

BRADNINCH LIFE

Your FREE Community Magazine

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Issue 59: March/April 2017

Spend it Wisely



I love this time of year, the moment that the first snowdrop opens that pristine white flower, life seems brighter and better. I have several varieties, all very common, but these little beauties attract collectors who routinely pay £60 for one bulb, with some rare varieties costing over £200. I don't think that I could ever bring

myself to spend that much on a single bulb, I'd have to sleep next to it over the winter to ensure that it wasn't eaten by mice or dug up by rabbits!

If you have some money to spend, why not go along to the Duchy Pre-School and Playgroup sale at West End Hall in April. The trustees constantly have to raise money to keep the group flourishing, as the fifteen hours 'free' child care provision provided by the government for three to four years old, doesn't actually cover the costs of providing it. And it is going to get worse when the new thirty hours 'free' child-care provision is rolled out later this year. There are

sure to be bargains for sale, maybe even some snowdrops.

And if you like music, the Trio Exe is performing at St Disen's Church on Sunday 17th March, followed by tea and cake - all for just £3.00. A good way to spend a Sunday afternoon.

BRADNINCH TOWN TRUST

Bradninch Town Trust has a number of "Annual Small Grants" for local groups to help provide assistance towards improving facilities.

If you consider that your group is eligible please outline your request & send to the clerk, Jane Fogden at 19 High Street, Bradninch EX5 4NJ

Or email janefogden@aol.com

Applications should be received together with latest set of accounts by 30.4.17 for consideration at the May meeting.

Escot Mud Run



Exeter Royal Academy for Deaf Education
Registered Charity No. 1124523



We have FREE places up for grabs in this fun obstacle challenge. Join our charity team to help raise money for Deaf young people. Your sponsorship could help fund our Forest School, social enterprise, sign language courses and student counselling.

Saturday 25
March 2017
Escot Park,
Ottery St Mary

For more information contact:

Our fundraising team on 01392 267019 or fundraising@exeterdeafacademy.ac.uk

Text: 07624 808738 | exeterdeafacademy.ac.uk/mudrun



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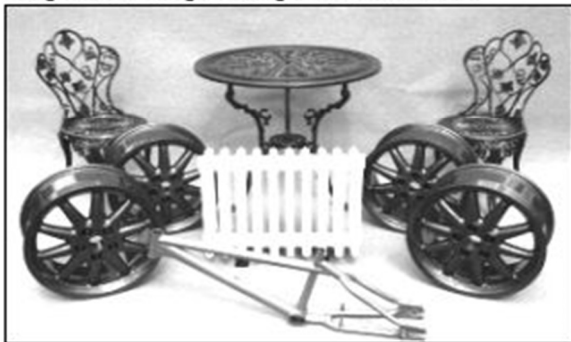
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Fair Funding for Rural Schools in Devon

John Berry

Devon County Councillor for Cullompton Rural
including Bradninch & Silverton

For years I have been involved in the Campaign for Fair Funding for our rural schools. In 2016/17 School Funding from the DofE was £290 per child less than average for England.

The Leader of Devon County Council John Hart has made numerous trips to Westminster lobbying for a fairer system, last year securing an increase of £190 per child as a one off.

Sadly, new proposals represent a step backwards. Whilst In 2017/18 funding per pupil will increase slightly Devon Schools would still be £268 below the England average, representing a 24 million shortfall, compounded by schools facing substantially increased costs in coming years, increased NHIC and Apprenticeship Levy contributions.

These proposals for the National Funding Formula would result in 129 (37%) Devon schools and 6/10 children losing funds, with 212 (62%) Devon school gaining, and 2(1%) no change.

Most of the schools in Cullompton Rural, including Cullompton Community College, St Andrews Primary, Willowbank, The Duchy School, as well as Uffculme High School will lose out substantially if these proposals are implemented. I am very disappointed, and believe this is a serious mistake, which must be challenged. No Devon school should lose funding!

Please help by responding to the National Funding Consultation before 22nd March, 2017, and write to your MP. Make your views known in writing or online:

<https://consult.education.gov.uk/funding-policy-unit/schools-national-funding-formula2/> Or write to: Rt Hon. Mick Gibb MP, Department for Education, Sanctuary Buildings, Great Smith Street, London, SW1P 3BT and write to your MP

It has been reported that Devon County Council have reduced their schools budget. The real problem is Devon does not receive enough funding from the DofE for education.

In reality DCC have not reduced their overall schools budget but in addition to the National Funding Formula, Devon does not have sufficient funds, due to a large increase the number of children with High Needs coming through. Therefore it has been necessary to re-allocate £33 from main stream budget to honour a Statutory obligation to fund the most vulnerable.

I am very unhappy with this, but it has been necessary in order to balance the Devon Education budget. Despite historic low funding Devon's schools have done a fantastic job in achieving high outcomes

Cont'd on next page

and good results. Imagine what could be achieved with adequate funding?

I have great sympathy with the schools and pupils who will be affected and it would be really appreciated if as many people as possible would join me in responding to this Consultation.

Please join me in the campaign for Fair Funding for our Schools!

Phone 01884 32320 or

e-mail: john.berry@devon.gov.uk

Higher Coombelands Knowle Cullompton EX15 1PT



Come and sing in the Festival with Bradninch Festival Choir!

From Monday 6th March, Bradninch Festival Choir will be working towards performances in the Bradninch Music Festival and Musical Gardens in June, with our main concert on Saturday 10th June. Rehearsing weekly in the Baptist Church at 7.30-9.30pm, we will learn a wide variety of styles of songs & choral music from all over the world across the centuries.

The choir is open to *everyone* of any age from 9 upwards (no upper limit!) who would like to come and sing. No singing experience (or talent!) is necessary, there are no auditions and you don't need to be able to read music as all the music will be taught.

The cost of participation will be £35 per singer (can be paid in instalments) which includes all music and a practice CD. To book your place and order your music, or just to find out more about the choir, please contact Marion Brown by email: marion@mjabrown.plus.com, phone 881454 or visit the choir's website: www.bradninchsings.com

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Entries open 1st January 2017
Entries will be limited to 150 in
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Sunday 21st May 2017 at
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A scenic multi-terrain 10k run and a
2k fun run.

Fundraising event for Clyst Hydon
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Minimum age for 10k is 15 years. Further details
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www.clysthydonhuff.co.uk

Medals for all finishers in the 2k, T-shirts for all
finishers in the 10k.

Trophy for Best Primary School
(first three finishers in 2k).

Interested in Painting?

If you are a painter or would like to start to paint this might interest you. I am sounding out potential interest in starting a weekly painting group in Bradninch. This would be for all those interested in painting in whatever medium, and irrespective of whether or not they have previous experience. We all have to start from scratch sometime!

The frequency, duration, format and venue for meetings will be decided after discussion if there is sufficient interest expressed in forming a group to make it a viable proposition.

Please spread the word!

Would those interested please let me know, preferably by e-mail, as soon as possible so that delays can be avoided.

Contact details are :

John Freer

e-mail:- j.freer914@btinternet.com

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Why shouldn't you tell an Easter egg a joke? It might crack up!

What stories does the Easter Bunny like best? The ones with hoppy endings!

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a talk by

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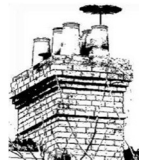
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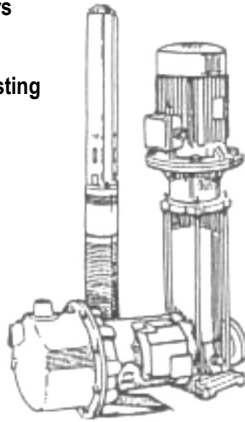
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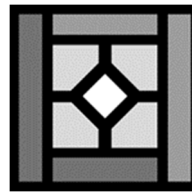
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March 2017 activities Newsletter

Events & activities for the 50 plus

COFFEE MORNING – Tuesday 14th March

St Mary's Church Hall Silverton is the location between 1000 & 1130. An opportunity to chat, take part in our optional quiz and raffle or book an outing. Entrance charge £1:00 includes refreshments. Everyone most welcome

MONDAY WHIST – Mondays 06 & 20 March

St Mary's Church Hall Silverton starts at 2:00 PM prompt. Entrance fee £2.50 includes refreshment and raffle ticket. It's fun and keeps the brain cells active!

FORTHCOMING MONTHLY OUTINGS SUMMARY

16th March Sherborne & Royal Signals Museum Blandford £15
19th April Ports of Bristol and SS Great Britain £20
31st May Barnstaple/Bideford and Marwood Hill Gardens £15
21st June Sidmouth & Jurassic Coast Cruise & Cream Tea £22
25th July Steam Railway (WSR) and Exmoor Tour £22

If you are interested in any of the above events or would like to join the Club please contact Martin Clough, Club Secretary at 38 Hederman Close, Silverton, Devon EX5 4HW. Telephone 01392 860971 or e-mail: martin.mcassoc@btconnect.com. Visit our website <http://www.sevs.info> for more details of our programme.

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Admission just £3.00 First night FREE

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www.willandfolkdanceclub.co.uk

WANTED YOUTH CLUB LEADER

An exciting part time job opportunity has arisen at Bradninch Youth Club. We are looking for an enthusiastic person to become our new youth club leader. The job will be for four hours per week @ £10 per hour term time only.

Duties include opening the club for 2 hours per week on a Wednesday evening with volunteer help and 2 hours of prep/paperwork.

Roles & Responsibilities:

To ensure the opening of the club on a Wednesday evening from 7pm-9pm.

To support the recruitment of new volunteer helpers. To increase membership numbers.

To ensure policies are up to date and filed correctly.

Organise weekly activities and trips.

Arrange fundraising events.

Arrange rotas for volunteers.

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Please send expressions of interest with a short blog about yourself to: Luke Taylor, 37 West End Road Bradninch EX5 4QS, or e-mail: luke.taylor1985@sky.com

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Helen comes back to Bradninch

Many of you will know Helen Kearney, who was a leader of the Bradninch Cubs and a first responder in Bradninch for the S West Ambulance Service, before she moved to Elder Farm, a five and a half acre organic farm near Wellington which is part of the

Ecological Land Co-operative's first site in the UK.



Helen is a medical herbalist and uses her plot to grow herbs to make into medicines, soap and other herbal products, and edible and cut flowers.

Helen is giving a talk on medicinal herbs at the Guildhall on March 15th at 7.30pm, hosted by Bradninch Gardening Club. Everyone is welcome, the cost for non members is just £1.

Elder Farm is a small off grid medicinal herb farm, which is being established using permaculture principles. They offer a range of learning opportunities for visitors from the UK and abroad. Their goal is to reconnect people to sustainable growing methods, and to the amazing healing power of plants.

Supporting Devon's Rural Entrepreneurs

Devon Communities Together (DCT) has been awarded £50,000 from The Prince's Countryside Fund to support the next generation of rural entrepreneurs in Devon. A series of free networking events and one-to-one advice and mentoring activities will be provided to support start-ups with key business skills such as finance and marketing. As part of the project, DCT is developing an online enterprise hub to support this learning.

They are also working with the School for Social Entrepreneurs in Dartington, who will deliver a programme of in-depth training to further support and encourage business development and long-term growth.

Project manager Mike Felstead, commented: "Devon follows the UK trend for small business size, with over 70% of companies in the county employing less than four people. Start-ups typically fall into this size category, so it's vitally important they are supported and nurtured. The project is running until July 2018, so this is a terrific opportunity for rural entrepreneurs to get free, hands-on support for a good time span. This should certainly help them to get through the difficult first stages of launch and initial growth."

The project is underway - if you know someone in the rural community looking for business support, get in touch via the new project website, devonhub.org.uk.



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New Lib Dem Action Group Formed

In order to raise awareness of the Liberal Democrat Cause, a Liberal Democrat Bradninch and Cullompton Action Group has been formed. The aim is to contribute to the local democratic process, give local people a voice and gain seats in the County elections this year.

If you are interested in joining or finding out more please contact: jtimperley@mac.com or mail@timbutters.plus.com

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Same again?

Anthony O'Brien, Wyndham House Surgery

Complementary therapy was frowned upon when I was at medical school. In the mid 1980's the medical press denounced acupuncture on a regular basis. However now it is a fully recognized part of hospital pain management programmes and has a scientific database that is supportive of its use. It is now relatively common for GPs to use treatments such as acupuncture, hypnosis, and a variety of relaxation techniques including Mindfulness (adapted from Buddhist philosophy).

Complementary therapies are not all scientifically proven to be as effective as their enthusiasts would wish however they almost all have one thing in common: they enable a therapist to spend individual time with a patient over a period of weeks or months. It is interesting that the ground rules of continuity and consistency seen in complementary therapies are also the core feature of good General Practice.

Although GPs are unable to have the luxury of a one hour initial assessment we do have the flexibility of seeing patients more often when required and several 10 minute slots over many weeks soon add up. Often the frequency makes up for the limited length as the effects of time on symptoms is one of the strongest pieces of information regarding diagnosis that we have.

There have been many breakthroughs in medicine over the last 30 years but maybe none as fundamentally important as the realization that the time spent with the practitioner is probably the most important part of most therapy. The doctor as the drug has been a theory that has been difficult to prove. Science requires strict control conditions that cannot be easily created in consultations.

Patients are not blind to who we see and as in all relationships we will have preferences. The fact that this relationship itself contributes to patients getting better is referenced this month in a study in the British Medical Journal showing that patients who see the same GP are less likely to require hospital admission when sick. The benefits of continuity of care and the trust that develops over time are essential to good medicine and it is great that the research to prove this is starting to be published.

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Caring for your pet's teeth

Like humans, cats and dogs have a set of baby teeth that fall out and then have a set of adult teeth that need to last for the rest of their life!

Caring for these teeth will help ensure your pet doesn't suffer from any of the problems associated with poor dental hygiene:

- Plaque and tartar
- Swollen/painful gums, sometimes receding from the teeth leaving them loose or falling out.
- Bad breath, caused by bacteria (not nice for them or us!). In severe cases the bacteria can enter the blood stream, potentially damaging internal organs.

What can you do to help prevent dental disease?



Brushing

We brush our teeth every day, so why not brush your pet's teeth too?!

There are many different pet toothbrushes and toothpastes available. Don't use your own toothpaste as this is not safe for pets. It is best to start brushing your pet's teeth from a young age so they learn to accept it; however, it is possible to start slowly and gently with an older pet too.



Diet

Feeding a biscuit diet that your pet has to crunch on can help to keep the teeth clean.

There are many specially formulated dental diets that contain everything your pet needs. Dental chews can also be used to keep the teeth clean. Remember, these contain additional calories so reduce daily ration to allow for this.



Anti plaque water additives

It is possible to add a special solution to your pet's drinking water. This contains antibacterial agents and an ingredient that helps stop plaque and tartar formation. This can be purchased from your Veterinary Surgery.



Dental treatment

Sometimes it may be necessary for teeth to be cleaned at the vets. In order to examine the teeth and scale them, it is usually necessary for them to have a general anaesthetic. Some teeth may need to be removed during the procedure. This can be a lengthy and costly process and is not often covered by pet insurance.

So prevention is definitely better than the cure!

A Veterinary Nurse can check your pet's teeth (normally a free service), and will be able to advise you on the best dental care for your pet.

Some More Terrible Easter Jokes.....

Why did the Easter egg hide? He was a little chicken!

How do you catch the Easter Bunny? Hide in the bushes and make a noise like a carrot!

Why are people always tired in April? Because they just finished a march

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WHAT'S ON IN BRADNINCH

MARCH

1st	Karate	6.30	Duchy School
2nd	WI Meeting	7.30	The Guildhall
2nd	Taekwondo	10.00	The Guildhall
3rd	Ballet	2.15	The Guildhall
3rd	Toddler Group	9.30	The Guildhall
3rd	Bradninch Millers Morris	8.00	West End Hall
4th	St Disens CM	10.00	The Guildhall
6th	Ballet	4.00	The Guildhall
6th	Pilates	10.00	The Guildhall
6th	Yoga	7.00	The Guildhall
7th	Ballet	5.00	The Guildhall
8th	Karate	6.30	Duchy School
9th	Taekwondo	6.00	The Guildhall
9th	Library Van	11.00	The Guildhall
10th	Toddler Group	9.30	The Guildhall
10th	Ballet	2.15	The Guildhall
10th	Bradninch Millers Morris	8.00	West End Hall
11th	Bee Group CM	10.00	The Guildhall
13th	Pilates	10.00	The Guildhall
13th	Ballet	4.00	The Guildhall
13th	Yoga	7.00	The Guildhall
14th	Ballet	5.00	The Guildhall
15th	Gardening Club	7.30	The Guildhall
15th	Karate	6.30	Duchy School
16th	Taekwondo	6.00	The Guildhall
17th	Toddler Group	9.30	The Guildhall
17th	Ballet	2.15	The Guildhall
17th	Bradninch Millers Morris	8.00	West End Hall
18th	Camelot House CM	10.00	The Guildhall
20th	Pilates	10.00	The Guildhall
20th	Ballet	4.00	The Guildhall
20th	Yoga	7.00	The Guildhall
21st	Ballet	5.00	The Guildhall
22nd	Karate	6.30	Duchy School
23rd	Taekwondo	6.00	The Guildhall
24th	Toddler Group	9.30	The Guildhall
24th	Ballet	2.15	The Guildhall
24th	Bradninch Millers Morris	8.00	West End Hall
25th	Sustainable Bradninch CM	10.00	The Guildhall
25th	Library Van	10.00	The Guildhall
27th	Pilates	10.00	The Guildhall
27th	Yoga	7.00	The Guildhall
27th	Ballet	5.00	The Guildhall
28th	Ballet	5.00	The Guildhall
29th	Karate	6.30	Duchy School
30th	Taekwondo	6.00	The Guildhall
31st	Toddler Group	9.30	The Guildhall
31st	Ballet	2.15	The Guildhall
31st	Bradninch Millers Morris	8.00	West End Hall

APRIL

1st	Baptist Church CM	10.00	The Guildhall
3rd	Pilates	10.00	The Guildhall
3rd	Yoga	7.00	The Guildhall
5th	Karate	6.30	Duchy School
6th	WI	7.30	The Guildhall
6th	Taekwondo	6.00	The Guildhall
6th	Library Van	11.00	The Guildhall
7th	Bradninch Millers Morris	8.00	West End Hall
8th	Cull. Swimming Pool CM	10.00	The Guildhall
10th	Pilates	10.00	The Guildhall
10th	Yoga	7.00	The Guildhall
12th	Karate	6.30	Duchy School
13th	Taekwondo	6.00	The Guildhall
14th	Bradninch Millers Morris	8.00	West End Hall
15th	Bowls Club CM	10.00	The Guildhall
18th	Ballet	5.00	The Guildhall
19th	Karate	6.30	Duchy School
19th	Gardening Club	7.30	The Guildhall
20th	Taekwondo	6.00	The Guildhall
21st	Toddler Group	9.30	The Guildhall
21st	Ballet	2.15	The Guildhall
21st	Bradninch Millers Morris	8.00	West End Hall

22nd	Twinning CM	10.00	The Guildhall
22nd	Library Van	10.00	The Guildhall
24th	Pilates	10.00	The Guildhall
24th	Yoga	7.00	The Guildhall
24th	Ballet	4.00	The Guildhall
25th	Ballet	5.00	The Guildhall
26th	Karate	6.30	Duchy School
27th	Taekwondo	6.00	The Guildhall
28th	Toddler Group	9.30	The Guildhall
28th	Ballet	2.30	The Guildhall
28th	Bradninch Millers Morris	8.00	West End Hall
29th	Marie Curie CM	10.00	The Guildhall

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Bradninch Life is published bi-monthly.
Copy for the May issue should reach us by 15th April
Please send copy to Little Morland, Bradninch EX5 4NA,
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Items will be published at the editor's discretion.

The magazine is delivered free to over 1000 households in Bradninch, Hele & Ellerhayes. Copies are also available at the Spar in Silverton, Spar in Bradninch and the Exe Valley Farmshop, Thorverton.

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