ISSUE No. 320 AUGUST 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.

Book your **FREE** initial consultation today!

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





Mobile Wool & Craft Shop VISITING RURAL VILLAGES WITH A WONDERFUL SELECTION OF WOOL & CRAFT SUPPLIES



I'LL BE IN COLDRIDGE ON THE 1ST **TUESDAY OF THE** MONTH.

COME & FIND ME ON THE VILLAGE GREEN 9.30AM-12PM



www.cottonandwool.co.uk 01837 319007

Plus workshops & tutoring in Glass Fusing & Textile Arts & Craft: Contact Gemma for more information.

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

Call or Text Freddie on 07591 171536 or

Email: freddy.vonrabenau@gmail.com



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

Local & Independent

High Street offices in Okehampton

Estate Planning and IHT specialists

Retirement & Income Planning experts

Chartered Investment Advisers

1 01837 748218

www.moorifa.co.uk

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 contributed items for this issue.

*

Please Note the deadline for items for the **SEPTEMBER** issue will be SUNDAY, 25th AUGUST. 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 NEWS FROM ST MATTHEW'S CHURCH: PARISH EVENTS, PLEASE ALSO VISIT WORSHIP & SERVICES: **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 AUGUST 2024:

Thursday, 1st

7.00pm: HALL: **ADULT TABLE TENNIS**

Friday, 2nd

SOCIAL/FILM NIGHT: 7.00 for 7.30pm: HALL

Film: "Back to Black" (Cert 15/2024)

Monday, 5th:

2.30-4.30pm: CHURCH: CHURCH CAFÉ

Wednesday, 7th

2.30pm: HALL SUNSHINE SINGING

Friday, 9th

THE COLDRIDGE ARMS 7.00pm: HALL:

Sunday, 11th

10.30am: CHURCH MORNING PRAYER

Wednesday, 14th

2.00pm: HALL: **COLDRIDGE QUILTERS**

Thursday, 15th

7.00pm: HALL: **ADULT TABLE TENNIS**

Sunday, 18th

10.30am CHURCH HOLY COMMUNION

Wednesday, 21st

2.30pm: HALL **SUNSHINE SINGING**

Thursday, 22nd

10.30am -3.30pm: HALL: **COLDRIDGE CAFÉ** 10.00am-3.00pm: CHURCH: CHURCH TOURS **CRIB CLUB** 7.00-10.00pm: HALL:

Thursday, 29th

ADULT TABLE TENNIS 7.00pm: HALL:



Our regular Sunday services continue as usual: 2nd Sunday being a simple, informal celebration of Morning Prayer, led by one of our church members and with participation by other parishioners. Our Service of Holy Communion takes place on the following (3rd) Sunday of each month, led by a local member of the Clergy. Both services start at 10.30am and both are followed by refreshments and a jolly good catch-up.

Our newly-elected PCC are very keen to broaden the appeal of our worship, making it as accessible as possible to everyone, regardless of age or previous church experience. Our recent Fete Thanksgiving Service seems to have been very well received and we would like to move forward with more of the same type of informal, inclusive yet reverential worship.

Our next services in this vein will be our 'HYMNS-AND-PIMMS' Songs of Praise on Sunday, 1st September at 4.00pm and our HARVEST FESTIVAL Service and Supper, at 4.00pm on Saturday 28th September. We will publish more details of these very shortly. Please put these dates in your diary. These services and the Harvest Supper in the Hall are free and open to everyone, of course, but donations are always welcome. You will need to book early in order to guarantee a seat at the popular Harvest celebration. Watch this space. **CHURCH FABRIC:**

The PCC is also very busy at the moment, with several exciting, major projects in hand for our wonderful, historic church building:

The **Edward V Window** in The Chantry has been cleaned, conserved and re-installed; also, 2 of the plain glass medieval windows in the South aspect of the church have also been completed and re-installed. Other windows are soon to be addressed. Do come in and have a look. The church is usually open between 10.00am and 4.00pm every day.

A Woodwork Survey and Report has been commissioned, the results of which are awaited. The recently commissioned Bell Report, by Andrew Nicholson, has shown that, whilst a lot of work needs to be done to restore and preserve the bells and their supporting and ringing structures, the overall condition is not too disastrous. In other words, the project is entirely feasible, if rather expensive. However, the PCC are taking the view that this presents an exciting opportunity to extend the project, to make bell-ringing much easier and safer, to provide a safe, secure and more appropriate space for storage in the tower and, even, to provide a properly plumbed-in 'refreshment area' and, wait for it, maybe even a WC somewhere next to the building!

There will be a lot of planning, organising and fundraising to do. The PCC members are up for it and so are a number of willing, skilled and experienced volunteers who are joining us to get this all running. We may call on you all to help! Someone once said that "a busy person is a happy person"; That's your new PCC!

CHURCH CAFÉ: MONDAY, 5th AUGUST at 2.30pm in the church:

We extend a very warm welcome to you all to 'pop in' and enjoy a 'Cuppa, Cake and



Conversation'. Please treat it like any other Cafe...it's very informal, it's fun, it's free and you can just come and go as you please, or stay for the whole thing if you prefer.

There is (and has been and there always will be) lots going on in Coldridge, so there are always very many topics to chat about and discuss. Please join us...everyone is welcome. It's In the Church, but it's really <u>not</u> a 'Churchy' meeting! John Smith & Andrew Green (Churchwardens)

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

GARDENING CLUB:

Last month, Gardener at The Dower House, Melbourne, Hollie Garrick, brightened up a miserable evening, weatherwise, with some really beautiful seasonal images, as she talked us through a virtual tour of this wonderful garden she tends in Derbyshire. It was a welcome distraction on an evening that was more November than July.

The club is taking a break from its usual meeting in August but will be back with a tour of members' gardens on 9th September. This is an opportunity to have a good chat about what's working for others, sharing ideas... and be a tiny bit nosey too. The committee will be contacting members directly in due course in time to arrange the evening, so keep an eye out.

In the meantime, 'save the date' - Saturday, 5th October - when the ever-popular Gardening Club Bangers 'n' Mash Lunch will be served in the Village Hall. Details to follow a bit nearer the time. Happy gardening!



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

CALLUM J BARBER

07557129961

cj.barber99@outlook.com

Please contact for free quote/assessment



Visit Coldridge for a Guided Tour. Discover the Mystery of Edward V & The Princes in the Tower.

Thursday 22nd August 2024



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. To make a booking, or for enquiries, please use the website

St Matthew's Church(middevonparish.co.uk)
or email: coldridgeparishchurch81@gmail.com



Free Entry - All are welcome

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

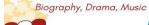
Bar Refreshments and ice creams available

This Month's Main Feature...

A vibrant celebration the life and struggles of one of the most iconic homegrown female music stars we've seen in the 21st Century - a tribute to a once-in-a-generation talent

"B_ck t_ Bl_ck" (4,2,5)











Coldridge Café Thursday 22nd August 10 am - 3.30pm Coldridge Village Hall You are invited to join us for tea, coffee, hot chocolate & home-made cake... ...a selection of lunchtime dishes served between 12 and 2pm August's Lunch Menu to be advised Hope to see you there! Takeaway Service Available Village Hall

EDITOR'S NOTE (2)

August is universally known, in journalistic circles, as "Man Bites Dog Month"! In other words, whilst everyone seems to be on holiday, noone has any news of great importance to share with our public.

As you know, I no longer have an upper limit on the number of pages that the Coldridge Calendar can extend to. So, please let me have your stories, events and points-of-view so that we can all be informed, enlightened and amused in the months ahead. Don't forget, a lot of us don't do 'social media' and The Coldridge Calendar is our main, or only source of information and contact!

This is YOUR newsletter. It has a very wide circulation here in the parish and further afield (it's even read in America!). Please take part in sustaining the success and vibrancy of this lovely community and let me have your articles and news. John (Editor) biggles1047@gmail.com