

KINGSTON PARISH

NEWS

May 2024

PLEASE KEEP
YOUR SPEED DOWN



THROUGH THE
VILLAGE

PLEASE KEEP
YOUR SPEED DOWN



THROUGH THE
VILLAGE

Editor: Katherine Harding, Springfield, Kingston. Tel: 01548 810545 / 07771 935732

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Parish Website: www.kingstonparishcouncil.co.uk

Kingston History Society: www.kingstonlocalhistory.co.uk

Number 480

Welcome to the May edition of the Newsletter. It has been a year since I took over as Editor – where has the time gone! You may (or may not) have noticed a pest infestation in the newsletter over the last 12 months – see inside for a fun competition with a small chocolate prize ☺

The sun has finally made an appearance and it feels like spring is finally here! And to get us ready for summer, Bob & Carol Beard are once again hosting the Bluebell Walk & Ploughman's Lunch on Sunday 5th May – more details inside...

New for this month, we have a special colour supplement for the Produce Show.

Katherine

**All copy for June Newsletter by:
Monday 20th May please to
Katherine Harding.**

Thank you

Village Garden Produce & Cake Sale with Refreshments including BACON ROLLS!

Location:

By the Church Steps
(Reading Room if raining)

When: **Saturday May 25th 2024**

Time: **10:00 to 12:00**

**Bring your surplus Plants,
Pots, Perennials, Seeds etc.
plus your Home-Baked Goods
to us* from May 22nd - 25th**

Proceeds to benefit Church funds

Raffle Prizes!

Get sowing, potting and baking!
See you there.

*Please bring Sale Items by 9:30am on the day
or leave at West View (Vanessa Walker)
during the week before

St. James the Less Church Events Committee 810497

DON'T FORGET –

- Local Police & Crime Commissioner election on Thursday 2nd May. Our local polling station is the Reading Rooms. Open from 7am to 10pm. Remember you now need to take photo ID with you in order to vote. See the back of your poll card for more information.
- **Bluebell Walk** at Scobbisombe House on Sunday May 5th from 11.30am. *More info inside...*

**PARISH CHURCH
FLOWER/CLEANING ROTA**



2024

May 5 th – 12 th	Penny & Rachel/ Lorraine (Q)
May 19 th – 26 th	Caroline T/Jeanette K
June 2 nd – 9 th	Margaret B/Karen Freeman
June 16 th – 23 rd	Margaret Kelly/Margaret Kelly
June 30 th – July 7 th	Vanessa Walker/Vanessa W
July 14 th – 21 st	Ruth Jarvis/Lucy Eatwell
July 28 th – Aug 4 th	Jeanne Curtis/Jeanne Curtis
Aug 11 th – 18 th	Penny & Rachel/ Vanessa
Aug 25 th – Sept 1 st	Margaret B/Margaret B

KINGSTON READING ROOM 200 CLUB

The numbers drawn in the April 2024 draw are as follows:

52	Jenny Ebsworth	£20
121	Andrew Kinder	£20
113	Maddie Deschamps 🐶	£15
25	Roger Grimmond	£15
77	Doreen Woodrow	£10

Owen & Elaine Roberts -

owenroberts10@hotmail.com

01548 810968 / 07910 111471

DATES FOR YOUR DIARIES

(Also see Parish Website for further details)

Morning Market - every Tuesday 10 am til noon

2024

May 2 nd	PCC Local Election in Reading Room
May 5 th	Bluebell Walk at Scobbiscombe House
May 11 th	'Pub' Quiz – Reading Rooms 7.30pm
May 21 st	S.H.I.T.E Rally start – Dolphin 4.30pm
May 23 rd	KHS Guided Modbury Walk 10.30am
May 25 th	Plant & Produce Show 10am-12pm
May 25 th	'Would I lie to you' – Reading Rooms
June 6 th	Beacon lit for D Day Anniversary
June 23 rd	Midsummer Pub Stroll
July 27 th	Kingston Produce Show

**TUESDAY MARKET
TEA/COFFEE ROTA**



2024

May 7th	Anne/Elaine
May 14th	Jacky/Deidre
May 21st	Pauline/Sally
May 28th	Ann/John
June 4 th	Sue/Sandy
June 11 th	Gina/Joan
June 18 th	Margaret/Janet
June 25 th	Joan/Vanessa

**TUESDAY MORNING MARKET & CAFE
KINGSTON READING ROOM**

EVERY TUESDAY from 10am to 12 noon

Come along to meet up with old and new faces while enjoying a cup and a chat.

Freshly baked cakes, biscuits, pasties, sausage rolls, organic milk, yoghurt, eggs, potatoes and corner shop on the table.

Organic soaps & creams, chutney & jams, haberdashery, locally crafted gifts, books (50p), woodwork, cards and much more!

Would you like a table to sell your wares? Just 10% to the Reading Rooms.

Just call me if you would like rent a table, help out on the tea rota or if you need picking up.

Tina - 07796 975291

KINGSTON LOCAL HISTORY SOCIETY

Kingston Local History Society has arranged a guided history walk in Modbury followed by lunch at The Modbury Inn. Meeting at 10.30am on Thursday 23rd May.

Details from Vanessa Walker:-

01548 810497

07970 069399

vjwalker5@gmail.com

Yoga Classes

Kingston Reading Room

Yoga classes in the Reading Rooms will recommence in October, meanwhile...

Individual and pair sessions available at home or online. For more information and to check availability, contact Penny on pennyann.mcfarlane@gmail.com

07922173343/01548810306

Reflexology, kinesiology, yoga therapy and Indian head massage treatments also available.



The Friends of St. James the Less
fundraiser for our church building and
churchyard



Safari Supper

starting at 7pm on 8th June 2024

£25 per head includes all drinks and a three course meal

All meet at 7pm in the Reading Room for pre-dinner drinks, then split into small groups of 6-8 people and go to a host for your first course, then move on to a different host with some different people for your main course and return to meet up with everyone in the Reading Room for dessert.

It's lots of fun and all for a good cause

Interested?

Please contact Jacky Coleman-Smith email:
jacky.coleman-smith@sky.com tele: 811277

All expressions of interest need to be received by
28th May 2024 please



KINGSTON VILLAGE PRODUCE SHOW

27 TH JULY
2024



Get Planting...

Kingston Produce, Arts and Craft Show

The Kingston produce show is scheduled for 27th July.

We expect the classes to be similar to last year but are happy to receive your suggestions and to change the programme if appropriate.

The organising committee will hold its initial meeting shortly and we will publish a complete programme in the spring.
The highly successful Judges Lunch will be repeated

You can assume that produce, art, cooking and craft will be included in senior and junior classes.

Updates to follow.

Colin and Janet Burton (Dolphin Lodge)
ProduceinKingston@btinternet.com

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Market in the Reading Room,
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or email: tina_mears@hotmail.com

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BLUEBELLS AND PLOUGHMAN'S LUNCH

On Sunday May 5th, do come along to Scobbiscombe House to walk down to the bluebell wood and enjoy a delicious home made Ploughman's Lunch.

Start your walk anytime between 11.30am and 2pm, with a traditional Ploughman's Lunch served between 12 noon and 2pm. The bluebells down in Long Gearn should be at their best – they tend to be later than elsewhere.

At the lunch, any donations in aid of Kingston Church Funds will be very welcome and there will be a small raffle.

Dogs very welcome, but on leads at all times please. And for those walking, it's best to wear stout shoes - long grass etc.

Telephone 810500 for more information.

Any offers of help also very welcome, but really just come and enjoy!



S.H.I.T.E - 'MAGNIFICENT 7'

They're off again!

For the seventh year running, the Dolphin Inn car park will echo to the sound of classic cars revving up for another intrepid adventure.

It all began in The Dolphin when Shane Edgecombe suggested I should organise an affordable rally for a few locals... so many wacky ideas begin with a conversation in the pub!

That first year the South Hams Independent Tours of Europe (S.H.I.T.E) was born and half a dozen cars set off for the south of France in "Monte Carlo Or Rust."

Since then we've had "Finding Remo" to San Remo in Italy; "The Pamplona Run" to Spain; "The Craic Pot Challenge" around Ireland; "The Italian Jog" to the Italian lakes; and "Pub Safari" around England and Wales.

The reputation of Kingston's very own rally seems to have spread, as this year (my last as organiser) sees a record number of 26 cars taking part.

"The Magnificent 7th" is a 2,000 mile trip around France for pre-1990 cars, with a handful of more modern machines coming along for the ride.

Ahead of them is a challenging route, which takes in the Jura Mountains, a few days in the Alps and even a day at the seaside in Brittany. The classic gathering in the Dolphin Car Park will include local stalwarts of S.H.I.T.E events: Bill Mears, Mini Clubman (1980); Jo Freeman, Peugeot 309 (1988); John Cullen, Triumph Stag (1974); Steve Lovegrove, TR7 (1981); Tom Hendy, BMW 320 (1985); Ash Collins, Vauxhall Cavalier (1986); Phil Anderson, Land Rover 90 (1986); Jon Fish, Mitsubishi Lancer (1987) and first-timer Margaret Kelly, Morgan (2017).

They will be hoping to beat crews from Scotland, Ireland, Yorkshire, Wiltshire and even Latvia, in their Austin Healey, Aston Martin, Jaguar MkII, Mini Cooper, Alfa Romeo and several more fine old cars.

The Dolphin Car Park has not seen anything like it before!

Come along and support the crews on the afternoon of Tuesday, May 21st for the start at 4.30pm. And come along again when they all return (well most of them) at lunchtime on June 1st.

Chris Denham



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Vikki

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SHORT MAT BOWLS



The Kingston Short Mat Bowls Club

Normally meet every Monday & Friday

7pm for 7.15 start

In the Reading Room

New Members Welcome. If you have never played before, come along and give it a try, but please phone David 07768922104 or Adrian 01548 830209

APRIL 2024 CHURCH NEWS



Our church is open daily for silent prayer, or to visitors who wish to see inside our lovely place of worship. Regular services of Morning Prayer and Hymns are held on most Sundays at 9.30am except the third Sunday of each month when a service of Holy Communion takes place at 11.00am.

Occasionally there will be a second Communion service celebrated on any of the other Sundays. See notes each month for details. Where Village Service (or Lay Led Service) is designated in the diary for the month, it will indicate that a member of the congregation will probably be leading a service of prayers and hymns. Very occasionally there may be an extra Holy Communion service inserted instead of Morning Prayer and such a change will be noted in the church calendar at the back of the newsletters.

The Annual General Meeting for the parishes of Kingston, Bigbury and Ringmore will be held in Bigbury Memorial Hall, on the evening of Thursday, 16th May. All members of the church are welcome to attend. Please speak to one of the Wardens for further information.

The Revd. Matt Rowland will join together Timothy Charles Geoffrey Ede and Amelia Jane Hollis in the service of Holy Matrimony on Saturday, 18th May at 12:30pm.

The Plant and Produce Sale will be held this year on Saturday, May 25th, 10am to 12 noon. We'll be below church steps (or in Reading Room if raining).

Delicious Bacon Butties are on the menu again, as well as cakes, raffle, and best of all, a chance to fill your gardens with wonderful plants and flowers this upcoming season! If you have an overflow of seedlings etc please bring your donations on the morning of the sale or drop them off the day before to Vanessa Walker at Westview. *All proceeds from this fun event will go to our church.*

Please consider becoming a Friend of our church of **St James the Less, Kingston**. By becoming a Friend, you can be assured that our church and graveyard will still be here for the generations who follow us. You do not have to be a worshipper in our church in order to become a Friend. We have several exciting events planned for later in the year. Please renew your 2024 dues as soon as possible (see a recent email from membership committee) – or contact Don Kelly who will be delighted to give you further details on how to join the Friends and how your participation will help us all. His email is donaldkelly8@aol.com or phone number 810358.

Our local contacts for St. James the Less, Kingston are our Church Wardens, **Brian Alloway**, 810692, bj6devon@gmail.com and **Robert Beard**, 810500, r.beard@scobbiscombe.co.uk

Brian and Robert will be pleased to help you find the right person to talk to and help with any church-related arrangements. Please note full information is also on the Parish website as well as the Modbury Team website: www.modburyteam.org

DIARY FOR LATE MARCH AND APRIL 2024

28th April - 9:30am Sunday Worship led by Joyce Howitt

5th May - 9:30am Sunday Worship led by Joyce Howitt

12th May - 9:30am Sunday Worship led by Linda Dodwell

16th May ANNUAL GENERAL MEETING, in Bigbury Memorial Hall

18th May - 12:30pm Wedding – Ede/Hollis

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5pm- Farming Fit Cycle
5:45pm- HIIT
6:30pm- Starters Farming Fit

Tuesday

6:30am- Farm Circuits

Wednesday

6:30am- Farming Fit Cycle
8:30am- Farming Fit Cycle
5pm- HIIT
6pm- Exercise Rehab/Open Gym

Thursday

4pm- Stretch and Chill
5pm- Farming Fit Cycle
5:45pm- Stretch and Chill
6:30pm- Farming Fit Weights

Friday

8am- Cycle HIIT
8:30am- Stretch and Chill

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New Residents: Kingston Parish Council extends a warm welcome to all new residents. If you need any help or information, please do contact the Parish Clerk (e-mail: kingstonclerk@gmail.com).

Recreation Ground Monitoring Team:

Thank you from KPC. Weeks ahead are:

29 th April	Sue Green	20 th May	Lorraine Squire
6 th May	Debbie Shotter	27 th May	Colin Burton
13 th May	Sally Denham		

Recreation Ground Volunteers Required:

One or more volunteers to help with simple Recreation Ground maintenance and low-level repair tasks are required – please contact the Parish Clerk if you are able to help. Additionally, volunteers to join the team and assist with Recreation Ground monitoring are always welcome – we cannot have too many! Again, if you are interested, please contact the Parish Clerk.

Next Kingston Parish Council Meeting – 16th May 2024 in the Reading Room:

The next Parish Council meeting will take place in the Reading Room at 7.30pm on Thursday 16th May. The Agenda will be placed on the Parish Website no later than 9th May. Public are welcome to join the Open Forum which is held at the beginning of each KPC meeting for any questions you may have.

Memorial Service for Former County Councillor:

A memorial service for Sir Simon Day, our Devon County Councillor for many years who died in January, will be held at midday on 28th May at Exeter Cathedral. Anyone wishing to attend is welcome.

Crossing the Erme:

The National Landscape (formerly the Area of Outstanding Natural Beauty) have recently produced and uploaded to YouTube a short film on crossing the Erme - <https://www.youtube.com/watch?v=QBbcWcco658>

Sources of Information:

Kingston Parish Council website: www.kingstonparishcouncil.co.uk If you have anything you feel would benefit our community by including it on the Web Site, please contact Cllr Merv Freeman on 01548 810070 or by e-mail on burlockcouncil@gmail.com If you are on Facebook, the Kingston Events Group (KEG) and Charterlands Chatter pages are also well worth joining.

Neighbourhood Police:

For non-emergency police matters, contact the **Kingsbridge Neighbourhood Policing Team** on 01548 851058 or email kingsbridge@devonandcornwall.police.uk

Your Councillors are here for you:

Eve White (Chair) 810289	Mervyn Freeman (Vice Chair) 810070	Holly Rahder 07973 179395
Don Kelly 810358	Joel Wakeling 07546 511578	Sarah Banham 07773 787909
Suzannah Grant 810013	Lorraine (Q) Squire (Clerk)	

MESSAGE FROM SOUTH DEVON & DARTMOOR COMMUNITY SAFETY PARTNERSHIP:

“We have been made aware of incidents in Devon of rogue traders knocking on doors and suggesting work needs carrying out on the owners roof. These people are giving the false impression of being a local reputable company making it difficult to instantly recognise as a rogue trader. Advice from the Local Authority, Devon and Cornwall Police and Trading Standards is not to employ anyone knocking on your door touting for business and we are asking our town and parish councils to advertise this message in their newsletters and on local notice boards so we can get this message to those residents who are not regularly on social media.”



www.facebook.com/SouthDevonDartmoorCSP

NEIGHBOURHOOD WATCH

The Police have received a number of reports of scams involving items advertised for sale on Facebook.

Persons have attended to collect items and agreed to pay by bank transfer, a confirmation of the transfer has been shown on a phone to the victim and items have then been taken before the payment is received, and the victim never receives the payment.

Please remain vigilant when selling or purchasing items online, always check and be completely satisfied the money is in your bank before you hand over goods – genuine buyers will accept that this is the correct practice.

If you have any information or concerns please phone 101 or make contact via the Devon & Cornwall Police website.

'PUB' QUIZ

Due to the changes at the Dolphin Inn, the May pub quiz night will be held in the reading room.

Weds 11th May 7pm for 7.30pm start. Bar provided by KEG, BYO food. All in aid of the fun day. Contact Heather or Andy Summer-Nutting to book a table. Any raffle prizes greatly appreciated as always.

RODENT INFESTATION IN THE NEWSLETTER

Since May last year, there has been a rodent infestation in the Newsletter. This might be due to a software issue or, more likely, a hardware problem with a keyboard, screen or, perhaps, a mouse.....?

The infestation seems to have gone largely unnoticed by Newsletter readers. **So, there is a small chocolate prize on offer for the first person to e-mail in with the 12 events or occasions the rodent was celebrating.**

There is also an additional choccy prize on offer for the first reader who correctly guesses the rodent's name. Multiple guesses allowed! (*Hint: it begins with an M.....and it's NOT Mickey.*)

Good Luck!



PLANT AND PRODUCE SALE

Once again we are holding our Plant and Produce Sale in aid of our beautiful village Church.

The Sale will take place on Saturday May 25th 10.30am to 12.30pm in the area below the church ramp.

Refreshments will be in the Reading Room so come and enjoy a bacon/egg roll and coffee/tea while you stock up on plants, cakes and raffle tickets!

We are calling all gardeners to plant a few extra seeds, bring on cuttings, divide perennials etc to contribute to the plant stall and also we would welcome donations of cakes, biscuits, quiches, tarts and bakes for our cake stall.

Please bring your donations on the morning or leave them at West View during the week before the sale. Any queries please contact Vanessa Walker 810497 or vjwalker5@gmail.com

Also at the sale, children will be able to collect trays, seeds, cotton wool and growing instructions in preparation for the **cress growing children's class** in the Produce Show which will be held on Saturday, July 27th.

We look forward to seeing you there!

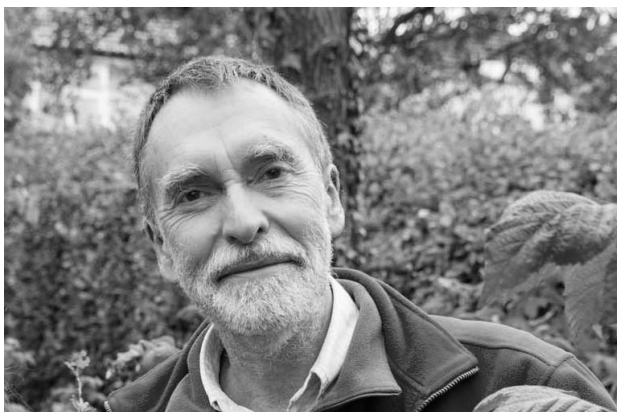


'NO NETTLES REQUIRED'

Ken Thompson is a plant ecologist who taught at Plymouth Polytechnic before moving to Sheffield University, where he spent most of his career. He is now retired and lives in Devon, but he still lectures extensively, including teaching on the Kew Horticulture Diploma. He writes for several gardening magazines, most recently Gardens Illustrated and Which? Gardening, and has published several books on gardening and popular science.

In 2016 he was awarded the Royal Horticultural Society's Veitch Memorial Medal for his contribution to the advancement and improvement of the science and practice of horticulture.

In his spare time, he enjoys gardening, watching old films, walking, reading and supporting Plymouth Argyle football club.



KINGSTON GOES WILD? WILD ABOUT KINGSTON? WILD KINGSTON?

THURSDAY MAY 9th 7.30pm - READING ROOM

Wellies at the ready? We're back and we're off!

In the RR questionnaire, and at a volunteers' meeting, two main issues stood out. Firstly, that you're concerned about the state of the Erme and secondly, that many of you would be really interested in an 'ecology' group.

The team has some ideas for people of all ages, but as we've gone round the village talking to you, we've discovered that there are all sorts of important initiatives underway already, and that you are full of great ideas too.

Please come and share them with us on May 9th and tell us about what you would like us to develop - we'll make things happen if we can. We hope a member from WATER (Wild About The Erme River) will be there to tell us about what they're doing to clean up the Erme, and how we can help.

AND you can help us by voting for the new group's name!

There's more. We're thrilled to have booked our first speaker. Rachel has managed to get Ken Thompson to come and talk to us on May 30th. We've included some information about him with our poster, but here's what reviewers said about his book 'No Nettles Required':

"A cheerful hand grenade of a book... fantastic science writing for a lay audience. New Scientist"

"A good read: informative and well-explained. Bob Flowerdew, Gardener's Question Time"

"Hoorah! The book many of us have been waiting for: wildlife gardening backed up by science. Essential reading. BBC Wildlife"

We look forward to seeing you on 9th May.

The Wild Team

(Jenny, Jess, Sally, Anne, Rachel, Juliet, Karen, Kit, Jo... and more.)

KINGSTON READING ROOM BOOKINGS

May 2024		May 2024							June 2024						
		Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
		6	7	8	9	10	11	12	3	4	5	6	7	8	9
		13	14	15	16	17	18	19	10	11	12	13	14	15	16
		20	21	22	23	24	25	26	17	18	19	20	21	22	23
		27	28	29	30	31			24	25	26	27	28	29	30
MONDAY	TUESDAY	WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY					
29 Apr 09:30 Caretaker cleaning 18:00 -9.30pm Bowls club	30 09:00 -12:30 Morning Market 18:30 - 10pm KEG Band Practice (Rusty)	1 May 08:30 -1:30pm Art Club 18:30 -2200 band practice		2 Election Polling Station		3 18:00 -9.30pm Bowls club		4		5					
6 09:30 Caretaker cleaning 18:00 -9.30pm Bowls club	7 09:00 -12:30 Morning Market 18:30 - 10pm KEG Band Practice (Rusty)	8 08:30 -1:30pm Art Club 18:30 -2200 band practice		9 18:30 -11:30pm Eco Group		10 18:00 -9.30pm Bowls club		11 13:30 -23:30 KEG Bingo Night		12					
13 09:30 Caretaker cleaning 18:00 -9.30pm Bowls club	14 09:00 -12:30 Morning Market 18:30 - 10pm KEG Band Practice (Rusty)	15 08:30 -1:30pm Art Club 18:30 -2200 band practice		16 19:00 -10pm KPC Meeting		17 18:30 -11:30pm KEG recording session		18 08:30 - KEG band recording		19 08:30 - KEG band recording					
20 09:30 Caretaker cleaning 18:00 -9.30pm Bowls club	21 09:00 -12:30 Morning Market 18:30 - 10pm KEG Band Practice (Rusty)	22 08:30 -1:30pm Art Club 18:30 -2200 band practice		23		24 18:00 -9.30pm Bowls club		25 08:30 -13:30 Church Event 18:30 -11:45pm Would I Lie to You?		26 10:00 -2:30pm Craft Workshop					
27 09:30 Caretaker cleaning 18:00 -9.30pm Bowls club	28 09:00 -12:30 Morning Market 18:30 - 10pm KEG Band Practice (Rusty)	29 08:30 -1:30pm Art Club 18:30 -2200 band practice		30 18:30 -11:30pm Eco Group		31 18:00 -9.30pm Bowls club		1 Jun		2					

This calendar shows the bookings as at the time this newsletter was finalised. You can access the calendar on www.kingstonparishcouncil.co.uk . Click on **Reading Room** then **Reading Room Bookings**

Kingston Reading Room Hall Hire charges 2024



- Sessions are 8:30am to 1:30pm, 1:30pm to 6:30pm, 6:30pm to 11:30pm. If more time is needed to set up or clear away, then it must be booked.
- Commercial events are charged at £8 per hour or part hour, including set up and clean up times.
- The charge for sole occupancy of the Reading Room for a full day is by negotiation.
- Hall uses that satisfy the objects of the Reading Room charity trust deed are charged at a subsidised £10 per session. They must be non-profit (and may be subject to financial review) and open to all residents of Kingston Parish, be advertised in the Kingston Newsletter and on Kingston related social media (e.g. KEG Facebook page) as such and be approved by the Management Committee at least one month in advance of the first session.
- Private parties for Kingston Parish residents are charged at a concessionary rate of £10 per session.
- The downstairs meeting room is charged at £5 per session.
- Bookings are recorded in the Reading Room bookings calendar which is available on the Parish Council website. Please check the calendar before requesting a booking.

All enquiries to:
Benjamin Russell (Rusty), Bookings Secretary – 07824 702465
kingstonreadingroom@gmail.com



CHURCH SERVICES: MAY AND JUNE 2024

	Aveton Gifford 11.00 am	Bigbury 11.00 am	Kingston 9.30 am	Modbury 9.30 am	Ringmore 9.30 am
May 5th	Sunday Worship	Village Service	Sunday Worship	Communion	Village Service
May 12th	Sunday Worship	Communion	Sunday Worship	Communion (8 am) (BCP) All Age Worship	Sunday Worship
May 19th	Sunday Worship	Sunday Worship	Communion (11 am)	Communion	Sunday Worship
May 26th	Communion	Sunday Worship	Sunday Worship	Sunday Worship	Communion
June 2nd	Sunday Worship	Communion	Sunday Worship	Communion	Communion
June 9th	Sunday Worship	Communion	Village Service	Communion (8 am) (BCP) All Age Worship	Sunday Worship
June 16th	Village Service	Sunday Worship	Communion (11 am)	Communion	Sunday Worship
June 23rd - Oli Long's Ordination in Ashburton (10.30 am)					
June 30th	Communion	Sunday Worship	Sunday Worship	Sunday Worship	Communion

NEW GROWTH

As I am writing this, the clocks have gone forward and now daylight hours have lengthened, the morning and the evenings are lighter, and the dark days of winter have gone. We still have the grey clouds and rain, but there is a lessening of the gloominess. Many gardeners will now be taking advantage of the longer days to tend to the plants and crops which they hope will make their gardens burst into flower or produce the vegetables for their tables. The majority of these plants will have grown from dried up lifeless seeds or grains but, due to nutrients in the soil, warmth, careful watering and the conditions around them, often under the gardener's watchful care, they have been given new life .

When we think about it, we could draw parallels between the growth process of seeds and plants and our development as individuals. We too are influenced by the conditions and the people around us, so how important it is that we affirm, encourage, and support one another! For instance, when we think that someone has done something well, why not tell them? When we know that someone is going through a rough time, why not offer help or support instead of assuming that their family is already supplying all their needs? Often it is the knowledge that someone cares that can make all the difference to the life of a lonely person and can also sow the seed of hope for the future in their hearts.

The Scriptures show us that Jesus sometimes drew parallels between the growth process of seeds and plants and the development of faith. In one of his parables, he said that the Word of God, like the seed, grows in God's good time, which indicates that sometimes we may never know what an effect the evidence of our own faith in our life may have on the people with whom we come into contact, as it may not be until later that that seed of faith will grow in their lives. But it's also worth remembering that in the Sermon on the Mount, Jesus the Light of the World said that his followers were to be light to the world reflecting, His light to others through their words and actions.

Joyce Howitt

Vicar: The Revd Matt Rowland (830260: every day except (normally) Saturday)

Curate: The Revd Oli Long (732007: not Saturday)

Readers: Joyce Howitt (07929 117397), Gil Snook (07563 663410), Michael Tagent (Emeritus)

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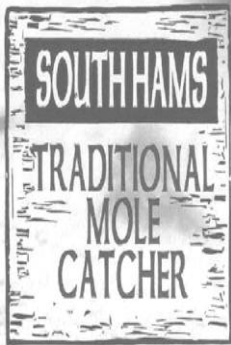
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What's On at Westbank

Westbank Community Health & Care, Farm House Rise, Exminster, EX6 8AT | Telephone: 01392 824752

Introduction:

Westbank Community Health & Care is a charity founded in 1986. We began with a handful of volunteers and have since grown, now supporting thousands of people across Devon with aspects of their health and wellbeing, both physical and mental. We offer a diverse range of services to combat loneliness, social isolation, and support people in developing and maintaining a healthier lifestyle, providing the safety net between the NHS and the social services provision.

Westbank's vision is to ensure people across Devon, regardless of their age, can access the Health Care and support they need, without any barriers.

Our staff are supported by an army of award-winning volunteers who are key to the success of the work we do and provide support through a wide range of services to communities across Devon, operating from our offices located in Exminster. These include:

Neighbourhood Friends: Transport home for patients being discharged from hospital, together with practical support to enable them to transition safely back home.

Patient Transport: A community transport service to enable and support people and patients to get to their clinical, wellbeing and health improving appointments.

Community and social activities: Including table tennis, brunch clubs, cyber cafes, bereavement cafes, DIY, crafting, games, and upcycling workshops in various locations.

Outdoors activities: Including our popular Health Walks (currently with over 300 participants across 24 locations in Devon), and a community allotment.

Fitness and exercise provision: Through an onsite gym, exercise classes, GP referral service, rehab for cancer / cardiac / stroke patients. Our gym is equipped with specialist equipment designed specifically for use by those in wheelchairs or with limited mobility.

Community Cookery School: A range of cooking, nutrition, cost saving and healthy eating initiatives using our brand-new teaching kitchen.

Community larder and food boxes: At three locations and via delivery.

Devon Carers service: Providing support, advice, and respite care for 30,000 unpaid carers annually.

Young Carers service: Providing support, advice, and respite care for 3,000 carers who are under the age of 18.

Childcare and family support provision: Via our Kidzone pre-school, after school, holiday clubs and playgroups.

Social Prescribers: Provision of nonclinical support for frequent attenders at local GP Practices to enable them to access statutory and non-statutory services by guided signposting.

As a charity we rely on donations and grants to help us run our services. There are lots of ways you can support us, including donating, volunteering, leaving a gift in your will or providing sponsorship. Ways to donate include calling our Finance Team on 01392 824752 or by visiting our website:

www.westbank.org.uk

With your help, we can continue to support our community and wider Devon, now and in the future.