



BRADNINCH LIFE

Your **FREE** Community Magazine

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Issue 107: March/April 2025

Spring is on the way.....

.....but it's not all good news. Last July's Big Butterfly Count showed the lowest number on record, mainly due to the wet spring and summer. Big Butterfly Count, is one of the largest citizen science projects in the world, with more than 50,000 people taking part each year. Provisional data from the 2024 count suggests butterflies have had their worst year on record after a wet spring and summer.

And it's not just butterflies, bee-killing pesticides have been banned for emergency use in the UK for the first time in five years after the government rejected an application from the National Farmers' Union and British Sugar. The neonicotinoid pesticide, which is used on sugar beet, is highly toxic to bees and has the potential to kill off populations of the insect. It is banned in the EU but the UK has previously agreed to its emergency use every year since leaving the bloc. One teaspoon of the chemical is enough to kill 1.25bn honeybees.

The UK's flying insect population has declined by as much as 60% in the last 20 years, a new study has revealed. Conservation charities asked members of the public to count the number of insects splatted against their vehicle numberplates, and compared this to a similar study from 2004. They found that

counts were down the most in England, where 65% fewer insects were recorded, and the least in Scotland, which recorded a 28% fall.

While the declines are dramatic, small changes to our homes and gardens can play a significant part in bringing them under control.

The major causes of these declines are believed to be related to agriculture. The use of pesticides and fertilisers is killing insects, while the conversion of meadows, woodland and hedgerows into pasture and fields is also having a damaging effect.

There are a variety of steps that everyone can take to support insects. Growing insect-friendly plants in gardens and even window boxes can help provide food for pollinators and other invertebrates. If you have a garden, cutting your grass less is another way to make the world more insect-friendly. Not only does this save time and effort, but it promotes the growth of wildflowers that pollinators and other insects depend on. Creating log piles can help protect beetles, as well as adding nutrients to the soil.

So let's help make 2025 a year of renewal for our insects.

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A New Bradninch Photographer

Are you planning a wedding or celebrating an important milestone this year? If so consider booking the Bradninch photographer Nigel Coveney to record your big day. Nigel's photographs are beautifully atmospheric, capturing those irreplaceable moments for ever! Contact him on 07734 751310. Some samples of his work are below.



Juniors Summer Tennis Coaching

Mondays : 28th April—September 2025
Various sessions by age group

All abilities welcome, from beginners to regular players. Rackets provided if needed.

For more details and to book see :
[www.clubspark/BradninchTennisClub/
JuniorsCoaching](http://www.clubspark/BradninchTennisClub/JuniorsCoaching)

**Bradninch Tennis
Club, Kensham
Park**

Bradninch Bowls club

Bradninch bowls club have started the season on a sad note with the death of Cecil Daniells known as Nobby. He was a stalwart of the club for over forty years holding the position of club secretary and green keeper for years. We then heard of the death of Gyneth Garner who although took to bowls late did very well. We shall miss them.



Cecil 'Nobby' Daniells

On a lighter note the club had a very successful race evening on the 15th of Feb with a parade of "ascot hats" which went down very well.

The club is having the open day this year on the 12th of April where people can join and anyone who is interested is invited to come up and meet us. We have a mixture of competitions friendly, ladies and men's over 60s as well as a club evening on a Thursday. As a member you are also able to come and play any time there is not maintenance or matches.

Anyone coming up to give it a go is most welcome, we have a large selection of bowls and some instructions to start you off. As a new member you have a reduced membership for the first year.

We are known as a very friendly club and to help with this we have a bar and seating outside to watch the games with a most fantastic view.

Contact numbers for getting in touch are Katrina Jones 07876597478 and Gerald Reed on 07719025208

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Bradinch Tennis Club – Juniors' Coaching for all Age Groups!

After the success of the last few years, Bradinch Tennis Club will again this year be offering a comprehensive coaching programme for children aged 4 - 18 years! **Fourteen weeks** of fun ball skills and game play will help your child enjoy and develop their tennis skills. Sessions will be fun, dynamic and will provide a sense of progression.

This 14 week programme will kick off on Monday 28 April 2025 and will run through until the end of September with a break for the summer holidays for age groups 3-6; 7-9; 10-14 and 15-18. There are 4 different age group coaching lessons full of fun games, designed to get children active, confident and more skilled.

For more detail and to book see : www.clubspark/BradinchTennisClub/JuniorsCoaching. Places offered on a first come, first served basis.

Why is tennis good for kids?

We know that the younger a child picks up a tennis racket, the more likely they are to continue to play throughout their lives. Here's what the Lawn Tennis Association says about the benefits of tennis for children...

Tennis can benefit your kids in so many ways, by providing physical, mental and social skills for life. As well as the obvious fitness training, your child will also:

- ◆ Find their passion and motivation
- ◆ Learn resilience through friendly competition
- ◆ Understand and practise emotional control (no frustrated racket smashes here!)
- ◆ Develop respect, communication and teamwork
- ◆ Focus on personal best, not just winning
- ◆ Improve balance, agility and co-ordination
- ◆ Release endorphins and destress
- ◆ Improve focus and reaction times
- ◆ Meet new people and make friends
- ◆ Improves confidence and skillset.

We look forward to seeing you there.

Rob Lucas
Coaching Officer
Bradinch Tennis Club

www.bradinchttt.org.uk



Bradinch Town Trust

CALL FOR NEW TRUSTEES

Would you like to help deliver an exciting strategic plan to maximise the use of The Guildhall and other Town Trust assets for the benefit of our community?

Contact chair@bradinchttt.org.uk

Is almost the first day of spring so rush along to
Bradninch Acoustic Music club's

singers night



13th March

£3.00 7.30 for 8.00

Bradninch West End Hall

Hospiscare's Men's Walk 2025.

Hospiscare's beloved Men's Walk is back on Saturday, 15 March 2025, at Double Locks, Exeter. Join over a thousand like-minded people for a day of purpose, connection, and fun.

Walk 7 miles, enjoy a well-earned pint and a delicious pasty, and make a real difference for local people living with terminal illnesses across Devon.

With four consecutive sell-outs, don't miss your chance to be part of this iconic event. Sign up now at www.hospiscare.co.uk/menswalk.

SILVERTON FILM CLUB

Silverton Community Hall, Wyndham Rd,
Silverton EX5 4JZ.

Third Wednesday of each month

Doors open 2.15; film starts 2.30

Everyone welcome.

Free entry, but donations welcome

Tea and cake at half-time for £2.50

Forthcoming Programme

- **March 19th - Belle. Costume Drama (12A)**
- **April 16th - What's Love Got to Do with It. Comedy(12A)**



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Open Your Garden for Hospiscare

Share the beauty of your garden and raise vital funds for Hospiscare's compassionate care across Exeter, East, and Mid Devon.

Open Gardens bring communities together, creating opportunities to connect, share stories, and support specialist end-of-life care—all while celebrating the joy of gardens.

How to get involved:

Open your garden – Welcome visitors between April and September 2025.

Raise funds – Encourage donations to support specialist end-of-life care.

Join a community – Be part of a wonderful network of supporters.

We'll provide everything you need, including a feature in the Hospiscare Open Garden booklet, promotional materials, and guidance to ensure your event is a success. Together, we can create lasting memories while helping more families receive the care they need.

Interested? Contact us on 01392 688020
or
fundraising@hospiscare.co.uk
We'd love to hear from you!



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.

Annual Parish Meeting

The Guildhall
on

Monday 28th April at 19.30

All residents are very welcome. Learn what has happened over the last year in the town, hear from the groups who have benefitted from council grants and have your say about what you would like to see happening in the future.

Agenda will be posted on the town website along with last year’s minutes.

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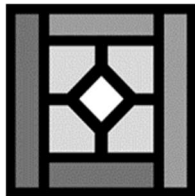
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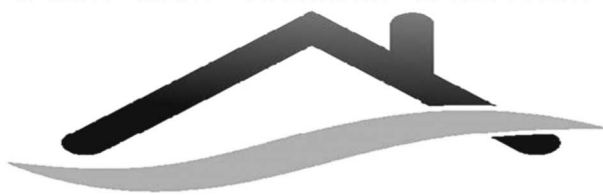


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Daria Kulesh at the Folk Club

Daria Kulesh is no stranger to Bradninch, and the club is looking forward to welcoming her back to the Bradninch Folk Club Guest Night on Tuesday 18 March. Born in Russia but based in the UK for the last 15 years, she fearlessly explores her heritage and turbulent family history in Ingushetia (North Caucasus) with songs that “aren’t just sung but lived” (FATEA).

She has toured extensively in the UK and Europe, sharing stories and songs that are deeply personal but feel universal and timeless. Every performance is an “emotional, compelling and uplifting experience”, leaving the audiences “completely spellbound”



Her debut album release *Eternal Child* was described as “phenomenal”, her second album *Long Lost Home* has enjoyed rave reviews and multiple awards, including LCM Album of the Year, her third offering *Earthly Delights* was named “one of the year’s finest albums” by Folk Radio UK, and her latest studio release *MotherLand* is “near perfect” and “astounding”, according to Liverpool Sound and Vision. Daria is a consummate storyteller covering tales from many lands of history and fable. She is a vibrant personality blessed with an amazing singing voice.

Support will be from local singer songwriter Mary Chilcott a lady with wit and affection to the goings on around Cullompton etc. Mary made her debut with Bradninch Folk Club at BRADFOLK, the club’s open in the round song and music session held in the bar at the Castle Hotel, Bradninch on the first Tuesday of the month.

Unfortunately, we cannot confirm the artist for April’s Guest Night, but it will be the same format:

Guest Night entry price is £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.

Doors will open at 7:30 PM, with the performance starting at 8:00 PM in the main upstairs room. A stair lift is available; please inform us if assistance is needed. Bring your own refreshments or purchased locally. A raffle will also take place, and prize donations are appreciated.

Terracycle – another update Spring 2025

The **Philips Dental Care Free Recycling Programme** closed mid February so we are unable to take any toothbrushes, floss holders etc as from end of January – i.e. any dental products.

I seem to be amending what I can handle though Terracycle every month so by way of some explanation -

Why do programmes close?

TerraCycle provides the platform for brands to recycle their hard-to-recycle products and packaging. All decisions, including when programmes come to an end, belong to the brand sponsors. Did you know that there are no legal obligations for manufacturers to offer recycling or other end-of-life solutions for their products or packaging? That's why it's important to let brands know that you value recycling solutions for hard-to-recycle waste!

Mike Leonard

Hospiscare's Men's Walk 2025

Hospiscare's beloved Men's Walk is back on Saturday, 15 March 2025, at Double Locks, Exeter. Join over a thousand like-minded people for a day of purpose, connection, and fun.

Walk seven miles, enjoy a well-earned pint and a delicious pasty, and make a real difference for local people living with terminal illnesses across Devon.

With four consecutive sell-outs, don't miss your chance to be part of this iconic event. Sign up now at www.hospiscare.co.uk/menswalk.

A New Café in Bradninch



The Central Dairy cafe opened at the beginning of the month, just down from Spar. Open five days a week they serve coffee and cake plus sandwiches and snacks.



Residents are spoiled for choice in Bradninch, with both commercial and community venues offering sustenance. There are the Saturday coffee morning fund raisers at the Guildhall, Bradninch Community Cafe at the Baptist Church every Thursday morning and St Disens Warm Welcome which offer free hot and cold drinks plus cakes and bakes each Wednesday between 10 and 2pm.



Not forgetting the Dovetail Cafe at Antiques Village at Hele open six days a week plus the Costa Coffee machine at Spar open all hours!

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Necessary but Not Sexy

The Government are looking for innovative ways of tackling problems with health and social care. They are proposing more scanning, more appointments, more Apps. However, the evidence suggests that for an ageing population, loneliness and isolation are the major problems that need to be addressed and simpler interventions would be more helpful to more people.

Being sociable – even in small ways – has big benefits for your health. It lifts your mood, and lowers your stress levels. It is good for your heart, your sleep, and can influence how well you recover from illness. In a Swedish study, which followed 1,200 older people, it was found that those living alone or without close social ties, were at greater risk of developing dementia. Even occasional visits with friends kept the risk of the disease down.

Scientists who deliberately infected healthy volunteers with a cold virus found that those with a rich diversity of social ties were four times less likely to develop a cold than those who were less outgoing. And if they did get a cold, it wasn't as bad. This turns on its head the excuse of not going out or mixing with others because "you do not want to pick something up".

It's not just about having close relationships. You also benefit if you have a wide range of social contacts, including neighbours and others in the wider community. The 2025 SCENE (Senior Citizens of the Exe Valley News & Events) magazine was published in January and is available at the surgery. It contains a multitude of different groups that meet regularly in Silverton and surrounding villages. The other very easily accessible and extremely welcoming weekly event is the Memory Café on Thursday afternoons. This is the pinnacle of community activity to tackle the on-going pressures of caring for patients with dementia but also for others to come and socialise. This is a role that is both giving and taking; those who need the support appreciate it, those providing it will be benefiting from the social activity in all the ways described above.

However, when age affects your ability to get out, seeing people in person becomes harder, then meeting virtually can really help. This is one of the reasons we encourage all our patients who are not currently on-line to make that step with the help of Joan Povey our Digital Social prescriber. Joan runs classes at Room4U and is also happy to visit patients at home to set up new devices so they can discover how easy it is to contact and communicate with friends and family from your armchair. When a grandparent FaceTimes their grandchildren it gives a feel-good factor for both young and old. Joan can be contacted via the surgery reception or ring her directly on 07958 190554.

If the scans and appointments result in increased life expectancy it will not be worth it if the social structures, social care and necessary living environments are not in place to support the ageing population. Health, social care and community are all connected and we are fortunate that in our area there are plenty of opportunities to make this happen.

Dr Anthony O'Brien, Wyndham House Surgery

Council Tax Will Go Up By 4.99%

Devon county councillors have agreed an increase of 2.99 percent for general services with an extra two percent for adult social care. The annual council tax for an average Band D home will rise by £85.59 or £1.64 a week to £1,801.26.

There will be increases in spending of 8.2 percent on adult services and 5.5 percent for children's services.

Councillors also agreed an extra £4 million to boost highways and repair potholes since the target budget was set last month.

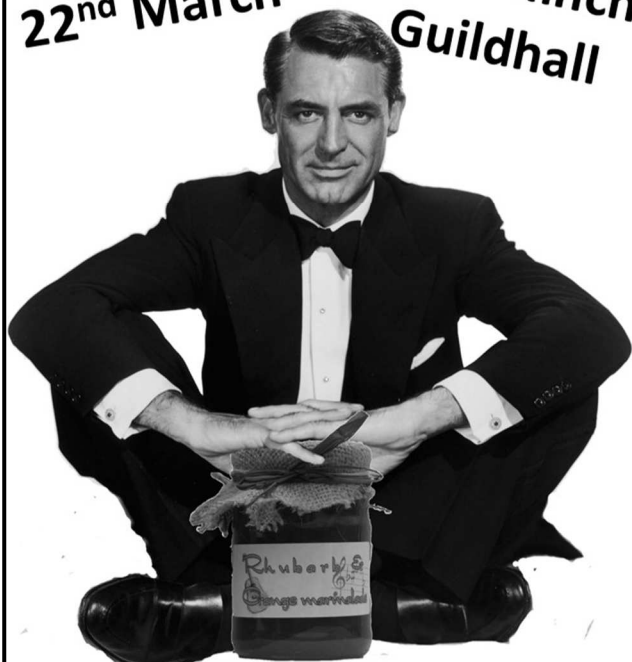
There will be an additional £5 million for children's social care to provide a range of services to allow vulnerable children to be cared for closer to their families and communities.

And there'll be an extra £500,000 to support the work of district councils and homeless organisations which brings Devon County Council's homelessness budget up to £1 million. The extra cash has come from the new additional council tax being levied on second homes.

The Government's decision to end the Rural Services Delivery Grant which helped councils fund the extra cost of providing services in rural areas cost Devon over £10 million, with funding switched to more urban areas. In addition Devon received the lowest financial settlement of all 21 county councils.

Dr Chutter's Occasional pop-up Spring Chutney & jam

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22nd March Bradninch
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Spring will soon be here for Bradninch Millers Morris Dancing Out

Bradninch Millers Morris (Millers) are preparing for Spring and Summer by continuing to learn new dances and practicing the dance repertoire at West End Hall (Fridays 19:30 to 21:30).

Green Man Festival Bovey Tracey, Saturday 26 April

The Bovey Tracy Green Man Festival 26 April effectively starts Millers dance season, but prior to that they will be making an appearance at the **Cullompton Spring Fair Saturday 12th April**

The Green Man festival at Bovey Tracy is a major event filling the town with dancers from across the Southwest and is focussed on the theme of Spring and reawakening symbolised by the Green Man. The event like others we will be attending involves a day of public entertainment with other groups. These events are great for meeting friends, performing, and enjoying music, dance and some friendly rivalry.



Dancers from different groups surround the Green Man for the finale of the event, 2022.

From the start of May there will be further performances by Millers, mainly in the communities neighbouring Bradninch, and some meet ups with other dance sides at mutually agreed pubs will follow. Bradninch Millers Morris can be followed on Facebook and <https://bradninch-millers.org>

Gerard Edwards, Foreman of Dance, Bradninch Millers Morris 01392 881105. General contact: Allison Waple millersbag@gmail.com

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Bradninch, Devon

A Date for your Diary! BSO Strings to visit Bradninch

Twelve professional musicians from the renowned Bournemouth Symphony Orchestra will be visiting Bradninch on **Friday 2nd May** to give a concert of classical music for all the family in St Disen's Church.

We are very lucky to have secured one of only two of their performances this year in Devon, and this will be a very special occasion. Join the BSO string ensemble with Assistant Conductor, Enyi Okpara, in a colourful programme including lullabies, a starburst, film music and folk melodies. The concert will be presented by the musicians to reveal connections between 20th and 21st century music and composers from the UK, Hungary, the USA and Ukraine, for an audience of all ages.

This special concert is brought to you by Bradninch Music Festival in association with Villages in Action. More details and tickets go to: <http://villagesinaction.co.uk/events>, tickets are 18 adult and £5 children.

We are also reviving the classical concert at the Music Festival this year. It will be a Saturday lunchtime event featuring local musicians. We particularly welcome young players, as it is a great opportunity to perform in front of an audience. If you would like to take part, please contact Simon Tytherleigh on 07743 496740 or simontytherleigh@gmail.com or Fenny Gill on bookings@stdisens.org.uk



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

MASSAGE IN BRADNINCH

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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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Mel Spiller Tel: 07375 980028

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Cromel Computers Tel: 01392 881792

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Stokehouse Farm Dairy Tel: 07791 473276

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Garden Services Tel: 07736 362675
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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

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College Surgery Partnership tel: 01392 881952
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Duchy School tel: 01392 881482
Power Cuts tel: 105
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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

MARCH

1st	St Disens CM	10.00	The Guildhall
1st	Taekwondo Grading	8.30	The Guildhall
3rd	Pilates	9.00	The Guildhall
4th	Move it or Lose it	11.00	The Guildhall
4th	Massage in Bradninch	8.30	The Guildhall
4th	Ballet	16.00	The Guildhall
5th	Massage in Bradninch	8.30	The Guildhall
5th	Karate	18.30	Duchy School
5th	Yoga	19.00	The Guildhall
6th	WI	19.30	The Guildhall
6th	Massage in Bradninch	8.30	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	19.00	The Guildhall
8th	Twining CM	10.00	The Guildhall
10th	Pilates	9.00	The Guildhall
10th	Council Meeting	19.00	The Guildhall
11th	Move it or Lose it	11.00	West End Hall
11th	Massage in Bradninch	8.30	The Guildhall
11th	Wine Circle	19.30	The Guildhall
12th	Massage in Bradninch	8.30	The Guildhall
12th	Karate	18.30	Duchy School
12th	Yoga	19.00	The Guildhall
12th	Sustainability Talk	19.30	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	Bumps Babies & Beyond	9.30	The Guildhall
14th	Bradninch Millers Morris	19.30	West End Hall
15th	CM	10.00	The Guildhall
17th	Pilates	9.00	The Guildhall
18th	Ballet	16.00	The Guildhall
18th	Massage in Bradninch	8.30	The Guildhall
18th	Move it or Lose it	11.00	The Guildhall
18th	Folk Club	17.30	The Guildhall
19th	Yoga	19.00	The Guildhall
19th	Karate	18.30	Duchy School
20th	Massage in Bradninch	8.30	The Guildhall
20th	Taekwondo	17.00	The Guildhall
21st	Yoga	19.00	The Guildhall
21st	Bumps Babies & Beyond	9.30	The Guildhall
21st	Bradninch Millers Morris	19.30	West End Hall
22nd	Kidzone CM	10.00	The Guildhall
24th	Pilates	9.00	The Guildhall
25th	Ballet	16.00	The Guildhall
25th	Massage in Bradninch	8.30	The Guildhall
25th	Move it or Lose it	11.00	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
28th	Bumps Babies & Beyond	9.30	The Guildhall
28th	Bradninch Millers Morris	19.30	West End Hall
29th	Bowling Club CM	10.00	The Guildhall
31st	Pilates	9.00	The Guildhall

APRIL

1st	Ballet	16.00	The Guildhall
1st	Massage in Bradninch	8.30	The Guildhall
1st	Move it or Lose it	11.00	The Guildhall
2nd	Karate	18.30	Duchy School
2nd	Massage in Bradninch	8.30	The Guildhall
2nd	Yoga	19.00	The Guildhall
3rd	Massage in Bradninch	8.30	The Guildhall
3rd	WI	19.30	The Guildhall
3rd	Taekwondo	17.00	The Guildhall
4th	Bumps Babies & Beyond	9.30	The Guildhall
4th	Bradninch Millers Morris	19.30	West End Hall
4th	Yoga	9.00	The Guildhall
5th	Repair Cafe CM	10.00	The Guildhall
7th	Yoga	9.00	The Guildhall

8th	Move it or Lose it	11.00	The Guildhall
8th	Massage in Bradninch	8.30	The Guildhall
8th	Ballet	16.00	The Guildhall
9th	Karate	18.30	Duchy School
9th	Massage in Bradninch	8.30	The Guildhall
10th	Acoustic Club	19.30	West End Hall
12th	Charity Marathon CM	10.00	The Guildhall
14th	Council Meeting	19.00	The Guildhall
15th	Massage in Bradninch	8.30	The Guildhall
15th	Move it or Lose it	11.00	The Guildhall
15th	Ballet	16.00	The Guildhall
15th	Folk Club	17.30	The Guildhall
16th	Massage in Bradninch	8.30	The Guildhall
16th	Karate	18.30	Duchy School
16th	Yoga	19.00	The Guildhall
17th	Massage in Bradninch	8.30	The Guildhall
18th	Bradninch Millers Morris	19.30	West End Hall
19th	CM	10.00	The Guildhall
22nd	Massage in Bradninch	8.30	The Guildhall
22nd	Move it or Lose it	11.00	The Guildhall
22nd	Ballet	16.00	The Guildhall
23rd	Massage in Bradninch	8.30	The Guildhall
23rd	Karate	18.30	Duchy School
24th	Massage in Bradninch	8.30	The Guildhall
25th	Bradninch Millers Morris	19.30	West End Hall
26th	Bumps Babies CM	10.00	The Guildhall
29th	Massage in Bradninch	8.30	The Guildhall
29th	Move it or Lose it	11.00	The Guildhall
29th	Ballet	16.00	The Guildhall
30th	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.

Time for a Springclean - Clear out the clutter.

Clutter is literally bad for your health. Research says it stresses you out.

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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