffle. Eyes down 7.30pm.

Thank you to everyone who has supported any of our ELF events during 2023.

The Crediton ELF Team



Coppleshstone Walking Group



The walking group meet the 1st and 3rd Mondays of the month.

Walks vary from local to further afield. Recent walks have included Crediton Golf Club, Zeal Monachorum, Tiverton Canal and two train trips to enjoy walks at Barnstaple and to Exmouth where we did a conga on the beach and enjoyed Pudsey buns to support Children in Need!



We are a very informal and friendly group and walking routes are led by different group members. Walks are typically 4 - 5 miles, over 2 - 3 hours, with a refreshment break mid walk. We sometimes enjoy a pub lunch or café stop at the end of the walk.

These walks provide an opportunity to enjoy our countryside, get some fresh air and exercise whilst enjoying the company of others.

*John Lunn (Walking Group Coordinator)
lunn.family4@gmail.com*



EAT. DRINK. STAY. RELAX.

The New Inn is an award winning 4-star B&B and pub nestled in the heart of Coleford, just outside of Coppleshstone. Pop in and say 'Hello' to Captain, enjoy a drink and good food, whilst you catch up with friends and family.

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thenewinncoleford.co.uk

Down St. Mary Church



We were all deeply saddened to hear of the death of Rev'd.

Robert Gordon. He will be greatly missed for his endless enthusiasm, dedication to his calling and his love of God. Our thoughts and prayers are with his family at this sad time.

We had two weddings in September. On the 2nd, the wedding between Emma Rabin and Chris Vennelle was held; conducted by Rev'd Robert Gordon. The couple left the Church to the Wedding March and the bells rang out the happy union. Then on the 9th, Jennifer Keenor and Jack Cornwall were married by Preb: Peter Rapsey. Again, the bells rang out celebrating the happy occasion. We wish both couples every happiness in their future lives together.

On Sunday 17th September, we held our Harvest Festival Service, led by Fred Cann. The producers of food for our tables were thanked during our prayers for all their hard work throughout the year. Generous donations of tinned and dry goods from the congregation and the community were also presented for the Crediton Foodbank. The collection of £128.40 was also donated to the Foodbank.

What a truly fantastic response to the House of Opportunity **Christmas Shoe Box** appeal for 2023. In total **95 boxes** full of love, were donated by generous people within our Mission Community and Coppleshon Chapel. There were also donations of beautiful knitted items, (cardigans, hats, blankets) along with extra essential items, enough to fill 10 bags and boxes. Monetary gifts were also donated to help with transport costs. All these gifts of love were blessed by the Rev'd Robert Gordon, at our Mission Community Eucharist at Coldridge on 29th October prior to their journey to Eastern Europe from where they will be distributed to those in most need, the children, the elderly and the poor, in time for Christmas. A massive **THANK YOU** to everyone who supported this appeal.



Our **Carol Service** will be held at **6.30pm on Wednesday 20th December**. Join with your friends and neighbours singing traditional carols. It will be a truly festive atmosphere in a beautifully decorated Church. On **Christmas Eve at 4pm** Fred Cann will lead the ever-popular **Crib service** which is especially for children, but parents, grandparents and all the families and friends are also welcome. The atmosphere is electric with excited children who will help to 'build' the Crib as the Christmas story unfolds with carols and readings. Finally, at **9.30pm** we are joined by our friends from St. Mary's, Morchard Bishop for our **Christmas Eucharist Service** as we celebrate the Incarnation of Christ.

You are warmly invited to any of our services.

Nigel Fidock

St. Boniface Church, Knowle



St Boniface Church has two services a month as follows:

1st Sunday of the month
Holy Communion at 10.00 am

3rd Sunday of the month
Family Service at 10.00 am led by Fred Cann

In December there will be 3 services, 1st Sunday will be the usual Holy Communion.

On **Sunday 17th December at 6pm** we would like to welcome everyone to our **Carol Service** which will followed by mulled wine and mince pies.

On **Christmas Day** there will be a Holy Communion at 10.00 am.

All are welcome



Jean Pennington

Down St Mary Community Hall



On Friday 20th October, the hall committee hosted a Curry and Quiz evening. The hall was full, with an eager audience keen to display their combined wisdoms. Following an excellent curry, a quiz, compared by Rick, tested the teams on the depth (or not!) of their general knowledge.

On **Saturday 9th December, at 4pm**, there is a **Christmas Social** in the hall. There will be mulled wine and mince pies and a bar. I have it on good authority that **Father Christmas** is visiting **about 4.30 pm**. Santa has a very busy schedule that day but will stay to see all the children (under 11) and give them a gift. He then goes off to visit other places, so don't be late! Unfortunately, he will not be able to stay for the **Reindeer Racing** but I'm sure you will!!

Nigel Fidock



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Jack : 07904225234
Ricky : 07712177710

Crediton Parish Church



After the frenzy of events in August and September, things did calm down a bit at Crediton Parish Church (Holy Cross) in October and November. The big news was that the Crediton Benefice Parish Magazine won the top Gold Award for best black and white parish magazine in a competition run by the Association of Church Editors. This photo shows Rose Grisman, Editor, holding the award and certificate alongside the Rector, Revd Preb. Matthew Tregenza (photo courtesy Peter Brewer). The church raised around £1,000 for the charity Ripple Effect (formerly Send-a-Cow) at the Harvest Supper and hosted the Mid Devon District Council Civic Centre.



Events and services are again coming thick and fast following the St Nicholas Fair swiftly in November as the first of our Advent and Christmas Services takes place – the **Advent Procession on Sunday 3rd December** at 6pm. Services of particular appeal to children and families are the **Christingle Service** at 2.30pm on **Sunday 7th December** and the **Crib Service** at 4.30pm on **Sunday 24 December**.



Then this year's **Christmas Tree Festival** is being held from **Thursday 7th December to Sunday 10th December** and includes two concerts at 7pm on Thursday (Crediton Youth Orchestra with the Ad Hoc Singers in aid of Hospiscare) and Saturday (Holy Cross Choir). Opening times are 11am to 6pm (10am to 6pm on the Saturday) with the café open in the Boniface Centre from 10am to 4.30pm (Thursday, Friday, Saturday) and 2pm to 4.30pm on the Sunday. There are the usual stalls in church whilst in the Boniface Centre, you will find the Newton St Cyres Art Group exhibition, together with Bridge Books and an opportunity to 'Come and Ask' our curate, Revd Lewis Eden any questions you may have about faith and the world we live in. We are delighted that this year, Coplestone Primary School are decorating a Christmas Tree.

The new year offers the chance to come and try a service outside the choral tradition. We offer a simple mid-week communion service in the Lady Chapel every Wednesday at 10.30am followed by refreshments. This service has been warmly welcomed by those that find 9.30am on a Sunday too early to attend. There is informal all age worship in the Boniface Centre at 9.30am on the first Sunday of the month with music provided by our band of musicians.

We hope to see you at Crediton Parish Church in the coming weeks.

Anne Jerman

Beacon Church New Buildings



Our popular **Christmas Carol Service** will be held on **Sunday 17th December at 4pm**. The service will commence outside with a carol around the nativity then moving inside the church. Mince pies will be served at the end.



Christmas Morning Service will be at **8.30am**; all welcome.

Our normal monthly morning services are held on the first Sunday of the month at 8.30 a.m.

Ken McSweeney

CHRISTMAS TREE FESTIVAL 2023 Crediton Parish Church

THURSDAY 7th DECEMBER

11am to 6pm: Café 10am to 4.30pm
Concert by Crediton Youth Orchestra
with the Ad Hoc Singers at 7.00pm

FRIDAY 8th DECEMBER

11am to 6pm: Café 10am to 4.30pm

SATURDAY 9th DECEMBER

10am to 6pm: Café 10am to 4.30pm
Concert by Holy Cross Church Choir at 7.00pm

SUNDAY 10th DECEMBER

11am to 6pm: Café 2pm to 4.30pm

Free Admission: Disabled Access
Bridge Books, Church Shop, Bric-a-Brac
For more information and for party bookings:
Email – creditontreefestival@gmail.com
Telephone – 01363 772865

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for more information.

ACE Archaeology Club



ACE is going places, well, OK only as far as Dartmoor but now we are beginning a partnership with Dartmoor National Park archaeologists. It has been recognised that we give people a good grounding in excavation when they dig with us at Moistown and DNP need volunteers who have experience for working on DNP projects on the moor. The Park usually is constrained by time and money and would like it if people who volunteer for archaeology projects came ready trained as this saves time. ACE needed more diggers for Moistown and so were happy to take on some of the moor's volunteers to give them a different digging experience.

ACE members worked on test pitting at Lustleigh, looking for flint tools and at Piles Hill stone row looking for dating evidence amongst other things.

Our Moistown dig has been put to bed for another year but we are now doing all the post excavation work. The director has to write up the interim report for this year, which is a major piece of work with lots of technical things to be sorted, drawings to be done, spreadsheets to be filled in. We have spent a couple of days washing finds and still have more to do. We only wash the pottery and glass. Cataloguing and dating come soon but they are just the job for dark winter days.



Test pitting at Coldridge Church (courtesy Andy Crabb)

We did the weekend dig at Coldridge church that was mentioned in our last article, led by our archaeological adviser, and Dartmoor archaeologist, Andy Crabb. We were primarily looking for medieval stained glass and found over 300 small pieces of glass which are now with experts for identification and conservation. We look forward to what they say about it.

Erica Williamson

<https://acearchaeologyclub.wordpress.com>

& Facebook



Mid Devon's First Walking Festival 2024



Get ready to put on your hiking boots and explore our great countryside as Visit Mid Devon proudly announces the launch of our Walking Festival, due to take place across the region from **14th to 29th September 2024**.

“The Mid Devon Walking Festival intends to be an unforgettable celebration of nature, heritage, community, and the fun of walking” Cllr Keable, Cabinet Member for Planning and Economic Regeneration stated. *“This event is set to captivate adventurers, nature enthusiasts, and families alike, providing an opportunity to uncover the beauty of our slice of Devon here in Mid Devon.”*

Highlights of the festival will include:

1. **Scenic Trails:** Participants will have the chance to explore a variety of breath-taking trails that showcase the natural beauty and rich cultural heritage of our area. From serene woodland paths to challenging hills, there's something for walkers of all skill levels.
2. **Guided Tours:** Expert guides will lead informative and engaging tours, sharing insights into the local flora, fauna, and history, making every step of the journey an educational experience.
3. **Cultural Experiences:** Immerse yourself in the local culture with live music events, food festivals, museum visits, and delicious culinary offerings from our area. Explore charming villages and connect with the vibrant communities along the way.
4. **Family-Friendly Activities:** The festival is designed to be inclusive for all ages. Families can enjoy child-friendly trails which will create lasting memories.
5. **Escape to Mid Devon:** Take a break from the hustle and bustle of daily life and escape to our little piece of Devon, with quality and award-winning places to stay you can relax amidst the natural beauty of our surroundings.

Mid Devon's Walking Festival is not just an event; it's an opportunity to connect with nature and build lasting memories with friends and family. Follow Visit Mid Devon (<https://www.facebook.com/VisitMidDevon>) for future posts regarding, ticket information and event schedules, which will be announced on our website <https://www.visitmiddevon.co.uk/walking-festival> and social media channels @visitmiddevon.





Free Parking in run up to Christmas

To support local Christmas programmes and to enhance trade in the market towns of Mid Devon, 24-hour free parking will be available in the Council's long-stay car parks in the run up to Christmas at:

Crediton – St Saviour's Way Car Park
Cullompton – Station Road Car Park
Tiverton – Multi-Storey Car Park

Free festive parking will be available on the following Saturday's:

- Saturday 2nd December
- Saturday 9th December
- Saturday 16th December
- Saturday 23rd December

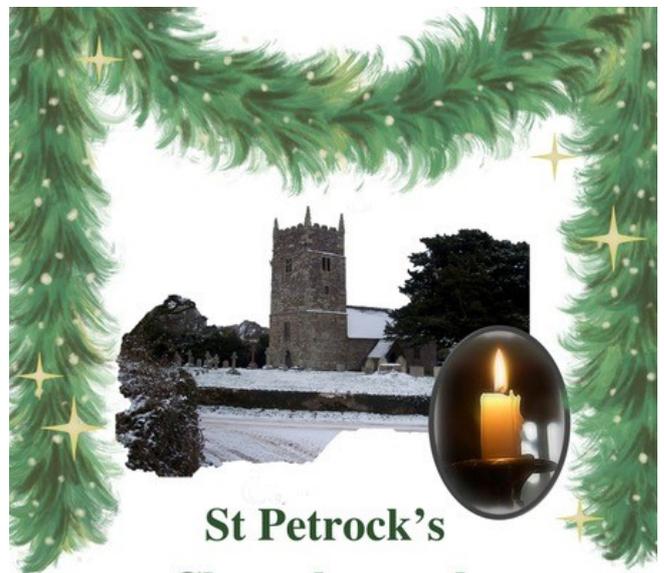
Normal parking charges apply at the above car parks on all other days of the year.

MORNING PRAYER

So far today, God, I've done all right. I haven't gossiped, lost my temper, been greedy, grumpy, nasty, selfish, or overindulgent.

I'm very thankful for that, but in a few minutes, God, I'm going to get out of bed, and from then on I'm probably going to need a lot more help.

Amen



St Petrock's Clannaborough CAROL SERVICE 3pm Sunday 10th Dec

Everyone Welcome

Clannaborough Church

The services are as follows:-
Sunday 10th December - 3pm Carol Service

Monday 25th December
9.30am Christmas Day Holy Communion.

January - No service.

Sunday 4th February - 11am, Holy Communion.



Jo McDougall

Chartered Physiotherapist, MCSP, HCPC reg.

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- **Rehab** after injury and operations eg Fractures, Knee replacement, Hip Replacement etc
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Contact details : mobile – 07597160558
: home – 01363 877803.

: email - jomcdphysio@gmail.com

: web site - jomcdougallphysio.com



Unite Carers in Mid Devon

Are you an unpaid Carer?



Please come along to our free Credition Carers' Coffee group on the 3rd Thursday of each month, starting at 11am at the lovely @100 Cafe on the High Street. Meet with other carers in similar situations to your own, for support, advice and friendship and conversation, and enjoy great coffee (or whatever your tittle may be), all on us. We hope to meet you soon.

Please note, there will be no group in December but normal services resumes on 18th January 2024.

Tracy Downs, Carers' Services

Tel: 01884 257511 Email: tracy@unitemd.org.uk



Looking after your health during the cost of living crisis

The continuing cost of living crisis is negatively affecting people's physical and mental wellbeing, with vulnerable people and those on lower incomes hit the hardest. The cost of living crisis shouldn't be a barrier to care. Healthwatch England offers the following advice:

- Prioritise your health.
- Take your medication.
- Keep your appointments.
- Talk to someone.
- Get the support you're entitled to.
- Speak to your local council.
- Seek help from a food bank.
- Find a warm hub.
- Speak to your local Healthwatch Champion
8a North St, Credition EX17 2BT, 01363 773717
credition.gov.uk



Mental Health Support Service

shout
85258

Shout is a free text messaging mental health support service. It is a charity and is available 24/7. It is confidential and anonymous. The service is for anyone who finds they are struggling and would like to talk to someone anonymously about what is on their mind.

here for you 24/7

We can help with anxiety, stress, depression or sadness, suicidal thoughts, self-harm, panic attacks, loneliness or isolation, abuse, bullying. Volunteers are there to listen without judgement and to support those struggling with these issues. Texters are all ages, including children. It is a service for everyone.

If you or anyone you know might benefit from contacting *Shout* please text 85258. No one needs struggle alone. *Shout* is always there for you. For more details visit <https://www.giveusashout.org>

Mental Health Crisis?
You no longer need to visit A&E

Our First Response Service provides 24/7 expert mental health support.

0808 196 8708

Mental Health Support Devon

You don't have to go to the Emergency Department at hospital if you need mental health support. There are different 24/7 helplines and support numbers you can call if you feel like you need mental health support.

Mental Health Matters: 0800 470 0317

First Response: 0808 196 8708

**Young People (CAMHS):
03300 245 321 or 0808 196 8708**

Urgent Help (Samaritans): 116 123

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24hr emergency service



At the end of October, Councils at all three levels (County, District and Parish) will have been looking at how much they have spent, how much is left in the kitty and how they can plan the budget for 2024/25. The top tier councils have their council tax capped at 2.99%. As we know inflation is well above that figure and so we can only expect some changes in the services provided. At County level this has already been seen at the proposed disbanding of the mobile library service and I hear that they are also going to reduce the payments to foster carers! The Local Government Association has undertaken some investigations and finds that the County Councils throughout England have the potential of a huge debt! They are encouraging the Government to increase the support they give the Counties; we can only hope that this does not fall on deaf ears!

As we all know roads are a considerable problem in Devon. The people of Copplestone have become totally fed up with the condition of the two A roads that run through the village. Despite what some people think I have been working very hard on this particular project but have come up against the usual wall of budget controls! We have got together a petition which I shall present to full council at its next meeting asking County Highways to prioritise these two key roads for repair.

As a member of the children's scrutiny committee and an ex-teacher I am concerned at the level of education in Devon and in particular the overspend in provision for pupils with special educational needs and disabilities (SEND). I have asked the portfolio holder for SEND for a breakdown of the overspend over the past 18 months, it is currently well over £140 million. I have asked for a progression of the overspending and for the plan to not only decrease it but pay it off by March 2026 which is the cut-off point!

Amongst all this doom and gloom there are two areas of encouragement. Figures in from the care sector shows that there has been increasing recruitment, which means that it is becoming easier for the county to find care packages for those people who are either in hospital or in need of care at home. The other piece of good news is for those who travel. The County is retaining the £2 fare for buses until December 2024. I hope that enough people take up the offer to keep some traffic off the roads and encourage this road congestion solution to continue for even longer.

As winter approaches I shall not be out in the cold holding my surgeries.

Frank Letch MBE, County Councillor
Email: frank.leitch@devon.gov.uk, Tel: 01363 775739



Copplestone United Football Club is a thriving FA Chartered Standard club providing football matches and coaching for over 140 children / youths from the ages of 5/6 (year 1) to 16 (year 11). We run 9 teams that compete in the Exeter and District Youth League as well as friendly matches for the younger age groups.



The club ethos is primarily for players to enjoy their football and develop their skills in a safe environment. We hope to try and help players become good people as well as great footballers. If you have a child who loves football and wants to get involved please contact us. We'd also like to say a massive thank you to our coaches and team managers for all they do for the kids! If you are interested in getting involved with the club, please find us on our Facebook page, email copplestoneunitedfc@btinternet.com or follow us on Instagram for updates.

Copplestone Board Games Club



The last Board Games Club of the year will on **Monday 11th December**, 7-9pm in the Church hall. The £3 entry will include mince pies as well as the usual hot/cold drinks. All welcome, on your own or with friends, with your own game or to choose from our selection of 40+ games to suit all ages and interests.

Unfortunately we are unable to run in January and February but hope to resume later in the Spring.

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Recycling Do's and Don'ts



Do you ever wonder if you're recycling right? Here's a quick guide to help you become a recycling pro:

DO recycle. Underlined items should be placed separately in a clear plastic bag:

- Tins, cans, foils and plastics
- Paper, glass and batteries
- Cardboard, cartons, ink cartridges and toners
- Small electricals including mobile phones and vapes
- Clean, dry textiles

DON'T include:

- Food (place in your blue bin)
- Garden waste (place in your brown bin)
- Soft plastics including plastic film and cellophane

By following these guidelines, you're contributing to a more sustainable future. Let's keep our community beautiful and eco-friendly together!

Mid Devon's three-weekly collection scheme, Bin It 123, which was implemented in October 2022, has seen improvements to the district's recycling rates of 9% and a reduction in residual waste of 200 tonnes collected compared to the same period last year. This in turn has led to a reduction in the Council's carbon footprint.

The Council is now advertising vacancies for Recycling Officers in an effort to make further improvements. Officers will join a team with a focus to educate residents on how they can best dispose of their waste and recycling, offering advice through home visits. If you're passionate about the environment and interested in joining the team, please see more information about the vacancies on the Council's website <https://www.middevon.gov.uk/your-council/jobs/current-vacancies/>

The Council has also announced that additional side waste will be enforced, and subsequently no longer collected in Mid Devon from 1st October 2023. These changes seek to address areas identified for improvement as the Council aims to achieve a 60% recycling rate by 2025.

If you have a question about Bin-It 123, please visit <https://www.middevon.gov.uk/residents/recycling-rubbish/bin-it-123>, email bin-it123@middevon.gov.uk or call 01884 255 255.

Your Local Neighbourhood Police



Local policing teams are groups of officers dedicated to serving the community. Teams are made up of officers based in the area, supported by additional officers from the wider area. Teams work closely with local authorities, organisations, partners and residents to decide policing priorities. This helps teams find long-term solutions to local problems.

Your local policing team:

Insp Grant Leitch, Sgt Simon Andrews
PC Dan Armitage, PC Neil Minchan
PCSO Lisa McMillan, PCSO Nicola Payne

To contact your local policing team:

Non emergency telephone: 101
or Email: 101@dc.police.uk

<https://www.devon-cornwall.police.uk/your-area/teams/Crediton/overview>

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01935 507 508



Copplestone Folk Club

Last Tuesday of the month

Please join us at our folk sessions on the last Tuesday of the month from 8pm at the New Inn, Coleford. It is a very social occasion with no pressure upon anyone and we welcome all comers, whether experienced or beginners, to step up and perform a song, monologue, poem or a tune on any instrument.

You are also invited to our special:

Christmas 'Folk' Carols and Songs Night

including the Cridton Mummings and mince pies.

From 8pm on **Tuesday 19th December** at the New Inn



For more details contact Dave on mob: 07857 913564 or email djbrass@btinternet.com
Dave Brassington

Top tips on how to avoid being scammed



It can be really hard to retain all of the information about the various scams doing the rounds, so here's a quick guide of dos and don'ts:

- Never hand over personal information or bank details when contacted by phone, email, app, social media or in person.
- If you get sent a link to click to confirm details, don't click it. Go direct through the business if unsure, or if you've been called, dial 159.
- Speak to older or more vulnerable people and share these tips. Younger people are also statistically more likely to be targeted by scammers too.
- Be wary of online shops that you haven't heard of before, or offers on social media sites, particularly if the companies are based abroad.
- Pay by credit card, as you may be able to do a chargeback to retrieve your cash if you think you've been tricked.
- Speed is of the essence. If you have any doubts or suspicions, contact your bank or card provider urgently.



Defibrillator

Copplestone's Defibrillator is located on the church wall facing the road.



Always first dial 999 to call the emergency services who will provide advice and support. The defibrillator is easily accessed by turning the outer case in the direction of the large arrows.

For more information please contact John Lunn Tel: 07527 532498

Think it's a scam?

Hang up

and call us on **159**





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The 12 Days of Christmas Safety

Keep lit candles away from real trees, wreaths, boughs and garlands	 1	Keep poisonous sweets and chocolates away from your pets	 2
Keep your tree away from fireplaces, radiators and other heat sources	 3	Make sure your tree has a stable platform so it doesn't tip over	 4
Choose an artificial tree that is labelled flame resistant	 5	If you have a real tree, make sure you water it regularly	 6
Check your lights for fraying, bare spots and kinks in the wire	 7	Turn off all tree lights and decorations when not in use	 8
Use an appropriate ladder or stepladder when putting up decorations	 9	No matter how tempting it may be NEVER drink and drive!	 10
When preparing the food, make sure you avoid cross contamination and clean your surfaces and utensils	 11	Make sure you reheat your leftovers to at least 74 degrees to avoid food poisoning	 12

Merry Christmas



Small Sample Review of our Summer Programme
Much Ado About Nothing Crediton Arts Brown Paper Bag Theatre group. The Bard took us and the inspired cast through the entanglement of the play's plot. The quality of performance by this talented cast was greeted with much applause reflecting the great pleasure and engagement felt by every audience who went home from one of the nine performances at eight different local venues.

The Crediton Youth Theatre gave us a stomping performance of **"Tough AS Old Boots"** masterfully put together by Jez Taylor, who trawled the local archives to write the play as well as direct it and perform in the band. The performance was delivered with great gusto by the young and talented cast, who skilfully pulled us up by our boot straps and took us into a lesser known part of Crediton's history. The audience just had to stomp their boots in appreciation.

Multi-instrumentalists Chrissy Mostyn and Rick Pilkington, **"The Blackheart Orchestra"**, gave us two sets of their rich engrossing sounds through mesmerising virtuosity not to mention Chrissy's glorious mellifluous vocals. If you missed it, they plan to be making a return appearance on 26th April.

Finally two poignant and beautiful tapestries made by international artist **Ann Jackson** who has worked on the theme of witches and witch hunts for some years, was kindly hung in Studio 2 to coincide with the performance of the magical extravaganza of **"Hags"**.



December 2023

Friday 1st December - The Big Christmas Quiz
£5 per head at the door, 7.30pm

Saturday 2nd December - Wes Anderson Film Special. **Fantastic Mr Fox** (U), 3.00pm
The Grand Budapest Hotel (PG), 7.30pm

Friday 8th December - Theatre Twisted Christmas
Tickets £10/£12 7.30pm

Friday 5th December - Hauntings Gerald Logan
Tickets £8/£10, 7.30pm

Friday 22nd December - Solstice Live Lounge
Free entry, 7.30pm

Spring 2024

Wed 24th – Sat 27th January - Theatre:
The Visit (Brown Paper Bag)

Saturday 10th February - Theatre: The Washing Machine of Destiny (Living Room Theatre)

Our programme with full details can be collected when you shop at the **Copplestone Farm Shop** each term. Crediton Arts Centre, East Street, Crediton EX17 3AX
Tel: 773260/07719903643 info@creditonartscentre.org

Tim Salter

Greetings from Crediton Foodbank. As the winter approaches, we are seeing our number of clients increasing. Many thanks to everyone who donates and keeps our Foodbank going.

Claire is now employed by the Foodbank and is assisting many of our clients to find extra necessary support with their lives. We regularly have Advisors from outside Agencies coming in to give expert advice.

In our first year as a foodbank we handed out over 100 parcels, yet by last year this had increased to over one thousand four hundred. We fed nearly 3,800 people, 45% of which were children, from over 160 households. We handed out enough breakfast cereal to fill 17,000 breakfast bowls, enough tea and coffee to make 100,000 cups and if we stacked all the tins we gave out on top of each other the stack would be taller than 725 double-decker buses. With the average food parcel costing around £40, we hand out over £50,000 worth of food each year, all of which comes in from donations!

We are open 6-7pm Mondays,
Tuesday and Friday mornings 10-12pm.
For more details visit our website:
<https://creditonfoodbank.org.uk>

If you know someone who needs our service or if you wish to donate, please contact:

Email: help@creditonfoodbank.org.uk
Tel: 07740 202721

Crediton Foodbank is a registered charity: **1195132**. All monetary donations can now be Gift Aided. Please visit our website: creditonfoodbank.org.uk to make a donation and/or for our Gift Aid Form. We thank you for supporting us in these difficult times. With best wishes

Fiona Cochran - Foodbank Coordinator
Facebook: Crediton Foodbank
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Smile



*Smiling is infectious,
You catch it like the flu.
When someone smiled at me today,
I started smiling too.
I walked around the corner,
And someone saw me grin,
When he smiled, I realised,
I had passed it on to him.
I thought about the smile,
And then realised its worth.
A single smile like mine,
Could travel round the earth.
So, if you feel a smile begin,
Don't leave it undetected,
Start an epidemic,
And get the world infected.*

Spike Milligan

Crediton Trefoil Guild

*Why should the girls
have all the fun?*



Crediton Trefoil Guild have an interesting programme of activities planned for the next few months, 7pm start, at Trefoil Guide Headquarters, Lords Meadow:

Wednesday 13th December - Christmas Social
Wednesday 10th January
Wednesday 14th February

New members are always welcome to join us for the fun and friendship that girl guiding offers. Anyone interested in joining us or wanting more information please email crediton.trefoil@btinternet.com or phone Pam Long on 01363 84092.

Pam Long

Crediton Talking News

The Talking News is promoted locally by Crediton Lions and is a weekly production. The Crediton Courier is supplemented with some other recorded magazines. This weekly service plus all equipment is provided free of charge.

If you are interested in receiving this important service for those with little or no sight, or if you know of anyone who could benefit from the service, please call: Eric Parkes Tel: 82878 or Peter Bryan Tel: 773437.

Eric Parkes



Festive Fun

- What is every parent's favourite Christmas song? *Silent Night!*
- How did Joseph and Mary weigh baby Jesus at birth? *They had a weigh in the manger.*
- What did Adam say on the day before Christmas? *It's Christmas, Eve!*
- What did the bald man say when he got a comb for Christmas? *"I'll never part with it!"*
- What is a vegan's favourite Christmas carol? *Soy to the World.*
- What did the wise men say after they offered up their gifts of gold and frankincense? *Wait, there's myrrh.*
- What do you get when you cross a snowman with a vampire? *Frostbite.*
- What does Santa suffer from if he gets stuck in a chimney? *Claus-trophobia!*
- What do you call Santa when he stops moving? *Santa Pause.*
- What do snowmen eat for dessert? *Ice crispies.*
- What is it called when a snowman has a temper tantrum? *A meltdown.*
- Why are elves such great motivational speakers? *They have plenty of elf-confidence.*
- What reindeer game do reindeer play at sleepovers? *Truth or deer.*
- What's every elf's favourite type of music? *Wrap!*
- What do you call an obnoxious reindeer? *Rude-olph.*
- Who is never hungry at Christmas? *The turkey - he's always stuffed.*

A Christmas Riddle



My first is in SNOW and also in STORM,
My second's in TEACHER but not in FORM,
My third's in BROWN as well as in OWL,
My fourth is in CLOTH but not in TOWEL,
My fifth's in KING but not in QUEEN,
My sixth is in HIDDEN but isn't in SEEN,
My seventh's in CHANT as well as in SONG,
My eighth is in RIGHT and also in WRONG,
My last is in TOPS and also in LIDS,
My whole appear at Christmas for kids.

Christmas Cross Out



Cross out all the letters in this grid that appear more than once. The remaining letters reading from top to bottom will spell out a seasonal word. What is it?

R	A	M	W	P	C	J	L
G	J	I	Y	O	H	D	F
B	P	Z	U	S	V	M	R
L	O	F	E	B	W	I	G
C	Y	U	M	N	P	F	O
S	W	T	H	R	G	L	Z

Answers on back page

Pickled Red Cabbage



This is quick to prepare and makes a tasty addition to Christmas meals.

You need:
Red Cabbage,
Salt,
Vinegar [malt and balsamic],
Brown Sugar,
Bay Leaf,
Peppercorns,
Juniper Berries (if liked)



Remove any blemished leaves from the cabbage, cut into quarters and cut out the tough white core. Shred the cabbage as finely as you can, place in a bowl layering with salt. Cover the bowl and leave overnight. Next day drain the salted cabbage and rinse thoroughly under cold running water. Pack the drained cabbage into sterilised storage jars and cover with a mixture of balsamic and malt vinegar, a teaspoon of brown sugar to each jar, a bay leaf, peppercorns, and juniper berries. Seal the jars.

The cabbage will be ready to eat in about two weeks.

Paul Cleave

Mulled Apple Juice

A lovely non-alcoholic alternative to mulled wine, ideal for entertaining kids and drivers



1 litre Apple Juice
Strips of Orange Peel
1 Cinnamon Stick (plus extra to garnish, if you like)
3 Cloves
Sugar or Honey, to taste

Simmer the apple juice with the strips of orange peel, cinnamon stick and cloves for about 5-10 mins until all the flavours have infused. Sweeten to taste. Serve each drink with a little orange peel and a piece of cinnamon stick, if you like.

★
Truth
Honesty
Humanity
Faith Peace
Integrity Humour
Goodwill Justice
Merry Christmas
Generosity Empathy
Determination Modesty
Optimism Warmth Laughter
Enthusiasm Constancy Persistence
Kindness Perspective Strength Vision




ANSWERS
Christmas Riddle
Stockings
Christmas Cross Out
Advent

The Blessings Of
Christmas
PEACE★HOPE★JOY★LOVE

Diary Dates:



- 1st: Youth Club
“ : Crediton Arts Centre, Big Christmas Quiz, 7.30pm
2nd: Sustainable Crediton, Clothes Collection, 9.30-12pm
“ : ‘Sustainabubble’, Town Square, 10-1pm
3rd: Advent Procession. Crediton Parish Church, 6pm
5th: Parish Council Meeting, 7pm
“ : ELF Craft Stall at Morrisons, 10am-2pm
7th: Christingle Service, Crediton Parish Church, 2.30pm
7-10th: Christmas Tree Festival, Crediton Parish Church
9th: Down St Mary Christmas Social, 4pm
10th: Gridzone Christmas Play, 10.45am & 5pm
“ : Clannaborough Church Carol Service, 3pm
11th: Board Games Night, 7pm
13th: ELF Christmas Bingo, Crediton Football Club, 7.30pm
“ : Crediton Trefoil Christmas Social, 7pm
“ : Scouts Christmas Post, last posting date
14th: Chawleigh Christmas Tree Festival & Choir, 7.30pm
17th: Beacon Newbuildings Church Carol Service, 4pm
“ : Knowle Church Carol Service, 6pm
“ : Copplestone Church Community Carol Service, 6.15pm
19th: Christmas Folk Carols & Songs, New Inn, 8pm
20th: Carol Service, 6.30pm, Down St Mary
24th: Crib Service, 4pm, Down St Mary
“ : Crib Service, 4.30pm, Crediton Parish Church
“ : Christmas Eucharist Service, 9.30pm, Down St Mary
25th: Christmas Morning Service, 8.30am, Newbuildings
“ : Christmas Holy Communion, 9.30am, Clannaborough
“ : Christmas Family Service, 10.30am, Copplestone

Your Village Magazine

As we approach Christmas and the end of 2023, I hope you have enjoyed reading about what our local groups and organisations have been doing recently and what they have planned for the festive season and the next few months.



As always, thank you to everyone who has contributed to this edition of our FREE village magazine which is published 4 times a year by Copplestone Methodist Church on behalf of the community. All clubs, groups and organisations based in the parish can contribute. Over 700 copies are printed and delivered to every home in the parish by a team of volunteers with additional copies available at the School, Church and village shops.

For more local news and events, please search for ‘Copplestone Enlightener’ on Facebook. You can also read the magazine - and previous editions (in colour!) - online at www.copplestonechurch.org.uk and click on ‘Enlightener’ on the home page.



The next Enlightener is due out in early March. If you have anything to contribute, either as an individual or on behalf of a local organisation, or if you are a local resident and wish to place an advert, please email lunn.family4@gmail.com or Tel: 07814 372828 by 12th February 2024.

*Wishing you all happiness at Christmas
and a peaceful New Year*

Suzanne Lunn – Enlightener Editor