ISSUE No. 317 **MAY 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 selfesteem?

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.

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Tuesday 6th February 9am-12pm then 5th March, 2nd April, 7th May @ Coldridge Village Green Come & find us in our mobile shop, where we will have a delic selection of crafty supplies on board including...

James C Brett Yarn Cotton & Wool Hand Dyed

Macrame Cord Basket Making Cord Haberdashery

Sewing Needles & Threads Knitting Needles & Crochet Hooks Ribbons & Buttons Needle & Wet Felting Suppli

Spinning Fibres

Ask us about our workshops, as we have Glass Fusing, Needle Felting,
Beginners Sewing & Yarn Dying coming up locally)

Crafting is good for the Soul, So let us bring your next project to you!

ou have any questions or special requests, please call Gemma on 1837 319007 / 07930128236 or email sew@cottonandwool.co.uk

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**

HOME VISTS UNDERTAKEN

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Email: freddy.vonrabenau@gmail.com



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COLDRIDGE CAR POOL

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

Our Tariff (for return trips) is as

follows:

£4.00 Bow: 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 contributed items for this issue.

Please Note the deadline for items for the JUNE issue will be Tuesday, 21st May. Please may I have all your copy, in WORD or JPEG format only, no later than this date. Sorry, NO PDFs, please!

Thank you;

John W Smith (Editor)

Email: biggles1047@gmail.com

FOR FURTHER INFORMATION ON ST MATTHEW'S CHURCH: PARISH EVENTS, PLEASE ALSO VISIT See the Diary of Events for our Sunday **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 MAY 2024:

Wednesday, 1st

2.30pm: HALL SUNSHINE SINGING

Thursday, 2nd

LOCAL ELECTIONS 7.00am-10.00pm: HALL:

(POLICE & CRIME COMMISSIONER)

Friday, 3rd

7.00 for 7.30pm: HALL **SOCIAL/FILM NIGHT:** Film: "WONKA" (Cert PG, 2023)

Saturday, 4th

9.30-12.30: HALL: BREAKFAST IN COLDRIDGE Please see Advert for details.

Wednesday, 8th:

COLDRIDGE OUILTERS 2.00pm: HALL: 2.30pm: CHURCH: ANNUAL PARISH CHURCH **MEETINGS & ELECTION OF CHURCHWARDENS** 7.30pm: NYMET ROWLAND: WOMEN'S

INSTITUTE: Talk by De Bora Lingerie

Thursday, 9th

7.30pm: HALL: PARISH COUNCIL MEETING

Friday, 10th:

7.00pm: HALL: THE COLDRIDGE ARMS

(With Burgers on the Bar Menu!)

Saturday, 11th

ADULT TABLE TENNIS 7.00pm: HALL:

Sunday, 12th

MORNING PRAYER 10.30am: CHURCH

Monday, 13th

2.30pm: CHURCH: **CHURCH CAFÉ**

7.00pm: GARDENING CLUB VISIT TO THE 'ALLARD ALLOTTMENT' AT KELLAND,

Wednesday, 15th

2.30pm: HALL SUNSHINE SINGING 7.30pm: HALL: **OPEN FETE MEETING**

Sunday, 19th

10.30am CHURCH **HOLY COMMUNION**

Thursday, 23rd

COLDRIDGE CAFÉ 10.00 – 3.30pm: HALL:

(Lunches from 12 to 2.00pm)

PLUS: CHURCH TOURS: 10.30am and 2.00pm 7.00pm: HALL: **ADULT TABLE TENNIS**

PLEASE NOTE THAT THE CHURCH CAFÉ WILL BE ON MONDAY, 13th MAY, (owing to Bank Holiday being on the 6th).



St. Matthew's Coldridge

Announcement of the **Election of Churchwardens**

Annual Parish Church Meeting

14.30pm, 8th May 2024

St. Matthew's, Coldridge, EX17 6AX

Election of Churchwardens

All members of the Coldridge Electoral Roll (the one used for local and national election are invited to attend a meeting in St. Matthew's church for the election of Churchwardens.

This will be followed by....

Annual Parish Church Meeting

You are invited remain and attend our Annual Parish Church Meeting which will include:-

- · The Annual Report of the Church
- Financial Reports
- · An update on the work going on in the church, including the Edward V window
- Elections to the Parochial Church Council* You need to be listed on the Church Electoral Roll to be entitled to vote for these positions

Keyth Richardson, Church Cottage Coldridge SPECIAL NOTE: TABLE TENNIS DATES IN MAY:

Due to a prior booking of the Village Hall, our first session of Table Tennis in May will now be on Saturday 11th May, from 7pm. Apologies for any inconvenience to your weekly plans BUT perhaps an opportunity for some who can't normally make Thursdays to pop-in and join us for a social visit. The Licensed Bar will be open for refreshments and snacks.



RESULT! CHARITY MUSIC NIGHT (20th January 2024):

The bean-counters have now completed their work – it has taken a little while, but worth the wait I feel.

I am pleased to announce that as a result of the Charity Music Night fundraiser held in Coldridge Village Hall back in January 2024, a total of £1328.77 was raised for the Devon Air Ambulance Trust.

Thanks to everyone who came along, and to

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those who gave their time to help make this event happen both before and in the hall on the night. A special mention here goes to Arwen and the headline music act of Tim and Stewart, aka 'Hooked', for an enjoyable evening's entertainment.

All in all, just another reason for us all to be proud of our special small corner of mid-Devon IK, 15 April 2024

GARDENING CLUB:

Our April meeting was very well attended, with 25 members enjoying speaker Mike Follett's talk on Fuchsias. We managed to buy almost all the plants he brought with him, so we'll see who was listening to his cuttings advice in the months and vears to come.

The next meeting is Monday, 13th, with an Allotment Visit to Chris & Pat Allard's plot nearby. Club members, please look out for an email soon with all the relevant information and transport arrangements. We do have a contingency plan for inclement weather, but we won't need it because there can't be any rain left, surely! Tracy F

THIS MONTH (4th MAY) COLDRIDGE CAROL SINGING ROUND THE TREE: WOMEN'S INSTITUTE, IN THEIR 70th ANNIVERSARY YEAR, ARE INVITING YOU TO 'BREAKFAST IN COLDRIDGE'



COLDRIDGE CAR POOL: **DRIVERS WANTED!**

Our Volunteer Driver Scheme has been operating very successfully for a number of years.

We now really need a few more volunteer drivers to join our small team. You will receive expenses, based upon a rate of 40p per mile per journey (see the rates in our advert on Page 1). So, please consider joining our team and let me know at biggles1047@gmail.com or call me on 01363 83436. Thank you. John Smith

Matt Arnold

Matt's and Tom's fundraiser for Cancer Research UK

sing for Cancer Research UK JustGiving Menu V Start Fu



Matt Arnold and his friend Tom have just completed the 3 Peaks Challenge, in order to raise funds for Cancer Research UK, as a way of celebrating his 21st birthday.

This has entailed climbing Ben Nevis in Scotland, Scafell Pike in England and Snowdon in Wales, all 3 within a 24-hour period.

It would be lovely if you feel you can donate something towards this very worthwhile cause. Just type the title 'Matt and Tom's fundraiser for Cancer Research UK' into the Just Giving search bar to find this picture and his name. Many thanks. **Rachel Arnold**

Sorry....a bit slow in getting this news out to you, but I have only recently been able to take the collection pots back to the RD&E.

Together with a generous contribution from the Coldridge Carol Singers (Thank You!), we raised the sum of £94.30, which has gone to help the work of the Emergency Department at the hospital. John Smith

A MESSAGE FROM Dr ANDY BOWER Formerly of Bow Medical Practice:

I wanted to write and thank everyone for their kind words on hearing of my departure from Bow Medical Practice.

After some 17 years as your GP, many of you have become friends and I have been touched by your many messages.

Many of you I know by your first names, although I could never quite bring myself to calling 'Uncle Bonzo' from the waiting room!

I have seen many of you grow and start families of your own and sadly been present when many of your relatives have died.

It has been a privilege to be your GP and I hope over the years I have helped some of you through your difficult times.

I am moving on to pastures new but will never forget the support and thoughtfulness that many of you have shown me during some difficult times.

With Best Wishes for the future.

Dr AMJ Bower



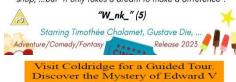
Free Entry - All are welcome

Doors Open 7 pm, Main Event from 7:30pm

Bar Refreshments and ice creams available

This Month's Main Feature...

Our hero, the mastermind behind some of the most delicious chocolate creations the world has ever seen. faces his biggest challenge as a cartel of greedy chocolatiers threaten to thwart his plans to open his own shop, ...but "it only takes a dream to make a difference".





The Coldridg ms friday 10^t Licensed Bar Refreshments & Snacks **Available Serving Burgers** Tonight Village Hall



You are invited to join us at a

Open Meeting

Wednesday 15th May

7:30pm, Coldridge Village Hall

Join us to hear the latest news about the preparations for our 2024 Coldridge Fete & Vintage Rally and find out more about how you could help

All are welcome

Refreshments will be available

If you cannot make the meeting but would like to know more please contact Ivan Kriznik on 01363 884233 / 07711 146038

