



### Dear Buzz Readers,

As you can guess from Rose's cover another phase of our hall has been refurbished. The main kitchen is now looking really great.

We now have a hall with catering facilities for both small and large events with a wedding booked later in the year.

Just before Christmas I applied on behalf of the hall committee to The British Heart Foundation for a defibrillator for the village. I am delighted to say that we have been successful and it comes at no cost to us. Please read about this very important piece of equipment and how we can learn to use it later in The Buzz.

Please remember to let me have any items for the next Buzz by 20th April.

Sheila Cholwill Editor

Email:

sheilacholwill@btinternet.com

Telephone: 01288 381350

### **CONTENTS**

- 3. History Day.
- 4/5 Defibrillator for Bridgerule.
- 6. Sheila's Mentions.
- 7. Bridgerule Chapel Welcome in 2017
- 8. What's On.
- 9. Strictly Live!
- 10. Neighbourhood Watch Notes
- 11. Appeal for who shot Felix.
- 12. Knobbly Knees Competition!
- 13. Bridgerule WI 1966.
- 14. Coffee Club/ St. Bridget's Church.
- 15. Then and Now/ Our Hall Kitchen
- 16. Methodist Chapel/ Parish Council.
- 17. Poem.
- 18/19 Fundraising with Christopher Darwin

20/21 Holsworthy Golf Club.

- 22 Bird Flu.
- 23 National Mills Weekend
- 22/31 Business Sponsors.

#### **BRIDGERULE VILLAGE HALL**

#### **OPEN DAY AND HISTORY DAY**

**SATURDAY 8TH APRIL** -Starting at 11.00 am until about 4.00 pm.

We are inviting you to come and see the changes to the village hall including the NEW BACK KITCHEN – new chairs – new storage area etc.

But also there will be thousands of 'old' photos of Bridgerule and its people – old maps plus history information.

There will be the rare chance to see ANGELA BROCK'S wonderful videos taken over many years of our village, the various events that have happened here and Bridgerule people. This will take place in the small meeting room. YOU could well be on them – she's not always spotted out filming.

PLEASE if you have any old photos of Bridgerule bring them along so that we can make copies for our History files (in envelopes with names/addresses). It is hoped that some groups that use the hall may show off their skills. Why not have a go at Table Tennis!!

**Display of some local Classic cars and Vintage tractors outside.** If you are the proud owner of one please bring it along for all to admire.

### **HOPE TO SEE YOU THERE!**

There will be a box in the hall for both donations and any suggestions you may have for the hall committee.



**Proceeds to support Hall Refurbishment** 



### LIFE SAVING DEFIBRILLATOR IN BRIDGERULE



# British Heart Foundation to give cardiac arrest victims fighting chance of survival in our Village!

Bridgerule is about to become a community of lifesavers. It is about to be fitted with a public access Defibrillator (PAD) and has also been awarded a Call Push Rescue training kit.

This life saving machine has been fully funded by The British Heart Foundation after a successful application from Sheila Cholwill on behalf of The Village Hall Committee.

The Community Package contains the innovative kit which includes everything needed to learn CPR in half an hour. The Village Hall Committee plan to run training sessions in the hall meaning everyone can become potential lifesavers.

We plan to have our first training session led by Paul Harrison a paramedic who has newly moved into our village accompanied by Graham Hodgson a local first responder on TUESDAY 28TH MARCH from 7.00PM IN THE HALL.

There are 10 dummies in the kit which can be used alongside our trainers so please come along if you can. We would like to train as many as possible on that date but if you cannot make this you will have another chance.

The defibrillator is a portable device that can be used by a member of the public to help restart the heart when someone has a cardiac arrest. This is when the heart stops pumping blood around the body and they lose consciousness almost at once. It's therefore imperative that the residents of Bridgerule know both of these vital steps to help someone in an emergency.

The British Heart Foundation believes defibrillators should be made more accessible and recognisable to the public and wish young people to be taught CPR and PAD awareness at school. Since launching the campaign in 2014 over 1.5 million people have joined the Nation of Lifesavers by learning lifesaving CPR.

Sheila Cholwill said "I am delighted that we have been successful in our application for this lifesaving package and we are extremely grateful to The British Heart Foundation. The defibrillator will be fixed on the wall by the main entrance to the hall. This will mean that our residents will have the best possible chance of survival should they suffer a cardiac arrest. The hall committee are very keen that as many people as possible receive training in CPR and ask that wherever possible you attend our training sessions.

Although we are not required to have specific training by members of the medical profession, as self training DVD's are included, it is felt that to have this expertise will be very advantageous.

Sara Askew, Head of Survival at The British Heart Foundation said that more lives could be saved if more defibrillators were available in public places and if more people felt confident using them and performing CPR. We are delighted that Bridgerule Village Hall Limited has joined

the British Heart Foundation's Nation of Lifesavers campaign by making another defibrillator available by the hall and teaching CPR locally.





### TO OUR FRIENDS OF BRIDGERULE

Ernie and I are leaving the village on 28th February and we would like to thank you for your friendship over the past fourteen and half years. We have been very happy here but the time has come to get a bungalow and be near family as Ernie is struggling with his mobility and stairs are now an issue.

We would like to take this opportunity to thank Brian Meadows, Brian Beadle and our long suffering neighbour Brian Newman for all they have done for us over the years. We would also like to thank Jane and Paul Woodward for taking Cyril and giving him a good home (he's a bush in the shape of a squirrel).

We hope Carole, Alan, Lisa and Blitz the dog will be very happy. We wish them a long and happy time here. I know you will make them very welcome.

Goodbye to you all,

**Ann and Ernie Smith** 

### Sheila's Mentions:-



Our thoughts are with Christine Routley and her family on the recent loss of mum Mrs Elsie Jones at the wonderful age of 104 years. She had been living at Southland Court Residential Home for quite a while and for many years

lived at Merrifield Farm. She is in the WI photograph of bygone Bridgerule in this issue of The Buzz.

Our Best Wishes go to **Wendy Rimmer** of **Silverstone**, **Cindy Neep of Tamar House and Susan Norton** of Primrose Cottage.



We welcome **Derek and Doris Poile** from Kent to

4 Southfields and **Paul, Caroline and Hugo Harrison** of 3 Canal Rise and hope that you have a long and happy time in our village.

### **Birthday Greetings to:**

Peter Green for 8th March.

Mrs. B. McDougall 95 on the 8th March. Congratulations.

Ann Maynard for March 10th.

Sarah Tomlin for 10th March.

Fi O'Reilly for 12th March.

Freda Lacey for 18th March.

John McDougall for 5th April.

Rose Hitchings for 7th April.

**Georgina Tomlin** for 20th April.

Liz James for 21st April.

James Davey for 22nd April.

Jedd Peschke for 22nd April.

Hazel Cann for 22nd April

Richard Keen 97 on 22nd April. Congratulations.

Thank you to everyone that shopped in Waitrose in January and supported our Village Hall with their tokens. We hope to receive a cheque for £383.



### **NEW YEARS DAY SERVICE**



### New Year's Day at Bridgerule Methodist Church

Although there were no planned services for New Year's Day in Bridgerule, either at the Church or the Chapel, the Chapel congregation decided to celebrate the New Year anyway, by holding their own service. Not only did Sheila Cholwill lead the service but she also played the organ. Tea, coffee, Christmas cake and biscuits were enjoyed by all after the service.



### MONTHLY TABLE TOP SALE BRIDGERULE VILLAGE HALL

**TRADERS £5 A TABLE** 

Can set Up from 12.0 Noon Buyers from 1.30pm

### **NEXT TABLE TOPS SATURDAY**

# MARCH 4TH & SATURDAY APRIL 1ST

PLEASE show your support to this regular sale even if its just to browse and have a cup of tea/coffee and a piece of cake.



### **4 COURSE LUNCHEON**

### **BRIDGERULE VILLAGE HALL**

### SUNDAY 23RD APRIL

TICKETS £10.00

Available from Mrs. C. Harris Tel: 01288 381329

Proceeds to St. Bridget's Church

### MODERN SEQUENCE DANCE



**TO SIMON INCH** 

BRIDGERULE VILLAGE HALL SATURDAY 29TH APRIL

8.00—MIDNIGHT TICKETS £5 EACH

Bring and share Supper

**Proceeds to St Bridget's Church** 

Enquiries to Clarice 01288 381329





### Off to Strictly Live again....

Leslie, Marilyn, Sandra and Freda were four from a group of 23 which left from Holsworthy on an early morning in January to enjoy a day out at what has now become an annual trip to the Strictly Live Tour in the Birmingham Arena.

6 celebrities together with their Strictly dance partners took part to win the Strictly Glitter Ball. On the occasion our group watched the show, Danny and Oti came first with Louise and Kevin runners-up.

EVERYTIME YOU TALK TO YOUR WIFE
YOUR MIND SHOULD REMEMBER THAT......
THIS CONVERSTAION WILL BE RECORDED

FOR TRAINING AND QUALITY PURPOSES!!





**Methodist & Church of England Joint Service** 

The Methodist Church and St Bridget's held a combined service on Christmas Day. In addition to the normal attendees, we were privileged to have visitors from Canada. The photograph shows Bill and Lynn Keeley, Marion Abbot, Carolyn Keeley daughter, with her boyfriend Colin Dreger, Trevor Abbott and his partner Marilyn.

Lynn, Marion Abbot's daughter, emigrated to Canada in the 70s and married Bill Keeley in 1978. Carolyn is their youngest daughter.

#### **NEIGHBOURHOOD WATCH NOTES**

He survived for a while but has now died from his wound. This is the third cat shot in Bridgerule in two years. Who's killing our pets? Could be yours next!

Who's doing it? If you know, call Crimestoppers anonymously on 0800 555 111 quoting crime number 10690/17 or the police on 101. It has to stop.

On other matters, be aware:-

- \* scrap metal thieves are about.
- \* if you receive an email bill check first with the supplier before making payment.
- \* if your email is from the police with a notice of intention to prosecute check with them on 101, it's fraudulent (unless you know better)
- \* phone call from your bank? Use another phone to call the bank.

There's only a few of them about but be wary always. Finally, on **Tuesday April 18th at our village hall,** there is a meeting of Torridge Neighbourhood watch from 7-15 to 9 o'clock. Free refreshments beforehand. Police Sergeant David Monkton has been asked to speak. All are welcome.

John McDougall Area coordinator 381237

### **APPEAL FOR WHO** SHOT FELIX!



During the afternoon of Sunday 12 February our cat, Felix, was shot with an air gun. The pellet went into his stomach, perforating his gut in 6 and causing an enormous amount of damage. Despite a long and complicated operation and the best efforts of all the staff at Penbode vets, Stratton, he passed away on 15 February. He suffered horribly for four days heartbroken at both the pain he had to endure and his and we are untimely death.

It is unfathomable to us as to how or why someone would think it is acceptable to shoot and maim an innocent creature. We absolutely understand that there are many ardent gardeners in the village and that, for many, cats may be thought a nuisance. It cannot however be considered a reasonable response to shoot cats. No matter that some may consider them nuisances, they are all loved and valued family members, as with any pet. What is even more shocking is that we have discovered that this is the third shooting of a cat in Bridgerule during the past two years. To some people three cats in two years may not seem a lot but surely even one is one too many. It sadly suggests that there may be an individual in our village that is ruthlessly targeting cats. Where does such cruelty stop?

There is however a silver lining to this distressing tale. We have over past days received so much positive feedback and support, some from people we have never previously met or barely know. This reassures us that despite the vicious actions of one person, there are very many more good hearted people in and around our village.

Finally, if you know anything at all about what happened on Sunday 12 February, or who may have committed this crime (because it is a crime), there is an ongoing police investigation. You can report your suspicions to the police confidentially on 101, quoting the crime reference number given in this edition's Neighbourhood Watch section. We would also ask that if anyone else's cat is injured in the future by being shot, please do report it to the police.

Our sincere thanks to all of the good people of Bridgerule, for their many good wishes and support.

John and Michelle Jardine

### BYGONE REVEL WEEK KNOBBLY KNEES COMPETITION!



# 4 IN THE PHOTOGRAPH STILL ENJOY OUR REVEL WEEK! CAN YOU PICK THEM OUT?

#### **BRIDGERULE WOMEN'S INSTITUTE 1966**

# The names of those in the photograph opposite from left to right and from the back row to the front

BACK: Nicola Beer (Boyd), Josephine Pomeroy (Honey) Clarice Harris, (Cholwill) Sybil Prouse, Elsie Jones, Dora Nolan

MIDDLE: ?, Joyce Honey, Doris Boyd, Addy Chidley, Pauline Hosken,
Mrs. Baker, Gladys Lucas, Mary Cholwill, Christine Honey, Mary
Dymond, Violet Crocker.

FRONT: Mrs Nolan, Mary Grylls, Millie Wooldridge, Barbara Ashton, Celia Ashton, Mary Hill, (Vinnicombe)



### **GUIDE DOGS FOR THE BLIND**



Tony Webb visited the village Coffee Club recently with his Guide Dog, Ranger and gave an interesting talk on Guide Dogs for the Blind and the impact on having a guide dog had made to his independence.

A collection was made for Guide Dogs for the Blind and Tony was presented with £67.50.

# ST. BRIDGET'S CHURCH SERVICES FOR MARCH/APRIL 2017

1st March	Ash Wednesday Benefice Service	e 7.00pm	
5th March	Eucharist	11.15am	
12th March	Morning Prayer	11.15am	
19th March	Eucharist	11.15am	
26th March	Mothering Sunday Family Service	e 11.15am	
2nd April	Eucharist	11.15am	
9th April	Palm Sunday Morning Prayer	11.15am	
13th April	Maundy Thursday	6.30pm	
16th April	Easter Sunday Eucharist	11.15am	
23rd April	No Service Luncheon in Hall		
30th April	Benefice 9.30am at Pyworthy		
*******			

ANNUAL PAROCHIAL CHURCH MEETING
WEDNESDAY 8TH March 7.30pm Bridgerule Village Hall
Meeting open to all residents of parish
or those on the Church Electoral Roll







### **BRIDGERULE METHODIST CHAPEL**

### **SERVICES FOR MARCH/APRIL 2017**

5th March	Mr. C. Drew	11.00am
12th March	Mr. V. Bickle	11.00am
19th March	Rev. N. Street Sac	11.00am
26th March	Mr. J. Guy	11.00am
2nd April	Mr. M. Shears	11.00am
9th April	Mrs. C. Forster	11.00am
16th April	Mrs. S. Cholwill	11.00am
23rd April	Mr. C. Smale	11.00am
30th April	Mr. D. Daniels	11.00am

### **Concert by the Dante Quartet**

**Bude Music Society** welcomes back this exciting and innovative string quartet for a concert at St. Martin's Church, Killerton Road, Bude, EX23 8EL on Sunday 19<sup>th</sup> March at 3 pm. The programme will include quartets: 'The Joke' by Haydn, Bartok No. 4, and Beethoven No. 13. Winner of the prestigious Royal Philharmonic Society Award for chamber music in 2007, the Dante Quartet is known for the emotional intensity of its performances. The quartet plays at major concert halls and festivals throughout the UK, including the well-loved Tamar Valley Summer Festival. It has performed extensively across Europe and regularly broadcasts on BBC Radio 3. This is a great opportunity to hear wonderful music played by first-class musicians. Entry at door £13, students free.

#### BRIDGERULE PARISH COUNCIL

The Parish Council would like to hear from any residents of Southfields who are still interested in utilising the open space at Southfields as possible allotments.

We anticipate that the space could be used for two or three allotments, but the incoming tenant/s would need to prepare the ground themselves in lieu of ground rent for the first year. Full terms still to be decided. This will be up for discussion at the March Parish Council meeting, on Wednesday 15<sup>th</sup> March. However if the outcome of the meeting is not a positive one, and no one comes forward to utilise the area, the decision will be made to leave the space as it is, and this item will not be revisited in the foreseeable future.

### **BRIDGERULE'S POET**

In our village of Bridgerule many stories unfold,
And soon in The Buzz those stories are told.
Our high points and low points are carefully translated,
In words of wisdom that are very understated.

Not just our village but the world as a whole,
Is viewed with great depth and understanding many fold.

Never a derogatory word ever leaves her pen,
But surely those thoughts are in her mind now and then.

Just kind and thoughtful prose is ever written,
Wouldn't it be wonderful if we all could be smitten.
With those thoughts and vision this Lady puts into words,
So we all could read what probably would not be heard.

And now her words have reached Her Majesty,
To have not had a reply would have been a travesty.
But that reply was received with great pleasure,
By the lovely lady I am sure we all treasure.

The villagers of Bridgerule look forward to,
Many more words from the Lady who,
Brightens up our Buzz and our lives for free,
So let us say thank you to the lovely "Marie".

Brian Beadle

### **Fundraising events at motor circuits** by Christopher Darwin of Scotland Farm.

I started running these events by chance.

In March 2001 my wife Heather was sponsoring the Regis Classic Tour, an annual weekend classic car tour run by the ladies of Bognor Regis Motor Club to raise funds for breast cancer.

The tourists needed to drive round the Goodwood circuit at the start of their event, so I hired the circuit, let the tourists use it for an hour and then ran a track day. The track day drivers enjoyed themselves, £1400 was raised for the cause - and the drivers asked for more.

A 'track day' is an occasion when you can drive your own car at speed on a motor-racing circuit. It is definitely <u>not</u> a race, nor a sprint, nor a timed event - timing is not permitted. It is much better value than a competitive event in terms of 'cost per lap' and, when driven by everyone with self-discipline and consideration for other drivers, great fun.

Since 2001 I have run four or five track days every year; they have become a hobby in my retirement.

They are all for charity, there are no expenses apart from hire of the circuit — which is not cheap as it includes all the marshals etc and public liability insurance. Each event usually raises about £3000 and to date they have raised over £100,000 for various causes, ranging from cancer charities to those dealing with servicemen suffering from Post Traumatic Stress Disorder. The majority of the drivers are repeat business — they enjoy what I call 'Fun with a Purpose'.

Castle Combe circuit, near Chippenham, is the circuit nearest to Devon and which gives a most generous discount; the drivers pay roughly the commercial rate - £180 for the day, £100 for the half day. Llandow, west of Cardiff – a smaller and less expensive circuit – is also used. The days are usually sold out weeks in advance.

The number of entrants is limited to ensure maximum track time – about ten minutes every half hour – and minimize waiting time. I discourage obvious track cars, so there are no squadrons of 'recycled kamikazes' or Caterhams, but I do encourage classic cars as well as modern saloons and sports cars. There is always an interesting mix.

If a driver is new to track days, he or she is provided with a tutor, one of the experienced drivers. There is also an instructor available at £20 a session, which is a great help. As long as a driver uses the rear view mirror and invites faster cars to overtake only on the straights, the traffic flows smoothly.

Passengers are encouraged - drivers bring friends and people involved in the charity come as well. The drivers very much appreciate having these passengers as they can see that they are enjoying themselves.

My aim is to ensure the maximum amount of safe track time for all the drivers, whatever their experience of circuit driving. All supporters should know where their money went; I therefore publish the accounts within days of the event which are sent to all drivers, anyone who contributed and anyone who asks.

I have never been a racing driver. I served in the Royal Navy for twelve years and then worked in civil aviation. I used to do some marshalling at Goodwood circuit and I worked in Heather's pitlane when she was racing.

I do not claim to be better than any other organizer. It is just that these days are a bit different. Bring your car and find out for yourself; most of the drivers are now regulars, but <u>all</u> were beginners once.

Christopher Darwin jcsdarwin@gmail.com

Photographs from previous events can be seen on <a href="www.edpphoto.co.uk">www.edpphoto.co.uk</a> – Track days, select any CDTD.



Jaguar, **Christopher Darwin**(2nd from left), Jaguar owner (3rd from left) and passengers from Devon and Cornwall.

### HOLSWORTHY GOLF CLUB-80 YEARS OLD AND STILL GOING STRONG

Holsworthy, Stanley Rowland, being invited to join Bude & N Cornwall Golf Club but his good friend William Coombe could not as he was engaged in 'trade' – William Coombe was the owner of several successful gentlemen's outfitters which still continues in Holsworthy under his name today. Stanley Rowland was so annoyed by this that he decided that it was time for Holsworthy to have its own golf club.



A very poor piece of land was bought for £600 and a nine hole course was plotted by the then Professional at Westward Ho! Casual labour was used for cutting the tees & greens. For the clubhouse, an old beach hut was purchased for £1. A subscription of

Two Guineas was set with a green fee of 1/6d and Holsworthy Golf Club was open for business.

Dormy House on the corner of the land was bought by Mr Beer, a retiring farmer who then became the clubs groundsman until he was well over 90 years old; cutting the rough using a scythe and using the same grip for his golf swing!

During World War 11 the club was ordered to put the course to food production with the fairways being ploughed up but it was almost a total failure with very little food growing. The Clubhouse became a retreat for the on duty Home Guard who were diligently protecting Holsworthy from invasion. Luckily the threat did not materialise and in practice any parachutist landing on the golf course would probably have been immobilised by the mud!

Several of our village residents enjoy playing golf regularly on the course at Holsworthy. This photograph was taken after a recent competition and includes Kevin Bowditch, Bob Horton, Barry Marshall, Tony Houghton and Chis Hitchings.

Through the years Holsworthy Golf Club has changed immeasurably, growing from a 9 hole to an 18 hole course. A new clubhouse has been built and countless golf tournaments have been held here including a Pro Am tournament in 1999 but the biggest change is that the club is no longer a members club having been bought by four local business men Mike Bridgman, Mark Bellew, Will Urquhart and David Prouse in 2014.

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Holsworthy Golf Club has always maintained its reputation for being one of the friendliest clubs in Devon. The atmosphere in the clubhouse (especially on a Thursday when the Seniors play!) is filled with tales of rounds of golf and laughter when daft things happen on the course such as the crows pinching the players golf balls! It is a thriving golf club with a growing membership of all ages and abilities. Joe, the PGA Professional, is always on hand to give lessons and advice and he has been working closely with local schools encouraging youngsters into the game.



The restaurant is fast gaining a reputation for good food with our Sunday Carvery leading the way. Foodie Nights are always popular, offering the diner the chance to try menus from all around the world. The clubhouse is a great venue and is now used very regularly for all types of events from weddings to bingo!



We pride ourselves on our 'Open to All' policy and look forward to welcoming you in the near future either on the golf course or in the clubhouse.

### THE EDITOR HAS BEEN REQUESTED TO PUT THE FOLLOWING IN THIS BUZZ.

Dear Sirs/Madam,

### AVIAN INFLUENZA (BIRD FLU) OUTBREAK IN THE UK

As you will be aware there have been a number of Avian Influenza outbreaks in the UK and a Prevention Zone was declared in December that covers the whole of the UK.

The prevention zone means that all poultry keepers — whether on a commercial scale or simply a small backyard flock — are now required by law to house them (keep them under cover) or otherwise keep them separate from wild birds. This requirement (the Prevention Zone) has now been extended until 28 February 2017. They have also banned gatherings of poultry across the UK.

It is also important that poultry keepers must continue to keep a close watch on the health of their birds, and take steps to reduce the risk of infection via the environment, for example in wild bird droppings, by practising good biosecurity. You should do this even if your birds are inside. If they are concerned it is important that they contact their Vet.

This has been necessary because the same Avian Flu strain has also been found in wild birds in England, Scotland and Wales. DEFRA have taken this action to reduce the risks and help protect poultry and captive birds from avian flu.

Although we have been putting the message out on social media, not everyone uses or looks at a computer. So to help us get this very important message to get out to everyone we would ask if something could be included in the parish magazine and/or put up in the village to raise awareness.

The Food Standards Agency advise that bird flu does not pose a food safety risk for UK consumers. Properly cooked poultry and poultry products, including eggs, are safe to eat.

Should you have any questions do not hesitate to contact us.

Nicola L J Pearce Trading Standards Officer

e-mail nicola.pearce@devon.gov.uk

Mob: 07971950919 Tel: 01392 383000

tssecure@devon.gcsx.gov.uk

### **National Mills Weekend**

The Bridge Mill at Bridgerule, near Holsworthy, has participated in this event since 1997 and is planning a day of special events to celebrate this 20th anniversary.

# The Mill will open on Sunday, 14th May from 11am until 4pm,

Grinding organic wholemeal flour in the traditional way between millstones driven by water power, with stewards stationed on each floor to explain how it all works. Outside the mill, there'll be Morris Dancing by the Lodestone Border Morris team, and the Bridge Mill's very own song written and performed by local musician Phil Williams; plus madrigals and other songs by Bude Choral Society, Bradworthy Baroque, and the Tamarside Singers of Bridgerule. Annual features include the mammoth plant sale, local craft stalls, and a slide show of The Mill restoration, while refreshments and light lunches are served all day. Entrance is £3 per adult, 50p per child.

MOBILE LIBRARY VISITS BRIDGERULE

Village Hall 2.00pm Uplands 2.50pm

NEXT VISIT

8TH March & 5th April 2017





### **BUDE EYE CENTRE**

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Childcare vouchers accepted

Government funded places for 3 year olds available (and 2 years olds if criteria met)

### For more information please call on

07792 501476 or email on bradfordpsn@aol.com Or visit our website on

www.bridgerule-earlyyears.btck.co.uk



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email: X66@holsworthytuition.co.uk website: www.holsworthytuition.co.uk



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# CLASSES WITH 'HONEYZ FITNESS' STRATTON COMMUNITY HALL

MONDAY

9.30 - POWER YOGA

10.40 - PILATES 2

11.50 - PILATES 1

THURSDAY

9.30 - POWER YOGA

10.40 - PILATES 3

11.50 - PILATES FOR BEGINNERS
& IMPROVERS

Classes run as a 12 week course.

Courses £60 reduction for those Booking more than one course honeyzfitness@hotmail.co.uk Speak to Sally on 07737 600424



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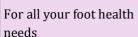
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