



# BIDEFORD BUZZ



A free community newsletter for Bideford, Northam, Appledore, Westward Ho!, Lundy and villages west as far as Hartland

Dear Readers,

From April 1st we will have a new address for your items for Bideford Buzz.

Torrige Volunteer Resource Centre has very kindly offered us a postbox within their organisation at 14 Bridgeland Street.

After April 1st any items for Buzz should be sent there. Items can also be left at their reception desk.

Their hours of opening are:  
Monday to Thursday: 9.30am – 3.00pm.

All correspondence should be addressed to:

Bideford Buzz  
c/o TTVS  
14 Bridgeland Street, Bideford, EX39 2QE.

Or you can email Buzz on:  
editor@bidefordbuzz.org.uk  
or telephone 07929 976120

*(Distributors' note: From April 1st Buzz will be collected from the above address as well).*

With many thanks to Bideford Library for all their continuing help and support (see page 2).



Photo © Tom Arno

*Places to visit,  
things to do,  
events for  
children and  
young people,  
local history,  
book reviews,  
shipping news,  
and lots more ...*

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Helping local people

## **Big Changes at Bideford Library**

### **What's happening ?**

Things are going to be a little bit different at Bideford Library from later this spring. In line with other libraries across the county, Bideford will be doing away with the traditional counter and date stamps and introducing shiny new self-service terminals. Borrowers who have ventured as far as Barnstaple or even Ilfracombe or South Molton will already be familiar with these machines. Instead of



handing books and library card to a library assistant to issue, return or renew items, borrowers will be able to do it for themselves. The system is very simple and works with Radio-Frequency Identification (RFID for short). Each book at the library has been tagged with an intelligent label so all that is needed is a swipe of the library card and the new terminals are able to detect which books the borrower has selected and transfer them to their account as if by magic.

### **But what about the nice people who normally serve me?**

That's a good question and one the staff themselves were very keen to know the answer to! The good news is that no members of staff are losing their jobs because of this new technology. All the people who you currently see in the library will still be there to help you, particularly in the early days as you get used to the new system. In fact, assisted-service would be better than self-service as a description of how it will work. But with borrowers able to do all the basic tasks of borrowing, returning and renewing books, it means the library staff will have more time to do all the other important things like answering enquiries and helping people. And yes, they still like to speak to people so please say hello even if you haven't got an enquiry.

### **Any other changes?**

Yes. To make room for the new terminals and smaller enquiry desk things will have to be moved around. This presents a good opportunity to improve the layout. Changes will include: more shelf space for popular fiction, a seating area where borrowers can sit and work or browse the newspapers and magazines, display space for local organisations and greater privacy for computer users. Other changes include the provision of free WiFi so visitors can connect to the internet with their own devices and also the ability to make payments with bank cards as well as cash. Altogether it should be an exciting time for the library and borrowers should see the benefits of a new and improved service.

To make sure all this happens, Bideford Library will be closed from **Wednesday 7<sup>th</sup> March to Sunday 18<sup>th</sup> March 2012 inclusive, reopening at 9.30am on Monday 19<sup>th</sup> March**. Borrowers will be able to take out items for a bit longer to cover the closure period, or take extra items and items can still be renewed or reserved on-line at [www.devon.gov.uk/libraries](http://www.devon.gov.uk/libraries). Don't forget you can also use any other library in Devon too, with Northam being the nearest library, being just up the road and open 21 hours a week. We look forward to seeing you again on **March 19<sup>th</sup>** in your newly upgraded library.

### **Bideford Library – Events in March**

#### **Reminiscence Session – Take a trip down memory lane**

Wednesday March 14<sup>th</sup> 10:30-12

Remember back... and look forward to sharing your memories with others - chatting, looking at old items, perhaps creating a book of memories together

#### **Meditation and Relaxation Group**

Wednesday 21<sup>st</sup> March 14:15-15:00

Guided meditation and relaxation group for parents with Nicola MacDonald

#### **Gardening Club**

Wednesday 28<sup>th</sup> March. 19:30

Horticultural discussions plus a useful selection of books at close hand!

### **Northam Lodge's Annual Summer Cruise**

The cruise on the MS Oldenburg this year will take place on Friday June 8<sup>th</sup> 2012, and as it is at the end of the Diamond Jubilee Celebrations it will have a definite celebration theme!

Departure from Bideford Quay at 7.45pm, returning at 9.30pm and tickets will be £15.00 each.

Bring a picnic if you wish and please contact [annabelcope@northamlodge.co.uk](mailto:annabelcope@northamlodge.co.uk) or ring 01237.477238 for more information

**One Hundred years ago**

**Horse Ambulance**

It is expected that the Horse Ambulance required for the Bideford Hospital will cost about £70, and up to the present about £25.12s.6d has been subscribed

**The Coal Strike**

This strike which has lasted for many weeks is due to continue. All the workmen on the Tapeley Estate have been given a load of hard work which is most acceptable when coal is so dear. A recent conference between mine owners and men has failed. A Minimum Wage bill will apply to all grades of underground workers in mines. There are 1,842,000 miners idle and in addition nearly 200,000 on half time.

**As good as butter**

Nu-Wat margarine is as good as butter. Try it. Only 8d per lb. Each pound wrapped in muslin just as it leaves the creamery -not touched by hand

Farleigh's Stores

**Mike Davy** (from Bideford Archives)

**Happy 40<sup>th</sup> for Men's Forum**

The 20<sup>th</sup> January marked the 40<sup>th</sup> Anniversary of The Northam & District Men's Forum and Chris Walke Programme Secretary, presented a fascinating account of activities over the last 40 years. It is recorded that in 1974 one guest speaker, the Rev. Peyton Jones, arrived on his horse which then watched the proceedings through the assembly hall door! Also in January Irene Hahn, who worked for the BBC for 40 years, gave the Forum an insight into BBC programme making. From royal weddings to the first ever aerial shots from a radio controlled camera which pictured the return of the Falklands task force; it was a fascinating story.

The use of energy efficient construction and renewable energy at Woolfardisworthy Sports and Social Centre was the subject of a talk by Brian Butler. Green oak timber cladding, and use of photo voltaic panels, a wind turbine and underground heat sources, means very low running costs.

Did you know that Meddon Street was the location of a 19<sup>th</sup> Century Workhouse?

In February Local author

Liz Shakespeare talked about her novel 'The Turning of the Tide'. It focuses on the life of a young woman and her two small

children and the cruel environment of the workhouse. Her book is based on real people and their experiences.

Norman Waite came to speak about the 'Bideford Lions and a Message in a Bottle'. This charitable organisation's scheme provides a free small plastic container for vulnerable people into which is inserted a note with their medical details, contacts, etc. Placed in the fridge it provides essential information to emergency services if needed. Well done the Lions.

New members are welcome to the Forum's weekly meetings on Thursdays at the Methodist Church Hall, Cross Street, Northam.

Refreshments from 10.15am with the speakers starting at 11.00am and finishing by noon.

Annual subscription is £10

**For more information contact the Forum's President Les Price on 01237 470553 or Programme Secretary Chris Walke on 01237 476201 or just go along to any meeting.'**

**Poetry Corner**

*Unfortunately we were unable to publish these Valentines last month. Here they are now, better late than never! I think you'll agree they were worth the wait.*

The gift of life  
Where dreams unfold  
The gift of love  
to have, and to hold

The gift of happiness  
To fill the air with joy  
The gift of peace  
and special moments alone.

The gift of happy endings,  
to make dreams come true,  
The gift of special moments  
Sharing my life with you

\*\*\*\*\*

The passion that I feel inside  
is all my love for you  
for you, are simply amazing  
In all the things you say and do

To have you in my life  
is as Special as can be  
I just long to hold you tight  
and love you endlessly

**Nancy**

## From Bideford's Beat

Scams -useful advice and addresses

- **Office of Fair Trading:** If you have lost money and become a victim of an overseas scam, the OFT would like to hear from you. Call them on 0845 722 4499
- **Consumer Direct:** Call for help and advice on 08454 04 05 06 or check their website [www.consumerdirect.gov.uk](http://www.consumerdirect.gov.uk) or check out their SCAM WISE leaflet.
- **ICSTIS:** You can complain to ICSTIS, the regulator of 09 phone lines if you have become a victim of a premium rate phone line scam. You can call ICSTIS or even check the status of premium rate numbers by calling them on 0800 500 212 or viewing [www.icstis.org.uk](http://www.icstis.org.uk)
- **Police:** You can call the police to report a SCAM. We will advise you how to protect yourself from further abuse. Please bear in mind these schemes are very often based overseas.
- ( **More on our website 'From the Beat' at [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk)**)



**PC 3569 Dick Rowlands and PCSO John McGovern**  
**Bideford Police Rural Neighbourhood Beat Team**

### Family History

Hello once again, it is nice to get back to normal and in a routine. I hope that you are all getting on with your research and finding my lessons a help. Having now collected information from within the family, the best thing to do is to compile a family tree. This is a simple diagram showing you how all your family is related to one another. You can buy software packages, upload the details direct to online trees, or just use paper to sketch out your first family tree. Once you have started this you will see at a glance where there are gaps in your knowledge, such as unknown dates of birth, uncertain names or missing generations. This should help you to decide which branch of your family you want to investigate first, and allow you draw up a research plan to find out more about them. If you put pedigree forms into google you should find many examples of pedigree forms relating to family history. So have a go and good luck.

The next meeting of the North Devon Group of the Devon Family History Society will be on **Saturday 17th March at the Burton Art Museum from 2.00pm till 4.00pm**. It is free to attend and open to all. Any queries please ring me Len Collum, 01237 472883

**West Quay Fundraisers** will be holding an All Day Big Breakfast event on 17th March 2012, at St Mary's Church Hall, Appledore St Patrick's Day! for those Rugby fans England versus Ireland at 5.00 pm so plenty of time to have breakfast and settle in for the match. Breakfast will be available from 10am till 3pm in any of your favourite combinations. Money raised will be donated to the North Devon Hospice based in Barnstaple, who offer specialist palliative care to people with life threatening illnesses and support to their families. As if an All Day Big Breakfast wasn't enough, there will be a Table Top sale at a charge of £5.00 per table. If you should wish to book your table please call Penny on 01237 477373 who will take your details.

**Ildi**

### Thanks to Asda

Bideford 's Oneciders' stroke club have re-located from Bideford hospital to Asda supermarket at Atlantic village, who have very kindly provided their conference room for our monthly meetings which occur on the first Wednesday of every month 10am to 12noon.

We would like to see some new members with or without partners, there is a lift for those who require it. Tea, coffee and biscuits have been generously supplied by Asda.

We have good friendly meetings, often with guest speakers on a wide range of subjects.

Anyone wishing to find out more about our club should contact:- **Anita on 01237 421453 or Jenny on 01237 472117.**

Please come along and meet our group, you will be very welcome.



## Good Age Page



### Collars and ties!

I have always worn a tie, I can remember my first day at school and my mother knotting my tie for the first time; it was yellow and green with a square end. I also decided that day that starched collars were uncomfortable, tight and cut my young skin like a saw. My father said, with some pride, 'George Ho the Chinese laundry man was an expert at producing saw edged collars.' No amount of pleading permitted me to wear a soft collar, it was a part of growing up "soldiers don't cry and they wear collars". From then on I wore a stiff collar at school, during my time in the service then, after demob, I wore a tie with my pin striped office uniform; I continued to wear a tie after I retired. I was wearing a tie three weeks ago when I had a stroke ; all I remember was the ambulance man tearing it undone when I thought my head was coming off!



After I was allowed home I began to wonder why am I so enamoured of a tie? Was it simply a habit, a custom to make me 'look neat and tidy' or to display the school tie or the regiment's? Perhaps even one of the dozen society ties I have. Was there or is there a law to make me wear a tie? Does it have a physical or a physiological effect like Pavlov's dogs? Surely having something tight around the neck must constrict and therefore reduce the blood flow to the brain, consequently making one's ability to learn more difficult. My head -master always took great delight in telling my parents that I was bone headed about wearing a tie unlike the rest of civilised society.

I have decided that a law must be passed making it illegal for anyone, whether it be by personal choice, custom and practice, officially or otherwise to wear a tie! I'm sure it could be passed as an amendment to the Health and Safety Act because the very act of tightening a tie around the individual's neck is potentially dangerous! How many old men have died as a consequence? I will ask my solicitor to draft a formal letter to my Member of Parliament, thereby giving him something to do, and ask he find a society that is not averse to interfering with personal freedoms to help me. On second thoughts, in hospital, I was told that the major cause of accidents involving old men was losing their balance and falling over whilst trying to put on their trousers on. A law to make them sit down whilst doing so could be an additional amendment and be a great advantage and cost saving to the nation as a whole.

### By Grampus

Recently David Cameron had to tuck his tie into his shirt when visiting a hospital as a requirement of Health and Safety.(Ed)

**Torrige Community Transport Association (TCTA)** endeavours to provide a "transportation safety net for all", young and old, able bodied and disabled. The association works with all members of the community to develop community transport services within the area.

TCTA's Ring & Ride service is now operating weekly throughout the area due to a generous funding award from Tesco's supermarkets. This allowed the purchase of a 15 seater Minibus plus a smaller 7 seater vehicle for wheelchair users. The vehicles enable TCTA to offer supplementary services such as a Passenger Excursion Club and a Community Group Hire service

TCTA currently operates one of the largest volunteer car schemes in Devon within its core area of 36 parishes in northern Torrige, and surrounding areas.

With the support of the Bideford Bridge Trust, TCTA also administers a Taxi Voucher scheme. Eligible passengers receive up to £200 worth of vouchers for use with approved taxi firms within the Bideford area

To volunteer (Car/Minibus Driving) please contact the TCTA telephone: **01237 425522**.

To enquire about the services available telephone: **01237 423232**

**Senior Council ; Wednesday 28th March at 2.15pm Bideford Town Hall Public Meeting Carmel Fanconi Co-ordinator for EPP NHSDevon (Patient Expert) Refreshments/All Welcome**

The Step by Step group is for children with any form of additional needs aged 0-5 years and their parents/carers. The group is co-run by Helen from the Devon Portage Service and Trish from the Children's Centre.

At each session, there are a variety of different activities such as musical instruments and singing, painting, water play, and lots of other sensory experiences. These all promote good communication.

The aim of the group is for parents and children to come along and have fun, make friends and take home new play ideas. One mum who attends the Step by Step group commented on how she had tried to attend other stay and play groups but they were busy and just so overwhelming for her daughter. She said "The Step by Step group was more relaxing and calming for my daughter and the sessions were very beneficial because of the consideration staff gave to her and each individual child".

Step by Step meet every Thursday (**Term Time only**) at Bideford Bay Children's Centre at 1:30 and sessions finish at 3:00.

### Daffodil Day and Mothering Sunday

Sunday 18th March 2012, 11 a.m. to 4 p.m. Hartland Abbey is holding their Daffodil Day again this year on Mothering Sunday. It will be a lovely chance to come with the family to see the wonderful collection of historic daffodils, many planted 150 years ago. In the past few years many more have been transplanted from Grenville College, formerly Moreton House, home to the Stucley family until 1950. Hartland Abbey wild flower days have now become established as really good fun days out for everyone including the dogs, of which literally hundreds turned up last year (with their owners!) Website: [www.hartlandabbey.com](http://www.hartlandabbey.com) Contact: Tel: 01237 441264

(more at [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk))

Adults: £3.50; Children over 5 £1; Under 5s free. House open from 12-4 at £4, children free



**Bideford Library Events** (*Bideford Library will be closed from Wed March 7<sup>th</sup> to Monday March 19<sup>th</sup>*)

**World Book Day** is being celebrated by Bideford Library Staff at the Burton on 1<sup>st</sup> March from 10.00 - 10.30, with Storytime for the Under 5s, parents and carers. No booking required, and it's free.

#### **Storytime with Music & Rhymes.**

Every Tuesday and Thursday . 9:30-10:00

For children 0-5 with their carers.

#### **Crafty Kids at the Burton Art Gallery and Museum**

Under 5's art and craft sessions

£1 donation per child is welcome

#### **Mondays 10am – 12pm**

No need to book, just drop in

Craft activities are for the under fives but older children are welcome in the holidays.

Tel 01237 471455

#### **Afterschool Art Club at Craftihands. Mill St Bideford - Wednesdays in term time 3.45-5pm.**

£6 session and please book in advance on 01237 476159 / [annabellhilldesign@hotmail.co.uk](mailto:annabellhilldesign@hotmail.co.uk).

We will aim to cover short and longer projects in marbling, felting, collage, drawing and painting, and printmaking on paper and fabric. Bring your imagination!

## Lip Reading - An Essential Skill For The Hard Of Hearing

Those of us who are hard of hearing and that includes those who are severely deaf, need to lead a full and active lives, as normal as possible. We are often reluctant to do so because of our hearing problems. Deafness is unseen. We feel inhibited and unwilling to join in a "normal" conversation in case we misunderstand or misinterpret what others are saying. Hearing aids are not always helpful as they can amplify all sounds, not just the voice, and in a crowded place conversation can be unintelligible and impossible.

Learning to lip read with a qualified tutor can be a life line to overcoming these problems and allow us to participate more fully in all situations in which communication is desirable or essential. This skill is not difficult to learn given time, patience and a sense of humour.

I am now in my second year of attending lip reading classes which I have found to be enjoyable and an interesting learning experience, coupled with a good social occasion; still have much to learn but I intended to stay the course.

Unfortunately lip reading classes are poorly advertised due to lack of funding, both locally and nationally.

"Word of mouth" is the only way at the moment which is somewhat ironic for deaf people. Classes are held in Bideford on Monday mornings in 3 X 10 weekly

sessions over the year. Age is no barrier, just the willingness to learn. The atmosphere is totally relaxed with each of us learning at our own pace, not worried about mistakes and often join with others to laugh about them.

Not only is lip reading taught but also finger spelling which often helps with difficult words. Once or twice a session we will have a visit from someone working with the deaf or hard of hearing.

The qualified tutor is Heather Smith who is excellent and is very patient with us. She makes every lesson an enjoyable learning experience. We are never bored.

I feel that more people who are hard of hearing should know about these classes and they would undoubtedly benefit from them. So, if you are such a person why not pluck up the courage and give it a go. **Contact Heather Smith,(a member of Association of Teaching Lipreading to Adults,) at 07923 536 908 or at [heatherathoneywells@hotmail.com](mailto:heatherathoneywells@hotmail.com)** . She will gladly give you all the information you need. It can be a life changing opportunity. Why not try it? I did.

**John D. Plumb**



## Bideford 500

Bideford 500 is working away on the plans for the Elizabethan Heritage Day on Saturday June 30<sup>th</sup>. We are putting the programme together, currently it includes the Cannon firing and town centre procession; schools artwork exhibition; Morris dancing; live music and performances all afternoon; a talk at St Mary's Church; guided Heritage trail walks; Elizabethan everyday life and a map-making workshop.

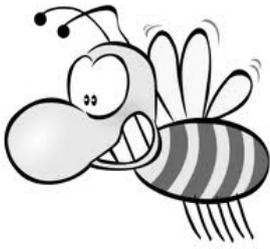
**Beer** - Country Life Brewery is producing a special new brew for the occasion and this will be available in bottles and on draft, for sale in June. We would like the new beer to be named by the public and will be running a competition in the local press in March.

**Volunteer opportunities** are coming thick and fast, including costume-making workshops in March and Heritage Guide training in March/April. We will need lots of helpers on the day and throughout June to help promote Heritage Day – if you are interested in helping us make the day a success please contact our volunteer co-ordinator Yas Olins-Dixon at [yasmin@olins.fsnet.co.uk](mailto:yasmin@olins.fsnet.co.uk)

**Rope making – do you know how to do this?** We would like to feature a traditional rope-making demonstration and 'have a go session' – if you have these skills and equipment, or know anyone who does – and are available on June 30<sup>th</sup> please contact Sadie Green, Project Development worker on 07855 760411 or email [info@bidefordheritage.co.uk](mailto:info@bidefordheritage.co.uk)

**For more information visit [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk)**

**Sadie Green**



## **BUZZ WORD**

**Welcome to Buzz Word- the new updated letters' page. Feel free to send us your Buzzes!**

### **North Devon Maritime Museum Appledore**

The hunt is now on for new volunteers in order to ensure the Maritime Museum at Appledore runs smoothly throughout the coming tourist season - from Easter to the end of October.

A cheerful and warm welcome and a willingness to enthuse about our area are the chief requirements of our volunteers. They enjoy meeting and greeting our visitors many of whom are from Canada, America and Australia and are researching links with their north Devon relatives, or British nationals who have family or maritime links with Appledore.

All new volunteers will be shown the museum's routines and be supported by the experienced volunteers. A warm welcome awaits everyone. Please contact me if you would like to know more.

**Diana Yendell**

Phone:- 01237 477836

or email:- [blue.blur@hotmail.co.uk](mailto:blue.blur@hotmail.co.uk)

### **The Moorland Mousie Trust**

14th and 17th March will be special Volunteer Recruitment days at the Centre so if you are interested in helping with our work in any way, please do come along between 10am and 3pm.

The Centre is open 10 till 5 every day of the week and if you ring when staff are busy with ponies, a friendly machine will answer you. If you are making a special trip to visit us, please ring to check that we will be around.

There will be an Easter Open Day on Sunday 1st April (weather permitting!) from 11 till 3 pm so put the date in your diary and come along and join in the fun.

**Exmoor Pony Centre Dulverton, Somerset TA22 9QE Tel: 01398 323093**

(Read more at [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk))

### **Still within living memory?**

Bideford 500, the town's Heritage Project is hoping to collect as many memories as possible about the Second World War that local people may still be able to recount. As the Project has a special connection with the USA memories of the GI's 'invasion' will be of particular interest. Whilst the project has brought together many examples of films, photographs, written articles and unearthed information from archives it is still keen to bring the personal experiences of local people during this period into prominence.

WW2 must still remain a significant part of the lives of those who lived in Bideford during 1939 to 1945. It's their memories, recollections and possibly even their photographs which would add so much value to this project. In addition to the local residents who remained in Bideford it would be interesting to hear about the recollections of local service men and women, memories of the Home Guard and any memories of the activities of the Bideford Cleave Wood Auxiliary Unit. If anyone can remember for instance particulars of the visit of Winston Churchill and General Eisenhower to the town then the Project needs to hear from them.

Bideford500 aims to develop a practical resource about the period, one that can be left for future generations to both use and enjoy.

The contact for any information is Louise Howell at [BidefordWW2@gmail.com](mailto:BidefordWW2@gmail.com) or on 01237 421347.

**Louise Howell**

### **Message from South West Foundation**

'The Foundation are delighted with Bidefordbuzz's work over the years especially their involvement of volunteers in their projects. At this time and due to the Foundation's small amount of grants it has to allocate it is rare for The Foundation to be able to fund organisations who have previously obtained a grant, but we were able to make an exception here.'

**Thank you for considering us again (Ed)**



**Got a problem?** Send it to Agony Aunt c/o Bideford Buzz

editor@bidefordbuzz.org.uk

## Agony Aunt

**This month, students from Bideford College give their advice...**

Dear Bideford Buzz,

My mum and dad are so mean - I'm 14 and my curfew to be home is still 6.30! All my friends are staying out late and I'm always being left out, what can I do to change my mum and dad's mind?

Angel, aged 14

Angel, I think you should just talk to them, tell them you are unhappy because you are getting left out - maybe they'd give you a later curfew but don't keep nagging them it will just make things worse.

Dear Bideford Buzz,

I am really worried about my weight. All my friends are thinner than I am and I have been telling my mum she needs to buy me fat free or low fat foods so that I don't put on any more weight – but all she says is that I am fine as I am. So, I have started to eat less food but it's not really helping. **Anonymous**

This is a very serious issue as it can lead to eating disorders such as anorexia. The best thing to do in this situation is to go and see your doctor as they can tell you if you really need to lose weight or not. You also need to remember that everyone is different and you will definitely be a different shape to all of your friends, but if you still worry about your weight then it is best to tell an adult or someone you can trust as they can be honest with you about it.

Dear Bideford Buzz,

My best friend and I have been close since nursery, but since she's been seeing my brother she's been completely ignoring me, what can I do? **Anonymous**

Try talking to your best friend about it, and if it doesn't improve then try organising activities outside of school like going shopping or going to the movies. Make sure your brother doesn't come – say it's just for you and your best friend. I hope you work it out ☺

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01237 238370

soundsinteresting@onebillinternet.co.uk

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F. Nietzsche

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**ORDERS NOT JUST TAKEN BUT  
WELCOMED.**

Thank you to the many people who have  
supported us and made us feel  
so welcomed during our 1st year in  
Bideford

**KENWITH CASTLE**

RESIDENTIAL & NURSING CARE



**A Warm  
West Country  
Welcome Awaits**

Care South provides affordable nursing care at two stunning locations in North Devon, Kenwith Castle in Bideford and Fremington Manor in Barnstaple.

Kenwith Castle is a charming and comprehensively equipped care home that retains the elegance and character of its original architectural style, whilst offering 21st century comfort.

To find out more about either of these homes please visit [www.care-south.co.uk](http://www.care-south.co.uk) or call the home manager at Kenwith Castle on 01237 470060 or at Fremington Manor on 01271 377990.

**Kenwith Castle, Abbotsham, Bideford, North Devon EX39 5BE**  
01237 470060 | [kenwithcastle@care-south.co.uk](mailto:kenwithcastle@care-south.co.uk) | [www.kenwithcastle.co.uk](http://www.kenwithcastle.co.uk)

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## From Across the Manche

***Bonjour, I'm Tom, from near Bideford, currently on the year abroad of my undergraduate degree in English and French. I'm living in a town on the outskirts of Nantes, working as an English language teaching assistant.***

It really gets me Angers. A group of assistants and one of our new French friends went to Angers at the end of January, home of many fun puns for irritating English speakers like me. Aside from the internal misery caused by the suppression of these annoying and unfunny jokes, it was a nice day – in a city which is smaller and not quite as nice as Rennes, but which does have a very nice castle. We went on the TGV- which takes about forty minutes from Nantes - arriving mid morning where we went almost straight to the Musée de Beaux Arts. We did stop first, however, to have photos taken with the English red telephone box in the centre ville – generously donated by the twin town of Wigan.

The Musée was pretty good, with an interesting permanent collection of things dug up from excavations in the area, and a temporary exhibition of the work of Jacques Villon, a French cubist painter, which I found more interesting and provocative than I thought I would. We didn't get to see the rest of the permanent collection because it was closing for lunch (quelle surprise) and as it turned out, the castle takes ages to go around. First though, it was time to *manger en Angers*, and we finally found a creperie with enough seats – only after a fifteen minute wait during which some old people behind us in the queue were complaining that 'the foreigners' were getting a table before them. It turns out that things easily Angers the people of Angers as later the woman at reception in the castle got very impatient with us as we tried to understand the myriad of rules about who can and can't get in for free; you have to be under 26 and a 'legal resident' in France or the EU, or a student in art history or tourism and hospitality (something she clearly wasn't) - we eventually worked out after a lot of faffing with identity cards and passports. I wouldn't say attitudes like that Angers me, but it's not very nice (sorry). We walked around the grounds to begin with, before heading to the main attraction, the Apocalypse Tapestry. First, though, was the gift shop, where I was almost tempted to buy a CD called 'Music for a Medieval Banquet' – 'Not to be missed' according to some obscure reviews magazine quoted on the sleeve. The tapestry itself is quite something; made in the 1300s it's over a hundred metres long and hangs loosely on the walls of a dimly lit room – making the whole experience quite otherworldly. In some parts it's so faded and worn that the pictures of multi-headed beasts and drowning people are hardly visible, and you wonder how long it will be until it just vanishes into thin air.

Back in Nantes in the evening, we went to Delirium, a branch of a Belgian bar of the same name which won a Guinness World Record for stocking the widest range of beers ever. I bought the cheapest possible option before seeing the large menu and realising quite how many different beers there are, and felt a bit of a philistine for going for the least expensive. Sometimes, I really Angers myself. **Tom Collins** (*This piece was adapted from a post on my blog – Read the full story on <http://ayearinnantes.wordpress.com>*)

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### **BIDEFORD FILM SOCIETY**

Friday 2nd and Saturday 3<sup>rd</sup> March at Kingsley School War  
Horse (12a); Friday 9th and Saturday 10<sup>th</sup> March at  
Bideford College - Mission Impossible: Ghost Protocol(12a)  
;Friday 16th March The Girl with the dragon tattoo(18)  
Bideford College - ;

Friday 23<sup>rd</sup> and Saturday 24<sup>th</sup> March at Kingsley School -  
W.E. (15); Friday 30<sup>th</sup> and Saturday 31<sup>st</sup> March A  
dangerous method (15) Kingsley School.

Doors open at 7.00pm, film starts at 7.30pm.

Tickets: General £5.50 Concessions £5.00 Members £4.00  
Family (up to 3 children & 2 adults) £12.00

To avoid disappointment please check local press for  
confirmation of above programme or visit our web site  
[www.bidefordfilmsociety.co.uk](http://www.bidefordfilmsociety.co.uk)

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**Quaker Meetings for Worship**  
are held at 17 Honestone St, Bideford  
(near Pannier market)

**10.30am on Sunday mornings**  
All are welcome

Enquiries tel **01237 421549**

## Breaking the Taboo

On TV, most evenings, there are adverts for products to help cope with bladder weakness. Not long ago, no-one ever talked about these problems. Nowadays things are more open, but the main message is what to wear to prevent embarrassment, rather than how to deal with it, or even prevent it happening.

Jeannie Smith is a physiotherapist with over ten years of experience in bladder, bowel and womens' health. Her main role is running clinics for the NHS in North Devon Community Hospitals. She explains,

'For many years, bladder and bowel problems have not been talked about, and it's not long since women might be told 'You've had children and you're getting older- these things are to be expected'

Luckily, times are changing, and doctors, nurses and physiotherapists are keen to help women improve their situation.

Women's magazines and health sections in newspapers sometimes mention bladder problems, but just say 'do pelvic floor exercises' with little advice as to how to do them, how often, and for how long.

Patients with more severe symptoms are referred to my NHS clinics, and I am often surprised by the lack of knowledge many women have of how their bodies work. I feel that if women were better informed before they had problems, many might be avoided altogether'

Jeannie has therefore teamed up with a gym in Bideford to offer a weekly exercise and education class. This includes warm up stretches, posture work, pelvic floor and core exercises, to tone up the tummy.

The classes suit all ages, and are particularly good for anyone who feels they need to exercise, but are worried that traditional classes may be too much for them. The exercises work the pelvic floor and tummy muscles intensively, but without any worry about putting strain on other areas. This makes the class ideal for new mums, and anyone with mild prolapse or bladder weakness, or any woman who wants to learn how to prevent these problems. As the class is run by a specialist in this field, women can have complete confidence.

The Well Woman Workout is at the Michele White Fitness Centre, off Clovelly Road, at 12 midday, every Friday, and cost £5 per session.

Please ring Jeannie on 01237 479230 for more details.

## News from the Burton art gallery & museum

Drawing takes precedence throughout March, especially with work by the late Wilhelmina Barns-Graham, who died in 2004. This artist contributed greatly within the St. Ives School, and is considered to be one of the most important British artists. Wilhelmina was a printer as well as a painter, but drawing was her main interest, and the 40 works on display this month and next, show her talent for depicting the sea, rocks, trees, ice and landscapes. One can feel the power of the sea, the flow of the current in her drawings; the strata of rocks, the layout of field systems, their rhythms and patterns intrigued her, and are described energetically in her work.

The exhibition is entitled, 'The Discipline of the Mind', and begins on 3<sup>rd</sup> March, ends on 16<sup>th</sup> April.

**The Craft Gallery** features paintings, hand-printed scarves and jewellery, and home wares by Lee May Foster-Wilson. Her quirky art is very unconventional, and her use of colour unexpected and exciting. Her work is on show until the end of April.

Try Kathy Badcock's 'Contemporary Mosaics' on the 24<sup>th</sup> March. A day course from 10 a.m. to 4 p.m. costs £30. And Miriam McCurdy takes you 'In Response – Landscapes' on 30<sup>th</sup> March, 10a.m. to 4 p.m. £30 for the day course, when you will be taken around the Barns-Graham exhibition, spend the morning sketching in the local environment, and develop them into paintings later. For more details of both courses, phone 01237 471455.

The Friends will entertain you with Charmian Harris, jewellery maker exceptional, of Torrington. Her talk title, '**An Unplanned Career in Jewellery Making**', gives a clue to her fascinating journey into becoming a nationally well-known craftswoman in precious metals and gemstones.

Wednesday, 21<sup>st</sup> March, 7.30 p.m. Admission £5. All welcome.

The **Cafe du Parc** presents Sunday Lunch with Jazz by The Quartet Zeitgeist on 4<sup>th</sup> March. Booking essential. Phone: 01237 429317. Time: 12.30 to 2.30. **Diana Warmington**

## Love And Summer – by William Trevor (as read and discussed by Bideford Library Readers' Group)

The title suggests an idyll. Indeed it is summer - the novel covers the months from June to September and is set in the 1950s in an out-of-the-way Irish town where nothing much happens. Into this town comes a young man, Florian Kilderry, riding a Bicycle and wearing a 'jaunty green and blue striped tie'. He is noticed by Ellie who has been delivering eggs and is on her way home. Thinking about him later, she remembers his 'slender fragile seeming hands. The Stage is set. It emerges that Ellie, an ex convent girl, is married to a farmer several years her senior. Dillahan is kind to her but he is haunted by the death of his first wife. Florian, an only child, lives in a dilapidated mansion left to him on the death of his bohemian parents. He is submerged by debts, the crumbling house and a sense of failure. How the relationship develops between Florian and Ellie is told with a delicate touch and is interwoven with the stories of Orpen Wren an elderly man living in the past, and the two children of Mrs Connulty - whose funeral opens the novel - now middle aged, lives blighted. This is no idyll but portrayal of people who have no voice and how they deal with what life throws at them.

## Hilary Aikman

### Peter Evans shares some of his readings from last year



- *Once* by Morris Gleitzman (about a boy – 8/9 years old - searching for parents during the *Holocaust*. Heartbreaking. He was so full of hope when you knew there wasn't any)
- *Into the Wild* by Jon Krakauer. Even better than the film – and there was a bridge a kilometre upstream if only he'd known.
- '*Everything*' by Simon Price – history of the Manic Street Preachers (I was surprised how little it told me that I didn't already know) but by the end thought it was the best book about a rock band I'd ever read
- *No Way Down* – Graham Bowley – tragedy on K2.
- *Fugitive Pieces* – Anne Michaels (reread as a 'favourite book' to report on at Library group)
- *The Lacuna* – Barbara Kingsolver – struggled to get into it, glad I persevered.
- *Winter Ghosts* Kate Mosse:– set in Pyrennees in late 1920s. Quite atmospheric. Didn't grab me at the time but at the end I felt it was quite uplifting.

**More next month - why not send us yours? Bideford Reading Group.  
Wednesday March 7th 14:30 at Bideford Library**

### Report on a recent meeting of Bideford branch of the Devonshire association

A recent well-attended meeting of the Bideford branch of the Devonshire Association was addressed by Dr Tony Cornford on the subject of 'Computers in Healthcare – A Prescription for Recovery?'. Dr Cornford is a Senior Lecturer at the London School of Economics and has undertaken extensive research into computers in healthcare and the NHS.

In his informative, thought provoking and entertaining talk he pointed out the very many undoubted benefits of computers in the management of patient care and record keeping but acknowledged that they were unable to undertake all functions normally carried out by medical staff. He cited hour-by-hour operating theatre management as an example of where 'whiteboard and chalk' could not be replaced. On the other hand electronic prescribing in hospitals was now a vital part of healthcare providing additional safeguards, avoidance of drug incompatibilities, allergies and contra-indications whilst at the same time enhancing co-operation between professional personnel and departments. It was also a source of guidance for the less experienced and enabled stricter stock control. New avenues for research were opened up.

In a humorous aside we learned not to be offended if staff were heard to say 'bring in the COW' as this is merely an acronym for 'computer on wheels' so much in evidence on hospital wards these days especially in Intensive Care where such equipment is vital.

The talk provoked a lively debate which highlighted the audience's concern for the enormous cost of some schemes, confidentiality, security and the intrusion of the computer into the one-to-one consulting situation in general practice. **H.E.C.**



# THE SHIPPING NEWS



Ship	Registered Flag	From	To	Date arrived	Date sailed	Crew	Cargo loaded
<b>Flinterbaltica*</b> Built 2004	Rotterdam Netherlands Dutch	Greenore	Wismar	26/1/12	27/1/12	Dutch	1850 tons timber
<b>Alexander Grin</b>	Valletta Malta Russian	Dundalk	Wismar	03/02/12	08/02/12	Russian	2385 tons timber
<b>Abis Belfast</b>	Harlingen Netherlands Dutch	Barrow	Rosyth	07/02/12	09/02/12	Dutch Ukrainian Filipino	19 pieces aircraft carrier

\*No Deck cargo due to falling tides

**Arco Dart** 8..2.2012 14.2.2012

**Oldenburg** alongside Bideford Quay ; new schedule for 2012 published and available at the Lundy Office and many other outlets.

### **Bristol Channel Observations.**

**15/1/12** at 14.00 hrs vehicle carrier **Baltic Breeze** 12466 tons d.w, owners Wallenius Wilhelmsen Logistics Norway and Sweden on charter to United European Car Carriers Norway, inward bound for Portbury spotted from Braunton Burrows by Peter Finn whilst out walking.

**22.1.2012** at 08.40 hrs cargo vessel **Vyg** 2300 tons d.w, owners Orion Shipping Co Russia, outward bound from Sharpness

**28.1.2012** at 13.07 hrs container vessel **Encounter** 9335 tons d.w.,owners JR Shipping BV Netherlands, inward bound for Portbury

**2.2.2012** at 16.00 hrs two vessels seen passing Ilfracombe ; bulk carrier **Chaitali Prem** 93313 tons d.w, owners Gestioni Armartouriali Naples, outward bound from Portbury and the cargo vessel **Leopold Staff** 30469 tons d.w, owners Polish Ocean lines Poland, outward bound from Newport seen by Josh Hulse and a school friend on the bus going home from school. These two ships would have passed Lundy about 1 hour later.

**6.2.2012** Anchored in Bideford Bay during the morning the coastal tanker **Bro Gazelle** 7515 tons d.w, owners Eric Thun AB Sweden, outward bound from South Wales, she sailed off towards Milford Haven about 13.30 hrs.

**7.2.2012** hrs 12.45 hrs cargo vessel **Mermerdelen** 3640 tons d.w, Golden Moonshipping Co Istanbul, outward bound from Newport.

**13.2.2012** anchored in Bideford Bay for most of the day the RFA **Mounts Bay** a Landing Ship Dock, part of the Royal Navy Fleet on exercises with the Royal Marines; think she sailed Monday evening or Tuesday morning .

Weather condition lately have been dreadful and the opportunities to see any vessel passing Lundy have been few and far between

In the February edition I mentioned I was awaiting confirmation from Torridge District Council for the vacant position on the Harbour board working group; this was duly confirmed and I attended my first meeting on the 26<sup>th</sup> January. A great deal had been mentioned in the local press about mooring fees, but the Chairman Councillor Barry Parsons read out a statement confirming they would not be imposed on yacht and small craft.

The Harbour Master advised that shipping movements had increased mainly due to the timber shipments.

The old wrecks lying on the ground next to the shipyard should be going shortly, hopefully to the Old Richmond Drydock at Appledore for breaking up or, in the modern terminology recycling.

Regards *Norman*

### **Shipping News 100 years ago**

The Bideford & Bristol Steamship Company have accepted a contract for transit of mail to Lundy island from the mainland, and the SS *Devonia* will be the ship engaged in the work

(From *Bideford Archives*)

# March Diary 2012

## Thursday 1<sup>st</sup>

**10.15am** Northam and District Men's Forum Methodist Church Hall, Cross St. Tel 470553

## Friday 2<sup>nd</sup>

**8pm** Bideford Ceilidh Club. Folk Dancing Bideford Amateur Athletic Club Palladium Club Zamba - ska reggae

## Saturday 3<sup>rd</sup>

Torrige Ramblers Ring 01805 625485 for details Day walk

**3pm** Bideford AFC v Cinderford at Football ground The Strand

**7.30 pm:** Film at Littleham 'The Help' - highly acclaimed. Tel.: 420372

Palladium Club Wendy May's Boom boom room

## Sunday 4<sup>th</sup>

St Mary's Church **8am** Holy Communion

**10.00am** Parish Communion **7.00pm** Evensong

**10am-1pm** Church of Latter-day Saints at Hallsannery Sacrament service **11.50am**

## Monday 5<sup>th</sup>

**10 - 12 noon.** Lip reading classes Ethelwynne Brown community room HeatherSmith(heatherathoneywells@hotmail.com) or 07923 536 908

**7.30pm** Appledore Singers rehearse at Appledore Primary School 01769 560034. theappledoresingers.co.uk

## Tuesday 6<sup>th</sup>

**10am** Lavington Church coffee morning and lunches (- 1.15pm)

**2pm** Bideford Salvation Army Fun and Fellowship Club; Bideford Baptist Church

**7.15pm** Bideford Camera Club Pollyfield Palladium Club – Open Mic Jam Night

**8pm** Tarka Morris at Bideford Amateur Athletic Club 476632

## Wednesday 7<sup>th</sup>

**10am** Parkinsons' Coffee morning at Ethelwynne Brown Common Room Julie Jones 01237 478128

**7.30pm** Bideford Folk Dance Club at Northam Hall. Tel: 475138

Bideford Music Club at Methodist Church Hall tel 423112

**8pm** Phoenix Morris practice at Baptist Church info@bidefordphoenix.co.uk 01237 473798.

## Thursday 8<sup>th</sup>

**10.15am** Northam and District Men's Forum Methodist Church Hall, Cross St. Northam. 470553 for details

**7.30pm** Eyes Down Bingo at Robins' Nest (Football club)

**8pm** Bideford Folk Club Joiners' Arms Holy Karaoke at Crealoch Arms Littleham

## Friday 9<sup>th</sup>

**8pm** Bideford Ceilidh Club. Folk Dancing Bideford Amateur Athletic Club 476632

Palladium Club Roughnecks - rock covers

## Saturday 10<sup>th</sup>

**9.00am-11.00am** Buckland Brewer Big Breakfast in aid of Hospice 01237 451395

**10am -11.30am** Coffee morning in aid of the Missions St Margaret's Church Northam at Leisure Centre tel 476663

Palladium Club FOS Brothers – trad Celtic psychedelic folk

## Sunday 11<sup>th</sup>

St Mary's **8.00am** Holy Communion;

**10.00am** All Age Communion

**10am-1pm** Church of Latter-day Saints at Hallsannery Sacrament service starts 11.50am

## Monday 12<sup>th</sup>

**10 - 12 noon.** Lip reading classes at Ethelwynne Brown community room

HeatherSmith(heatherathoneywells@hotmail.com) or 07923 536 908

**7.30pm** Appledore Singers rehearse at Appledore School 01769 560034.

www.theappledoresingers.co.uk

**10.30am-12** Memory Cafe Appledore Baptist Hall 01237 459337

**7.30pm** Bideford Stamp Club Robin's Nest Bideford Football club tel 472101

**8.30pm** Jazz at the Beaver 421065

## Tuesday 13<sup>th</sup>

**10am** Lavington Church coffee morning lunches (-1.15pm)

**10.30am** Macular Disease Society Burton Art Gallery tel 01709 231309

**2pm** Epilepsy Action Group North Devon Branch Henry Williamson Room

Barnstaple library 07875577428

**2pm** Bideford Salvation Army Fun and Fellowship Club; Bideford Baptist Church

**7.15pm** Bideford Camera Club Pollyfield Centre tel Carol 423242

**8pm** Tarka Morris at Bideford Amateur Athletic Club 01237 476632

Palladium Club – Open Mic Jam Night

## Wednesday 14<sup>th</sup>

**10.15am onwards** Probus meets at Royal Hotel 01237473 337

**7.30pm** Bideford Folk Dance Club meets at Northam Hall 01237 429080.

## Thursday 15<sup>th</sup>

**10.15am** Northam and District Men's Forum Methodist Church Hall, Cross St. Northam. Tel 470553 for details

**8pm** Bideford Folk Club Joiners' Arms

## Friday 16<sup>th</sup>

**2pm** Burton Art Gallery Devonshire Association talk tel 477701

**7.30pm** WI Quiz at Abbot sham Village Hall 01237474711

**8pm** Bideford Ceilidh Club. Folk Dancing for Fun, Bideford Amateur Athletic Club 476632

Palladium Club i funk - funk/soul covers

## Saturday 17<sup>th</sup>

**8.30am-11.30am** Woolsery Village Hall Big Breakfast in aid of hospice

**9.00am -12 noon** Beach café, Westbourne Terrace, Westward Ho! Big Breakfast

475261/Beaver Inn Appledore Big Breakfast tel 474822

**3pm** Bideford AFC v Didcot Town at Football ground The Strand

Palladium Club Luke Doherty band

## Sunday 18<sup>th</sup>

Torrige Ramblers Day Walk

Ring 01805 622183 for details

St Mary's Church Mothering Sunday **8.00am** Holy Communion; **10.00am** Parish Communion; **11.30am** Children's Church;

**7.00pm** Taize with Choir. **10am-1pm** Church of Latter-day Saints at Hallsannery Sacrament service starts 11.50am

**11am -4pm** Daffodil Sunday at Hartland Abbey 441264

## Monday 19<sup>th</sup>

**10 - 12 noon.** Lip reading classes at Ethelwynne Brown community room HeatherSmith(heatherathoneywells@hotmail.com) or 07923 536 908

**2pm** Bucks Cross Village Hall Safer Driving Longer. Cost £1.50 429388

**7.30pm** Appledore Singers Taster evening Appledore School 01769 560034.

www.theappledoresingers.co.uk

## Tuesday 20<sup>th</sup>

**10am** Lavington Church coffee morning and lunches (- 1.15pm)

**2pm** Bideford Salvation Army Fun and

Fellowship Club; Bideford Baptist Church

**8pm** Tarka Morris at Bideford Amateur Athletic Club New members welcome

476632

## Wednesday 21<sup>st</sup>

**7.30pm** Bideford Folk Dance Club meets in Northam Hall. Tel: 475138

## Thursday 22<sup>nd</sup>

**10.15am** Northam and District Men's Forum Methodist Church Hall, Cross St. Northam. Tel 470553 for details

**8pm** Bideford Folk Club Joiners' Arms

## Friday 23<sup>rd</sup>

**10am-1pm** Lundy Art Group St. Mary's Church Hall Appledore 423884

**7.30pm** Humanists meet annex Fremington Parish Hall .

**8pm** Bideford Ceilidh Club. Folk Dancing for Fun, Bideford Amateur Athletic Club 476632 Palladium Club Roughcut rock

## Sunday 25<sup>th</sup>

**9.30 to 2 pm** Breakfast at Littleham in aid of the Hospice. Tel.: 473338

St Mary's Church **8.00am** Holy Communion; **10.00am** Parish Communion; **7.00pm** Prayer & Praise

**10am-1pm** Church of Latter-day Saints at Hallsannery Sacrament service starts 11.50am

## Monday 26<sup>th</sup>

**10 - 12 noon.** Lip reading classes at Ethelwynne Brown community room HeatherSmith(heatherathoneywells@hotmail.com) or 07923 536 908

**7pm** Bucks Cross Village Hall A Talk on Hestercombe Gardens. 01237 429388

**7.30pm** Appledore Singers rehearse at Appledore School 01769 560034.

www.theappledoresingers.co.uk

**8.30pm** North Devon Jazz Club Beaver Inn Appledore 01237 421065.

## Tuesday 27<sup>th</sup>

**10am** Lavington Church coffee morning and lunches (- 1.15pm)

**2pm** Bideford Salvation Army Fun and Fellowship Club; Bideford Baptist Church

**2.30pm** AGM of OAP Association at Lavington Church All welcome

**8pm** Tarka Morris at Bideford Amateur Athletic Club 476632

Palladium Club Whole lotta led - UK's no1 Led Zep tribute

**8.30pm** West Country Inn ;folk and popular songs tel 07812751555

## Wednesday 28<sup>th</sup>

**10.15am** onwards Probus meets at Royal Hotel 01237 473 337

**2.15pm** Bideford Town Hall Senior Council for Devon local group)

**7.30pm** Bideford Folk Dance Club meets in Northam Hall. Tel: 475138

## Thursday 29<sup>th</sup>

**10.15am** Northam and District Men's Forum Methodist Church Hall, Cross St. Northam. 470553 for details

**8pm** Bideford Folk Club Joiners' Arms

## Friday 30<sup>th</sup>

Palladium Club Black hole promotions night - young bands

## Saturday 31<sup>st</sup>

**10am-12noon** Royal Hotel Big Breakfast 472005 in aid of Hospice.

**3pm** Bideford AFC v Paulton Rovers at Football ground The Strand

## Sunday 1<sup>st</sup> April

**9.30am** Palm Sunday Procession with Palms from Kingsley Statue

### HOW TO CONTACT US

Bideford Buzz is produced by a team of volunteers with practical assistance from Devon County Council, Torrige District Council, Torrige Voluntary Services, Bideford Town Council, Bideford Bridge Trust, Bideford Bay Children's Centre and South West Foundation. If you are interested in helping to produce or distribute this newsletter we would be pleased to hear from you. Please note that for advertisements there is a charge from £15 per box per month. Cheques payable to Bideford Buzz Newsletter Group. All items for inclusion should be sent by the 15th of the month to Rose Arno, Email: editor@bidefordbuzz.org.uk, Mobile: 07929976120 or c/o Torrige Voluntary Services, 14 Bridgeland St, EX39 2QE. Visit www.bidefordbuzz.org.uk.