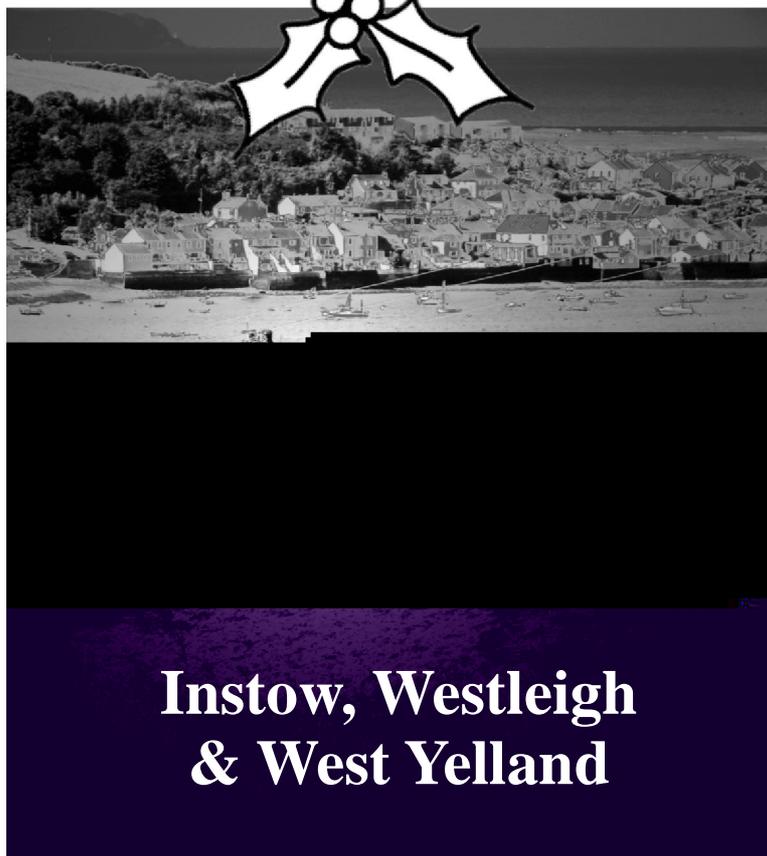


# Parish News



**Instow, Westleigh  
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**December 2011**

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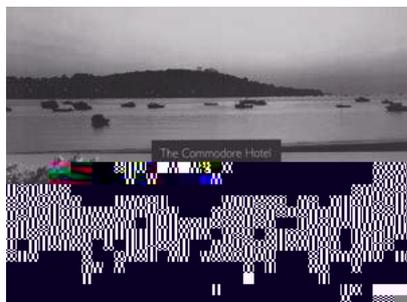
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## From Paul Hockey

### Dear Parishioner,

My wife and I are so old we once lived in Eden! True - in a small market town called Kirkby Stephen situated in the Eden Valley, Cumbria. We were living there when Matthew, our second son, was born. He weighed in at just over 2 lbs and spent the first few weeks of his life in SCBU (Special Care Baby Unit) in Carlisle Hospital.

As we were thinking about what to call him, we remembered that a few years earlier, when our first daughter was born, we had bought a little book called 'Name your Child'. On the back cover it stated: 'A lively and helpful guide to parents-to-be faced with the dilemma of choosing a suitable name for their child'. With the help of this book we came up with the names Matthew Paul for our new baby son. Why? Because Matthew means 'A gift from God', and Paul means 'Little'. So we named him Matthew Paul – 'A little gift from God'.

In Bible times it was common practice for names to be given because of their meanings. Moses, for example, means 'pulled out' – for as a baby he was pulled out of a river (see Exodus chapter 2).

Soon we will be celebrating the birth of Jesus. His conception, unlike yours or mine, was miraculous. The Holy Spirit made this possible in the life of Mary, engaged to be married to Joseph. To begin with Joseph, knowing it was none of his doing, was not best pleased to discover the condition of his wife-to-be. He'd decided to call the whole thing off when in a dream God spoke to him saying "Joseph, don't be afraid to take Mary to be your wife for it is by the Holy Spirit that she has conceived. She will have a son, and (*here comes the name bit*) you are to name him Jesus **because** he will save his people from their sins."

So 'Jesus' means 'Saviour'. Incidentally, he was also given what you or I might think of as a middle name - 'Emmanuel', which means 'God with us' (see Matthew chapter 1 verses 18-23). Don't you think that these are great names for him? They couldn't be bettered for describing why he came. He truly is 'God with us', and the 'Saviour-Rescuer' who came to save us from our sins.

As you read these things about Jesus, I wonder if anyone is thinking "So what, it's not relevant to me." If you do catch yourself thinking this way, then please give yourself some time in the run-up to Christmas to think about how it is between you and God. None of us knows what is around the corner, and we each need to be right with God and to be able to say with confidence "Jesus is not only the 'Saviour of the world', but he's **my** Saviour too, and is with me in all the ups and downs of my life".

If you want to know more, give me or Rosie a call.

With my prayers for a meaningful Christmas.

**Paul Hockey**

## CHURCH SERVICES for December 2011

### Instow, Westleigh and Fremington

	<b>WESTLEIGH 9.30 a.m.</b>	<b>INSTOW 11 a.m.</b>
<b>Dec 4th</b>	<b>Holy Communion</b>	<b>Holy Communion</b>
<b>Dec 11th</b>	-	<b>Joint Christingle Service Instow 10.30am</b>
<b>Dec 18th</b>	<b>Carols by Candlelight 3.30pm</b>	<b>Nine Lessons &amp; Carols</b>
<b>Dec 24th</b>	<b>Christmas Eve Communion 10pm</b>	<b>Crib Service 3.30pm Midnight Communion 11.30pm</b>
<b>Dec 25th</b>	<b>Joint Family Communion Westleigh 10am</b>	-
<b>Jan 1st</b>	<b>Holy Communion</b>	<b>Holy Communion</b>

### ALL SAINTS CHAPEL, INSTOW

<b>Dec 4th 8am</b>	<b>Holy Communion at All Saints, <i>if ready, if not Fremington</i>)</b>
<b>Jan 1st</b>	<b>Holy Communion at Fremington</b>

### ST PETER'S, FREMINGTON

**Every Thursday 10 am Holy Communion**

### INSTOW PARISH HALL

**1st Sunday of every month 3.15 pm Causeway Service**  
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**Online  
News**

The Parish News will shortly be available in local community web sites - initially at [www.instow.net](http://www.instow.net) and then others. More details next month.

2

## OTHER DENOMINATIONS IN THE AREA

**The Roman Catholic Church of the Sacred Heart**, North Rd, Bideford.

Parish Priest: Father Terry Donovan. Tel: 01237 472519

Masses: Saturday 6.30pm, Sunday 11.00am. Holy Days 10.30am and 7.30pm

**United Reform Church**, Lavington Church, Bridgeland St, Bideford

Minister Rev Tom Bayliss also at Bickington URC Chapel

Sunday: 11.00am and 6.30pm. Holy Communion 1<sup>st</sup> am and 3<sup>rd</sup> pm.

**The Baptist Church**, Mill St, Bideford

Minister Rev Lee Presley Tel 01237 477906.

Sunday services: 10.30am. Holy Communion 1<sup>st</sup> and 3<sup>rd</sup> Sundays.

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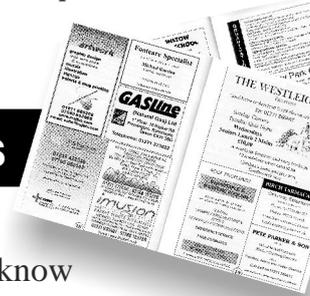
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In December letters and application forms have sent out to our advertisers for next year. If you know someone who is interested or wish to advertise next year and have not been a previous advertiser, please contact Peter Cantle on [pc@instow.net](mailto:pc@instow.net) to be added to the mailing list. The rates will be the same as last year. 1000 copies are distributed in Instow, West Yelland and Westleigh. The rates are as follows:- eighth page £42; quarter page £73; half page £122 per annum in 12 monthly editions. Separate monthly issue advertisements are charged on a minimum of £5 per entry or a donation basis.





# LETTERS



From Jane Calway

## LOVE IS ALL AROUND

During Geoff's illness and subsequent death, I have received so many acts of kindness and love from dear friends. I couldn't have managed without you. Thank you all. I am also very grateful to all who have provided for the tea after Geoff's funeral, he would have been mightily impressed! The cards and letters I have received have helped me enormously during this difficult time. God bless you all. **Love Jane**



Inclusion is at the Editor's discretion and letters should be no more than 200 words in length.

Please send **electronic mail** to [colin@frajbis.co.uk](mailto:colin@frajbis.co.uk) and title "Parish News letter"  
or **post** to **Parish News Letter, Kings Cottage, Westleigh, Nr Bideford, Ex39 4NN**

## NEWS FROM INSTOW CHURCH

Our Remembrance Day service was well attended, led by Rev Gordon Hansford. Captain Jimmy Johnson read the list of the fallen before the two minutes silence. Readers were Mr Joe Armstrong, Royal Navy (retired) and Gp Captain Andy Dipper. Wreaths were placed on the War Memorial by Mrs Pat Staddon for Instow and West Yelland WI; Cllr Ben Thomas for Instow Parish Council and Cllr Brian Moores, North Devon Council. Many parishioners had seen the Chivenor Military Wives choir's first episode on TV and their wonderful performance at the Albert Hall the previous evening. Causeway glowed with pride as one of our carer's is in The Choir.



We look forward to a Christingle service for Instow School and a Christingle for the parishes of Instow and Westleigh on the morning of Sunday December 11<sup>th</sup> at 10.30 am. Please note the time and collect a Children's Society envelope for your donation from church.

The Race Night event went well with great enthusiasm from the punters. The beer barrel was emptied quickly. Thanks to the hard work of John, Maureen, Tony, Colin and Barbara £1500 was raised for the tower fund. The Jumble sale raised £320 for church expenses. Thanks to all who helped and contributed items to sell. Devon Historic Churches Day raised £70.

Ross and Hannah Duncan, who were married at St John's, had their daughters, Matilda and Elspeth baptised recently on board HMS Dragon with the ship's bell being used as a font. HMS Dragon is one of the new Type 45 Destroyers where Ross is serving as an Engineering Officer.

The funeral took place on November 4<sup>th</sup> of Bett Colegate, widow of Bill, late of Kiln Close Lane, Instow and latterly of Fremington and Hanson Park. Many Instow friends and contemporaries of her son Ted were present, including all the children of Heather Oliver whom she had looked after when she helped at the Lobster Pot. Her reputation as a great cook at Instow School is well known. Rev Paul Hockey took the service, as Bett had been a parishioner at St Peter's Fremington.

Our sympathy is extended to the families of Alan Binns of Bridge Lane who died on November 9<sup>th</sup> and of Reg Watkins of Rectory Lane who died on November 7<sup>th</sup>. Rev Gordon Hansford paid a warm tribute to the late Rev Geoff Calway at the service on November 13<sup>th</sup>, his family Jane and Stephen, and asked for our prayers.

Preparations are now advanced for the completion and re-opening of All Saints Chapel and Community Centre. We have received a grant of £5000 from Awards for All (Lottery Fund) for furnishings. The committee has begun the purchasing of the necessary items and are looking forward to inviting everyone for their first cup of coffee, hopefully in January.

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**colin@frajbis.eclipse.co.uk**

Contributors who do not have this facility should ask for assistance (861165).  
The Cantles are no longer able to accept any handwritten copy.

**Deadlines for inclusion - subject to space - 13th of the month.**

## ADVERTISERS

**Instow, Westleigh and West Yelland Parish News cannot be held responsible for any work carried out by any advertiser in this guide and assume that all articles are accurate at time of printing and are fairly represented on behalf of those who submit them**

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The world is celebrating the 400<sup>th</sup> anniversary of the publication of the King James, or Authorised, version of the Bible and in Bideford, in North Devon, St Mary's Parish Church is mounting an exhibition to celebrate this anniversary. Running from Sunday 20<sup>th</sup> November at 3.30pm until Sunday, 4<sup>th</sup> December the exhibition will display bibles from all walks of life – from toddlers to teens to adults. Bibles in different translations, in different versions; bibles as story books; study notes and material for students of this famous work.



Also featured will be old bibles, family bibles, bibles that went to war, bibles small and large and bibles of great historic value. Flowers, fruit and food from the bible will be focussed upon as will the impact of the computer on the bible and on its readers and its students.

St Mary's will officially open this exhibition with a Songs of Praise service at 3.30pm on the 20<sup>th</sup> November made up of hymns and songs of praise which have been inspired by the bible. This will be followed by a tour of the exhibits and refreshments.

NB Enquiries regarding this news release should be directed to Mrs Ro Day Tel 01271 860 520.

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## INSTOW COMMUNITY PRIMARY SCHOOL



The Parent, Teacher and Friends Association of Instow School (PTFA) like to welcome members of the wider community to a range of PTFA events such as our Christmas activities, Summer Fayre, Fashion Show, pamper evenings and Golfing events. If you live in the Instow area and would like to join the mailing list so that you can be sent future invitations and news about the school, please email the PTFA Chair Trudi Beer at [PTFA@instow-cps.devon.sch.uk](mailto:PTFA@instow-cps.devon.sch.uk) or telephone the school office on 01271 860545 and leave your contact details for Trudi's attention

**On Geoff;** "It seems an age since we heard the sad news of Father Geoff's passing. He played such a large part in school life and was an important member of our family. I know the staff, children and parents will miss him dearly. He was an inspiration to all of us and his cheerful and caring nature left us with many fond memories. I will always remember his carpenter's pencil tucked behind his ear and his infectious smile." **Mark Gough, Headteacher**

"You were the best, You were better than the rest, You always had a pencil behind your ear, You never had a fear, This is how I remember you, And when I look into the sky, I remember you saying 'always aim high.'" **Stacey Ager Class 5**

Building work on the school is finally starting. Whilst he's incredibly excited about the whole project, the staff looking forward to the Summer Term most of all. By then all the work should be completed and the children will be benefiting from the updated accommodation they so deserve.

### Poppy Appeal

The children raised almost £70 during the poppy appeal. Thank you everyone!



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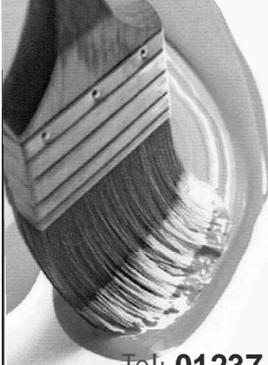


## INSTOW PRE-SCHOOL

We would like to take this opportunity to welcome the new families who have joined us and hope their time with us will be a happy and rewarding one. just a reminder that the parking facility at All Saints Chapel is unavailable for 3 months as work has started on the extension. We have our Christmas dates !!!!!!!Our Christmas production will be on Wednesday 7th December at 11.00am and the children's Christmas party will be on the last day of term, Friday December 16th normal pre-school hours.



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**West End Mission Community Discussion group**

November meetings will be on December 6th (at Two Rivers, Anstey Way) and a social on the 20th (at 19 Lane End Close), Instow at 7.30 pm. Further details please contact 861405. Everyone is welcome, discussions last about an hour. You can come regularly or occasionally.

A youth group for the parishes of Instow, Westleigh and Fremington now meets every Sunday from 7.15 – 8.45. Venues vary so for more details please contact Rosie on 861405 or [rosieaustin@live.co.uk](mailto:rosieaustin@live.co.uk).

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# Instow and West Yelland W.I.

Report of Instow & Yelland WI. Thursday 3<sup>rd</sup> November 2011

This month members were welcomed by our Vice President Wendy Hewitt. Our guest speaker this month was Deri Rundle 'Working in Rwanda'.

After Deri's husband David died, she worked with orang-utans in Borneo, a visiting vet talked to her about the mountain gorillas in Rwanda. Deri became interested in the country and its people, and in 2002 she visited Rwanda and was deeply affected by the scars left by the genocide. In memory of her late husband, Deri formed the David Rundle Trust to raise money in order to help the people of Rwanda in three main areas, clean water, education and family planning. Deri told us of her experiences and successes of building water tanks and pipelines, giving advice and support on family planning and the education project which provides general help to 60-70 children whilst the Trust completely supports 12 orphans by paying their school fees, food, clothing, paper, writing utensils and books, everything they need to live not just exist. Every penny donated to the Trust goes to benefit the Rwandans, Deri spends three months a year there, pays her own air fares and expenses, stays in the villages, cooking over an open fire, living and working with the people she helps. Deri's talk was enlightening, humorous and wonderfully inspiring, none of us could help but be touched by her, and our business was late starting as so many wanted to talk to Deri and ask questions, we sent one of her hand made baskets round, and it was generously filled before we carried on with the meeting. Donations of books and magazines can be taken to Bideford market, where Deri has a stall to raise funds.

Our President Sandra Haseldine continued the meeting by introducing the new officers and committee with their individual responsibilities, all will remain in post until April 2013, due to the National changes in AGM fixtures. Our own AGM last month went very well and Gill Pope and Jenny Shephard were thanked again for a super buffet supper. The County meeting members felt, didn't come up to expectation and perhaps was an opportunity lost, Sheila will feed back to June Shephard-Blandy on our behalf. Even so, there were some very good speakers for the NFU, The Royal British Legion and Dr. Frank Ryder an anaesthetist with the Red Cross, who took us on a humorous if somewhat harrowing tour of Afghanistan, Cambodia, Somalia and other war zones. Sandra was our Delegate and Shooley was presented with our certificate for winning the public vote, in the North Devon Show competition.

Jill Felgate fed back from the Autumn Group meeting hosted by Fremington WI. We enjoyed an excellent speaker in 'Farmer Giles' who had some extremely funny stories and ditties to tell, and were treated to a delicious supper. The Appledore Ghost Walk on the night of Halloween, could not have been wetter, and after finding out where all the ghosts live in Irsha Street we had to abandon to 'The Royal', where our tour guide continued with ghoulish tales of Appledore, supported by delicious fish and chips from the 'Royal Plaiçe'.

In Correspondence, we received a very nice letter from Beth thanking us for her gift and our support and friendship. A letter of thanks from County for our donation towards County House and a letter from County Chairman Linda Carew, appealing to all 7,000 Devon members to support County events. Jen Welch sent round a board for members to put their contact details on if they are happy to share them with the membership, this is as well as the committee list which is confidential. Jen also passed around the purse for the 'Poppy Appeal'. Pat Staddon has been asked to lay the wreath on behalf of our WI.

Christmas is coming, and forthcoming events have a festive feel. A theatre trip to the Sound of Music, Queens Theatre Thursday 17<sup>th</sup> November. A Christmas Tree Festival, Fremington Church 2<sup>nd</sup> - 4<sup>th</sup> December, our theme is angels, get your home made angels to Shooley by the 30<sup>th</sup> November please. DFWI Carol Service, Exeter Cathedral Tuesday 6<sup>th</sup> December. We are catching the train and making a day of it, last chance to put your name down at the next meeting. North Devon Carol Service Tuesday 13<sup>th</sup> December at Kentisbury at 2.15pm. Our Christmas lunch will be at Weirmarsh Farm, Umberleigh, Wednesday 8<sup>th</sup> December, its not too late to put your name down at the next meeting. New Years dinner will be at the Commodore in January. We need a team (or teams) for the County quiz, first round Saturday 25<sup>th</sup> February 2012, final Saturday 24<sup>th</sup> March. Please put your name forward at the next meeting if you would like to represent Instow & Yelland WI.

Shooley reported back from the book groups who read 'Burnt Shadows' by Kamila Shamsie, by far the best book to date. Everyone enjoyed it. Next months book is 'The Quiet American' by Graham Greene. The Cinema group went to see 'Tinker Taylor Soldier Spy', Jane reported that we had really had to concentrate to keep up with the plot, but it was a very good film. Unfortunately there is no suitable film this month. The walking group will meet at the cliff car park Westward Ho! at 10am on Wednesday 16<sup>th</sup> November, to walk along the tops, and lunch at 'The Pier'.

Shooney passed around the November edition

All Saints Chapel volunteers to help know.

At the end of the 'jiffy', thanks to

Competition with

Our Next meeting Speaker - Barbara Visitors always

Libraries` and will be voting for at the

should be opening a couple of hours

to clear away the table

andra, Flower of the

number at 7.30pm. - a the World`. Com

next years short list of meeting.

New Year. The WI have been on a rotational basis please

chairs as requested and it

"Shooney 2<sup>nd</sup> Pat 3<sup>rd</sup> Beth

share Christmas supper (a jar of home made pickles)

### GO

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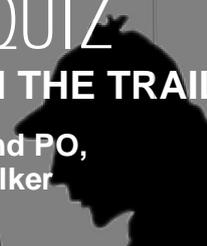
take a visit from your local phone or send the slip to someone to let Paul know

EX31 2NX.

## CHRISTMAS QUIZ SLEUTHS ON THE TRAIL

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# Thanks Geoff



*'He was a very kind and thoughtful man. I will always remember him.'*  
– **Hannah Milne,**  
**Instow School**

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## **NORTH DEVON STRINGS ORCHESTRA**

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## **CHRISTMAS CAROL CONCERT**

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**ST PETER'S, FREMINGTON**

**Wednesday 21 December at 7.00pm**

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## INSTOW-IN-BLOOM

The Winter *Adopt-a-Beach* survey/clean will be on Sunday 11th December, meeting at 11am on the Commodore slipway (and lasting about an hour). Volunteers can be assured of a warm welcome and some **seasonal rewards**.

Writing of warm welcomes, our committee is pleased to announce a **new recruit**: Jen Howard, who lives at Worlington Hill. Jen is a freelance Forest School Leader and horticulturist brimful of ideas.

After a 2-year gap we're planning to hold another **village garden trail** in 2012, probably term-time in April to catch some late spring wonders (incl. our own *Verging On A Meadows*). We'd be thrilled to hear from any parishioners keen to open their gardens for our fundraiser (call Pete, 861019).

For those inspired by charitable giving, the first full week of December (5-9<sup>th</sup>) brings the annual **Big Give Christmas Challenge**, a fabulous chance to have one's online donations *doubled* by other philanthropic bodies. Visit [www.thebiggive.org.uk](http://www.thebiggive.org.uk) for more

**theBigGive.org.uk**

*helping your donations go further*

details and a full list of vetted and effective charities, searchable by cause and location.

Back to our locale: If you receive a Winter Fuel Payment could you comfortably live without it? If so, why not consider supporting Devon Community Foundation's **Surviving Winter Appeal** and forwarding your WFP to help those in greater need in our fair county? Call DCF on 01884 235887.

We - Charlie, Claire, Elizabeth, Heather, Jen, Jo, Nita, Pete, Sarah, Shirley & Shooey - wish parishioners a most warm and convivial festive season. **Enjoy**

## NEWS FROM INSTOW PARISH HALL TRUSTEES

At our last meeting we decided on further repairs and improvements to the hall. Three extra spotlights with dimmers have been fitted, we purchased these second-hand but fitting them was an expensive item. However when you see the next play or panto, all will be much better lit. A meter has been changed, a coin was found blocking the mechanism.

The walls of the main hall have been painted and the beams dusted. The exterior window frames are to be painted shortly. The patio fencing is to be replaced with a better quality fence. The roof lights and gutters have been cleaned. The two old black blinds, which never closed properly, have been taken down. The table trolleys, which have served so well for many years, are to be bottom boarded for easier loading. We have purchased a pair of handles for closing the Gopak tables' legs, which mean there is no need to kneel down and struggle to release the bar at each end.

We are also putting up a plaque to record the donors of grants (£1,800) for purchasing short mat bowling equipment, which is to be handed over to the club as it has been in use by the club for over 10 years.

There is a new activity starting in November at the hall: - afternoon Fitness class on Tuesdays. See advert. Look out for the preschool nativity play and village carols followed by mulled wine and mince pies in the hall on the 11<sup>th</sup>. There is a long list of hall activities on the exterior notice board, join in and up!

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## Your LOCALITY

### Neighbourhood Watch Groups – Instow: -

There are currently 4 NHW Groups in  
Instow, namely New Road, Millards Hill,  
Victoria Terrace and Lane End Close.

If other community areas are interested in  
joining the scheme they should contact  
either PC Terry Hodgson or PCSO  
Jessica Meaker or as a last resort, Roger  
Jacob, Clerk to IPC who will pass on their  
details to the police. **Winter Bad  
Weather – Community  
Clusters/Instow: -**

I am pleased to report that two  
parishioners have already put their  
names forward so far but we could do  
with more!

If others are interested in this excellent  
initiative it is not too late to apply – just let  
me know **Roger Jacob (Parish Clerk)**

## **BIDEFORD MUSIC CLUB**

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## MOBILE LIBRARY - USE IT OR LOSE IT!

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Commodore 9.15 - 10.15

Yelland - Ballards Cross 10.25 - 10.45,

Littlemoor Close 10.55 - 11.25



There will be no service at Westleigh due to lack of demand.



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Monday - Friday 9.00 - 2

## CHURCH OFFICERS

**Vicar:** Revd Paul Hockey, The Vicarage, Fremington, Barnstaple. EX31 2NX 01271 373879 (paulhockey@talktalk.net)

**Curate:** Revd Rosie Austin, 19 Lane End Close, Instow. EX39 4LG 01271 861405

**Readers:** Mrs Vicky Dando (01271 377018) and Mr Graham Prosser. 01271 373944

### **Churchwardens - St John's Church, Instow**

Mrs Marion Spencer: Newlands, Landkey, Barnstaple. EX314JZ. 01271 831144

Mr John Warner: Gorse Hill, Instow. EX39 4LZ. 01271 860377

### **Churchwardens - St Peter's, Westleigh**

Mrs Viv Ansell: 01237 472574

Mrs Marjorie Baltesz: 01271 860618

### **PCC Secretaries:**

**Intsow** Mrs Maureen Warner: 01271 860377

**Westleigh** Mrs Sue Boyd: 01271 860739

### **PCC Treasurers:**

Mr Colin Canavan: 48 Lagoon View, West Yelland. EX31 3LD

Tel; 01271 861000

*For Westleigh, please contact Mrs Viv Ansell: 01237 472574*

**Organist:** Mr Philip Price: 3 Halsdon Terrace, Torrington. EX38 4JT. 01805 623133

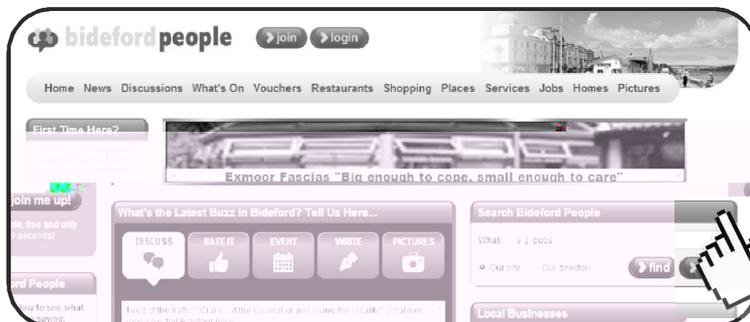
**Websites:** Instow Church: [www.instow](http://www.instow) and click on Church icon

Fremington Church: [www.fremingtonstpeters.org.uk](http://www.fremingtonstpeters.org.uk)

### **Baptisms, Banns of Marriage, Weddings and Funerals:**

All enquiries, please, to Revd Paul Hockey (01271 373879) or Email: paulhockey@talktalk.net

St John's Church has a Good Neighbour team who will be happy to visit if you are housebound or needing someone to whom you can talk to in the strictest confidence. The contact numbers are **01271 860412 & 01271 831144**.



Well worth having a regular look to catch up on what's going on in your locality.  
**[www.bidefordpeople.co.uk](http://www.bidefordpeople.co.uk)**

**INSTOW PARISH COUNCIL**

The complete report of Parish Council meetings can be found on the Instow Website: [www.instow.net](http://www.instow.net) or on Instow.net parish council.

Roger Jacob MCMI (Clerk to Instow Parish Council) of 2 Sticklepath Court, Lake near Tawstock, Barnstaple EX31 3HN

Email: [kernow@rwjacob.free-online.co.uk](mailto:kernow@rwjacob.free-online.co.uk).

The parish council's telephone number is 01271 372408 – this has an answer phone facility

**WESTLEIGH PARISH COUNCIL.**

The Minutes of Westleigh Parish Council meetings can be found on the Westleigh Web Site at [www.westleigh-devon.gov.uk](http://www.westleigh-devon.gov.uk)

**FREMINGTON PARISH COUNCIL.**

Full Council Meetings are held on the second Monday of each month at Fremington Parish Hall at 7 pm. Supplementary and Planning meetings are held on the last Monday of the month at 7.30 pm.

A police 'surgery' is held in the Instow Parish Hall before the Parish Council Meeting from 6pm to 7pm. Parishioners with any relevant concerns are invited to attend.

Information on Fremington can be found on the web site [www.visionwebsites.co.uk](http://www.visionwebsites.co.uk)

## Tapeley Park Gardens

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***Please notify the editor by email of any changes (see page 4)***

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PCSO Jessica Meaker Neighbourhood Beat Officer 0845 2777444  
Barnstaple Library 01271 388591  
Bideford Hospital 01237 420200 Minor Injury Unit 01237 420205.  
Bideford Library 01237 476075  
Citizens Advice Bureau Bideford 01237 473161  
Derriford Hospital, Plymouth 08451558155  
Fremington Medical Centre 01271 376655  
Fremington Parish Council 01271 321063  
Instow in Bloom 01271 861019  
Instow Community School 01271 860545  
Instow Parish Council Clerk 01271 372408  
Instow Parish Hall Lettings 01271 860248  
Instow, Westleigh and W Yelland Parish News 01271 861165  
Instow Preschool 01237 473779  
Instow Short Mat Bowling Club 01271 861188  
Instow Twinning Association 01271 860029  
Instow and Yelland WI 01271 860688.  
Keep Fit Instow 07407371481.  
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Meals on Wheels 08451551007  
North Devon District Council 01271 327711  
North Devon District Hospital 01271 322577  
North Devon Cricket Club 01271 860633  
North Devon Yacht Club 01271 860367  
NDYC 01271321431 / 07941035955  
North Devon Hospice 01271 344248  
PC 5895 Terry Hodgson - Area Neighbourhood Beat Manager  
BARNSTAPLE POLICE STATION, Tel 0845 6569215 or 08452 777 444.  
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Post Office West Yelland 01271 860113  
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Table Tennis League (Instow) 01271 860559  
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Torridge Transport 01237 423232  
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