



**THE BUZZ**

**MARCH/APRIL 2026**



Hi Everyone,

The Coffee Club has been running in the hall for a number of years but 2026 sees seven of its present members celebrating their 80th Birthday.

Alan from St. Giles had his a few weeks ago. Don Hemmings celebrated his only last week and Sheila's mentions will see Freda and Rose about to celebrate theirs. This will be followed later by Christine, Jackie and coming up the rear Colin. Audrey and Sheila will be holding an Afternoon Tea in celebration, later in the year.

*Sheila Cholwill Editor*

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

*Telephone: 01288 381350*

**WE DID IT!**



**So we celebrated with thanks  
to Scott and Rob!**

**Hilary and Sheila have just completed a Children's Hospice South West Challenge by Walking 56 miles in the Month of February and did it by NOT HAVING TO ENDURE ANY RAIN. Probably a bigger challenge!!**

**We would like to thank all those who have kindly sponsored us which has amounted to just over £1000. Many Thanks**

**EASTER BINGO**  
**SATURDAY, 21ST MARCH**  
**AT THE BRIDGE INN PUB**  
**7:30 EYES DOWN**

WITH A RAFFLE FOR  
**BRIDGERULE COMMUNITY GARDENS**

RAFFLE RAFFLE

**TAMAR**  
**ROCK AND ROLL CLUB**

Saturday 18<sup>th</sup> April  
 Rocking Zephyr  
 7:30pm - 11:30pm  
 £5 on the door

NO BAR BUT B.Y.O. DRINKS WELCOME

Free tea/ coffee.  
 Bridgerule village hall EX22 7DZ  
 More info text Jackie on 0753353388  
 Find us on Facebook@ Tamar rock and roll

**Table Top Sale**  
 at  
**Bridgerule Village Hall**  
 on  
**Saturday 25th April**  
**2pm – 4pm**  
 New, Hand Crafted and  
 Pre-loved items.

All enquiries-See Vicki at Village Shop

## **Tower Computer Systems for OAPs in Need!**

I have a small quantity of refurbished tower computers with Windows 11 installed. I will gift these to OAP's experiencing financial difficulties free of charge (this offer does not include keyboard, mouse or monitors).

The conditions are primarily that they should be sponsored, and if delivering, installing and transferring data a small charge will be made to cover basic costs.

**Phone Brian Meadows:  
Tel: 01288 381061.**

### **BRIDGERULE METHODIST CHURCH Services at 11.00am unless marked**

<b>01st March</b>	<b>Local Arrangement</b>
<b>15th March</b>	<b>Local Arrangement</b>
<b>22nd March</b>	<b>Mark Shepherd Joint Service</b>
<b>29th March</b>	<b>Joint Service at St Bridget's</b>
<b>5th April</b>	<b>Easter Sunday— Cath Paddon</b>
<b>19th April</b>	<b>Local Arrangement</b>
<b>26th April</b>	<b>Joint Service at St. Bridget's</b>



**CHARITY  
WREATH MAKING  
AT TACKBEAR**

Kirsty Dunkin and Dian Kirby held another successful wreath making afternoon before Christmas.

Crafters enjoyed, making a beautiful wreath along with a raffle and mulled wine. The wonderful sum of £631.00

was raised . This amount now added to the amount raised last year means that £1376 has been donated to The Lighthouse Ward, Bristol Children's Hospital.

Both ladies wish to thank those that took part so much and to those that donated raffle prizes and to the mince pie maker!!

**ST. BRIDGET'S CHURCH**

**SUNDAY MORNING SERVICES**



**1st March 11.00am Eucharist with Rev. Alison Hardy**  
**8th March 11.00am Morning Prayer with Mrs Aicheler**  
**22n March 11.00am Joint Service at Methodist Chapel**  
**29th March 11.00am Palm Sunday Eucharist with Rev. Hardy**

**5th April 11.00am Easter Sunday Eucharist with Rev. Hardy.**  
**12th April 11.00am Morning Prayer with Mrs. Aicheler**  
**19th April 11.00am Joint Service at Methodist Chapel**  
**26th April 11.00am All Age Eucharist with Rev. Hardy.**

## Neighbourhood Watch Notes

Isn't it about time we had some better weather - oh! - but that could give a more appropriate opportunity for the scammers and fraudsters and all sorts to prowl around without getting wet and cold. So we will wait until spring is really here. When, it is said, a young man's fancy turns to thoughts of romance.

Don't be fooled by these Romance Scams. Seeing a gorgeous picture on your screen - how do you know it's real? Consider asking the person to scratch their nose with their index finger for instance. If the image can't or won't do it, they ain't real. Just AI.

Of course you may also meet the person of your dreams walking the dog, or riding their horse. Note please that dogs must always be on a lead around farm livestock, or it could be shot if caught interfering with the likes of sheep etc.

Horses too are effectively wild animals, even when ridden, and subject to being scared by any motor vehicle. So pass slow and wide, or stop if you have to.

And when out shopping take care how you park. Fake parking fines come via email or a text message. Ignore them. Real ones come by letter with pictures, and I have had one. Don't go clicking on any link in these messages.

There are fake bank notes out there now. Yes, the new plasticity ones. If you get your cash from the Post Office they pass the notes through a reader so you know they are real. Fake ones have no value. Mind you any sale or purchase can be part of a scam.

How would you know if money had been transferred through the bank's automated service if it was only conducted on a phone?

Just be wary of these things.

If you happen to have CCTV or a doorbell camera and have occasion to think there may be something on it that would interest the police - you can register the location of your camera by visiting "[NiCE Investigate|Devon & Cornwall Police](#)" and follow the links.

Meanwhile, keep em peeled and don't have nightmares.

John McDougall  
01288 381237  
Coordinator



## WHERE IN DEVON ARE THESE LOCATIONS FOUND



1. A FOWL TAP AT THE DOOR.
2. SOUNDS LIKE SKITTLES AND A BACON JOINT THAT'S HEAVY.
3. THE BOY WAS HEAVY.
4. COME ON IN LADS.
5. FORMER CROSSING.
6. COMBE YOUR HAIR MASTER MARTIN.
7. HOLD THE STAFF TO LIGHT THE BEACON.
8. YOU CHOP THE STEEPLE.
9. IT'S A PAIN AND IT WEIGHS HEAVY.
10. IT'S AT THE VERY TOP, BUT DON'T GET CAUGHT OUT.
11. IT'S VERY SWEET, AND WEIGHS A LOT.
12. REMAINS OF A FIRE AND THE ROAD IS WET.
13. A LETTERBOX ACROSS THE WATER.
14. A USELESS BUILDING THAT HAS A CLOSURE.
15. IT'S FRESH AND HEAVY AND A HOLY MAN.

This quiz for fun was kindly compiled by Joan Glessing.

Answers on page 18



**ROSE HITCHINGS  
HAS PAINTED THESE  
LOCAL BUILDINGS  
WHICH  
HAS BEEN MADE  
INTO CARDS**

**THESE ARE  
AVAILABLE FOR  
YOU TO  
PURCHASE**



**FOR SALE  
FROM ROSE OR  
FROM  
BRIDGERULE  
COMMUNITY  
SHOP**

## PROUD MOMENT FOR HARVEY AND HIS DAD!



Harvey Cholwill was one of 4 players from Bude Rugby Club to be chosen to run out for Cornwall Clubs XV in early February at St. Austell. Winning 33 to 26 against Cornwall under 20s.

This was a particular proud moment for dad, Paul, who on the same pitch, wore the Cornwall shirt about 20 years ago.

## BUDE BANKING HUB

A new banking hub has recently opened up in Bude in the permanent location at 1, The Depot, Lansdown Road.

*Customers from all major banks can visit the hub any weekday between 9.00am to 5.00pm to c*

*arry out regular cash transactions including withdrawals and deposits as well as checking balances or paying bills. It also provides a banking service where customers can talk to their own bank in a private space about more complicated issues on the day their bank is in the hub.*

<b>Monday</b>	<b>TSB</b>
<b>Tuesday,</b>	<b>Nat West.</b>
<b>Wednesday,</b>	<b>Barclays</b>
<b>Thursday,</b>	<b>Barclays.</b>
<b>Friday,</b>	<b>Lloyds.</b>

**ZUMBA GOLD – Low Impact**

Monday Morning 09.30 - 10.30 am  
11.00- 12.00 am

Licensed Instructor Sharon Martin

Tel: 07805026364 /or email  
shazforty@hotmail.com



**TABLE TENNIS**

Tuesday from 2.00pm  
Contact Alan on 07393305655  
Email: quilts@hotmail.com

**PILATES** - Tuesdays 5.45 - 6.45  
7.00—8.00

EMILY SKERRETT

Email: [ems1982a@gmail.com](mailto:ems1982a@gmail.com)

Tel: 07828947545



**ART AND CRAFT CLUB**

Wednesday afternoon

Contact Kath on

01288 381459 / or

[Kathwhatmore@gmail.com](mailto:Kathwhatmore@gmail.com)

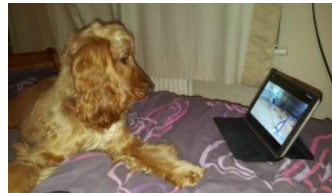


**BRIDGERULE DOG CLUB**

Wednesday AM and Friday AM

Jane: 01288 381085/07500708650

Maggie: 07979853547



**SHORT MAT BOWLS**

Friday from 2.00pm

Contact Scott on 01288 381459





**BRIDGERULE COMMUNITY  
GARDEN  
Progress Report**

The Bridgerule Community Garden has made encouraging progress over the past year, with strong foundations now firmly in place for the exciting work ahead.

Throughout 2025, the focus was on organization and planning. A committee was successfully formed and the necessary documentation was carefully put in place to ensure the project could move forward smoothly. While opening a bank account took longer than expected, persistence paid off.

Fundraising also got off to a great start, with a well supported bingo event held at The Bridge Inn raising both money funds and community spirit. We have been incredibly grateful to receive generous donations from local residents. We plan to run a raffle at each event and so your support is invaluable.

In early 2026 Alan Beat and his hedge laying team started clearing the area by removing large trees. This work has already made a noticeable difference. They will return in March to weave hazel, creating a beautiful natural boundary around the garden. Once this stage is complete the land will be levelled in readiness for the next stage. Designing of the garden can then begin.

**Lisa Beer Vice Chairman**

# WHAT'S ON AT HOLSWORTHY LIBRARY – MARCH 2026

- **Bounce & Rhyme**, Thursday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> – 2:15pm-2:45pm . Songs and stories for children 0-4 years old.
- Visit the library on **World Book Day**, Thursday 5<sup>th</sup>. Drop in craft activities: make a bookmark or your own comic and borrow a brilliant book or two! Don't forget that our Costume Swap rail is available in the run up to WBD!
- **Story-Kind**, Saturday 14<sup>th</sup> – 2pm. Led by professional storyteller Sara Hurley, this workshop offers a warm, welcoming space to pause, reflect, and imagine a kinder tomorrow. Suitable for anyone aged 12 and up. Book your place via Ticket Source.
- **Big Seed Swap and Giveaway**, Saturday 14<sup>th</sup> – 10:30am-1pm.
- **Gardening Cuppa and Chat**, Wednesday 18<sup>th</sup> March – 2pm-3pm. A monthly meeting to talk all things gardening. Everyone welcome - experienced gardeners eager to share seasoned successes and newbies after some helpful hints.
- Lloyds Bank Community Banking, every other Monday 2-4.  
By appointment only – call 02077143681 to book direct with Lloyds.
- **Self Service Baby Weigh**. Every Thursday 1pm-4pm.
- **Lego and games** for children. Every Saturday – 10am-12pm

**Free hot drinks available during opening hours.**

**Most events are free or low cost but donations always welcome.**

01409 253514

[holsworthy.library@librariesunlimited.org.uk](mailto:holsworthy.library@librariesunlimited.org.uk)

Libraries Unlimited is a registered charity 1170092.

To donate, please visit [librariesunlimited.org.uk](http://librariesunlimited.org.uk)



Supported  
by

Devon  
County Council

**TORBAY COUNCIL**

### **St Bridget's Church Tower Restoration Project**

St Bridget's Church are delighted to announce that our project to repair the Church Tower has been completed; the tower now has a new roof, the mortar on the outside has been completely replaced and the pinnacles firmly fixed in place.

It's been 7 years since a regular inspection revealed just how bad shape the tower was in – water was leaking through the walls & roof, weakening and damaging the structure. A lot has happened in those 7 years, but thanks to the hard work of everyone involved the tower is as watertight as it was when it was built in 1469 – and judging by our recent weather, only just in time!

St Bridget's Parochial Church Council and the Rector thank all those who funded the tower project: The National Lottery Heritage Fund, Garfield Weston Foundation, The Wolfson Foundation, National Churches Trust, Benefact Trust, Devon Historic Churches Trust, Archdeacons Fund, The Listed Places of Worship Grant Scheme.

We're grateful to all those who dedicated themselves to the work of the tower repairs. Additionally, we wish to thank all those who contributed to our activity and community days throughout the year. Your participation and support, whether through helping to organise events, attending, or simply lending your encouragement, have been greatly appreciated.

To all who attended events and supported the project in any capacity: THANK YOU!

**As work on the tower is now complete regular ringing has resumed on Tuesday evenings 7.30pm— 9.00pm**

**If you would like to know more about ringing or see what is involved, come along and see how it works. We will be pleased to see you.**

**More information please speak to Trevor on 01288 381 247.**



### **CANS DUMPED**

**Someone has kindly picked up these abandoned beer cans in their litter pick. They were found in the ditch on the road leading from Littlebridge to Jewells Cross. Please remember this is an offence.**



### Can you spare us a few hours?

As always volunteers are always welcome. Come and talk to us in the shop.

## BRIDGERULE COMMUNITY SHOP UPDATE

A slow (& very wet) start to the year, which is to be expected but we have still sold nearly 1,000 more items than we did in the previous January.

Our top selling items included 100 Caffe Latte, 81 Saturday Daily Mails, cooked ham ends (these come in on Tuesday & Friday afternoons and always sell out), 53 Coke zero cans & 33 Coke cans.

Fruit and vegetables are delivered daily and are always popular.

We have sold over 22kg of bananas, 9kg of onions & 7 kg of carrots.

January 31<sup>st</sup> was our year end and our accounts will be audited by our accountants ready to report at our Annual Members Meeting in July. Thanks to Michelle for all the hard work she puts in on our bookkeeping.

**SHEILA'S MENTIONS**

**HAPPY BIRTHDAY EVERYONE:**

Steve South for the 10th March

Peter Green for the 10th March

Freda Lacey for the 18th March

*Happy 80th Freda*



Susan North for the 19th March

George Hemmings for the 30th March

John McDougall for the 5th April

Rose Hitchings for the 7th April

*Happy 80th Rose*



Shirley Abbott for the 11th April

Liz James for the 22nd April

Hazel Cann for the 22nd April



EVERY TWO  
WEEKS

**BINGO**

**BRIDGERULE VILLAGE HALL**

**SATURDAY 15TH MARCH**

**Proceeds Stratton Young  
Farmers Charities**



**Bridgerule Village Hall - 10.30am**

**Tuesday 10th March**



We would like to welcome **Roxanne and James** to our village. They have recently moved into Canal Rise.



### Those who have kindly agreed to sponsor The Buzz are:-

John & Sylvia McDougall - Uplands  
 Robert & Julie Honey - South View  
 St Bridget's Church Bridgerule  
 Angela Brock—The Green  
 Mr & Mrs Steel - 8 Southfields.  
 Mr & Mrs Allison - Canna Park  
 Fred Bond -The Green  
 Linda Goodman—1 Bridge Park  
 Christine Gee - Southfields  
 Bill & Margaret Eastcott- Littlebridge Farm  
 Neville & Wendy Rimmer - Silverstone  
 Paul & Stacey Cholwill -1 Littlebridge Cross  
 Joan Thornton- Atlanta  
 Michelle and Paul Sanders - Rimmersleigh  
 Gwynneth Cameron - Southfields  
 Mervyn & Sylvia Lucas - Bude  
 Ron & Marion Abbott - 2 Bridge Park  
 Trevor & Sue Bowden -Churchtown  
 John & Carol Palmer - Holsworthy  
 Michael & Linda Moore—Okehampton  
 Les & Betty Slade - The Green  
 Ray & Jan Orchard - Sunnyfields  
 Heather Fraser - The Green  
 Tim and Carol Honey - Grove Farm  
 Alan & Linda Weekes - Littlebridge Meadow  
 John and Michelle - Jardine  
 C & L Clocks— Glencarne  
 Shaun and Sonia - Elm Cottage  
 Mrs J. Vinnicombe - Holsworthy  
 Rick & Sarah Hallett—Littlebridge Meadows  
 Mr & Mrs James—Borough View  
 Mrs Christine Routley—Holsworthy  
 Malcolm & Joyce Shadbolt—Kildare  
 Trevor & Linda Snowdon—The Green  
 Freda Lacey - 8 Bridge Park  
 Graham & Claire Braund—Littlebridge Meadows  
 Barry & Lisa Lucas - Elmpark  
 Sarah—Javad  
 Winnie Westlake—Arthmead  
 Richard & Leila Camp - 1 Meadow View  
 Fred and Suzanne Cogdell—Green Pastures  
 Richard and Michelle Chinn  
 Phil and Sue Sanders—26 Southfields  
 Rex and Helen Eccott—Crosspark  
 Ken & Liz James - Merrifield  
 Christopher & Heather Darwin  
 H Taylor - Southfields  
 Tom & Lucy Murray  
 Ron & Sheila White—Littlebridge Meadows  
 Steven & Annie Youldon—Knowle  
 P.J. Bobcat Hire— Colin Cholwill  
 Chris & Rose Hitchings - The Hitching Post  
 Alan & Rosie Beat—The Mill  
 Miss. M. Field - 10 Southfields  
 Bob and Ellie Mitchell - Littlebridge Meadows  
 John & Sonia Gardener - Buttsbeer Farm  
 Grenville & Margaret Cleave - Garden Ridge  
 Mrs. Sybil Prouse - Rydon  
 Richard & Gill Heal - Holsworthy  
 Steve and Jo South -Brensham House  
 Michael & Jeannette Yeo - Holsworthy  
 Marilyn & Victor Pickett— Southfields.  
 Ray & Audrey Bewes -The Green  
 David & Vivienne Hale -Lodgeworthy  
 Mrs. J Bowden - St. Catherines  
 Malcolm Newton –Southfields  
 Roger & Diane Green —Moorside  
 Julie Reddicliffe - Holsworthy  
 Kevin & Leslie Bowditch - Littlebridge Meadows  
 Darren & Tasha Stephens - Sanctuary Lodge  
 Bill & Lynn Keeley - Canada  
 Pete & Angela North - Kents View  
 Barry & Joan Marshall - Littlebridge Meadow  
 Don & Georgina Hemmings Littlebridge Meadows  
 Miss P Glover - Lower Dux  
 Dave & Karen Thomas - The Forge  
 Mr & Mrs D J Best - Old Mill View  
 Steve and Dee—Southfields  
 June Roger—Springbank  
 Tony Wallis—Littlebridge Meadows  
 Peter & Clarice Harris—Highlands  
 Sue Cowan-Dickie -  
 Hilary Taylor—Southfields  
 Scott & Kathy Whatmore - Brooklands  
 Nigel and Crystal - Tackbear  
 Phil & Doreen Elswood Cair Paraval  
 Alex and Emily—The Old Paddock  
 Rob & Carol Cox - Willow Crest  
 Colin & Helen - Bridgerule  
 Paul & Pauline Latham - The Green  
 Ian and Tracy—Larapinta  
 Joan Whatmore—Southfields  
 Gautam & Susan, Camellia, Canal Rise  
 Palmer Family— Tamar House  
 Ray & Shirley Delaforce  
 Bob & Donna Cooper—Southfields  
 Jane Charlesworth—Littlebridge Meadows  
 Richard & Michelle Chinn

## A hint of things to come, or maybe it's here already!

BT has commenced its copper cable shutdown with 135 postcode areas being the first to be totally switched off, none of these are in this area, but it soon will be, by mid-2027 all areas will have been converted to fibre optic Voice over the internet and the old landline service will be discontinued. Those who haven't upgraded should do so if they want to keep their phone system operational. Being without a phone can be can put you at risk! Sadly, one such case has recently caused the death one elderly gentleman.

Recently I experienced a blockage on the landline allowing outgoing calls to be made, but incoming calls were redirected to a voice mail server. I could collect the messages by dialling 1571, that is if any of the callers chose to leave a message. Several incoming calls were ultimately missed.

BT eventually admitted it is necessary to switch off and reboot the broadband router as a high volume of data traffic through the system can cause part of the system to malfunction. When this happens, the broadband router should be rebooted, (switched off and switched back on again) as the Voice over the internet is becoming overloaded with data, switching off the router, then restarting it should ideally be done every 2 weeks to refresh the system. As all landlines will be switched to this system next year, it is something worth remembering.

Now if you think your password is safe or your system is encrypted, time to consider this. For the past two decades Computer Engineers have been working on Quantum Computers which are far faster than any super computer of today. Also, the new supporting quantum software will be so advanced it will consign AI to the scrap heap. You may think, So what? But consider this quantum software can break down binary code into smaller segments called "qubits" and these can be reconstructed to rewrite any password or decrypt any encrypted program and create a language so complex no human can understand or decode.

Microsoft, Google, Meta, Apple and many others are all involved at one level or another in Quantum Computer development and when it is refined, not even the Banks or Stock Markets will be safe from quantum attacks! The value of currency or corporate stocks will be at risk and the only safe commodities will be gold and silver.

Microsoft has changed the name of its office software to Microsoft 365 Copilot app. Copilot being Microsoft's venture into AI programming and guess what, the annual subscription has increased! The free Libre Office is a very good alternative without cost and the interference of a co-pilot.



**For free telephone help and advice Tel Brian Meadows 01288 381061**

**Nofix-Nofee Computer Repair Services**

**POTTERS FISH N THINGS**

**SCHEDULE FOR VISITING BRIDGERULE  
VILLAGE HALL CAR PARK  
4.30pm—7.00pm**

**NEXT VISIT  
05th March and 19th March**

**Thereafter every 2 weeks.**



# No Transport?



## RING AND RIDE

- Door-to-door minibus service for all ages, wheelchair & scooter accessible

## CARS FOR CARE

- Door-to-door service for medical appointments, 45p/50p per mile

## HERE FOR HIRE

- Mini Bus Hire for Community Groups & Charities
- £100/day - £65/evening , self drive (experience of driving a larger vehicle required)

Call

**01409 259001**

[office@holsworthy ruraltransport.co.uk](mailto:office@holsworthy ruraltransport.co.uk)

The Carroll Suite, Holsworthy Memorial Hall, Holsworthy EX22 6DJ

Quiz Answers:

1. Hennock.
2. Chittlehampton.
3. Boyton.
4. Welcome.
5. Exbridge.
6. Combe Marti
7. Holsworthy Beacon
8. Axminster.
9. Paignton.
10. Topsham
11. Honiton.
12. Ashford.
13. Post Bridge.
14. Folly Gate.
15. Newton Abbott.



**HYSMARK**  
BUILDING & RENOVATION

01288 381256 | 07710 471525

[www.hysmarkltd.co.uk](http://www.hysmarkltd.co.uk)

Extensions

Renovations

Listed Buildings

Loft Conversions

Hysmark is a family-run business based in Bude, Cornwall, with over 35 years of experience in all aspects of building, construction, and renovation. We manage every project from start to completion, from modern homes to listed and conservation properties. As proud members of the **Federation of Master Builders**, our training, expertise, and meticulous attention to detail set us apart.

***BRIDGERULE VILLAGE HALL***

**HIRE HALL from just £25**

**Small Kitchen £10**

**Large kitchen £15**

**BOOKING CLERK Telephone: 01288 381350**

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

**Special Price for Local Clubs**

***Hello everyone,***

**I am pleased to be a part of the Bridgerule buzz** - introducing my new business **DS MICROSUCTION**. We offer professional ear wax removal using the "modern" microsuction and water irrigation techniques all within the comfort of your own home.

With extensive training and qualifications we provide the highest standards of care every single time. Ensuring, safe, gentle and effective solutions for our clients.

We offer:

- Clinic and home visits.
- Treatment for children and adults
- Out of hours service

I believe hearing can make a real difference to your comfort and quality of life. That's why I look forward to helping you with your ear health.

Please feel free to get in touch for further information.

***We're "hear" to help!***



## DS MICROSUCTION EAR WAX REMOVAL

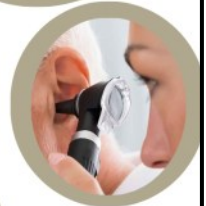
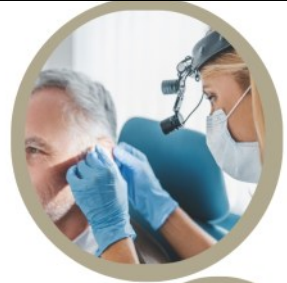
At DS MICROSUCTION, we provide safe, gentle, and effective ear wax removal. Specialising in Microsuction & Water Irrigation techniques. All within the comfort of your own home.

### Why Choose Us?

- ✓ Expert Care
- ✓ Trained Specialist
- ✓ Childrens service available
- ✓ Immediate Relief
- ✓ Out of hours service
- ✓ Clinic & Mobile Appointments

### Location

Covering Bude, Launceston, Holsworthy & Surrounding areas



### Contact Us

 07539663189

 [www.dsmicrosuction.com](http://www.dsmicrosuction.com)

 [dsmicrosuctionbude@gmail.com](mailto:dsmicrosuctionbude@gmail.com)

**A few useful telephone numbers perhaps:**

Holsworthy Medical Centre	01409 253692
Stratton Medical Centre	01288 352133
Holsworthy Hospital	01409253424
Stratton Hospital	01288 287700
Stratton Minor Injuries	01288 287701

**J&P PLUMBING HEATING  
&  
Home Maintenance**  
Telephone Paul:  
**01288 381085**  
07500876642  
07500708650



**Call Out  
24  
hr**

**Oil Boiler Service and Repairs**



**TATSON FARMHOUSE  
BED & BREAKFAST  
07960199331**

[tatsonfarmholidays@gmail.com](mailto:tatsonfarmholidays@gmail.com)



## Delicious Home Baking Kits

"So Tasty, So Easy"

The Perfect Gift - Birthday, Thankyou, Christmas

[www.scrummiejars.co.uk](http://www.scrummiejars.co.uk)  
[scrummiejars@gmail.com](mailto:scrummiejars@gmail.com)

**Kates Complete Feet**  
**Foot Healthcare**  
**and REFLEXOLOGY**

Do you have problems with?

- Corns
- Verrucas/Warts
- Hard skin/Callus/Fissures
- Nail Cutting
- Thickened Nails
- Fungal infections/Athletes Foot
- Nail Pain
- Diabetic Feet Management
- Dressings and padding to aid healing and comfort.

**Reflexology session can be booked separately.**

Kate Lord Dip: MFHP IHHHT  
 Medical Foot Health Practitioner  
 & International Institute of Health  
 & Holistic Therapies.

Fully insured, DBS checked,  
 Governing Body CPS Certificates  
 available if you require.



I am a local lady who cares passionately about foot health care. Our feet are the most unappreciated and often most neglected parts of our body and yet they carry us through the whole of our lives!

**Kates Complete Feet**  
**Mobile Foot Practitioner**  
**Contact: 07557379099**  
**Email: [KatesCompleteFeet1@gmail.com](mailto:KatesCompleteFeet1@gmail.com)**

## WHEELCHAIR AVAILABLE

If anyone has a family member  
or friend coming to stay who  
may be in need of a wheelchair  
for a short period.

The hall has one that can be  
made available.

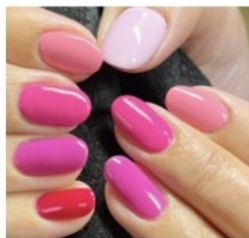
Contact Sheila 01288 381350 or  
a member of the hall  
committee.



**WRT**  
Fencing, Landscaping  
& Groundworks

**07534 428556**  
williamtozer10@gmail.com



I am a Nail Technician specialising in natural nails. I work from a tranquil home salon in Week St Mary. I am passionate about looking after the health of your natural nails so exclusively use CND Shellac – a gel polish that causes no damage to the nails. Flexible working hours to suit your needs.

- CND Shellac Manicures and Pedicures
- CND Vinylux nail polish
- Callus Peel, a safe gentle treatment for hard skin removal on the feet
- Nail Art
- Healthy Nails Programme (for nail biters)

Contact me today

**0775 1094209**

**Tracyann Hutchins**

Stoneleigh, Week St Mary, Cornwall, EX22 6XA

email: [info@izzyb.co.uk](mailto:info@izzyb.co.uk)

Website: [www.izzyb.co.uk](http://www.izzyb.co.uk)

Facebook: [www.facebook.com/izzybnails](https://www.facebook.com/izzybnails)

Instagram: [www.instagram.com/izzybnails](https://www.instagram.com/izzybnails)



## SANCTUARY LODGE

Skin · Wellbeing · Body

Nestled in the heart of Bridgerule's countryside where you can indulge in the finest skincare and beauty treatments

- Professional medical grade facials
- Manicures and pedicures
- Waxing
- Eyebrow and eyelash tinting
- Massage therapies



Natasha Stephens  
Qualified Therapist

07833 571562

Sanctuary Lodge, Bridgerule,  
Holsworthy, EX22 7EA



**CREATE YOUR FUTURE WITH A  
CAREER IN ENGINEERING**

**WANT TO >>>  
KNOW MORE?**

Scan the QR code opposite to visit our careers site  
or get in touch with us via the below.



T: +44 (0)1409 254400 | E: [careers@greenfieldengineering.co.uk](mailto:careers@greenfieldengineering.co.uk)  
**CAREERS.GREENFIELDENGINEERING.CO.UK**





**Jammin Nights**  
**Mondays & Wednesdays**  
**From 8.00pm**

## THE BRIDGE INN

Telephone  
 Pam

01409 828119

*(please note change of number)*

**General Knowledge Quiz**

**Every Sunday Evening - 7.30pm**

**Maximum of 6 per Team**

**ALSO HOLIDAY FLAT TO LET**

**NOFIX-NOFEE**

**Tel: 01288 381061**



- \* No Charge for Local Call Out
- \* Home and Office Visits
- \* Virus and Infections Fixed
- \* Weekend Repair Service
- \* Refurbished Systems for Sale
- \* System Restore & Data Retrieve

Systems  
 Repaired  
 From  
**£25**

**Computer Repair Service**

**[www.nofix-nofee.net](http://www.nofix-nofee.net)**

**NEATE FEET**

**CLAIRE & SIMON NEATE DIPCFHP**

For all your foot health needs

Professional footcare in the comfort of your own home



- \* Painful Callus Reduced
- \* Ingrowing Toenails
- \* Paddings and Dressings
- \* Reflexology
- \* Toenail Clipping
- \* Painful corns removed
- \* Verrucae Treatment

Contact: 07968232344/ 07870508867

**ROB**

**Breezelyn Kennels**

Titson Nr. Bude Cornwall EX230HH

Heated Kennels and Cat Chalets

Individual Runs - Large Play Runs

Grooming Service

Doggy Day Care



Tel: 07731961653

Email: [info@breezelyn.co.uk](mailto:info@breezelyn.co.uk)

Website: [www.breezelyn.co.uk](http://www.breezelyn.co.uk)

Email:  
 Website:



Deanna Spiby  
Private  
Healthcare  
Assistant  
07539 663189  
deanna.spiby@hotmail.com

**DSCARE**

---

**OUR SERVICES:**

- Assisted living
- Independent living
- Dementia care
- Respite care

Professional & Certified  
Home Care Services



## SHORT & ABBOTT LTD Agricultural Engineers

Sales, Service & Parts for all  
makes of Tractors  
and Machinery and  
Garden Machinery

Mill Road, Bridgerule,  
Holsworthy, Devon EX22 7EL  
Tel: 01288 381485

[www.shortandabbott.co.uk](http://www.shortandabbott.co.uk)  
shortandabbott@outlook.com

## Do you need help with food?

Torrige is working with the Northern Devon Foodbank, Bideford to provide essential help to those who need it the most this winter. Please see the application process below.

# 1

Contact Torrige District Council  
**01237 428700 - Option 9**  
customer.services@torridge.gov.uk

# 2

You will be issued with a voucher number to  
take to your nearest Trussell Foodbank  
(Bideford or Holsworthy in Torrige).

# 3

Foodbank contact details and locations  
**01237 422243 or 07422 651252**  
Bideford - Supreme House, Pitt Lane, EX39 3JA  
Holsworthy - Manor Suite, Memorial Hall, EX22 6DJ  
Visit [northerndevon.foodbank.org.uk](http://northerndevon.foodbank.org.uk) for more locations



## ARTHUR W. BRYANT FUNERAL SERVICE

BUDE <b>01288 352282</b>	HOLSWORTHY <b>01409 253000</b>
CAMELFORD <b>01840 214891</b>	LAUNCESTON <b>01566 232426</b>

INDEPENDENT FAMILY  
FUNERAL SERVICE  
MEMORIAL MASONRY  
DIRECT CREMATION  
PRE PAYMENT FUNERAL PLANS  
OUR FAMILY CARING FOR YOUR  
FAMILY FOR OVER 50 YEARS



AWBRYANT.CO.UK  
CARING@AWBRYANT.CO.UK



# FURSE CARPENTRY & CONSTRUCTION LTD.

Call: 07808 271789

Email: [fursecarpentry@gmail.com](mailto:fursecarpentry@gmail.com)



**Dog Walking &  
Pet Care Services**

Find me on 

**Professional/ Friendly/Reliable & Affordable**



Covering  
Bridgerule &  
all surrounding  
areas



**Fully insured, pet first aid  
trained & DBS checked**

**Pet Pop-in Service for all  
animals big & small**

**Group & Solo dog walking**

**Only walk a limited number of  
dogs at any one time**

Contact:

Email: [info@pawrus.uk](mailto:info@pawrus.uk)  
Telephone: 07861991770  
Web: [pawrus.uk](http://pawrus.uk)



## Slimming World

taste  
the  
*freedom*

Contact your local Slimming World Consultant  
and join a warm and friendly group today!

NEW VENUE

Bude

Bude Rugby Club

Wednesdays

5.30pm & 7.00pm

Holsworthy

Holsworthy Memorial Hall

Tuesdays

5.30pm & 7.00pm

Thursdays

9.00am & 10.30am





[slimmingworld.co.uk](http://slimmingworld.co.uk)



touching hearts, changing lives



# Man Friday

**Carpenter & Building Services**

No Job Too Small

*Free Quotes—Full Insurance Cover*

**Call Dave on:**

**01288 3815 07 or 07761 055071**





## Lufflands Caravan Park

*'Peace & Tranquillity in the Heart of  
the Beautiful Devon Countryside'*



Our family owned and run exclusive caravan park offers the personal, friendly touches that make it your home from home!

**Catering Exclusively for: Holiday Home Ownership Holiday Home Hire &  
Annual Touring Caravan Pitches**

Cosy Bar catering for guests & visitors

Available for small functions

Email: [maria@lufflands.com](mailto:maria@lufflands.com)

[www.lufflands.com](http://www.lufflands.com)

Tel: 01409 241426

Solden Cross, Holsworthy,

Devon, EX22 7PJ

(Between Holsworthy &  
Bradworthy)



## Home & Garden Maintenance Services

No Job too small

Internal & external  
jobs considered



Call Matthew Ward  
now on  
07401 216816  
for a free quote!



ARTHUR W. BRYANT  
FUNERAL SERVICE

BUDE  
T/ 01288 352282

CAMELFORD  
T/ 01840 214891

HOLSWORTHY  
T/ 01409 253000

INDEPENDENT FAMILY  
FUNERAL SERVICE

MEMORIAL  
MASONRY

OUR FAMILY CARING FOR YOUR  
FAMILY FOR OVER 50 YEARS

PRE PAYMENT FUNERAL  
PLANS



W/ AWBRYANT.CO.UK  
E/ CARING@AWBRYANT.CO.UK



## **Premium Carpets & Flooring** **Week st Mary**

We offer meetings at our showroom & home visits by  
appointment only.  
With a variety of samples covering all types of flooring &  
fitting.

Showroom: 01288 341870

Mark: 07947695875 Sarah: 07572654465

Colbay, week st Mary, EX226XG  
[premium\\_carpets@icoud.com](mailto:premium_carpets@icoud.com)



## **JEWELLS CROSS SERVICE STATION AND RED POST GARAGE**

Servicing - MOT - Testing - Repairs - Bodywork Breakdown Recovery -  
Comprehensive Accessory Shops

Car Wash - Self Service Petrol & Diesel at Jewells Cross

Self Service Gas at Red Post Tel: 01288 38130

Jewells Cross Service Station Tel: 01288 381770

Red Post Work Shop Tel: 01288 381 340

MOTs Tel: 01288 381306



Providing the very **best** in service for **all** your motoring needs

## **AQUAFLAME** **PLUMBING & HEATING**

INSTALLATION, SERVICING, REPAIRS  
GAS SAFETY CERTIFICATES, SURVEYS,  
ENERGY EFFICIENCY UPGRADES.  
OIL, GAS & RENEWABLES



**WRAS**  
Water Regulations Authority



**FREE QUOTATIONS**

**T: 07557 872 662**

# CBL STOVES

**The Showroom, Unit 5  
Red Post, Bude, Cornwall  
EX23 9NW**

**01288 381852  
carl@cblstoves.co.uk  
www.cblstoves.co.uk**






- Stainless Steel twinwall flues
- Chimney Lining
- Iskoern Pumice lining
- Fireplace alterations
- Stove Installations
- Wood, Multifuel, Gas & Electric Traditional & Contemporary Stoves & Fires
- Chimney Rebuilds
- Slate, Granite & Glass Hearths
- Wood & Ceramic beams & surrounds
- Floating Shelves



**J.J. LOGS & KINDLING**

**TRANSIT TIPPER LOADS**

Barn stored pre-cut lengths of  
9" or 12" long logs  
Hardwood /Softwood  
Full Loads/Half Loads

FREE kindling with each load

**TELEPHONE 07765091886**



**Editorial Disclaimer:**

Those providing comments are theirs alone, and do not necessarily reflect the views, opinions, positions or strategies of The Buzz or anyone involved in the publication thereof. The Buzz makes no representations as to accuracy, completeness, correctness, suitability, or validity of any information in this publication and will not be liable for any errors, omissions, or delays in this information or any losses, injuries, or damages arising. The Buzz reserves the right to edit or alter in any manner it sees fit comments that it, in its sole discretion, deems to be obscene, offensive, defamatory, threatening, in violation of trademark, copyright or other laws.

Mobile 07493 047597 Tel. 01409 211635  
Professional Window & Gutter Cleaning

Brett's

**Gleaming**  
**Glass & Gutters**

Brett Debell, Chapmans Farm House, Chapmans Well, PL15 9SG.

Water Fed Pole Window  
Cleaning System using  
Heated Purified Water

Gutter Cleaning

Soffit & Fascia Cleaning

Available to clean  
indoor windows

All work carried out from  
ground level and fully insured

## M. A. G. Double Glazing Repairs

- ◆ Replacement of Misty or Broken Glass Units.
- ◆ Replacement of Hinges, Handles, Locks and Seals.
- ◆ Letter Boxes and Cat Flaps Installed.
- ◆ Installation of Fascias, Soffits and Guttinger.

Over 15 Years Experience

Call **Mark** for friendly advice  
and a no obligation quotation:



**07969 234161**

Multi Award Winning UK based  
ICF system

Say goodbye to high energy bills,  
build homes which utilise less  
energy than they create!



**R-WALL**

THE FUTURE IS R-WALL

The Future is R-WALL



[www.r-wall.co.uk](http://www.r-wall.co.uk) Tel: 01288 377337 [info@r-wall.co.uk](mailto:info@r-wall.co.uk)

## PAULINE'S



## HOME CLEANING

\*\*\*

More than 20 years' cleaning experience,  
Fully mobile,  
Insured,  
Regular & One-off cleans,  
End of Tenancy.

\*\*\*

Call or Text

# 07980 128963

for availability.

\*\*\*\*\*



## Shapland Accountancy

We are a local long established family run firm with over 40 years experience. We provide Accountancy & Bookkeeping Services throughout Devon and Cornwall.

From small to large companies, Sole Traders, Partnerships, Limited Companies whatever you need, we can help.

Book-keeping, Tax returns, Payroll, VAT or just advice, contact us to see what we can do for you.

Email Us: [admin@shaplandaccountancy.co.uk](mailto:admin@shaplandaccountancy.co.uk)



 Find us on  
**Facebook**



**BUDE EYE CENTRE**  
QUALITY . VALUE . COURTESY . SERVICE

### YOUR MODERN INDEPENDENT OPTOMETRIC PRACTICE

Bude Eye Centre, established in 2005, are equipped with up to date equipment, a wide selection of eyewear and latest contact lenses to suit individual needs. We offer same day service and also hearing aid services.

#### WE OFFER:

- ✓ NHS & Private Eye examinations
- ✓ Contact lens specialist
- ✓ 3D OCT Screening available
- ✓ Regular hearing service, including free assessments
- ✓ Honest and expert advice on frame selection
- ✓ Wheelchair friendly practice

Bude Eye Centre 7 Queen Street

Telephone: 01288 350041

Email: [info@budeeyecentre.co.uk](mailto:info@budeeyecentre.co.uk)

## Ant The Lawn Ranger

For grass cutting & garden  
maintenance call:

Antony Jarvis

Mobile: 07990016467

Email:

[antony2191@googlemail.com](mailto:antony2191@googlemail.com)



  
**DENISE WELLINGTON**  
FUNERAL SERVICES

COMPASSIONATE, CARING,  
TRUSTED & PROFESSIONAL

Memorials | Pre-Paid Funeral Plans

24 Hour Contact 01288 359277

  **Dementia Friends**  
an Alzheimer's Society initiative  **Golden Charter**  
Smart Planning for Later Life

[denisewellingtonfunerals.co.uk](http://denisewellingtonfunerals.co.uk)  
[enquiries@denisewellingtonfunerals.co.uk](mailto:enquiries@denisewellingtonfunerals.co.uk)



**Local grown timber sustainable, 10" logs. Delivered locally.**

**21/2 cubic metre load. Barn Store Dried**

**Available all year £230. Full load.**

**Telephone: 01288 381195/ 07842090351— George**



## Glebe House Cottages

— Est. 1985 —

### **Glebe House Cottages**

Brand New Bespoke Barn with 6 Acres of gardens

Suitable for Weddings, Parties, Corporate Events, Christenings and more

7 Cottages sleeping up to 36 people, Swimming Pool, Formal gardens, Dedicated Ceremony Room, Dedicated Function Room with fully stocked Bar and more

Website: [www.glebehousecottages.co.uk](http://www.glebehousecottages.co.uk)

Email: [weddings@glebehousecottages.co.uk](mailto:weddings@glebehousecottages.co.uk)

Phone: 01288 381272

