

Dear Friends,

Q. Why is prayer so difficult?

A. Because we think it is?

Do you remember a TV series a few years ago of a nun discussing paintings? Well, one of my birthday books was 'Sister Wendy on Prayer', and this is how she starts, "The astonishing thing about prayer is our inability to accept that if we have need of it, as we do, then because of God's goodness, it cannot be something that is difficult. Accept that God is good and that your relationship with him is prayer, and you must conclude that prayer is an act of utmost simplicity. Yet so many people (including this vicar) seem to feel that there is some mysterious method, some way in that others know, but they do not... What kind of God thinks of tricks, lays down arcane rules, makes things difficult? God wants to love us and to give Himself. He wants to draw us to Himself, strengthen us, and infuse His peace... Prayer is the last thing that we should feel discouraged about... If you want God to take possession of you, then you are praying. That is all prayer is." (p.3)

That seems quite a big "if" to me though, in all my prideful striving for self-sufficiency. So I'm looking forward to the rest of the book helping me past that, with reference to some illuminating paintings, and the words that Jesus gave us to pray, beginning "Our Father..."

And as further encouragement, the first Thursday of this month is Ascension Day, celebrated with a Communion Service at St Michael's at 7.00 pm, and in the Letter to the Hebrew Christians we are assured that because of his ascension, Jesus now "lives to make intercession for those who approach God through him." (ch.7 v.25)

This month especially then, because of the reminder of the Ascension, we can use the Lord's Prayer with renewed confidence to help our praying.

With love,
Stephen,
Team Vicar.

IDEFORD CHURCH KEY ROTA

May Liz (Rook Hayes)

June Lesley (Bees Corner)

SERVICES FOR MAY 2016

Sunday May 1st 11.15am, Rev'd Stephen West	6th Sunday of Easter Parish Communion	Ideford
Saturday May 7th 1.00 pm	Wedding of Harry Thompson & Felicity-Jane Leishman	Ashcombe
Sunday May 8th 10.00am, Mrs Tricia Stuckey 11.15am 6.30pm, Rev'd Stephen West	7th Sunday of Easter Village Worship Family Service Evensong	Ideford Ashcombe Luton
Sunday May 15th 10.00am, Rev'd Sue Astbury	Pentecost Parish Communion	Ideford
Sunday May 22nd 11.15am 6.30pm, Rev'd Stephen West	Trinity Sunday Parish Communion Evensong	Ashcombe Ideford
Sunday May 29th 10.00am, Rev'd Roderick Withnell 6.30pm, Rev'd Stephen West	1st Sunday after Trinity Parish Praise Evensong	Ideford Luton

Service leaders are subject to change.

IDEFORD READINGS FOR MAY

	Reading	Readers	Sidesmen
May 1st	Acts 16.9-15 John 14.23-29	Alan Wooderson Vanessa Morby	Alan Wooderson Vanessa Morby
May 8th	Acts 16.16-34 John 17.20-end	to be arranged	Sara & helpers
May 15th	Acts 2.1-21 John 14.8-17	Alan Wooderson Nicki Horseman	Alan Wooderson Nicki Horseman
May 22nd	Proverbs 8.1-4,22-31 John 16.12-15	Barry Mohan Jill Turner	Barry Mohan Jill Turner
May 29th	to be arranged		

BISHOPSTEIGNTON SERVICES

1st Sunday

9.00am Holy Communion (said)
10.30am Joint Village Worship at the Methodist Church
6.30pm Evensong

2nd Sunday

9.00am Holy Communion (said BCP) 10.30am Holy Communion (sung)

3rd Sunday

9.00am Holy Communion (said) 10.30am Village Family Praise

4th Sunday

9.00am Holy Communion (said) 10.30am Parish Communion (sung)

5th Sunday

9.00am Holy Communion (said) 10.30am '5th Sunday Special' service

Every Wednesday

10.00am Holy Communion (said)

What sort of person rings bells?

In the average tower, you will find a cross-section of old and young, professionals and tradespeople, churchgoers and non-churchgoers, men and women.

In these days of spectator sports, it is good to find a single activity that offers a well-balanced mix of physical exercise and mental challenge — plus the informal social contact of the weekly practice night. If there are enough of us to ring, we normally practice at St Mary the Virgin Church, Ideford on a Thursday evening from 7.30pm until 9.00pm.

Fancy Having a Go?

We are always looking for more people to join us so if you would like to have a go and learn more about what is involved — do come along, we'd love to see you.

Please contact Ann Rigby-Jones (01626 852344) or Martin Sampson (01626 853391) for more information.



LUTON ALTAR FLOWER AND BRASS CLEANING

May	Liz Wright
June	Kath Vooght

IDEFORD CHURCH FLOWERS

May 1st and 8th	Kath Mortimore
May 15th and 22 nd	Sally Elliot
May 29th and June 5th	Lyn Edwards

DATES FOR YOUR DIARY - Regular Events

TUESDAY COFFEE MORNINGS

- May 3rd Kath Mortimore, Oaks Reach, Ideford
May 10th Janet Aylmore, Corner Cottage, Ideford
May 17th Angela Fox, Well Barn, Olchard
May 24th Ann Rigby-Jones, 1 Town Farm Court, Ideford
May 31st Ann Rigby-Jones, 1 Town Farm Court, Ideford

IDEFORD SHORT MAT BOWLING

*Tuesdays and Sundays 7.00pm in Ideford Village hall.
New members welcome. Please Note the new time of 7.00pm*

ART GROUP

*Thursdays from 6.30 - 8.00pm
Adults - £5.00 per session, 16 and under - £3.50 per session.
More information from Angie on 01626 854898.*

IDEFORD PARISH COUNCIL

*Wednesday 4th May 2016 at 6.30pm - Village Hall, Ideford.
Annual Parish Council Meeting, to include election of Chairman and Vice-Chairman.
All Parishioners are invited and welcome to attend.*

BISHOPSTEIGNTON PARISH COUNCIL

*Meetings are held at 7.30pm at The Community Centre, Shute Hill
May 9th Annual General Meeting Parish Council
May 23rd Planning Meeting*

BELL RINGING PRACTICE

*Practices normally in Ideford Church on Thursday evenings from 7.30pm until 9.00pm,
Please contact Ann Rigby-Jones (852344) or Martin Sampson (853391) for more
information.*

IDEFORD SOCIAL GROUP

*There will be no regular monthly meetings owing to lack of numbers but the Luncheon
Club will continue as usual. More information from Enid Vooght (775291), Alicia Normand
(773908), Kath Mortimore (853394).*

POLICE SURGERY

*Sat. May 14th Sat. June 11th Sat. July 9th
Ideford Village Hall from 9.30am until 10.30am.
With Colin Rider, Police Community Support Officer for Ideford.
(Contact Details On Website Parish Directory)*

Other Events

Annual General Meeting of the Trustees of **Ideford Millennium Green** to be held at Saffron House, Ideford on Monday 9th May 2016 at 7pm.

Ideford and Luton Parochial Church Council

The newly elected PCC meets on Tuesday 10th May, 7.15 pm at 1 Town Farm Court, Ideford.



**COMMUNITY
HEARTBEAT**
The Community HeartBeat Trust



Community Public Access Defibrillator Awareness Sessions

Wednesday, 11 May 16 from 11am - 1pm
and

Saturday, 14 May 16 from 2.30 - 4.30pm

Ideford Village Hall, Church Road, Ideford, TQ13 0BA

The Community Heartbeat Trust will be demonstrating the use of defibrillators and explaining how the equipment works and its benefits to the community in saving precious minutes in the treatment of sudden cardiac arrest.

The 2 Hour session will cover:

- What is Sudden Cardiac Arrest?
- '5 minutes to save a life' & 'Physiology of the heart'
- Dialling 999 - what to expect and questions you will be asked
- How to carry out CPR and why
- CPAD - Learn how to operate this easy to use life-saving device
- How to use the Ideford Community Defibrillator
- Recovery position and turning a patient
- How to handover to the Paramedics
- Answering any other questions that you might have

Everybody is welcome, and no special skills are required.

A little knowledge will increase confidence and the potential to save a life.

Event provided by Ideford Parish Council in association with the
Community Heartbeat Trust

If you need any additional information, please contact the
Ideford Parish Clerk on 07860 157687

Quiz Night

Don't forget our Quiz Night on Friday 13th May at 7.30pm in the Schoolroom, Luton.

Please let me know on 01626 775426 if you would like to reserve a table as numbers will be limited.

Kath Vooght



Reminder!

WALK THE WALK

As a member of a local team, 'Maid(s) in Devon', I will be taking part in The Moon Walk, London. On **May 14th 2016**, Clapham Common will host this famous moonlit Marathon. Over 17,000 women and some very brave men will be walking in their trademark decorated bras, helping the charity raise millions for breast cancer research and direct help for those with cancer.

1 in 8 women in the UK are expected to experience some form of breast cancer and I am very passionate about raising money for this worthy cause. I will be very grateful for any donations. You may pledge an amount to me by text or email, or indeed, stop me in the street. I will be carrying a sponsor form with me. Any amount no matter how small (please no less than £1) will help. If you wish to put an envelope in our letterbox, please include your name as this has to be written on the official form.

If you see me walking without any dogs in tow, I am probably in training. I will have walked over 300 miles since February (not including my dog walks) in preparation for the Moon Walk which is 26.2 miles around the famous landmarks in London.

My contact details are as follows:

Elmstead, Butts Lane, Ideford, TQ13 0BD

e.mail: ruraljanner@btinternet.com

mob: 07584 928921 tel: 01626 852073

Thank you in anticipation of your generosity.

Jan Lunn



CHRISTIAN AID WEEK

This begins on Sunday 15th May. Please be generous when a collector calls on you during the week. This is possibly the only charitable donation made from our villages for the desperately poor in overseas countries.



Very little is spent on administration and it is a good opportunity to help them in however small a way we can.

A.R-J

IDEFORD GREENFEAST

Ideford Millennium Green

Saturday 21st May 2016.

Programme of Events

- 3pm Bar Opens.
- 3pm Fun Run (or walk) of approx. 3 miles for adults and 2miles for Children. Starting at the Green, at 3pm prompt, everyone starts together.
- 4.30pm Children's Games on the Green.
- 5pm Two course Meal served on the Green.
Slow Roast Pulled Pork and various salads.
Strawberries and Cream.
Music whilst you eat.
- 6pm Our own band 'Narramore' to play live on the Green until 9pm.
- 7pm Prize Draw.

Bar open from 3pm till 10pm
serving Beer, Cider, wine and soft drinks.

Please come and support your Millennium Green,
it's here for everyone to enjoy.

Tickets for the meal are on sale NOW
for £5 per adult and £3 per child,
from Lyn Edwards 01626 333552 or 07776 111613
Ash Barn, Ideford Combe.

Volunteers to help and donations of raffle prizes would be greatly appreciated.



The Queen's 90th Year!

Sunday 12th June

2.30pm - 5.00pm

'Royal Fun Tea'

Cream Teas, Cakes etc.



Colouring Competition for 10yrs and under - Portrait of the Queen
(outline and crayons provided)

'Royal' cupcake competition (one cake to be judged)

10 years and under

10 + years

Prizes and a Raffle

Come along and enjoy some fun - everyone most welcome!

If you can help in any way by donating cakes/scones for tea,
a prize for the raffle or your time, it would be really appreciated.

Please contact: Helen on 01626 859557

Angie on 01626 854898

Funds from teas will support the Defibrillator project

Humber Country Fayre & Vintage Rally

Sunday 3rd July 2016

To book stalls contact:

The Old Workshop 01626 773606

oldworkshopinfo@gmail.com

All Vintage Vehicles welcome, please contact:

Janice Vooght 01626 774690

In aid of Rowcroft Hospice & Coastal Watch

EVENTS IN ASHCOMBE

Some dates for your diaries - watch out for more details closer to the events.

Village Fete	Sunday July 24th
Produce Show	Saturday July 30th
Inter Village Olympics	Sunday August 28th
Horse & Dog Show	Sunday September 4th
Christmas Craft Fair	Wednesday December 7th

GOOD COMPANY SINGERS

May I say a great big thank you to The Good Company singers for the superb evening of singing they gave us at Luton. Also a big 'Thank You' to our own musicians Joanna and William, they were brilliant and we are very proud of you.

Thank you also to Sue and Jane for their organisation of the evening, and to Emma, Lyn and Janice who helped on the evening with the cheese and wine.

Thank you all for your support - another very pleasant evening at Luton.

Kath Vooght

IDEFORD 100 CLUB

The lucky winners of the April draw:

£20 Barry and Lesley

£10 Holly and Jo

£5 Martyn Heenan

There are still a few subscriptions due for 2016/2017.

Carrie (3 Higher Colleybrook) or Vanessa (St Mary's Church) would be happy to collect them from you - just get in touch.

Thank you for your continued support



NOTICE OF CASUAL VACANCY

For the Parish of Ideford

NOTICE IS HEREBY GIVEN, pursuant to Section 87(2) of the Local Government Act 1972, that a vacancy exists in the office of Councillor for the Parish of Ideford, and that unless ten or more electors of the electoral area have, on or before the 23 May 2016, submitted a request in writing to the Proper Officer, Forde House Brunel Road, Newton Abbot TQ12 4XX that an election be held to fill the vacancy, the Parish Council will take steps to fill the said vacancy by co-option.

Councillor Vacancy

A vacancy currently exists for a Councillor to join the Ideford Parish Council. If you would like further details of this post or would like to be considered for selection please contact the Chairman of the Council, Cllr Angie Carter-Woodwark on 01626 854898 or the Parish Clerk, Ashley Lamb on 07860 157687 or email the Council at idefordclerk@hotmail.co.uk

Expressions of interest need to be made by no later than Friday, 27 May 2016.

Neighbourhood Watch

In response to the survey and publication of the Parish Plan, the Council is busy moving forward with areas identified by Parishioners. At the Annual Meeting of Parishioners on Wednesday 20th April, Phil Wise, the Teignbridge Neighbourhood Watch Co-ordinator came along to talk about the scheme.

If anyone is interested in moving forward with this, please contact Angie Carter-Woodwark on 01626 854898 or the Parish Clerk, Ashley Lamb on 07860 157687 or email the Council at idefordclerk@hotmail.co.uk

More information on the scheme can be found at:

www.devon-cornwall.police.uk/prevention-and-advice/your-community/your-watch-schemes/neighbourhood-watch

***** **Dementia Awareness Week: 15th - 21st may 2016** *****

During this annual Dementia Awareness Week, led by the Alzheimer's Society, people who are worried about dementia will be encouraged to confront their worries by addressing dementia directly and going to the Alzheimer's Society for information and support. Dementia can be scary and many people don't know where to turn, but the Alzheimer's Society is for anyone affected and there are lots of ways they can help. ***Because they believe that life doesn't end when dementia begins.***

What is dementia?

Dementia describes a group of symptoms that occur when the brain is damaged by disease. It affects daily life and is progressive which means the symptoms will gradually get worse. There are many different diseases that cause dementia.

What does dementia look like?

You might already know that memory loss can be one symptom. Other symptoms may include difficulties with planning, solving problems, or struggling to find the right word at the right time. Many people also have problems judging distances even though their eyes are fine. Or sometimes they experience mood changes or behave in ways that are out of character.

The symptoms that a person experiences will depend on the disease causing the dementia and the parts of the brain that are damaged. Over 850,000 people in UK are living with dementia NOW. By 2025 there will be more than a million of us with dementia.

Can we prevent dementia?

There is no way to completely eliminate our chances of getting dementia. However scientists have found that there are positive changes which can reduce our risk of dementia:

- ✓ Keeping fit, eating a healthy diet and stopping smoking
- ✓ Keeping our brains active and staying socially busy
- ✓ Taking control of our health

Where to find more information:

Leaflet: Your most common questions about dementia answered.

Short and simple leaflet available at www.alzheimers.org.uk

National Dementia Helpline 0300 22 1122

Local support and information

I have a long professional background in mental health and dementia. I am now pleased and proud to be an Alzheimer's Society **Friend** and **Champion**. This is a voluntary position and enables me to be a resource for my community, providing information sessions, recruiting more Dementia Friends and enabling more of us to create and support *dementia friendly communities*. I would be pleased to hear from you if you, your family, community group, company or organisation would like information or support. With the numbers of people living with dementia, we are all affected. Contact me on:

carrie.morgan@btopenworld.com to discuss what I may be able to offer.

Remember: Dementia is not easy; however, it is possible to continue to live well with good support.

A growing area of crime is on-line and telephone fraud and "scams". This is the third in a series of frauds and scams with prevention advice.

Fraud Myths

Myth - Bank staff might ask you for your PIN number or online banking password to check who you are when they call you.

Truth - Bank staff will never ask for your 4-digit card PIN number or online banking password when speaking with you over the phone. They would never ask you to tap them into the telephone keypad either.

Myth - When someone phones me, the caller number displayed must be genuine.

Truth - Numbers can easily be 'spoofed' to mislead the person answering the call, never trust the number you see on your telephone's display. And like telephone numbers, text messages can also be spoofed to look like they are coming from elsewhere- even if the text appears in the same chain as previous messages!

Myth - It's ok to let people put money in my bank account even if I don't know them and don't really understand why they are transferring me the money.

Truth - Whether you do so in return for payment or out of a sense of duty, this is clearly a no-no. In letting someone else use your account, you might be laundering the proceeds of crime or aiding other crimes, thereby leaving yourself open to face prosecution.

Myth - Public Wi-Fi is secure and provides a safe forum in which I can do my online banking, shopping etc.

Truth - Any data sent through public Wi-Fi can easily be intercepted. If you are using a mobile device over public Wi-Fi, you are risking the security of your personal information, digital identity, and your money. Risks are even greater if your device or computer is not protected by an effective security system.

Myth - It is always safe to make charitable donations to street collectors or via charity mailing

Truth - Most collections are genuine but check before giving to make sure your money goes to genuine, registered charities. Further advice on safer giving can be found on the Charity Commission website.

Myth - Downloading digital content illegally is harmless.

Truth - This type of crime is far from victimless and has serious repercussions. Doing so can result in money being used to fund the activities of serious organised crime groups and also has an adverse impact on creative industries and the UK economy.

Myth - Changing details on my insurance policy or making an inflated insurance claim is not really fraud as everyone does it, I won't get caught and Insurers can afford it anyway.

Truth - Insurance fraud is a crime that is taken seriously by both insurers and police. The cost of fraud does not affect just insurers, but members of the public also. The chances of being caught are high and the impact on people's lives notable, at the worst end of the spectrum innocent members of the public can be injured or even killed in deliberate collisions caused by fraudsters.

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Myth - Money Transfer Systems are always safe ways of making payments

Truth - This is only the case if you personally know and can verify the person that you are sending the money to; you should never use these services to send money or payment to somebody you do not know, as once the cash is collected, the recipient is untraceable and the money is not refundable.

Myth - If I have anti-virus installed on my device (PC, Mobile, Tablet) I am fully protected from viruses

Truth - Not true - whilst anti-virus provides a very strong layer of protection to your device it can still be by-passed by sophisticated viruses aka malware. Users should still keep a cautious mind when confronted with unusual requests for personal information from a pop up or on any website they visit.

Myth - I can always trust the people I meet on online dating sites as they will have been vetted before being allowed to join.

Truth - Always be cautious about the people you meet online, especially if they start asking for money to help a family member, to visit you or pay medical bills etc. Never send money or give credit card or online account details to anyone you don't know and trust.

Myth - It doesn't really matter what information I post on social media sites as only my friends can read it

Truth - By getting your privacy settings wrong or accepting people you don't know as friends, you may be giving fraudsters valuable information about you and your habits. Personal details can be used to guess passwords, habits and vulnerabilities so you need to check your social media settings regularly. All personal information is valuable and fraudsters are very good at filling in the missing information.

Myth - There's nothing in my personal emails that anyone would care about.

Truth - Hackers can use your email to gain access to all your personal accounts. Make your password stronger with three random words.

Myth - If a company has a registered website then it must be legitimate.

Truth - It takes just minutes to set up a website in any name you want and at minimal cost which means fraudsters can set-up a website just as easily as anyone else.

USEFUL CONTACTS:

www.devon-cornwall.police.uk/prevention-and-advice/your-money/fraud

ActionFraud: 0300 123 2040

Crimestoppers: 0800 555 111

Trading Standards: 01392 381381

PCSO Colin Rider (*Contact Details On Website Parish Directory*)

More advice from our PCSO, Colin Rider

On the 8th April, the boats were craned in at Polly Steps as the new boating season starts. We hope you have a good season, but do try and protect yourself from crime by observing the following advice:

Record it: Make a complete inventory of your equipment, especially outboard motors. Include serial numbers and any identifying marks specific to your property. Serial numbers can be placed on the Police National Computer and aid recovery of stolen items. Photograph items that are distinctive and keep it with your inventory.

Mark it: Mark property with your postcode and name/house number in a concealed area. This should include GPS, fishfinder and radio equipment and anything that can be easily removed from the boat. "Smartwater" is another method of marking equipment popular with motorcyclists and electronic tracking equipment can be used. Try the internet for further information or Boatmark on 01722 413346.

Remove it: Remove anything from your boat that can be easily removed and sold on. Not always convenient, but more convenient than having it stolen. Are the locks on your boat up to the job? Check out after-market equipment for additional security. Tenders are easily moved and are a popular item for re-sale, secure them to a fixed point using a quality chain or lock. Avoid if possible leaving the boats fuel tank full and storing fuel on board if it is not going to be used immediately. Fuel theft can be a problem especially with recent price increases.

Club security: Many boat thieves are successful because they look like they belong to the area. A tactful offer to assist a stranger in finding a person or boat will help to deter a thief and assist a genuine member.

Report it: Report any thefts immediately to the Police, your club and insurance company. Use your inventory to provide as much information as possible. Report any suspicious activity or vehicles to the Police, but never put yourself at risk. NOTE: Any suspicious activity includes anything at port or sea that may relate to terrorist activity
Anti-terrorist hotline: 0800 032 4539

Tips-how to protect your privacy on Facebook.

When you set up a Facebook account, you can of course choose who gets to see your page - ranging from your friends to Public, i.e. anyone. But if you set up customised lists -with colleagues in one, say, and relatives in another - you can then select which groups see (or do not see) specific posts.

If you don't want people to post on your timeline, go into Settings, and click on Timeline and Tagging. Alternatively, you can opt to review (and reject) other people's posts before they go up.

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If you want to limit who can send you friend requests, go into the Privacy section of Settings, and opt to restrict requests to friends of friends only.

To see how your Timeline looks to a stranger who happens upon your page, go to your profile. Then click on the ellipsis symbol next to View Activity Log, followed by "View As"; this will reveal how much of your profile can be seen by anyone.

Ransomware phishing email-the latest on-line scam

An email arrives with your correct name and address saying you owe an actual and existing company a large amount of money. It is written using good grammar and spelling. (It is possible your personal information has been obtained from sites such as Ebay which has been hacked by criminals allowing them to obtain personal details.) With the email comes an attachment or link to show you details of the invoice regarding the money they allege you owe.

WARNING - Do not under any circumstances open this link/attachment. To do so shows a document in legal jargon. While you read this the criminals are downloading "malware" into your computer causing encryption or corruption of all your files to include documents, photos, databases etc. It may also give the criminals a pathway to your bank if you carry out online transactions. You will likely get a warning notice next advising your computer has been affected by the Maktub virus. The demand for money to remove this encryption then starts with incremental increases the longer you delay. There is nothing you can do to remove this virus. It is loaded in less than 60seconds.

What you can do:

You can protect yourself from the consequences of such attacks by having back up files separate from your computer on an external hard drive. Contact by 'phone the company mentioned in the email; they will confirm no debt exists and they did not send the e mail.

Advise ActionFraud about what has happened.

NEVER open an attachment file or link from an unknown email.

USEFUL CONTACTS:

www.devon-cornwall.police.uk/prevention-and-advice/your-money/fraud

Action Fraud: 0300 123 2040

Crimestoppers: 0800 555 111

Trading Standards: 01392 381381

PCSO Colin Rider (*Contact Details On Website Parish Directory*)

2 GLUTEN FREE RECIPES FROM OUR CHURCHWARDEN THIS MONTH

Florentine Slice

Ingredients:-

350gms plain cooking chocolate	350gms dried mixed fruit
100gms glace cherries (halved)	100gms caster sugar,
50gms melted butter	2 beaten eggs
100gms shredded coconut or almond slivers,	

Method:-

- Line a 20x28cms baking tray (or thereabouts) with cooking foil.
- Melt the chocolate over simmering water and then spread evenly in the lined baking tray. Put in the fridge to set.
- Meanwhile preheat the oven to 180 C.
- In a bowl mix the dried fruit, glace cherries, sugar, butter, eggs and coconut/almond slivers.
- When the chocolate has set, simply spread the fruit mixture evenly over it and then bake for 20-25 mins in the oven being careful that the topping goes golden but not any darker. Remove from the oven and leave to cool in the tin.
- When cool put into the fridge until really cold and only then remove the slice
- from the tin, peel away the foil and cut in to small squares.

This is a very rich recipe so you cannot eat too much at one sitting!! Keep the slice in the fridge for up to 2 weeks

Sticky Ginger Loaf

Ingredients:-

175gms melted butter	100gms dried pitted dates
3 large eggs	100ml of maple syrup
200gms ground almonds	50gms rice flour,
3 balls of stem ginger (roughly chopped plus some extra for decoration),	
1 tsp baking powder	1 tsp ground ginger and a sprinkling of salt

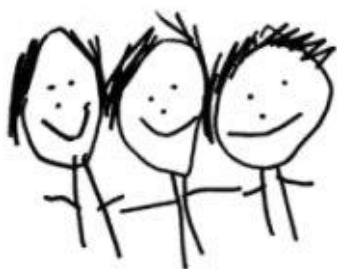
Method:-

- Preheat oven to 170C and grease and line with parchment a 900gms loaf tin.
- Cover dates with boiling water for 10 minutes then drain and whizz in a food processor or similar with the butter, maple syrup and sliced ginger until smooth and then add the eggs and whizz again to combine.
- Then add all the dry ingredients and whizz again.
- Tip the mixture into the prepared tin and bake for up to 1 hour or until a skewer comes out clean from the centre.
- Leave to cool completely in the tin before removing.

Choose whichever topping you wish for the loaf . We like a lemon flavoured icing but also love mascarpone mixed with icing sugar and lemon juice and then some roughly chopped stemmed ginger as well - enjoy!

Both recipes are gluten free and any other allergies can be catered for by adjusting ingredients

BISHOPSTEIGNTON PRE-SCHOOL PLAYGROUP



BISHOPSTEIGNTON
PRE-SCHOOL PLAYGROUP

The Bishopsteignton Pre-School Playgroup Committee would like to say a MASSIVE thankyou to everyone for making our EASTER FAYRE such a huge success. Thank you to our staff for all their support, thank you to all the parents, grandparents and carers who supported with the setting up and the running of the day, thank you to all the FANTASTIC local businesses who so generously supported us with Auction prizes, raffle prizes, competition prizes and so much more!

Thank you to all the Children who wore their Easter Bonnets with pride and thankyou to all our guests on the day . . . we hope you had as much fun as we did!

We raised a staggering £900 which we aim to put towards an Outdoor Classroom area and a Sensory Indoor area. These additions to our setting will add new and exciting learning opportunities for all our present and future pupils.

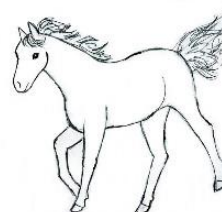
If anyone is interested in finding out more about Bishopsteignton Pre-School Playgroup please call our Manager, Debbie Cornish on 01626 777672

PONY Paddock

Small paddock to rent in Ideford

For more details, please ring

01626 854934



WEBSITES AND SAT. NAV.

Haldon Team Website www.haldonteam.org.uk

Ideford Parish Website www.ideford-parish.co.uk

Church post codes for Sat Nav:

St Mary's, Ideford TQ13 0BA

St John's, Luton TQ13 0BN

St Nectan's, Ashcombe EX7 0QD

Our Local Expert

This is a free guide of businesses that have been used and recommended by local people. Readers know they can expect a trustworthy and good quality service from anyone listed - reducing the fear of 'cowboys' and 'rogue traders'. The guide is particularly popular with people who feel vulnerable and the elderly.

The latest guide was distributed in this area in November. Anyone who hasn't received the 2015-16 guide can contact Amanda Maynard and she will be happy to post out a free copy: 01626 249979, or e-mail: amanda@ourlocalexpert.co.uk

The producers of the guide always ask for feedback about businesses featured, and suggestions of businesses you think should feature, to keep the guide accurate for you! Businesses you would be happy letting into your home, businesses you would recommend to friends and neighbours. It also helps the good local businesses who feature - because they win new customers! If you would like to recommend a local business, please send feedback to Amanda - you could win £50 towards a meal at the Thatched Cottage, Kingsteignton.

NEWS FROM SHELDON

Sheldon's Friday Fringe is back with the ever-popular author Margaret Silf, 7.45pm on the 13th May. Her theme is "The River, The Bank and the Ocean". An informal evening, with the bar open and plenty of time for discussion. **£5-£10** payable on the door, but limited space so please reserve your place.

Quiet Day 10.30am to 4pm Monday 23rd May led by Ian Chandler, Archdeacon of Plymouth. A work of art will be taken as the starting point for each of 4 addresses and there will be plenty of space for silence in between to walk the Sheldon grounds, pray in the chapel, rest and reflect. **£20** including lunch and refreshments.

Cheapest Early Bird tickets are available until the end of June for Sheldon Open Air Theatre concerts in July. Great local bands and tribute acts, original work and well-known covers. A family-friendly venue with a festival-style atmosphere.

All events take place at Sheldon, Sheldon Lane, Doddiscombsleigh, Exeter EX6 7YT.

www.sheldon.uk.com

01647-252752

www.sheldontheatre.co.uk

01647-253916

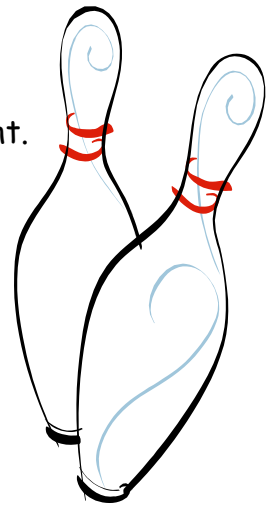
Ashcombe Village Club

Opening times: Tuesday, Thursday 7.30pm -11pm.
Friday 7.30pm - Midnight.
3rd Saturday of the month 7.30pm - 11pm
Sunday 1pm - 5pm.

Skittles Tuesday & Thursday.
Meat Bingo 1st Wednesday of the month.
Early Doors 1st Friday of the month.

Membership: Single £10, Couple £15.

See website for further details: www.ashcombe-villageclub.co.uk



CHUDLEIGH LIBRARY

Monday	10.00am - 1.00pm	Tuesday	3.00pm - 6.00pm
Wednesday	10.00am - 1.00pm	Thursday	Closed
Friday	2.00pm - 5.00pm	Saturday	10.00am - 1.00pm

MOBILE LIBRARY

May 11th

Ideford (The Pound)	15.45 - 16.15
Luton (Church Street)	16.25 - 16.45

Tunes for Toddlers

Come and listen to stories, make simple things to tie in with the stories and sing songs.
Every Thursday during term time, 10.30am - 11.30am.

No need to book - just turn up!

IDEFORD VILLAGE TRANSPORT TIMETABLE

Ring & Ride	Destination	Fares (return)
Monday	Newton Abbot (will stop at Sainsbury's)	£4.25
Wednesday	Newton Abbot (will stop at Tesco)	£4.25
Thursday	Teignmouth	£2.75

How to make a Ring & Ride Journey

- Choose which day you wish to travel. Telephone 01626 888777 between 9am-3pm, Monday to Friday, answer phone service available at all times.
- Please be ready by 9.30am.
- Be ready at 1.00pm to be collected at the 'Boarding Point' for your journey home.
- Please cancel booking if you are not able to travel.
- Please wear seat belts at all times.

Dawlish Community Transport Service operates in the area to provide transport for all ages whether they are disabled, frail, infirm or not . . . in fact anyone wishing to use this service will be very welcomed. All our vehicles are adapted to take wheelchair seated passengers, have lowered steps and tail lifts.

For more information, please telephone 01626 888890