

FREE

Issue 27, August 2021

MONACHORUM MATTERS

The newsletter for Zeal Monachorum and St Peter's Parish



A magnificent plant grown and pictured by Mandy Smith - Brugmansia sanguinea, the red angel's trumpet, a species of South American flowering shrub or small tree belonging to the genus Brugmansia in tribe Datureae.

EDITORIAL

I start this month with an apology for the printing errors in last month's issue; a number of readers noticed missing letters on several pages. A discussion with the printer offered the suggestion that the print copy, which was correct when it left my computer, met a gremlin on the way and by the time he received it, it was corrupted. We have a plan to thwart the little devil (the gremlin) so that future issues meet our usual standard, but if anyone spots anything amiss please let us know.

August events at a glance

Every Weds	Coffee morning, 10.30 – 12, Village Hall
Sun 1 Aug	Lamma Day Family Service, 10.00am at St Peter's Church
Weds 4 Aug	WI at Waie Inn, 7.15 for 7.30pm
Fri 6 Aug	Mobile Library, 1.15 – 1.40pm at Waie Cross
Mon 9 Aug	Village Walk, 2.00pm at Bus Stop
Sun 18 Aug	Cream Teas at Thorne Farm, 3 – 4.30pm (see page 15)

DEADLINE FOR SEPTEMBER ISSUE: 8 AUGUST

Our newsletter is printed by Burridge Printers of North Tawton

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COMMUNITY NEWS

MOBILE LIBRARY

Stopping at Waie Cross 1.15-1.40pm on Fridays 6 Aug, 3 September.

Remember, grandparents with kids coming to visit can borrow books for them in advance from the mobile - the librarian will be pleased to give advice on suitable choices. Occasionally some people might find themselves at home on a Mobile Library Friday when they would normally be working or elsewhere, and so could make a visit [even if only out of curiosity] - it's free, you can borrow books straightaway with no need for ID, and there are no fines to pay if you return the books late. I'd be happy to return books for anyone who can't make the next date. What's not to like!

For more information 0345 155 1001 <http://www.devonlibraries.org.uk>

Erica Eden 01363 82606

RAINFALL

The rainfall for June was 55mm; in July, by the 6th the rainfall was already 51mm!

VILLAGE WALK

Only 2 hardy souls started out on the July walk on a day which forecast sunshine and showers. Judi and Karen headed down to the Fishing Lake but, before long, the showers turned out to be torrential and turned a stony path into a quagmire, so they beat a hasty retreat. Better luck in August. The next walk takes place on **Monday 9 August**, meet at 2pm at the bus stop.

POSTBOX

In case anyone hasn't noticed, there has been a change to the timing of our weekday mail collections : from Monday to Friday the post is now taken at 4.00pm. (Previously it was 4.30pm). Saturday collection remains at 9.30am.

THANKS FROM SALLY

Sally thanks everyone who has bought flowers from the gate at Heron Court this year. Already she has been able to send £50 to Devon Air Ambulance and is she now collecting for Hospiscare. Sally has just received this from DAAT . . .

‘Thank you so much for your kind donation of £50.00 received recently, following the sale of flowers from your garden. This generous donation is very much appreciated, thank you. Sally, this is such a lovely idea – please extend our thanks to all your wonderful friends and villagers.’

FISHING CLUB CHAT

Hi All

We have managed to repair one of our lawn mowers, which has given us a chance to get around and do some work. We will continue until we get things back to normal. This heavy rain has improved the oxygen levels in the lake and fishing has been very good.

Councillor Peter Heal has joined as a new member to our club and we welcome him. He was fishing at the weekend with his grandchildren and we enclose a picture of Devon with his 6lb carp. He looks very pleased with his efforts, as well he should be. We hope that they will get hooked (excuse the pun) and will continue to fish with us.

Tight lines

Ken and Jane



FARMING FROM THE HEDGE

The UK trade deal with Australia has ruffled a few feathers with farmers. They fear **animal welfare** and environmental standards will be undermined in this country as a result of the deal negotiated. Our farmers have increasing pressure imposed on them by our government, to meet ever increasing high standards for food production, environmental issues plus net-zero, carbon neutral and biodiversity targets



Australian farmers are permitted to use **growth hormones** in beef cattle, **battery cages** for laying hens, **sow stalls** for breeding pigs, all practices which are banned in this country. Pesticides not allowed to be used here are permitted to in Australia.

British farmers are very proud of the high standards they have achieved for producing **top quality assured** produce from their farms. The high standards we expect in this country could be **compromised** for cheaper imported food from Australia, USA, Brazil and others. It will be even more important when shopping in supermarkets to read the labels and make sure it is produced in Great Britain. What will be even better, let us all support local producers and suppliers, including farm shops and butchers, as much as we can.



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THE MAKING OF ZEAL'S ONE-ARMED BANDIT

In early March 2019, we had been in Zeal for just over a year. It was a dream come true - wonderful village, a home next to our daughter Karen, great new friends, near the moors and the sea - what more could we ask for.

During that year I reshaped the garden the way I liked it for a sustainable future, I joined the local bowls and whist clubs, and life was good. We also invested in a new porch and ramp so that we could easily take Anne to the car. We put big plant troughs either side of the ramp and in the next spell of decent weather we were planning to put safety rails on the ramp. As it turned out it was a mistake to wait.

Along comes storm Freya. It was not too bad at first and, since I needed to get to the pharmacy, I decided to try and beat the storm. I collected a bag, told Anne I would be half an hour and went to leave the house. As I opened the front door Freya decided to strike, the door was pulled out of my grasp and I was dragged outside. Freya hit me with a vicious uppercut which lifted me towards the edge of the ramp, my feet dragging towards the trough. I tried to jump over the trough but didn't make it, my feet caught on the outside edge and I dropped like a felled tree, headfirst down into a concrete depression underneath our front window.

There was a bang on my head as it struck the ground and an ominous almighty crack as something broke. There were a few moments of calm, no pain, no panic, long enough for me to work out what was going on. I realised that I could move my legs without pain although they were stuck in the trough, I could feel no neck or back pain and I had sensation in my body and legs, so no spinal or neck injury. So the challenge was turn on to my front, knees underneath and use the trough to lever myself upright. Another mistake - I could move my legs, but the top half of my body seemed stuck to the concrete. And then I realised that I could not see my right arm. I felt as though my elbow was tucked into my side with my hand in the air, but there was no hand to be seen. I looked over and saw a hand and arm lying on the ground, but it did not seem to be mine. Then, even worse, Freya came back with freezing winds and torrential rain. The only things I could move were my left arm, my head, and my legs which were tangled in the trough. My upper right arm was broken and I could not protect myself from the wind and the rain.

I realised that my only chance was a passer-by or my mobile phone. Luckily, I had my phone in my left pocket so I could reach it and read the dial, but everything was so cold and wet and slippery that I could not swipe the phone open, so I could only resort to calling for help.

I was down in a hollow, invisible from the road and the rain and wind drowned out all noise making it unlikely that anyone would be passing by. I was now soaking wet and freezing cold, hypothermia was not far away.

After what seemed like hours, but turned out to be about half an hour, my phone rang. I could not swipe to answer because my hand was so cold and wet, and then the ringing stopped. A few minutes later it rang again, same result, and then a third time. By now I was near the end and I just wanted to sleep. But with one last throw of the dice, I held the phone ready to swipe it across my nose if another call came in: it did. Thanks to Anne's persistence she didn't give up and she rang a fourth time. I swiped the phone across my nose, it connected. I heard Anne's voice and promptly dropped the phone. I shouted out that I had fallen, broke my arm and was stuck outside. I was not sure that Anne had heard me, and I was so close to the end that I gave up and the next period of time has gone from my memory.

The next thing I remember is my daughter Karen calling me and finding me. The sense of relief and new optimism and fight was wonderful. Karen was full of quiet confidence and control, she called Simon from next door, and he took on the job of contacting the ambulance. She reassured Anne, got a pillow for my head, a duvet cover and called her husband Andy to join in. She also contacted Social Services since I obviously could not look after Anne for some time. Andy now arrived and Simon as well with the phone link to the ambulance.

The next period was a nightmare, the boys were protecting me with their bodies from the freezing wind and pouring rain. Umbrellas came from somewhere which they used to protect me rather than themselves, all three of them were heroes. I then started to go rapidly downhill shivering violently from the cold, which moved my arm with almost unendurable pain. I desperately wanted to sleep, but the boys kept me awake and talking. How long this went on for I do not know but it felt like several hours. Then the sirens and flashing lights appeared.

The medics took over, they could not give me morphine into a vein because I was so cold my circulation was beginning to shut down, but managed an injection into the muscle, then came the oxygen. I was too far gone to hold the mask in place, so Simon was holding the mask for me while still trying to protect us from the wind and rain. The next thing I was told was that they had to stabilize my arm before they could move me. They warned that it would hurt, but their skill was exceptional as they folded the arm over and bound it to my chest, but it did not hurt it and it even felt a step on the way to normality. However, I did detect some subliminal "how the hell are we going to get him out of here" discussion.

Over the next period there was a lot of moving, heaving and grunting as the trough was moved out of the way. We had made it especially heavy so that it could not be knocked over - ironic or what? I was then stretchered into the ambulance out of the rain and wind. The first thing the medics did was to introduce me to Entonox so I had my first of many cylinders (great stuff, it felt like an old-fashioned week-end booze-up). I then relaxed and let them get on with things, I felt confident with the Entonox. After a long assessment in the ambulance, we drove to casualty and I was deposited in the queue, no longer the centre of attention, no one special.

A lot of water has gone under the bridge since that day. A few months later I was told the bones had not knitted and I would need further surgery; that has now happened (10th June 2021). I await the verdict. Here's to the future.

This article is a lot about me, but I wanted to write it to celebrate the six heroes who saved my life: Anne for her persistence despite being chairbound, my daughter Karen for her clear thinking and getting so much done in the right order, son-in-law Andy and next-door neighbour Simon for their strength and courage in terrible conditions and two anonymous paramedics for their skill and professionalism.

It shows what family, neighbours, and the public service can achieve together.

Tony Hubery tonyh@btinternet.com

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Create a stunning summer garden

August Garden Advice from Bow Garden Centre

August is the perfect month to relax and enjoy your garden, but with (hopefully) hot sunny days ahead it's important to maintain a watering routine to keep your plants looking beautiful. See our tips on what needs doing in the garden this month.

1. Deadhead flowering plants like roses and petunias regularly to encourage them to flower.
2. Don't forget about your hanging baskets. If you water, deadhead and feed them regularly, they will last much longer, even into the autumn. If there is a real heat wave your summer baskets will need watering twice a day – early morning and evenings are best.
3. Even if it rains, pots and hanging baskets don't get enough water because foliage acts like an umbrella, so keep checking on them to ensure they are moist. Keep up regular watering, particularly for containers and new plants. Stored up rainwater is normally best if you have a water butt. Use an irrigation system to ensure regular watering, especially useful if you are going away on holiday.
4. Feed your baskets and containers regularly with Miracle Gro to encourage flowers to bloom into early autumn. In the height of summer, feed once a week with a liquid feed. Do this early morning or late evening, never in the heat of the day.
5. Give herbs and lavender a light prune after flowering. Cut back any perennials that have already finished for the year.
6. Enjoy environmentally friendly gardening with peat-free alternatives. Make a difference with either Sylvagrow, Coco Boost, or New Horizon peat-free compost. We recommend adding top soil to peat-free compost to maximise growing success and help prevent plants drying out.
7. Zap those weeds whilst they are in a stage of active growth. If you prefer to pull up the weeds by hand wait until after a summer shower when the soil is moist as the weeds are easier to pull, or use a hoe. Bow also has a range of natural weedkillers available, which protect wildlife.
8. To stop earwig damage to dahlia blooms, spray Provanto (or set traps with upturned pots loosely stuffed with hay).
9. Clean your patio, or terrace with Patio Cleaner and treat decks with decking stain. Ensure that any moss and algae is cleared off, stopping it getting slippery in the winter.

Make sure you schedule some me-time too! When the weather is good, get together with friends or family for a barbecue, or relax on some new garden furniture, admiring all of your hard work. Bow Garden Centre is a great place for all your garden essentials, including a much expanded range of plants, plus tools, propagation equipment, pots, greenhouses, plants, seeds and everything you need for gardening, plus fish and pet supplies and Post Office services.

www.bowgardencentre.co.uk, 01363 82438

The quiz for August involves questions that all ask 'where'?

1. Where in the West Country is our very own Tate Gallery?
2. Where was Napoleon born?
3. Where in London are the Royal Botanic Gardens situated?
4. Where does the tennis player Dominic Thiem come from?
5. Where is the biggest UK reservoir, by surface area?
6. Where did Michelangelo die in 1564?
7. Where is the longest beach in England?
8. The Cook Islands are a self-governing territory of where?
9. Where will you find Timbuktu?
10. Where was the Titanic built?
11. Where are the islands which were originally called the Sandwich Islands?
12. Where were the remains of King Richard 111 found?
13. In the house, where might you find over 6 billion dust mites?
14. Where will you find your phalanges?
15. Where is Machu Picchu?

Minute Quiz

Can you name the five European Capitals that lie no more than 500km from London?

Answers for July

- | | |
|-------------------------------------|---|
| 1. Ukraine | 11. Melbourne and Sydney |
| 2. A biopic | 12. It grows on another plant but it does not depend on it like a parasitic plant |
| 3. Switzerland - The Gothard Tunnel | 13. The names of the mothers of both bride and groom are now required |
| 4. The crow family | 14. Ghana |
| 5. A volcano in Mexico | 15. John Logie Baird |
| 6. Sean Connery | |
| 7. Barbie is 67. Cindy is 58 | |
| 8. 8 | |
| 9. Gulliver's Travels | |
| 10. Lead and Copper | |

Minute Quiz Answers

Oliver Twist, Nicholas Nickleby, Barnaby Rudge,
David Copperfield, Martin Chuzzlewit

News From Phoenix House

As your new district councillor, I would like to be able to put a few notes into each edition of the Monachorum Matters to keep you up to date with things that are happening at MDDC. We are now holding hybrid meetings for all committees at least until the 19 July. Members of the committee are meeting in the Phoenix Chamber in Tiverton with 2 officers who record the minutes and control the zoom attendees, who may be council officers or members of the public. It's a bit strange to start with but we are getting used to it and it's a lot quicker than when everyone attended on Zoom.

MDDC has been doing a lot of work to try and find quicker ways to build accommodation to let out. With this in mind there is now a pod type house which is put together in big blocks; it is on show at the car park to the Cullompton leisure centre. It certainly seems to be a way that groups of houses could be built more quickly and the finish and fittings are of a very high quality. We are currently hoping to build 14 units on land that was previously used for garages.

At the full council meeting held on the 1 July a motion was put forward to show our support for the Climate and Ecology bill which is progressing through parliament. The council unanimously agreed to support the bill and to write to the MPs that cover our council area urging them to back the bill through parliament.

All councillors are allocated to various committees that meet on a monthly or 2 monthly basis. I have been allocated seats on the scrutiny and planning committees. I especially enjoy the latter, although the meetings are often long, sometimes over 5 hours.

If I can be of any help to residents my contact details are shown below.

Peter Heal

Tel. 01363 884277

pheal@middevon.gov.uk

A SHED LOAD OF GOODNESS

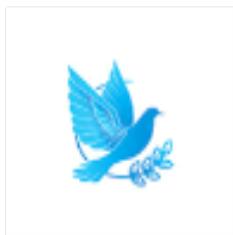


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ST PETER'S CHURCH



Dear Parishioners,

As I write this article in early July, the long-awaited return to normality seems to be unfolding and we look forward to church and church activities as we know them. We will still be cautious, taking care of ourselves and others within our community.

On July 4, at our family service on what was thank you Sunday we, as a congregation, held a moment's applause at the beginning of our service to say thank you, not only for the NHS and healthcare workers, but for the Zeal Monachorum community support group which has helped within our own village. **Thank you to you all.** The church will now be open as normal, and hand sanitiser will still be available for anyone who wishes to use it.

The first Sunday in August is Lammas and, for our family service, we will be celebrating this. Lammas means loaf, and celebrates the time when farmers brought the first of their harvest to be blessed, whereas the harvest festival commemorates the completion of the harvest season.

Church rota for August 2021

August 1st Old Testament New Testament	10.00am Lammas (lay led) Leviticus 23: 9-14 John 6: 35-40 Sidesman Altar Flowers Church cleaner	Family Service Mr Tony Brealy Mrs Becky Harvey and Jocie Mr Colin Crothers Mrs Isabel Harris Mrs Jane Hogg
August 8th Old Testament New Testament Gospel	6.30pm Trinity 10 2 Samuel 6: 1-5, 12-19 Ephesians 1: 3-14 Mark 6: 14-29 Sidesman Altar Flowers, 8 & 15	C W E Miss Lynn Warren Mr Robert Peck Celebrant Mrs Marian Quick Mrs Hazel Wainwright
August 22nd Old Testament Gospel	at 6.30pm Trinity 12 1 Kings 8: 1,6,10-11 22-30, 41-43 John 6: 56-69 Sidesman Altar Flowers, 22 & 29	(lay led) Evening Prayer Mr Tony Brealy Mr Colin Crothers Mr Tony Bealy Miss Lynn Warren
29th August Old Testament New Testament	at 6.30pm Trinity 13 Song of Solomon 2: 8-13 Mark 7: 1-8, 14-15,21-23 Sidesman	Evening Prayer Miss Lynn Warren Mr Colin Crothers Mr Colin Crothers

On August 15th we are having a change to our usual **cream teas**: we are offering cream teas on the lawn at **Thorne Farm** from 3.00 to 4.30pm, as well as take-away teas. Bookings please. **Orders for take away teas please anytime, but no later than 9.00pm on Saturday (day before).**

Two scones, clotted cream, raspberry/strawberry/honey will be the jam choices this time only £3.50. You will need to state your jam preference when placing your order. Contacts: Margaret Harris 82251/Margaret Down 82204.

Margaret

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An advertisement for 'BIG TO BAIT' featuring a white van. The text includes 'BIG TO BAIT', 'MOVING', 'DOMESTIC', and 'DE-CLUTTERING'. There are also some smaller, less legible text elements and a list of services.

CLIMATE EMERGENCY - SAVING THE PLANET DON'T THROW AWAY ... REPAIR!

I know there are lots of people who, like me, feel disappointed when useful gadgets give up the ghost. The effort of buying new can be so frustrating: perhaps the broken thing is no longer made or only in a new model, choosing its replacement is so hard. Have local shops got it in stock? Will it do the job? Will it last? Will the supplier replace it without question if it breaks? Is the supplier based in Europe and, therefore, could there be problems with customs or returning it? Is it coming from a distant country, and might not arrive for weeks? Is it worth the money? Which is the cheapest? Can the reviews be trusted - both negative and positive? After hours online, have you lost the will to live? And so you return to the big question do you really, really need it? If yes, might it be repaired?

Here's the good news: North Tawton Repair Cafe is back, planning to hold its events on the second Saturday of each month. The second of these will be on 14 August 10am-12.30pm at the Community Centre, Barton Street, North Tawton EX20 2HN

The Repair Cafe is run completely by volunteer repairers; often sharing years of expertise. It is wonderful that they are prepared to give their time, knowledge and skills. Note: there is tea, coffee and cake, too, while you wait. However, please bear in mind your item may not be repairable by the volunteers and that no guarantees can be offered for the repairs that are done. Before you go, it makes sense to check out the details and rules on the website

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

Erica Eden

CREDITON FOODBANK

Thank you to all who donated in July on our doorstep and at the Village Market, and not forgetting those of you who donate into the Foodbank boxes in the supermarkets, these are also much appreciated. Chris, the Co-ordinator, never fails to be amazed at the generosity of Zeal Monachorum and was even more so when I handed over £75 after the Village Market. Then, ten days later, I received another £20 just in time to do a shop to cover urgent needs.

Work is in progress to set up the Foodbank as an Independent Charity. Chris, the current Foodbank Coordinator & Community Support Worker, will be continuing as a Trustee overseeing the project. You may have seen the notice around the village advertising for someone to take over Chris's position. Chris has done an amazing job to develop the Foodbank to what it is today. So many people around the Crediton area have benefited greatly from the hard work Chris, and of course all the volunteers, have put into making the Foodbank something really special.

I pray this village will continue to support the Foodbank and the new Support Worker, whoever he or she may be, so that those in need will continue to feel cherished and cared about.

ZEAL MONACHORUM TELEPHONE BOX

Have you noticed that the Box has been repainted? The man who did it is employed by BT and is their *only* painter of telephone boxes in England Wales and Scotland! Before arriving in Zeal he had been painting boxes in the Scottish isles. The box is a K6, this was designed in 1935 to commemorate the Silver Jubilee of George V. It was consequently sometimes known as the "Jubilee" kiosk. It went into production in 1936. In 1935 there had been 19,000 public telephones in the UK: by 1940, thanks to the K6, there were 35,000.

The Zeal Box has a grade II English Heritage listing so hopefully it won't be going anywhere! The phone is currently still working, though with a card; not cash - worth bearing in mind when there's a power cut and most mobile phones stop working and even some landlines. It's worth taking a child or young person to a telephone box to see if they understand the concept, you'll all be laughing at trying to explain such a strange thing and don't forget to tell them about directories.

It's not clear when the box was first put in Zeal as it's managed to escape being in any of the older photos I have. If anyone has photos showing it prior to 1984 I'd like to see them - the earliest sighting could even win a Mars bar [other chocolate bars a possibility].

Erica Eden
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ZEAL MONACHORUM WOMENS' INSTITUTE

WI is back! Wednesday 4 August 7.15 for 7.30 at the Waie Inn; visitors are always welcome, just turn up on the night.

As a reminder of what WI members get up to on occasions, here is a photo from the archive. This shows 'Abba' giving a fantastic special performance in the Village Hall on 13 October 2008, featuring then WI members l-r: Hilary Aylward, Ruth Friend, Moira Deacon, Diana Bettony. This demonstrates you don't have to be crafty or good at baking to come to WI, just be able to enjoy yourself.

Erica Eden



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Ken Hogg, 07749 329832

QUOTE

‘No need to hurry, no need to sparkle, no need to be anybody but oneself’

Virginia Woolf, Writer

SUSIE'S WALK FOR CANCER RESEARCH

At the end of May I was browsing through my Facebook account when I saw the notification of “Walk 60 miles with your dog in June for Cancer Research”.

Well, I walk every day with Monty and Lola, usually at least 2 miles, so I signed us up. The recommended amount to aim for was £150.



Lola and I started at the beginning of the month on a beautiful morning and did our first 4.7 miles. We took the road down to the deer farm and then all around the lanes until we completed our circuit back at home.

We have since walked most footpaths around this area and a fair number in Cornwall on our recent visit, during which we saw the beautiful poppies out on Porth Joke beach on my birthday. We have ended up in various pubs for well-earned refreshments, cafés for coffee and garden centres for lunch.



Monty has accompanied us on as many as he was able; at 13yrs old a walk of a mile takes over an hour. On our last walk for the Charity we were even accompanied by Benny the cat.

Throughout the month I have been amazed at everyone's generosity, from complete strangers with whom I have got talking and who have given me cash donations, to my old school friends who have been more than generous and, of course, to my friends around the village. Our total to date is £505, far more than I was expecting, so a huge thank you to all who donated for this amazing cause.

On one of my walks I met Stuart Brealy, who gave me the devastating news that Petrina had died of this awful disease. I am proud to say this incredibly brave lady was a friend. No one ever heard her complain, she always had a smile and cheery word for all who passed by. Petrina, this was for you, in the hope that in some small way Monty, Lola and I have done something to help fight this disease.



For those who wish to donate my page is still open or please just donate to Cancer Research. As they say: ‘Together we will beat this’.

Susan Bostock

Editor’s note:

Thanks to Susie for this story and for the delightful pictures.

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VILLAGE HALL NEWS

The July Market was held in the hall to avoid the rain that was forecast; in the event it was mostly dry. A big thank you to all the stallholders who brought along their wares, and to all the customers who visited.

NOTE there will be no market in August, the next market is on **Saturday 11 September**.

And we're delighted to announce that our much missed Coffee Mornings will resume on **Wednesday 4 August**. In the September newsletter we hope to confirm the dates for restarting Bingo and Film nights.

We will be holding a Boules and BBQ at the hall on **Saturday 31 July**, starting at 2pm. Teams of two will be competing - please book your **FREE** places with Jan Summers, 82571, so that we know how many to cater for. Wine, soft drinks and a range of barbecued food will be available to buy.

BOULES & BBQ



At the Village Hall

Sat 31 July, 2pm

Book your free places with Jan Summers,
82571 / jansummerszm@gmail.com

CONTACTS

- Parish Council: Chairman Andrew Chandler. Tel. 07831 167 728
Village Hall: Chairman Ken Down. Tel. 01363 82204
Secretary & bookings Jan Summers. Tel. 01363 82571
- Mid Devon Councillor: Peter Heal, Tel. 01363 884277
pheal@middevon.gov.uk
- County Councillor: Margaret Squires. Tel. 01363 84337
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Email: mel.stride.mp@parliament.uk
- Newsletter Editor: Jan Summers. Email: zmon.news@gmail.com
- Local services:**
- Post Office: Bow Aquatic Centre, Bow, Crediton. EX17 6LA
Tel. 01363 82438. Email: info@bowgardencentre.co.uk
- Library: Belle Parade, Crediton. EX17 2AA Tel. 01363 772 578
- Primary schools: Bow: Station Rd, Bow, Crediton. EX17 6HU
Tel. 01363 82319
Lapford: Eastington Road, Lapford, Crediton.
EX17 6QE Tel. 01363 83292
- Secondary school: Queen Elizabeth's School, Western Road, Crediton
EX17 3LU. Tel. 01363 773 401
- District Council: Mid Devon DC, Phoenix House, Phoenix Lane,
Tiverton. EX17 6PP
www.middevon.gov.uk Tel. 01884 255 255
Email: customerfirst@middevon.gov.uk
Waste & recycling:
www.middevon.gov.uk/residents/recycling-rubbish
- County Council: Devon CC, County Hall, Topsham Road, Exeter EX2
4QD. Tel. 0345 155 1015 [general enquiries]
Email: customer@devon.gov.uk
Care Direct: Tel. 0345 115 100
- Highways: Tel. 0345 155 1004
- Devon Voluntary Action: www.devonva.org Tel. 01404 544 045

ZEAL MONACHORUM COMMUNITY SUPPORT

If you need help, for example with shopping or collecting a prescription, or even if you would just like a chat, please call one of the following people:

Jan Summers	01363 82571	Jackie Watson	01363 82263
Sally Rowden	01363 82531	Mandy Smith	07855 830668

DEFIBRILLATORS

Village Hall - on the west wall (nearest to Churchill Gardens)

Waie Inn - on the wall by the entrance to the soft play area/swimming pool.