



BIDEFORD BUZZ

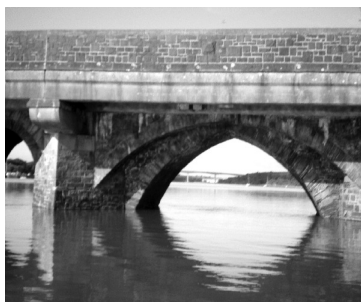


A free community newsletter for Bideford, Northam, Appledore, Westward Ho!, Lundy and villages west as far as Hartland

W is for Wicked Week and Way of the Wharves



This October sees two exciting happenings in Bideford. **Wicked Week** and **Way of the Wharves**. Bideford's very own **Wicked Week** runs from Monday 24th October through to Saturday 29th October and is a special half term extravaganza for all the family. A host of events are planned for each day, all of which are listed on BOB's (Businesses of Bideford) Facebook page. As well as this there are printed 'Wicked Week' booklets available from shops, The Burton Art Gallery and Museum and Bideford Library.



Way of the Wharves is an ongoing project throughout October and November discovering the history of the Wharves on the East side of the river in Bideford.

Saturday 22nd October at 4pm is a rare opportunity to have a guided tour of the Royal Hotel with a short talk beforehand. On Monday 24th October there is a family fun day at Pollyfield Centre from 10.30am – 4pm. Imagine Bideford in the 1600s, dress up in costume, experience everyday life, and get shot at in the car park by a Musketeer! (weather permitting).

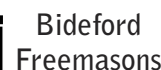
On 29th and 30th October there is an outdoor performance by The Monday Collective, taking you on a journey across the Old Bridge and through time with sound, theatre and movement ending at sunset with a post-performance wind down at a local café.

More information about Wicked Week and Way of the Wharves on next page ...

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, John Wilson on 01271 860918. 3,250 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.



A Mayoral note

It was a great honour to be elected Mayor by my fellow councillors and I very soon found out what a privilege it is representing Bideford in the neighbouring towns in Devon and Cornwall. The Mayoress and I have already attended civic events in South Molton, Bude, Northam and Barnstaple and will soon be attending events in Great Torrington, Lynmouth and Filleigh.

Civic events in other towns allow Louise and I the opportunity to meet the other mayors and importantly explore how we can work together for the benefit of our communities. A good example of this is how the mayors and councillors joined forces with the "Save Our Hospital Services" campaign to protect essential services at North Devon District Hospital. Louise and I have taken part in both of the protest meetings so far and we will be at the demonstration "Painting the Town Red" on the 22nd of October.

Apart from civic engagements we have attended a wide variety of community events including the Leavers' Day at East the Water School, the Raising of the Armed Forces Flag, Prize Day at Kingsley School, North Devon Display Gymnastics competition, North Devon Veterans Armed Forces Day, greeting the arrival in Bideford of the MV Balmoral and took part in the celebrations of 40 years of twinning with Landivisiau,

We were also part of the large and enthusiastic team at the recent "Spruce Up Bideford Day" and we will be at the next one on the 16th of October.

A very special event for Louise and I was wishing a happy birthday to the delightful and very sharp Miss Phenie Taylor on her 100th birthday.

As a result of the District and County councils reducing or dropping services the Council has had to change the way it approaches its role and responsibilities. A good example of this was at the last full council meeting when it was agreed to recruit two maintenance personnel and the equipment that they will need so that they can take on more of the work that the other councils see as unaffordable.

I am proud to be part of what is a progressive, forward thinking and flexible Council that is keeping the needs of the community at the forefront of all that it does.

Finally please, please put the 22nd of October in your diaries and ask everyone that you know to do the same and to wear something red on the day to show the depth of feeling against cuts at North Devon Hospital.

David Howell

Way of the Wharves The Way of the Wharves Project– activities and events in October and November Pre-book via the Eventbrite website. For all of these a £2 per person donation will be collected on the day – children go free on the fun day on October 24 th . For a full programme of events go to bbcdevon.eventbrite.com and select your event. Our friendly group usually meet on the 2 nd and 4 th Thursdays of the month from 2-4.30pm - our next sessions are October 20 th and 27 th . Venue: The Common Room, Ethelwynne Brown Close. This is at the main entrance to Flats 21-40, half way down on the left. If you would like to join us or have information to share about the history of the Wharves, contact Project Co-ordinator Sadie Green at project@bbcdevon.org or phone 07530 508676. Visit and 'like' our facebook page for updates and events at https://www.facebook.com/BrunswickWharf Sadie Green, Project Co-ordinator	Wicked Week October 24th - 29th. Throughout the week there will be storytelling, craft activities, train rides, events at the Burton Art Gallery, Bideford Library and the Pannier Market. UV Treasure Hunt every day. Hire a UV torch from <i>Cobblers and Keys</i> and search for clues. The week will culminate in a lantern parade on Saturday 29th 5.30pm-6pm - Leaving promptly from Jubilee Square and walking towards the Port Memorial. Fab workshops and events during the week which carry a small charge are at the following. Please contact them direct for details. The MaGpiE's Nest, Butchers Row - Potions and Charms - Text 07710 411117. The Instow Kitchen, Market Place - afternoon spooky cake decorating - Phone 07711 363958 Rosa Tamsin & Rosebuds, Grenville Street - Play Sessions - Tues 25 th , Wed 26 th , Thurs 27 th and Sat 29 th - Phone - 07977 510807. Other information available from Cobblers and Keys, High St, Bideford.
---	--

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

Robin's Nest Function Room at Bideford Football Club

Available for
All Day Weddings
All Birthdays
Christenings
Wakes
Buffet Supplied
Contact Sue Tyrrell on 01237 474974

ARTEZZANE

Shabby Chic & Pine Furniture
Home Décor Painting Service
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



Help at Home

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

***Cleaning, laundry, light meal preparation,
shopping and help with correspondence.***

Available within a 3 mile radius
of Bideford

Call 01805 938537 for details



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

JON TAPE BUILDING

AND MAINTENANCE

Telephone: 01237 441781 / 07776 142074

Local, fully qualified builder with over 25 years
of experience.

Friendly and reliable service.

Free quotations.

EXTENSIONS, CONVERSIONS AND NEW BUILDS

PLASTERING AND SKIMMING

PAINTING, DECORATING AND TILING

BLOCKED DRAINS AND ROOF REPAIRS

PATHS, PATIOS AND DECKING

**FASCIAS AND SOFFITS, GUTTERING AND
DOWNPIPES**



**North Devon Show
2nd August 2017**

STUCK FOR CHRISTMAS IDEAS?

**Why not purchase a yearly
membership for family/friends:**

**£28.00 Membership
£15.00 Single Membership**

Email: showsecretary@northdevonshow.com
NDAS, 15 George Arcade, South Molton, Devon, EX36 3AB

Book Buzz

Bideford Library Events

This month we welcome a new library supervisor who will be in charge of Bideford and Appledore libraries. She is Annie Brierly who replaces Louise Grainger. Annie will work three days a week, sharing the post with Matt Chamings.

For Kids:

Wicked Week

Half-term fun with a Halloween theme.

Tuesday 25th 10am - 12noon

Creepy Crafts. Drop in for a fun craft session

Friday 28th 6:15 – 7pm

Spooky story-time. Slightly scary stories suitable for all children

Story time for under-fives

Every Thursday in term time. 9:30-10:00 am

With stories, musical instruments and songs.

For Adults:

Creative Writing Group Saturday October 10th 2pm – 4pm Creative writing with local author and publisher Nikki Brownson.

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.

Reminiscence Session – Take a trip down memory lane
Wednesday October 12th 2:00-3:30 pm
Remember back and look forward to sharing your memories with others - chatting and looking at old items. For anyone aged 60+ Refreshments provided

Meditation and Relaxation Group

Thursday September 6th 7:30-8:30 pm

Wednesday September 19th 2:15- 3:00 pm with Nicola MacDonald

IT Help

Monday and Tuesday afternoons

For help with getting online, setting up email, using smart phones and tablets and a host of other IT challenges book a one-to-one tuition session with friendly library staff.

Bideford Library Readers' Group (see review opposite of last month's read >)

Wednesday October 5th 2.00 pm. Discussing 'Reading in Bed' by Sue Gee

Northam Library Events

Friday 7th October 2pm local history walk with Peter Christie. Meet at Northam library and return for refreshments. Places must be booked in advance and donations welcomed.

Monday 24th October 2-4pm at Northam Library – come and meet some interesting creatures with Really Wild Learning. Tickets £2 purchase in advance from the library.

Monday 7th November 2-4pm – Driving Safer for Longer – a free workshop delivered by Devon County Council aimed at keeping older drivers on the road safely for as long as possible. The presentation is informal, interactive, informative and fun! Booking essential as places are limited 01237 475111. Refreshments will be provided by The Friends of Northam Library.

'Standing in another man's grave - Rebus is back' by Ian Rankin

For those who know Rebus from previous novels he is his usual belligerent, anarchic and cantankerous self. Although disliked by those in authority in the Police Force he is tolerated because of his high success rate in solving crimes. He is now working in the Cold Case Unit but realises, before anyone else, that there have been several disappearances, recent and not so recent, along the A9. The book has a strong sense of place around the towns and villages along this road. Several members of the group said they'd like to visit this area after reading it. One had been holidaying only two miles off the A9 when reading the book!

Rebus blurs the lines between what might be expected of a policeman and what might not be acceptable. He regularly meets – and drinks with – a local gangster. This brings him to the attention of the Police Complaints Department (I suspect he was already in their sights in previous novels) He seems to have a history of hard drinking and is not averse to using his fists when he thinks it necessary.

There was a mixed response to the book from the group with few finding it particularly memorable (other than the sense of place). The ending was disappointing: there seemed no explanation of why the serial killer committed his crimes or even as to how Rebus had concluded who the killer was. As such the plot was unclear and not too convincing. Yes, 'Rebus is back' – but should he have bothered?

Those in the group who had read other books by Ian Rankin said that other books by him were much better so we shouldn't be put off by this one. **Peter Evans**




find us on [facebook](#)
follow us [twitter](#)

DO YOU WANT TO LOSE WEIGHT AND GET FITTER AND HEALTHIER?

MON	6:00-7:15pm	Bideford	East the Water Community Primary School EX39 4BZ	Aerobics
	7:15-8:30pm	Bideford		Zumba
TUE	9:30-10:30am	Westward Ho!	Kingsley Hall EX39 1HX	Zumba
	10:30-11:45am	Westward Ho!		Aerobics

This is a 'traditional' aerobics class, Suitable for all fitness abilities.

A mix of low intensity and high intensity moves with the party atmosphere of Zumba

WE ALSO HAVE CLASSES IN: BARNSTAPLE, ROUNDSEWELL AND TORRINGTON

To book your first class for **FREE**

Please call **WENDY** on 07787607322 or E-mail wendy.cox@btinternet.com

www.wendysfitness4life.co.uk

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

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

WHY NOT COME ALONG & SEE.

Selection Days 20th Aug.16 & 14th Jan.17

Charity No. 261807

OPEN EVENTS

**Wednesday 16
& Thursday 17 November
3.30 - 7.30pm**

Meet the lecturers

Talk to current students

Find out about transport,
finance and bursaries

Take a look around our
facilities, including
the new Lifestyle Centre

Register at: petrocnd.eventbrite.co.uk

PETROC™
COLLEGE OF FURTHER
& HIGHER EDUCATION

A Levels

Apprenticeships

Distance Learning

Full-time Courses

Part-time Courses

Traineeships

Vocational Qualifications

North Devon Campus, Barnstaple, EX31 2BQ

Musical Notes

Abbotsham Village Hall host their first Encore! Concert

The theatrical singing group, **ENCORE!** will be performing at Abbotsham Village Hall on Saturday 22nd October at 7.30pm. The emphasis is on quality singing and entertainment, creating a memorable and thoroughly enjoyable evening out for all the family. The group's latest concert programme provides an exciting mix of new and more traditional musical theatre songs, as well as their favourite **ENCORE!** standards. Tickets are £5, and can be obtained in advance by emailing abbotshamhallbookings@hotmail.com or can be purchased on the door. Refreshments available.

What do Cotswold, Hucklebacks, Capers and Baldricks have in common?

Why not take up the Bideford Phoenix Morris Challenge and find out?

Bideford Phoenix Morris invite **You to have a go** at Morris dancing. On October 5th and October 12th come along to Bideford's Baptist Church at 7.30pm and learn how to Morris dance. We practise every Wednesday during the winter. If it's for you you'll be dancing with us in Bideford raising money for North Devon Hospice or dancing in the dawn on May 1st 2017, or dancing in Summer 2017 in or around North Devon. These sessions will be active but fun, a challenge but given time it is amazing what you can achieve. If you would like to come along contact **Jan on 01237 420820**. Looking forward to seeing you there.



Photo shows Phoenix Morris at Northam May Fair.

Start of Music Club's new season.

Bideford Music Club has invited talented oboist Hannah Morgan to begin its 59th season of six monthly concerts; she will be accompanied by pianist Daniel King Smith.

Hannah graduated in 2013 with first class honours from the Royal Academy of Music and went on to her post-graduate studies in Germany. As a member of the Karajan Academy she performed regularly with the Berlin Philharmonic Orchestra directed by Sir Simon Rattle and other eminent conductors. Her work with the orchestra included tours, recordings, live television and cinema broadcasts.

Daniel also studied at the Royal Academy of Music where he won prizes for chamber music and his extensive concerto repertoire has led to many concerto performances in the UK and around Europe including the Royal Festival Hall.

Since appearing in the televised finals of BBC Young Musician of the Year 1996 as a soloist, Daniel has regularly accompanied contestants in that competition.

Hannah and Daniel's concert will include song transcriptions by Schubert, solo works by Gilles Silvestrini and the Finzi Interlude for Oboe and Piano.

The concert will be held on Wednesday, October 5th at 7.30 pm. at the Methodist Church Hall, High Street, Bideford at 7.30 pm. Tickets are available at the door.

Felicity's Seasonal Local Fish and Restaurant visit Review – October

I visited Brixham Fishstock 2016 on 10th September and sampled the fantastic choice of fish street food stalls and pop up cafes. I sampled salt and pepper cuttle fish with chilli sauce, freshly made local Devon fish sushi and Prawn Mac. I finished with delicious churros and chocolate sauce and coffee whilst listening to a great band from Dartmoor!

Really worth a visit next year- shall we arrange a group visit?
Macaroni cheese with added flavours are quite trendy now. Here is my recipe-



Shell fish Cheesy Mac

Ingredients

300g Macaroni, 100g Cheddar or Gouda cheese, 100g Mozzarella cheese, 300ml/1 pint milk

50g (large spoonful) flour and 50g butter/low fat spread (check it is suitable for cooking!)

Mustard, pepper and salt to taste

100g Smoked mussels or raw prawns -any size

Any quantity of Croutons or toasted wholemeal bread

Tarragon and Dill or Parsley finely chopped.

Method

Make up a cheesy sauce - Melt butter/spread in saucepan, add the flour and cook for 1 min. Mix in mustard and seasoning and then add the milk in small amounts stirring all the time to gain a sauce that shines (or you could make up a cheddar cheese sauce) and add the grated mozzarella. Add extra milk to keep the sauce runny.

Add the grated Cheddar /Gouda and then the Mozzarella. This will be quite a runny sauce.

Cook the Macaroni as instructions on the packet (dried pasta has far less calories) - Drain and add to the sauce and stir in tarragon.

Add the smoked mussels or raw prawns and cook until pink or for approx. 5 mins. Place in individual bowls (could be paper to eat outside)

Crumble the croutons, add finely chopped dill or parsley, and sprinkle over.

Serve Immediately-Yummy!

Seafood Week is from 7th -14th October - so watch for Seafood events and special offers.

There will be a "Fish in the Dish" event in Appledore Baptist Church on Saturday 29th October (please see the appledoresustainablefish facebook and the Jill Rousseau Gallery website for details.)

Lots of craft, pottery, and a pop up Fish Café - --See you there.

RNLI

'Fish Meals in October' will be running for the whole month. Many local restaurants and pubs, have kindly chosen the week to make a donation in support of our local lifeboats and their brave crews, when selling a fish meal from their menu.

As you know, the organisation is made up of local volunteers who save many lives every year in all weathers. The upkeep of the Lifeboats and all the equipment necessary to carry out this magnificent service for the community around our coastline and on our beaches, is very expensive and we appreciate all the help that we can get to keep running.

Therefore we are asking for your support by going out during October and enjoying a meal at your favourite local restaurant, pub, fish & chip shop or delicatessen. There are venues taking part in Barnstaple, Instow, Appledore, Westward Ho!, Abbotsham and Bideford. For full details of venues and dates please look on newspaper websites, Facebook etc. and see www.bidefordbuzz.org.uk. Thank you for your support and generosity.

Samba Band

Have you been watching this years Olympic Games in Rio and enjoyed the Samba drums? Are you looking for something new to do, meet new friends and be part of a locally established Samba band? Samba Baia are currently looking for new members, aged 8 and over to practise and learn, ready for next season. You don't need to have any past experience with drums or percussion (no one else in the band has). You will learn alongside the friendly and supportive group. All instruments are provided and there is no charge to join. The band performs mostly at charity events such as Race For Life,



Night Walk, Children's Hospice, North Devon Hospice and Cancer Research to name but a few. An ideal way to support local charities as well as learning something new and making friends.

For more details please make contact via the email or phone number

sambabaia@canplay.co.uk or 01237 471972. (Picture shows Samba Band performing at the Positive Living Fair in September.)

Earth Matters, Faith Matters: Autumn conference on 'Water and Sea' Saturday Oct 22nd 11-4pm.

Speakers from Christian, Islamic and other traditions including Greg Neale, Editor of Resurgence Magazine and Hamzah Saied from Exeter Mosque. Holy Trinity Church Hall, Atlantic Way, Westward Ho! Free event - bring packed lunch.

"At a time of immense environmental and ecological challenge, it is essential that the world's faith traditions engage more fully in planetary awareness and action."

Bookings and further details from joanie@exeter.anglican.org 01392 294940

The Devonshire Association

A highly respected and lively organisation, founded in 1862, and dedicated to the study and appreciation of all matters relating to Devon. It is the only society concerned with every aspect of the county and is probably unique of its kind in Britain. Membership is in excess of 1300.

At present, there are seven branches: in the Axe Valley, East Devon, Exeter, South Devon, Plymouth, Tavistock and Bideford, so we are lucky here in Bideford to have the only branch in North Devon, though, of course, anyone from the area is welcome to join. There are eight special interest sections to give you an idea of the range of subjects covered: Botany, Buildings, Entomology, Geology, History, Industrial Archaeology, Literature and Art, and Music.

In the winter, the Bideford Branch holds six meetings in the Kingsley Room at the Burton Art Gallery once a month on a Friday afternoon 2pm – 4pm, starting in October. These are normally illustrated talks, followed by refreshments. There are usually three field trips in the summer months. The first of the winter season's meetings is on **14 October**, when our speaker will be the Chairman of the DA, the Revd. Peter Beacham, and his subject, "The Buildings of Cornwall".

The following month, on 18 November, local historian Richard Bass will give us an illustrated talk on the World War 2 US Assault Training Course at Braunton Burrows.

If you want further information, pick up a leaflet at the Burton Art Gallery, ring our Secretary, **Mike Wright on 01409 281565** or even better: come along to the next meeting!

Chris Trigger

News from the Burton Art Gallery and Museum

October sees a continuation of the Gallery's Autumn programme, with the very special exhibition of artefacts and memorabilia from the Permanent Collection, together with snippets of history from the early days, when Thomas Burton gave the Gallery to Bideford in memory of his daughter, Mary, who died of cancer in 1949. Over the years there have been exhibitions from the Victoria & Albert Museum, the Arts Council, the Hayward Gallery, and many more, making their way to this small town in North Devon. Bideford's Burton has been, and still is, an important art gallery on a par with the nationals. It is now 65 years since the Gallery's opening day on the 31st October, 1951. It became a repository for paintings, antiques, and objects of local interest from that day to this. The Gallery is proud to own works by some of our home-grown artists, such as Bertram Prance, (Punch cartoonist), Allin Braund, (Lithographs), Judith Ackland (watercolours and dioramas, shown in the Royal Academy) and Leslie Worth, (Watercolourist who became President of the Royal Society of Watercolour Artists). Their works have been donated to enhance the Burton's growing reputation for eclectic excellence. The museum includes the Ceramic Collection from the R.J. Lloyd Collection, with North Devon slipware by the Phillips family of East-the-Water, Harry Juniper of Rope Walk and members of the Leach and Fisheigh families, (almost local). 65 items from the Permanent Collection are on the Gallery's Facebook page, and you will find a new one each day. The count-down to 65 ends on the 31st October, as expected. The Friends are taking part in the celebration with a cake with a rather special theme. Wait and see!



Cornelia Parker's Exhibition, entitled: "*One Day This Glass Will Break*" continues until 7th November. Her work is inspired by Fox Talbot's first photographic images, rather ghost-like, creating designs and patterns from ordinary objects.

If you have artistic talent in the form of painting, original prints, textiles, ceramics, sculpture, or graphics, this is a reminder that the **Open Annual Christmas Exhibition** will once again enhance the Gallery from the 19th November, through to 24th December, 2016. The Entry and Conditions of Entry forms can be obtained from the Gallery Reception. The cost is £4 per item for members of the Friends, £5 for non-members. Selected works will be shown in gallery 2. If you are unable to collect the forms, please telephone the Gallery on 01237 471455.

The Friends' next event takes place in the Burton Gallery at 7.30 p.m. on 12th October, when **David Thompson**, former senior Curator of the Horological Collection at the British Museum, will give an illustrated talk on the life of '**Charles Octavius Swinnerton Morgan – Clock Collector and Benefactor.**' To learn more pick up the new brochure from the Gallery. Gallery opening hours : Monday to Saturday, 10am to 4pm; Sunday, 11am to 4pm. Admission Free; Also cafe and shop. **Diana Warmington,**

The RNLI Presents an Exhibition of Talented Work by 30 Artists North Devon Yacht Club, Instow

This year's RNLI art exhibition showcases the work of 30 talented artists providing a magnificent collection of artwork from painters, sculptors, ceramicists, printmakers, silversmiths and textile artists.

Amongst them is Hester Berry, who was selected to be The National Trust's Artist in Residence at Bucks Mills in August ; she will be exhibiting new landscapes in 'Bideford Black' as her response to the residency. We welcome back some of North Devon favourite artists such as Collin Allbrook, Roger Cockram, Ian Hudson & Brian Andrews as well as new artists Russel Kingston & Charlotte Turner. *All proceeds are donated to the RNLI.*

We have two artist led workshops in Instow Parish hall on Saturday 22nd October to accompany the exhibition: Karly la Fontaine from La-di-dah Pottery will be running a multi-generational workshop working in porcelain to create ceramic lanterns. Multi – generational allows two people from different generations to spend some creative time together. This workshop is £30 per pair of two and runs from 10am – 3pm.

Plus Liz Wilde from Little Pilton Printing Press will be running print workshop where participants will work in Mono, Lino and Screen printing before transferring their designs to fabric. £40 per person 10 – 4pm.

Booking essential. Box Office 07976633528.

Exhibition opens at 10am on Thursday 20th October and closes at 2pm on Sunday 23rd October. Café open throughout - come down and enjoy lunch or a cake and a cuppa.



THE SHIPPING NOTES



Ship in Port Bideford	Flag	From	To	Arrived	Sailed	Crew	Cargo
Balmoral Built 1949	British Bristol	Ilfracombe	Ilfracombe	16/08/16	16/08/16	British	224 Passengers
Elke K Built 1993	Netherlands Delfzijl	Birdport	Castellon	18/08/16	19/08/16	Dutch Russian Philipino	2870 tons 2 grades. Ball clay
Aristote built 1983 ex Turbulence 02	Bahamas Nassau	Cowes	Rotterdam for Bendorf	01/09/16	02/09/16	Ukrainian	1750 tons 2 grades Ball Clay.

At the time of going to press the **Freshspring** should have left the drydock at Sharpness, having passed MCA requirements for the vessel, been towed down the Bristol Channel, and berthed at the end of the quay at Victoria Park. There is still a great deal of work to be done to her before she becomes available for the general public to go on board.

At Appledore

On Monday 22nd August the first steel was cut for the fourth patrol vessel for the Irish Navy P64 (at present unnamed) which is due for delivery Summer 2018.

At Yelland

Welsh Piper 3.9.16



Bristol Channel Observations

17.8.16 at 10.55 cargo vessel **Wilson Gijon** 3689 tons d.w owners Wilson Shipping A/S Norway inward bound for Swansea

19.8.16 at 15.02 ro ro vessel **Ciudad de Cadiz** 3500 tons d.w owners Anita 2SNC France inward bound for Portbury.

26.8.16 at 18.33 cargo vessel **Ambassadeur** 6000 tons d.w, owners TSS Ambassadeur CV Netherlands, outward bound from Swansea having sailed at 14.31. At 19.40 vehicle carrier **Hoegh Xiamen** 12250 tons d.w. owners OCY Thelon AS Norway in the colours of Hoegh Autolines Norway inward bound for Portbury.

27.8.16 at 10.47 cargo vessel **Ditzum** 4512 tons d.w, owners Briesse Schifffahrts GMBH Germany inward bound for Cardiff

28. 8.16 At 19.23 the cargo vessel **Eduard Cirksema** 3650 tons d.w, owners Kapitan Siegfried Bojen Schifffahrtsbetrieb Germany, inward bound for Newport.

29.8.16 at 08.50 bulk carrier **Sagar Samrat** 76404 tons d.w tons, owners Tata NYK Shipping Pte Singapore, outward bound from Portbury having sailed at 04.21. At 12.44 vehicle carrier **Glorious Leader** 20999 tons d.w owners Nippon Yusen Kaisha Japan, outward bound from Portbury having sailed at 06.50.

30.8.16 at 18.00 cargo vessel **Baccara** 4500 tons d.w, owners Kapitan Siegfried Bojen Germany, inward bound for Sharpness.

4.9.16 at 13.48 vehicle carrier **CSCC Shanghai** 12300 tons d.w, owners Ray Car Carrier Israel inward bound for Portbury.

7.9.16 Understand from Gary Woolaway of the Commodore Hotel at Instow that **HMS Bulwalk** was anchored in the bay undertaking exercises with the Royal Marines on Saunton Sands.

10.9.16 at 09.00 vehicle carrier **Grande Spagna** 12594 tons d.w, owners Grimaldi Line of Italy inward bound for Portbury.

11.9.16 at 08.00 cargo vessel **Hekla** 3592 tons d.w, owners Wagenborg Shipping B.V Netherlands inward bound for Sharpness. At 09.00 cargo vessel **Dornum** 2369 tons d.w, owners Reederei Erwin Strahlmann Germany, inward bound for Newport. At 17.10 cargo vessel **Fri Sea** 3330 tons d.w, Kopervik Shipping AS Norway, inward bound for Newport.

12.9.16 at 18.42 bulk carrier **Andermatt** 20002 tons d.w owners Massmariner SA Switzerland outward bound from Swansea having sailed at 14.23. At 18.51 cargo vessel **Encofrador** 6528 tons d.w owners Tugela Vegin Spain, outward bound from Newport having sailed at 13.03.

Regards
Norman

Photo shows Balmoral arriving in Bideford

Buzz Bits

National Adoption Week kicks off next month (17- 23rd October), and *Families for Children* are once again appealing to anyone who has thought about adoption to consider opening their hearts to an older child, sibling group, or those with extra needs. To dispel the many myths surrounding adoption, we are urging people to come and talk to us at one of our local information sessions.

We are holding the following event during National Adoption Week at Bideford Arts Centre
Friday 21st October 1-3pm

familiesforchildren.org.uk/news-events/information-sessions/

Macmillan Coffee Morning

This was held to mark the first anniversary of the Community Coffee Morning (previously known as Craft 'n' Chat) in Westward Ho! With donations of cake and raffle prizes by local businesses, and help from local people, a magnificent £234 was raised for Macmillan Cancer Support. Special thanks to John Fletcher Cullum, who works for Macmillan and is based at North Devon District Hospital as a 'living with cancer and beyond' nurse, who attended and spent the morning talking to people. I wish the many Macmillan Coffee Mornings taking place on the 'official' day the very best of luck in their endeavours.

Ginette Berry



Friday 30 September and Saturday 1 October at 7.30pm at Kingsley School: **Mechanic: Resurrection (15)** 99 mins

Friday 7 and Saturday 8 October at 7.30pm at Kingsley School: **ChickLit (15)** 96 mins

Friday 14 and Saturday 15 October at 7.30pm at Kingsley School: **The Childhood of a Leader (12A)** 115 mins

Friday 21 and Saturday 22 October at 7.30pm at Kingsley School: **Hell or High Water (15)** 102 mins

Saturday 22 at 5.00pm and Sunday 23 October at 6.00pm at Kingsley School: **Finding Dory (U)** 97 mins

Thursday 27 and Saturday 29 October for at 7.30pm at Bideford College: Film to be confirmed. Please check weekly press or our web site www.bidefordcinema.org.uk for up-to-date information.

Bideford Pannier Market - open Tuesday/ Wednesday/ Thursday / Friday & Saturday

The North Devon Art Trek has bought many more visitors to the market. This demonstrates the quality of our artisans in and around the Pannier Market. They are putting Bideford on the map as a place to be and a place to visit. The twinning ceremony was a big success bringing in more people.

There will be activities taking place over Wicked Week; please watch the local press for details (and see Page 2 in Buzz.)

On Sunday 27th of November there is the Bideford Fresh Food Fair featuring local food traders and suppliers. 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

Don't forget !! all the traders in these shops are local traders and as such need your support. This is an historical part of old Bideford and all these traders are keeping the area alive. With 57 shops, 4 cafes and three pubs plus the market hall it's all well worth a visit
Trev (Minxy's Sweets)

Bideford AFC Home League Fixtures.

All matches at Bideford AFC Football Ground, Robin's Nest, The Strand, Bideford.
Saturday 1st October 15:00
[Shortwood Utd](#)

Monday 17th October 7.45.
[Larkhall Athletic](#)

Sat 22nd October 15:00
[Paulton Rovers](#)



A blistering time.

Ah, the marathon. Named when peppy soldier, Pheidippides, legged it 25 miles from Marathon to Athens in 490 BC, to announce the defeat of the Persians. The fact he collapsed and died shortly after this feat has not deterred us from having a go ourselves and hoping to do what Pheidi could not: survive.

Admittedly, the Barnstaple half marathon (25th September) is a lesser task- only 13.5 miles in a roundabout route that encompasses the Tarka trail and one steep incline- though even this is further than many would choose to walk. For example, if you were turfed out of a car in Barnstaple, most would rather pop into the Boston Tea-party for a smoothie then take the bus home, not merrily set off for a jog to Fremington. Even fewer still would be willing to sprint back to Barnstaple at a moment's notice because they forgot their hat. This is roughly the route our half runners must take. Full marathon entrants carry on further up to the car park at Vellator; then it's out to Chivenor where they will perform an odd loop-de-loop at the army base before returning back to Rock park. In our real life analogy ,then, you find your friends aren't parked where you hoped they'd be, this leads to a severe psychotic episode in a military facility, which you break into and do a frenzied lap of their tennis courts. Unlikely, though not out with the bounds. This sheer unlikelihood however means that when we do run 25 miles for any reason, our bodies aren't really used to it, and fight back in a number of ways. Pheidippides' fought back in the worst way possible and this is why a good training regime in the months leading to the big day is essential. Be it 2 or 3 practice runs a week and plenty of energy foods like pasta, or a combination of press ups and cardiovascular exercises, it's just common courtesy to let your heart and organs prepare for what's coming to them. By the time this goes to press, the Barnstaple run will probably be in the past- if so, good luck from the future, we wish you all well and hope you stay hydrated.



For anyone whose feet are aggravated balls of pus right now, here are our top 5 blister remedies!

1.) **Aloe vera.** The anti-inflammatory available at most chemists will help reduce painful swellings. As will Witch Hazel, this contains astringent tannins that will dry out the blister too.

2.) **Castor oil.** Probably lurking at the back of your cupboard right now, if you wipe this on the blister before bed (maybe leave your feet poking out the bottom to avoid the hell of greasy covers) let it sit overnight and dry/ heal the sore.

3.) **Vitamin E.** Oil or creams can be applied directly to the patch in question- as it contains great skin healing properties. Vitamin E pills also help in a less direct manner.

4.) **Green tea.** Rather cheap, with anti- inflammatory properties, these can be tossed into boiling water with a little baking soda. Wait for it to cool, so third degree burns are not added to your list of pains, soak a gauze and apply it to your foot.

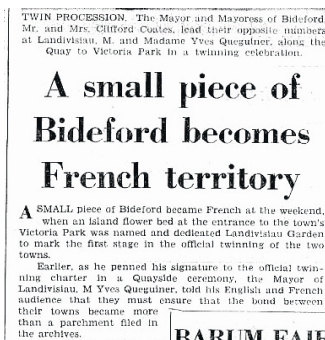
5.) **Apple cider vinegar.** Last but not least, apple cider vinegar may sting, but it has antibacterial properties to help avoid infection. You've just run a race for charity, it seems only fair you're not bed ridden as a result.

As we approach autumn, more and more fun runs seem to be popping up, so good luck to all, and remember to take it at your own pace!

Millie Sutherland O'Gara

The beginnings of the Twinning Association.

It all began in 1973 when a gent from Landivisiau was given the task of finding a twin town. Having looked at various towns in Cornwall he chanced across some men travelling from Bideford to Landivisiau. One man knew the town having been billeted there previously, and he was travelling with a district councillor and two more friends. Negotiations began and an early visit to Landivisiau in 1975 was made by Messers Melville, Cox, Poisson and Armstrong. This was quickly followed by a return visit by Messers Muzellac, Laurent, Beuzit and Mesdames Le Guennec, Siou and Portz. In September 1976 130 Landivisians visited Bideford and witnessed the signing of the official charter by the two town mayors, Mr Clifford Coates of Bideford and M. Yves Queguiner of Landivisiau.



The following year 87 Bidefordians travelled to Landivisiau to witness the signing of their official charter.

Since that time we have exchanged social and cultural visits. In the early years several local schools were involved and regularly made exchange visits. More recently a local Petanque team has journeyed across for matches.

The friendship between our two towns endures ; many of the present members have been members for over 30 years, and this year we celebrated our 40th anniversary. The weekend began on Saturday 27th August when our French friends arrived from Roscoff.

The next day a civic reception took place in the Pannier Market when the Mayoral party arrived escorted by the Mace bearer/Town Crier, a French Musketeer and British Rifleman in period costume complete with fire-arms. After speeches of welcome by our mayor, Mr Howell, and their mayor Madame Claisse they re-signed the charter, and Mr Clifford Coates was greeted as one of the original signatories and given a commemorative medal from Landivisiau. Drinks and nibbles were served before we all made our way to the Durrant Hotel for lunch with the mayoral party travelling in an eye-catching vintage coach. Their gift to us was a mounted photograph of the three mayors from the original signing of the Treaty of Friendship, Cllr and Mrs Clifford Coates of Bideford, M. and Mme Yves Queguiner of Landivisiau and Herr and Frau Gerhard Harke the Burgermeister from Bad Soden Allendorf representing the German town that is twinned with Landivisiau.

Sunday morning a church service was held in St Mary's Church before we all assembled in Victoria Park for a communal picnic, while the Regatta was taking place nearby. In the evening we met in the Pannier Market for a Barn dance accompanied by 'Mularkey'; supper was a hog roast washed down with real Devon ale. Our veteran member, Mr Stewart Philp, was presented with a celebratory plaque depicting the town crests of Landivisiau and Bideford. On Monday a vigorous rendition of Auld Lang Syne was sung before leaving. *Vive Bideford, Vive Landivisiau, and Long Live our Twinning Association.*
Jen Sargent.

Tablet tuition classes on offer at Bideford College for the over 60's...

The Ageing Well Project (sponsored by the Big Lottery) has teamed up for a second year running with sixth form students at Bideford College...

The intention is to run two six session courses covering topics such as; 'google' searches, how to send e-mails, taking a good photograph, an introduction to internet shopping and how to download and play popular games.

Tablets will be available for use, but guests may bring their own

In order to join one of the courses please call the **Ageing Well office on 01805 622666** to book a place. There will be a one off fee of £5 to cover the cost of refreshments and guests should be of a beginner standard. The first course will start w/c 7th November.

(Please also note that pre-booked IT help sessions continue to be available at Northam library but we really need a few extra volunteers to help support these. Again call 01805 622666 or e-mail enquiries@torrage.org.uk if you are interested in volunteering.)

*TorrAGE Ageing Well is managed by TTVS and funded by the 'Big Lottery'
Registered Charity No.1125142. Company limited by guarantee. Registered in England 6577677*



100 Years ago 1916

This month the newspaper is overwhelmed with news from the war. Several pages are given over to "reports from the Front". All the villages without exception are announcing casualties' injuries and, sadly, deaths to their men who had been called up to fight. Occasionally the news is gladdened with an account of heroism and a medal award.

An advert appears in the mid October edition covering 5 columns wide and half a page deep by the British American Tobacco Company offering to send cigarettes by post to soldiers in France. Orders may be taken in to any tobacconist and the smallest order was for 280 Wild Woodbines for 3/3d, 1000 will cost 9/-. More expensive Gold Flake are 280 for 5/- and 1000 for 15/- and the most expensive cigarette Navy Cut will cost 8/6d for 500 and 16/- for 1000. Orders can also be posted to troops in India. The advert concludes with this ditty:

"There aint no shops to shop in and there aint no grand hotels. When you spend your days in dugouts doin' olesale trade in shells"

At home men aged 41 and over will now be called up and Notice papers A F W 3195 will be sent to all men shown on the military registers as belonging to one or other of those groups, attested or not unless they have been marked on the register as having some form of excusable work. It has been reported before of exemption courts hearing pleas from traders, farmers and businesses to keep what male labour they have, usually without much success.

Harvest has been completed and festival services are taking place across the area. However a great gale springs up towards the end of the month and a Norwegian steamer "Rollon" laden with coal for the war and France which had recently loaded and left Wales suffered a catastrophic shifting of her cargo which capsized the ship totally. Fortunately all the crew were saved but the same gale in South Devon sent coastal trading schooners running for shelter. One was lost with 13 crew drowned.

In Clovelly there is a "Capital Opportunity for a person accustomed to the catering trade" To be Let by Tender from next Lady Day is The Red Lion Hotel currently in the occupation of Mr John Moss who is retiring. Enquiries should be made to the Estate Office at Clovelly.

We do not normally report on Court cases but the following illustrates the current situation on men's reluctance to volunteer for the war. At a local Police Court Ronald Hupert Waldorf Jeffery aged 24 of a local address and described as an agent or tipster was charged on remand with obtaining from a local shop a gold watch and chain valued at £26.10.0d by false pretences and further that being a British national he did on an earlier date this year represent himself to be an American subject contrary to the Aliens Registration Order, further, with being an absentee from the Military Reserve. He was found guilty on all counts, fined 40/- and sent to prison for 6 months to be followed by military service.

These and many more items of local interest are available to read at the Bideford & District Community Archive at the Council Offices, Windmill Lane, Northam. Tel: 01237 471714. Open Monday, Tuesday and Wednesday mornings. You can also follow us on our Facebook page, Bideford & District Community Archive.

Help!!

The Archive has recently discovered several large reels of reminiscences on tape and would like to convert them into digital audio files. We need the use of a working reel to reel tape recorder for a few days. Can anyone help, please?

October Diary 2016

Saturday 1st

9.30am-12pm Macmillan Coffee Morning at Instow Parish Hall.
11am-6pm Book Festival Café at St Mary's Hall, Appledore, in aid of North Devon Hospice.
7pm Film Club at Littleham Village Hall. 471928
9pm 'Muddy Boots' concert at Village Inn, Westward Ho!

Sunday 2nd

11am-6pm Book Festival Café, St Mary's Hall, Appledore, in aid of North Devon Hospice.

6.30pm Appledore Band + Festival Sinfonietta at Appledore Book Festival

Monday 3rd

10am-12pm Appledore Community Art Group at Appledore Community Hall.
2pm Bideford WI, Sea Cadet Bldg
6.30pm Yoga & Meditation classes at Pollyfield Centre
7pm Tai Chi at Bideford High Street Methodist Church Hall. 472532
7pm Appledore Band - training band at St Mary's Church Hall, Appledore, followed by senior band
7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

Tuesday 4th

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 Beginners Group at Band Room. 475653
7.30pm Northam Choral Society meet at Northam Methodist Hall
7.30pm Bideford Sustainability Group at Blacksmiths Arms
7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391
7.30-9pm Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk Palladium Club *Jam Night*

Wednesday 5th

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 Bideford Folk Dance Club meet at Northam Hall. 423554

7.30pm Bideford Music Club concert – Hannah Morgan & Daniel King-Smith – at Bideford Methodist Church Hall.

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

7.30pm Bideford Phoenix Morris practise at Bideford Baptist Church 473798

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

Thursday 6th

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

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

10.15am Northam Men's Forum meet at Northam Methodist Hall. 459757

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

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

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 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 7th

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

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

8pm Ceilidh Club, Northam Hall 476632

Saturday 8th

9am-2pm Atlantic Village Market

10am Torridge Ramblers day walk 01805 622183

2-4pm Creative Writing Group at Bideford Library 700901

Monday 10th

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

6.30pm Yoga & Meditation classes at Pollyfield Centre

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

7pm Appledore Band – training band at St Mary's Church Hall, Appledore followed by senior band.

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

7.30pm Bideford Stamp Club – David Evans at Kingsley Hall, W.Ho! 472101

Tuesday 11th

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.

2.30pm Lift Off for ladies at Baptist

Church, Westward Ho! 0792636030

6.30pm Bideford Band Beginners Group at Band Room. 475653

7-9pm Torridge Tuesday at Ethelwynne Close 07977184897

7.30pm Northam Choral Society meet at Northam Methodist Hall

7.30pm Lions Club meet at Royal Hotel

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

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

Wednesday 12th

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

4-6pm Sew Together at Northam Library

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

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

7.30pm Bideford Phoenix Morris practise at Bideford Baptist Church 473798

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

Thursday 13th

10.15am Northam Men's Forum meet at Northam Methodist Hall. 459757

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

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

12.30-2pm 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

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

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

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

8pm Bideford Folk Club at Joiners Arms

Friday 14th

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

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

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

6.30-9.30pm Big Sheep Evening Event for Appledore RNLI. 07507514725

7.30pm Abbotsham WI at Abbotsham Village Hall. 474711

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

7.45pm Modern Sequence Dancing,

October Diary 2016 *continued*

Kingsley Hall, W Ho! 01769 540309

8pm Ceilidh Club at Northam Hall

Saturday 15th

10.30am Coffee Morning at 1 Francis Drive, Westward Ho! in aid of Help for Rwanda. 477470

Sunday 16th

1.30pm Torridge Ramblers walk 01805 625485

Monday 17th

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

2pm Bideford Ladies Club at Marlborough Court. 421925

6.30pm Yoga & Meditation classes at Pollyfield Centre

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

7pm Appledore Band – training band at St Mary's Church Hall, Appledore followed by senior band

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

7.30pm Appledore Amateur Radio Club, Appledore Football Social Club. 473251

8.30pm N Devon Jazz Club, The Beaver, Appledore. Alison Rayner's Blow the Fuse

Tuesday 18th

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 Baptist Church, Westward Ho! 0792636030

3pm 'Reflections' Grief & Loss Group at St Mary's Church. 475765

6.30pm Bideford Band Beginners Group at Band Room. 475653

7.30pm Northam Choral Society meet at Northam Methodist Hall

7.30pm Bideford Keyboard & Organ Club – Kevin Grunhill at Bideford Methodist Hall. 475914

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

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

Wednesday 19th

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

7.30pm Bideford Folk Dance Club meet

at Northam Hall. 423554

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

7.30pm Bideford Phoenix Morris practise at Bideford Baptist Church 473798

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

Thursday 20th

10.15am Northam Men's Forum meet at Northam Methodist Hall. 459757

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

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

11am Bideford Sustainability Group

Coffee Morning at Green Goose.

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 Scottish Country Dancing at Westleigh Village Hall. 473801

8pm Bideford Folk Club at Joiners Arms

Friday 21st

10am-4pm Hartland Arts & Craft Society (until 24th)

1-3pm National Adoption information event at Bideford Arts Centre.

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 at Northam Hall

9pm 'Muddy Boots' at Fairway Buoy, Westward Ho!

Saturday 22nd

7.30pm 'Encore' in concert at

Abbotsham Village Hall.

8-11 pm *Soul Intention* at Pier House Westward Ho! In aid of CHSW. 475246

Monday 24

Start of Wicked Week.

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

6.30pm Yoga & Meditation classes at Pollyfield Centre

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

7pm Appledore Band – training band at St Mary's Church Hall, Appledore followed by senior band

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

Tuesday 25th

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 Baptist Church, Westward Ho! 0792636030

6.30pm Bideford Band Beginners

Group at Band Room. 475653

7.30pm Northam Choral Society meet

at Northam Methodist Hall

7.30pm Lions Club meet at Royal Hotel

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

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

Palladium Club *Jam Night*

Wednesday 26th

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

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

7.30pm Bideford Phoenix Morris practise at Bideford Baptist Church 473798

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

Thursday 27th

10.15am Northam Men's Forum meet at Northam Methodist Hall. 459757

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

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

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

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

8pm Bideford Folk Club at Joiners Arms

Friday 28th

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

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

10.30am-6pm 'Fish in a Dish' event at Appledore Baptist Hall.

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 at Northam Hall

Monday 31st

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

6.30pm Yoga & Meditation classes at Pollyfield Centre

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

7pm Appledore Band - training band at St Mary's Church Hall, Appledore, followed by senior band

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

8.30pm N Devon Jazz Club, The Beaver, Appledore. Josh Kemp Quartet