



BRADNINCH LIFE

Your **FREE** Community Magazine

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Issue 106: January/February 2025

Best Wishes for a Happy and Peaceful New Year

2024 was a turbulent year in many ways and I suspect that 2025 won't be any different. The increasing threats of war around the world make wishing for a peaceful new year seem optimistic. We're very fortunate in our corner of Devon to live in a vibrant small town where neighbours look out for one another and residents are happy to contribute to community projects.

Social cohesion is the "glue" that holds everyone together. It's about trust, shared values, and a sense of belonging. The success of our community depends on how connected we are and how we are willing to participate in all the projects and activities of our area.

As members of society, we have to cooperate and share our ideas with the other members to create more ways to achieve the community's goals. It's always up to us to enrich our community for the better. We must amplify not only our voices but also of those disadvantaged to be heard. In the end, cooperation and collaboration is the key to build a strong and prosperous society and a better more peaceful world. If only those so called 'strong leaders' understood.

- The Givenness Of Life -

Mike Lamb

Towards the gift of Life
May we not permit our
Thanks? For coruscating
Stars across the midnight
Sky. For leafage slowly
Shed, allowing trees to
Stand out against the bright
Sunlit blue beyond. For
The cheer and lilt of sound.
The blind dance, too. Again -
Dancing through a whistle,
Or a wobble. Else in love.
How should we answer this
Givenness? With selfish
Destruction? Else kind and
True creativity.

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Bradninch Millers Morris January & February

The 6 January 2025 (Bradninch's Twelfth Night) will be the 15th anniversary of the Bradninch Millers Morris' first public dance out. Starting about 18:00 at the Bradninch Guildhall the morris will dance before the lantern processions arrive, after the mayor casts down the Christmas tree to the crowd they will head off in procession to the traditional bonfire. Once the crowd have passed the guard of honour the dancers will swiftly return to the Castle Hotel to meet guests and friends Majidah Tribal Belly Dance for a dance session in the bar followed by an open music and song session.



From 10 January until April on most Fridays Bradninch Millers will meet at West End Hall, West End Road, Bradninch from 19:30hrs to learn new dances and polish the performances of the current repertoire. You can find Bradninch Millers Morris on Facebook or telephone 01392881105.

Some Achievable New Year Resolutions....

So many of the new year resolutions are so ambitious we're set up to fail before we even start. So scattered through this magazine are one or two that will have a positive effect without 'killing' us in process!

Avoid people who complain a lot.

It doesn't matter how positive a person you are. Negativity spreads, and it will impact you.

New Bradninch Council Warden

Jez Shazell has recently joined the Bradninch Town Council team in the newly established Bradninch Council Warden role. Having recently retired from HM Forces, where he served thirty two years in the Army, he has now returned back to the local area in Devon with his family.



Jez has loose family connections with Brandninch, his Grandad Trevor Bibey and Uncle Wilf used to serve the town as W&T Coal Merchants in the 1950's onwards, plus Trevor was involved with the Bradninch Salvation Army which included a stint as the Band Master.

He is very much enjoying the role and thanks the Town Council team, outgoing caretaker Cliff, and local residents for making him feel so welcome and for imparting local knowledge and showing him the ropes.

You'll routinely see Jez around the town on Monday's, Wednesday's and Friday's during winter hours, with increased hours in the summer months, whilst conducting general maintenance, repairs and other Town Council business as required. Jez is keen to be part of the local community so if you see him about, usually in his high viz jacket, stop and say hello!

Another one...

*Give one compliment a day.
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MAYORS REPORT DECEMBER 2024

My Christmas season started the same way as many of yours - at the annual Bradninch Lights switch on. We are so lucky that the community come together in a joint effort to make our town look festive and joyful. From a purely financial point of view, it's an absolute game changer that the work is done by volunteers, so a huge thank you to everyone who helped! Also a big thank you goes to Daisy and Betsy our wonderful Duchy School students who switched the lights on this year.

Of course, what goes up must come down...and our beautiful tree was a victim of Storm Darrough. All will be put right as soon as possible, and though significant areas of town were without power, our Crisis Response Team were in regular communication and ready to spring into action if necessary. You can find out more about our emergency plan, how it might help you and how you can potentially help on the Bradninch Town Council website.

The Town Council are preparing to welcome Phil Dague to Bradninch this week. Phil is the mayor of Downington, Pennsylvania. Bradninch were approached by Downington several years ago now about setting up a twinning relationship as the founder of Downington, Thomas Downing, was originally from Bradninch. We are looking forward to his visit and showing off our lovely town!

Finally some future dates to be aware of: Mark your calendars for 27, 28 and 29 December and the return of the annual lantern workshops. This year's theme is 'Elements' so start planning your lantern representation of Earth, Air, Fire and Water. Or feel free to take a more scientific approach! Also the annual window to apply for Town Council Grants is now open. More information can be found on the Town Council website, but local organisations should be sure to have their applications in by the deadline of 31 January.

Clr Emily Ottery
Mayor, Bradninch Town Council

The Grant Application form is on pages 8 & 9.

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

BAMC's January Theme night - 2025

January has become the Club's traditional theme night when we celebrate the music of a singer/songwriter, often passing during the previous year.

This can all be a little morbid and following the success a few years ago with our very enjoyable Carol King night, for January's theme night we will celebrate a living legend – Paul Simon.

The idea is we take our fabulous band of performers out of the comfort zone and have to play at least one song of our chosen artist on the night. Fortunately, they will have a magnificent canon of songs to choose from – hopefully one of your favourites.

So come along January 8th - £2.50 on the door. B.Y.O.



February's club night will be a "Day before Valentine's Day Singers night" – Thursday 13th February; again £2,50 on the door. Doors open 7.30 for 8.00 Bradninch West End Hall. The Acoustic Club has some very exciting plans for 2-25 – more details later.

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Wishing you a Pink Christmas

The comforts and traditions associated with Christmas are enjoyable. The predictability gives us feelings of security. However, we have all experienced changes to our Christmas routines at various points in our lifetimes. Initially the change feels strange but then the new festive habits bed in and become the comfortable normal, until circumstances alter them again.

There is a similarity here with how we treat some medical conditions. We encourage patients to become comfortable with routines and patterns of symptoms. They learn how their bodies respond to medication and this provides them the security of knowing they have control over these symptoms. Asthma is the best example of this method of care.

The national guidelines for Asthma care are changing. They are now directing us to stop prescribing blue inhalers and replace them with a combination inhaler. Introducing this change will save lives; there are still a very large number of preventable asthma deaths across the UK.

The evidence shows that using a single inhaler (the surgery will use the pink Fostair inhaler) for almost all asthma patients greatly reduces the number of exacerbations patients experience, reduces hospital admissions and is a much better for the environment. Inhalers comprise 4% of the NHS Carbon footprint. Halving the number we use, plus using powder inhalers where possible, is on the same environmental scale as closing an international airport!

The combination inhaler contains a long acting 'reliever' (equivalent to the blue inhaler) and a small dose of steroid (equivalent to the previous brown inhalers). Inhaling both components at the same time is of great benefit for both short and long term control of asthma symptoms. The benefits are greatest for patients who previously only used a blue inhaler. You use the pink inhaler in the same way as the blue; it acts just as quickly, and the effect lasts a lot longer.

This is a very significant change for asthma patients; the security and reliability of their blue inhaler is deeply engrained over many years. Starting the brown inhaler alongside it if symptoms worsen is a firmly embedded learnt response. This is being replaced with simply increasing the number of pink inhalations. The new Single Inhaler regime does not change the thinking, it just removes the need for two inhalers and heightens the speed of response to the treatment.

We will start sending letters explaining the change to our asthma patients in December and so some might receive their first pink inhaler for Christmas. However, for the majority this will be in the New Year; a more traditional time to make changes and experience their benefits.

Happy New Year and all our best wishes for 2025 from the team at Wyndham House
Anthony O'Brien



WW2 – 80 years events - Memories

The 8th May 2025 marks 80 years since the cessation of another terrible conflict in Europe – VE Day. There are already plans to celebrate the event – which are almost a regular quinquennial calendar entry but we must remember that an 80th commemoration is often the last chance to have a shared experience with those who can still remember and tell their stories.

A few years ago, a small group of us embarked on the “Living Memories of Bradninch & Hele” project and collected many hours of local people’s memories and feelings – when lost we can never recover. I have been through the transcripts and cannot find any particular references to what happened in Bradninch & Hele to celebrate the end of the war and the eventual return of our armed forces. I have been on-line and found a couple of newspaper articles detailing some community events and there are several newspapers from the time in Mr Nick’s archive (not all make pleasant reading or viewing however), but it would be wonderful if we can capture as many people’s memories and even images of the May events and even the VJ day in August.

An idea is to have a small exhibition in the Guildhall especially over the weeks around the 8th and into the Musical Gardens weekend.

Any materials memories and ideas do please contact Dr Mike Leonard 01392 881566 or mike.leonard120@gmail.com in the first instance. I am sure other events will be organised – maybe we purchase the special flag for the Guildhall!

Devon County Council all-party protest to plans to cut funding for rural communities

It costs councils more to provide public services in rural counties - our bill for getting children to school, for example, is one of the highest in the country.

Previously, there has been a Rural Service Delivery Grant for local councils in rural areas, to help fund those increased costs. Devon's received £10.1 million from the grant this year - the highest in the region.

But the government has announced plans to re-purpose the grant, and instead to target funds to deprived areas.

It means that we will have to cut £10 million from our operating costs and from the money we were expecting to spend next year.

So, the council has agreed to write to government, urging them to provide more cash in Devon's overall grant settlement, which we're expecting to hear about this month, to mitigate the £10 million loss.

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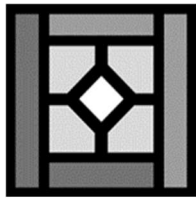


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APPLICATION FORM FOR GRANT AID 2025

Bradninch Town Council would like to hear from any organisation in the Town which feels they would benefit from a Grant of up to £250. **To be eligible, the organisation must:** be based in the Town have a constituted management group have a bank account in the name of the organisation demonstrate that any Grant funding received will benefit the wider Town community demonstrate that they are providing a service and/or improving the environment and/or enhancing the quality of life and/or improving recreation and/or sporting activities for local residents demonstrate how any Grant funding from the previous year has been utilised **submit both a copy of this fully completed application form and an organisational bank statement issued within the preceding 3 months to the Clerk via the above contact details no later than 5pm on 31st January 2025.**

Application forms will be accepted from 1st December 2024. They will be reviewed by the Town Council in March 2025 and applicants will be notified of the outcome as soon as possible thereafter. Only one application per organisation will be considered in any financial year. Priority will be given to organisations which have not previously received Grant funding and in response to requests for capital costs which are deemed to offer the greatest benefit to the wider Town community.

If successful, the organisation: will receive their Grants via BACS into their organisation's bank account by May 2025 end must be prepared to evidence how the funding has been spent prior to 31st December 2025 must declare receiving Grant Aid support in any associated publicity.

County councillors back Devon's farmers and demand withdrawal of family farm tax

Devon county councillors have agreed to give the council's full support to farmers and is calling for the immediate withdrawal of the proposed family farm tax.

They've also confirmed their wholehearted support for the council's own farms estate which aims to give people a start in agriculture.

Members of the council have backed an emergency motion that will see the council writing to the Chan-

Cont'd on next page

Name of Organisation:	
Organisation's contact details:	
Reason for Grant Aid request <i>(100-500 words; include information about how the funding will be spent, who will benefit and how, if associated with any other local organisation which will also be applying for Bradninch Town Council Grant Aid and details of any alternative/additional funding which is being sought)</i>	
If Grant Aid was received in the previous year, please outline how this was spent <i>(100-250 words/photographic evidence)</i>	

cellor, Rachel Reeves, expressing its concerns about the inheritance tax policy, outlining the detrimental effect on the future of farming in Devon, food security, environmental stewardship and the need to sustain rural communities.

The motion was put forward by Councillor Lois Samuel, with an amendment added by Councillor Alan Connett.

Councillor Samuel told the council that the imposition of the inheritance tax would jeopardise this country's food security, environmental safeguards and the rural way of life which depends on farming, and that it was a threat to the existence of many family farms.

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Twelfth Night Lantern Parade and Bonfire

The Bradninch tradition of the Twelfth Night Lantern Parade and Bonfire will be held on Monday 6th January. The event will celebrate the end of Christmas and the start of the New Year by parading through the streets of the town with lanterns making as much noise as possible. There will be singing and morris dancing at The Guildhall before the town tree leads the parade, taking the old Christmas trees and lanterns to a big bonfire to be burnt. It is lots of fun and we hope you and your family will join in.

The Theme

This year's theme will be Elements - Earth, Wind, Fire and Water. Some eager lantern makers may choose to take their inspiration from the popular film 'Elemental'.

Lantern Making Workshops

Bring your family along to the lantern making workshops at The Guildhall on: **Friday 27th, Saturday 28th and Sunday 29th December from 10.00 am until 4.00 pm.**

Lanterns are easy to make and will probably take just a few hours to do (although yours can be as big and elaborate as you like!). All the bits and pieces that you will need will be provided and there will be grown-ups available to help you and to show you what to do. There will be a charge of £3.00 per lantern to cover the cost of the materials. All you need to bring is a jam jar lid, a pair of secateurs or scissors for cutting the willow and your imagination.

Lantern Parade and Bonfire

The parades will take place on **Monday 6th January at 6.30 pm**. One parade will start at the top of Townlands in West End Road and the other will start at the bottom of Hornbeam Gardens in Parsonage Street. They will be led by the Fire Giant and Water Giant. You can either join in at the start or join in as the parade passes you. The two parades will meet at The Guildhall at where there will be singing, and dancing from Bradninch Millers Morris. Everyone will be carrying their lanterns and noisy instruments and dragging their old Christmas trees along for the bonfire.

The parade will continue down Millway to the cricket club where there will be a big bonfire. The club house will be open and the Soup Dragons from Scouts promise some wonderful homemade soup.

If you don't want to drag your old Christmas tree along on the parade, you can drop it off at the football field on the afternoon of Monday 6th January – we would welcome a small donation to cover costs.

**We hope to see you at the lantern making workshops and at the parade.
Merry Christmas!**

Mary Richards email: mary@ciderhouse.biz



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Bradninch



is back for 2025, on the theme of:

THE ELEMENTS

Fri. 27 to Sun. 29 December: Lantern Workshops

Mon. 6 January: 12th Night Parade & Burning of
Christmas Trees

Watch this space for more info over next couple
of weeks!

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Bradninch Guest Night on Tuesday 20 February The Dilly Boys & Stompin' Dave in support.

It may be cold outside, but Bradninch Folk Club's Guest Night at the Bradninch Guildhall on Tuesday 20 February will keep you warm and moving. Two lively acts, The Dillyboys and Bridport's powerhouse of performance Stompin' Dave.



The Dillyboys are an energetic folk band, combining the banjo, accordion, violin, guitar and voices to create their foot stomping folk sound. The band comprise Emily Howard - guitar and accordion, Lizi Bennett - violin and Dave Parry - banjo. The band play a mixture of Irish, English, and Americana folk songs and tunes, plus some of their own original songs, and a few pop covers. Previously seen at the Bradninch Music Festival this will be a chance to meet the band up close for a lively, rambunctious vibrant show with a strong focus on audience participation. The band are bringing their own support guest for the night Stompin' Dave in a solo performance, the man who does more than a hundred gigs a year as solo, duo up to full band. Stompin' Dave performs a broad spectrum of vintage style music including blues, bluegrass, classical, country, folk, jazz, rock n roll, and old time. Dave is a phenomenal artist. A great guitar player and vocalist, an accomplished songwriter and an excellent traditional fiddler, a boogie/blues piano player and a competition standard five-string banjo picker. As if that's not enough, he is also an outstanding dancer using a combination of flatfoot and clogging styles often when playing one of his stringed instruments.

Guest Night at the usual price of £8.00 (cash). Accompanied under 18 years are free if space is available. For more information visit Bradninch Folk Club's Facebook Group Page, contact 01392 881105 or just turn up on the night with cash on the door.

Cont'd on next page

Doors will open at 7.30 PM with the performance starting at 8.00 PM. Bring your own refreshment or purchase locally.

BRADFOLK on the first Tuesday of the month in the Castle Hotel, is an open music in the round session for performers, people joining in the chorus or just listening and appreciating live music, songs, and poetry, the first one of the year is on 2 January 2024 and has no door charge.

Update. The deadline for submitting copy to the magazine enables me to comment on the 16 January Guest Night with Geoff Lakeman and Rob Murch. As billed, Geoff and Rob fully entertained the audience with skill and wit, both artists and audience had a good evening. The event was watched by 46 people including the two support artists, Martyn Beed and Graham Butterfield, plus Rob Reeves and myself Gerard Edwards. I was asked what the proportion of the audience were visiting folkies, I was able to confirm that it was about 1/3, which means local people make up a healthy 2/3 of the audience. This will include a proportion of folkies, but the importance of this proportion and the steady growth which has built it up demonstrate that the entertainment has a wide appeal to people, and they have created a safe and friendly space. The fact that some people are prepared to travel relatively long distances to see acts at Bradninch is a validation of the artist performing. The audience also get a recommendation from artist as many have shared that Bradninch is a welcoming audience.

Gerard Edwards

Another resolution....

Donate clothes you never wear.

We tend to hang onto stuff "just in case." If you haven't worn it in a year, give someone else the chance

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

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Town Trust News

As you know, the Trust has for many years awarded some money to youngsters in Bradninch to help towards aspects of their education. With a virtually entirely new Trustee group, we have been exploring in detail all of the funds we have in the Parochial Charities and how we might apply them in a new grant-giving scheme. This includes rationalising the grant-giving into a single charity, especially as the funds in the Roger Hepburn Trust are much depleted. There will still very much be a commitment to education, but our aim will be to offer help in a broader way.

While we restructure, we will not be offering grants this year via the Roger Hepburn Trust, and we hope you will understand. We will be operating the Christmas voucher scheme for widows and widowers in Bradninch, so please let us know if you haven't been included before and would like to be, or know of anyone else who should be. We will be making changes to this scheme next year too, so look out for details!

Thanks very much
 Anne Porteous
annep@bradninchtt.org.uk

White Lion Inn 'winter warmer'

At a loose end, feeling lonely and chilly? Why not pop down to the White Lion where the new Landlords are offering free 'winter warmer' afternoons on Thursdays, between 2-4pm, to any resident wanting to pop in for free coffee, tea, soup, biscuits and games.

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Tues		09:00 – 11:30	09:00 – 11:30	
Weds	09:00 – 11:30	09:00 – 11:30		
Thurs	09:00 – 11:30		09:00 – 11:30	09:00 – 11:30
Fri		09:00 – 11:30	09:00 – 11:30	

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Surgery hours: Monday - Thurs. 08:30 - 18:00
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Dispensary hours: Monday - Thurs. 08.30 - 18:00
 Friday 08.30 - 17:00

There is no closure for lunch and prescriptions may be collected all through the day.

Repeat prescriptions can be ordered online via our website.

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Lawson Home Improvements Tel: 01392 881431

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Ellie the Cake Fairy Tel: 07764 495016

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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

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Culm Valley Firewood Tel: 01884 32940

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Arnolds Gas Services Tel: 07809278503

Garden Landscaping & Design

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Garden Services Tel: 07736 362675
Ed Rogers Tel: 07717 845184

Garden Machinery Repairs

T&D Garden Machinery Tel: 01392 86150

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Justine Mobile Hairdresser Tel: 07964 375690

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Deaco Home Improvement Tel: 07988510076

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Fenja Hansen Tel: 07586 302137

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Karen Dixon gmail (see ad)

Painter & Decorators

Rob Partridge Tel: 01884 34374

Plumbers

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

Preschool Facilities

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Duhy Pre-school Tel: 01392 881975

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Kilbride Roofing Tel: 01884 252213

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Bradninch Spar Tel: 01392 881212

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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

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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
Bradninch Festival Choir tel: 01392 881454.
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
Bradninch Tennis Club tel: 07938 882594.
Bradninch WI tel: 01392 882091
Bithywind Allotments tel: 01392 881641
Charwell Nature Reserve tel: 01392 881825
College Surgery Partnership tel: 01392 881952
Duchy Pre-School tel: 01392 881975
Duchy School tel: 01392 881482
Power Cuts tel: 105
Stagecoach Bus Service tel: 01392 427711
St Disen's Church tel: 01392 881733
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

JANUARY

2nd	Taekwondo	17.00	The Guildhall
2nd	WI	19.30	The Guildhall
3rd	Bradninch Millers Morris	19.30	West End Hall
4th	CM	10.00	The Guildhall
6th	Pilates	9.00	The Guildhall
7th	Move it or Lose it	11.00	The Guildhall
7th	Massage in Bradninch	8.30	The Guildhall
7th	Ballet	16.00	The Guildhall
8th	Massage in Bradninch	8.30	The Guildhall
8th	Karate	18.30	Duchy School
8th	Yoga	19.00	The Guildhall
8th	Acoustic Club	19.30	West End Hall
9th	Massage in Bradninch	8.30	The Guildhall
9th	Taekwondo	17.00	The Guildhall
10th	Bumps Babies & Beyond	9.30	The Guildhall
10th	Bradninch Millers Morris	19.30	West End Hall
10th	Yoga	19.00	The Guildhall
11th	Mayors CM	10.00	The Guildhall
13th	Pilates	9.00	The Guildhall
13th	Council Meeting	19.00	The Guildhall
14th	Move it or Lose it	11.00	West End Hall
14th	Massage in Bradninch	8.30	The Guildhall
15th	Massage in Bradninch	8.30	The Guildhall
15th	Karate	18.30	Duchy School
15th	Yoga	19.00	The Guildhall
16th	Massage in Bradninch	8.30	The Guildhall
16th	Taekwondo	17.00	The Guildhall
17th	Bumps Babies & Beyond	9.30	The Guildhall
17th	Bradninch Millers Morris	19.30	West End Hall
16th	Cullompton Majorettes CM	10.00	The Guildhall
20th	Pilates	9.00	The Guildhall
21st	Ballet	16.00	The Guildhall
21st	Massage in Bradninch	8.30	The Guildhall
21st	Move it or Lose it	11.00	The Guildhall
21st	Folk Club	17.30	The Guildhall
22nd	Yoga	19.00	The Guildhall
22nd	Karate	18.30	Duchy School
22nd	Massage in Bradninch	8.30	The Guildhall
23rd	Massage in Bradninch	8.30	The Guildhall
23rd	Taekwondo	17.00	The Guildhall
24th	Yoga	19.00	The Guildhall
24th	Bumps Babies & Beyond	9.30	The Guildhall
24th	Bradninch Millers Morris	19.30	West End Hall
25th	Preschool CM	10.00	The Guildhall
27th	Pilates	9.00	The Guildhall
28th	Ballet	16.00	The Guildhall
28th	Massage in Bradninch	8.30	The Guildhall
28th	Move it or Lose it	11.00	The Guildhall
29th	Massage in Bradninch	8.30	The Guildhall
29th	Karate	18.30	Duchy School
29th	Yoga	19.00	The Guildhall
30th	Massage in Bradninch	8.30	The Guildhall
30th	Taekwondo	17.00	The Guildhall
31st	Bumps Babies & Beyond	9.30	The Guildhall
31st	Bradninch Millers Morris	19.30	West End Hall

FEBRUARY

1st	Repair Café CM	10.00	The Guildhall
3rd	Pilates	9.00	The Guildhall
4th	Ballet	16.00	The Guildhall
4th	Massage in Bradninch	8.30	The Guildhall
4th	Move it or Lose it	11.00	The Guildhall
5th	Karate	18.30	Duchy School
5th	Massage in Bradninch	8.30	The Guildhall
5th	Yoga	19.00	The Guildhall
6th	Massage in Bradninch	8.30	The Guildhall
6th	WI	19.30	The Guildhall
6th	Taekwondo	17.00	The Guildhall
7th	Bumps Babies & Beyond	9.30	The Guildhall
7th	Bradninch Millers Morris	19.30	West End Hall
7th	Yoga	9.00	The Guildhall
8th	Mayors CM	10.00	The Guildhall
10th	Yoga	9.00	The Guildhall

10th	Council Meeting	19.00	The Guildhall
11th	Move it or Lose it	11.00	The Guildhall
11th	Massage in Bradninch	8.30	The Guildhall
11th	Ballet	16.00	The Guildhall
11th	Wine Circle	19.30	The Guildhall
12th	Karate	18.30	Duchy School
12th	Massage in Bradninch	8.30	The Guildhall
12th	Yoga	19.00	The Guildhall
13th	Massage in Bradninch	8.30	The Guildhall
13th	Taekwondo	17.00	The Guildhall
13th	Acoustic Club	19.30	West End Hall
14th	Yoga	9.00	The Guildhall
14th	Bumps Babies & Beyond	9.30	The Guildhall
14th	Bradninch Millers Morris	19.30	West End Hall
15th	WI CM	10.00	The Guildhall
17th	Pilates	9.00	The Guildhall
18th	Massage in Bradninch	8.30	The Guildhall
18th	Move it or Lose it	11.00	The Guildhall
18th	Ballet	16.00	The Guildhall
18th	Folk Club	17.30	The Guildhall
19th	Massage in Bradninch	8.30	The Guildhall
19th	Karate	18.30	Duchy School
19th	Yoga	19.00	The Guildhall
20th	Massage in Bradninch	8.30	The Guildhall
20th	Taekwondo	17.00	The Guildhall
21st	Bumps Babies & Beyond	9.30	The Guildhall
21st	Bradninch Millers Morris	19.30	West End Hall
21st	Yoga	9.00	The Guildhall
22nd	CM	10.00	The Guildhall
24th	Pilates	9.00	The Guildhall
25th	Massage in Bradninch	8.30	The Guildhall
24th	Pilates	9.00	The Guildhall
25th	Massage in Bradninch	8.30	The Guildhall
25th	Move it or Lose it	11.00	The Guildhall
25th	Ballet	16.00	The Guildhall
26th	Massage in Bradninch	8.30	The Guildhall
26th	Karate	18.30	Duchy School
26th	Yoga	19.00	The Guildhall
27th	Massage in Bradninch	8.30	The Guildhall
27th	Taekwondo	17.00	The Guildhall
26th	Bumps Babies & Beyond	9.30	The Guildhall
28th	Bradninch Millers Morris	19.30	West End Hall
228th	Yoga	9.00	The Guildhall

Booking

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

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

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 Silverton, Spar in Bradninch and the Exe Valley Farm shop, Thorverton.

If you would like to advertise in the next issue please ring Jenny on 07904 504357 or e-mail: bradninchlife@gmail.com