



# BIDEFORD BUZZ



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



(c.) Tom Arno.

## In This Issue

- ✦ **Heritage Day**
- ✦ **Tales of the Riverbank**
- ✦ **Appledore Summer Festival**
- ✦ ***Plus our usual features ...***

Photo shows Peppercombe Beach

Welcome to the July issue of Bideford Buzz. After last month's AGM we embark on our sixteenth year of publication. Our continued success has been largely due to our funders, notably Bideford Bridge Trust and Bideford Town Council. We have also been well supported by Devon County Council (especially in our early years) and more recently by two grants from Councillors Gaspard Dezart and Robin Julian. This month we also received a grant from Devon Community Foundation. These combined grants will allow us to print extra copies for the rural areas. If you feel your village would benefit from receiving Buzz, and is within our catchment area (as stated in the header)

please let us know and we will try to accommodate you.

This month we also say goodbye to Norman Hardaker who has resigned as chair of the Buzz Committee after ten years.

Norman is not straying far however and you will be pleased to hear he will continue to deliver our very popular item - the Shipping News. Thank you Norman for all your support over the years.

Finally as Editor I look forward to working with a new committee in 2016 /17. I hope between us we will continue to produce Bideford Buzz for many years to come.

*Rose Arno*

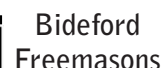
### CONTACT BUZZ

Bideford Buzz is produced by a team of volunteers with practical assistance from Torridge District Council, Torridge Voluntary Services, Bideford Town Council, Bideford Bridge Trust, South West Foundation, Devon County Council & Bideford Freemasons. 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 the Editor, Rose Arno. Further information about us can be obtained from the Buzz Secretary. 3000 copies printed monthly.

All items for inclusion, advertising and distribution to be addressed to Rose Arno (Editor) c/o Torridge Voluntary Services, 14 Bridgeland Street, EX39 2QE. Email: [editor@bidefordbuzz.org.uk](mailto:editor@bidefordbuzz.org.uk). Mobile: 07929 976120. Web: [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk).



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



Bideford Town Council

## Felicity's Seasonal Local Fish and Restaurant visit review-July

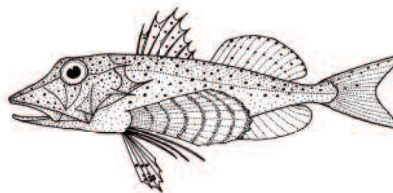
On a lovely summery evening in June, Jill Rousseau and I visited the Instow Arms. There was a fantastic view - sun and sea at high tide. We decided on the Instow Arms as the menu is varied, and we chose two stylish fish dishes-*Seafood Tagliatelli* and *Pan fried Gurnard* (with sautee savoy cabbage and bacon with parsley cream.) The service was attentive and quick and everyone in the upstairs restaurant was enjoying themselves.

Here is my simple version of **Seafood Tagliatelli**

**Ingredients** For 4.

Takes 20 mins.

350g/12oz Tagliatelli / Spaghetti  
2tbsb olive oil  
3 garlic cloves, finely chopped  
400g can of chopped tomatoes  
200g jar of cockles in vinegar/drained and washed  
150g skinless fillet of Pollock, fresh or smoked  
Pinch of dried chilli flakes  
2 tbsp. chopped fresh parsley or tarragon  
100g Mussel meat -optional



### Method

Cook the pasta in a pan of salted boiling water for 10-12 mins, until al dente. Test by tasting or cutting easily.

1. Meanwhile, heat the oil in a frying pan then fry the garlic for 30 seconds. Add the tomatoes and cook for 2-3 minutes.
2. Dice the skinned Pollock fillet and add and cook for 5 mins, while draining and washing the cockles and chilli flakes, season and stir through. Leave to rest in the frying pan.
3. Drain the pasta and return to the pan. Stir in the pasta sauce and serve sprinkled with chopped parsley or torn tarragon.

**Next month**, I will be looking for a skate dish to sample. From Thursday 18<sup>th</sup> to Monday 22<sup>nd</sup> August we will be running events for Appledore- Sharks Tales Events. On Friday 19<sup>th</sup> there will be a Skate, Ray and Huss cookery Demonstration and lunch and we will be shucking scallops too! Everyone welcome. see appledoresustainablefish facebook page

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## Buzz Subscription

To subscribe send this completed form to Bideford Buzz C/O TTVS 14 Bridgeland Street, Bideford EX39 2QE

I would like to pay for a year's subscription to Bideford Buzz at a cost of £13 a year and make a contribution at the same time. Postage is second class and you receive 11 issues (including the Christmas Double issue.)

I enclose a cheque for £\_\_\_\_\_ made out to Bideford Buzz.

Mr./Mrs \_\_\_\_\_ First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

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I am interested in posting Buzz abroad. How much would it cost to send the Buzz to \_\_\_\_\_ for a year.

# **2 GREAT SPORTING EVENTS FOR YOU TO ENTER**

## **2 MOORS 100 CYCLE SPORTIVE Sun July 17th 2016**

[www.twomoors100.co.uk](http://www.twomoors100.co.uk)  
100 miles or  
100 km

## **BIDEFORD TRIATHLON**

**Sun Aug 7th 2016**

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

**Individual and Relay Entries**

*Transition Area on Bideford's Historic Quayside*



**Both events organised and run by  
Bideford Bridge Rotary Club**





# Book Buzz

## Reflections: The River Torridge in Poetry and Prose

A talk at Walter Henry's Bookshop, Thursday 14th July at 7pm

The Torridge is a river which has great variation along its 50 mile length, flowing in a series of looping meanders through dramatic ravines with dark wooded sides; through open pastoral valley floors with sides cloaked in ancient woodland, and through tidal mud flats echoing to the call of seabirds. The river is home to otters and herons, and is overlooked by historic villages perched high above on the valley sides.

The Torridge has inspired many writers over the years and during this talk I will be giving readings from some of them.

**Liz Shakespeare.**

## The Thirty - Nine Steps by John Buchan

*Discussed By Bideford Library Readers' Group*

I thought this was a gripping read, bearing in mind how long ago it was written – and yes I did read it many years ago but well worth a second time!

Action packed & full of suspense I felt almost out of breath as I was sucked into the events, humour and plot with Buchan's descriptions of various characters and Hannay's plight as he escaped many dire situations, his constant hunger for a good meal & other scary moments! The plot twists successfully towards a dramatic end and I was fascinated at the various disguises & indeed the amount of different occupations Hannay undertook whilst racing from one end of the country to another!

There was sarcasm towards Jews which may not be necessary or intended; however I did appreciate some of the imagery and vivid descriptions of Scottish moors and other countryside. A page turner and well written with plenty of witty, clever conversations as well as a thrilling and exciting climax as we race with Hannay to the end!

## Margie Summers

*Bideford Library Readers' Group meets on Wednesday July 6<sup>th</sup> 2.00 pm at Bideford Library. Next month discussing 'Evil Under the Sun' by Agatha Christie.*



### Summer Reading Challenge – The Big Friendly Read starts Saturday 16<sup>th</sup> July

This year the theme is Roald Dahl and it looks like being lots of fun. There will be all sorts of fun events going on in all Devon Libraries so please ask in your branch for more details.

#### Bideford Library.

##### Story time for under-fives

Every Thursday. 9:30-10:00 am (except school holidays) Stories, musical instruments and songs.

##### For Adults:

##### Creative Writing Group

Saturday July 9<sup>th</sup> 2pm – 4pm

Every Thursday. 2 – 4pm **Nifty Needles**

Every Friday 2 – 5pm **Board Games**

**Feel Better with a Book** (please check with library to confirm the group is running each week)

Every Wednesday 10:30-12:00 am

Come and lift your mood through the joy of reading! No pressure and no reading required. The group is led by an experienced facilitator.

#### Northam Library

Children's author Dan Metcalf will be visiting Northam library on Friday 29<sup>th</sup> July at 2pm. Dan is the author of the Lottie Lipton series and will be setting a 'code-breaking challenge'. The event is suitable for children aged 7-11 and booking is essential. Copies of Dan's books will be available to buy. To book call: **01237 475111.**

The monthly newspaper discussion group 'Have We got News for You' on the second Wednesday of the month at 1.45-2.45pm. We have some very lively discussions.

Our sewing group meets every Wednesday 4 – 5.45pm.

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\*For learners who meet  
the criteria on pages 14-15

## ***SAMARITANS***

### **Do you have the skills to be a listening volunteer?**

Samaritans are recruiting and urgently  
need people just like you for their  
branch in Barnstaple, North Devon

Samaritans offer a confidential  
emotional support service which is  
available 24 hours a day.

If you are interested in becoming a  
listening volunteer, please contact

Samaritans on:  
**BARNSTAPLE**  
**01271 37 43 43**

email [sams\\_nd@yahoo.co.uk](mailto:sams_nd@yahoo.co.uk)

Real People – Real Lives - Real Difference  
Information Day 26<sup>th</sup> Nov.16 10:00am-12:00pm.

**WHY NOT COME ALONG & SEE.**

**Selection Days 20<sup>th</sup> Aug.16 & 14<sup>th</sup> Jan.17**

Charity No. 261807

## **See Hear on Wheels**

Equipment demonstrations, loans,  
information and advice for people  
who have hearing and/or sight loss.

Bideford Pill car park

Bideford Tesco Superstore car park

Northam Bone Hill car park

For dates and times see the diary  
page or contact the **See Hear Centre:**

Email: [seehearnd@livingoptions.org](mailto:seehearnd@livingoptions.org)

Web: [www.livingoptions.org](http://www.livingoptions.org)

Tel: **01271 373236**

Text: **07831 515809**



Registered charity No: 1102489 **LOTTERY FUNDED**

## Heritage Day Saturday July 2nd

Medieval Combat, Have a Go Archery, Falconry Displays

Victorian bikes to try **New**

Children's Steam train rides **New**

Living History, Napoleonic

musket displays and musket ball

making **New**

World War II displays **New**

Shows by Entertainingly Different and the Punch and Judy Man

Glitter face painting **New**

Morris Dancing,

Balloon Show,

Unicyclist, Juggler,

FREE Tours and Guided Walks

Vintage Coach Tours of the Town

Peter Christie Town Centre Heritage Walk **New**

The Town Hall Guided tour with the Town Beadle and Town Crier



In the Burton Amanda McCormack of **North Devon Moving Image** is waiting to hear about glove making memories in Bideford either by interview on camera or by writing anecdotes on our Glove Stories memory cards. It would be great to see some old photographs and artefacts too.

The event runs from 10am to 4pm. For more information or to offer help volunteering on the day please contact Amanda McCormack on 01271 860610 or

[emailnorthdevonmovingimage@outlook.com](mailto:emailnorthdevonmovingimage@outlook.com).

**Please contact the Burton Art Gallery to book your place on a Free tour or Free Guided walk Tel: 01237 471455**

All the entertainment, events, tours and walks are **Free**

### Bideford Library

**Old Photos of the Town** Once again we will be dusting off our fabulous old pictures for display. Come and see if you can spot your ancestor!



Come and find out what information the **Bideford & District Community Archive** holds when you visit the Bideford 500 Heritage Day. There will be Bideford items such as a '*River through the ages*' themed board; a photographic display; and an enumerated 1901 Census. There will be a board where we will ask if you can help identify the people and/or the place in the photographs. Chat to the volunteers about your family history.

**see page 14 for more from the Archives.**

**ngs** gardens open  
for charity

## Open Gardens at Stone Farm, Bideford.

There will be opportunities for keen gardeners, and those who just enjoy looking at gardens, to visit the gardens at Stone Farm, Alverdiscott Road, Bideford early in July.

The gardens, extending to over an acre, have been transformed from their traditional farm use.

The old pig yard is now a vegetable garden, the chicken run is now beautiful terraced perennial borders, the slurry pit now has banks of arums and dahlias.

This transformation has been achieved by owners Ray and Ilga Auvray, whose family have farmed on the premises since 1924.

The range of activity is impressive. There are polytunnels housing tomatoes, peppers, cucumbers, aubergines, chillis, and melons; an orchard with a range of traditional apples, pears, damsons and nuts; an extensive vegetable garden which includes raised beds, a fruit cage for soft fruit; herbaceous borders and terraces with varied planting; a 'white' garden; a 'hot' garden; croquet lawn and specialist borders with less common plants.

Like the rest of the farm, which produces Ruby Red Devon beef, the vegetable gardens are organic with Soil Association certification.

The gardens are open to the public under the National Garden Scheme, with all proceeds going to charity, **on 2<sup>nd</sup>, 3<sup>rd</sup> July ; 9<sup>th</sup>, 10<sup>th</sup>. July from 2.00pm to 5.00pm.**

After visitors have walked around the gardens, they can sit down for tea with a variety of delicious home baked cakes.

**Further information from Ilga Auvray on 01237 472938**



## **The Bideford Branch of THE RELIGIOUS SOCIETY OF FRIENDS or QUAKERS**

hold their Meetings for Worship on Sunday mornings, between 10.30 and 11.30 am, followed by refreshments and a chat, at 17 Honestone Street, Bideford (opposite the car park)  
Everyone is welcome  
For further details, contact:  
Jacqui Poole Tel: 01271 861824

## **This space could be selling your business**

To advertise in Bideford Buzz, or for details of rates and terms please contact us at:

editor@bidefordbuzz.org.uk

Or write to us:

c/o Torridge Voluntary Services  
14 Bridgeland St. Bideford EX39 2QE  
or telephone 07929 976120

## **ARTEZZANE**

Shabby Chic & Pine Furniture  
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1 Stanhope Terrace, Northam Road, Bideford

OPENING HOURS

Mon – Fri 09:30 – 5:30

Sat 10:00 – 4:00

01237 238035

Find Artezzane on Facebook & Twitter

## **Looking for a LIVE-IN CARER?**

Then call ANNETTE, experienced Community Carer, DBS/insured, good organizational skills, excellent references.

Phone Landline no. 01237 431 485

Cell no. 07794119815

## **APPLEDORE Summer Festival Saturday 30<sup>th</sup> & Sunday 31<sup>st</sup> July Crafts Music Food FUN**

Appledore's lively quay will once again be the centre of activity for this year's Appledore Summer Festival. The picturesque fishing village this year has the theme "Appledore Waves" and everyone is invited to arrive dressed as Pirates and Parrots (prize award!).

The festival will start with an evening concert by the Appledore Silver Band in St Mary's Church on Friday 29th July and continue during Saturday 30th and Sunday 31st.

Among the attractions at the Festival are:

- Stalls, street artists and performers along the Quay throughout the weekend,
- Craft Stalls in St Mary's Church Hall (Saturday & Sunday 11am to 4pm)
- Pottery Painting on the Quay - make your own souvenir! (Saturday 11am to 4pm)
- The amazing Captain Coconut (the Bubble Man) will be around to entertain children and adults.
- Appledore historian Terry Bailey will be leading history walks around the village.
- Vibrant local dance groups and the fantastic Samba Baia band.
- More dancing at our Ceilidh with The Oggle Band on Saturday evening 8-11pm (tickets available from the Quay Gift Shop, Uncle Wainwright's Charity Shop and Appledore Newsagency).

Plus our traditional decorated doorknocker competition, where the doorways themselves are often decorated, with a cash prize for the winner: The Bob Stokoe Award, donated by the family of the late Bob Stokoe who worked at Appledore Shipyard for many years and so much enjoyed coming to the Festival.

Appledore also boasts some splendid cafes, restaurants, pubs, shops and galleries, so there is plenty to do for everyone.

More details of the Appledore Summer Festival events and timings will become available on our Facebook page. At the Festival, for more details on events, head to an information point just outside the library on the Quay, manned daily from 10am to 4pm.

## Bideford Pannier Market

The studio workshops are proving to be an asset to the market and the whole place has a bit of a buzz (no pun intended) – With the on-coming tourist season it will prove its true worth. The market is gaining new traders – antiques / collectables / gluten free cakes/ gifts / jewellery / Plants / plus much much more, added to this on every third Saturday of the month we will be having some additional food stalls – I think this indicates the growing popularity of the Pannier Market as a whole.

**We are always looking for more produce stalls and general market stalls. Bideford Pannier Market is open five days a week - Tuesday to Saturday, but you can pick which days you want to trade -**

If you are a trader and looking for a market then why not have a look at Bideford – please contact Richard Coombes (Deputy Town Clerk) on 01237 428817 – you will be made more than welcome

## Butchers' Row, Market Place, Grenville Street - Open Monday to Saturday

All the traders are excited by the new venture within the market and view it as a means of revitalising the whole area.

We have the *Market Music & Toy Store* now open in Market Place ; the former antique shop will shortly be opening as a Hair and Beauty Salon (the shops do not remain empty for long ) There are fifty shops, four cafes and three pubs so please come up and explore the whole area in and around the Pannier Market - all these businesses are owned by local business people.

**Trev** ( *Minxy's Sweets* )

## Tales of the Riverbank

This is a series of events that Bideford Bay Creatives are running this summer, exploring and celebrating the River Torridge – its history and heritage, natural environment, beauty, and those who use it.

**Thursday 14th July, 7pm-8.30pm:** Reflections - the River Torridge in Poetry and Prose Talk by Liz Shakespeare  
Tickets £3 available in advance from Walter Henry's Bookshop and from [www.bbcdevon.org](http://www.bbcdevon.org)

**Tuesday 2nd August, 10am-5pm:** Water Babies - The Workshop will be a storytelling session with Fish tasting, Lobster Hypnotism and other events throughout the story with Felicity Sylvester  
Tickets :- Adults £10 Children £5 (accompanied) from [www.bbcdevon.org](http://www.bbcdevon.org) and on day if any left!

**Saturday 6th August, 10am-2pm:** Are 'invasive' species a hindrance, or a help? Walk and talk from Brunswick Wharf to Landcross and back again with Pete Yeo. Tickets £5 from [www.bbcdevon.org](http://www.bbcdevon.org) and on day if any left!



*Also coming up in August is an art film night, a botanical walk between Bideford and Appledore, a metal clay workshop, a walk around Bideford East-the-Water Wharves and a chance to make your own river bank insect out of various art material.*

BBC are also looking for volunteers for all of our events, who will get free tickets, for the event that they Steward. For more information please go to [www.bbcdevon.org](http://www.bbcdevon.org) or email [info@bbcdevon.org](mailto:info@bbcdevon.org)  
**Dave Green**, Project Co-ordinator

## Berry Castle Open Day

*Celebrating the Festival of Archaeology organised by the Council for British Archaeology. A family day out in which you can experience a taste of the Iron Age.*

**Sunday, 17<sup>th</sup> July 2016, 11 am – 4 pm.** Huntshaw Woods, Huntshaw, Torrington EX38 7HH

Berry Castle lies in woodland and access is via a track with some inclines. Transport for the less-abled will be provided from Foxes Cross. Nearby parking will be available. For more information on the Open Day and on access arrangements contact: Emma Barrow [emmacbarrow@msn.com](mailto:emmacbarrow@msn.com) 01805623266  
*The Friends of Berry Castle acknowledge the permissive rights granted by Clinton Devon Estates*



# Baby Buzz

## It's time for a nappy change!

Did you know that your baby will need around 6000 nappy changes and cost you about £1200 in disposable nappies? And that each of these nappies will take around 500 years to break down? Worst still, land filled nappies create methane, a potent greenhouse gas which contributes towards climate change.

If you're interested in saving money and making a difference to the environment why not consider washable cloth nappies or "real" nappies? Gone are the days of the old Terry squares, safety pins and boil washes, modern real nappies fit like disposables with easy to use Velcro or poppers and come in a gorgeous range of colours & prints. They are made with soft absorbent materials and don't contain any of the chemicals, plastics and adhesives found in disposable nappies, so they are kinder to your baby's delicate skin.



A set of nappies and wraps can be purchased for between £100 and £200 and can see your baby through from birth to potty training. Even if you include washing costs you can easily save £500 compared to using disposables and even more if you use them for subsequent babies. As part of the Devon Real Nappy Project, Torridge and North Devon have a number of experienced nappy advisors who are happy to give you advice on getting started with real nappies. They can provide you with a free trial kit with a range of different nappies to try so that you can find what is best for you and your baby. 80% of parents who take a trial go on to use real nappies and you may be eligible for a 15% discount if you go on to buy real nappies. There are regular "Nappuccinos" in Barnstaple and these are about to start up at the Children's Centre in Bideford. Here you can find out about real nappies, take out a trial and enjoy a cup of tea while you watch a demonstration.

To register for a free trial kit, visit [www.recycledevon.org/nappies](http://www.recycledevon.org/nappies) or e-mail [nappies@recycledevon.org](mailto:nappies@recycledevon.org). Or find the Devon Real Nappy Project on facebook. Real nappies don't cost the earth ... anything else is just rubbish.

**Alice Haynes**

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## New from the Burton Art Gallery and Museum

Midsummer Day has passed, and the second half of the year has begun. "How time flies," they say, but we hope it will slow down a little and give you time to visit the Burton Gallery.

The Westward Ho! & Bideford Art Society Exhibition begins on Saturday, 22<sup>nd</sup> July, and continues until the 4<sup>th</sup> September. We cannot predict what exactly will be on the walls of the two exhibition spaces, but we can be sure that it will be a quality exhibition. The artists represented there are carefully selected for their skill and creativity. Many works will be for sale, and it is a rare opportunity to be able to purchase original works of such a high standard. The Society was founded in 1922, and has seen many well known artists take the Chair over the years. This year's Chairman is Tony Williams, SWAc, who came to painting from a background of graphics and design, having studied at Sutton Art School. He works mainly from inspiring subjects in North Devon, the estuary, its boats, and landscape, and has work in private collections across Europe, the UK and USA. He also writes for national and international art magazines. In 2015 he won the Charles Pears award at the Royal Society of Marine Artists annual exhibition, was selected for The Royal Institute of Oil Painters' Exhibition at the Mall Galleries, and his work selected was shown and sold in London's Gherkin. He has an excellent website showing many fine examples of his paintings in our own area. (Tony Williams artist)

You will discover some changes at the Gallery now that it has been taken over by a Trust. But nothing to worry about - the constants are the Cafe du Parc, the Craft Gallery, the Museum of Bideford and the well-stocked Shop. There is always something new to see and give you pleasure. Opening hours are Monday to Saturday: 10-4, Sunday: 10.30-4. Admission is Free, donations welcome. The Friends of the Burton Gallery welcome new members, and there are membership forms available on request. Annual sub: £10 single, £18 couple. Life, Single £90, Couple £170. Support your local Art Gallery – we are special – we have a purpose-built gallery like ours, with a national reputation for excellence?

**Diana Warmington**, *Friends of the Burton Art Gallery & Museum.*



# THE SHIPPING NEWS



## Bideford Shipping Notes 136

No Shipping at Bideford since last issue.

Shipping at Yelland

**Welsh Piper 6.6.16** after discharging the vessel did not proceed to Culver, but sailed for Liverpool to undertake work in that area

**Appledore.**

**Arco Dart 7.6.16**

**Due Ilfracombe 16.7.16** the cruise Ship **Prinsendam** 38848 gross tons, owners Holland America Line Netherlands, ( one day visit.)

The patrol vessel **LE William Butler Yeats** is due to sail on her first shipyard trials on the **3.7.16** for 4 days ; she returns to the yard for final adjustments and will finally sail on acceptance trials on the **17.6.16** ; hopefully handed over to the Irish Navy will sail directly to her base in Cork.

**Bristol Channel Observations**

**15.5.16** at 10.15 vehicle carrier **Viking Odessa** 4693 tons d.w owners Gram Car Carriers AS Norway inward bound for Portbury. Seen outward bound from Portbury having sailed at 12.15 **16.5.16** .

**16.5.16** At 12.21 Vehicle carrier **Grande Togo** 26650 tons d.w, owners Grimaldi Line of Italy inward bound for Portbury . At 19.47 bulk carrier **Interlink Equity** 37071 tons d.w, owners Equity Maritime Corp Bermuda, inward bound for Avonmouth.

**23.5.16** at 11.30 Vehicle carrier **Gravity Highway** 21000 tons d.w, owners Gravity Maritime Corp Isle of Man, inward bound for Portbury.

**25.5.16** at 10.20 bulk carrier **Aasvik** 4319 tons d.w, owners Hans Martin Torkelsen Norway inward bound for Avonmouth. At 12.10 vehicle carrier

**Thermopylae** 23786 tons d.w, owners Wallenius Wilhelmsen Sweden and Norway, outward bound from Portbury having sailed at 06.30. . At 13.34 cargo vessel **Flinter Rose** tons d.w owners Flinter BV. Holland inward bound for Newport.

**31.5.16** at 19.55 ro ro vessel **Ciudad de Cadiz** 3500 tons d.w, owners Anita 2 SNC France inward bound for Portbury.

**1.6.16** at 10.00 cargo vessel **Buse Trio** 2350 tons d.w, owners Tunch Shipping Corp Turkey inward bound for Cardiff . At 10.05 cargo vessel **Tien Fei** 24377 tons d.w. owners Aquarius Ltd Hong Kong outward bound from Avonmouth, having sailed at 03.26

**2.6.16** at 09.03 cargo vessel **Veendijk** 4891 tons d.w owners Naviga Shipmanagement BV Netherlands inward bound for Newport. At 09.16 cargo vessel

**Nortramp**, inward bound for Birdport.. At 10.55 vehicle carrier **Grand Benelux** 12594 tons d.w owners Grimaldi Line of Italy inward bound for Portbury. Seen again on **3.6.16** at 20.05 outward bound having sailed from Portbury at 14.57.

**12.6.16** at 17.50 vehicle carrier **Grande Togo** 26650 tons d.w owners Grimaldi Line of Italy spotted by my nephew at Westward Ho! Inward bound for Portbury. At 19.50 cruise ship **Hanseatic** 8378 gross tons, owners Bunny's Adventure and Cruise Hamburg, inward bound for Avonmouth.

Regards  
Norman

***Help Please.** I am researching a schooner built in 1851, at Bideford, which was registered and sailed from Scilly between 1851 and 1860. It was then sold on to new owners at Whitehaven. The details I have are as follows:-*

Type: Schooner

Dimensions: Length: 81.0 ft. Beam: 20.1 ft. Depth of Hold: 13.1 ft.

Tonnage: 131 tons (12years A1)

Builder: Bideford

Owners: 1852 – 1860, Lebreys & Co (.Possibly Ann Banfield)

1861 – 1869, Possibly W. Nicholson

Captains: 1852 – 1860, E. Lebreys

1851 – 1853, Lakey (possibly Edmund b. 1821)

1861 – 1869, Possibly N. Beck

1863, Britton

Trade: Bideford, Mediterranean, Scilly, New York, Palermo, Bristol, Cardiff, Falmouth, Hamburg, Antwerp, Marseilles, Smyrna, Jamaica, London, Holyhead, Whitehaven, Dublin, Pomaron, Gloucester, Belfast, Liverpool, Messina,

Cargo: 1852, Coffee

1863, Oil.

1864, Iron ore.

Port of Registry: 1852 – 1860, Scilly

1861 – 1869, Whitehaven

Port of Survey: 1854 – 1860, Bideford

1861 – 1869, Whitehaven

Signal: K.G.S.B.

Official No.: 9301

Crew:

Demise: Possibly after 1870

*Would you have any details of the builder, or can you put me in touch with someone who could help.*

**Roger Banfield, Isles of Scilly**



**LE W B Yeats.** Photo by Norman Hardaker.

*With the recent change of ownership of Seafield House , we thought it might be interesting to reprint our original article on its history by Maureen Richards in 2003.*

## Sea field – Westward Ho!

The house on the cliff edge known locally as “ Spooky House“ or even “Haunted House”! was probably built in the mid 1800. The property was owned by a family called Nixon or de Courcey Nixon who came from Limerick, Ireland and it was in this family’s name for many years.

Brinsley de Courcey Nixon was born in County Limerick, Ireland about 1825 and his occupation at the time of the 1881 Census was given as a Banker in London. Brinsley’s father – Horatio Stopford Nixon, 1787 – 1838 from Cavan, Ireland and was married on 3rd May 1824 to Charlotte Fergus b.1782. Strathore Fifeshire Ireland.



Brinsley de Courcey Nixon was born 5th May 1825 and married on 30th June 1864 in County Limerick Ireland a Caroline Mary GOOLD (GOULD) 1830-1875. He married again on 6th October 1877 in County Limerick Ireland to Francis Evelyn HAMPTON born abt. 1830 London.

The 1891 Census of Northam – Seafield shows the following:

NIXON Lottie – head – Y12 (Y= Born in County)  
NIXON Elizabeth – Daugh – Y11  
NIXON Fergus B – Son – Y10  
NIXON Edward H – Cousi – Y10  
NIXON Brinsley – Son – Y5  
Luscombe Anna H – Servant – 35 Y Governess  
Rodgers Joseph – Servant – 24 Y Butler Employee  
Tindale Jane – Servant – 19 Y Kitchen Maid  
Mounce Mabel – Servant – 17 Y House Maid  
Hoar Emily – Servant – 19 Y Nursery Maid

Kelly’s Directory of 1897 shows the property still in the name of Brinsley de Courcey and the 1901 Census shows the property let to another family – as follows:

William J Pursey – head – 33 Postman postal worker  
Elizabeth A – wife – 35 – born Frithelstock  
James E – son – 4 – Northam  
William H – son – 1 – Northam  
Harriet m in law – Widow – 57 – Taunton  
Elizabeth Bragg sister – 28 – Uphill

In 1906 the property is shown as being in the name of the son Lieut. Furgess Brinsley Nixon who later became a major with the R.Innis.Fus. – Medals awarded 31st May 1918. On 10th Nov.1903 Gladys Elizabeth Nixon – abt. 1880 – 1960 married Hugh Grosvenor 2nd Baron of Stalbridge born on 5th May 1880 – died on 24th December 1949, on of Richard de Aquila Grosvenor, 1st Baron of Stalbridge and Eleonor Francis Beatrice Hamilton Stubber.

During WW2 the Americans were billeted at Seafield and the surrounding area. Gladys died on 21st March 1960 and as far as our research shows there were no children, and the property was sold, the new owners of Seafield made it a Bed and Breakfast establishment, and it is still owned (until recently) by the same family. **Research by Maureen Richards 2003, see further comments at [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk)**

## Parkinson's UK Torridge Branch.

We are a very lively branch with regular coffee mornings in Bideford and other events in Torrington and surrounding areas. We realise though that there are people affected by Parkinson's living in isolated rural areas who may not be able to come to our meetings.

It would be great if people could make contact with each other and perhaps organise meetings and events in their location.

If you would like more information about how to do this, or about our group, please contact our branch secretary **Julie Jones on 01237 478128**





## Music with the power to move

We thought it might be helpful to review the first concert of the season, to see if Bideford starts as it

means to go on this year. If it does, we are in for a spectacular summer. On 28th May, Midge Ure and local lads the India Electric Company (ie, Cole Stacey and Joseph O'Keefe) played at Bideford College's North Devon Hall.

With the hour and a half set of moving ballads and soaring violin work, there is a temptation just to close your eyes and lose yourself in the music. But then you'd miss Midge's stage presence. Although he didn't drift far from the microphone, he commanded that area, clinging to his guitar and throwing his head back in a rage of defiance against the clouds of smoke. (Whether conjured by atmospheric smoke machine or chain smoking roadie slightly off stage, it turned the floor into a misty Gaelic glen, and was a good argument for keeping your eyes transfixed.) Then of course there were Cole Stacey & Joseph O'Keefe, one looking like Errol Flynn in Levis, the other was (as one member of the audience so eagerly yelled out) "good looking too". Robbed of a microphone, all Joseph could do was grin sheepishly and wobble a bit; but it's true- and to close your eyes and lose yourself would also be to lose out on the visual aspects of the show. So we settled for half and half. It would have been physically impossible to nod off during that show. It hit you like Mike Tyson right in the chest, and that wasn't just the acoustics; it was Midge's voice. Clearly he felt every lyric he espoused. They ranged from eloquent musings "if life doesn't move// there's nothing to show for it all" to something different "you move me like a diamond on Vaseline"; either the best misheard lyric to date, or a startling home truth. Yes. I suppose a diamond on Vaseline would go a fair distance. Well said, Midge. No matter what he's singing, though, that lofty Scottish voice makes it sound like a parable.

While most singers regularly have to alter the pitch of their songs to accommodate their changing range, this was one voice entirely unaltered by change and a possible rock'n'roll life style.

It was as though we were listening to it all live on Top of the Pops- but listening to the kind of back catalogue it takes three decades to accumulate. Midge introduced one song as "an old one" then corrected it to "well they're all old now." No they're not Midge, don't lie; they're just classics.

## Westward Ho! Youth Theatre

Finally, and sticking with show biz theme- you may remember last month we gave you a sneak preview of what to expect from Westward Ho! Youth Theatre's latest production. What you might not know yet is that it will be one of the first shows to benefit from the new lighting rig that Sonia Gould and Jackie Sharrock have been fundraising tirelessly for over the past few months, in tribute and memory of Carol Gould who unexpectedly passed away last year. As Carol had been operating the lights from their cramped little perch since the 1980s, her wife and second mum respectively, Jackie thought it was time to fix up the system and return it to its former glory. They have been holding a variety of events including a memorial show with all of Carol's favourite songs and sketches, raffles and charity bingo afternoons to raise the funds.

*Millie Sutherland O'Gara*

**Got something to say?** Send it to Millie at editor @bidefordbuzz.org.uk - or leave a message on our facebook page.

## BIDEFORD FILM SOCIETY

Doors open at 7.00pm, films start at 7.30pm

Friday 24 and Saturday 25 June at 7.30pm at Kingsley School **X-Men: Apocalypse (12A)** 144 mins

Friday 1 and Saturday 2 July at 7.30pm at Kingsley School **Money Monster (15)** 99 mins

Saturday 9 at 5.30pm and Sunday 10 July at 4.30pm at Kingsley School **The Angry Birds Movie (U)** 97 mins

Saturday 16 at 4.30pm and Sunday 17 July at 6.00pm at Kingsley School **Love & Friendship (U)** 92 mins

Friday 22 and Saturday 23 July at 7.30pm at Kingsley School **Me Before You (12A)** 110 mins. Film preceded by a short film **Julie's Story** filmed and produced in North Devon by Simon Vacher.

Friday 29 and Saturday 30 July at 7.30pm at Kingsley School **Golden Years (12A)** 96 mins.

# Buzz Bits

## **Appledore Singers.**

The Appledore Singers are taking part in the Pilton Festival on Saturday 16th July from 2-3pm at the church of St Mary the Virgin. We'll entertain with a variety of songs to suit all tastes and the audience is free to come and go at will! Contact Pam Beechey on 01237 420652.'

**Viv Zussman**

## **Torridge Male Voice Choir**

Torridge Male Voice Choir, under new musical director, Malcolm Pike, return to concert duty on **Saturday 25th June at the HATS Theatre in Holsworthy (7.30pm)**. They will be performing popular songs, both individually and together with the Holsworthy and Launceston Town Bands. Everyone is welcome. Tickets priced £7 and £5 are available from the theatre, in advance or on the night.

## **Help at Home**

We are delighted to announce that the Ageing Well project is launching a new 'help at home' service. Initially it will cover the two local towns of Bideford (including Northam and Westward Ho!) and Torrington. This will be a paid for service enabling elderly clients to feel better supported and confident to live in their own homes for as long as possible. It is intended to offer flexibility and can be tailored to suit an individual's needs.

**Help at Home** will offer clients the following options:

- Household cleaning
- Changing of bed linen
- Laundry tasks (washing and ironing)
- Light gardening (not independent of other tasks)
- Support with paperwork and bills
- Shopping "on behalf of"
- Light meal preparation
- Dog walking (not independent of other tasks)

All our staff will be fully trained, DBS checked and covered by TTVS insurance. We are confident that we can provide a reliable, friendly service via a small dedicated team. Ageing Well is part of TTVS, a trusted charitable organisation, based locally in Bideford.

To find out more, or to make a referral, please call the Ageing Well office on 01805 938537

**Alison**

Ageing Well Project Manager

## **The Small School, Hartland**

The Small School in Hartland, will be having its **AGM on the 6<sup>th</sup> of July at 5pm.**

We are presently seeking new Trustees. Preferably with a background in, or experience in, working with young people, who are interested in supporting them within a human scale approach to education. Please contact Mary or Helen on 01237 441672 or email [office@thesmallschool.org.uk](mailto:office@thesmallschool.org.uk) for a chat and more information.

We also require, due to retirement from September a qualified Science teacher, who can deliver Physics and/or Chemistry to GCSE level. Please contact school as above for details.

**Mary Billson**

## **Westward Ho! Big Lunch**

Organisers were pleased with the success of last month's event at the Kingsley Hall.

85+ guests were queuing out of the door waiting to get in for the Royal-themed finger buffet being held, on this occasion, in support of the North Devon Hospice.

Thanks to the support of many local businesses, the guests and the fantastic volunteers, a superb £340.90 was raised for the Hospice.

**Ginette Berry & Terry Thorpe**



## 100 YEARS AGO – July 1916

### Hay and Straw Harvest

The 1916 crop is to be held for Army purposes. Under Defence of the Realm Regulations all hay, oat and wheat straw on the 1916 crop of England and Wales now standing in the field in bulk or as and when it is harvested will be bought by the Government. At this stage there are no instructions to farmers as to how they may secure their own supplies.

In the Bideford Borough Tribunal the Recruiting Sergeant has complained that Sidney Smith, aged 39, a motor driver in the employment of H Hopkins, was to be allowed exemption to undertake driving duties for Mr Metherell who is required to go and buy hay and straw for the Government up to October this autumn.

The August Bank Holiday this year will be suspended. The Government, said Prime Minister Mr Asquith, has decided that it is essential in the national interest that there shall be no holidays, general or local and a Proclamation would be made to this effect.

School boys both in Old Town Boys School and in the Grammar School have volunteered to help with the harvest. No extension to the set dates will be allowed despite several pleas from Councillors.

Bideford Town Council was anxious to secure a larger supply of water for the growing urban area. Late last year they had visited a possible site between Upcott and West Ashridge farms where a new reservoir might be built by throwing a dam across the Jennetts stream. In February this year an engineer had visited the site and measured water flows and calculated that a reservoir of 27 million gallons could be built. It was envisaged the Gammaton Reservoir would continue to supply the summer requirements and the new lake will help with the winter demand.

*These and many more items of local interest are available to read at the Bideford Community Archive at the Council Offices, Windmill Lane, Northam. Tel: 01237 471714. Open Monday, Tuesday and Wednesday mornings.*

### University of the Third Age ( U3A )

In June our **History group** investigated, ' *Otsi the Iceman* ', trying to unravel the secrets of a life and death struggle 5300 years ago in the Dolomites.

Back to the present the **Science, Technology and Society group** attended a presentation entitled, ' *Our smallest foes: the unending war against viruses* '. They considered bird flu, swine flu, and others leading up to Zika. Included in the session was concern about the way such outbreaks are sometimes reported in the media.

We have three **music appreciation groups** covering classical, jazz and pop . There is also a hands on **ukulele class** that performs at events around the area from time to time.

Our **Crafty Cards group** attempted 'Shabby Chic', cards whilst the craft class hosted a surprise workshop that was guaranteed not to involve needles.

The **Table Tennis group** which plays at The Pollyfield Centre was granted the money for a new table this month. The old one – like a few of us – was getting wobbly on its legs.

The speaker at the next lunch will be local historian **Peter Christie** talking about the building of Westward Ho! To find out more about us go to [www.torridgeu3a.btck.co.uk](http://www.torridgeu3a.btck.co.uk) or ring 01237479588.



# July Diary 2016

## Friday 1<sup>st</sup>

Clovelly Yarn Bomb (until 31<sup>st</sup>)  
**2-4pm** Sew Together at Westward Ho! Baptist Church 01805 622666  
**2.30-4.30pm** Torridge Table Tennis Club at Bideford Youth Centre. 477932  
**7.45pm** Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309  
**8pm** Ceilidh Club, Northam Hall 476632

## Saturday 2<sup>nd</sup>

**9am-2pm** Atlantic Village Market  
**10am** Bideford 500 Heritage Day in Victoria Park  
**2pm** 'Wizard Of Oz' by Westward Ho! Youth Theatre at Kingsley Hall, W Ho! Book on 07718613642  
**2-5pm** Open Garden at Stone Farm, Alverdiscott Rd 472938  
**7pm** Pudding & Pies + Greg Hookway at St Andrews Ch, Alwington 451643  
**7pm** Film Club at Littleham Village Hall. 471928

## Sunday 3<sup>rd</sup>

**2pm** 'Wizard Of Oz' by Westward Ho! Youth Theatre at Kingsley Hall, W Ho! Book on 07718613642  
**2-5pm** Open Garden at Stone Farm, Alverdiscott Rd 472938

## Monday 4<sup>th</sup>

**10am-12pm** Appledore Community Art Group at Appledore Community Hall.  
**7pm** Tai Chi at Bideford High Street Methodist Church Hall. 472532  
**7pm** Appledore Band Concert – training band followed by senior band at 7.45 on Appledore Quay. (St Mary's Ch. if wet)  
**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652

## Tuesday 5<sup>th</sup>

**10am-1pm** Lavington Church coffee and lunches  
**10.30am** Walking for Health. 421528  
**11.45am-12.45pm** Tai Chi at Northam Community Hall

**2pm** Bideford WI, New Sea Cadet Bldg

**2-3.30pm** Salvation Army 'Fun & Fellowship' Club meets at Baptist Hall.

**6.30pm** Bideford Band Beginner's Group at Band Room. 475653

**7.30pm** Bideford Sustainability Group at Blacksmiths Arms

**7.30-9pm** Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk Palladium Club *Jam Night*

## Wednesday 6<sup>th</sup>

**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, W Ho!  
**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.  
**10.30am** Parkinson's UK meets at Ethelwynne Brown Close. 478128

**10.30am-12pm** 'Feel Better with a Book' at Bideford Library

**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528

**11am-1pm** Creative (Memory) Café at Quay Meeting Rm, 5 Danver Court, Clovelly Rd Ind Estate. 07817976053

**1.30-3.30pm** Knit & Natter Group at Holy Trinity hall, Westward Ho! 475720

**2pm** Bideford Library Readers' Group. 476075

**4-6pm** Sew Together at Northam Library

**7.30pm** Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

**7.45pm** Bideford Phoenix Morris & Red Petticoats at The Beaver, Appledore

**8pm** Torridge Male Voice Choir meets at Woolsey Village Hall. 441601

## Thursday 7<sup>th</sup>

**10.30am** Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528

**10.30-11.30am** Tai Chi, Marlborough Ct.

**2-4pm** See Hear on Wheels (SHoW) bus at Pill Car Park. 01271 373236

**2-4pm** Holy Trinity Church, W.Ho! open

**2-3pm** Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.

**7.30pm** Bideford Band Concert at Westward Ho! Green (Baptist Ch. if wet)

**7.30pm** Appledore Men's Group at Appledore Library Meeting Rm. 459299

**7.30pm** Scottish Country Dancing at Westleigh Village Hall. 473801

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

## Friday 8<sup>th</sup>

**12-4pm** Open Garden with Pimms at 4 Blyth Court, W.Ho! in aid of N D Hospice

**2-5pm** Afternoon Tea at 6 Chichester Way, W.Ho! in aid of N D Hospice. 422215

**2.30-4.30pm** Torridge Table Tennis Club at Bideford Youth Centre. 477932

**7.45pm** Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309

**8pm** Ceilidh Club, Northam Hall 476632

## Saturday 9<sup>th</sup>

**10am** Torridge Ramblers day walk 429080

**10am-3pm** Table Top Sale & Coffee at 1 Daneshay, Northam for Lavington Ch.

**2-5pm** Open Garden at Stone Farm, Alverdiscott Rd 472938

**7.30pm** Northam Choral Society 'Mozart to Manhattan' at Stoke Church. 441690

**7.30pm** Summer Charity Dance at Woolsey Community Centre in aid of SCBU, North Devon Hospital

## Sunday 10<sup>th</sup>

**10.30am** Garage Table Top Sale at 1&5 Francis Drive, W.Ho! –Help for Rwanda

**2-5pm** Open Garden at Stone Farm, Alverdiscott Rd 472938

**3pm** Sea Sunday with Appledore Band at Appledore RNLI.

**3pm** Centenary Celebration of PCC at St Helen's Church, Abbotsham

## Monday 11<sup>th</sup>

**10am-12pm** Appledore Community Art Group at Appledore Community Hall.

**7pm** Tai Chi at Bideford High Street Methodist Church Hall. 472532

**7pm** Appledore Band Concert– training band followed by senior band at 7.45 on Ho! Baptist Church. 01805 622666

Appledore Quay (St Mary's Ch. if wet)

**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652

**7.30pm** Bideford Stamp Club – Pat Grimwood Taylor at Kingsley Hall, Westward Ho! 472101

## Tuesday 12<sup>th</sup>

**10am-1pm** Lavington Church coffee and lunches

**10am-12pm** Macular Society Support Group at Burton Gallery 441466

**10.30am** Walking for Health. 421528

**11.45am-12.45pm** Tai Chi at Northam Community Hall

**2-3.30pm** Salvation Army 'Fun & Fellowship' Club at Baptist Church Hall.

**6.30pm** Bideford Band Beginner's Group at Band Room. 475653

**7.30pm** Lions Club meet at Royal Hotel

**7.30-9pm** Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk Palladium Club *Jam Night*

## Wednesday 13<sup>th</sup>

**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, W Ho!

**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.

**10.15am** Probus Club at Royal Hotel

**10.30am-12pm** 'Feel Better with a Book' at Bideford Library

**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528

**2pm** Tea with Friends at St Mary's Church.

**2-3.30pm** 'Bideford Friends' at Burton Art Gallery. 01805 622666

**2.30-4pm** See Hear on Wheels bus at Bone Hill car park, Northam

**4-6pm** Sew Together at Northam Library

**7.30pm** Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

**7.45pm** Bideford Phoenix Morris at The Thatched Inn, Abbotsham.

**8pm** Torridge Male Voice Choir meets at Woolsey Village Hall. 441601

## Thursday 14<sup>th</sup>

**10.30am** Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528

**10.30-11.30am** Tai Chi, Marlborough Ct.

**2-3pm** Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

**2-4pm** Holy Trinity Church, W.Ho! open

**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.

**7.30pm** Bideford Band Concert at Westward Ho! Green (Baptist Ch. if wet)

**7.30pm** Scottish Country Dancing at Westleigh Village Hall. 473801

**7.30pm** N Devon British Bike Club at Robin's Nest.

**7.30pm** Hartland Band & Torridge Male Voice Choir at Stoke Church. 441690

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

## Friday 15<sup>th</sup>

**10am-12pm** Community Coffee Morning at Kingsley Hall, W Ho! 421274

**2-3.30pm** Sew Together at Westward Ho! Baptist Church. 01805 622666

# July Diary 2016 *continued*

**2.30-4.30pm** Torridge Table Tennis Club at Bideford Youth Centre. 477932  
**7.30pm** Bideford Machine Knitting Club at Chubb/Churchill Comm. Hall 477532  
**7.30pm** Abbotsham WI at Abbotsham Village Hall. 474711  
**7.45pm** Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309  
**8pm** Ceilidh Club at Northam Hall  
**Saturday 16<sup>th</sup>**  
**9am-2pm** Atlantic Village Market  
**2-4pm** Bideford Creative Writing Group at Bideford Library. 700901  
**7.30pm** Concert by Encore at Holy Trinity Church, W.Ho! 429798  
**Sunday 17<sup>th</sup>**  
**11am-4pm** Berry Castle Open Day, Huntshaw Woods. 01805 623266  
**2pm** Torridge Ramblers . 451820  
**Monday 18<sup>th</sup>**  
**10am-12pm** Appledore Community Art Group at Appledore Community Hall.  
**2pm** Bideford Ladies Club at Marlborough Court. 421925  
**7pm** Tai Chi at Bideford High Street Methodist Church Hall. 472532  
**7pm** Appledore Band Concert – training band followed by senior band at 7.45 on Appledore Quay. (St Mary's Ch. if wet)  
**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652  
**7.30pm** Appledore Amateur Radio Club, Appledore Football Social Club. 473251  
**Tuesday 19<sup>th</sup>**  
**10am-1pm** Lavington Church coffee and lunches  
**10.30am** Walking for Health. 421528  
**11.45am-12.45pm** Tai Chi at Northam Community Hall  
**2-3.30pm** Salvation Army 'Fun & Fellowship' Club meets at Baptist Hall.  
**2.30pm** 'Lift Off' for ladies at Westward Ho! Baptist Church. 425471  
**3pm** 'Reflections' Grief & Loss Group at St Mary's Church. 475765  
**6.30pm** Bideford Band Beginner's Group at Band Room. 475653  
**7.30pm** Hartland Chamber Orchestra at Stoke Church. 441690  
**7.30pm** Bideford & District Gardeners Club at Bideford Methodist Hall. 475914  
**7.30-9pm** Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk Palladium Club *Jam Night*  
**Wednesday 20<sup>th</sup>**  
**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, W Ho!  
**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.  
**10.30am-12pm** 'Feel Better with a Book' at Bideford Library  
**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528  
**11am-1pm** Creative (Memory) Café at Quay Meeting Rm, 5 Danver Court, Clovelly Rd Ind Estate. 07817976053  
**1.30-3.30pm** Knit & Natter Group at Holy Trinity hall, Westward Ho! 475720  
**4-6pm** Sew Together at Northam Library  
**7pm** Torridge Ramblers evening walk 451532  
**7.30pm** Two Rivers Wind Ensemble Rehearsal at Bideford Band Room  
**7.45pm** Bideford Phoenix Morris at Royal Exchange, Torrington  
**8pm** Torridge Male Voice Choir meets at Woolsey Village Hall. 441601  
**Thursday 21<sup>st</sup>**  
**10.30am** Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528  
**10.30-11.30am** Tai Chi, Marlborough Ct.  
**11am** Bideford Sustainability Group coffee morning at Café du Parc.  
**2-3pm** Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666  
**2-4pm** Holy Trinity Church, W.Ho! open  
**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.  
**7.30pm** Bideford Band Concert on W.Ho! Green (Baptist Church if wet)  
**7.30pm** Scottish Country Dancing at Westleigh Village Hall. 473801  
**8pm** Bideford Folk Club at Joiners Arms  
**Friday 22<sup>nd</sup>**  
**10am-12pm** Northam Reminiscence café at Northam Hall. 459337  
**2.30-4.30pm** Torridge Table Tennis Club at Bideford Youth Centre.  
**7.30pm** Bideford Band Concert at Lavington Church. 424982  
**7.45pm** Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309  
**8pm** Ceilidh Club at Northam Hall  
**Saturday 23<sup>rd</sup>**  
**7.30pm** Greg Hookway 'Greatest Hits of the Organ' at Stoke Church. 441690  
**Monday 25<sup>th</sup>**  
**10am-12pm** Appledore Community Art Group at Appledore Community Hall.  
**7pm** Tai Chi at Bideford High Street Methodist Church Hall. 472532  
**7pm** Appledore Band Concert – training band followed by senior band at 7.45 on Appledore Quay. (St Mary's Ch. if wet)  
**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652  
**8.30pm** N Devon Jazz Club, The Beaver, Appledore. Lee Gibson & Martin Dale Quartet. 421065  
**Tuesday 26<sup>th</sup>**  
**10am-1pm** Lavington Church coffee and lunches  
**10.30am** Walking for Health. 421528  
**11.45am-12.45pm** Tai Chi at Northam Community Hall  
**2-3.30pm** Salvation Army 'Fun & Fellowship' Club meets at Baptist Hall.  
**2.30pm** 'Lift Off' for ladies at Westward Ho! Baptist Church. 425471  
**6.30pm** Bideford Band Beginner's Group at Band Room. 475653  
**7pm** Torridge Ramblers evening walk 479473  
**7.30pm** Lions Club meet at Royal Hotel  
**7.30pm** Bideford Keyboard & Organ Club at Bideford Methodist Church Hall  
**7.30-9pm** Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk Palladium Club *Jam Night*  
**Wednesday 27<sup>th</sup>**  
**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, W Ho!  
**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.  
**10.15am** Probus Club at Royal Hotel  
**10.30am-12pm** 'Feel Better with a Book' at Bideford Library  
**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528  
**1-2.30pm** See Hear Bus at Tesco, ETW  
**2pm** Tea with Friends at St Mary's Church.  
**2-3.30pm** 'Bideford Friends' at Burton Art Gallery. 01805 622666  
**4-6pm** Sew Together at Northam Library  
**7.30pm** Two Rivers Wind Ensemble Rehearsal at Bideford Band Room  
**7.45pm** Bideford Phoenix Morris & Exmoor Border at Westward Ho!  
**8pm** Torridge Male Voice Choir meets at Woolsey Village Hall. 441601  
**Thursday 28<sup>th</sup>**  
**10.30am** Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528  
**10.30-11.30am** Tai Chi, Marlborough Ct.  
**2-3pm** Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666  
**2-4pm** Holy Trinity Church, W.Ho! open  
**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.  
**7.30pm** Bideford Band Concert on W.Ho! Green (weather permitting)  
**7.30pm** Scottish Country Dancing at Westleigh Village Hall. 473801  
**7.30pm** N Devon British Bike Club at Robin's Nest.  
**8pm** Bideford Folk Club at Joiners Arms  
**Friday 29<sup>th</sup>**  
**10am-12pm** Community Coffee Morning at Kingsley Hall, W Ho! 421274  
**10am-1pm** Summer Fayre at Lavington Church. 424982  
**10am-1pm** Lundy Art Group at Blue Lights Hall, Appledore  
**2pm** Dan Metcalf, children's author, at Northam Library. *Book on 475111*  
**2.30-4.30pm** Torridge Table Tennis Club at Bideford Youth Centre.  
**7.30pm** Appledore Band at opening of Appledore Summer Festival at St Mary's Church, Appledore  
**7.30pm** Jazz Concert by Alan Lewis Rarebits at Holy Trinity Church, W.Ho!  
**7.45pm** Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309  
**8pm** Ceilidh Club at Northam Hall  
**Saturday 30<sup>th</sup>**  
**10am-12pm** Bideford Band Coffee Morning & Sale at Band Rm, Victoria Pk  
**Sunday 31<sup>st</sup>**  
**3.30 & 7.30pm** Bideford Keyboard Organ Club Summer Spectacular at Devon Hall, Bideford College.