

**THE BUZZ**

**MAY/JUNE 2026**



Hi Everyone,

A full Buzz Newsletter with lots happening in our community including events taking place in order to carry on the tradition of our Revel Week.

I have to report that the cost of the Newsletter to print has increased and therefore as Editor of the Buzz I would really appreciate those that sponsor it each year but perhaps so far you may have forgotten. You may not realise but it costs almost £400 each time the Newsletter goes to print and so I really do require your help. I thank all those businesses who do support us.

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

*Telephone: 01288 381350*

**CORNWALL'S FAVOURITE  
COMEDIAN AND ENTERTAINER  
JOHNNY COWLING  
COMING BACK TO BRIDGERULE**



**FRIDAY JULY 24TH - VILLAGE HALL**

*Tickets Available from  
Sheila 01288 381350*

*Priced £15 inclusive of pasty supper*

*Licensed Bar and Raffle*

*Bring your friends and book a table for a night of  
laughter and entertainment*

# Bridgerule Community Garden Project

Come along to the garden on Saturday May the 9th  
from 2pm until 4pm for a

**Donate a plant for a cup of tea  
coffee and cake afternoon.**

Donate any garden tools you don't use anymore  
that you think we could benefit from.

Come along to see what we have planned.

Also we are giving everyone in the village  
**a pumpkin plant** (subject to the seeds growing!!!)

This plant we want you to grow, nurture, talk to, feed  
it to grow a pumpkin for a future upcoming event in October

## A Pumpkin Pageant

more about this in the next buzz  
until then get it growing.

For more information contact:  
**01288 381345**

**THE BRIDGE MILL AT BRIDGERULE**  
**SUNDAY 10<sup>TH</sup> MAY • 2026 • 11AM - 4PM**



**£5 ENTRY, CHILDREN FREE** + LIVE MUSIC/MORRIS DANCING

**WORKING WATER MILL**  
**OPEN** FOR NATIONAL MILLS DAY

**MAMMOTH PLANT SALE** PUPPET SHOW

LAKE AND RIVERSIDE WALKS + WILDFLOWER MEADOWS  
 MANY STALLS + TOMBOLA + REFRESHMENTS ALL DAY

**CHILDREN'S ACTIVITIES** NO DOGS ADMITTED (EXCEPT GUIDE DOGS)  
[www.thebridgemill.org.uk](http://www.thebridgemill.org.uk)

SUPPORTING  **Bude Choral Society** SALES FROM PLANTS, REFRESHMENTS AND MARKED STALLS

## HOLSWORTHY & DISTRICT LADIES SKITTLE LEAGUE



Sheila Cholwill was presented with The Secretary's Cup for the highest average score for the 2025/26 season for the over 70's at the Holsworthy and District Ladies Skittle League Annual Dinner held at Holsworthy Golf Club with an average score of 59.95.

She was also presented with a Dartington Glass bowl and has won a place in the Devon County Team which this year will be held at Holsworthy Memorial Hall in May.

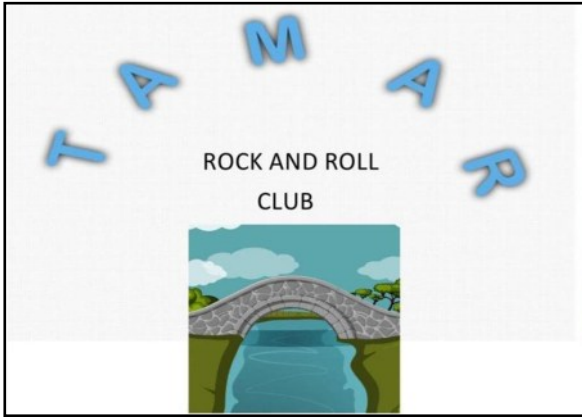
Plant sale now on, 6 The Green, Bridgerule.



**Stay  
and  
Play**

**9.30 - 11am**  
EVERY 1<sup>ST</sup> AND 3<sup>RD</sup>  
WEDNESDAY OF THE MONTH

**Bridgerule  
Methodist Chapel**



**SHOE TOWN BOYS**

**DJ The Bear**

**Saturday 16th May 2026**

**7:30-11:30**

**£13 on the door £10 in advance**

\*\*\*\*\*

**Saturday 20<sup>th</sup> June**

**DJ The Woodpecker**

**7:30pm -11:30pm**

**NO BAR BUT B.Y.O. DRINKS WELCOME**

**Free tea/ coffee.**

**Bridgerule village hall EX22 7DZ**

**More info text Jackie on 07533353388**

**Find us on Facebook@ Tamar rock and roll**



**WORLD BOOK DAY AT  
BRIDGERULE PRIMARY SCHOOL**





'Bridgerule has a famous lady ..... and now a leaflet has been produced to let us know about her life in both Bridgerule where she was born and later her amazing life in Australia.

The leaflet is available from our village Shop or from Rose Hitchings - ' The Hitching Post.'



Johnny Cowling will be starting it all off by entertaining on **Friday 24th July** in our Village Hall.

**Tuesday 28th July** will be our Annual Craft and Vegetable Show

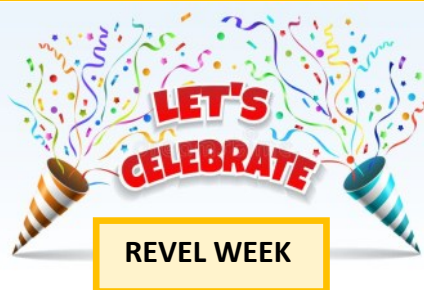
**Wednesday 29th July** FOBS will organize our Annual Ramble.

**Friday 31st July** will see The Bridgerule Jive Club hold a Bingo

**Saturday 1st August** St Bridget's will have a Coffee Morning

**Saturday 15th August** the Dog Club will have a Dog Show on the Ham.

**FULL DETAILS IN NEXT BUZZ**



## UPPER TAMAR LAKE SAILING CLUB



Upper Tamar Lake Sailing Club is delighted to announce the start of its 2026 racing season, and we are currently welcoming new members to join our friendly and active community.

Whether you're an experienced sailor looking to return to the water or simply keen to get involved again, we would be very pleased to meet you. If you don't have your own boat, we offer Club boats for Club members' use, and there are often opportunities to crew for other Club members.

Our regular sailing takes place on Sundays, with additional sessions on Wednesdays.

If you're interested in joining us or would like to learn more, please don't hesitate to get in touch—we look forward to hearing from you.

Please take a look at our website [www.utlsc.org.uk](http://www.utlsc.org.uk) or contact us on [contact.utlsc@gmail.com](mailto:contact.utlsc@gmail.com)

**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)**

**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





Our next **Bag2School** collection is...  
**Monday 1st - Monday 8th June 2026**

### DROP OFF LOCATION

- GREEN LABELLED BIN IN SCHOOL CARPARK
- BRIDGERULE VILLAGE SHOP

### WHAT WE CAN COLLECT

We accept the following 'good quality' items for RE-USE:

- Clothing
- Paired shoes (tied together or elastic band around)
- Handbags, Hats, Scarves, Ties, Belts

#### *We DO NOT accept:*

- Household linen
- Curtains, Towels & bedding
- Carpets, **rugs** and mats (including bath, **shower** and toilet mats)
- Soiled, painted, **ripped** or wet clothing
- School uniforms with and without logo
- Corporate clothing and workwear
- Textile off cuts, **yarns** or threaded material
- Soft toys



To donate clothes, ensure they are gently used, clean,  
and in good condition.

## We all know how intrusive Facebook is on our privacy, or do we?

Meta, owners of Facebook, Instagram and other platforms bombard account holder's computer with cookies, trackers and adverts. In the main Google Ads supply the links to different advertising contracts, they then sell the harvested data to 3<sup>rd</sup> and 4<sup>th</sup> parties, including advertising agents and other web providers for them to use.

Simple! Well, it is if you are a corporate entity who wants to profit by intruding on your privacy and bombarding you with products you may or may not want, but the algorithms installed will list you as a prospective customer and therein lies the issue. Not so simple if you are just wanting to communicate with a friend!

The data harvested includes: -

- Your Age, Gender, location, income and on and off line activity
- Active use of the platform, can reveal sleep and work schedules
- Other device information including your phone and tablet
- Payment details including transactions and Bank details
- Facial recognition via your system camera and the harvesting of other images
- Who your doctors are, your geographic details and check-in activity
- Your medical health, this compared against the content of your posts and responses
- If you have debt, payment history, credit scores and off-line financial activity
- Criminal/Police records can be checked against your name and demography
- If you are pregnant, any ante-natal or post-natal requirements can be monitored
- Your political affiliations, off-site tracking and subscription payments tracking



If you're encouraged to use Facebook for any personal or group use, be mindful of the pitfalls and ensure you have sufficient ad and tracker blockers attached to your browser. The little known and free "Librewolf" and "Brave" browsers are particularly useful.

I say all this as there has recently been an increase in computer hacking of local users' computers and it's not only the loss of money, the cost of remedial repair to a system as hackers can, and do, encrypt a system blocking access to its data or continued functions.

Antivirus software is import, but ad blockers and tracker blockers are equally necessary these days ideally installed on both your computer and mobile phone. Ask yourself, what system protection do I have? and don't say I have an Iphone so I don't need any, you are totally mistaken. Apple is as prolific in data harvesting as any other provider or platform.

Using an AI chatbot as a search engine is equally dangerous. AI models do not drop data they are programmed to retain it and as your system uses an IP address, the system knows exactly where your computer is and what you do online! There are now over 3500 AI models in existence and over 1 million sub systems each ready to harvest and use your data.

**For Help and free advice telephone Brian Meadows on 01288 381061**

**Nofix-Nofee Computer Repair Services**

## NEIGHBOURHOOD WATCH NOTES

There's not much I have to offer this time beyond the usual - look after each other and be wary of any offers that seem to be too good to be true. Because they aren't any good at all.

Would you put your hard earned cash in to something that just comes to you via social media or email or text ? Thousands of pounds are squirrelled away in the hope of earning large interest payments. Don't tell anyone that we are in touch, they could say. Why not? It's probably a scam. And the only squirrel that finds the nuts is the criminal scammers. Why fall for such a thing ?

The Alert message advises checking on the Financial Conduct Authority's website or their consumer helpline 0800 111 6768. See! That costs nothing.

What else is happening ?

If you saw a celebrity, and there are so many of these that you have to wonder where they are celebrities from, advertising Cryptocurrency, would you automatically sign up for it? Are they real or just an Artificial Intelligence make up? But would you believe what the image says? Would you buy Cryptocurrency from someone off the television, computer or smart phone?

Don't phone the F.C.A. they don't work on money that isn't real cash.

0300 123 2040 is the number for Report Fraud and 159 for your own bank.

Do you fancy watching a game or a show? Where do you get a ticket from? Any ticket tout or the proper retailer? Again social media can be where you find false tickets or on a fake website. It is apparently illegal to resell football tickets. A verified ticket seller will be a member of S.T.A.R. (Society of Ticket Agents and Retailers) seen on

["https://www.star.org.uk/buy\\_safe"](https://www.star.org.uk/buy_safe).

If they won't let you in, contact Report Fraud, as above.

As always look after yourself and be a good neighbour "Don't have nightmares" and "Keep 'em peeled".

John McDougall - Coordinator

01288 381237



## BRIDGERULE COMMUNITY SHOP



**WE ARE TWO YEARS OLD!!**

*On May 18th our Community Shop will be 2 years old! In those two years we have sold over 110,000 items!!*



*Our range of frozen food has expanded with a new supplier and Sheila seems to find something new with every order along with the regulars.*

*As always orders for NEXT DAY BAKERY are very welcome whether its pasties for the visitors, bread for the sandwiches or a very tasty Danish swirl because you deserve it!*

*We have a very interesting draw running in the shop throughout May and I would like to thank the anonymous donor here. Please pop into the shop for details. For one lucky winner it will be very worth it.*

**HAPPY BIRTHDAY EVERYONE:**

- Alison Stanton for 10th May
- Christine Gee 80 on 12th May*
- Steve Thomas for 15th May
- Marion Abbott for 16th May
- Gwyneth Cameron for 5th June
- Julia Trayford for 5th June
- Jo South for 11th June
- Dee Thomas for 11th June
- Ella Cholwill 18 on the 16th June
- Cliff Seymour Smith for 16th June
- Pam Bowler for 18th June
- Betty Slade for 23rd June
- Angela Brock for 26th June



**SHEILA'S MENTIONS**

**HARRY'S PRESSURE WASHING**

Transform Your Outdoor Spaces!

- ✓ Garden Patios
- ✓ Garden Walls
- ✓ Driveways & Paths

Deep Cleaning – Fast & Effective

Call or Text Harry Today:  
**07908 224015**

- ★ Affordable Prices
- ★ Reliable Service
- ★ Great Results Every Time

Message now for a **FREE** quote!

**BRIDGERULE SUMMER VEGETABLE AND CRAFT SHOW**

Tuesday 28<sup>th</sup> JULY

In the village hall – please bring entries from 10 am. - 1.00 pm.  
(adult entries 50p each - Children entries FREE)

Vegetables – Craft – Baking –  
Photos – Flower arrangements  
Plants – Art – Children's section  
Etc.

Viewing from 3.00 am.

**REFRESHMENTS ON SALE**

**FIRST**

The Buzz welcomes **Carol Townsend** to **Hare Bell Lodgeworthy**.  
We wish her well.



### 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  
 Colin and Sue Sylvester 29 Southfields  
 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  
 David & Sharon Leach Macarthur Close  
 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

## ST. BRIDGET'S CHURCH

### SUNDAY MORNING SERVICES



- 03th May Eucharist with Revd Alison Hardy
- 10th May Morning Prayer with Miss Val Harris
- 17th May Joint Service at Methodist Church
- 24th May All Age Eucharist with Revd Alison Hardy
- 31st May Benefice Songs of Praise 10.00am Pancrasweek
- 
- 07th June Eucharist with Revd Alison Hardy
- 14th June Morning Prayer with Mrs Mary Aicheler
- 21st June Joint service at Methodist Church
- 28th June All Age Eucharist with Revd Alison Hardy

## BRIDGERULE METHODIST CHURCH

### Services at 11.00am unless marked

- 03rd May Rev. Meg Slingo Holy Communion
- 10th May No Service
- 17th May Barry Bryne
- 24th May United Service at St Bridget's
- 31st May Courtney Drew
- 
- 07th June Local Arrangement
- 14th June No Service
- 21st June Local Arrangement
- 28th June United Service at St. Bridget's

**POTTERS FISH N THINGS**

**SCHEDULE FOR VISITING BRIDGERULE**

**VILLAGE HALL CAR PARK**

**4.30pm—7.00pm**

**NEXT VISIT**

**30th April 2026**

**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

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

## **BRIDGERULE VILLAGE HALL**

**HIRE HALL: £40 to include small kitchen**

**BOOKING CLERK: Telephone: 01288 381350**

**sheilacholwill@btinternet.com**

**Special Price for Local Clubs**



# HYSMARK

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**FOR SALE** If interested please contact:-

**Derek Hilliard on 07933209165 / g4cqm@protonmail.com**

Palram Canopia Glory 8'x12' Polycarbonate Greenhouse



Specification

- Anthracite Powder Coated Aluminium Frame
- 10mm Twin Wall Polycarbonate
- 2 x Roof Vent
- 1 x Louvre Vent
- Locking Hinged Door
- Base Plinth Included
- Internal Anchoring System
- Built-in gutters

The Glory 8ft x 12ft greenhouse is packed with some great features as standard. Built in base plinth means that you have a low threshold door entrance for easy access. Extra high headroom for trellising and growing tall plants with free plant hangers. Automatic vent openers mean you can leave your greenhouse unattended. Full anchor system secures your greenhouse to the floor.

Contact

Derek Hilliard in Bridgerule on mobile number 07933 209165 or email [g4cqm@protonmail.com](mailto:g4cqm@protonmail.com)

**Sale £900 - Less than half price - As New - Never Erected**

**The Palram - Canopia Glory 8'x12' Polycarbonate Greenhouse has extra thick 10mm Twin Wall Polycarbonate to make it one of the strongest Polycarbonate models on the market. Designed to take up to 100kg snow load!**



Broken Window? Misted  
Glass? We Can Help.



- ✓ Glass replacement & repairs
- ✓ Misted (blown) units replaced
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- ✓ Letter box & catflap installation
- ✓ Facias, soffits & guttering
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Fast, local repairs

01409 255355 sales@camelglass.co.uk



## DS MICROSUCTION EAR WAX REMOVAL

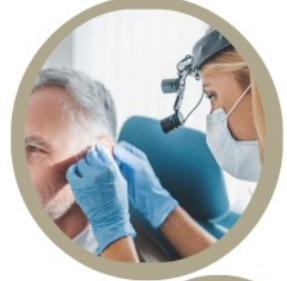
At DS MICROSUCTION, we provide safe, gentle, and effective ear wax removal. Specialising in Microsuction & Water Irrigation techniques. All within the comfort of your own home.

### Why Choose Us?

- ✓ Expert Care
- ✓ Immediate Relief
- ✓ Trained Specialist
- ✓ Out of hours service
- ✓ Childrens service available
- ✓ 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

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



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**and REFLEXOLOGY**

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- 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.



**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



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**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***

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**Tel: 01288 381061**



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

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