

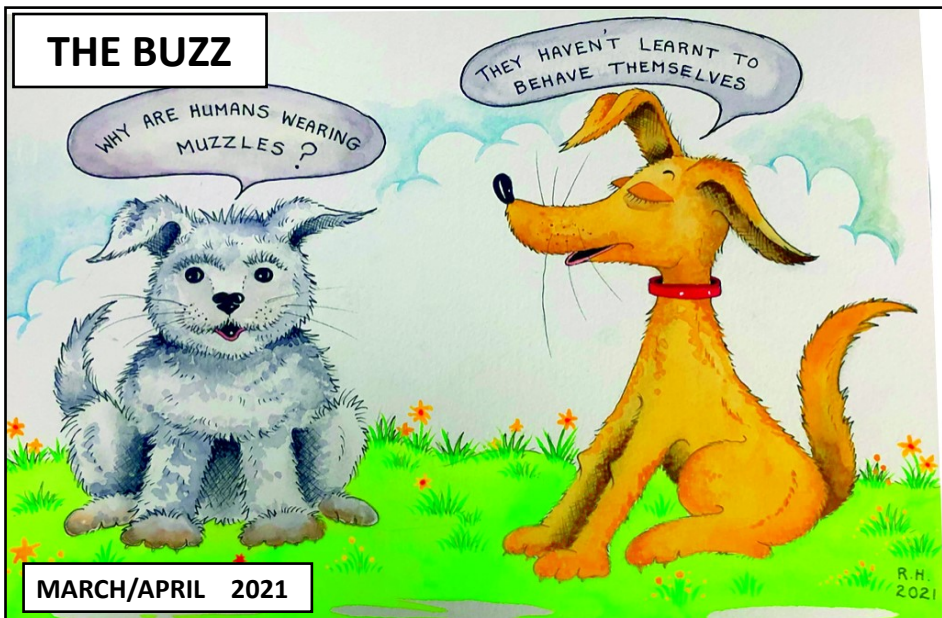
## THE BUZZ

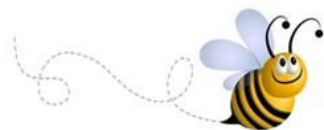
WHY ARE HUMANS WEARING MUZZLES?

THEY HAVEN'T LEARNT TO BEHAVE THEMSELVES

MARCH/APRIL 2021

R.H.  
2021





**Dear Buzz Readers,**

Well, things seem a little more positive don't they!

Village life could begin to get back to some normality in a few months, but only if we remain cautious and still follow the rules. When our hall will open up for clubs, classes and fund raising is still unsure.

May I welcome all new families to our village and hope that you will join in with events as they begin to happen again.

I don't know about you but priority at the moment for me is a hair cut! That though, seems a few weeks away.

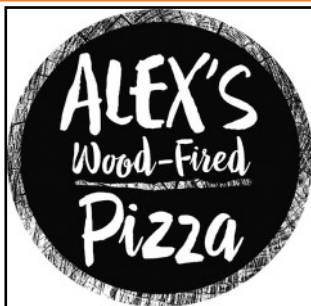
I have just had notice from Phil Tucker, the printer of The Buzz that his prices are rising imminently. It will mean approximately another £30 on each invoice. So, I would ask that if you do not already sponsor this little magazine then it would appreciate your support now.

If you have anything you would like printed in the next issue of The Buzz please forward it to me by 20th May.

***Sheila Cholwill Editor***

***email: [sheilacholwill@btinternet.com](mailto:sheilacholwill@btinternet.com)***

***Telephone: 01288 381350***



Dear Bridgerule - many thanks for the warm welcome we've received since we began to visit **BACK IN SPRING 2020!**

We are very grateful for your support, and we look forward to continuing to bake for you. YOU'LL find us in the village hall car park on the **fourth friday of every month.**

FIND OUR REGULAR MENU AND OUR MONTHLY SPECIALS ON FACEBOOK, INSTAGRAM, AND OUR WEBSITE - OR POP DOWN AND PICK UP A FLYER! text us your orders on 07967 000396 - OR COME DOWN AND LET US KNOW WHEN YOU'D LIKE TO COLLECT.

**ELECTRONIC PAYMENT PREFERRED (BACS/PAYPAL) -  
WE ARE ALSO GLAD TO ACCEPT CASH.**

**[alexswoodfiredpizza.co.uk](http://alexswoodfiredpizza.co.uk)**



## Stone Fired Pizza Delivery Every Saturday

### Pizza Menu (12"):

Margherita - £8.00

Hawaiian - £9.00

Veggie - £9.00

Marina (Fish) - £10.00

Pepperoni (Mild or **HOT!!!**) - £10.00

Garlic Bread - £5.00

Garlic Bread & Cheese - £6.00

### Individual Cheesecakes

**by Robyns Roost:**

Double Chocolate

Rhubarb & Salted Caramel

Strawberries & Cream

Key Lime

White Chocolate & Raspberries

**£3.50 each.**

**Please call: 01288 381 272**

Collection available. £2 delivery charge for orders under £15.



## PROPOSAL OF NEW LOCAL SOLAR FARM



# Derril Water Solar Farm Proposal

RES is exploring the potential for a solar farm on land south west of Pyworthy village.

The proposed 42MW solar farm will consist of fixed tilt bi-facial, ground mounted solar arrays, in fields predominantly bound by a mix of dense treelines and hedgerows.

The planning application, which we intend to submit will include a number of detailed assessments to ensure that environmental, landscape, heritage and residential considerations are appropriately assessed.



Low cost renewable electricity



Approximately 41,000MWh of clean, green electricity produced every year



Equivalent to supplying 12,100<sup>1</sup> homes



Over 18,600<sup>2</sup> tonnes of carbon emissions saved every year

For more information please visit [www.derrilwater-solarfarm.co.uk](http://www.derrilwater-solarfarm.co.uk)

If you prefer a hard copy of the project information, please contact 01872 226 931

<sup>1</sup> Based on BEIS average domestic household consumption (3,578kWh/year)

<sup>2</sup> Based on BEIS's "all fossil fuels" emissions statistic of 446 tonnes of carbon dioxide per GWh of electricity supplied in the Digest of UK Energy Statistics





**FOR THOSE THAT USE PUBLIC TRANSPORT FROM OUR VILLAGE  
THIS MAY BE HELPFUL!**

217

Bude to Hartland  
via Morwenstow

Mondays to Saturdays except bank holidays

buses towards Hartland

Holworthy Church	1315
Pyworthy Village Hall	1322
Bridgerule opp Bridge Inn	1330
Jewell's Cross Garage	1333
Redpost Inn	1335
Stratton Tree Inn	1340
Hillhead Berkeley Close	1342
Bude Morrisons	1344
Budehaven School	1345
Bude The Strand	0930 1350 1630
Poughill Post Office	0938 1358 1638
Stibb Coombe	0949 1409 1649
Cleave Crescent	0952 1412 1652
Monwenstow Crosstown	0957 1417 1657

buses towards Bude

Monwenstow Crosstown	0957 1417 1657
Cleave Crescent	1020 1440 1720
Stibb Coombe	1023 1443 1723
Poughill Post Office	1032 1452 1732
Bude The Strand	1040 1500 1740
Budehaven School	1044
Bude Morrisons	1045
Berkeley Close	1047
Stratton Tree Inn	1049
Red Post	1054
Jewell's Cross Garage	1056
Bridgerule Bridge Inn	1059
Pyworthy Molesworth Arms	1107
Holworthy Library	1114

## A BIG THANK YOU!

A very kind lady in the village while out walking her own dog is clearing up other dog's poo along the way. Not a nice thing to have to do -  
AND CERTAINLY SHOULDN'T BE NECESSARY.

If you keep your dog on a lead surely you would see this happening ... so perhaps it is someone whose dog is trailing behind or perhaps trotting a long way ahead - perhaps an evening dog-walker.

PLEASE keep your dog near to you - watch what it is doing - and clean up after it if necessary. It is NOT the job of someone else to keep Bridgerule's verges clear of dog poo.'



## All-new Windows 10 design out soon!

Microsoft is planning to launch, yet another new version of Windows 10, called Windows 10X, initially designed for dual screen systems, which had its problems and is now focused on a single screen presentation.

Reports suggest Windows 10X will be modelled on Google's Chrome OS, heralding an era of lightweight laptops forcing users to use a cloud-based system, making it more appealing for educational purposes, but giving more control to Microsoft.

However greater focus is being given to Microsoft's Bing search engine, which is also unfortunate as it lacks the power of Google's own search engine.

The Start Menu will be centre-aligned bringing app shortcuts to the middle of the taskbar, which still runs along the bottom of the screen – as it does in the standard version of Windows 10. Tapping on the Start Menu loads a large pop-up used to search the web through Bing, search documents stored on your device and install apps from Microsoft store.



Beneath the search box will be the traditional alphabetical index listing all applications as well as shortcuts to document folders and there will be a number of suggested apps and websites recommended by Microsoft.

Windows 10X will display recently-used applications and webpages in a section called "My Apps and Websites". The Start Menu will not support folders, which could be a problem for users with a large number of apps.

The first devices running Windows 10X are expected to start shipping in the next few months, but it will be some time yet before the full program is rolled out to existing users, as there are likely to be a few teething problems, historically Microsoft's testing is done "on the hoof", although the redesigned Start Menu may well be dropped on your system in an update, without warning, in the very near future.



This upgrade is designed to provide greater security and by using a pin number it will thwart thieves from accessing your data if the machine is stolen. However, it doesn't stop a thief disengaging the hard drive and copying your data directly from the disc on to an alien machine. But Microsoft won't tell you that in their promotional Blurp!

For help and advice telephone Brian Meadows on 01288 381061,  
Nofix-Nofee Computer Repair Services

**COMING SOON TO A PLACE NEAR YOU!**



**BRIDGERULES BUZZING COMMUNITY = facebook page**



*'If you wish to promote an event in our village...  
want something ...or maybe have something for sale'*

*Just let Stacey Hillier Cholwill know and she will  
upload it on to our face book page'.*

**Stacey is on 01288 381843 or email her on [shillier357@yahoo.co.uk](mailto:shillier357@yahoo.co.uk)**



**OUR HALL AT PRESENT ONLY OPEN  
FOR THE POST OFFICE OUTREACH  
SERVICE ON A MONDAY  
9.30AM—1.30PM**

*Please note that by supplying material for publication in **The Buzz** you are also giving permission for the same material to be published on The Bridgerule website at [www.bridgerule.co.uk](http://www.bridgerule.co.uk). The Buzz is not necessarily in agreement with the opinions expressed in this magazine and accepts no responsibility for transactions with private or trade advertisers. All information thought correct at time of going to press.*

## FREEDOM TO PLAY!

If there's one thing this pandemic has highlighted, it's how much we all value our freedom! Families with children will be particularly familiar with that feeling of 'cabin fever', when the kids are climbing the walls and you just need to get out of the house! We are very lucky in our little village that simply by taking a short walk outside of our front doors, we are met with lovely views of the countryside & (generally) quiet roads to take our daily exercise. The park offers a play retreat for our younger children, and a short wander along the river provides a natural haven to explore. The playing fields offer an opportunity for a kick about or just a space to run free (although you would definitely need your wellies at this time of year), but I can't help feeling that we could do more to encourage our children to spend time outside.

In our modern world, where technology rules & parents experience a range of anxieties around road safety, stranger danger & limited 'safe spaces' to play, children's freedom to roam outdoors is restricted more than ever (and that's without the impact of the pandemic). Surveys reveal that around 75% of children spend less time outdoors than maximum security prison inmates! That's ¾ of children playing outside for less than 1 hour a day, and 1 in 5 children not playing outside at all. Unsurprisingly, it is estimated that most children spend twice as much time playing on screens as they do playing outside, but how is this impacting our children's wellbeing? The rise in childhood obesity and decrease in emotional well-being could all be attributed (at least in part) to a decline in outdoor play. Outdoor play is proven to have numerous benefits to children's physical & mental health - promoting active play & exercise, increasing confidence & resilience, enabling them to explore risk & challenge, encouraging problem solving & imagination.

***Could improvements to the play facilities in our village park go some way to improving play opportunities for our children? Whilst there was a lovely new play structure installed some time ago, the old one has been left rotting, with splintered wood and tyres falling off. For our older children (the tweens and teens) the park holds limited interest.***

But the installation of some skate ramps, a basketball hoop & perhaps some more challenging play equipment, could make a real difference, providing a safe & stimulating place for them to meet up with friends, play and be active. As an increasing number of families move into the village, facilities like these are becoming more important than ever.

Most adults agree that they spent a lot more time playing outside when they were children. Days were spent roaming freely without adult interference, parks and *playgrounds were a buzzing hive of activity, and woods were a magical place* for exploring and den building. Parents were still aware of the dangers of traffic & strangers, but a healthier balance was found by putting these fears into perspective, acknowledging the joys of a childhood with the freedom to play!

**Lou C** Mum and resident

## **TAPAS ON TOUR TAKEAWAY**

From a Travelling Restaurant with a  
Spanish Chef of 30yrs Experience

**FRIDAY 5th MARCH**  
Bridgerule Village Hall Car park

Order safely in advance to avoid disappointment

Authentic Paellas, Winter Warmer  
and classic tapas, plus sweet treats

**MENU** - [www.TapasOnTour.co.uk](http://www.TapasOnTour.co.uk)

**ORDERING** - [info@TapasOnTour.co.uk](mailto:info@TapasOnTour.co.uk)

01566 781576 / 07912 581484

**Paquito  
delHuerto**

**AUTHENTIC SPANISH FOOD**



**They say that the body is  
made of 90% water, so ...**

**I'm not overweight,  
I'm just water logged!**



## HOW CAN WE BE SO THOUGHTLESS!

We have lived at Dux for well over 30 years, we love our home and the area we live in BUT find ourselves becoming more and more frustrated by the amount of litter along our pretty lanes. It is offensive, not only to visitors and those who live here but potentially injurious to our wildlife too.

Obviously this is not just a problem in our area...it's a national epidemic and seems to have become more widely accepted or certainly tolerated by the majority of folk, especially the younger people which is particularly sad. Where has the great British pride gone? We really hope all councillors can work together and do something about it. In France for example residents regularly asked to get together to clean up their surroundings.

The photos below are of our first days pick up...most of the bottles are alcohol and many wine bottles had the corks pushed back in! All glass, cans and plastic was washed and re-cycled.

Bridget says " There is a definite pattern to much of it...there were about 30 wine bottles all the same brand with the corks pushed back in. Why would anyone do that then bung them in the hedge? "

Torridge council have been amazing, coming straight out to pick up any fly tipping we reported and offering further collections.





We have to say it's utterly depressing and disheartening when we travel a bit of road that was cleared just a couple of hours before to find fresh cans rolling around in the road again. So far have collected 968 cans, 278 bottles, numerous amounts of plastic bottles. plastic trays etc as well as 46 X 120lt bin bags full of all sorts of other non re-cyclable unmentionables. Man hours 66.

**Bridget Funnell and Roger Nosworthy - Dux**

*From The Buzz readers a huge thank you Bridget and Roger. Bet you cant wait to get on those nice coastal walks again!!*



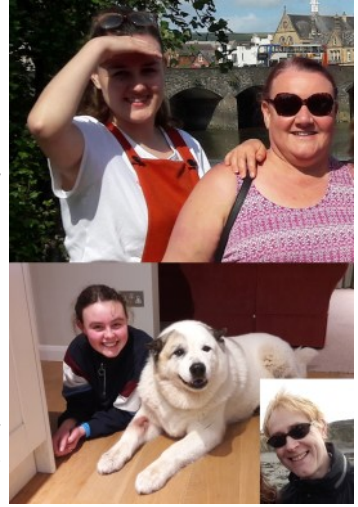
**DO YOU RECOGNISE ANYONE?**

**BRIDGERULE SCHOOL 1971 WITH HEADTEACHER MR ATKINSON**



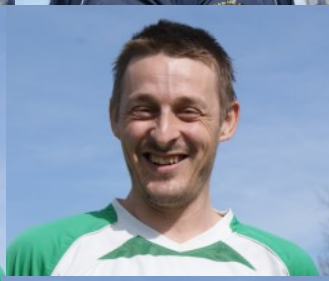
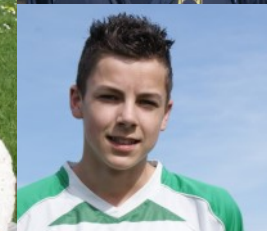
### Hello from The Larkum Family!

What a strange year it has been! We've been intending to introduce ourselves properly, but circumstances have meant time passing without us doing so. **We are the Larkum family and we (some of us) have been at Kilmar-nock, the white house at Newacott Cross,** since September 2019. Trevor (Dad) and Jess (daughter) moved in ready for Jess to start sixth form. Trevor works from home running his company Tanjent Energy which installs solar panels and battery storage (you may have noticed ours go up). Jess is studying for A levels in Launceston whilst Becky (eldest daughter) is at University. Lesley (Mum) stayed in Northamptonshire where she taught full time in a small village school, travelling to Devon for some weekends. This split was supposed to be temporary, but a teaching job in North Devon at Lesley's level of experience proved elusive.



Roll on to March 2020 and the pandemic. With schools closed to all but a few children and University shutting we were able to reunite and lockdown together. Lesley had to make a few trips back to teach occasional blocks until early May and Becky found a job in a Holsworthy care home. Lockdown made it even harder to look for teaching positions so from September Lesley taught part-time until December when she finally left Northamptonshire behind. She now has a part-time position in the Launceston area. Now that we have all made the move we are looking forward to being able to get out and about again and start to meet our new neighbours. Some of you will have seen us out walking with our recently adopted rescue dog, Bear. We are sorry if he barks at your dog. Before being rescued he had a rough time and was attacked by two bull terriers. We believe this has led to him wanting to show who's "Boss" if there isn't a large space between him and another dog. If you see us turn around and walk away from you it's to avoid this if possible. We hope other dog owners will understand as we try to re-socialise him. Hopefully the vaccine programme and social distancing will soon allow us all to go out and meet up. We look forward to being able to join in local events and finally getting to know people! **Lesley, Trevor, Jess, Becky and Bear!**

**LOOKING BACK  
BRIDGERULE FOOTBALL  
CLUB 2011**





Vinnicombe Park is the home of Bridgerule Football Club and is situated behind the local school. The land was originally donated by the Vinnicombe family who then lived and farmed nearby at Tamar House.

Bridgerule Parish Council has just installed night lighting at Vinnicombe Park to allow the air ambulance to land during the dark hours in emergencies.

Devon Air Ambulance supported the project with a grant of £3200 and the Parish Council matched this amount. In the daytime the helicopter lands as close to the patient as possible but when it is dark it is much harder. Surveys are carried out prior to the fixing of the lights. This will mean that in the rare event of us needing to get somebody to hospital quickly, the helicopter can land close to the village.

The lights work thanks to a switch installed with a sim card that pilots can use. Landing at night is still riskier, but by using surveyed sites, they can take a snapshot of what the site looks like, and pilots can access that before they land. The idea is that it's quicker and safer as they will know where potential obstacles are to turn the lights on before landing.

***The village extends its sincere sympathy to husband, Jim and family of Paula Quigley who was airlifted from Vinnicombe Park recently to Derriford Hospital but sadly passed away.***



### NEIGHBOURHOOD WATCH NOTES

Is there anything worse than mindless vandalism which is something you can't stop?. Attacks on property or vehicles can be so infuriating. But unless you catch the culprit in the act, you can do nothing, even then with what result. We have little of it in this parish, thank goodness.

You've heard enough about scams, so here is a little list of some 'helpers'.

Action Fraud - 0300 123 2040.

Age UK Advice -0800 169 6565.

CAB Consumer Helpline - 0808 223 1133.

Consumer Direct - 0845 404 0506

Crimestoppers - 0800 555 111

Domestic Abuse Support - 0345 155 1074 or 0808 200 0247

Financial Fraud - "financial [fraudaction.org.uk](http://fraudaction.org.uk)" or

"[friendsagainstscams.org.uk](http://friendsagainstscams.org.uk)".

Just need to talk to someone? Try 0800 856 6766 or 0800 470 0317

or 0800 470 8090, or the Samaritans are there on 116123. Just that.

Eligible for Pension Credit? 0800 99 1234.

***No matter what, stay safe, even if vaccinated.***

***As usual the police emergency number is 999 - only for emergencies - but don't have nightmares.***

***John McDougall***

***Tel: 01288 381237***



**WE LAUGHED ALL EVENING!**

**Can you remember this in 2014 ?**



# The Beer, Cider & Gin Festival is Back!

## Hic Hic Horay!



### Fri 16th, Sat 17th & Sun 18th July

We have all our fingers crossed that we can host the beer festival this year. We will have a fun relaxed atmosphere, with live bands, entertainment and games set up, great for the whole family! We would love the village to be part of the festival so please get in touch if you would like to set up a stall for free, or if you have any other ideas to make this a big fun event for the village. We are also looking for sponsors for the event. We would really appreciate your support after such a difficult year.

Please call Jay on 01288 381 272 if you would like to be part of this.

### MOBILE LIBRARY VISITS

#### BRIDGERULE VILLAGE HALL

14:00 - 14:30



BRIDGERULE UPLANDS 14:40 - 15:20

MARCH 17TH

APRIL 14TH

MAY 12TH

JUNE 9TH

JULY 7TH

AUGUST 4TH

SEPTEMBER 1ST

OCTOBER 27TH

NOVEMBER 24TH



## SHEILA'S MENTIONS:

Peter Green 8th March  
Ann Maynard 10th March  
Sarah Tomlin 10th March  
Fi O'Reilly 12th March  
Freda Lacey 18th March  
Susan North 19th March



John McDougall 5th April  
Rose Hitchings 7th April  
Shirley Abbott 11th April  
Georgina Braund 20th April  
Liz James 21st April  
James Davey 22nd April  
Jedd Peschke 22nd April  
Hazel Cann 22nd April

Our condolences go to Eddie Tingley and his family of Southfields on the recent death of his wife Margaret.

People enjoy seeing our daffodils each year in and around the village but I was saddened recently when driving from the village to Newacott to see that some of them had been picked and then left strewn on the roadside!



## YOUR RECYCLING

Can you please make sure your weekly recycling bags containing plastic gets weighted down as this accounts for some of the litter found on the roadside. Thank you!

### **Lockdown experience by William Lucas.**

Today was a bad day for me, my mum finally bought a set of clippers and decided that it would be a good time to cut my hair. My mum is NOT a hairdresser, (well actually it is not too bad) but I am really looking forward to the hairdressers in Holsworthy opening again. This is just one of the things I have missed during the 2 COVID 19 lockdowns. I am lucky though as I live on a farm, so we have plenty of outside space to do things.



I managed during the late spring and summer to get a job working in the café at Widemouth Bay. I had to wear a mask and only serve take away food, but I met some nice people and managed to earn enough money to buy a Dirt Bike, which I have always wanted. As we were still restricted during the late summer and Autumn, I had time to learn how to ride it. Lockdown sadly, meant no friends to meet up with but at least I was able to earn the money to buy my bike.

When schools closing was announced for the first lock down, I thought it would be great, NO SCHOOL! but I soon found it boring! School set tasks for us to do on line. We then had to complete them on our own. If we were stuck or needed help it was difficult. I had to rely on my mum and dad and as they are both working sometimes this was tricky. It was difficult to motivate myself without teachers and friends around me. I missed having break and lunch times to play football with my friends and socialise.

As we came out of lockdown, and into the summer, my cousin Josh was able to visit from Wiltshire. He loves it here, and was desperate to visit, as he is an only child and I at least have my sister Phoebe to do things with. He isolated for 2 weeks before his visit, which was tough for him, but he came and we had a great time. We had a large pool in the garden which we went in, went on our bikes around the fields, and went on the farm. Josh loves to visit for Revel week, and we both really missed things like this and Royal Cornwall Show not being able to happen. My sister had a dream of owning a caravan, and as she had worked hard for dad, my mum and dad bought a family caravan as we could not go on holiday.

We put it in one of our fields and had many nights camping, having BBQ's and campfires. We really enjoyed it and it felt like mini holidays away. My mum could go back home for a shower too, which she was pleased with.

During the Spring and Winter of 2020, the worst thing I have found is missing sport. I play Rugby at Bude and Football for North Petherwin. I had a few football matches and some training for both but this was all. I love playing all sports and have missed playing for the school teams and my clubs and am looking forward to getting back to training and matches and getting fit again. Christmas was very different, luckily my Grandad was able to come and visit and stay as he is on his own and is in our 'bubble'. but lots of things we normally do at Christmas did not happen, like meeting up with friends, having a Christmas Party, and getting together at new year for a party.

After Christmas, my lessons at my school Budehaven went completely online so I have lessons following my timetable from 9.10am-3.10 pm every day. We have to logon to each lesson and can see our teachers via Google Classroom video link. We can ask questions if we need to, but it is still difficult. Not working in groups with friends and being able to easily ask questions and get feedback always is tricky. I also find it quite tiring looking at the computer screen for so many hours. Our home internet is also so poor that my connection sometimes drops out and so I do miss some of the lessons.

I have also had to choose my options for my GCSE subjects. Trying to decide as I cannot see the teachers so easily and have specific meetings as in previous years has been tricky. They have helped me as much as possible by putting lots of information online for me and my mum and dad to read. My mum helps lots and checks up on me that I am doing my work, which sometimes I think is good and sometimes not so good. I am looking forward to going back to school so I can see my friends and get back to 'normal' lessons. I am grateful that my family and friends have not been affected health-wise by COVID-19, and hope they all stay safe and well. I do understand how bad it has been for many, as I have seen the news reports and online news stories. I hope that we can get back to normal soon, and definitely look forward to the barbers opening again.

***Thank you William for letting us all know how your life has been since Covid-19.***

## FUTURE DEVELOPMENTS PLANNED FOR OUR VILLAGE

**BARNs FOR CONVERSION—Lodgeworthy Farm.**

Planning permission has been granted for the conversion of 5 barns in total.

**The agents Bond Oxborough Holsworthy under Matt Moore** are offering a block of 3 with full plans and similarly a block of 2. Details on the Torridge planning portal.

**Barns A** - The barns are accessed via an entrance lane at the bottom of the village, leading up to Lodgeworthy Barns, which are stone/ cob construction with slate roofs. The proposed planning is for three 2 bedrooms units with approximately 1.4 acres of land, separate gardens and parking. The Barns and land will benefit from superb views over the Tamar Valley and the village. Mains electricity is available on the farm, a new water main will be installed with a 2/7th contribution required by the new owner. Private drainage is proposed to be situated in the land in front. Sale Agreed.

**Barns B** - The barns are accessed via an entrance lane at the bottom of the village, leading up to Lodgeworthy Barns, which are stone/ cob construction with slate roofs. The proposed planning is for two 3/4 bedroom semi -



detached barns, with generous size gardens and parking. The Barns will benefit from superb views over the Tamar Valley and the village. Mains electricity is available on the farm, a new water main will be installed with a 2/7th contribution required by the new owner. Private drainage is proposed to be situated in the land to the rear.

*For Sale.*

## Meadow View Bridgerule.

On the outskirts  
of the village.

**As described by  
the Agent -**



“surrounded by fields with far-reaching views, it comprises 9 spacious 2/3 bedroom luxury Dormer bungalows on a small exclusive plot. Each home is built to the very highest standards. Inside, superior materials - including brushed chrome fittings and oak-styled doors - create a distinct feeling of luxurious comfort, while integrated alarms and video doorbells bring added peace of mind. Outside, modern decking adds practical character while bi-fold doors help create a seamless transition between home and garden. While the quality of the finish in these beautifully built homes is high, the finishing touches are always provided by you. With a wide choice of kitchen colours, carpets, tiles and fittings to match your own personal, it's about true quality, tailored individually to you.”

***“With a clear path forward after the recent government COVID road map, work commences on site from the 1<sup>st</sup> April 2021 and a 9-12 month build schedule is planned for completion”.***

**More information available from Daniel Stokes, Area Manager [Kivells.com](https://www.kivells.com).**

Plot 6



Plot 4



### Holsworthy Walk and Talk

As from 31<sup>st</sup> March 2021 Holsworthy Walk and Talk will become an Independent group, no longer under the auspices of Ramblers. Our Management Committee has set in place all the legal requirements and protocols necessary and we are looking forward to starting this new phase.

From a walking point of view nothing will change. We will still offer our **Level 1** walks being a very gentle walk at your own pace in Stanhope Park, Holsworthy. The distance you walk is entirely based upon your abilities on the day. Suitable for those returning to exercise after a break. **Level 2** walks being approximately 2.5 miles at a steady pace over not too challenging terrain with no stiles to clamber over. **Level 3** being 3 miles of more vigorous walking over possibly challenging terrain with the likelihood of encountering stiles, although Devon County Council are doing a great job of replacing many stiles with pedestrian gates. For the foreseeable future all walks will be FREE.

We can now resume walking in groups of six from the 2<sup>nd</sup> April. Our new programme to reflect that is available from the contacts below. During the last twelve months the physical and psychological benefits of walking with others have become very apparent. We are very much looking forward to resuming again to rediscover just how good it is to walk and talk.

Further information is available from:

holsworthywalkandtalk@gmail.com

Gillian Aston 01409 254642 or Mike Jackson 01409 261196

### ENGLISH TUITION and WRITING SERVICE

**Experienced tutor based in Bridgerule currently has spaces available for private tuition.**

- English Language and Literature up to A Level
- French to GCSE Level
- English as a Foreign/Second Language
- 11+/Entrance exams (including Maths/Verbal and Non-Verbal reasoning)
- Proofreading/editing essays or theses
- Help with written work/forms/CVs/letters etc

**Bespoke classes in your home. £25/hour, free initial consultation**

**Please contact Katie 07976 599275 or katie\_beat@yahoo.co.uk**



**SALLY'S .MOBILE DOG GROOMING**  
 BATHING DRYING CLIPPING  
 HANDSTRIPPING NAIL CLIPPING OF  
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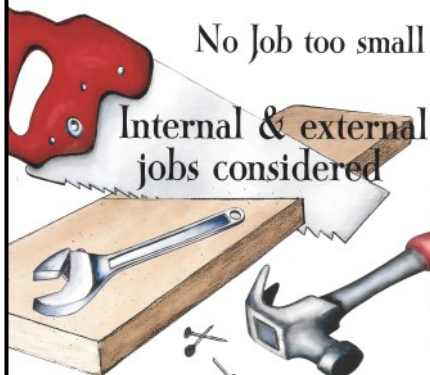
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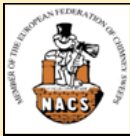




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