



BRADNINCH LIFE

Your FREE Community Magazine

Delivered to over 1000 households & online at www.bradninchlife.co.uk

Issue 105: November/December 2024

It Doesn't Feel Like Christmas...

but it is fast approaching. I booked my Christmas groceries delivery slot today and there are ever increasing notifications about the seasonal delights awaiting us all at the supermarkets. I have to say the older I get the less inclined I am to spend money on overpriced 'treats' that are invariably disappointing to eat. We only have one meat eater in the family, the rest of us are either vegetarian or vegan, so stocking up and cooking to keep everyone happy can be challenging but very satisfying.

There are a number of seasonal activities to get everyone in the mood, starting with a concert at St Disen's on 16th November. While not christmassy, the combination of music and art is irresistible and there will be paintings on sale which will make perfect gifts. The Christmas lights will be switched on Saturday 30th November at the Guildhall, followed by the Duchy Preschool Christmas Fair on Sunday 1st December. The Folk and Acoustic clubs both have Christmas parties to get you in the mood for the festivities.

Also opening before Christmas is a new business in Bradninch. The Central Dairy will be opening its

doors to residents at 1 Beacon Road (right next to the Spar). The local family who have owned the property for years have invested to bring back The Central Dairy from the 1950's. The artisan cafe will offer a friendly, unique and cosy environment dedicated to quality food with influences from the Mediterranean, locally sourced produce and award winning coffee.

Happy Christmas



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Hospicecare Light up a Life

Wednesday 4 December at Exeter Cathedral

The festive season is a special time of year when many people come together with family and friends to celebrate. At Hospicecare, we know that for those adjusting to life without a loved one, it can be a bit-tersweet time.

Light Up a Life is our annual celebration of the lives of lost loved ones. We hope you will join us for this in-person service at Exeter Cathedral including hand-picked readings, poems, music and carols in honour and remembrance of all those people we hold dear. This year's service will include performances from Exeter School Junior Choir and Young Voices.

Please note that places are free on a first-come basis. Doors open at 5.15pm for a 6.30pm start. Our Tree of Light will also shine in memory of our loved ones in front of Exeter Cathedral for you to visit throughout December.

For further information on Hospicecare's celebration services, including how to make a dedication visit www.hospicecare.co.uk/light.



The Firework night in Bradninch in 2024 is on Sunday 3rd November (with a backup date to be arranged) at the Bradninch Cricket Club.

The annual costs keep rising inexorably due to many international factors including the Chinese economy, however due to its popularity with Bradninch folk and beyond we are taking a chance and will keep presale ticket prices the same as last few years. Tickets prices for 2024 will be £22 for a family (deemed to be 2 & 3), £8 for an adult and staying at £5 for a child. Under 3's are free.

To encourage early bird purchases and to avoid lengthy queues on the night we will be raising the gate prices to £24, £9 and £6 respectively.

Tickets will be available from our Spar from early October until late afternoon of the 3rd, and then on the gate. So, to avoid queuing and missing out on the fun do buy early.

Gates will open at 5:00pm which gives everyone time to enjoy the beer, soup, hot dogs etc with the fireworks at 6:45pm.

Bradninch Acoustic Club

Bradninch Acoustic Music Club is thrilled to invite back Nikki Sutton and Terry Murray to entertain us with songs penned by the masters of Swing, Jazz, Bossa Nova and Pop - Gershwin, Irving Berlin, Cole Porter, Duke Ellington, Antonio Carlos Jobim, to name a few - songs made famous by the wizardry of Ella Fitzgerald, Billie Holiday, Julie London, Nina Simone, Peggy Lee...the list goes on. Stir in some more contemporary numbers with a Jazz feel and the dish is complete.

Nikki started out fronting Blues/R&B bands in Brighton, moving to Bristol in the early 90s. With a lifelong love of harmony, Nikki was delighted to join the all female a cappella group, Sweet Soul Sisters who toured the UK and Europe, recorded an album, broadcast for the BBC, and played regularly at the Glastonbury Festival. They launched our CD 'Freshly Squeezed' at a special 10-day showcase at the Canadian Vancouver Fringe Festival.

On meeting her husband guitarist Terry Murray, Nikki worked on musical projects including Jazz, Blues, Acoustic and Funk - but Jazz has been the dominating style. "I'm passionate when it comes to performing, especially with these great songs. I think of my voice and my tone as an instrument, I guess that's how I express myself. Over the past five years, I've been studying Jazz guitar too, which I think gives me more versatility."

Terry took up guitar at the age of 14, inspired by everything from Jimmy Hendrix & Eric Clapton to Django Reinhardt and Wes Montgomery. Originally playing in Blues & Rock bands moved into his first Jazz gigs with a local Hammond organist playing standards which "stole his heart!" He turned professional just after his 19th birthday and was lucky enough to hone his craft serving a musical apprenticeship in resident Mecca & Top Rank bands of the mid 70's and 80's, going on to live in Copenhagen playing in Jazz & Fusion bands.

Jazz and the art of improvisation are both their passions and love the live arena which brings the opportunity to interact with an audience and make it warm and personal.

Come along Tuesday 10th December for a wonderful evening of jazz standards and chat. Bradninch West End Hall from 7:45 £7.00 Will include all the usual Christmas faire.

Yoga for Health and Well-Being at the Guildhall

Wednesdays 7 – 8 pm and Fridays 9 – 10am

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Sarah Foster has been qualified and teaching yoga for over 20years. She is registered with the Complementary and Natural Health Council. (CNHC).

Contact Sarah via email: sarahfoster123939@gmail.com for more information or just come along with a mat and give it a try! All welcome at this friendly class.

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Running on Empty

At the beginning of September, Kier Starmer told us that "The NHS is broken but not beaten.....it requires major surgery not sticking plasters.....there can be no investment without reform.....this is a 10 year project". What does this mean for us in Silverton and surrounding villages? We recognise the long wait for hospital appointments but we have an excellent surgery; Wyndham House recently ranked 13th out of the 6,311 GP practices in England in the 2024 GP Patient survey.

Reduction of GP Resources

It is true we do provide an excellent service. This is down to an enormous amount of hard work from our team at the surgery and also the fact that patients use the services we provide in a responsible way. However, we are not immune from the effects of what has been happening in the last twenty years within the NHS. Sadly, this is a story of hospital versus community healthcare. Since 2008 the proportion of NHS budget that has come to Primary Care services has dropped from 11% to 7%, the money being redirected to Secondary Care. The number of hospital doctors has increased by 30% whilst the number of GPs working in the UK has dropped by 10%. There has been an enormous exodus of recently trained GPs to work in Canada and Australia. 1,300 GP practices have closed due to the lack of resource they were given stacked against increasing demand and inflationary costs. Whilst the junior doctors have been awarded a 22% pay increase, investment in General Practice is 5% less than in 2018.

In the Top Fifteen

Last year the British Social Attitudes Survey showed a 29% decrease in patient satisfaction with the NHS over the previous four years. However, 85% of our population want a free at the point of delivery service and are happy to pay more tax to achieve this. Such a service needs a gatekeeper to ensure it is not overrun. This is one of our GP roles but it only works if we are able to provide continuity of care cradle to grave. Wyndham House is top fifteen of the rankings because we strive to provide such care but many GPs in the UK have not experienced the satisfaction and enormous health benefits it brings for both GP and patients. The evidence is clear; you live longer and go to hospital less if you know your GP.

Unwelcome Changes

I am writing about this because we are having to make some changes that will affect patients to ensure we protect what we have. We take blood tests on behalf of the hospital however the funding for this work has never properly been transferred to us. We can no longer do this and so patients will be directed by the hospital to attend Whipton or Tiverton. We have had an open access ear syringing service however we will now only offer a limited number per week and create a waiting list. We will also need to limit appointments for travel advice. We have recently seen an increase in patients cancelling appointments at the last minute, this wastes valuable clinical time that other patients could have used.

Cont'd on next page

From now on when this occurs we will be more direct about our disappointment and record it.

Major Investment Required

The truth for UK General Practice is that it is near to breaking; it requires major investment to re-establish its core infrastructure and there is not much time for the Government to do this.

Anthony O'Brien
Wyndham House Surgery

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Doors open 2.15; film starts 2.30

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Forthcoming Programme

- 20 November To Olivia
- 18 December One Life
- 15 January Goodbye Christopher Robin

The Wyndham Singers

(male voice chorus)

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BRADNINCH TOWN FAIR 2024

Saturday 28th September was another busy day of eclectic community activity, all taking place under the umbrella of the Bradninch Town Fair and beneath the early autumn sun. Thank you to all who were involved in making this year's event what it was: the Steering Group; Cricket Club; Scouts; Town Council; stall holders; performers; event marshals and judges; and all who entered the various events and competitions, or just came along to enjoy the day. It'll soon be time to start discussing ideas for next year – if you'd like to get involved in planning, contact Sophie West (sophie@bradtog.org.uk).

Bradninch Bolt

The overall winner of this year's event was Christian Hewitt. Congratulations to all who took part!

Dog Show

The inaugural Bradninch Dog Show attracted a large number of canine competitors! Congratulations to all the class winners, and especially to Best in Show, Minnie with owner Jan Ward; and Reserve Best in Show, Moose with owner Eleanor Wilton. Particular thanks to Hazel Thorp; and Nicola and Sarah Hobson, who came from out of town to share their experience and expertise and help the Show to go off smoothly!

Produce Show and Scarecrow Trail

The annual Produce Show reached new heights this year, with a great variety of homegrown produce, cakes, preserves and flower arrangements. Meanwhile, fifteen groups and households took part in the Scarecrow Trail, with the People's Choice Award

BAMC @ West End Hall presents its
Xmas party - 10th December
with
Nikki Sutton & Terry Murray
From 8.00
£7 With all the usual Xmas Fare



Performing songs penned by the masters of Swing, Jazz, Bossa Nova and Pop - Gershwin, Irving Berlin, Cole Porter, Duke Ellington, Antonio Carlos Jobim, to name a few.

going to Frightening Freddie, created by Liz and Peter Richardson.

Sustainable Bradninch Nature Photography Competition

Thank you to all who contributed to a fantastic display of photos; and congratulations to winners Charlie Agius, Olive Agius, Kim Robinson and Emily Nash.



Above
Jim Warr with Minnie & Eleanor
Wilton with Moose



Left
People's Choice Scarecrow created by Liz & Peter Richardson

Right
Boy & Ladybird by Olive Agius



Below
Bradninch Bolt competitors



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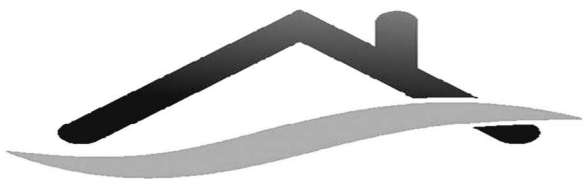
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on

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Candice Hamel (flute), Mariko North (piano) and Sarah Biggerstaff (artist) present an evening of Art, Flute and Piano

Come and enjoy Debussy's 'Chansons de Bilitis' with a stunning backdrop of seven canvases depicting each movement. Other works in the programme will include Prokofiev's flute and piano Sonata Op.94, a tour de force for both players and Bach's Sonata in E flat major.

Sarah Biggerstaff will be exhibiting a wide selection of her work (all available to purchase) and refreshments will be provided during the interval.

This promises to be an evening of enrichment for all the senses."

£10 adults, £5 Students.

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Christmas Fayre 2024

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Silverton Memory Cafe

Dementia is not a single disease but an umbrella term for many different conditions which are all characterised by a decline in memory and cognitive function. The main risk factor is old age, though it can affect people who are younger.

Alzheimers is the most common form of dementia, affecting over fifty five million people worldwide, though there are many more people who are never diagnosed. For reasons not yet understood two thirds of people affected are women.

Recent studies have shown that life style changes, which include improved diet, exercise, sleep and a reduction in stress, can improve the outcome of people who have early cognitive impairment. Another important factor is social stimulation with activities which stimulate thoughts and brain function.

The worst situation is feeling alone and not communicating with other people. Human beings need each other for social interaction and stimulation. Dementia is a complex and challenging condition but it is not usually an inevitable part of growing older. The research is quite clear, we have the power to influence our brains future.

At the Memory Cafe, we aim to challenge our visitors with puzzles, games, singing and quizzes; plus there is always lots of happy chatter and communication which also brings a sense of companionship, enjoyment and fulfilment.

If you are worried about your memory or are on your own with little company, do drop in to join us on any Thursday afternoon between 2 and 4 pm in the Silverton Community Hall, where a warm welcome awaits you.

For more information please call or email Trish Jones on:- 07484 377298 or silverwellbeing@gmail.com

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On Tuesdays, they will collect people from Cullompton, Bradninch, Silverton, Thorverton, Rewe, Stoke Canon, Thorverton and Bickleigh to take you on a return shopping to Tiverton for a cost of £6.50.

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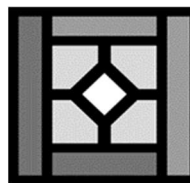
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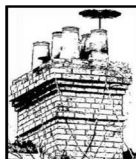
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Bradninch Folk Club Guest Night 19 November, Johnny Campbell

Johnny Campbell who is visiting the West Country is one of the hardest working and most adventurous I know with tours on three continents, visits to perform in the arctic circle, remote islands, inner city squats in Europe and other places where English folk music is perhaps a rarity. This year he released True North, an album of Northern English traditional songs recorded on their respective county summits.

With this passion for open spaces, it is no surprise that he is an advocate of walking in the countryside. He is also an activist on countryside issues, and fittingly he has recorded A Right to Roam (2022) in collaboration with Commoners Choir & Skelmanthorpe Brass Band, this received the accolade of 'One of the Best Folk Songs of 2022' chosen by the online magazine Tradfolk. His songwriting and passion for English folk song brings alive past and current social issues. "A Modern-Day Billy Bragg" - Tradfolk and "Nobody else seems to be doing what Campbell is doing right now, and his passion and determination deserve recognition" - Jon Wilks. Support will be announced nearer the event.

The performance will be in the ground floor of the Guildhall, a seated club layout with some tables. Bring your own refreshments or source locally. It starts at 8:00pm Please bring cash for payments, £8 Adults Accompanied Under 18 free s.t.c. on availability of space. Doors open at 7.45PM Reservations are recommended

For further information, visit us on Facebook, contact Adam Montague on 07901812862 or Gerard on 01392 881105. Tickets can also be purchase in advance online £8 + service charge at www.eventbrite.co.uk.

BRADFOLK

Folk Club Guest Night & Club Fundraiser – 17 December

The club's in-the-round song and music session BRADFOLK will continue the first Tuesday of the month at the Castle Hotel, Fore Street, Bradninch EX5 4NN. No charge for entry and you can join in with the performance.

Gerard Edwards
on behalf of the Bradninch Folk Club.

Remembrance Day Service

This year's Remembrance Day service will take place on 10th November at Bradninch Baptist Church. It will be preceded by the Act of Remembrance outside the Guildhall at 10.45am. Following the Last Post and two minutes silence, wreaths will be laid by organisations in the town and the various groups will parade to the church.

In the event of wet weather, there will be no ceremony at the Guildhall and everyone will assemble at the Baptist Church. The service will commence at 10.45am and the Act of Remembrance will be incorporated into the service.



Bradninch Musical Gardens

a winter sowing



The Musical Gardens weekend of 2024 was again rather a moist event but still attracted many visitors from near and far. I received an email from a charming couple from north Yorkshire who said the event was the highlight of their holiday in the south-west. There were others from Bournemouth, Poole, Reading and Devon and Somerset - we must be doing something right.

We have no idea what the year will bring in terms of weather but let's be optimistic for a good harvest in 2025.

So, whilst cogitating over that Brussel Sprout at Christmas would you consider opening you gate to musicians and visitors in 2025?

After discussions with many of our more seasoned "gardeners" we are proposing some changes and ideas. Many have said that having the event in early summer misses the wonderful blooms, colour and vibrancy of Spring so an early proposal is to move the event back to late Spring with all the benefits of early spring cultivations etc.

Another comment was to fix the date as early as can so people are aware. So, another proposal is the weekend of the 17/18th May, which falls between the two May bank holiday weekends. Neither is set in stone.

Moreover, and something that may please my daughter, the "lupin of responsibility" for harvesting the array of garden venues that may open is being passed to two excellent, perennial gardeners – Steve and Bev Straughan stephen.straughan@btinternet.com tel: 7860953896 and Dave & Vi Williams djvmwi@gmail.com tel: 07875098192. They are all very happy to answer any questions and discuss anything with you. I will be populating the gardens with musicians nearer the time.

As always, if interested in being part of the weekend, wish further information or just want to add to the ideas. fringe events and discussions please contact Mike Leonard 01392 881566 or mike.leonard120@gmail.com

Wishing you all a happy festive break and New Year.

Allotment for hire in Bradninch



If you are interested in hiring an allotment in Bradninch please contact Alison Marshall, Town Council Clerk, on email: clerk@bradninch-tc.gov.uk

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TOWN TRUST NEWS

We're very pleased to report that we're back to normal in two important areas - first, Terry is back! Welcome back Terry, and we're all very glad you're better. Second, the coffee mornings are booked solidly which means both homemade cakes and the raffle are back! Good news all round. Many thanks to all you lovely people of Bradninch who supported the coffee mornings when we ran them (without homemade cakes and the raffle) and who helped us set up tables and chairs and pack away in Terry's absence.

Meanwhile, we've been pretty busy on the Trust, the main thing being the development of our plan for the Trust (or Trusts, as there are actually two - Bradninch Town Trust and the Parochial Charities) for the next couple of years. You can find it below. Please have a read, and do let us know if you've any comments.

2 Year Strategic Plan 2024-26.

Introduction

This plan arose out of a Planning Day organised by the Trust. The Trust has undergone significant changes in personnel in recent months and we wanted to give ourselves the opportunity to sit down together and properly explore the history and aims of the Trust and devise a strategy that would best fit 21st Century Bradninch. With the excellent help of an external facilitator for Devon Communities Together we spent a whole day exploring these issues. This plan is the result of that. The full plan, which includes Actions and Progress so far, is available on the Town Trust website at www.bradninch.org.uk

The current Trustees are a newly formed group of local volunteers, the most recent of us joining just months ago. We have a good spread of ages and experience and we are committed to modernising the Trust while at the same time remaining true to its core principles. This new plan will inform how we go ahead with our work over the next couple of years. We hope you'll take time to have a look at it - we will always welcome comments and ideas as we move forwards, introducing new ideas and systems for managing the Trust as well as we can.

Context

This plan will guide decisions made by Trustees of the charities operating under the banner of "Bradninch Town Trusts."

There are currently five registered charities. Two of them have associated older charities within their Trust. Trustees are the same for all organisations.

This plan includes proposals to simplify the existing arrangements into two organisations with different but complementary objectives.

Bradninch Town Trust CIO has recently been created as a legal entity. Existing activities and assets of the older Bradninch Town Trust Charity may be

Cont'd on next page

transferred into this more modern vehicle which maintains the same objectives as the old one.

The missions and values of the two Trusts are described below in term agreed by Trustees in June 2024.

Bradninch Town Trust

Mission and strategic purpose:

“To provide a Town Hall and meeting place” which:

- Benefits the Community
- Utilises the Trust’s assets for the benefit of the community now and in the future
- Is responsive to community needs
- Supports and encourages local initiatives and groups
- Develops sustainable revenue streams
- Develops facilities that are relevant, of quality and which are flexible.

Values and priorities:

- Improve facilities according to community demands.
- Aim to make profit/surplus for long term financial sustainability.
- Have a positive impact on the environment and reduce carbon creation.
- Maintain a Guildhall facility.
- Maximise the use of resources.

Bradninch Parochial Charities

Mission and strategic purpose:

- To benefit those people (in Bradninch) facing disadvantage.
- To support members of the community through a grant giving programme

Values and priorities:

- Produce new wording for the charity scheme appropriate for 21st century.
- Offer practical and financial support.
- Access/target folk who need help
- Develop a regular programme of giving

Anne Porteous email:anneporteous17@gmail.com

Silverton Bereavement Group

A new Bereavement Drop In group has started up in Silverton. It is held at Room 4 U on the second Thursday of the month, from 10.30 - 12.30. The group will be supported by Wyndham House PPG and the Friends of Wyndham House surgery. Everyone is welcome, whether you have been bereaved for 3 months or 30 years. It will be a safe space to talk, laugh, cry and share practical help in confidence and refreshments will be served. Please do feel free to join us, but if you would like more information before coming, please ring Carole Allen on 07465 448535.

MASSAGE IN BRADNINCH

ALICE DRAKE

- Massage for relaxation, tension, soreness, and acute pain
- Massage for hypermobility, fibromyalgia, and chronic pain
- Visceral massage to improve digestion and breathing
- Post-operative massage and massage for scarring
- Simple lymphatic drainage massage for fluid retention
- Massage for foot and hand issues
- Head and facial massage
- Massage during pregnancy

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- New Possibility -

I'd notice, now and then,
Someone aided by a
Stick faltering along
High street or way, and with
Hobble or hirkle else
Straight as they could. They were
Different. Over there.
I was here. Suddenly,
Here was there, my left foot
Wrenched and arthritic – and
In decline and going
Who knew where? Now, previous
Possible empathy,
Oft-times from afar, warms;
Opens door to conscious
Sympathetic sharing.

An interesting poem from Mike Lamb on disability
having sustained an ankle injury

Terracycle yet another update

Terracycle do an admirable job recycling the un-recyclable and are continually evolving what they can and cannot process. Much is dictated by their business model and the subsidise the manufacturers of the waste are willing to pay.

It seems an almost regular update but the arrangement between KP and Terracycle is ceasing end of November. So, we can **no longer take crisp and nut packets**. These can be taken to Tescos and other supermarkets.

To recap you can still dump the following in the big metal bin outside the Guildhall-

All Biscuit, cake & Cracker wrappers. These could include some sweet wrappers – e.g. Kitkat, Golf club etc – anything that may double as a biscuit/cake.
Pringle pots & tops – only “Pringle” with a metal base – new ones can be recycled.
Cheese pouches – any brand, e.g. Cathedral cheddar etc.

Ferrero Roche trays and inserts.

Tooth brushes and heads, but not toothpaste tubes. I do take Blister packs to Clare House surgery dispensary in Tiverton.

Any funds raised go to pump prime many local needs.

Scavenging – DVDs, books, CDs, Lego and more
We are still happy to receive any books and dvds & cds with bar codes and any **lego**. Over the few years since lockdown and we started “covid scavenging” we must have scanned thousands upon thousands of items and raised over £5,000 for local causes.

Atlases, book club, Reader's digest and Disney items attract no value and we cannot accept anything without a bar code unless a first edition!!

Mike Leonard

TRADE DIRECTORY - CUT OUT AND KEEP

Builders & Home Improvements

John Aldridge Tel: 07971 691141
Lawson Home Improvements Tel: 01392 881431

Cake Makers

Ellie the Cake Fairy Tel: 07764 495016

Car Repairs

C&R Repairs Tel: 01392 860004

Chimney Sweeps

Heritage Tel: 01392 881648
Appleyards Tel: 01884 829464

Chiropodists

Mel Spiller Tel: 07375 980028

Computer Companies

Cromel Computers Tel: 01392 881792

Dairy Supplier

Stokehouse Farm Dairy Tel: 07791 473276

Dog Park

Paws 4 Play Facebook (see ad)

Ear Wax Removal

MT Aesthetics Tel: 07590646508

Electrical Services

H Pring Tel: 01884 32292

Exercise Classes

Move it or Lose it Tel: 01392 882103

Firewood

Culm Valley Firewood Tel: 01884 32940

Gas Services

Arnolds Gas Services Tel: 07809278503

Garden Landscaping & Design

SallyAdam Gardens Tel: 01392 881873
Garden Services Tel: 07736 362675
Ed Rogers Tel: 07717 845184

Garden Machinery Repairs

T&D Garden Machinery Tel: 01392 86150

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Flixx Tel: 01392 861558
Justine Mobile Hairdresser Tel: 07964 375690

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Karen Dixon gmail (see ad)

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Edwards Plumbing Services Tel: 01884 798110
SB Plumbing Tel: 07486 873298

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Duhy Pre-school Tel: 01392 881975

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Kilbride Roofing Tel: 01884 252213

Shops

Bradninch Spar Tel: 01392 881212

Soft Furnishings

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Tree Surgery

Four Seasons Tel: 01884 820839

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Van Sales

Little Copse Garage Tel: 01392 881224

Veterinary Practices

The Vale Veterinary Centre Tel: 01884 35558

ORGANISATIONS & SERVICES IN BRADNINCH

Bradninch Acoustic Music Club tel: 01392 882036
Bradninch Arts Group tel: 01392 881873
Bradninch Baby & Toddler Group tel: 01392 881869
Bradninch Baptist Church tel: 01884 33052
Bradninch Beekeepers tel: 01392 882444
Bradninch Bowls Club tel: 01392 881183
Bradninch Cricket Club tel: 01392 881192
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Bradninch Folk Club tel: 01392 881105
Bradninch Football Club tel: 07899 974598
Bradninch History Society tel: 01392 881049
Bradninch Millers Morris tel: 01884 855270
Bradninch Scout Group tel: 01392 881788
Bradninch Tennis Club tel: 07938 882594.
Bradninch Town Council tel: 01392 881228
Bradninch Town Trust tel: 01392 881869

Bradninch Twinning Association tel: 01392 882048
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Bradninch WI tel: 01392 882091
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College Surgery Partnership tel: 01392 881952
Duchy Pre-School tel: 01392 881975
Duchy School tel: 01392 881482
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Sustainable Bradninch tel: 07779565918
The Hele Society tel: 01392 882537
The Post Office tel: 01392 881212
The Royal British Legion tel: 01392 881677
Wyndham House Surgery tel: 01392 860034

WHAT'S ON IN BRADNINCH

NOVEMBER

1st	Yoga	9.00	The Guildhall
1st	Bumps Babies & Beyond	9.30	The Guildhall
1st	Bradninch Millers Morris	19.30	West End Hall
1st	Fireworks Night CM	10.00	The Guildhall
4th	Pilates	9.00	The Guildhall
5th	Move it or Lose it	11.00	West End Hall
5th	Massage in Bradninch	8.30	The Guildhall
5th	Ballet	16.00	The Guildhall
6th	Massage in Bradninch	8.30	The Guildhall
6th	Karate	18.30	Duchy School
6th	Yoga	19.00	The Guildhall
7th	Massage in Bradninch	8.30	The Guildhall
7th	Taekwondo	17.00	The Guildhall
7th	WI	19.30	The Guildhall
8th	Bumps Babies & Beyond	9.30	The Guildhall
8th	Bradninch Millers Morris	19.30	West End Hall
9th	Duchy Preschool CM	10.00	The Guildhall
11th	Yoga	9.00	The Guildhall
11th	Council Meeting	19.00	The Guildhall
12th	Move it or Lose it	11.00	West End Hall
12th	Massage in Bradninch	8.30	The Guildhall
12th	Ballet	16.00	The Guildhall
12th	Wine Circle	19.00	The Guildhall
13th	Massage in Bradninch	8.30	The Guildhall
13th	Karate	18.30	Duchy School
13th	Sustainable Bradninch	19.00	The Guildhall
13th	Yoga	19.00	The Guildhall
14th	Massage in Bradninch	8.30	The Guildhall
14th	Taekwondo	17.00	The Guildhall
14th	Acoustic Club	19.30	West End Hall
15th	Bumps Babies & Beyond	9.30	The Guildhall
15th	Bradninch Millers Morris	19.30	West End Hall
16th	Bumps, Babies etc CM	10.00	The Guildhall
16th	Twinning Quiz	19.00	The Guildhall
18th	Yoga	9.00	The Guildhall
19th	Ballet	16.00	The Guildhall
19th	Massage in Bradninch	8.30	The Guildhall
19th	Move it or Lose it	11.00	West End Hall
19th	Folk Club	17.30	The Guildhall
20th	Yoga	19.00	The Guildhall
20th	Karate	18.30	Duchy School
20th	Massage in Bradninch	8.30	The Guildhall
21st	Massage in Bradninch	8.30	The Guildhall
21st	Taekwondo	17.00	The Guildhall
22nd	Bumps Babies & Beyond	9.30	The Guildhall
22nd	Bradninch Millers Morris	19.30	West End Hall
23rd	Repair Café CM	10.00	The Guildhall
25th	Yoga	9.00	The Guildhall
26th	Ballet	16.00	The Guildhall
26th	Massage in Bradninch	8.30	The Guildhall
26th	Move it or Lose it	11.00	West End Hall
27th	Massage in Bradninch	8.30	The Guildhall
27th	Karate	18.30	Duchy School
27th	Yoga	19.00	The Guildhall
28th	Massage in Bradninch	8.30	The Guildhall
28th	Taekwondo	17.00	The Guildhall
29th	Bumps Babies & Beyond	9.30	The Guildhall
29th	Bradninch Millers Morris	19.30	West End Hall
29th	Clothes Swish	19.30	The Guildhall
30th	WI CM	10.00	The Guildhall
30th	Xmas Lights Switch On	18.30	The Guildhall

DECEMBER

1st	Duchy Pre School Xmas Fair	10.00	The Guildhall
2nd	Yoga	9.00	The Guildhall
3rd	Ballet	16.00	The Guildhall
3rd	Massage in Bradninch	8.30	The Guildhall
3rd	Move it or Lose it	11.00	West End Hall
4th	Karate	18.30	Duchy School
4th	Massage in Bradninch	8.30	The Guildhall
4th	Yoga	19.00	The Guildhall
5th	Massage in Bradninch	8.30	The Guildhall
5th	WI	19.30	The Guildhall
5th	Taekwondo	17.00	The Guildhall

6th	Bumps Babies & Beyond	9.30	The Guildhall
6th	Bradninch Millers Morris	19.30	West End Hall
7th	St Disens CM	10.00	The Guildhall
9th	Yoga	9.00	The Guildhall
10th	Move it or Lose it	11.00	West End Hall
9th	Council Meeting	19.00	The Guildhall
10th	Massage in Bradninch	8.30	The Guildhall
10th	Ballet	16.00	The Guildhall
10th	Acoustic Club	19.30	West End Hall
11th	Karate	18.30	Duchy School
11th	Massage in Bradninch	8.30	The Guildhall
11th	Yoga	19.00	The Guildhall
12th	Massage in Bradninch	8.30	The Guildhall
12th	Taekwondo	17.00	The Guildhall
13th	Bumps Babies & Beyond	9.30	The Guildhall
13th	Bradninch Millers Morris	19.30	West End Hall
14th	Childrens Society CM	10.00	The Guildhall
16th	Yoga	9.00	The Guildhall
17th	Massage in Bradninch	8.30	The Guildhall
17th	Move it or Lose it	11.00	West End Hall
17th	Ballet	16.00	The Guildhall
15th	Folk Club	17.30	The Guildhall
18th	Massage in Bradninch	8.30	The Guildhall
18th	Karate	18.30	Duchy School
18th	Yoga	19.00	The Guildhall
18th	Sustainable Bradninch	19.00	The Guildhall
19th	Massage in Bradninch	8.30	The Guildhall
19th	Taekwondo	17.00	The Guildhall
20th	Bumps Babies & Beyond	9.30	The Guildhall
20th	Bradninch Millers Morris	19.30	West End Hall
21st	McMillan Cancer CM	10.00	The Guildhall
23rd	Yoga	9.00	The Guildhall
23rd	Massage in Bradninch	8.30	The Guildhall

Booking

The Guildhall tel: e-mail towntrustbookings@gmail.com,

West End Hall tel: 01392 881566, e-mail mike.leonard120@gmail.com.

Bradninch Town Council Representative on the Town Trust - Vacancy

The Bradninch Town Trust comprises nine trustees, four of whom are appointed by the Town Council.

One of these four positions is now vacant and the Town Council is looking to appoint to this post. The role, as a Council representative, is to work informally between the two bodies, including reporting back to the Town Council on relevant matters arising and, if appropriate, informing the Town Trust of the work and plans of the Council.

Details of the history and the work of the Town Trust can be found on the Bradninch Town Council website, together with an overview of the Trust's activities over the past year. Alternatively, this information can also be obtained from the Town Clerk.

If you would like to express an interest in this role, please contact the Town Council through the Clerk, Alison Marshall, at clerk@bradninch-tc.gov.uk

Bradninch Life is published bi-monthly.

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Please send copy to Little Morland, Bradninch EX5 4NA,

or e-mail: bradninchlife@gmail.com

Items will be published at the editor's discretion.

The magazine is delivered free to over 1000 households in Bradninch & Hele.

Copies are also available at the Spar in Silvertown, Spar in Bradninch and the Exe Valley Farm shop, Thorverton.

If you would like to advertise in the next issue please ring Jenny on

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