ISSUE No. 315 MARCH 2024

### THE COLDRIDGE CALENDAR

EDITOR: John W Smith, Rockfield, Coldridge, EX17 6AX: Email: biggles1047@gmail.com

SUPPORTED BY OUR ADVERTISERS & PRINTED BY COLDRIDGE PARISH COUNCIL

# Feeling stressed, anxious or stuck? Lacking confidence and self-esteem?

Hypnotherapy is a quick and effective way to get your life back on track!

I am your local clinical hypnotherapist based in Brushford and I use a solution-focused approach, which means that we can focus on where you want to be without the need to dwell on the past.

Book your **FREE** initial consultation today!

Call or text Emma on 07894 555075 or email: emma@inspiredtochange.biz





Garden Maintenance, Landscaping & Fencing, Tree Surgery & Seasoned Logs:

CALLUM J BARBER

07557129961
cj.barber99@outlook.com

Please contact for free quote/assessment

## PHYSIOTHERAPY IN COLDRIDGE: AVAILABLE NOW!

If you've been on the Waiting list for physiotherapy for too long, for painful Aches and Pains, please wait no longer!

### Why not go Private and Local?

I am a Physiotherapist with 35 years' experience, working from my local private studio.

- ✓ Musculoskeletal Treatments
- Rehabilitation after Orthopaedic Surgery
- ✓ Lymphatic Drainage
- ✓ Bowen Therapy
- ✓ Reiki

#### HOME VISTS UNDERTAKEN

Call or Text Freddie on **07591 171536** or

Email: <u>freddy.vonrabenau@gmail.com</u>



Beauty Retreat

Beauty ♥ Massage ♥ Holistic

#### 07565 768386

I'm Abi, a fully qualified beauty therapist. I offer a wide range of treatments with a friendly professional service.

abigailsbeautyretreat@gmail.com www.abigailsbeautyretreat.co.uk

Church Rd, Lapford, EX17 6PZ

# MOOR INDEPENDENT Financial Advisers

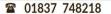
Local & Independent

High Street offices in Okehampton

**Estate Planning and IHT specialists** 

Retirement & Income Planning experts

**Chartered Investment Advisers** 





Moor Independent Financial Advisers Limited is an Appointed Representative of ValidPath Ltd which is authorised and regulated by the Financial Conduct Authority (FCA) - FCA Reference Number 197107



#### COLDRIDGE CAR POOL

Affordable Transport to our local Doctors, Pharmacies, Dentists, Opticians and Hospitals:

Our Tariff (for return trips) is as

follows:

Bow: £4.00 North Tawton: £4.00 Winkleigh: £3 50 Chulmleigh: £6.00 Crediton: £7.00 Okehampton: £10.00 Exeter: £15.00 Barnstaple: £17.00

To book a trip or to join the team (we are always looking to recruit new volunteer drivers), please contact:

John Smith on 01363 83436 or email: biggles1047@gmail.com

#### EDITOR'S NOTES

Thanks to those who have contributed items for this issue.

Please Note the deadline for items for the APRIL issue will be <u>Sunday</u>, <u>24<sup>th</sup> MARCH</u>. Please may I have all your copy, in WORD or JPEG format only, no later than this date. Sorry, <u>NO PDFs</u>, please!

Thank you;

John W Smith (Editor)

Email: biggles1047@gmail.com



FOR THE LATEST INFORMATION ON PARISH EVENTS, PLEASE ALSO VISIT OUR PARISH WEBSITE AT:

www.middevonparish.co.uk/coldridge AND OUR "WHAT'S ON IN COLDRIDGE, DEVON (WOICD)" FACEBOOK PAGE AT: www.facebook.com/groups/coldridge

**VILLAGE HALL 'REGULARS':** 

TAI CHI: CLASSES RUN FROM 4.00pm, EVERY MONDAY

ART GROUP: EVERY TUESDAY, FROM 10.30am

PILATES: EVERY TUESDAY, FROM APPROX 6.00PM

TODDLER GROUP: ALTERNATE FRIDAYS: From 9.45am during

Term Time

#### **DIARY FOR MARCH 2024:**

Friday, 1st

7.00 for 7.30pm: HALL SOCIAL/FILM NIGHT:

Film: "The Miracle Club" (Cert 12)

Saturday, 2nd;

7.00pm: HALL: 'CURRY NIGHT'
\*Now Fully Booked\*

Monday, 4th:

2.30pm: CHURCH: CHURCH CAFÉ

Wednesday, 6th

2.30pm: HALL SUNSHINE SINGING 7.00pm: HALL: VILLAGE HALL AGM

Thursday, 7th

7.00am – 10pm: HALL: LOCAL ELECTION

Friday, 8th:

7.00pm: HALL: THE COLDRIDGE ARMS

Sunday, 10<sup>th</sup> MOTHERING SUNDAY 10.30am: CHURCH MORNING PRAYER

Monday, 11th

7.30pm: HALL: GARDENING CLUB

Wednesday, 13th:

2.00pm: HALL: COLDRIDGE QUILTERS
7.30pm: HALL: WOMEN'S INSTITUTE
Talk on Medical Detection Dogs

Thursday, 14th

7.00pm: HALL: ADULT TABLE TENNIS

Saturday, 16th

9.30-12.30am: HALL: THE GREAT DEVON BREAKFAST (In aid of FORCE cancer Charity) From 2pm: HALL: 6-NATIONS RUGBY

Sunday, 17<sup>th</sup> PASSION SUNDAY 10.30am CHURCH HOLY COMMUNION

Wednesday, 20th

2.30pm: HALL SUNSHINE SINGING

Thursday, 21st

7.30pm: HALL: PARISH COUNCIL MEETING &

OPEN FORUM

Wednesday, 27th

2.30pm: CHURCH: PCC MEETING

Thursday, 28th

10.00 – 3.30pm: HALL: COLDRIDGE CAFÉ

(Lunches from 12 to 2.00pm)

PLUS: CHURCH TOURS (am and pm)

7.00pm: HALL: ADULT TABLE TENNIS

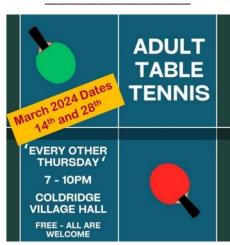
Friday, 29<sup>th</sup> GOOD FRIDAY

Sunday, 31st EASTER SUNDAY

**BRITISH SUMMERTIME BEGINS!** 

10.30am: CHURCH: EASTER COMMUNION

Monday 1st April: EASTER BANK HOLIDAY



#### ST MATTHEW'S CHURCH:

Please see our standard service pattern, above, with the addition of our Easter Sunday service of Holy Communion on the 31st. Everybody is very welcome to join us for this happy service of celebration.

The Parochial Church Council (PCC) meets next on Wednesday, 27<sup>th</sup> March, in the Church at 2,30pm.

We were delighted with the attendance at our inaugural concert in the church, on Sunday, 18th February. The Highcroft Clarinet Quintet, a group of accomplished players from North Devon, provided a delightfully varied, 55-minute programme of short chamber pieces, which was thoroughly enjoyed by all and which was admirably suited to the building. Feedback so far suggests that we should go ahead with further, similar events in the future. Watch This Space! All proceeds go to the fabric fund to help maintain our historically important church building, here in Coldridge.

#### **GARDENING CLUB:**

February's meeting enjoyed an exceptional turn out and we welcomed several new members. Thanks once again to our crowdpulling speaker, Viv Hunt.

The next meeting is Monday, 11th March at 7.30pm in the Village Hall. The guest speaker will be Dr Susan Taheri, a local GP who will be telling us about her 'Growing Well Project' Garden in Bow. This is a green social prescribing project which uses the intervention of gardening and time outside in nature to help people's physical and mental health. Everyone is welcome to come along for what promises to be an uplifting and enlightening talk, and chocolate digestives. See you there!

(To join is just £10 per household per year. Non-members are welcome at £2 per person.)

#### S.J.CARNE

Independent Family Owned Funeral Directors

Established over 60 years Personal Attention Day and Night



#### Samantha

Summerhayes, Ingleigh Green, Winkleigh, Devon, EX19 8AT Email: samjcarne@outlook.com Tel: 01837 680199
Pre-arranged and Bespoke

Funeral Plans Available



#### **COLDRIDGE PARISH COUNCIL:**

21st MARCH: Please note that the next meeting of your Parish Council takes place, in the Hall, on Thursday, 21st March at 7.30pm. As usual, this starts with the OPEN FORUM, when you all have the opportunity to bring matters to the attention of the council.

LOCAL ELECTION: for a new District Councillor for Upper Yeo and Taw Ward (that's us!). Voting takes place on Thursday, 7<sup>th</sup> March, 7.00am to 10.00pm. Our Polling Station is Coldridge Village Hall. Please remember to take some form of approved ID with you to vote JWS

#### THE GREAT DEVON BREAKFAST 2024:

The Great Devon BREAKFAST is making a welcome return to Coldridge, to be served on Saturday 16th March from 9.30am to 12.30pm in Coldridge Village Hall.

It's a Full English Breakfast menu: 2 eggs, sausage, 2 bacon, mushrooms, beans, hash brown, tomato, 2 slices of toast and orange juice - £9 per head (Child Portion £7). Bacon or Sausage sandwiches will also be available PLUS teas, coffees and Buck's Fizz!

There is a chance to win a Luxury Breakfast Hamper in the breakfast raffle, and what's more, you'll be helping to raise money for Force Cancer Charity in Exeter.

No need to book or reserve a place, however we do ask that if you plan to attend and have any special dietary requirements, please contact Kate Fitch in advance.

We look forward to seeing you on Saturday 16th.

#### THE WINKLEIGH SINGERS....

are pleased to invite you to our 40th **Anniversary Concert;** 

Saturday, 23<sup>rd</sup> March 7.30pm at in St Michael's Church, Great Torrington:

Choral and organ music from composers who all have a significant anniversary this year. Motets by Bruckner, Holst's Festival Te Deum, Stanford's Fantasia and Tocatta for organ, Blessed city, heavenly Salem by Bairstow and madrigalist John Wilbye's haunting Homo natus de muliere paired with Fauré's muchloved Requiem.

The Winkleigh Singers will be accompanied by Andrew Millington and joined for Bruckner's Ecce Sacerdos by 'The Three Trombones'.

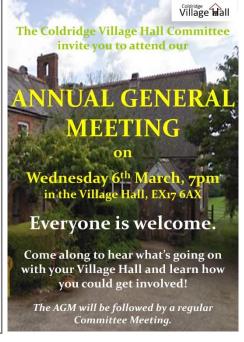
CLICK THIS TICKET TO BOOK YOUR SEATS NOW:

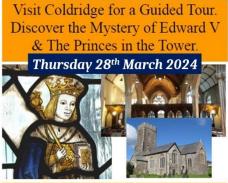


Tickets £15.00 / Early Birds £10 until 11th March. Accompanied U16s free. Tickets are available from Torrington Jewellers, choir members, on the door or online.









urrently researchers are investigating the link between St Matthew's Church, Coldridge, Devon, and the mystery of The Missing Princes in the Tower. This lovely church contains a remarkable and very rare stained glass image of Edward V, one of the Princes, as well as other related artifacts. Each month an open day is held when individuals or larger groups can enjoy a slide show and guided tour of the church. There is no entry charge for this but we are very pleased to receive donations towards the preservation of this nationally important historic church. On each open day visitors can enjoy refreshments in the village hall, adjacent to the church, served from 10am, and light lunches, which need to be booked in advance. To make a booking, or for enquiries, please contact us via the website: <u>St Matthew's Church(midderouparish.co.uh)</u> or email : <u>coldridgeparishchurch81@gmail.com</u>





Coldridge Village Hall Social Group Presents



# Live on the Big Screen

Coldridge Village Hall, EX17 6AX

## **Saturday 16<sup>th</sup> March Doors open from 2pm**

Showing games from Round 5

Wales vs Italy - ko 2.15pm

Ireland vs Scotland - ko 4.45pm

France vs England - ko 8.oopm

## Bar Refreshments & Snacks Available

Hot Food Option tbc

Village Hall



### Mid Devon

#### Mid Devon District Council will not be collecting side waste from Monday 26 February 2024

Following a strong performance to significantly increase our recycling rate since Bin-It 123 came into practice, Mid Devon District Council now wants full compliance with the three-weekly scheme from residents.

This will help further improve performance and see a vast amount of recycling that is currently put in black bins or sacks, placed in the appropriate recycling containers.

Residents must now put all recycling in the appropriate containers and food waste in the blue caddies provided. All non-recyclable waste will need to be put in your black bin or sack. No extra bags of non-recyclable waste will be collected.

If you are struggling to contain your waste within your wheelie bin/sack, or need help with your waste or recycling, please call **01884 255 255** and we can arrange for a recycling adviser to visit your home to provide advice.

If you need additional recycling containers the easiest way to do this is through your My Mid Devon self-service portal, you can set this up via <a href="mailto:my.middevon.gov.uk">my.middevon.gov.uk</a>. You can also request extra containers via 01884 255 255, although we encourage you to use your



online portal as this is the easiest and most efficient option.

## Councillor Josh Wright, Cabinet Member for Environmental Services, said:

"It is vital that we now maximise our recycling rate as a district, and everyone uses the right containers and bins provided. All households have an important role to play to ensure the scheme is fully implemented, which will help our communities and the Council with their climate ambitions.

"I would like to thank everyone for their support with the Bin-It 123 scheme so far and look forward to seeing further improvements in the months ahead."



#### VOLUNTEERS NEEDED

Could you spare an hour or two to help at our village fete this year?

We need people in the following areas:

- · Programme sellers.
- Grand Prize Draw ticket sellers.
- To help as part of the Volunteer Support Team providing refreshments and back up to our amazing band of volunteers.
- · Pre-fete set up.

If you can help to make 2024 the Coldridge Village Fete the best ever, please contact Lisa Kendall at: c.fete@ecomail.uk



#### POTHOLE OF THE MONTH:



Please feel free to submit photos of your favourite pothole, lagoon or landslide. I will publish the most dramatic!