

Copplestone *Enlightener*

SEPTEMBER 2020



Copplestone Primary School

We have come to the end of an extraordinary year at Copplestone Primary School. It has been a

challenging time, but the staff and families have worked exceptionally hard to ensure that learning was able to continue at home. We set up an online platform and app for sharing activities, lessons and news with the children learning from home. We continued with our Friday Celebration Assemblies by video and this helped us to all feel connected. Many amazing projects and creations were completed and a highlight must be the lovely outside photo gallery of 'beautiful things'. We enjoyed an online sports day and compiled a fun video of all the children who took part. The school remained open throughout the lockdown for the children of key workers. These children undertook a range of activities and learning, and made the most of the great weather by being outside as much as possible.

Whilst the school was closed staff communicated regularly by phone, messages and email to ensure that families were coping. We recognised that for many, this was a time of anxiety and isolation, and hoped that they still felt a part of our school community.

The Year Six pupils were able to come back for a few weeks, as were children in Years 1, Reception and Pre-School. This ensured that our oldest pupils were able to round off their time at primary school with some fun and games, even though we were unable to fulfil some of our usual traditions. They were still cheered out by the whole school on the last day though, complete with music and bubbles - all socially distanced of course. We wish all our leavers good luck at their new schools.



Our development plans continued throughout the year, and we have primarily focused on developing our curriculum plans for each subject to ensure we offer a broad and balanced 'Copplestone Curriculum'. We have also repainted and rejuvenated some of our teaching spaces to create more spacious and calming areas. We are very grateful to one of our parents for painting a stunning mural in our 'Sky Room' and also enormous thanks to Bernaville Nurseries for kindly redesigning the front flower bed which now looks fresh, inviting and well cared for.

We welcome our new starters in Reception Class this September, along with several new pupils who have moved into the area. We hope you enjoy your first day at school!

As we return to school we have had to put in place new procedures in order to keep everyone safe and I would like to thank the parents for their support and understanding whilst we embark on this different way of working. As we navigate through the next stage of the year we hope to help children reconnect with their friends and their learning so they can make progress and enjoy being back together.

If you are considering our school for your child please do take a look at our website and contact the school office for further information - you can be sure of a warm welcome.

Mrs Alison Mackey, Head of School.



COPPLESTONE Children & Youth



Grid

Way back in January an idea began to develop for the theme of the next Grid service, which was originally due to happen at the end of March. Due to the lockdown the service didn't happen as planned, however in July the Grid were able to put an online version together.

The theme of the service came from looking at when Jesus called his 12 disciples and the diversity that existed amongst the group. There were fishermen who worked long hours and were probably considered to be more 'working class'. Then there was a tax collector – probably a wealthy, affluent occupation that came with the cost of being considered a traitor.

The young people in Grid designed a questionnaire which was completed by many of the congregation before lockdown and we were treated to an interesting analysis of the results during the online service.

Even within our congregation at Copplestone, there is a huge amount of diversity – we all come from different backgrounds, have different abilities and dare I say it, opinions!? But we all come together as one family with the purpose of celebrating and following our creator God. Jesus didn't just call the best of the best to follow him then and he doesn't now. He calls us all to follow him, no matter where we come from, however old we are, whatever we do for a living or however much we earn – he even calls Man United fans to follow him!! You can still catch the online Grid service on YouTube, by searching for Copplestone Methodist Church 5th July.



As well as putting the online service together in July, each Tuesday evening since the lockdown began, Grid have met via Zoom for an hour or so. Initially we spent time connecting, having a bit of fun and getting to know each other better.

We then spent time each week thinking about where our identity comes from, focusing on 5 key truths from the Bible that speak into our identity as followers of Christ.



Kidzone

Over the last few months with Kidzone, we've been running some online family quizzes to keep connected, which have been great fun and hopefully educational too! We've also been able to meet roughly once a month on Zoom for a Kidzone Social, full of fun games and challenges.

Hannah has also written about something else the kids were able to do before the summer...

'In all the years that Sunday School (Kidzone) has been running, the children take the Church service once a year (previously known as Sunday School anniversary!) but we have never had to do an online service. However, this is what happened this year!

The children (along with their parents videoing in their houses) took our church service on Sunday 14th June. The theme was '*Thankfulness*' and the children read poems, took part in a quiz, told a story and also performed a song (see photo below).

They did a fantastic job and a huge thank you to Mark who spent many hours putting everything together. If you want to watch the family service, you can find it on YouTube by searching Copplestone Methodist Church dated 14th June 2020. It was fantastic to get everyone involved. One of the poems the children read is opposite and was compiled by one of our Kidzone Leaders.'

Thankful by Sarah Downs

Strange times recently finding ourselves in lockdown;
But we can definitely remain thankful we've found.
Thankful for each and every new day.
Thankful God's with us each step of the way.
Thankful for time with family at home.
Thankful for all that God's world has grown.
Thankful for sunshine to brighten our world.
Thankful for rain to help things uncurl.
Thankful for Devon countryside glory.
Thankful for online schoolwork and stories.
Thankful to Captain Tom for his inspiration to the nation.
Thankful to key workers for their selfless actions.
Thankful for a smile from a passer by;
Thankful for unity when clapping on Thursday nights.
Thankful for prayer from every nation.
Thankful for the gift of our salvation.
Thankful for church arriving in our homes.
Thankful for food and water, and even our phones!
Thankful we can chat even when locked down.
Thankful for when good health surrounds.
Thankful for the leaders making tough decisions.
Thankful for our health service and all their provision.
So very much to thank our Lord for
How He is with us in every storm;
How He holds us in His loving hand;
Unchanging and on His foundations, we trust and stand.



Copplestone Community Choir

Since the lockdown, we have all missed our Thursday singing nights. We have managed to keep in touch with Zoom, but it's not quite the same as meeting face to face and singing together as a choir.



We will continue to follow Government advice as to when we can start singing together again and will keep in touch with current choir members. If you like singing and are interested in joining us when we resume our practices, please do get in touch. We are an all age community choir for men and women, music readers and non-music readers. We normally practice on Thursday evenings 7pm - 9pm at Copplestone Methodist Church with a refreshment break mid-way through the evening to allow us the chance to socialise over coffee and cake!

For more details email: lunn.family4@gmail.com, Tel/Text: 07814 372828 or find us on Facebook.

Suzanne Lunn

Husband and I went grocery shopping with masks, got home, took off masks, brought home wrong husband! Stay alert people!



We would love to welcome new children and youth to join us at Youth Church when the lockdown eases. We have a creche for babies and toddlers up to 3 years of age, Kidzone for children ages 4 - 11 years and The Grid for youth aged 11 - 16 years. We have a great time together and all children/youth are invited to join us.

For more information please contact Mark Williams (85451) or Hannah Petherick (82464).

Mark Williams
Children & Youth Worker
markwilliamsccy@gmail.com



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Copplestone Pre-School

Open Monday – 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

Copplestone Parent Teacher Association (CPTA)

Hello from everyone here at Copplestone PTA, we hope that you are all well. We are all looking forward to the return to school in September. It's been a difficult time for everybody and returning to school will hopefully bring with it a sense of normality for all of us.

We are hoping that we will be able to hold our AGM meeting so that we can share with all the parents (existing and new!) what we have been up to over the last 12 months. We may need to get creative and hold our first ever virtual AGM!

We managed to raise £1650 in the last year, which is fantastic as some events weren't able to go ahead as planned. We look forward to seeing you all soon! From all of us here at Copplestone PTA!

*Sarah Hancock
(Secretary on behalf of CPTA)*

Piglets Toddler Group



Piglets normally meets every Wednesday (term time) 9am - 12pm in Copplestone Church Hall and welcomes parents, grandparents and carers with new-born babies right up to

preschool children. Sadly due to the current COVID situation we have been unable to meet in recent months. We hope to be able to meet again soon; please follow Piglets Toddler Group on Facebook to see the latest updates on opening dates.

We are also seeking new volunteer committee members to help keep our group running every Wednesday morning. Please contact us via our Facebook page if you are interested.



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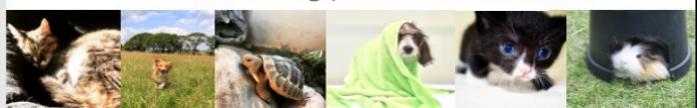
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The Café

Sadly The Café at Copplestone Church has not been able to open since the lockdown started in March. However, as soon as we are able to safely do so, we look forward to re-opening on Thursday mornings and to welcoming our regular and new customers.



Prior to Covid-19, The Café was open every Thursday morning from 9am till 12 noon offering great fair-trade coffees, various teas, luxury hot chocolate and a selection of delicious home-made cakes and toasted teacakes. No set charges were made but all donations (after costs) went to a 'Charity of the month'.

Once back in action, The Café will be a great place to meet up with friends and neighbours in a friendly, relaxed atmosphere. All ages are welcome, so if you have been feeling a bit lonely, are new to the village or are at home with young children, The Café will be the perfect place to go to meet people and to make new friends.

Please look out on village notice boards and Facebook for when The Café is able to reopen. Our team of dedicated and friendly volunteer helpers hope to be able to welcome you back to The Café soon!

The Café Team

Copplestone Church Community Room

We regret that the room is currently unavailable for hire.

**For more details or possible future bookings please contact
Maureen Burlton
Tel: (01363) 881154**

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What's New?



Well, Lockdown has eased considerably and the topical question now is, '*What will be the new normal? Will things ever be quite the same again?*'

Lockdown has been a different experience for us all, but you could also say that we've all experienced it differently! For some it has been a time of tragedy, pain and loss, for others a time of frustration, struggle and even despair, yet for many, including most who will be reading this, it has been more a time of inconvenience coupled, perhaps, with some fear and a lot of concern for others in areas where the virus has been doing its worst.

But there has been one thing we have all had in common and that is TIME, probably more time than we have ever had before to think about, reflect and review what we are doing with our lives.

Many people have used this time well to do something new, home cooking has replaced ready meals, rooms have been decorated, gardens have been tended, DIY projects have improved homes, some people have taken time to study something new or maybe to learn a language or to play an instrument and many of us have had to learn new (for us) ways of using technology for communication.

That has applied to your Church here in Copplestone too, as we have learned how to produce online services (do join us on Sundays at 10.45am on YouTube or through our church website www.copplestonechurch.org.uk) and to continue many of our activities using Zoom and other means of communication.

Now, we feel our way, cautiously, into a new future. What will it be like?

The Bible tells us that many years ago, towards the end of a time of hardship that had been experienced by God's people, God made them a promise. He said '*See, I am doing a new thing!*' (Isaiah 43 v 19). The culmination of that 'New Thing' was when He sent His Beloved Son, Jesus, into the world to bring all people everywhere HOPE. Jesus showed us that God is compassionate and loving and doesn't want anyone to be lost; so, to make a way for us to come to a Holy God in spite of our sin that separates us from Him, He died on the Cross for us and rose from the dead to assure us of HOPE if we will accept what He has done. This is why we are a church family in Copplestone!



Why not let God do a NEW thing in your life now? Join us online on a Sunday, then, when we can safely open up again, come and join the family at your church. Find HOPE and joy as we move into the future together. God bless you.

*Heather Castle
On behalf of Copplestone Methodist Church*

Mobile Libraries Return to the Road

Fernworthy Park, Copplestone
Thursdays (week 2)
17th September, 15th October
12th November, 10th December

Mike and Exmouth Mobile Library were back on the road bringing books to you from 13th July 2020. To make sure that customers and staff are safe, we are only offering a new type of contactless service for the time being. It's called Choose & Collect.

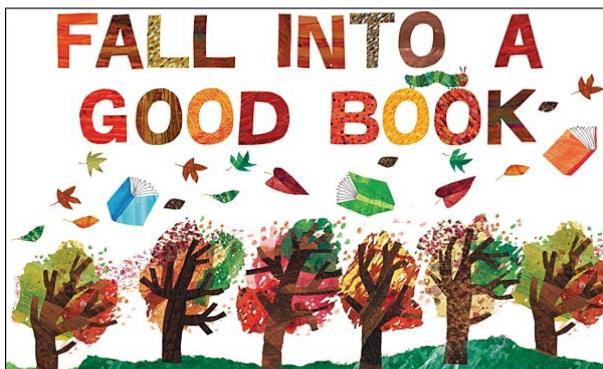
If you opt for a Choose & Collect delivery library staff will ask you about your reading likes and dislikes and select up to 5 books for you based on your preferences. The books will be issued to your library card, placed in a bag, and you simply collect them from your regular stop.

We are currently working through our records and calling as many customers as we can to offer this service. If you have not heard from us a week before your timetabled visit and would like a Choose & Collect delivery, please contact Exmouth Library by email exmouth.library@librariesunlimited.org.uk or calling 01395 272677 during their normal opening hours. Remember to tell library staff you are a customer of the mobile library and which stop you use when you get in touch.

New customers are also welcome. Please contact Exmouth Library to set up a new mobile library membership, and we will endeavour to deliver to you too. You do need a mobile library card even if you are already a member of a library without wheels. You can find an A-Z of where we visit and our timetable on our webpage devonlibraries.org.uk/web/arena/mobilelibraries.

Mobile Library Assistant Mike is very glad to be out on the road again serving his customers. He hopes to be able to allow readers safely back on the mobile library to choose for themselves in the not too distant future. In the meantime, please bear with library staff while we get used to this new way of working and follow the instructions when you arrive at your stop.

For up-to-date Mobile Library news follow our Facebook page facebook.com/devonmobilelibraries. To find out more about services and reopening plans at other libraries visit devonlibraries.org.uk/web/arena/coronavirusupdates



Crediton & Copplestone Little PUMA's & Taekwon-Do



For most of us, 2020 has been a very different year, to say the least! Since lockdown at the end of March, Crediton & Copplestone Taekwon-Do have held online training sessions for Little PUMAs (4-6-year olds) and Taekwon-Do students, allowing them to continue their training in complete safety.

As Government guidelines have been updated, we have more recently been able to hold small group outdoor training sessions at Copplestone's Recreation Field as well as outdoor venues in Crediton and Newton St Cyres. Training sessions at all venues are fun and friendly whilst adhering to social distancing and tracing guidelines.

Our students have been brilliant, we have continued working hard towards promotions at all levels. We have had our first online gradings, with fantastic results.

As a national group, PUMA have also adapted their national squad training and their annual summer camp. These have been very successfully run online with several members from our Schools taking part and having a great time!

Anyone interested in joining our family-friendly and diverse group, learning new skills whilst developing other aspects like confidence, self-empowerment as well as flexibility, co-ordination and fitness, please contact Dave Powlesland on 07802 855852 or take a look at our website www.creditontkd.com for further information.

Dave Powlesland

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Parish Public Footpaths

Sometime back, along with the Enlightener, every household in the Parish received a copy of the ‘Copplesone Walks’ leaflet, which describes the 10 Public Footpaths within the Parish boundary, as well as providing a map clearly illustrating where each footpath can be found. The leaflets and our footpaths are proving to be very popular, especially since the outbreak of the Covid 19 pandemic. If you require more copies of the leaflet, you can pick one up at either Copplesone Stores or The Plant Shed.

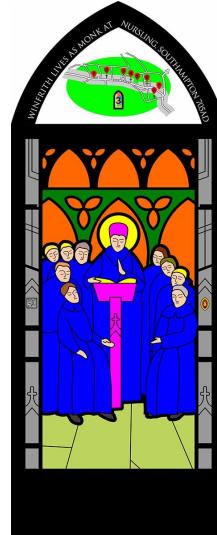
Each of our Public Footpaths have now been ‘adopted’ by volunteers living in the Parish, and I would like to take this opportunity to publicise this fact, and thank the volunteers for continuing to look after them. Of course, it is ultimately the responsibility of Devon County Council’s (DCC) Public Rights of Way (PROW) to ensure that Devon’s public rights of way are accessible and walkable, but they are very reliant upon local Parishes, operating through the Parish Paths Partnership (P3) Scheme, to closely monitor and help maintain the wonderful network of footpaths which Devon can boast about. By being a member of the P3 Scheme, and carrying out annual surveys of our 10 paths, as well as other tasks, we receive an annual grant to spend on maintenance of our rights of way, which for 2020 was £300.

A good example of ‘partnership’ working with DCC, was this years improvement works on FP No 1 Dulings Farm to Bewsley Hill. A contractor replaced the old railway sleepers over the stream and ditch, with a preconstructed wooden bridge, with side railings and integral gate. DCC also supplied us with a new gate kit and sign post to replace the stile at the Dulings end of the walk. The gate was installed by 2 volunteers in the Parish.

It is fantastic to see so many people walking our network of Footpaths, but please remember that these public rights of way frequently cross farmers’ and landowners’ fields and property. Unless you have the permission of the owner, fields, for example, should not be used as exercise areas for dogs, or mountain biking! Crops can be damaged, sheep chased, and infections spread through dog litter not being picked up. Therefore kindly respect other people’s land and property, by keeping to the defined right of way and following the countryside code, available at: <https://www.gov.uk/government/publications/the-country-side-code>

Finally, enjoy the great outdoors, and please leave nothing but your footprints behind.

Dave Brassington
P3 Coordinator



The Boniface Heritage Trail

The Boniface Heritage Trail is a great way to discover Crediton. The trail – a gentle walk around the eight stained glass Boniface signs – will take a modest 40 minutes, but there’s plenty of distractions and shops and a park along the way, so be prepared for it to take a little longer! The signs can be found at St Lawrence Green, The Congregational Church, The Town Square, The Methodist Church, Newcombes Meadow, Holy Cross Church, East Street Junction and the Catholic Church.

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SHOP LOCALLY & SHOP SAFELY

Citizens Advice Devon

We are a consortium of seven local Citizens Advice charities in Devon which provide **free, confidential and impartial** advice to help people find a way forward, whatever problems they face.

Citizens Advice Devon supports the Citizens Advice service across the county and runs a number of Devon-wide projects. Together, we help more than 34,000 people solve their problems each year everywhere from the cities of Plymouth & Exeter to the villages and the communities of rural Devon.

Due to the coronavirus situation, our local offices are currently unable to provide a face to face drop in service. If you need advice, please try our national website and webchat service first:
citizensadvice.org.uk.

If you need advice about a consumer issue such as getting a refund for a cancelled holiday or event please phone our national Consumer Helpline: 0808 223 1133 (9am to 5pm, Monday to Friday).

If you need advice or help to claim Universal Credit, please phone our national Help to Claim line: 0800 144 8444 (8am to 6pm, Monday to Friday).

For all other issues, please phone Adviceline Tel: 03444 111444 (10am to 4pm, Monday to Friday) or check <https://www.cabdevon.org.uk> for details of other ways to get help.

citizens
advice

Lifeline Alarm Service



Our Lifeline Alarm Service is available to give peace of mind to people who feel at risk in their own home and is available to any Mid Devon resident of any age. It removes the worry of getting help or assistance and is monitored by specially trained operators who will never leave a call unanswered.

Other benefits:

- *Access to help and support 24 hours a day, 365 days a year*
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If you would like to find out more about how it works, the costs or to arrange a free demonstration, please contact our Lifeline Alarm Service on 01884 234383 or email lifeline@middevon.gov.uk



TREASURE ISLAND at Exeter Northcott Theatre

This Christmas, we're staging a hilarious version of Treasure Island in collaboration with local comedy troupe Le Navet Bete! Although our pantomime has been put on hold, the team have found a way to stage this rib-tickling take on the Treasure Island classic, with social-distancing measures in place.

The safety of our audiences is our number one priority so we're planning for people to be able to sit together in bubbles. We'll be working within the latest guidelines and putting measures in place so that our audiences can return to the theatre with confidence and enjoy a great live experience. At a time when theatres up and down the country are cancelling Christmas shows, we're delighted that we can give people here in Devon some festive fun to look forward to.

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Copplestone United Football Club

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Copplestone United go in to their 16th year as a club this season. Over the years we have seen a lot of boys join the club at 5/6yrs, and some of the lads have gone off to train with the Exeter City and Plymouth Academies and eventually represent Devon. We've seen the boys go through school, do their GCSE's and go on to play seniors football. But unfortunately, as the players leave the club so do another important part of Copplestone United - the volunteers and committee members who have been mostly made up of parents of the departing boys.

As a village we should be very proud to have a club like we do. We have over 100 young people at the club; they represent Copplestone every weekend playing in their respective leagues. We have taken teams to Holland to play in the Boniface Cup for the past 3 years and entered numerous tournaments in the summer months. But we do need more help with running the club. If you think you would like to help in any way or would like to join the committee please contact copplestoneutdfc@btinternet.com

After entering 8 teams in to the Exeter Youth League, and most competing for promotion, unfortunately the season ended abruptly due to Covid. However, the FA have now confirmed that Grass roots football can restart subject to every club complying with FA guidelines. We now have this set up with thanks to our new Covid officer.

Most of our teams will aim start to train mid to late August. If your child wants to start playing please contact the following.

Badger's 5-9yrs.

Nick Manns. nick79manns@gmail.com

Eagles U11's.

Mark Burrow. Mark.mbe@btinternet.com
& Simon Searle. Simonsearle@hotmail.com

Hawks U12's.

Dan Law. daniel-law@hotmail.co.uk
& Vicki Fenemore. yic.fen@yahoo.com

Pumas U14's.

Lloyd Fenemore. lloyd.fenemore@yahoo.co.uk

Tigers U14's.

Murray Smith. murrayhsmith@icloud.com

Vipers U15's.

Des Stephenson. des.stephenson@ancalawater.com

Shark's U15's.

Matt Cooper. Matthewdavidcooper@hotmail.co.uk
& Steve Nicholls Steve@coxsbutchers.co.uk

Cobras U18's.

Chris Richards. c.richards437@btinternet.com

Many thanks for your continued support.

Nick Manns.

Chair Yoga

For those not comfortable standing without support or comfortable getting down on the floor, there is Chair Yoga! Many yoga poses can be adapted to the use of a chair.



The pose above is known in the west as *The Dancer*. It is one of a range of balance poses. As you can see the lady is using the chair for support. The chair does need to be secure and not liable to slip. As you can see the lady is able to stand upright and reach back and hold her foot. For many people to begin with this is too difficult. So to start it is just bending the knee and lifting the foot off the ground a little so that the weight is being taken by one leg. Usually one leg is easier to balance on than the other but the aim is to strengthen both legs so that you can be equally confident standing on either leg.

Holding a balance pose requires concentration, usually finding a fixed still point to stare at and taking slow deep breaths as you hold yourself upright. Some people who practice regularly are able eventually to take their hand away from the chair, but even if you are never able to do this your balance will improve and your legs will strengthen. Give it a try and let me know how you get on. Diane Shepherd for tai chi, yoga, complementary therapy. Tel 01363 85051 or 07565 350457 email: dianeshepherd@hotmail.com

Diane Shepherd

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: 84018

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CREDITON RADIO

Crediton Radio is a new community radio station for Crediton and the local area, which is owned and run by the community it serves. It is not-for-profit, volunteer led and with some simple training, enables local people of all ages and backgrounds to make radio shows that matter to them. These shows can be interviews, music, drama, stories, poetry, sounds from nature, or a mixture of all these things.

We create a simple, non-live, online radio show - a podcast - which we hope will allow us all in the town and surrounding villages to come together in a safe way for fun, learning and support. Eventually, we would like to build towards becoming a 'proper' radio station. You can listen at www.creditonradio.org and if you have no internet, you could ask someone to 'download' episodes to put on a CD for you.

We would like to encourage anyone interested to get involved in making some radio with us. There are lots of ways to do this. No experience is necessary, and you don't even need to leave your house! You don't need expensive equipment - the microphone on your phone or computer is probably fine - and you don't need a lot of training either - your ideas and stories can be more than enough.

For more information or if you would like to get involved at Crediton Radio, then please get in touch:

Visit www.creditonradio.org

Find us on Facebook 'Crediton Radio'

Email creditonradio@gmail.com

Ring us 07928 886 328.

Jake Lloyd
Organiser, Crediton Radio

Allan M. Gibb

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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 any charge.

Despite the lockdown, Peter Bryan has continued to make the recordings (but from his own home) so that the service has continued. 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, then please get in touch. For more information please call: Eric Parkes Tel: 82878 or Peter Bryan Tel: 773437.

Eric Parkes



Meat Bingo & Quiz Nights

Due to the lockdown, sadly we have not been able to meet for our monthly bingo nights or our fortnightly quiz nights since March. However, I hope that we will be able to re-establish both events once it is safe to do so. Please look out for details locally or contact Jayne Tel: 07900 477247.

Jayne Grover



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Copplestone Gardeners Do you Dig it?



The very last 'normal' Garden Club Meeting before lockdown took the form of a discussion about whether digging should be a thing of the past. Traditionally vegetable gardeners would dig over their patch annually, this allows frost to break down big clods of earth, the birds could eat exposed bugs and compost be incorporated. Also considered to be good exercise digging was the magic ingredient in successful, productive gardening.

Fast forward to a desire for a low maintenance garden and the theory for No Dig gardening arrives to tempt us. This method basically puts a thick layer of well rotted compost on top of the area which is to become a vegetable, or ornamental, bed and plants or seeds are established in that. Each year another 2 inch/5cm layer of compost is added on top suppressing weeds and enriching soil. The action of worms, planting and harvesting will eventually blend the compost into the soil and form a beautiful friable, good for biodiversity, growing medium. What's not to love?

Over the time between that last meeting and now a few Copplestone Gardeners have been experimenting to see whether the Dig or No Dig method is better. Using sweet peas and French beans in adjacent beds one dug over, the other not dug but with a thick layer of compost added, we have been keeping an eye open for differences in results.



So far there has not been a huge difference in results but is there enough to draw any conclusions yet? Sitting on the fence is good, the answer probably lies somewhere in between the two methods. A new bed may be more quickly established if it is dug over with compost added and weeds and rocks removed. From then on maybe no more digging but add compost in layers. Or, if you have too many new beds to dig just cover some of them with copious amounts of compost (best if the bed has an edging to contain this compost) and take the no dig approach on some beds. There is also a feeling that the quantities of compost needed for No Dig may be difficult to obtain so perhaps use less on the beds and expect to have to do more weeding.

If this has caught your interest then look out for books and articles by Charles Dowding, he is undoubtedly the main proponent of No Dig gardening and will explain the process more fully.

Garden Club continues to keep in contact via WhatsApp and Email. If you would like to join the discussion please drop an email to me Christine.mcSweeney@gmail.com

Christine McSweeney

Tarka Line News



Like most organisations our activities have been limited by the Covid-19 pandemic. Our regular committee meetings were postponed with the last physical meeting being on the 26th February 2020. We have since held one virtual meeting on 21st May 2020, any urgent business being discussed by email.

The engineering work by Network Rail took place between Monday 30th March and Sunday 5th April 2020 with buses replacing trains between Crediton and Barnstaple to allow for track replacement and a couple of bridges to be replaced. Unfortunately due to Covid-19 work restrictions, not all the work could be completed and some of the incomplete work will now be carried out between Friday 9th April and Monday 21st April 2021. This will include lengthening the platforms at Eggesford.

The line since the pandemic outbreak has been providing a vital service to transport key workers to their jobs. This has included medical workers to the hospitals. When travelling by train, as with other forms of public transport and entering retail buildings, it is mandatory to wear a face covering and maintain social distancing. Frequent use of hand sanitiser is also recommended.

Great Western Railway (GWR) has been granted a new contract for the next 3 years with a possible 1 year extension. These agreements will run concurrently with the emergency measures agreements announced earlier this year which will see the government temporarily take on the revenue and cost risk associated with individual franchises. These measures ensure that key services will keep running across the UK.

Crediton station is currently being repainted and is looking very smart. Other stations including Copplestone and Morthard Road have also been repainted.

Alan Clark, Stations Officer

Milk Service to Copplestone

Tuesday mornings
and Friday Evenings.



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ACE Archaeology Club



Well, we did have to cancel our 'dig' for this year, and we aren't really sure even about next year. However, we have time to think about it all and see how we can do a smaller dig perhaps with fewer people, somehow being more targeted. Thinking about exactly what more we want to find out about our site at Moistown, near Winkleigh.

In the meantime, the interim report for 2019 is done and on our website. Our director, Janet, has been catching up with all sorts of desk based, or, more accurately, computer based, work around contexts and sections and doing all the things that she normally has little time to do. Janet and I have been trying to have weekly finds cataloguing sessions on my veranda, weather permitting, which it generally has.



We have over 3,000 finds to get through from 2013 to 2019. So far, we have managed to do 2 years' worth so a way to go yet. We are hoping the weather holds because I don't know what we will do when it starts to get cold and wet. Go back to working on our own, which will be a shame as sharing this has been a good experience, especially at a time when we are so limited in who we can spend time with and how we can do that.

We are all having to think of new ways of doing things and so perhaps some creativity will be a positive thing to come out of this very strange time we are living through. Take care and best wishes from ACE.

Erica Williamson

ACE Archaeology Club Secretary

www.acearchaeologyclub.wordpress.com

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Down St. Mary Church

Church Services. We are delighted to say that Lay led Morning Prayer Services have recommenced at St. Mary's. The services are 'different' from what we used to do before the Covid-19 virus emerged. The services are at 10am on the 2nd, 3rd, 4th and (if there is) 5th Sundays of the month. On the 1st Sundays there is a Mission Community Eucharist at St. Andrew's Colebrook at 9.30am.

At all services face masks must be worn, social distancing (2m) to be maintained from each other, except persons living in the same household. Singing is not allowed but there are organ interludes. You must sanitize your hands on entering and leaving the Church and leave your details in the unfortunate event that we need to contact you because of a suspected incident. St. Mary's will remain open after the Sunday service for private prayer until 4 pm.

There will be a Eucharist service at St. Mary's on **Sunday 15th November** (at present!) at a time to be notified. You are welcome at any of the services.

Nigel Fidock



Crediton Parish Church

At present the Parish Church is open for private prayer on a Wednesday from 2 - 4pm and Sunday services at 9.30am and 11am. For the Sunday services (social distancing and reduced numbers who can attend) pre-booking is essential. Anyone wishing to pre-book should please contact Anne Jerman 01363 772865.

Further information can be found on our home page www.creditonparishchurch.org.uk. This of course all comes with a huge virus spike caveat especially once schools go back in September.

Bill Jerman



St Boniface Church, Knowle

When churches are able to resume full regular services, all will be welcomed at our twice monthly services at Knowle:

1st Sunday of the month, 9am Holy Communion

3rd Sunday of the month, 10am Family Worship

David Silvester



Lockdown's impact

Has Lockdown had an impact on your pocket as well as on your life?



You are not alone. Coronavirus is devastating those areas of the world where poverty is rife and there is not enough water to stay clean, let alone repeatedly wash hands.

You can still help in a small way. Communities that are signed up to the Fair Trade Scheme still benefit from the Fair Trade premium, and bananas are a good place to start. Look for the Fair Trade sticker in Tesco or Morrison. They will cost a little more than the ordinary bananas but communities who grow them get the chance to decide where their Fair Trade premium is to be spent, and how it will benefit their own community. Many prioritise water supplies with their premium.

You can also see a film on how Fair Trade helps tackle climate change: <https://bit.ly/2XZQdiv> or contact annegreig46@gmail.com for the link or further information on Fair Trade issues.

Anne Greig

Lighting up the Parish?



As you may know, Copplestone was due to hold its '*Lighting Up the Parish*' community event this November but will it happen? I wish I had a crystal ball!

I have been in touch with the Fireworks Company, and they agree with me that we simply have to wait until nearer the time to see if current restrictions have been lifted, remain the same, or we have returned to lockdown, either nationally or regionally.

So sadly in the current circumstances, it looks like the event will NOT go ahead on 5th November. There will have to be a significant 'lifting' of restrictions to allow such a public event to go ahead. However, we can order the Firework Display right up until two weeks before 5th November, so if the situation improves there is no problem in obtaining the fireworks.

So ‘watch this space’ and if the usual advertising boards are not up in the village by mid October, you can assume it will not be happening.

David Brassington, Event Organiser



Fit Club



Well, here we are in September, normally the start of a new term for Fit Club, but regrettably, due to Coronavirus, we still do not feel it is right for us to resume classes at present.



I will continue to keep a close eye on Government guidelines to see when it is considered safe for groups, especially exercise classes, to resume. We may know a bit more once schools have been back a for a few weeks but, as things stand, I think it will be October at the earliest before we can resume classes. It may be that we can then start classes but without all the 'huffing and puffing', concentrating more on toning and stretching with resistance bands, and with reduced numbers we'll have to wait and see.

In the meantime, I would encourage you all to try to keep as active as possible, be that walking, cycling, dancing, energetic housework, gardening, online exercise classes or whatever you enjoy that gets you moving - any form of exercise is better than none!

Once I have more news of a definite start date I will be in touch with the previous Fit Club ladies and publicise locally. If you would like to know more about Fit Club or are interested in joining us once we are back in action, please do contact me, email: lunn.family4@gmail.com or text/call 07814 372828. Until then I hope you all keep well and stay safe.

*Suzanne Lunn
(Exercise to Music Level II Trained)*

Your Local Neighbourhood Police

*PCSO 30030 Nicola Payne
Crediton Neighbourhood
Policing Team,
Crediton Police Station.
In emergency telephone: 101
or Email: 101@dc.police.uk*



Shielding

From 1st August, the Government's advice was that you no longer need to shield. Instead the advice is to adopt strict social distancing. This means that you should take particular care to minimise contact with others outside your household or support bubble.

It also means:

- You can go to work, if you cannot work from home, as long as the business is COVID-safe;
- Children who are clinically extremely vulnerable can return to their education settings if they are eligible and in line with their peers. Where possible children should practise frequent hand washing and social distancing;
- You can go outside to buy food, to places of worship and for exercise but you should maintain strict social distancing;
- You should remain cautious as you are still at risk of severe illness if you catch Coronavirus, so the advice is to stay at home where possible and, if you do go out, follow strict social distancing.

[Go to the government's advice on shielding](#)

Remote hospital appointments

Thousands of miles in car journeys have been slashed in Devon, as an added bonus of hospital appointments carried out by telephone or video. Patients who responded to a survey at one local trust alone reported a total of 9,000 fewer miles and saving many frustrating hours on the county's roads and in hospital car parks as they broadly praised the experience of seeing their hospital team or consultant from their own home. Those who still needed to attend hospital said that their appointments felt safe and well organised. Initial results of a survey by Northern Devon Healthcare NHS Trust showed that:

- The vast majority of telephone appointments were positive experiences
- Face to face appointments were well managed, including use of PPE
- 490 people surveyed about video appointments wanted them again and saved 9,000 miles in travel

Access to Dentistry in Devon

Between April and July, of all the feedback received that involved primary care services 13% involved dentistry with 92% mentioning that access to dental services being the issue. 38% of all these cases identified Covid-19 as the issue, while 65% couldn't distinguish the pandemic as the main cause of the issue specifically. If you are looking for a dental practice that has NHS funded places for new patients, please contact the Devon Dental Helpline Telephone: 03330 063300 or email accessdentalhelpline@nhs.net



From James at The Plant Shed.

A message to all my lovely customers.

Some of you may have realised that I haven't been at the shop for some time and this is due to my health. I am due to go back on to a treatment soon which means I will have to keep myself isolated. I, like many people, have had to make some difficult decisions since this pandemic started and it has been a very challenging time in many ways.

It is important to me to let you all know what a really wonderful time I have had getting to know you all, it is thanks to you that the shop is what you see today. I am handing the business over to Lizzie, who you will know by now and she will continue to look after you and provide you with the finest local produce available. Thank you all so much for your patience and support over the past few years that I've been at the Plant Shed.

I also want to say a huge thank you to Lizzie and Berna for the help and commitment they have given over the years to enable me and the shop to get this far, I could not have done it without them. Please continue to support The Plant Shed - Lizzie and Berna will be there to help you and what a fantastic job they are doing!

James

The Plant Shed & Farm Shop Dulings Farm, Copplestone

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Pre-ordered collections still available

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and perennial plants.

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Please call 01363 720073
or email hello@theplantshed.co.uk

Copplestone Running Club (CRC)

Dear CRC members and readers, we hope you are all well and keeping safe and healthy. We are looking forward to getting things back towards normal very soon! We will post regular updates on our Facebook page (Copplestone Running Club) so please do check it out.

Before the pandemic we were meeting every Tuesday and Thursday at 7:30pm and on weekends too; we hope to do this in the near future and would welcome any new runners to our friendly group. We are also thinking about some early morning runs during the week for those of you that like to get out early!

CRC would like to say a massive well done to all of you who are participating in our current couch to 5k program. Emily Martin began leading this at the beginning of July and CRC would like to say thanks on behalf of everybody for all of your time and effort so far Emily!

Please do check out our Facebook page over the next few weeks as we will be posting more information on all of our runs and future events. CRC is a running club that is completely free and which always welcomes runners of all ages and abilities, we hope to see you soon!

Jen Murphy

Devon County Council News

Face Mask Exception

Not everyone is able to wear face coverings. If you are exempt, @GOVUK have made exemption cards you can store on your phone or print if it makes you feel more comfortable to be able to show something. This is voluntary and not law. You can find them at: <http://soc.devon.cc/hdvsK>



Bring it, bag it, take it home

If you're visiting your favourite place or park in Devon, please remember to leave no trace and take your rubbish home with you. Bring it, bag it, take it home. Be kind and protect our local parks so everyone can enjoy them safely.

Quit Smoking

If you've been trying to quit smoking for quite some time but need further support, our local @stepphealthy team can help you. Call 01392 908139 email: <http://soc.devon.cc/t9RXH> Text: QUIT to 60777

Every Mind Matters

Life has changed in many ways for most of us. If you are worried or anxious about coronavirus, <https://www.nhs.uk/oneyou/every-mind-matters> has some useful tips to help improve your mental health and wellbeing.



County Councillor's News



Changes to Council Work Practise

The pandemic has forced changes to many established work practices and the way the council services are provided. As with other organisations, virtual meetings have become widely used through the internet with most councillors and office-based council staff working from home. The full road maintenance programme continues, including filling in potholes, although recommended measures followed by the workforce including self-distancing have affected some of the jobs undertaken.

Devon Ranks Among the Lowest for COVID Cases

There has been so much coverage in the national media about potential second waves of coronavirus, it is important to reiterate the number of cases in Devon is still very low and, although we must not take things for granted, it is one of the lowest in England. A Local Outbreak Management plan has been agreed and the Council is continuing to work closely with its partners and with the latest local data and intelligence to help monitor the situation very closely and respond rapidly if necessary. You can view up-dates and get advice on <http://www.devon.gov.uk/coronavirus-advice-in-devon/>

School / College Transport

At the time of writing the council has just received the Government's guidance on how school transport should now operate. All contracts for the school buses will run as normal and all pupils 11 and over should wear face coverings and wash their hands before travelling. Hand sanitiser will be available at schools. There are some arrangements being made for those pupils catching regular public transport service, including those from outside of individual school's catchment area. A press release is to be issued shortly and a mailing including a flyer will be sent to students, parents and carers explaining the correct protocol before the beginning of the new school year.

Bus Services

It is currently estimated there has been a slight increase in passenger numbers using public transport now at approximately 40% of what it was before the lockdown. The Government is currently covering the shortfall in revenue. Apart from a few changes in Exeter, most local services are back to normal.

Contacting Devon County Council: Tel: 0345 155 1015 E: <https://devon.gov.uk/help/contact-us>

Clr Nick Way,
Westwood Hse, Crediton EX17 3PF
Tel: 01363 777903 / E: nick.way@devon.gov.uk





Voluntary Action in Mid Devon

Hello,

I sincerely hope this email finds you well as we continue to navigate our way through the Covid-19 pandemic. It has no doubt been a time of challenge and uncertainty for many of the community and voluntary groups, as well as a time to develop, show strength and flexibility.

At Involve we would like to hear from as many of you as possible so we can further understand what services are looking like, how they have changed and what the future plans of your organisation are.

It would be greatly appreciated if you could take a few minutes to complete the following SURVEY MONKEY. Please copy and paste this link into your browser: <https://www.surveymonkey.co.uk/r/X7NDKN9>

Many thanks and best wishes

Emma
INVOLVE
Community Development Officer

Covid-19 Community Local Outbreak & Recovery

As communities respond to the easing of lockdown measures, we have developed our helpline to support Town and Parish Councils, Village Halls and Community Buildings into the recovery phase. For advice and support, you can phone the Covid-19 Community Local Outbreak & Recovery helpline: 0808 1963390. The helpline will be staffed 9am to 5pm on weekdays for the foreseeable future or email info@devoncommunities.org.uk and someone will get back to you.

We are here to help communities come together to respond to the pandemic with the most effective, safe, and co-ordinated responses. For more information please visit <https://www.devoncommunities.org.uk> and see our coronavirus information page for the most up to date resources, including guidance about re-opening Village Halls. We are in this together, and by standing shoulder to shoulder, we will get through this together.

Together #WeAreDevon

Devon Communities Together is an independent charity engaged in a wide range of projects and services that support our vision of dynamic Devon communities shaping their own futures.

Our team is focused on inspiring, upskilling, training, supporting and advising groups and individuals to make changes and achieve positive outcomes for their communities. We work with a very broad range of people, from rural and coastal communities to more urban centres, and support them across a wide variety of areas including community buildings, community resilience, affordable housing, entrepreneurship, neighbourhood and community plans, sport and play, health and wellbeing and much more - but our work is always designed to help communities help themselves.



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ENJOY
Summer
SAFELY

Eat Healthily and Save Money

Here are some tips to help you have your (low-fat) cake and eat it.

Waste nothing

Just buy what you need; the average family with children throws away £60 of good food every month.

Write a shopping list & don't shop when hungry

If you shop when you're hungry you're more likely to spend more, especially on less healthy foods/snacks.

Eat leftovers for lunch or freeze for another meal

Cook extra portions for your lunch the next day or freeze leftovers for another day.

Buy frozen fruit & vegetables

They come pre-chopped, ready to use, and are just as good for you and often cheaper than fresh varieties.

Try cheaper brands

You could save money by buying cheaper brands.

Give it a go and let your taste buds be the judge.

Eat more vegetables and pulses

Try adding more vegetables and pulses (beans, lentils, peas) to make meals go further - they also count towards your 5-a-day!

Freeze leftover bread

Bread is one of the most wasted household foods.

Reduce waste by freezing in portions.

Know what's in your kitchen cupboards & freezer

Avoid buying what you already have and check use-by dates so that you use food before it goes off.

Buy cheaper cuts

Choose a cheaper cut of meat and slow cook to break down the fibres, giving great taste at a lower cost.

Look up cheap healthy recipes

Try <https://www.nhs.uk/change4life/recipes> for some inspiration and easy meal ideas.

Eat smaller portions

Say no to second helpings or use smaller plates.

Weigh out pasta etc to control portion size and reduce waste.

Cook from scratch

Save money by cutting back on takeaways. Cooking your own meals is generally cheaper and healthier.

Use the Deli Counter

For cheese and cured meats as you can get exact amounts, which may be cheaper and less wasteful.

Compare pre-packed with loose

Check the price per weight (for example, £/kg). Pre-packed is not always the freshest and you may buy more than you need.

Cut down on luxuries

Cut back on non-essentials e.g. fizzy drinks, crisps, snack bars, biscuits and cakes. Many are high in sugar and fat - you'll do your waistline and purse a favour.

Beware of BOGOF offers

Buy-one-get-one-free (BOGOF) deals, can offer good value, but only if you are likely to use them. Tinned or frozen fruit / veg, rice/ pasta, are good examples.

Toddlers eat the same

Instead of relying on costly pre-prepared toddler food, simply blend or chop up their portion to suit their age and freeze extra child-sized portions for later.

Shop during the 'happy hour'

Most supermarkets discount fresh items towards the end of the day - good for same day use or freezing.

Copplestone Walking Group



The group started very informally about 4 years ago when a few friends from the village decided to meet up and go for a walk together. Since then the number of walkers has steadily grown by word of mouth to about 20 people.

However, since the Covid-19 pandemic, we have had to put the walking group on hold. At present the group is still unable to meet as several members are shielding and current Government guidance states we should not '*socialise outdoors in a group of more than six people from different households; gatherings larger than six should only take place if everyone is from exclusively two households or support bubbles*'.

Since March, we have been doing our own personal walks and in more recent months, as restrictions have eased, some of us have been meeting up with one other household to walk, talk and enjoy our beautiful countryside. We miss meeting up socially as a group and so are looking forward to the time when we can safely resume our walks as a bigger group.

I hope you all continue to stay safe and well. If you are interested in joining the walking group when we resume, please email me at lunn.family4@gmail.com or Tel: 84018

John Lunn

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Remember Loved Ones by Moonlight and Support Children's Hospice South West

Children's Hospice South West (CHSW) is inviting people to remember and celebrate the life of a loved one and raise vital funds for the charity. A Memories by Moonlight ceremony will be broadcast live on Facebook from the Little Harbour children's hospice in St Austell at 9pm on **Saturday, 26th September**, giving people the opportunity to light a candle and come together virtually for a special evening of reflection.

The poignant and uplifting ceremony will feature readings from all three of the charity's children's hospices – Little Harbour, Little Bridge House near Barnstaple and Charlton Farm near Bristol. It will also include music, poems and a two-minute applause to celebrate the lives of those no longer with us. The names of loved ones will also appear along the bottom of the screen.

Due to the pandemic, the charity has had to adapt many things over the last few months – the care and support we offer to children as well as the fundraising events that help to fund that vital support for more than 500 local families. We hope our new Memories by Moonlight event will give people a lovely way to support the work we do while remembering the special people in their lives.

Everyone who registers to take part in the event, which is being sponsored by National Friendly, will get the chance to join the virtual memory ceremony. People can then choose to simply donate in memory of their loved one, or complete a walk or activity at a time and location that suits them and ask friends and family to make a donation towards this.

Participants will receive a beautiful memory pack in the post, which will include a candle bag to decorate, along with a tea light to light on the evening and a booklet to accompany the memory ceremony. We are delighted to be bringing Memories by Moonlight to people across the South West and beyond. We look forward to connecting with everyone at the memory ceremony on the evening of 26th September, which we are sure will be a very special night.”

To sign up to Memories by Moonlight simply visit www.chsw.org.uk/moonlight. Registration is just £10 and a memory pack, along with details of how to access the Memory Ceremony, will be sent in the post. For more information about the event, you can also call the CHSW Fundraising Team on 01726 871800.



A New Website to Support Communities Through Covid-19

A new website was launched in May to support Crediton and the surrounding villages through and beyond the Covid-19 crisis. As well as promoting the shops and services that are still operating, the 'Crediton In & Around' site will share advice and stories about how local people are adapting to a changing world. The website has been created by the Crediton Heart Project, a voluntary group which works to keep the heart in Crediton and its surrounding villages by improving facilities and opportunities for all.

It has a magazine style with listings of essential services, as well as articles by local groups and individuals, giving advice or sharing interesting stories. The site is not just about coping with Covid, as restrictions ease, we will be adapting it to reflect the changes. We want it to become the go-to online destination for anyone wanting to know what's happening in and around Crediton.

Visit www.creditoninandaround.co.uk. To contribute a listing or article click on 'Contribute' in the top right corner or email info@creditonheart.org for more details.

*Rosemary Stephenson
Chair, Crediton Heart Project*

Five ways to wellbeing



Sustainable Crediton

Sustainable Crediton's first plot for pollinators is buzzing – literally. An easing of Covid-19 has meant we could get out and weed the plot on Belle Parade in Crediton, see where gaps are for future improvements and save seed for planting on new plots next year.

We are in the process of planning further plots around town as part of creating a corridor through town for pollinators and hope to encourage gardeners everywhere to make space for bees and other beneficial pollinators that are in decline. A few well chosen plants that bees like are all it takes, no need for a large wildflower meadow in the average garden. The bees will come and you can enjoy them and will have helped them revive their declining numbers. Remember no pollinators - no food.



Copplestone Parish Council

Your Parish Councillors are:

Stephen Faulkner (temporary Chairman)
Jeremy Bore, Steven Collins,
Martin Greig and Graham Turner.

Due to the pandemic the Parish Council has not been able to meet as usual in recent months. For more information about the Parish Council please visit www.copplestoneparishcouncil.co.uk or to contact the Clerk, Email: copplestoneparishcouncil@gmail.com or Tel: 01363 877807.

Christopher Voaden

Hair by Samantha

Home salon based in Copplestone .

Flexible hours and late
evening available.

All types of hairdressing cutting,
colouring, sets, perms and blow-drys.

Call or Text Samantha on 07738 752678
To make an appointment today.

Flu vaccinations to start in September



This year will see the biggest flu vaccination programme ever carried out in the UK. Local surgeries are already gearing up to meet demand and some surgeries are encouraging patients to book an early appointment. Priority will be given to "At Risk" patients and those aged over 65 but the additional qualifying group, those aged 50-64 and children, will soon be advised when they can be vaccinated.

Harvest Quiz



1. What is the UK's most grown crop?
2. Which autumnal farming practice has been banned in England and Wales since 1993?
3. In 2001, tennis balls used at Wimbledon began being recycled as homes for which endangered creature?
4. How many Pumpkin Spiced Lattés did Starbucks sell in the drink's first decade?
5. 'We plough the fields and scatter...' is followed by which line?
6. Which painter's work includes 'Potato harvest' and 'The Sower'
7. Which BBC radio drama has an agricultural story editor?
8. Name the baked food eaten during China's Mid-Autumn Festival.
9. In which English county in 1843 did the first Church harvest festival take place?
10. Name the pigment which trees stop producing, which causes leaves to lose their green colour?
(Answers on back page)

Blackberry Pavlova

Serves 4 - 6

Pavlova base:

3 egg whites
150g (6 oz) caster sugar
a little vanilla extract
1 teaspoon cornflour
1 teaspoon cider vinegar.



Whisk egg whites and gradually add the sugar and vanilla. Mix cornflour and vinegar to a paste and add this when stiff egg peaks form. Spoon the mixture onto baking parchment in a 20cm circle and bake at 150c/Gas 2 for about 1 hour until the Pavlova is a pale caramel colour.

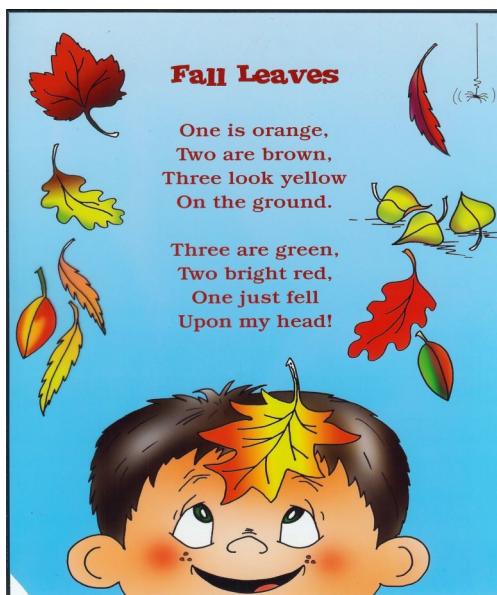
Blackberry compote

250g (8 oz) blackberries,
1 teaspoon lemon juice,
50 g (2 oz) sugar,
1 teaspoon cornflour

Place the blackberries, sugar and lemon juice in a saucepan and bring to the boil, simmer gently for a few minutes then add the cornflour mixed to a paste with a little water. Bring back to the boil then set aside to cool.

Spread a generous layer of whipped cream on the Pavlova, spoon over the blackberry compote, finishing with a few fresh blackberries and a sprig of mint. Enjoy!

Paul Cleave



Our Village Website

To find out what's happening in our local area go to:

www.copplestone.org.uk

For information & links to:

*The Enlightener, Parish Council, MDDC,
Copplestone Primary School, Local Churches,
Diary Dates, Things To Do & more!*

If you would like to promote an event on our website please contact Mark the website administrator at copplestonewebman@gmail.com

Copplestone Methodist Church is Online!



You are very welcome to join us at 10.45am on Sunday mornings, or anytime during the week, for an hour of encouragement. Just go to: www.copplestonechurch.org.uk
The service includes uplifting Christian music, Bible readings, life stories, prayer and a Christian message.
All are welcome.

Your Village Magazine



Well, it has been a very different summer this year with many of our usual community events postponed and many restrictions on the places we could visit. Thank goodness that the weather was good so that we could enjoy our lovely local countryside!

Now that we have reached September, it is good to see a gradual easing of the lockdown and signs that life may be getting back to some sense of normality even though we all have to adapt to a new normal! It is encouraging that all children will be returning to school and hopefully many of the other community clubs and groups will be able to resume activities soon.

So, I hope that this Autumn edition of The Enlightener has encouraged you that there is hope for us as individuals and as a community.

The Enlightener is a FREE magazine published 4 times a year by Copplestone Methodist Church on behalf of the community. Over 700 copies are printed & distributed to every home in the parish by a team of volunteers. You can also read The Enlightener (in colour!) online, by visiting our village website www.copplestone.org.uk or our church website www.copplestonechurch.org.uk.

For more local news and events please 'Like' the 'Copplestone Enlightener' page on Facebook .

The next Enlightener is due out in early December. Please email lunn.family4@gmail.com or Tel: 07814 372828 by 10th November 2020 if you have anything to contribute or if you wish to place an advert. In the meantime, take care and stay safe.

Suzanne Lunn - Enlightener Editor

Harvest Quiz Answers

1. Wheat 2. Stubble Burning 3. The harvest (field) mouse 4. 200 million 5. The good seed on the land.
6. Vincent Van Gogh 7. 'The Archers' 8. Mooncakes 9. Cornwall 10. Chlorophyll