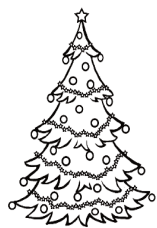




BIDEFORD BUZZ



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



Your chance to give everyone a Happy Christmas and a positive New Year

Welcome to the double issue of Bideford Buzz covering December and January.

There are a host of events taking place in the area varying from carol concerts, light switch-ons, lunches, Christmas markets, fayres, coffee mornings and wine tastings all designed to put you in the Christmas spirit, and give you some interesting ideas for the new year.

There are also four diary pages.

However on the front page of Buzz we would like to concentrate for a moment on the other side of Christmas, and the less fortunate in our society. We still have our Foodbank which needs your support more than ever, as do the homeless and the refugees.

This is what twelve year old Harvey Hennessy said about the volunteer work he does with homeless people: *'Whenever I saw a homeless guy I would feel uncomfortable and would try and stay away from them and say nothing, but now I have met them they really are lovely people even though they can look scary and dirty. And now whenever I walk past them I always stop and ask how they are even if I'm in a rush or with a family member, and if you don't do that then I feel you should do the same. Now please take a moment to think about how bad the weather is outside, and how cold it is getting now. It is winter and just think there are people out there with just a blanket.'*



Clovelly Christmas Lights Switch-On



The Northern Devon Foodbank, founded by local churches and community groups, working together towards preventing hunger in our local area. There are branches at Barnstaple, Ilfracombe and South Molton. Each branch is self supporting in terms of volunteers, service and fundraising. The rural nature of the district is quite a challenge both logistically and financially, so if you would like to help in any way please contact them at Supreme House Pitt Lane Bideford EX39 3JA.

Email: admin@northerndevon.foodbank.org.uk Tel: 01237 422243.

So this Christmas take a bit of time to remember the less fortunate. You can also help by volunteering at IntaGr8's Christmas lunch, details inside.

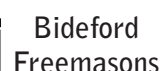


Happy Christmas and New Year from all the team here at Buzz.
We look forward to welcoming you back in February.

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.



Bideford Town Council

Bideford Christmas Light Switch - On Sunday, December 4th.

The event, beginning at noon, promises to be more fun-packed than ever before, with something for the whole family. Children can come and say hello to their favourite characters – Anna, Elsa and Olaf from Frozen, the Minions and Lego Star Wars. Bideford will also welcome UK Garrison Star Wars Characters. Street entertainers will provide family-friendly fun throughout the afternoon, including stilt walkers, magicians, face painting, glitter tattoos and balloon modelling. There will also be children's fairground rides and antics from Voice FM's Hopps and Chapple.



Bideford Christmas Late Night Shopping and Mega Craft Market - Tuesday 6th December - 4pm -6pm.

After the wonderful success last year **Businesses of Bideford** are repeating the winning formula, with a few extras: -

FREE parking in all TDC car parks from 3pm ; FREE entertainment throughout the evening, including Bideford Town Band, The Very Naughty Elf, FREE drinks/sweets/mince pies /mulled wine from many businesses. Jill Rousseau gallery open til 8 with mulled wine and mincepies. FREE face painting and hair braiding. Special offers on the night from many many shops and businesses.

Bideford Library will be open until 8.00pm.

HUGE Craft Market, Donkeys IN the Conservative Club, **Santa's Grotto, Fire Breathers, Magicians and Children's Entertainers**

Mill St and Allhalland St will remain pedestrianised until 8pm. Not forgetting our now traditional end to the evening with a snowball fight in Mill St

And much much more.....Bideford. Friendly Family Fun, our speciality !



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

Saturday December 3rd we have the Signing of the Lease Ceremony plus a festive craft fair – free mince pies – market open 8.00am to 4.00pm

Sunday December 4th – the market will be open from 12 noon to 5.00pm as part of the Bideford Christmas Lights switch - on ; make sure you come and visit us

Tuesday December 6th is late night shopping and the market will be open 8.00am to 8.00pm including lots of additional craft stalls for you to peruse.

We also have some new stall holders, one selling bedding and towels, another clothes, and a new antique & collectables stall. *Lushas Aromas* have moved into the market shop and are increasing their range. 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 St - open Monday to Saturday.
Trev (Minxy's Sweets)

IntaGr8

Free Festive Lunch. Bideford Youth Centre. 25th December from 11am.

Open at 11am with lunch at 1.30pm followed by games and conversation until 5pm.

If you are alone this Christmas we'd love you to join us for food and good company. Presence not presents, but please book as space is limited. rachel@intagr8.net or 01237 477363. Volunteers and donations welcome. **More Christmas news on Page 4**

The Religious Society of Friends (Quakers)

Hold their Meeting for Worship
at 17, Honestone Street, Bideford
Every Sunday Morning between 10.30 and
11.30 a.m. followed by refreshments.

Everyone is welcome.

For further information,
contact Jacqui Poole at 01271 861824
or visit the website: www.quaker.org.uk

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Christenings
Wakes

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Tracy Hearn: 01237 478671

CHRISTMAS AT ST MARY'S PARISH CHURCH BIDEFORD

- **CANDLELIT CAROL SERVICE**, followed by mulled wine and mince pies. **Sunday 18 December at 7 pm.**
- **NATIVITY SERVICE, Christmas Eve at 4 pm.**
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

BIDEFORD FILM SOCIETY

Doors open at 7.00pm, films start at 7.30pm

Friday 2 December at 7.00pm at Bideford College:
Miss Peregrine's Home for Peculiar Children (12A)
127 mins

Monday 5 December at 7.00pm at Bideford College:
I, Daniel Blake (15) 100 mins

Saturday 10 doors open 5.00pm, Sunday 11 and
Sunday 18 December doors open at 4.00pm at
Bideford College: **Santa's Secret Cinema (PG)** Full
details of this event and ticket booking can be found
at <http://www.hoteventz.co.uk/>

Friday 16 and Saturday 17 December at Kingsley
School at 7.30pm: **Inferno (12A)** 121 mins

Thursday 22 and Friday 23 December at Kingsley
School at 7.30pm: **Fantastic Beasts and Where to
Find Them (12A)** 133 mins

Wednesday 28 December at 6.00pm and Monday 2
January at 4.00pm at Kingsley School: **Storks (PG)**
87 mins

Thursday 29 and Friday 30 December at 7.30pm at
Kingsley School: **The Light Between Oceans (12A)**
133 mins

Coming soon: **A Street Cat Named Bob (12A)**
Arrival (12A) **Allied (15)** **Sully (12A)** **Snowden**
(ctba)



Clovelly Christmas Lights Switch-On in aid of RNLI December 4th at 4pm

The great annual Clovelly Christmas Lights Switch-On (see front page) in aid of the RNLI this year promises once again to deliver a fantastic family evening of Carols, Food, Fireworks and of course the magical Switch-On.

Entrance to the event is via the Clovelly Visitor Centre. There will be a very reasonable charge of £5 per car. This all goes to the RNLI and there will be no other entrance fees to the village.

The **Procession of Carols** will start at the top of the Clovelly Cobbles at 4pm and meander down to the Harbour where the Carol Service will start at 5pm.

The **Beautiful Christmas Lights Switch-On** will follow at 6pm and shortly after that the Fireworks will be lit.

(Note: All times after 4pm are approximate).

There will be Christmas Grog, Hog Roast, Hot Dogs and in the Lifbeoat Station Tea, Coffee and Mince Pies for you to enjoy. Come along and bring your family and friends to what is becoming North Devon's Best Christmas Event!

(Don't forget to wear sturdy cobble friendly shoes!)

Appledore Village Festivities and the turning on of the DIY lights - Friday 2nd December 2016

Appledore is not allowed to put up Christmas lights along the Quay, as the street lights are not strong enough to hold them. However not to be outdone we will turn on our (now annual) 'Do it Yourself' lights; everyone brings their own, as a lantern, night light in a jam jar, or torch, simple or outrageous! The event is organised by Appledore Visitors' Association.

The **Christmas Craft Fair** takes place between 11 and 7pm at St Mary's Hall with most shops and cafes staying open. In Appledore Hall at 2.00pm the local primary school will put on a **Nativity Play** for the entire village, a heart-warming 'not to be missed' event. The same venue hosts the Appledore youth based **Total Theatre School** at 4.45 who will be performing 'Christmas Folly and Fun'. Both are free of charge; all welcome.

Between 4 and 6.30 pm there is a **treasure hunt** around the village for the children starting at Appledore Quay Gift shop, (also the information centre for events and serving mulled wine and mince pies from 5.00 – 9.00.) Between 4.30 to 7.00pm pop in to see **Old Films of Appledore** and enjoy mulled wine and mince pies at the Library courtesy of the Friends of Appledore Library. The **Hubba Choir** will be singing in St Mary's Hall between 6.00 and 6.30. At 6.30pm on the Quay, **Santa** will be arriving in unique style in his gig to hear what all the children would like for Christmas. At the same time the **Seagate** will start their festive treats. At 7.00pm the **Fun Singers** will entertain us until 7.15 count down on the Quay (Churchfield End) for the turning on of the lights, followed by presentations by the Mayor to all the winners of the 2016 Photographic Competition. Appledore Band will then be playing carols for about an hour. The pubs will have a special Christmas theme for the evening. If the weather is too bad for events on the Quay, Santa will be in a Grotto in the Baptist Church, together with the carols and presentations.

Northam Choral Society.

How about coming along to our Christmas Concert? Our four-part choir has been meeting every Tuesday since September in the Methodist Church Hall in Cross Street, Northam, in preparation for our two concerts this month. On **Saturday December 3rd** we shall be in St Mary's Bideford at 7.30pm. Besides favourite carols for us all to sing, the choir will sing to us some special Christmas works including "The Lamb" by John Tavener, "Te Deum and Jubilate Deo" by Benjamin Britten, "A Babe is Born" by William Mathias and "Dormi Jesu" by John Rutter. We are also hoping to be entertained by the children of St Helen's School, Abbotsham. During the interval mulled wine and mince pies will be served. Entrance is £6 on the door with young people free. Our conductor is Michael James, and the organist is choir member Julie Parker.

Then, on **Tuesday December 6th**, why not pop in to our Christmas Concert in the Burton Art Gallery during the late-night opening? It is also at 7.30pm and we shall repeat some of the pieces we sang in St Mary's. The atmosphere is much more intimate and we hope the "Cafe du Parc" will be open! You will also see the Burton Christmas Exhibition.

Please add us to your list of Christmas "must-gos"!

Paul Smith

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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 or support volunteer, please contact Samaritans on:

BARNSTAPLE
01271 374343

email sams_nd@yahoo.co.uk

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Happy New Year

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01237 - 471521

Light Up a Life this Christmas with North Devon Hospice

Remember someone special to you this Christmas with North Devon Hospice's annual Light Up a Life appeal. Light a candle in memory of your loved one at our special services that take place across North Devon, including in your community.

Christmas is traditionally a time for family and friends to get together, so it is natural that at this time of year our thoughts turn to those who are no longer with us. Light Up a Life offers you the chance to honour their memory, together with many others who are doing the same thing. It helps us realise we are not alone in missing someone special at this time of year.

If you cannot attend your local Light Up a Life service, you can take part in the appeal by making a donation online at www.northdevonhospice.org.uk.

Alternatively, phone the Light Up A Life team on 01271 347232 for a leaflet; they can take your loved ones' names and your donation over the phone. When you take part in *Light Up a Life*, we will send you a special star in the post to hang on your Christmas tree, on which you can write a message to your loved one. Their name will also be entered into our special Book of remembrance.

By making a donation to North Devon Hospice you will be helping to make a difference to those who need our care both today and into the future. The hospice cares for those facing a life-limiting illness, and their whole family. All our support is provided completely free of charge, but this is only possible thanks to the ongoing generosity of the local community.

North Devon Hospice needs to raise over £4m from scratch every single year in order to care for the thousands of local people who need us during the toughest of times. By supporting our Light Up a Life appeal, you will be helping people right here on your doorstep; your colleague, neighbour, friend or even your own family member.

You are warmly welcome to your local Light Up a Life service at:

St Mary's Church, Appledore
(for North Devon Hospice)
Sunday 4th December 10.00am

St Anne's Church, Buck's Mills
(for North Devon Hospice)
Monday 5th December 7.00pm

The Bethel, East-the-Water
(for North Devon Hospice and Children's Hospice)
Thursday 15th December 7.00pm

Bideford Pannier Market
(for North Devon Hospice and Children's Hospice)

Saturday 17th December 6.00pm



A Christmas message from the Mayor

Although the Mayoress and I are going to be busy throughout December most of what we will be doing is community based here in Bideford. So it is going to be enjoyable sharing the build up to Christmas here in our own community. We have a lot to look forward to.

The Town Council's Christmas Lights, considered by many to be world class, have been extended again visible when crossing the Long Bridge from East the Water and on Clovelly Road. The Town Council is providing free parking on the key days leading up to Christmas. Parking will be free from 10am on the Pill, Bridge Street, Pannier Market, Manor and Quay car parks on Sunday 4th of December, Xmas light switch-on, and Saturdays the 10th, 17 and 24th

On Christmas Eve the Mayoress and I will be in the Elizabeth Ward at Bideford Hospital chatting with patients and presenting them with a little gift. With the proposed changes to hospitals this might be the last time a Mayor is able to do this.

On a much brighter note we have a new Mayoral event. Along with other councillors and young people from the Youth Service we will be stirring the Christmas pudding for Intergr8's great innovation, a community Christmas Lunch. The lunch is for anyone no matter what age on Christmas Day. The Mayoress and I will also be helping Intergr8 to serve their lunch. From both of us our best wishes for a pleasant and peaceful Christmas and a happy and healthy 2017.

David Howell

More Lundy History

Letter to Commander Cyril George Illingworth, Later 'Sir'.

Dated 24th October 1930 from Felix William Gade on Lundy.

The raison d'être for this article and the research which it involved, stems from a letter dating from October 1930, addressed to Commander C. G. Illingworth and written by Felix William Gade, agent on Lundy from 1925 to 1971. The note acknowledges the receipt of a postal order for 3/6d, and informs the addressee that he has sent him a set of Lundy stamps as requested. Mr. Gade adds an extra piece of information, pointing out that the Lundy stamps are only valid to and from the island and that the Puffin, the currency of Lundy, is the equivalent to one English penny.

The address to which this letter was sent is interesting in itself, it reads;

Commander C. G. Illingworth R.D., R. N. R.,
Staff Captain,
R. M. S. "Scythia",
Cunard S. S. Co. Ltd.,
Liverpool.

Gade used a stamped addressed envelope sent to him by Illingworth with the embossed Cunard Line logo on the reverse. My first thought was that it is unusual for a senior officer from the Cunard Line to be interested in acquiring Lundy stamps. There is no answer to this question other than that he was. But we are able to gather some information about the ship, the *Scythia*, and Commander Illingworth himself.

R.M.S. Scythia was built in 1921 and had a weight of 19,730 gross tonnes; 624 feet long with just one funnel and a maximum speed of 16 knots. She was capable of carrying 2,200 passengers in all classes. She continued as a passenger liner until 1939 when she was commandeered as a troopship, in which capacity she continued until 1948, when she returned to her civilian duties. Between 1948 and 1950 her duties included the repatriation of Canadian war brides. Sometime during the war she was torpedoed off the coast of Africa but did not suffer severe damage. She was scrapped in 1958.

In October 1930, at the time of Gade's letter, Commander Illingworth was second in command of the "Scythia", the actual captain at the time was A. D. Gibbon. Commander Illingworth, born in 1883, had a very successful career with the Cunard Line. which he first joined in 1910. He was quickly promoted to commander and in 1930 he was posted as a full Captain. although in October 1930, according to Gade's letter, he still seems to have the rank of Commander. In 1942 he was made the Captain/master of the *Queen Mary*, the largest

liner in the world at the time.

She had already been commandeered by the government for the duration of the war, and was used as a troop carrier.

During the war, on October 2nd 1942, while transporting American troops to Europe, the *Queen Mary*, under Illingworth's captainship, was involved in a collision with the light cruiser *Curacoa* on the Western Approaches North of Ireland. The *Curacoa* had been launched as long ago as 1918 and had seen service in the Mediterranean and Baltic Seas. In 1929 she became the flagship of the Atlantic Fleet Light Cruiser Squadron. In 1940 she had undergone a complete refit and her armaments and communications up rated, including advanced anti-aircraft artillery and up to date radar equipment.

On the day of the collision, the *Queen Mary* was steaming at 28 knots in the prearranged evasive zig-zag course. The *Curacoa* under Captain John Boutwood, did not follow this strategy and came into full collision with the *Queen Mary* which cut her in half like a knife through butter. 101 men were rescued by other escorting ships but 337 men and officers were lost. The case went to trial in 1945 when the *Queen Mary* was completely exonerated and full blame was laid on the officers of the *Curacoa*. Immediately after the collision, because of the importance of its mission and for fear of enemy submarines, the *Queen Mary* steamed on, almost undamaged.

Illingworth became one of the most famous Merchant Navy captains of the time and in 1949 was Knighted by King George VI for maritime services to the nation. He died in 1958.

We can speculate whether Gade, in his later years on Lundy, knew of Captain Sir Cyril Illingworth and his successful career with Cunard, and whether he remembered that 3/6d postal order that he had received way back in 1930. Illingworth is not mentioned in Gade's memoirs *My Life on Lundy*. written in 1978. We can also wonder whether Illingworth kept the Lundy stamps he had purchased and if he continued with any interest in the island.

For much of the above information I would like to thank Charlotte Dunne, archivist at Liverpool University, where the Cunard Line records are held.

Roger Allen

St. Margaret's Church, Northam

St Margaret's Church, Northam has received initial support from the Heritage Lottery Fund (HLF) for urgent roof and ceiling repairs to improve the building for community use. The project will ensure the future of the church building, preserving its heritage and history and making it a warmer and more welcoming place.

The church has been a focal point for worship and the spiritual home for many people in Northam for centuries, and is currently used by a number of community groups for various activities, fairs and exhibitions.



About St Margaret's Church.

The parish church of St Margaret, Northam was built over 750 years ago with the first written record of its benefice in 1261. For many years the tower was used as a landmark to guide seafarers, the sides being plastered and white-washed to make it visible far out to sea. The church has developed over the centuries, most notably in 1593 when the north aisle was built to accommodate more people. The church was placed on Historic England's "At Risk" list in 2014 with the urgent need to replace the roof and ceiling.

Appledore Band

Appledore Band is gearing up for a very busy Christmas period again. This is the time when we collect for four local charities and last year we gave away £2000.

Some of the local engagements are the Appledore Light turning on, RNLI Christmas Concert, Carols with the schools at Northam St Margaret's and a Candlelight service at Westward Ho! Holy Trinity Church. Plus the Senior Citizens' dinner and Torchlight procession in Appledore for the Appledore Pirates. (see Buzz diary for times).

We are also playing for the Durrant Hotel for their Turkey and Tinsel events and outside many local supermarkets on various dates leading up to Christmas. Look out for us!

On a different note we are looking for a Drummer/Percussionist as our previous one has gone to university. We are a very friendly group of musicians who enjoy making music together. If you are interested and can read drum music please contact our Band Secretary on bandsecretary@appledoreband.org or 01237 473723

JB

Bideford Town Band

A double victory for Bideford Town Band on Saturday 5th November 2016, as the band won 1st place at the 70th annual championships of the South West Brass Band Association, held in Torquay.

Under the baton of Musical Director, Mark Durham, not only did the band come 1st in the 4th section but also took the trophy for 'best bass section'. The band had to master and perform 'Saddleworth Festival Overture' by Goff Richards. The contest was adjudicated by Steve Sykes, who is a world renowned tuba player, so to be awarded 'best bass section' by him was an honour. The band's hard work rehearsing paid off on the day and the band gave a cracking rendition of the piece. It was described by Mr Sykes as "incisive and positive" with "good rhythmic grip".

The band always welcomes new members and rehearse every Monday and Thursday from 7.45 pm in the Band Room, by Victoria Park. The band also have a lively, enthusiastic training band who practise on Tuesdays at 6pm. www.bidefordtownband.co.uk or find us on Facebook."

**Bideford AFC
Home Fixtures
December and January
2016/17**



Sat 10 th Dec	-	Totten
Sat 17 th Dec	-	Winchester City
Monday 2 nd Jan	-	Taunton Town
Sat 14 th Jan	-	Slimbridge
Sat 28 th Jan	-	Didcott Town

For me, it's found in those moments when, fleeting or not, life seems to say 'there, there - it's OK', stirring a sense of profound wellbeing and deep gratitude for the miracle that is Life. I find such moments a wonderful tonic in these uncertain, turbulent and fearful times, and it's interesting to note that a recent Guardian article suggested that the increasing interest in hygge in Britain is a consequence of the challenging year the country has experienced. In a way, hygge represents that 'more beautiful world that our hearts know is possible' (to quote Charles Eisenstein), and such hyggelig (hygge-like) moments can be actively nurtured. As the Danes know, everyday can have its hyggelig aspects.

Local women in their late 50s may still be expecting to receive their state pension at age 60 despite two increases in their pension age, say Devon supporters of a national campaign set up to raise awareness of the issue.

WASPI says that women affected by the increases did not receive timely personal notification and as a result some are still unaware of the changes. Devon WASPI supporters, who hold regular leafleting events around the county, say that they frequently encounter women aged 57, 58 and 59 who do not know that they will **not** get their pension at 60.

If you are unsure about your state pension age or your pension entitlement you can request a pension forecast from the Department of Work and Pensions at www.gov.uk/state-pension-statement or by calling 0345 3000 168. The forecast gives you an estimate of your state pension based on your National Insurance contributions.

Volunteer Secretary needed for the Bideford & Torridge Macular Support Group

Apply to Alan Strawson at alanstrawson@gmail.com or tel: 07970161078 / 01237441466

[illegible]

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 enclose a cheque for £ made out to Bideford Buzz.

Mr./Mrs	First Name	Surname
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Address

Post Code Telephone No

9

Book Buzz

The Slap by Christos Tsiolkas. *Discussed*

by Bideford Library Readers' Group (next meeting December 7th 2pm at Bideford Library.)

'At a suburban barbecue, a man slaps a child who is not his own.

This event has a shocking ricochet effect on a group of people, mostly friends, who are directly or indirectly influenced by the slap.'

Nearly all the members of the group were shocked and horrified by this book. It certainly portrays some particularly nasty people and there is a huge amount of offensive language, sex, drug taking and amoral behaviour. But should you judge a book badly simply because the characters are unappealing or, as in this case, just plain vile.

Tsiolkas says one of his reasons for writing the book was to expose the middle class Australian society. I think it goes deeper and exposes the potential nastiness in all of us which may not necessarily show itself, but could be just hiding beneath the surface. In fact a lot of the comments by the characters are not spoken out loud but written down as their thoughts. The author has done a truly honest expose and because it is not sanitised in any way can easily offend.

The book was in my view 'unputdownable.' Don't get me wrong. I loathed the characters with one or two exceptions, the swearing, the lifestyle, but ultimately it was a very good read and I was sorry when I finished it. It was shortlisted for the Booker prize and the author is a highly respected Greek/Australian writer. **Not recommended as a family read for Christmas.**

Rose Arno

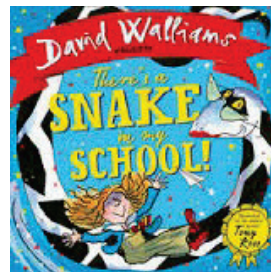
On the other hand.

Books for Christmas and beyond

There is a veritable cornucopia of books out there this festive season. Here is just a small sample to whet your appetite.

For those who like biographies, the enigmatic John Le Carre throws light on his life in his book *The Pigeon Tunnel*. For music lovers there is Bruce Springsteen's *Born to Run* and *The Age of Bowie* by Paul Morley. A real treat is the third and final volume of Alan Bennett's diaries, *Keeping On Keeping On*. Bennett who is now 82 has lost nothing of his wonderful deadpan humour.

This time of year always spawns a large number of crime novels. Rebus is still with us - though older and less healthy - in Ian Rankin's *Rather be the Devil*. There are two small, attractive hardbacks appropriate to the season, *The Mistletoe Murders* (£10), a collection of four short stories, collected posthumously, by the queen of crime P.D. James and *The Travelling Bag*, a collection of ghost stories by Susan Hill. Lee Child has written a new Jack Reacher novel, *Night School*, and away from crime there is another romp from Jilly Cooper, *Mount* and Sebastian Barry's *Days Without End* is a moving story about two young men set in nineteenth century America.



There is no outstanding new cookery book but Christmas would not be Christmas without *Hugh Johnson's Pocket Wine Book*, the 40th anniversary edition. And among the history books there is a fascinating study of the SAS by Ben Macintyre, *SAS: Rogue Heroes* and a history of the world through boats and ships, *Fifty Ships that Changed the Course of History* by Ian Graham.

Of the jewels among the children's books, Jaqueline Wilson has a new one out, *Clover Moon* so does David Walliams, in fact he has two, *The Midnight Gang* and for younger readers, *There's a Snake in My School* illustrated by Tony Ross. Michael Morpurgo has cleverly combined Leicester's two triumphs, the discovery of the body of Richard III in a carpark and Leicester City's winning of the Premier League Championship, in a story about a family of foxes. **Happy Reading!** All these and many, many more, are available from Bideford's own independent bookshop, *Walter Henry's* in the High Street.

Hilary Aikman

Bideford Library Special Events. (Please ask at the library for more details of these and regular events.) Lego Club now runs on Saturdays between 10 - 12. It is a free drop in session for children from 5 to 105. The first week was really popular with around 50 builders turning up! We are having a **book and DVD** sale on Saturday 10th December between 9.30 - 1.00pm with tea, coffee and a mince pie. Pop in and grab a bargain. We will also be repeating our popular annual **Christmas Sleepy Heads Story Time** with late night stories around the Christmas Tree.

Bridging the gap.

"Mind the gap", "gappy tooth", "pay gap" even 'Gap' the clothing outlet if you have an explosive allergy to tank tops and sweatshops... With all these negative connotations- 'gap' as something to be avoided or filled- and 'gap year' doesn't immediately scream positivity. If anything, it implies a little year-long lull; a hole in your timeline that some people vault straight over into uni life, others walk round into paid employment- a 'proper job'- and some fall right into. If you do take the plunge, it's all about filling it with meaningful experiences that look good on your CV. A time outside the vortex of education, it's constrained only by finance and work shifts; an eerie peek through the curtain at actual adult life. It's a time when you can do pretty much anything, but when the mind boggles, it tends to give up and the sheer scale of possibilities can be daunting. So here at Buzz for your delectation we have arranged a list of 5 things you can do to fill that year shaped gap in your life.

1.) <http://www.realgap.co.uk/> For those who don't fancy a nice ramble round the globe; this site offers you travel with a purpose. Be it teaching monks to read English in Tibet or rounding up cattle in Australia, you can choose a foreign job that suits you and set off on a jaunt. The only real downside is that a lot of the work doesn't pay (though you never know, the monk's may tip handsomely) and the trip expenses- while discounted through the site- fall on you. This means a part time job/ year of mooching may be required to fund your Mother Theresa act, though in the grand scheme of things, it's still a lot cheaper than a rail ride across Europe- that other gap year staple.

2.) Visit friends at uni. With a 18- 25 rail card, your train fees can be truncated by 1/3- most uni's also allow 2 visits per month, which cuts out the need for a hotel, so this works out at a very affordable glimpse into student life before you go. A gap year perk, you can gently acclimatise to the idea of communal living while your foolhardy friend submerges themselves fully.

Sadly, even as a part timer, there is no avoiding the fresher's flu. With streaming eyes, a nose like treacle and the cough of a 63 year old asbestos miner, this reporter went right on the



front line and caught the bug from an overzealous giggler who happened to spray some airborne droplets as he chuckled. That's all it takes to pass the highly infectious disease on. Disinfect your bags after you visit and breathe through your nose; that's our only advice.

3.) Look further into your course- want to be an optician? Write a report on cataracts for fun- they can only look favourably on such extracurricular interest in your interview. Perhaps pick up a few books written by a prospective university professor- they can't say no to a fan. Hopefully.

4.) Take a part time job. If you save well enough, you may even be able to stretch out your income, augment it with the housing loan and not have to work for at least the first 2 years of your course. This gives plenty of time for study and partying.

5.) Write a book, do something creative. If you choose to go down the part time job route, this leaves you with vast swathes of time to yourself. An incredibly productive way to spend your time is to create something- be it a comic, a picture, a play or a book. If you're that way inclined, it can be great fun and it means you have a goal, something to finish before September. Who knows, if those Tibetan monks get a good enough teacher, they may be reading your best seller in years to come.

Hopefully this has been of some use. Time is money- you just have to spend it wisely.

And a Happy Christmas and New year.

Thanks for reading

Millie Sutherland O'Gara

If you have any gap year ideas of your own, or just want to share what you've been up to, give us a buzz?"

editor@bidefordbuzz.org.uk or leave us a message on our Facebook Page.

News From the Burton Art Gallery and Museum

December is an very busy month. Families have arranged what they are doing about Christmas by now, so it's time to finish writing the cards, deciding who gets what and wrapping up parcels for posting, stocking the freezer, preparing guest rooms, searching for the decorations in the loft, and so on, and so on. So much to do! You really deserve a bit of relief from all that, particularly the women in the family who seem to do most of the above. So, why not visit Bideford's Burton Gallery for a bit of fun? As mentioned last month It has something very special to show you just now, but you should bring some children with you, because the **Clangers** are here! And not just the Clangers – Bagpuss, Ivor the Engine, Noggin the Nog and Pogles Wood! The Victoria & Albert Museum has sent all their favourite children's TV programmes' animated creatures, machines and sound-effects, so you can get behind the scenes and see how it was all done. It's not all ancient TV history, either, because the Clangers, for one, are back on screen.



As for the others, many mums and grannies may well remember sitting on the sofa, after school, enjoying their children's laughter at the antics of the Soup Dragon far away in outer-space. We bought the toys, the Swanee-whistle, and lots of books. That was then. Now you can find a few



* MAJOR CLANGER WATCHED -BEMUSED- AS THE BLUE BOX APPEARED FROM NOWHERE.



interesting items in the Gallery Shop, such as 'Make your own Clanger Kit', and a cuddly Bagpuss or two. If your young folk want to know more about making films, Smallfilms will be there to give some hands-on experience – which could inspire a career, who knows? This wonderland of an exhibition continues right up to Christmas, ending on 22nd January. Lots of time to visit again and again. The Gallery will be open every day except Christmas Day, Boxing Day and New Year's Day.

In gallery 2 visitors will find the **Open Annual Christmas Exhibition**, promoted by the Friends of the Burton Gallery. Artists from all over the region submit their work for selection, from which we enjoy a good standard. All works are for sale, giving you an opportunity to purchase an original painting, ceramic, sculpture, textile or print. It is Christmas, after all! Proceeds from sales are used by the Friends to support the Gallery in many ways, such as funding for major touring exhibitions, the new Gallery website, restoration of paintings, display cabinets, transport for school children's visits, and the Young Friends' teacher's salary.

The Friends were generously donated a Harvest Jug, thrown by Nick Juniper and decorated by his father, Harry. The jug will be the prize in a Raffle, and tickets can be purchased from the exhibition desk at all times during the exhibition for £1 a strip. The Draw will take place at 2.30 p.m. in the exhibition room, on the 22nd December. The jug depicts the Bideford Coat of Arms, the Friends' logo, the Oldenburg, plus the Bridge motif and curly handle, which are Harry's trade-mark, making this a very special jug. The Exhibition ends on 24th December.

There is much more to the Burton than exhibitions: the Cafe du Parc with scrumptious lunches and cakes; the Museum of Bideford upstairs (lift available), the Craft Gallery full of beautiful creations, and the Shop with all its toys, cards, books, games and handcrafted jewellery. The Tourist Information Centre is also part of the Reception area.

The Friends wish you a very Happy Christmas and New Year, and hope you will find all your desire in Bideford's very own, very special Burton Art Gallery & Museum.

Diana Warmington,
Friends' Secretary.

Felicity's Restaurant Visit and Christmas Fish recipe

I visited the Ballymaloe Cookery School in County Cork Ireland in October. An absolutely fabulous place with extensive market gardens and wonderfully welcoming atmosphere. I saw the famous Darina Allen demonstrating dressing crabs and had a coffee and scrumptious cheesecake with ginger pieces added in the Ballymaloe Cafe.

Here a recipe for Christmas Eve or parties with friend and family. This is based on Darina Allen's - *Simply Delicious Christmas* book and is rather retro as it was originally written in 1989! and reprinted in 2002.

Ingredients for 4. (Can be scaled up for parties)

500g of Monkfish or Scallops

1 onion chopped(50gs) 30g butter and 60g/2tablespoon flour/corn flour

Dry white wine, 500ml Fish stock

125 g /4oz/cup sliced mushrooms

1 tablespoon parsley, fennel and thyme mixed.

Salt and freshly ground pepper

Creamy milk/half milk and single cream

100gm /2oz Cheddar Cheese or Cornish Yarg

Duchesse potato for piping or spreading around the edge of the serving dish



Method

1.Trim Monkfish tail and cut into 1cm/half inch thick slices, cut at angle, or cut large scallops in half.

2.Use a heavy saucepan-stainless steel or enamelled pan. Add fish slices and cover with white wine and 250ml half fish stock or water. Bring to the boil and poach for 2/3 mins only.

3.Remove fish and continue to boil the liquor until 200ml/2/3pint approx.

4.Cook chopped onions in melted butter for 5-8minutes. Add the sliced mushrooms, season with salt and pepper and cook for3-4 mins. Stir in the flour and cook for 1min stirring all the time, add liquor with the milk added (300ml total) gradually.

5.Add the freshly chopped herbs /dried herbs. Sauce should be smooth and tasty -Check taste. Correct the taste and add the fish into the sauce and cook lightly for 2mins only!

6.Pipe a border of duchesse potatoes -mashed and creamed or spread around the edge of a serving dish and add the sauce and sprinkle top with grated cheese.This can be cooled and warmed later. When required, reheat in a cool oven 190F or Gas 5 for 20 mins. to melt the cheese. To serve immediately, heat under the grill for approx. 5mins to melt the cheese.

Serve with a good green salad.

Happy Christmas and A very Prosperous New Year!

Come and try the Bideford Bun.

Saturday November 12th saw the commercial launch of 'The Bideford Bun' in Bideford's Pannier Market. The creation of this tasty pastry arose out of a competition suggested by Bideford Sustainability Group's Fred Brown, and which was then a major feature at the Positive Living Fair in September. Helen Cusack (front of picture) who produced the winning bun, wanted to celebrate Bideford's links with North America by producing a honey and cinnamon 'Honey Bun' but topped with icing for North Devon's 'Little White Town'.

Saturday's buns were baked by Graham of Country Cottage Bakery of Mill Street who now intends producing these on a regular basis according to demand.



Rose Young French



BIDEFORD COMMUNITY ARCHIVE

100 YEARS AGO – December 1916 & January 1917

The first three issues of the Gazette in December 1916 are full of seasonal cheer of all varieties.

W J Ridge, Wine merchant of 70 High Street has two adverts – one for Old Scotch Whiskies including “Dew off the Highlands”, the other for “Anglo” ales and Oatmeal Stout. Charles Ashton, family grocer trading at Trafalgar House, is the sole agent for W & A Gilbey's wines and spirits. For the home baker, Tattersalls Stores boast that they have the largest stock, the best of everything at the lowest prices. Among the items for sale are loose Muscatels for cooking at 8d per pound, Chinese figs and the finest Tunis dates are 9d per pound. Tattersalls also offer “Evaporated fruits” – apricots, peaches and pears as well as a wide variety of nuts.

Suggestions for Christmas presents are plentiful. A M Morrish at the Quay Café is showing a good selection of chocolates, confectionery and season's novelties. F Karslake, draper from London House, heads his advert with the words “Christmas should be enjoyed in a reasonable manner. Our old fashioned custom of giving and receiving presents must not be allowed to pass. It is a glad time of friendship and goodwill of the year”

If you are looking for practical presents, Heywood & Heywood of Grenville Street offer serviettes, 5 o'clock tea cloths and tea cosies as well as handkerchiefs and Antimony trays. Steward & Co.'s Bazaar at 56a Mill Street has a splendid selection of British made toys. W Wood of 10-11 Meddon Street reminds readers that Christmas is the children's festival and offers dolls, toys games and tea sets.

For the ladies, Robert Yeo at Manchester House (in an advert illustrated with line drawings) suggests that “Suitable and acceptable” presents include aprons and pinafores, whilst Sanguine & Son's Boot stores in Grenville St. promote their pretty slippers, house shoes and ladies gaiters. For the man in your life you could visit H I Meredith at 18 High Street and buy vacuum flasks, shaving requisites and electric pocket lamps, whilst Coles & Lee at the Gazette Offices offer useful leather goods.

The troops have not been forgotten and suggestions include “Swan” fountain pens with ink tablets in tubes, metal cigarette cases and photo cases.

The more extravagant could buy an American organ from J T White of 77-78 High Street, a piano from Nicklins in Bridgeland St., watches and jewellery from E Northwood at 69 Medon St., or furs from Burrows at 17 High Street.

To decorate your home, Perkins and Son, florists on the Quay offer ferns and palms in pots as well as cut flowers supplied fresh daily.

If you were unfortunate to be unwell, Gerrish's Speedy Cure for coughs and colds can be bought for 1/3 a bottle at E Gerrish, dispensing chemist on The Quay. We are also assured that Mother Seigels Syrup banishes indigestion.

To return to more pressing matters, the 28th December edition reports that Bideford Council are discussing the food shortage and considering the possibility of ploughing up Victoria Park to provide extra allotments. Early in the New Year Bideford Council advertise a Public meeting in the Town Hall for the purpose of considering providing extra Allotments. Northam Council are also concerned about the shortage of vegetable patches, and in particular the shortage of potatoes. The Committee were told that 2 miles from Northam a farmer was holding a large quantity of potatoes waiting for prices to rise. A committee member, Mr Vincent remarks that “the Government should do something” and suggested that as they now controlled the railways they should lead by growing potatoes beside the track. Later in the month a report appears stating that the National Food controller has set and published potato prices. Main crop, of not less than 6 tons will be priced at £5-15-0d per ton rising to £6-10-0d in the Spring. Locally a 2 acre field at Kiltrasna is available for a period of 3 years for cultivation but a flood of letters to the Editor decry the notion of ploughing Victoria Park citing that it is the only pleasant area where the elderly can walk and enjoy. At the Devon Crown Court 2 local residents are accused of stealing £300 worth of jewellery (£14,500 in today's value) from their employer, Mrs Elizabeth Daw of Baddesley Grange, Northam. Herbert Clarence Leonard, alias Victor Howard, was employed as a cook but was actually a deserter. His common law wife, who was pregnant, Daisy Fowler, alias Leonard or Howard was a servant and was acquitted of the crime but her partner was found guilty and sentenced to 15 months hard labour. Only a tiny proportion of the jewellery was recovered.

Continued on next page



(From previous page.)

Appearing in the first **January** edition is an Almanac for the year. In the centre are famous events and personalities for every day throughout the year but around this are local details and information, postal rates and times, bus and train times on both Bideford, Westward Ho! & Appledore Railway and, across the river, the LSWR. Financially the public are served by National Provincial Bank, Fox Fowler & Co Bank, Lloyds Bank and London, City & Midland Bank all in the High Street and Exeter Savings Bank has offices in Bridge Buildings opposite the Town Hall.

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.

The changing character of our coast by Dave Edgecombe

Following the review of 'The changing character of our coast by Dave Edgecombe last month, Buzz received the following feedback from **Roger Plumtree**.

'Article read with interest. However the statement concerning the graves of drowned mariners buried in unconsecrated ground owing to no knowledge as to their religion is almost certainly incorrect and provides a possible latest date as to their internment.

It was indeed the custom of coastal villages to bury drowned mariners below the high water mark On the 18th June 1808 Parliament passed the statute 48 George III cap 75 that placed a legal obligation on all English coastal communities to inter drowned mariners either in Churchyards or Parochial Burying Grounds within a stipulated timescale and all interred according to the rites of the Church of England. Visit any coastal churchyard and you will readily see that our forefathers complied with that Act.

An article on the Act, titled 'For those in peril at sea' has been placed in the Bideford Archive. Basil Pidgeon at the archive may well be able to help anyone who wishes to find it.'

Coastwise North Devon

Do you want to know more about our wonderful North Devon Coast? Coastwise North Devon is a local organisation that aims to increase our understanding of the coast and its wildlife. It does this by sharing knowledge and undertaking conservation activities and projects.

Coastwise runs a programme of talks from October to March in Barnstaple Library from 9.45 to 12.45 on Thursday mornings and a series of shore safaris or field visits in the summer months.

This autumn we have had talks on whales and dolphins, marine conservation zones, geology, photography, marine pollution, seaweeds, shipbuilding and coastal map making. So you can see our interests are as wide as the coast is spectacular.

For more details of talks or shore safaris look at the Coastwise website

www.coastwisenorthdevon.org.uk , Facebook *Coastwise North Devon*, or phone the membership secretary Marjorie Heath on 01271 861251.

Stan Coats

The Devonshire Association

Our winter season began very well, with an illustrated talk by the Association's Chairman, Revd Peter Beacham on *'The Buildings of Cornwall'*. He has recently completed a major revision of Nicholas Pevsner's book on the same topic.

On **9th December**, we have a talk on *'The Flora of Braunton Burrows'* by Mary Breeds. Dr. Breeds is an expert on the subject. Anyone with an interest in botany will know that Braunton Burrows is a botanist's paradise, supporting a large number of different species, including orchids and other rarities.

In the New Year, on **20 January**, Rob Wilson will give us a talk on *'Conservation in Exmoor National Park.'*

All these meetings are in the Kingsley Room at the Burton Art Gallery on Friday afternoons, 2.00 - 4.00, including refreshments. If you are interested in coming along, pick up a leaflet/flyer at the Burton, contact our Secretary, Mike Wright, email address michaelwright946@btinternet.com or simply come along on the day.

Chris Trigger



THE SHIPPING NEWS



Ship in Port <i>Bideford.</i>	Flag	From	To	Arrived	Sailed	Crew	Cargo
Pur Navolok built 1997	Limassol Cyprus German	Rotterdam	Castellon	13/11/16	15/11/16	Russian	2800 tons ball clay
Ship in Port Yelland Celtic Warrior Built 1996 ex Thule 14	Cardiff British British	Glensanda	La Legue	13/11/16	13/11/16	Russian	3900 tons chippings.

Oldenburg due to depart for her annual drydocking at Sharpness

At Appledore

The **Freshspring** left the berth at Appledore at 18.20, 16th October in the tow of the **Seven Sea** and proceeded to the allocated berth at Victoria Park ; this will now allow the owners *The Freshspring Preservation Society* to start on her restoration work and apply for further funds to continue.

Bristol Channel Observations

16.10.16 at 12.20 vehicle carrier **Onyx Ace** 18529 tons d.w, owners Mitsui OSK Lines Japan, inward bound for Portbury.

19.10.16 At 16.55 vehicle carrier **Tombarra** 19628 tons d.w, owners Wallenius Wilhelmsen Logistics Norway and Sweden, inward bound for Portbury.

22.10.16 at 15.51 vehicle carrier **Aniara** 30089 tons d.w, owners Wallenius Wilhemson Norway and Sweden, outward bound from Portbury having sailed at 12.10. At 1600 bulk carrier **Puffin Arrow** 62967 tons d.w. owners Gearbulk Ltd Bermuda, outward bound from Portbury, having sailed at 09.09.

29.10.16 At 13.24 vehicle carrier **Grande Mediterraneo** 18427 tons d.w, owners Grimaldi Line of Italy, inward bound for Portbury.

31.10.16 at 13.35 container vessel **MSC Koroni** 48244 tons d.w, owners Waldo Shipping Co Greece outward bound from Portbury, having sailed at 07.30.

1.11.16 At 11.16 vehicle carrier **Emerald Leader** 10879 tons d.w, owners Nippon Yusen Kaisha of Japan, outward bound from Portbury having sailed at 06.18. At 13.56 chemical tanker **Bro Nakskov** 16427 tons d.w, owners Maersk Tankers A/S Denmark, outward bound from Cardiff, having sailed at 17.15 30.10 (anchored off Lundy awaiting orders.)

4.11.16 at 12.04 container vessel **Elbstrand** 11367 tons d.w, owners Elbstrand GMBH & Co KG Germany outward bound from Avonmouth, having sailed at 07.17. At 13.53 vehicle carrier **Grande Europa** 18461 tons d.w, owners Grimaldi Line of Italy, inward bound for Portbury.

5.11.16 At 13.31 vehicle carrier **Morning Chorus** 16178 tons d.w, owners Eukor Car Carrier Ltd South Korea inward bound for Portbury.

6.11.16 at 11.02 vehicle carrier **Opal Leader** 12200 tons d.w, owners Nippon Yusen Kaisha of Japan inward bound for Portbury.

7.11.16 at 11.40 vehicle carrier **Oberon** 24600 tons d.w, owners Wallenius Wilhelmsen Norway and Sweden inward bound Portbury.

9.11.16 at 16.40 vehicle carrier **Auto Eco** 12600 tons d.w owners United European car Carrier Norway outward bound from Portbury having sailed at 11.51 (See below)

10.11.16 at 08.15 vehicle carrier **Grande Benin** 26097 tons d.w owners Grimaldi Line of Italy, outward bound from Portbury having sailed at 03.51.

13.11.16 at 07.26 vehicle carrier **Grande Anversa** 12353 tons d.w owners Grimaldi Line of Italy outward bound from Portbury having sailed at 02.43. At 09 .52 vehicle carrier **Michigan Highway** 17673 tons d.w.

*Just out of interest between the 31.10. and 8.11, apart from the vehicle carriers passing Lundy, there have been a considerable number of vehicle carriers calling at Portbury - **Arcadia Highway, Heogh Xiamen, Ciudad de Cadiz, Grande Benelux, Autosun, Titania** (one of the largest carriers visiting Portbury) **Leo Spirit, Asian King Auto Eco** (the first vehicle carrier to be powered by LNG) and on her maiden voyage, **Genuine Ace**. None of these vessels seen due to misty weather.*

Review of 2016

Things have been rather quiet at Bideford with just a few clays ships loading for Castellon and Bendorf. Yelland has not seen so many ships this year even though the building industry has been busy.

The shipyard at Appledore completed the third patrol vessel **Le William Butler Yeats** and also

obtained an order for a fourth vessel due to be delivered in 2018. As stated above the **SS Freshspring** finally arrived at Victoria Park after long negotiations with TDC and clearing the berth. As this is my last Shipping Notes for 2016 may I take the opportunity to wish all our readers a Happy Christmas and New Year. *Regards Norman*



December / January Diary

DECEMBER

Thursday 1st

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

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

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

Northam Men's Forum Christmas Lunch. 459757

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

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

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

7pm 'Life Drawing' sessions at Bideford Arts Centre

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 2nd

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 Christmas Lights switch-on at Appledore

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

Saturday 3rd

Buckland Brewer Christmas Market

10am-1pm Craft Fair for Bideford Community Archives at Northam Hall

10am-4pm Devon Family History Society seminar at Bideford Arts Centre 01769 560830

12-3.30pm Northam Lodge Christmas Fair at Rose Hill, Heywood Road

2-4pm WoodaPlus Christmas Fayre at Robin's Nest, Football Ground

7pm Film Club at Littleham Village Hall. 471928

7.30pm Northam Choral Society Concert at St Mary's Church, Bideford

7.30pm Christmas Barn Dance with The Oxford Nags Ceilidh Band. 476632

Sunday 4th

Model & Hobbies Display at Kingsley Hall, Westward Ho! 07483229033

2.30pm RNLI Christmas Concert with Appledore Band at Lifeboat Station.

4pm Clovelly Christmas Lights Switch-on in aid of RNLI

8pm ND Cancer Care Quiz at Lacey's Ale & Cider House, Mill Street 473798

Monday 5th

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

6.30pm Yoga & Meditation classes at Chubb/Churchill Community Lounge.

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

7.45pm Bideford Town Band Concert at Royal Hotel 475653

8.30pm North Devon Jazz Club – Andy Sheppard's Hotel at Beaver, Appledore

Tuesday 6th

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 Military Wives Choir & Hartland Orchestra Concert at Bideford Methodist Church in aid of Northam Lodge.

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 7th

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 – Kosmos Ensemble at Bideford Methodist Church.

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

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

Thursday 8th

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

10.30am Northam Men's Forum – Carol Concert with St Margaret's School at Northam Methodist Church.

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

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

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

7pm 'Life Drawing' sessions at Bideford Arts Centre

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 9th

10am-12pm Big Lunch Community Christmas Coffee Morning at Kingsley Hall, Westward Ho!

2.30-4pm See Hear on Wheels at Bone Hill Car Park, Northam

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

6-8pm Parkham Primary School Christmas Fayre at Allardice Hall

7pm Rotary Carol Service at St Mary's Church in aid of Harbour and ND Carers

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, Kingsley Hall, W Ho! 01769 540309

8pm Ceilidh Club, Northam Hall 476632

Saturday 10th

9am-6pm Christmas Gift Fair at Atlantic Village

9.30am-1pm Book & DVD Sale at Bideford Library

11am-4pm Christmas Craft Fair at Robin's Nest, Bideford Football Ground

2-4pm Creative Writing Group at Bideford Library 700901

3pm Bideford AFC v AFC Totton

Sunday 11th

10am-3.30pm Christmas Gift Fair at Atlantic Village

1.30pm Torridge Ramblers walk 01805 625485

2.30pm Appledore Singers Christmas Concert at Northam Hall.

8pm ND Cancer Care Quiz at Lacey's Ale & Cider House, Mill Street 473798

Monday 12th

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

2.30pm Monday Club Christmas Party at Bideford Methodist Church

6.30pm Yoga & Meditation classes at Chubb/Churchill Community Lounge.

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 Christmas Social at Kingsley Hall, W.Ho! 472101

7.45pm Bideford Town Band Concert at Royal Hotel 475653

Tuesday 13th

10am-1pm Lavington Church coffee and lunches

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

December / January Diary Continued

- 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 Carol Service at Baptist Church, Westward Ho! 0792636030
6.30pm Bideford Band Beginners Group at Band Room. 475653
7-9pm Torridge Tuesdays Women's Club at Ethelwynne Brown Close
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 14th
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
8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601
Thursday 15th
10.15am Northam Men's Forum
Christmas Quiz 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
12.30-2pm Fish & Chip Club for over 60s at Royal Plaiçe, Appledore. 471394
2pm Parkinson's Shanty Group at St Mary's Church, Appledore 478128
2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666
6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990
7pm Hartland Aikido Club for over 18s at Bucks Cross Village Hall.
7pm 'Life Drawing' sessions at Bideford Arts Centre
7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801
8pm Bideford Folk Club at Joiners Arms
Friday 16th
10am-12pm Northam Reminiscence café at Northam Hall. 459337
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
Saturday 17th
Christmas Tree Festival at St Margaret's Church, Northam (until 20th)
2pm Devon Family History Society Annual Quiz at Pollyfield Centre.
3pm Bideford AFC v Winchester City
Sunday 18th
3pm Candlelight Christmas Concert by Appledore Band at Holy Trinity Church, Westward Ho!
8pm ND Cancer Care Quiz at Lacey's Ale & Cider House, Mill Street 473798
Monday 19th
10am-12pm Appledore Community Art Group at Appledore Community Hall.
2pm Bideford Ladies Club at Marlborough Court. 421925
6.30pm Yoga & Meditation classes at Chubb/Churchill Community Lounge
7pm Tai Chi at Bideford High Street Methodist Church Hall. 472532
7pm Appledore Band – Torchlight Procession at Appledore
7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652
7.30pm Appledore Amateur Radio Club, Appledore Football Social Club 473251
Tuesday 20th
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.
3pm 'Reflections' Grief & Loss Group at St Mary's Church. 475765
6.30pm Bideford Band Beginners Group at Band Room. 475653
7.30pm Bideford Keyboard & Organ Club, 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 21st
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 Two Rivers Wind Ensemble Rehearsal at Bideford Band Room
8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601
Thursday 22nd
10.30am Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528
10-11 & 11-12 Tai Chi, Marlborough Ct.
2pm Parkinson's Shanty Group at St Mary's Church, Appledore 478128
2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666
6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990
7pm Hartland Aikido Club for over 18s at Bucks Cross Village Hall.
7pm 'Life Drawing' sessions at Bideford Arts Centre
7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801
8pm Bideford Folk Club at Joiners Arms
Friday 23rd
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
9pm 'The Muddy Boots' at Village Inn, Westward Ho!
Saturday 24th – Christmas Eve
Sunday 25th – Christmas Day
Monday 26th – Boxing Day
Tuesday 27th – Bank Holiday
Wednesday 28th
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
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
8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601
Thursday 29th
10.30am Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528
10-11 & 11-12 Tai Chi, Marlborough Ct.
2pm Parkinson's Shanty Group at St Mary's Church, Appledore 478128
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.
7pm 'Life Drawing' sessions at Bideford Arts Centre
7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801
8pm Bideford Folk Club at Joiners Arms
Friday 30th
10am-1pm Lundy Art Group at Blue Lights Hall, Appledore
2.30-4.30pm Torridge Table Tennis

December / January Diary Continued

Club at Bideford Youth Centre
7.45pm Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309
Saturday 31st – New Year's Eve

JANUARY

Sunday 1st - New Year's Day

Monday 2nd – Bank Holiday

3pm Bideford AFC v Taunton Town

Tuesday 3rd

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.

2.30pm Lift Off for Ladies at Baptist Church, Westward Ho! 0792636030

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 Palladium Club *Jam Night*

Wednesday 4th

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

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

10.30am Parkinson's UK meets at Ethelwynne Brown Close. 478128

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

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

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

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

2pm Bideford Library Readers' Group 476075

4-6pm Sew Together at Northam Library

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

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

Thursday 5th

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

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

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

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

7pm 'Life Drawing' sessions at Bideford Arts Centre

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 6th

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 7th

7pm Film Club at Littleham Village Hall.

471928

Sunday 8th

3pm Bideford Music Club Concert – Palisander Recorder Ensemble – at Bideford Methodist Church Hall

8pm ND Cancer Care Quiz at Lacey's Ale & Cider House, Mill Street 473798

Monday 9th

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

6.30pm Yoga & Meditation classes at Chubb/Churchill Community Lounge.

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 at Kingsley Hall, W.Ho! 472101

Tuesday 10th

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 meet at Northam Methodist Hall

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

7.30pm Lions Club meet at Royal Hotel

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

Wednesday 11th

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 12th

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

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

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

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

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

7pm 'Life Drawing' sessions at Bideford Arts Centre

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 13th

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

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

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, Kingsley Hall, W Ho! 01769 540309

8pm Ceilidh Club, Northam Hall 476632

Saturday 14th

2-4pm Creative Writing Group at Bideford Library 700901

3pm Bideford AFC v Slimbridge

Sunday 15th

1.30pm Torridge Ramblers 451643

8pm ND Cancer Care Quiz at Lacey's Ale & Cider House, Mill Street 473798

Monday 16th

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

6.30pm Yoga & Meditation classes at Chubb/Churchill Community Lounge.

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

Tuesday 17th

10am-1pm Lavington Church coffee and lunches

December / January Diary Continued

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
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 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 18th
9.30am-2.30pm Free Social Club for ages 19+ at Happy Café, W Ho!
10am-12pm Bideford Healing Group at Sea Cadets Bldg, Victoria Park. 473337
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
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
8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601
Thursday 19th
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
12.30-2pm Fish & Chip Club for over 60s, Royal Plaice, Appledore. 01805 622666
2pm Parkinson's Shanty Group at St Mary's Church, Appledore 478128
2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666
6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990
7pm Hartland Aikido Club for over 18s at Bucks Cross Village Hall.
7pm 'Life Drawing' sessions at Bideford Arts Centre
7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801
8pm Bideford Folk Club at Joiners Arms
Friday 20th
10am-12pm Northam Reminiscence café at Northam Hall. 459337
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
Saturday 21st
2pm Devon Family History Society at Pollyfield Centre
Sunday 22nd
8pm ND Cancer Care Quiz at Lacey's Ale & Cider House, Mill Street 473798
Monday 23rd
10am-12pm Appledore Community Art Group at Appledore Community Hall.
2pm Bideford Ladies Club at Marlborough Court. 421925
6.30pm Yoga & Meditation classes at Chubb/Churchill Community Lounge
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 24th
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 Bideford Camera Club meet at Chubb/Churchill hall 421391
7.30pm Lions Club at Royal Hotel
7.30-9pm Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk Palladium Club *Jam Night*
Wednesday 25th
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
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
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
8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601

Thursday 26th
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.
2pm Parkinson's Shanty Group at St Mary's Church, Appledore 478128
2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666
6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990
7pm Hartland Aikido Club for over 18s at Bucks Cross Village Hall.
7pm 'Life Drawing' sessions at Bideford Arts Centre
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 27th
10am-1pm Lundy Art Group at Blue Lights Hall, Appledore
10am-12pm Community Coffee Morning at Kingsley Hall, W Ho! 421274
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
Saturday 28th
3pm Bideford AFC v Didcot Town
Sunday 29th
8pm ND Cancer Care Quiz at Lacey's Ale & Cider House, Mill Street 473798
Monday 30th
10am-12pm Appledore Community Art Group at Appledore Community Hall.
6.30pm Yoga & Meditation classes at Chubb/Churchill Community Lounge
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 31st
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*