



BIDEFORD BUZZ



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



Happy Christmas and New Year to all our Readers



What's in this month's Double Issue Buzz?

- ◆ Christmas Concerts
- ◆ Bideford Late Night Shopping
- ◆ Bideford Light's Switch on
- ◆ When the Torridge froze, by Peter Christie
- ◆ Books to buy for Christmas
- ◆ New Year's Eve in Bideford
- ◆ *Plus our regular items*

Our front page picture is a unique Christmas card designed by Harry Juniper for Buzz.

Harry told me about his connection with Bideford Art School. He was taught by James Paterson who instructed all new students at the beginning of term to design a Christmas card.

James Paterson was an engraver, water colourist,

graphic designer, and Master Stained Glass artist. His windows can be found in churches in all parts of Devon and beyond.

He taught watercolour painting at Bideford Art School and many North Devon residents commissioned work from him, now among their most treasured possessions. Read more about Harry Juniper in this month's Burton News.

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 £25 per box per month. Cheques payable to Bideford Buzz Newsletter Group. All items for inclusion should be sent by the 11th of the month to the Editor, Rose Arno. Further information about us can be obtained from the Buzz on 01237 476549. 3,500 copies are 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. Mobile: 07929 976120. Web: www.bidefordbuzz.org.uk.

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Bideford Town Council

Christmas Concerts

The Appledore Singers

Christmas Concert in aid of Devon Air Ambulance

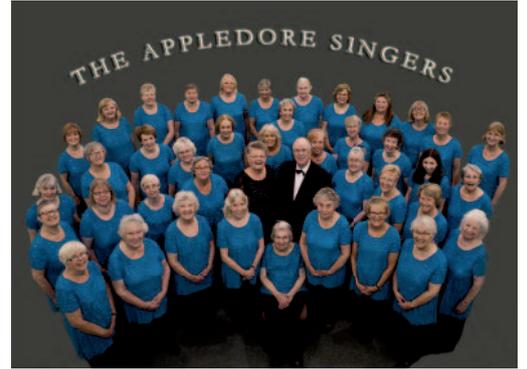
The Appledore Singers' Christmas Concert will take place on Sunday 17th December, 2.30pm at Northam Hall (top of Fore Street).

The Choir will delight the audience with arrangements of festive music – both traditional and modern - and, as always, there will be the opportunity for audience participation!

This year's concert will be in aid of Devon Air Ambulance – a very worthy cause – and all profits will go to the charity.

The afternoon's entertainment will also include our popular 'grand raffle'. All proceedings will be ably, and wittily coordinated by Anthony Chambers our compere and the choir, accompanied by Chris Beechey, will be conducted by our Musical Director, Pam Beechey.

Admission is £6 at the door (under 16s free), to include light refreshments. For further information contact Pam Beechey 01237 420652



The Annual Christian Aid Concert

This carol concert will be held at the High Street Methodist Church on December 5th at 7:00 p.m. The concert programme will be led by Mr Duncan Withall and Father Ralph Candy will give the appeal.

Bideford Town Band

invites you to their Christmas Concert Monday 4th and 11th December The Royal Hotel, Bideford 7.45pm. Tickets £6 To book, call Becky 01237 475653

A brilliant night of festive musical entertainment from local musicians.

Appledore Band

We have started the busy Christmas period, playing for the Lights Switch On in Appledore on 1st December, **RNLI Christmas Concert on 3rd December** at the Lifeboat Station, **Northam Schools Carol concert** on 16th December at St Margaret's Church and at Holy Trinity Church Westward Ho! for their Carol Concert on the 17th December. We are playing at the Durrant Hotel for their Turkey and Tinsel events, and on numerous dates during the month playing Carols outside Tesco, Sainsbury's, and Morrison's Supermarkets. See you there!

Northam Choral Society

The society presents its annual **Christmas Concert with Carols for All at St. Mary's Church, Bideford on Saturday December 2nd, starting at 7.30pm**. As well as offering an opportunity to enjoy extracts from Bach's Christmas Oratoria, accompanied by renowned organist David Robinson, this will provide a chance to preview St. Mary's Christmas Tree Festival, which is not officially open to the public until the following day. Tickets, priced £6.00, will be available from members of the choir and at Walter Henry's Bookshop, 12 High Street Bideford.

The choir will also be performing at the **Burton Art Gallery in Kingsley Road Bideford on Tuesday December 5th at 7.30pm**. Entry is free, but a collection will be made for the local charity, Families in Grief.

A wonderful opportunity to hear all six parts of Bach's Christmas Oratorio.

This glorious music will be conducted by John Hobbs, with Andrew Millington playing the organ, soloists Heloise West, Rebecca Smith, Paul Marty-West and Julian Rippon.

Saturday 16th December, 7pm, at Church of St Michael & All Angels, Torrington.

Tickets and information from Janet Sharp 01805 628262, or www.northdevonchoral.org.uk

Torrige Male Voice Choir Christmas Concerts.

Thursday 14th December: Appledore Inn, Bideford, 6-8pm,
Coach & Horses, Horns Cross, 9-10pm

Thursday 21st December, ASDA, Atlantic Village, 2-3pm
New Inn, Kilkhampton, 9-10.30pm

The Choir rehearses at Woolsery Community Hall on Wednesday evenings from 7.45-9.30pm. We would particularly welcome any prospective new members. There is no voice trial and an ability to read music is not necessary. website www.torridgemvc.co.uk



Bideford's Christmas

Christmas Light Switch On

Sunday December 3rd Join us in Bideford for a fantastic day full of Christmas Cheer. The event runs from 12-7pm with lots to see and do! Come and see the lights being switched on, visit Santa, meet the Reindeer, browse our winter market, join in the Santa Fun Run with the Children's Hospice ; street entertainment, live music, Christmas carols, children's rides, facepainting, firework spectacular - and much much more! The event will be held along Bideford Quay.

12pm: The Christmas Light Switch On event kicks off on Bideford Quay with entertainment for all the family. School choirs will take it in turns to perform on stage, and there will be fairground rides along the quayside between the Long Bridge and the Lundy office. Entertainers include balloon modelling, face-painting and stilt walkers.

3.30pm: The Children's Hospice South West annual Santas on the Run event will see the Quay awash with festive red, as hundreds of Santas take part in the 2km charity run. Santas can walk, jog or run the route and everyone who takes part will get a free Santa suit as well as a medal. Fundraising from the run helps to support the work of the hospice, which supports local children with life- limiting conditions.

5pm: The big light switch on will take place on the Quay; come along and take in the festive cheer as the town lights up.



Christmas Late Night Shopping

Tuesday 5th December.

The perfect opportunity to buy some unique gifts from the vast selection of stalls and shops in Bideford. Come along for a magical evening - something for all ages. As part of the event we will be holding a Window Display Competition and a Clue Trail where families can search for clues hidden in the shops.

intaGR8
a community Christmas festival

FREE Festive Lunch

Hosted by IntaGR8 & Youth Centre, Plus the Living Group

Bideford Youth Centre
(The Pill - Kingsley Road)

25th December from 11am

1:30pm - 3:00pm
Coffee and lunch at 1:30pm, followed by games and conversation until 3pm.

If you are alone this Christmas we'd love you to join us for food and good company with friends and volunteers. No need to bring anything - it's presence not presents that counts - but do please book as spaces are limited.

We also welcome extra volunteers. If you would like to donate food, gifts or time on the day please contact:
rachel@intagr8.net
01237 477363

Bideford Round Table
Santa Sleigh Routes
December 2017

Supported by **REDROW HOMES**

Friday 8 th	Abbotsham, Parkham & BB
Saturday 9 th	Westward Ho!
Sunday 10 th	East the Water #1
Monday 11 th	East the Water #2 & Lime Grove
Tuesday 12 th	Hartland & Woolsery
Wednesday 13 th	Clovelly Road
Friday 15 th	Moreton Park & Devonshire Park
Saturday 16 th	Yelland & Fremington
Sunday 17 th	Londonderry & College Park
Monday 18 th	Torrington #1 & Monkleigh
Tuesday 19 th	Torrington #2
Wednesday 20 th	Park Lane
Thursday 21 st	Northam
Friday 22 nd	Appledore

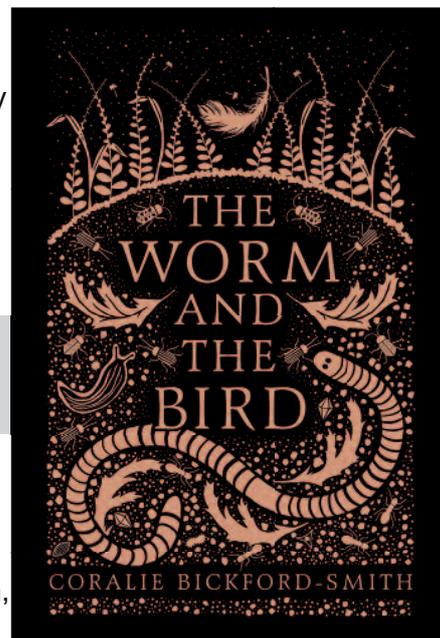
Live GPS tracking & route paths at
www.bidefordroundtable.co.uk

Book Buzz

Christmas Reads

Fans of John Le Carre (and George Smiley) will be pleased that he has a new book out, *A Legacy of Spies*. It is really Peter Guillam's story - he has been recalled from retirement to face questions about his conduct in Operation Windfall against East German Intelligence during the Cold War - but Smiley is very much present. *Origin* by Dan Brown will be high on many people's list and there are new novels too from Ali Smith (*Autumn*), Graham Swift (*Wish You Were Here*) and Nicci French (*Sunday Coming Down*) which is the penultimate book in the gripping series involving the psychiatrist Frieda Klein.

Among new cookery books is *The Road to Mexico* by Rick Stein to accompany the television series, *The Christmas Chronicles* by Nigel Slater and *The Hairy Bikers' Mediterranean Adventure*. For gardening enthusiasts *Down to Earth* by the much-loved Monty Don is full of useful tips. Particularly welcome are two new books on the photographer James Ravillious who lived and worked in North Devon, *The Recent Past*, which contains more of his photographs and *James Ravillious, A Life* by his widow, Robin. Christmas wouldn't be Christmas without a book by David Attenborough and this year it is *The Blue Planet 11*. And to keep those guests on their toes over the festive season how about *Bletchley Park Brain Teasers*?



'The advantage that a physical book has over an ebook is that it is good to hold and is very often a thing of beauty.'

This is certainly true of *The Lost Words*, a collection of verses by Robert Macfarlane on various objects of nature such as acorn, weasel, kingfisher. These are accompanied by wonderful illustrations by Jackie Morris and are intended to keep children in touch with the natural world. On a smaller scale and for younger children is *The Worm and the Bird* by Coralie Bickford-Smith, a beautifully illustrated book celebrating what lies beneath the soil and what flies above it. Philip Pullman's *La Belle Sauvage* is the first in a new series, *The Book of Dust*, about the early life of Lyra before she appears in *His Dark Materials*. And if you think you can put up with the noise, most young children would be delighted to receive Usborne's *The Recorder for Beginners* which comes with its own red recorder.

All these, and many more, are available from Bideford's independent bookshop, *Walter Henry's* in the High Street.

Hilary Aikman

Christmas At Bideford Library.

Friday 1st December Quiz Night 7-9pm 4.50 per person including glass of wine/cuppa, teams of up to 6 people, raffle prizes on the night.

Tuesday 5th Open until 8 with mulled wine and carol singers.

Saturday 9th 10-12 Christmas Coffee morning, Children's Gingerbread decorating.

Tuesday 12th 6.30 (for 7.00) Meet the Author Graham Hurley £2.00 ticket to include glass of wine.

Tuesday 19th December 6.15 - 7.00pm

Christmas Sleepy Heads - bring your Teddy, enjoy some Christmas stories, and sup up a hot chocolate. for children of all ages.

Saturday 15th 10 - 12 Write your letter to Father Christmas

Thursday 21 December 2017 7PM The Little Match Girl

£6 – adults £3 - children £15 - family (2 + 2) Bookings: www.librariesunlimited.org.uk/projects/up-events or call Bideford Library on 01237 476075

Light up a Life

This is an appeal by both local hospices, Children's Hospice South West, and North Devon Hospice, not only about raising awareness, but also celebrating the memory of those loved ones we have lost.

We have a **Light up a Life service at East the Water's The Bethel Church on Thursday 14 December starting at 7.00pm; St Mary's Church Appledore 10.30am Sunday 3rd December;**



Alison Murray's Creations

How better to celebrate Christmas than through the amazing work of Alison Murray. Alison's creations have involved knitters throughout the country to create the large scale designs such as the 'Tree', 'The Gingerbread House' (as shown) and 'The Winter Page' and many others. All have taken many many months to design, construct, sew and knit.

To date the Tree and House have raised £20,000 for the North Devon Hospice and £16,000 for Great Ormond Street Hospital for Sick Children. And since 2005 the touring of her work has raised altogether over £60,000 for national and local charities. Our photographs can give you an idea of her achievements but seeing them is a real Christmas treat.

Her books are available from High Rising Northdown Rd Bideford EX39 3LP or www.allknit.com



Neil Bennion

The Craft Market

This has been running since May in Westward Ho! We would like to share our success with your readers and thank all our visitors. We are a group of crafters who got together to start a craft market in Westward Ho!'s Baptist Church Hall. It ran through the summer on the first and third Wednesdays every month. Our initial group of twelve quickly expanded to over 20 regular and semi-regular crafters and artisans, plus another 10 casuals. Our pop-up café became very popular too! We ran a tombola each week with gifts and prizes donated by stall holders in aid of RNLI. We raised £209 with a fantastic turn out of locals, regulars and holiday makers. A big thank you to all of them! Although the market has finished for this year, all our crafters and artisans will still be busy at other local fairs over the next weeks. We will be returning for the **Westward Ho! Ho! Ho! Christmas Festival on 22 December, starting at 3.00.** •The craft market will be back again in May 2018.



Margaret Smith aka MagsBags

Buzz Byte

This month I thought we would start with buying a new PC or Laptop – The Do's & Don'ts.

1. **Do** have a clear idea of what you want the computer to do! I know this sounds silly but you'd be surprised how many people buying a new PC are still unsure what they are going to do with it! What programmes or software do you need the machine to run? Is it for business or pleasure? Are there other devices that need to be synced with it?
2. **Do** decide on a budget and try to stick to it.
3. **Don't** just buy a computer based on price. The main differences between on-line retailers and local shops, are price and service. A computer is a complicated piece of equipment, so be careful to not just buy the cheapest thing you find! Ask the question, is it such a good deal, what are the return/repair costs if it goes wrong and how long will I be without the machine? Does the company have a good track record for customer service? Did you get recommended by a friend or family member? If you have limited knowledge of computing then saving a few pounds buying on-line may come back to haunt you if they have little or no support! As with everything in life, you get what you pay for.
4. **Don't** be baffled into buying things you don't need! Some sales staff work on commission and will try and sell extras you may never use. If you don't know what it does, just simply ask, and say no if you don't want it. Don't be baffled by computer jargon.
5. **Don't** get caught out with illegal software. ALL computers bought (new or old) with Windows software require a license by law. This is normally a small rectangular sticker applied to the side of the PC, or on bottom of a laptop.

Happy Christmas Buzz readers

Nickie Joy

BIDEFORD CINEMA

Sunday 17 December at 4.00pm and 6.30pm at Kingsley School: **Justice League (12A) 120 mins**

Friday 22 and Saturday 23 December at 7.30pm at Kingsley School: **Murder on the Orient Express (15) 114 mins**

Friday 29 at 7.30pm, Saturday 30 at 6.30pm, Sunday 31 December at 2.30pm and January 1 at 4.30pm at Kingsley School: **Paddington 2 (PG) 103 mins**

Friday 5 at 7.30pm and Saturday 6 January at 4.30pm at Kingsley School: **Breathe (12A) 117 mins**

Saturday 6 at 4.30pm and Sunday 7 January at 6.30pm at Kingsley School: **The Death of Stalin (15) 107 mins**

Friday 12 and Saturday 13 January at 7.30pm at Kingsley School: **Professor Marston and the Wonder Women (15) 108 mins**

Friday 19 and Saturday 20 January at 7.30pm at Kingsley School: **Star Wars: The Last Jedi (ctba)**

Friday 19 and Saturday 20 January at Kingsley School: **Film(s) to be confirmed.**



Foster a dog and make a difference to a dog's life!

We are looking for dog lovers who live near to our Ilfracombe Rehoming Centre to look after dogs for us in their home on a short term basis. These dogs may be puppies, elderly dogs, dogs with injuries, mums with litters or perhaps just a dog that needs a break from kennel life. All equipment, food, support and advice will be provided by Dogs Trust. For more information please contact the Home from Home Coordinator: Call: **01271 812 709** Email: **hfhilfracombe@dogstrust.org.uk** Or visit us at: Dogs Trust Ilfracombe, Hazeldene, West Down, EX34 8NU

www.dogstrust.org.uk/fostering
Registered Charity Numbers: 227523 & 5037843



See Hear on Wheels
Equipment demonstrations, 'try before you buy' equipment 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
Kenwith Castle, Moreton Court & Griggs Close

Contact the **See Hear Centre**
Email: seeheard@livingoptions.org
Web: www.livingoptions.org
Tel: **01271 373236**
SMS: **07831 515809**

Registered charity No: 1102489



LOTTERY FUNDED

ROTARY CHRISTMAS FESTIVAL for Bideford
CAROLS & READINGS
North Devon Sinfonia
Thursday 7th December
St.Mary's Church, Bideford
Doors open at 6.30 pm Concert at 7pm
Refreshments

Free Entrance but collection in favour of CAREWISE (Bideford Young Carers) & HARBOUR (Homeless in Bideford)

Organised by the Rotary Clubs of Bideford, Bideford Bridge and Inner Wheel




New Year's Eve.

The free Children's party will be from 12 til 5 in Bideford Pannier Market, There will be rides on the Quay from 2, and food, with a bar later on in the evening. The entertainment on the Quay begins at 9pm til 2am.

Magical Moments starts with a free family party, with entertainment, bouncy castles and lots more by Phatdog Events, down on the Quay, fun fair rides and food will be running from 2pm till finish. The evening entertainment will begin at 9pm on the X Radio one road show with entertainment from our 3 comperes, Hopps, Chapple and Della Dunckley, music from DJ Phat dog; our bar is Flyby bar with Clear Water Brewery. After the count down we will have the lone piper followed by fire works from Sonic Fireworks and the party will finish at 2am. We are having no theme this year, but if you fancy dressing up, it would be awesome.

Things to try in January Bideford Phoenix Morris.

If you want to keep fit, learn something different, and have fun after a great Christmas, why not join Bideford Phoenix Morris when we meet again at the Baptist Church Hall, Mill Street in January. Contact Carolyn on 01237 473798

or info@bidefordphoenix.co.uk

Devon Libraries Home Library Service

A partnership between Devon Libraries and the Royal Voluntary Service. The Home Library Service delivers library books and audio books to people who through ill health, injury or disability cannot visit a library, or who are too frail to carry heavy books. **There is no charge for this service.** Specially trained and security checked Royal Voluntary Service volunteers discuss with you the sort of books you would like to read. There is a wide range of fiction to choose from – romance, thrillers, adventure; and information books on many popular subjects. Particular authors and titles can be requested free of charge.

Large print books and audio books are available for people with a visual impairment. The volunteer will choose books from a local library and arrange to deliver the books to the client's home every few weeks at a mutually convenient time. The volunteers always wear RVS identity cards when visiting. For those people who love reading or just browsing through books, but are often confined to their home, this free service offers a chance to have access to the library service as well as a visit from a friendly face on a regular basis. If you would like to join this much valued and immensely rewarding service as a volunteer, or if you would like to receive the service, please contact the RVS Service Manager, Jackie Cleaver, for further details. **Telephone:** 0778 663 5163 **Email:** jacqueline.cleaver@royalvoluntaryservice.org.uk or **contact Annie at Bideford library on 01237 476075**



Buzz Subscription

Why not give a subscription as a Christmas present and bring news of Bideford to your family and friends through the post? **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 per year. Postage is second class and you receive 11 issues including the Christmas Double Issue? This charge of £13, after costs, makes a small contribution to Buzz, but you may wish to increase this amount to support us further.

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

Mr./Mrs _____ First Name _____ Surname _____

Address _____

_____ Post Code _____ Telephone No _____

I am interested in posting Buzz abroad. How much would it cost ?



**CHRISTMAS AT
ST MARY'S PARISH CHURCH BIDEFORD**



- **CANDLELIT CAROL SERVICE**, followed by mulled wine and mince pies. **Sunday 17 December at 7 pm.**
- **NATIVITY SERVICE, Christmas Eve at 2 pm and 4 pm** (it's repeated: choose the time to suit you). Especially for families with young children. Children can come dressed up and join in with the Christmas story.
- **MIDNIGHT MASS, Christmas Eve, at 11.30 pm.** Traditional Eucharist, candlelight, carols and incense.
- **CHRISTMAS MORNING FAMILY COMMUNION WITH CAROLS at 10 am Christmas Day.**



Enquiries to St Mary's Church Office, 9 Church Walk, Bideford, EX39 2BP.
Tel: 01237 474078. www.stmaryschurchbideford.org

**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

**CHRISTMAS TREE
FESTIVAL**



Sun 3 December	2 - 8 pm
Mon 4 December	10 - 4 pm
Tue 5 December	10 - 8 pm
Wed 6 December	10 - 4 pm
Thu 7 - Sat 9 Dec	10 - 7 pm
Sun 10 December	2 - 4.30 pm:

*finishing with singing your favourite
Carols around the Trees at 4.30 pm*

Refreshments, including lunches

ST MARY'S CHURCH, BIDEFORD

(Just behind the Library by the old Bridge)

Come and see our beautifully lit Christmas trees, decorated by different organisations, schools, charities and shops from around Bideford.

In aid of
St Mary's
Project Appeal

Free
Entry



Help at Home

We offer older people a flexible service that can be tailored to suit individual needs. Options include:-

**Cleaning, laundry, changing bed linen,
light meal preparation and shopping.**

Call 01805 938537 for details



Ttvs Registered Charity No 1125142. Company limited by guarantee
Registered in England 6577677



HARBOUR BIDEFORD

Harbour Bideford is an open access facility welcoming those who are:-

- Homeless
- Experiencing poverty/exclusion
- Have poor mental health
- Have drug/alcohol problems

The Drop-in Centre provides a safe, non judgemental, non threatening environment – where people are accepted regardless of the circumstances.

Open between the hours of 10.00 until 1.00p.m.

Monday to Thursday – 7 Queen Street, Bideford



Sitting Service

We offer respite for carers by providing companionship and support for the people they care for.

This can be at home or on accompanied outings.

All staff are fully trained and DBS checked.

Call 01805 938537 for details

Ttvs Registered Charity No 1125142. Company limited by guarantee
Registered in England 6577677

**BY-THE-FORD
BUTCHERS & DELI**
TRADITIONAL FAMILY BUTCHERS

**Ian and Tina Robertson would like to thank
all their customers and wish them a Merry
Christmas and a Happy New Year**

78 High St, Bideford, EX39 2AA

Tel 01237 471521

Like us on Facebook

Buzz Word

Lost Shops

'I would like to add to the list my father's - Roy Hill's - shop. It was a DIY shop called '**Homecraft Supplies**' and it was located at the bottom of Cooper Street - looking up the street, it was on the left-hand side at the bottom. For many years Dad employed a shop assistant whose name was Tony. What was once the shop window is boarded over now, and my Dad's former premises swallowed up in what I think is another business.

It was a small shop packed full of all sorts of DIY items in the front, leading to a small area at the back where wood was cut to size. A sliding door closed off a tiny space in the corner of the front of the shop which served as my Dad's office, with just enough room for a chair and a desk holding the black phone and old-fashioned (now) type-writer. A rickety set of stairs in the wood-cutting area led upstairs to a small toilet and a type of store-room which wasn't really used. In fact the floor up there never seemed that stable. A tiny cobwebby upstairs window looked out onto the street.

I can never walk by the former 'Homecraft Supplies' without picturing the shop and inside there my Dad and also my Mum, Wenna Hill, who used to help out a couple of afternoons a week. And I can still conjure up that wonderful smell of cut wood'.

Liz Hill

lizhill@club-internet.fr

Bideford Rotary Water Festival Funds Available

The Rotary Club of Bideford would like to invite applications from local charitable organisations and individuals "in need" for the remaining funds collected at last year's Water Festival and Cardboard Boat Regatta. Following a hugely successful day last July, President Jacquie Willoughby said, "Over £6000 was raised by local people for local people at this great family day out. The Rotary Club of Bideford would like to distribute the remaining funds as we have already started planning next year's event." Apply in writing (stating clearly what the money would be used for and why you think your case is a deserving cause) to **Rtn M. Palmer, c/o The Royal Hotel, Barnstaple Street, Bideford, EX39 4AE**

Foetal Alcohol Spectrum Disorder

Drinking during pregnancy can cause damage to the developing foetus. The impact on the unborn child caused by drinking alcohol in the first trimester of pregnancy is more widely known, particularly the physical features associated with Foetal Alcohol Syndrome. However, there can be detrimental impact on the development of the child by alcohol at any stage of the pregnancy and particularly during the final trimester where there is a lot of developmental focus on the brain. This can affect the child in a range of ways, even if they do not look as though there has been impact, hence FASD is often called 'the invisible disability'. This can include a wide range of behavioural and learning difficulties which often leave the child feeling frustrated and different, and their families and carers struggling.

FASD Trust Link Group for Devon

A group of affected parents have come together to set up a group for Devon. There are plans to hold at least 4 gatherings a year, located in Barnstaple, with the first meeting, a 'get to know us' coffee morning, taking place on **20th January 2018**. If you are interested in learning more, please email Alana Smith, Voluntary Link Co-ordinator, Devon at fasdlinkcoordinatordevon@outlook.com.

Everyone needs a home

Bideford Men's Shed 'the little white shed' is looking for a new venue. Do you know of a space, an empty shop, large garage or shed, part of an empty building? Even if it's run down the *Shedders* can fix it up. However unlikely, it could be a kick start for this important and exciting project. Please contact Pete Gillett 01237 472456 email pjgillett@gmail.com Lynda Ramsay email lyncarolramsay@gmail.com



One hundred years ago – December 1917/January 1918

Christmas is coming and in spite of the War, Bideford plans to celebrate the season. The Christmas Market will take place on Friday 21st December. Coles and Lee, trading from the Gazette Office, suggest that handbags make excellent presents, as do wallets, photo cases and pocket books. Prices range from 1/3d to 3/8d, (*which would be about £130 today.*) Mrs Karlake of London House offers picture books “for the little ones, who must be remembered” and mufflers for soldiers and sailors.

On the food front, Bideford Guardians will increase out-relief for Christmas week; adults will receive 1/6d instead of 1/- and children 1/- instead of the usual 6d. Extra Christmas fare will be provided for the residents, but due to Food Control regulations they would have to do without the usual puddings.

Farleigh’s Stores have received a “very choice” parcel of Government flour, priced at 1/4d for a 7lb bag. They also advertise tinned salmon, which at 1/2d a tin is equal in nutrition to 2/6d worth of meat. The retail price of butter is fixed at 2/4d (weight not specified) and sugar is still strictly rationed.

At Lavington Chapel’s Sale of Work, War Ration Tea will be served at 6d each. The opening ceremony will be performed by the Mayor, Councillor A R Adams.

In other news, Mr Kelly, headmaster of Langtree School, would like to set up a library and appeals for books suitable for juvenile reading. Gifts to the various local hospitals in December include some unusual items – a football, hot-water bottles, pillows with cases and brawn.

On the farming front, Army horses are now in the district and available for ploughing – the ground is very wet and tractors are struggling.

January begins with a screening of Charlie Chaplin’s new film “The Immigrant” at the Palace Cinema.

Bideford Municipal Science, Art and Technical College offers a wide range of courses for the new term including pottery, chemistry, magnetism and electricity. A class for embroidery will be opened if sufficient numbers join. Bideford Grammar School’s next term will begin on 10th January, with Edgehill following on the 15th. Mrs Frank Braund’s elocution classes recommence on 25th January at Friendship’s Hotel.

Stewart & Co. 52 & 56a Mill Street are holding a remnant sale over two days. Mr J Woolf of Barnstaple Street, who attends the Pannier Market on Tuesdays and Saturdays, advertises for 1000 rabbits, any number of new laid eggs – and moleskins. We believe the moleskins were used inside shoes to prevent blisters and also by plumbers. Does anyone know of other uses?

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 or visit our website www.bidefordarchive.org.uk.

The Archive volunteers wish all Buzz readers a good Christmas and New Year. We look forward to helping you with your research in 2018.

Devonshire Association Programme

Friday 8th December 2017, 2.00pm at the Burton Art Gallery: Stephen Hobbs “Give a man a scanner - Hartland Digital Archive As originator of Hartland Digital Archive and Hon. Archivist Hartland Abbey he will describe his project in Hartland, the largest parish in Devon, and the farthest from a Railway with an extensively documented history. This has now been opened up to researchers via an extensive digital project, but did it go as planned? He will give an overview of the project and its spinoffs.

Friday 19 January 2018, 2.00pm at the Burton Gallery: *Speaker to be confirmed.*



Freezing

In this age of man made global warming it is unlikely that we will see a repetition of what occurred in Bideford in 1894-5 and 1963. Simply put this was the freezing over of the River Torridge around the Bridge. Both of these happened during a prolonged period of extremely cold weather but the impacts were very different.

The first, shown here in two contemporary photographs, saw headlines in the *Bideford Gazette* which read 'Distress in Bideford – A relief committee formed.' Many men worked in outdoor occupations and the long period of frost and snow saw many thrown out of work and in 'distress'.



In response the Mayor and rector hosted a meeting to seek subscriptions to provide soup to families said to be 'on the verge of starvation'. The *Gazette* reports the sums donated by the councillors present which ranged from 52p to £5. Further money came in over the next few days – enough to open a daily Soup Kitchen at the Music Hall in Bridgeland Street, with a second kitchen opening at East-the-Water every other day and another at Old Town operating on alternate days. In addition Messrs How & Co. announced the distribution of several tons of coal to the poor.

A week later the *Gazette* could report 'From all quarters little children were converging upon the Music Hall; some carried little jugs, and others swung empty cans, some were warmly clad, many, alas, were thinly clad, but all looked hungry, and there was an anxiety in the eyes of some of the little mothers as they hurried along Bridgeland Street, lest the soup should hold out until their turn came.'

Eventually some £120 was collected and spent on soup this being enough to tide the poor over the worst effects of the cold snap.



Compare this to the freezing up of the Torridge in 1963 – shown in the photograph below. No-one was starving and no soup kitchen was required – but the Bridge Trust did employ a large group of unemployed men to break up the larger ice floes piled up against the Bridge piers in order to protect the arches from damage. Unfortunately the damage that was caused was later blamed for the collapse of the two westernmost arches five years later. This could never be proved, of course, but suffice to say it seems unlikely that the Bridge and Bidefordians will experience another cold period so extreme that the river freezes over – but we will see.



Peter Christie

Shipping Review of the year

The year has been very quiet at all three sites. ; the main thing to happen this year is the new business for Yelland with the **Deo Gloria** doing various voyages to the dredging ground off South Wales. We hope that it proves worth while and the cows produce a lot more milk for the farmers. The other main change is the appointment of a new harbour master for Bideford with the retirement of Capt Hoad.
Norman(Nataly - arrived at Yelland 12/9/17)

Shipping News is on the next page.



Felicity's Sustainable Fish -December

As part of the November Herring Month we have been turning Appledore and Bideford into Kipperland! Many people who have come to the stall have asked me about the different smoked versions of Clovelly Herring that are so plentiful in December and November. Traditionally the herring would be smoked to eat through the winter months, so I have added a very simple recipe for Kippercakes that can be made in a batch and use for quick delicious breakfast or supper.

Here are all the types of smoked herring we will be selling on our stall at Appledore Christmas Event on Friday 1st December 10.00-2.00pm and 4.-6.00pm and Bideford Pannier Market at the Charter Market on Saturday 2nd December 9.00-3.00pm ; more info on **Appledore Sustainable Fish facebook**.

Kippers – Split and cold smoked Clovelly herrings either whole on the bone or boned, all vacuum packed. Bloaters -Cold smoked whole fish Requires short cooking time. Vacuum packed.

Bucklings - Hot smoked Clovelly herring whole fish smoked ready to eat-Vacuum packed.

Cold smoked cured kipper fillets, Ready to slice thinly and ready to eat. Vacuum packed.

Red Herrings smoked whole and the kiln for at least a week! Vacuum packed, ready to combine into a fish dish!

The simplest way to cook our Clovelly kippers is to Jug them in a modern way-

1. Remove the kippers from the packaging and place the kippers - boned or whole in the bottom of cooking pot with a close-fitting lid.
2. Pour boiling water over the fish until they are totally submerged and replace the lid ,thus trapping the steam.
3. Leave to steep for 5-15 mins-depending on size, turning over if the kippers are large - most Clovelly kippers will only require 10 mins.
4. Remove from hot water and pour away this water in the drain outside -to stop the fish smell in the kitchen/house.
5. Dress the kippers with a knob of butter, a squeeze of lemon and freshly ground pepper. Eat with brown bread-fresh or toasted and a squeeze of more lemon - Delicious!

Mackerel or Kipper Cakes

Serves 4

Ingredients

455g kipper or smoked mackerel fillets, fresh or defrosted, skinned

Beaten egg.

Worcestershire sauce

170g fresh breadcrumbs

Lemon

Method

Preheat grill.

Place fillets into a food processor or blender. Process or blend until finely flaked.

Stir in egg, dash Worcestershire sauce and breadcrumbs.

Divide mixture into 8 pieces and shaped into 5cm rounds. Chill for 10-15 minutes.

Cook under low grill for 8-10 minutes turning once.

Garnish with lemon and serve with salad and tomato and onion relish.

Excellent breakfast dish ; recipe from Seafood Kitchen





SHIPPING NOTES



Shipping at Bideford

Oldenburg was due to sail from Bideford 14th November for drydocking at Sharpness, but it has been delayed due to faulty lock gates at Sharpness.

Shipping at Appledore The launch of the **LE George Bernard Shaw** is due to take place in the Spring of 2018

Bristol Channel Observations

11.10.17 at 19.00 cargo vessel **Notos** 8049 tons d.w., owners Sykron GMBH Co K.G Germany, outward bound from Newport, having sailed at 11.53.

12.10.17 at 05.48 cruise ship **Marco Polo** 22080 gross tons, owners Cruise and Maritime Voyages UK inward bound for Avonmouth (Although still dark all cruise ships have their deck lights on during the night and she was the only passenger ship in the area and was easy to identify via Marine Traffic AIS system). At 18.29 container vessel **MSC Sophie** 43600 tons owners Navigio Co SA Switzerland outward bound from Portbury, having sailed at 14.16.

13.10.17 at 18.04 vehicle carrier **Bosphorus Highway** 18792 tons d.w., owners Kawasaki Kisen KK Japan, outward bound from Portbury having sailed at 13.12.

17.10.17 at 10.45 cargo vessel **Arklow Bank** 8565 tons d.w., owners Glenthorn Shipping Eire outward bound from Avonmouth having sailed at 06.35. At 13.06 vehicle carrier **Emerald Leader** 10819 tons d.w., owners Nippon Yusen Kaisha Japan, outward bound from Portbury, having sailed at 08.31. At 13.24 container vessel **Vega Philipp** 10750 tons d.w., owners Vega Philipp Schiffahrts Germany, outward bound from Avonmouth having sailed at 08.42. At 13.27 tanker **Eken** 13072 tons d.w., owners Turus Shipping Ltd Sweden, having sailed from Avonmouth at 07.31.

20.10.17 at 11.36 vehicle carrier **Jasper Arrow** 12105 tons d.w., owners Ray Car Carriers Israel inward bound for Portbury.

25.10.17 at 16.14 cargo ship **H & S Fairness** 2980 tons d.w., owners Biesborch Shipping Netherlands, outward bound from Birdport having sailed at 10.21. At 17.42 vehicle carrier **Leo Leader** 22733 tons d.w., owners Nippon Yusen Kaisha Japan outward bound from Portbury having sailed at 12.47 hrs.

26.10.17 at 08.30 tanker **Oramalia** 6863 tons d.w., owners Malia Shipping B.V. Netherlands, outward bound from Portbury, having sailed at 02.45.

27.10.17 at 07.50 bulk carrier **Nimertis** 28396 tons d.w. owners Iris Shipping and Trading Co Greece inward bound for Newport. (Seen again 4.11.17 having sailed from Newport at 05.46.) At 08.49 vehicle carrier **Neptune Aegli** 6580 tons d.w., owners Aegli Shipping Co Ltd Greece, inward bound for Portbury.

28.10.17 at 17.57 vehicle carrier **Global Highway** 20685 tons d.w., owners Kawasaki Kisen K.K. Japan, inward bound for Portbury.

29.10.17 at 07.43 tanker **Stolt Greenshank** 4350 tons d.w., owners Stolt Tankers BV Netherlands, inward bound for Barry. At 08.29 cargo vessel **Swedica Hav** 2276 tons d.w., owners Hav Ship Management AS Norway, outward bound from Birdport, having sailed at 01.04.

31.10.17 at 19.55 the cruise ship **Marco Polo** 22080 gross tons owners Cruise and Maritime Voyages UK inward bound for Avonmouth.

1.11.17 at 10.23 vehicle carrier **Theben** 23786 tons d.w., owners Wallenius Wilhelmsen Norway and Sweden, inward bound for Portbury.

2.11.17 at 07.16 cargo vessel **Wilson Dunkirk** 3850 tons d.w owners Wilson SA Norway inward bound for Birdport. At the same time the tanker **Ek Star** 13780 tons d.w., owners Turus Shipping Ltd Sweden, inward bound for Avonmouth. (Seen again 4.11.17 at 09.47 having sailed from Avonmouth at 04.41.

4.11.17 at 09.21 **Jinsei Maru** 17914 tons d.w, owners Nippon Yusen Kaisha of Japan, outward bound from Portbury, having sailed at 04.50. At 09.56 tanker **Stolt Cormorant** 5498 tons d.w, owners Stolt Tankers BV Netherlands, inward bound for Barry.

6.11.17 at 07.31 cargo vessel **Fri Kvam** 4909 tons d.w., owners Fri Kvam AS Norway inward bound for Newport. (Seen again outward bound 9th at 16.47, having sailed at 10.53.) At 07.55 hrs bulk carrier **Kai Xuan** 51599 tons d.w, owners Hai Kuo Shipping 1355 Ltd Norway, inward bound for Portbury. At 10.26 vehicle carrier **Ciudad de Cadiz** 3500 tons d.w., owners Anja 2 SNC France, inward bound for Portbury. (Seen again on 7.11.17 at 1.45, having sailed from Portbury at 11.28.) At 10.31 cargo vessel **Scot Mariner** 3300 tons d.w., owners Scotline UK, inward bound for Newport.

8.11.17 at 12.59 container ship **MSC Sophie** 43600 tons d.w., owners Sophie Naviera Co SA Switzerland, outward bound from Portbury having sailed at 08.36.

10.11.17 at 08.40 cargo vessel **Voornedijk** 4891 tons d.w., owners Voornedijk B.V. Netherlands outward bound from Sharpness at 22.39 9th.

Any readers travelling on the A39 between 6th and 10 November towards Bude may have seen the aircraft carrier **HMS Queen Elizabeth** on her sea trials ; at the time of going to press I am not sure how long the Navy will keep her in the area. Quite a few pieces of the vessel were constructed at Appledore, including the bulbous bow.

As this is the last shipping page of the year I would like to take the opportunity to wish all readers a Happy Christmas and a Prosperous New Year. Norman 01271 861183

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THE APPLEDORE SINGERS
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News from the Burton Art Gallery and Museum

There's a lot going on at the Gallery in December and January. **The Open Annual Christmas Exhibition** continues every day until the 23rd December. The variety of work submitted and selected for this exhibition never ceases to amaze and delight. Artists come from all over our region, keen to exhibit their work in our gem of a Gallery. The high standard of artwork is always appreciated, and all media are in use, from ceramics to textiles, sculpture, wood and metal craft, oils, watercolours and acrylics, and often something quite unusual has been chosen to get us talking. Stewards are there to help if you wish to purchase a piece of work, and there is a very special raffle prize, a beautiful Juniper lidded pot, truly an antique of the future, for some lucky patron to win! We thank Sue, Harry and Nick Juniper for their generosity. (see *Harry's Christmas card on Page 1.*)

From 9th December, a selection from the Burton's **Permanent Collection** will be on display. These paintings by many famous artists, such as Clausen, E. Aubrey Hunt and Hubert Coop, were donated when the Gallery was opened in 1951. Works by contemporary artists have been added over the years, either purchased by the Friends, or donated from private collections, so much so that storage is becoming a problem. No doubt there will always be more works of art donated in the future so an extension to the Gallery is much needed.

If you would like to know more about the works on show, Warren Collum, Collections Manager, will be ready to tell you their story at 2pm on December 9th.

Cary Akroyd is a renowned painter printmaker, and her work is bright, colourful, intriguing, fascinating – but all those adjectives hardly do justice to her exciting prints. You will find a lot of books and cards by Cary in the Gallery Shop, and soon get to recognise her style. We are fortunate that she is bringing an exhibition of her work to the Burton in January, and on the **13th** she will be there to take you through all the processes that go to make a print. You will be surprised when you see just how many there are, and Cary's enthusiasm shows in all her works.

In the Shop throughout December you will find that special gift for a friend, or family member, or child. There is so much to choose from: calendars, books for all ages, art books, Christmas trivia, cards, toys to make up on Christmas Day, stocking-fillers, aprons, tea-towels, board games, jewellery, and much more. Have a happy time choosing!

The Cafe du Parc is popular and that's because they serve such delicious food. The Museum and Ceramic Collection on the first floor provide a quiet place to wander and learn something about Bideford's past.. The Craft Gallery is packed with unique artwork of all kinds, if you need something special for that special someone.

Admission is free. Opening hours: Mon-Sat: 10-4, Sunday: 11-4. Happy Christmas and New Year!

Diana Warmington,
Friends of the Burton.

Bideford Pannier Market - open Tuesday to Saturday

The Pannier Market will be open for the Xmas Christmas light switch on on **Sunday December 3rd** and also for Bideford's Late Night Shopping on **Tuesday December 5th** – remember this is the ideal shopping venue for unique and individual gifts made by local artisans

On **Saturday 2nd December at 10.20am** we have the annual Signing of the Lease Ceremony attended by all the local councillors – free wine and mince pies – make sure you come along

We have not at yet had any details of any entertainment for the Christmas period but there invariably will be some on the Saturdays leading up to Christmas. Please keep your eyes peeled for local posters or check on facebook. **There will also be family entertainment during the day 10 -5 on New Year's Eve.**

Please remember and spread the word that the FREE bus service from Victoria Park operates every Saturday through to the end of January 2018 -This is available to both locals and tourists

If you are a trader and looking for a place to trade 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. You won't find cheaper pitch fees.

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

All these local traders are the perfect place for your Christmas shopping – buy the unusual – beats the big department stores any day

Trev (Minxy's Sweets)

YOUTH PAGE

When do we know it's Christmas?

The transition of Autumn into winter is always atmospheric, the smell of leaves in the air and the closing nights. I am one of the few people who seems to prefer this time of year, not only for the atmosphere but for the weather. Whilst summer is enjoyable in its own way (when it stops raining) you cannot deny that the evenings in the warm, drinking hot chocolate under a blanket are not one of the highlights of the year.

Aside from the growing panic of presents, decorations and trying to get the whole family where they are supposed to be at the correct time, an almost impossible task I might add, there is a certain tranquillity that can only be found at this kind of year, the cold mornings that feel almost as if time is standing still, the peace before the birds have woken up and the dew that almost appears suspended on the grass. But despite how busy everyone seems to be, there is always a feeling of comraderie at this time of year. The shared joy when John Lewis release their Christmas advert, the excitement for the switching on of Bideford's Christmas lights, on Sunday December 3rd, and late night Christmas shopping at Bideford and Atlantic Village make it hard to dislike this time of year.

But, as always, the question that we ask every year is; when is too early to start being festive?

And so here is a short checklist of ways to know it's nearly Christmas:

- 1) You have played Mariah Carey's All I Want For Christmas at least 20 times (A much loved and possibly overplayed classic)
- 2) The Christmas adverts start (although there are companies for which this means late October so I am unsure)
- 3) Brass bands appear everywhere playing Carols (again though, we have been doing this for a while already)
- 4) Bideford and Barnstaple turn on their Christmas lights (a much more reliable way of knowing)
- 5) You have seen at least 3 people dressed as Father Christmas in the street (sounds odd I know but I have seen 2 already with no apparent context for such clothing choices)
- 6) People like me write articles about Christmas (it's inevitable)
- 7) Santa hats become an acceptable clothing choice (if I had one I would be wearing it already)
- 8) Christmas films (that will undoubtedly clash in timing)

9. The panic that sets in when you realise you have probably forgotten something (hence the creation of late night shopping)

10. You stop shaking your head and saying "its too early for this" whenever you see Christmas displays in shops (however this is subjective)

So there it is, a definitive list of ways to know it's Christmas, written by someone who has no idea themselves. This time of year means different things to everyone, some love it and some can't wait for spring, but whichever one you are have a good month and make some memories.



Lucy Braund

New kit for U12s football team

Bideford Blues and Appledore Junior FC U12s are celebrating after receiving a new kit.

The kit was presented to members of the team by electricity company Western Power Distribution (WPD). Shaun Clemmet-Jones, who works for WPD in Barnstaple, enquired about the sponsorship on behalf of retired Linesman Alan Doodson, whose grandson plays for the team.

Shaun said: "It's such a generous donation and the team are so pleased with their new kit. It's great that WPD provide this kind of support."



December / January Diary

Friday 1st

10am-4pm Cards for Good Causes at St Mary's Church (until 13th)

2-4pm Sew Together at Westward Ho! Baptist Church 01805 622666

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

7.15pm Appledore Christmas Lights switch-on with Appledore Band on Appledore Quay

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

8pm Ceilidh Club, Northam Hall 476632

Saturday 2nd

7pm Film Club at Littleham Village Hall 471928

7.30pm Northam Choral Society Concert at St Mary's Church, Bideford **7.30 - 11pm.** Christmas Barn Dance. Northam Hall, Caller John Blackburn. 01237 476632.

Sunday 3rd

12-7 Bideford Christmas Light Switch on on Bideford Quay.

2pm Carol Service with Appledore Band at RNLI, Appledore

Monday 4th

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

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

7.45pm Bideford Band Carol Concert at Royal Hotel, Bideford. 475653

8.30pm N D Jazz Club at The Beaver, Appledore – Dave O'Higgins Quartet.

Tuesday 5th

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, Sea Cadet Bldgs

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

7pm Christian Aid Concert at Bideford Methodist Church.

7.30pm Northam Choral Society at Burton Art Gallery.

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

7.30pm Bideford Sustainability Group at Blacksmiths Arms

7.30-9pm Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk

Wednesday 6

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

1.20-2.10pm Mother & Baby Fitness Class every Wednesday at Weare Giffard Village Hall. 07884232308

1.30-3.30pm Knit & Natter Group at Holy Trinity hall, Westward Ho! 4757

2pm Bideford Library Readers' Group. 476075

4-6pm Sew Together at Northam Library

6-7pm Zumba Class at Weare Giffard Village Hall every Wednesday. 07884232308

7-9pm Bideford Sew Sociable at Lavington Church rooms, Willett St.

7.30pm Bideford Folk Dance Club meet at Northam Hall. 423554

7.30pm Lions Club meet at RND Golf Club, Westward Ho! Visiting Lions welcome.

7.30pm Bideford Music Club at Bideford Methodist Hall 423112

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

Thursday 7th

10am-12pm See Hear on Wheels bus at Hartland Pavilion

10-11 & 11-12 Tai Chi, Marlborough Ct.

10.15am Northam Men's Forum at Northam Methodist Hall. 459324

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

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

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

2.15pm Thursday Fellowship at Northam Methodist Hall. 421956

6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990

7.30pm Appledore Men's Group at Appledore Library Meeting Rm. 425427

8pm Bideford Folk Club at Joiners Arms

Friday 8th

10am-12pm Free Community Christmas Coffee Morning, Kingsley Hall, W Ho!

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

7.30pm Abbotsham WI in Village Hall

7.30pm Bideford Machine Knitting Club at Chubb/Churchill Comm. Hall. 477532

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

8pm Ceilidh Club, Northam Hall 476632

Saturday 9th

10am-4pm Christmas Tree Festival at St Margaret's Church, Northam

10.30 - 12 .30 drop in Christmas crafts at Northam Library

2-4pm Bideford Creative Writing Group at Bideford Library. 700901

7.30pm Two Rivers Wind Ensemble Christmas Concert at Lavington Church

Sunday 10th

2-4pm Christmas Tree Festival starts at St Margaret's Church, Northam

Monday 11th

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

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

7.45pm Bideford Band Carol Concert at Royal Hotel, Bideford. 475653

Tuesday 12th

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.

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

Wednesday 13th

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 Ch.

2-3.30pm Memory Lane – reminiscence group at Bideford Library

1.45-2.45 Northam Library Have We Got News for You! - Newspaper Discussion group 475111

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

2-4pm See Hear on Wheels bus at Tesco, East-the-Water.

4-6pm Sew Together at Northam Library

7-9pm Bideford Sew Sociable at Lavington Church rooms, Willett St.

7.30pm Bideford Folk Dance Club meet at Northam Hall. 423554

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

Thursday 14th

10-11 & 11-12 Tai Chi, Marlborough Ct.

10.15am Northam Men's Forum at Northam Methodist Hall. 459324

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

2pm St Mary's Parish Church Tea with friends.

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

2.15pm Thursday Fellowship at Northam Methodist Hall. 421956

6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990

8pm Bideford Folk Club at Joiners Arms

Friday 15th

10am-12pm Northam Reminiscence café at Northam Hall. 459337

10am-12pm Families for Children Adoption Agency meeting at Garden Flat, Castle Hill Estate, Filleigh

10-12. join the Friends of Northam Library for mulled wine and mince pies and some carol singing

2-4pm Sew Together at Westward Ho! Baptist Church 01805 622666

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

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

8pm Ceilidh Club, Northam Hall 476632

Saturday 16th

10.30 - 12 .30 drop in Christmas crafts at Northam Library 475111

3.30pm Appledore Band - Carols with schools at St Margaret's Ch, Northam

Sunday 17th

1.30pm Torridge Ramblers walk 01805 625485

2.30pm Appledore Singers Christmas Concert at Northam Hall, 420652

3pm Appledore Band's Candlelight Carol Concert at Holy Trinity Ch. W, Ho!

Monday 18th

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

2pm Bideford Ladies Club at Marlborough Court. 421925

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

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

7.30pm Appledore Amateur Radio Club, Appledore Football Social Club 472532

Tuesday 19th

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

10am-1pm Lavington Church coffee, lunches

December / January Diary

- 10.30am** Walking for Health. 421528
11.45am-12.45pm Tai Chi at Northam Community Hall
1.30-3.30pm Knit & Natter Group at Holy Trinity hall, Westward Ho! 475720
2-3.30pm Salvation Army 'Fun & Fellowship' Club at Baptist Church Hall.
2.30pm Lift Off for Ladies at Baptist Ch., W.Ho! Carol Service followed by tea. All welcome.
2.30pm St Mary's Parish Church Reflections
7-9pm Torridge Tuesdays Women's Club, Ethelwynne Brown Close 1 07977184897
7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391
Wednesday 20th
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
7-9pm Bideford Sew Sociable at Lavington Church rooms, Willett St.
8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601
Thursday 21st
10.30am Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528
10-11 & 11-12 Tai Chi, Marlborough Ct.
10.15am Northam Men's Forum at Northam Methodist Hall. 459324
11am Bideford Sustainability Group Coffee Morning at The Old Custom House café. 475375
1-2.30pm Fish & Chip Club for over 60s at Royal Plaice, Appledore. 471394
2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666
2.15pm Thursday Fellowship at Northam Methodist Hall. 421956
6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990
8pm Bideford Folk Club at Joiners Arms
Friday 22nd
10am-12pm Coffee, Craft & Chat at Old School Rm, 17 Atlantic Way, W Ho! 421274
10.30 - 12.30 drop in Christmas crafts at Northam Library
2-4pm Sew Together at Westward Ho! Baptist Church 01805 622666
2.30-4.30pm Torridge Table Tennis Club at Bideford Youth Centre
3pm Westward Ho! Ho! Ho! Christmas Festival at Baptist Hall, Westward Ho!
7.45pm Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309
8pm Ceilidh Club, Northam Hall 476632
Saturday 23rd **10.30 - 12.30** drop in Christmas crafts at Northam Library
Sunday 24th - CHRISTMAS EVE
Monday 25th - CHRISTMAS DAY
Tuesday 26th - BOXING DAY
12-3pm Barbecue at Clovelly
Wednesday 27th
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
2-3.30pm 'Bideford Friends' at Burton Art Gallery. 01805 622666
4-6pm Sew Together at Northam Library
8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601
Thursday 28th
10.30am Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528
10-11 & 11-12 Tai Chi, Marlborough Ct.
2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666
2.15pm Thursday Fellowship at Northam Methodist Hall. 421956
6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990
8pm Bideford Folk Club at Joiners Arms.
Friday 29th
10am-1pm Lundy Art Group at Blue Lights Hall, Appledore
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 30th
Sunday 31st - NEW YEAR'S EVE
JANUARY 2018
Monday 1st - NEW YEAR'S DAY
Tuesday 2nd
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, Sea Cadet Bldgs
2-3.30pm Salvation Army 'Fun & Fellowship' Club meets at Baptist Hall.
2.30pm Lift Off for Ladies at W.Ho! Baptist Ch. Speakers & cuppa 425471
6.30pm Bideford Band Beginners Group at Band Room 475653
7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391
7.30pm Bideford Sustainability Group at Blacksmiths Arms
7.30-9pm Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk
Wednesday 3rd
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
7-9pm Bideford Sew Sociable at Lavington Church rooms, Willett St.
7.30pm Bideford Phoenix Morris meet at Bideford Baptist Church. 473798
7.30pm Lions Club meet at RND Golf Club, Westward Ho!
8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601
Thursday 4th
10.30am Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528
10-11 & 11-12 Tai Chi, Marlborough Ct.
2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666
2-4pm Sew Together at Westward Ho! Baptist Church 01805 622666
2.30-4.30pm Torridge Table Tennis Club at Bideford Youth Centre
7.45pm Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309
8pm Ceilidh Club, Northam Hall 476632
Friday 5th
2-4pm Sew Together at Westward Ho! Baptist Church 01805 622666
2.30-4.30pm Torridge Table Tennis Club at Bideford Youth Centre
7.45pm Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309
8pm Ceilidh Club, Northam Hall 476632
Saturday 6th
7pm Film Club at Littleham Village Hall 471928
Sunday 7th
3pm Bideford Music Club at Bideford Methodist Church - Nicholas Morton
Monday 8th
10am-12pm Appledore Community Art Group at Appledore Community Hall.
7pm Tai Chi at Bideford High Street Methodist Church Hall. 472532
7pm Appledore Band rehearse at St Mary's Church Hall, Appledore 473723
7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652
Tuesday 9th
10am-12pm Macular Society Support Group at Burton Gallery 441466
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.
6.30pm Bideford Band Beginners Group at Band Room 475653
7.30pm Northam Choral Society rehearse at Northam Methodist Hall.
7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391
7.30-9pm Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk
Wednesday 10th
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
1.45-2.45 Northam Library Have We Got News for You! - Newspaper discussion group
2pm Tea with Friends at St Mary's Ch.
2-3.30pm Memory Lane - reminiscence group at Bideford Library
2-3.30pm 'Bideford Friends' at Burton Art Gallery. 01805 622666
4-6pm Sew Together at Northam Library
7-9pm Bideford Sew Sociable at Lavington Church rooms, Willett St.
7.30pm Bideford Folk Dance Club meet at Northam Hall. 423554
7.30pm Bideford Phoenix Morris meet at Bideford Baptist Church. 473798
8pm Torridge Male Voice Choir meets

December / January Diary

at Woolsey Village Hall. 441601

Thursday 11th

10-11 & 11-12 Tai Chi, Marlborough Ct.

10.15am Northam Men's Forum at Northam Methodist Hall. 459324

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

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

2.15pm Thursday Fellowship at Northam Methodist Hall. 421956

6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990

8pm Bideford Folk Club at Joiners Arms

Friday 12th

10am-12pm Coffee, Craft & Chat at Old School Rm, 17 Atlantic Way, W Ho! 421274

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

7.30pm Abbotsham WI in Village Hall

7.30pm Bideford Machine Knitting Club at Chubb/Churchill Comm. Hall. 477532

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

8pm Ceilidh Club, Northam Hall 476632

Saturday 13th

10- 12 Northam Library Lego club

2-4pm Bideford Creative Writing Group Bideford Library. 700901

Monday 15th

7pm Tai Chi at Bideford Methodist Church Hall. 472532

7pm Appledore Band rehearse at St Mary's Church Hall, Appledore 473723

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

Tuesday 16th

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 at Baptist Church Hall.

2.30pm Lift Off for Ladies at Baptist Ch., W.Ho! Speakers & cuppa 425471

7-9pm Torridge Tuesdays Women's Club, Ethelwynne Brown Close 1 07977184897

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

7.30-9pm Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk

Wednesday 17th

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

7-9pm Bideford Sew Sociable at Lavington Church rooms, Willett St.

7.30pm Bideford Folk Dance Club meet at Northam Hall. 423554

7.30pm Bideford Phoenix Morris meet at Bideford Baptist Church. 473798

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

Thursday 18th

10.30am Walking for Health along Tarka

Trail. Clarence Wharf Car Park. 421528

10-11 & 11-12 Tai Chi, Marlborough Ct.

10.15am Northam Men's Forum at Northam Methodist Hall. 459324

11am Bideford Sustainability Group Coffee Morning at The Old Custom House café. 475375

1-2.30pm Fish & Chip Club for over 60s at Royal Plaice, Appledore. 471394

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

2.15pm Thursday Fellowship at Northam Methodist Hall. 421956

6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990

8pm Bideford Folk Club at Joiners Arms

Friday 19th

10am-12pm Northam Reminiscence café at Northam Hall. 459337

10am-12pm Families for Children Adoption Agency meeting at Garden Flat, Castle Hill Estate, Filleigh

2-4pm Sew Together at Westward Ho! Baptist Church 01805 622666

2pm Devonshire Assn at Burton Art Gallery – Torrington area in 19thC..

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

7pm Torridge Ramblers AGM at Alwington Village Hall. 429080

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

8pm Ceilidh Club, Northam Hall 476632

Sunday 21st

1.30pm Torridge Ramblers walk 01805 625485

Monday 22nd

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

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

Tuesday 23rd

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 at Baptist Church Hall.

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

Wednesday 24th

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

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

4-6pm Sew Together at Northam Library

7-9pm Bideford Sew Sociable at Lavington Church rooms, Willett St.

7.30pm Bideford Folk Dance Club meet at Northam Hall. 423554

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

Thursday 25th

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

10-11 & 11-12 Tai Chi, Marlborough Ct.

10.15am Northam Men's Forum at Northam Methodist Hall. 459324

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

2.15pm Thursday Fellowship at Northam Methodist Hall. 421956

6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990

8pm Bideford Folk Club at Joiners Arms.

Friday 26th

10am-12pm Coffee, Craft & Chat at Old School Rm, 17 Atlantic Way, W Ho!

10am-1pm Lundy Art Group at Blue Lights Hall, Appledore

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 27th 10- 12 Northam Library Lego club

Monday 29th

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

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

7pm Appledore Band rehearse at St Mary's Church Hall, Appledore 473723

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

Tuesday 30th

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 at Baptist Church Hall.

2.30pm Lift Off for Ladies at Baptist Ch., W.Ho! Speakers & cuppa 425471

6.30pm Bideford Band Beginners Group at Band Room 475653

7.30pm Northam Choral Society rehearse at Northam Methodist Hall.

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

7.30-9pm Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk

Wednesday 31st

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

4-6pm Sew Together at Northam Library

7-9pm Bideford Sew Sociable at Lavington Church rooms, Willett St.

7.30pm Bideford Folk Dance Club meet at Northam Hall. 423554

7.30pm Bideford Phoenix Morris meet at Bideford Baptist Church. 473798

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

Bideford Area Scouts Christmas Post Delivery Service to Bideford, Northam, Appledore & Westward Ho!

Post boxes/stamps around town

Stamps 30p each

Last posting - contact Tim Blight, Scout Leader for more information.

Tel: 07505 723129