

Nymet St George Church

George Nympton & Queensnympton



January 2024 Newsletter

Diary dates for January

- Tuesday 2nd January** **Craft Club 2pm-4pm** in the Village Hall.
Details from Liz Ride (lizwalker4@gmail.com) or Clare Taylor, 579144 (taylorclare58@gmail.com)
First Tuesday of every month, £3 per person per session.
Tea/coffee and cakes provided. All welcome!
- Tuesday 9th January** **Mobile Library 10:50-11:10** outside the village hall
(every 4 weeks)
- Every Wednesday** **Book Exchange 11am-1pm** in the Village Hall
Come and grab free books and a free coffee!

Village Hall Future Events

- February** Ferret Racing
- Date to be confirmed** Curry and Quiz Night
- Sunday 9th March** Mother's Day Tea

GEORGE NYMPTON CHRISTMAS LUNCH

DELICIOUS!!!

Not much more I can say, other than a mahoosive thank you to the Village Hall Committee Members and others involved, who put in so much effort and many hours of their own free time to make the event such a success!



NEWS FROM CULVERHILL

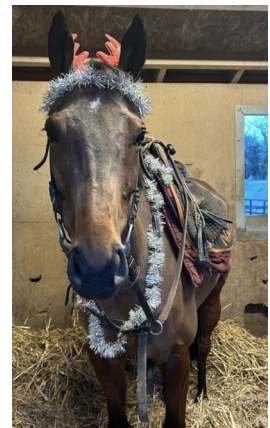


Well we have got through some dreadful weather and been racing a lot recently. The results have been varied, with the youngsters doing very well and the older ones seemingly needing the run, or perhaps not that keen on getting very wet!

We can't stop for Christmas and all the staff volunteered, including a couple of elves, so it made it much easier. A third in a Grade 2 yesterday made it worth while
We are past the shortest day so it starts to make it nicer to work and we hope it dries up soon!

Jane Williams

(‘Jaminska’
pictured right)



VILLAGE DEFIBRILLATOR / EMERGENCY FIRST AID

As there is space in this Month's Newsletter, I thought it would be an ideal opportunity to include some useful first aid information on the following page. Apologies if this is a little 'doom and gloom' after the Christmas and New Year festivities! Hopefully none of you will find yourselves having to use this information, but if in the unfortunate event you are, it could prove to be quite literally life saving.....

(For more details see the Defibrillator section on the home page at <https://georgenympton.org.uk/>. There are links to instructional videos about CPR/defibrillators from the British Heart Foundation - it also includes the names and telephone numbers of local trained volunteers who can be called upon to assist with CPR and defibrillator use)

VILLAGE DEFIBRILLATOR / EMERGENCY FIRST AID

Please put this information somewhere visible, the life it saves could be yours!

If someone appears to be having a heart attack, call 999 immediately so an ambulance can be despatched.

If the person is unconscious and not breathing, or not breathing normally, start CPR (Cardiopulmonary Resuscitation) - ie: chest compressions as follows:

CPR

1. Ensure the casualty is flat on their back
2. Kneel beside them and put the heel of your hand on the middle of their chest.
3. Put your other hand on top of the first hand and interlock your fingers
4. Keeping your arms straight, lean over the casualty and press down hard to a depth of about 5-6 cm before releasing the pressure, allowing the chest to come back up.
5. Push at a rate of 100 to 120 per minute – or to the beat of ‘Stayin Alive’ by the Bee Gees.
6. Continue to perform CPR until emergency help arrives and takes over / the casualty starts showing signs of life / you are too exhausted to continue / a defibrillator is ready to use.



The VILLAGE DEFIBRILLATOR is situated in the yellow box on the external wall of the Village Hall. It is not locked and ready to use.



Send someone to get this while you continue CPR, or call one of the village responders to assist.

On returning to the patient the machine will tell you exactly what to do with clear step-by-step instructions so anyone can use it.

It cannot be used incorrectly as it will only deliver a shock to the patient if it detects it is necessary. Use the defibrillator as soon as you can. Follow its instructions carefully while you continue to give CPR if possible.

The only risk is DELAY.

Defibrillator Responders:

Jane Bunby	01769 572489
Chris Gibb	01769 573551
Nan Maxwell	01769 579723
Sarah Goodchild	01769 407217
Clare Taylor	01769 579144
Jon/Liz Ride	01769 579923
Richard Toller	01769 550187

Winners for The Fifty Club December Draw:

Sue Griffin 1st Prize - £50, Mary Gay 2nd Prize £20, Madeleine Gay 3rd Prize £10

The 4th and final draw for this year will take place in March 24

GEORGE NYMPTON CHURCH SERVICES

The church is open for private prayer every day and we have services most weeks.

Details of all services in our community are at:

www.missioncommunity.weebly.com

7th Jan	9:30	Holy Communion
14th Jan	9:30	Morning Worship
21st Jan	9:30	Holy Communion
28th Jan	9:30	Morning Worship

Church Contacts

The Rector
Rev Michael Grandey
01769579492

Church Wardens:
Nymet St George
Ian Bateman 572116

Trudy Herniman
579856

South Molton
Robert Redwood
572079

December's Carol Service was attended by 30 people and raised £120 for Embrace the Middle East charity.

The altar is now glowing a little brighter in these dark days as we have replaced the dodgy lighting with bright new LEDs

COFFEE SUNDAYS IN THE VILLAGE HALL

Everyone is welcome to come along for a coffee (for free!!) each Sunday Morning at around 10:30 This follows the church service, but is not limited to church-goers!! It's also an opportunity to exchange books if you cannot make Wednesdays.

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Village Hall bookings are via Steve Howe on 01769 571652

More information for George Nympton is online at:-

George Nympton Parish Web Site <https://georgenympton.org.uk/> and on Facebook

Contributions of news or items of interest welcome for the next issue, no later than 26th January please to Sarah Goodchild at skgoodie@hotmail.co.uk
Phone 01769 407217