



BRADNINCH LIFE

Your FREE Community Magazine

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Issue 44: September/October 2014

A GOOD START TO AUTUMN

The summer holidays are almost over and thoughts turn to the crisp mornings and dark evenings of autumn. But don't be sad, there are events and activities taking place which celebrate the season beautifully.



On September 7th the Gardening Club's annual Produce and Handicraft show will take place at the Guildhall. There are new classes this year with something for everyone, novice and expert alike. And for the first time

there are monetary prizes as well as certificates to be won.

If you would like to enter, there are schedules in the Spar shop on the right hand side of the doorway in the Bradninch Life slot. There are cooking and handicraft classes as well as fruit, vegetables and flowers plus a childrens section.

Upstairs there will be craft stalls including jewellery, paintings, wooden toys, stained glass, handmade cards and pottery, plus a cake stall, jams, chutney

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and plants. There will also be cream teas and games for the children. The show takes place from 2 - 5pm, so do come and enjoy and afternoon out.

By the way, the show organisers have asked that if you have been growing a potato in a bag for the show, can you cut off the tops and bring it along between 1 - 2pm for it to be weighed.



On the 18th and 19th of October Killerton holds its cider and apple festival, an event to celebrate National Apple Day. There are lots of activities planned for adults and children alike including morris dancing, yarn bombing, apple roasting, dancing to live bands and a hog roast.

If you are looking for activities to fill up the evenings, there are choir workshops for adults and children, yoga, Nordic walking or if you're feeling really energetic a 'tweed' walk organised by Hospiscare.

Oh and you'll notice that this issue has two full colour pages. We were flattered to be chosen by Flybe to advertise their excellent new Exeter to London service (I've booked already) and to have an ad designed especially for Bradninch Life! Unfortunately it is likely to be a one off, as printing in colour is much more expensive - but in the future who knows!



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Come on kids join the choir

Bradninch Youth Choir, winner at Devon Performing Arts Festival 2014, is led by Marion Brown and meets every Monday during term time downstairs in the Baptist Church.

Starting on Monday 15th September with a new time of 4.00-5.00pm, children are very welcome to come straight from school and a drink and snack will be provided before we begin singing together.

All children in school Year 3 and above are very welcome, both boys and girls, from any school.

- Play fun singing games
- Learn new songs
- Learn to sing in parts and harmony
- Develop confidence in performance
- Perform in a big Christmas concert with Bradninch Festival Choir on Sat 13th December

The cost for each half term block (6 weeks) will be £12 per child, or £20 for 2 siblings. Come and try the first week for free!

Any queries, or for more information, contact Marion Brown on 881454.

Some Going Back to School Jokes

Teacher: Could you please pay a little attention?

Pupil: I'm paying as little attention as I can.

Mother: What did you learn today?

Kid: Not enough. I have to go back tomorrow.

Join Hospiscare for a Jolly Good Jaunt!

On Sunday 5th October take part in either our five or thirteen mile sponsored tweed walk. Enjoy a great day out starting and finishing in the beautiful Deer Park Hotel, with a free drink and hog roast upon your return. Wear some tweed and take part in aid of our new day hospice, opening soon in Honiton.

Contact h.slater@hospiscare.co.uk 01392 688020 or visit www.hospiscare.co.uk for further information.

Hold your own 'Big Devon Bake Off'!

Hold a bake off wherever suits you best, at home, school or even at work between September 13th and 21st. If you wish to take part, let us know and we will send you a goody pack containing score cards, certificates, invitations, bunting and much more.

You can make it into a competition or simply a social occasion, get your friends and family together, have fun and 'raise some dough' for Hospiscare!

Contact s.healey@hospiscare.co.uk 01392 688063 or visit www.hospiscare.co.uk for further information.

Killerton cider and apple festival Saturday 18 and Sunday 19 October

Months of apple picking at Killerton National Trust estate culminates in an annual family festival to mark National Apple Day. The orchard is festooned with bunting, stalls are scattered between the apple trees and the amazing smell of a traditional hog roast will greet you at the gate.

A call for apple yarn-bombers!

This year local knitters and crochet-lovers are invited to help yarn-bomb a 'retired' apple tree as a piece of textile art for the festival, tying in with Killerton's 'Nature of fashion' exhibition. Knitted granny squares, crochet, felt, and apple pom-poms are needed to complete the tree by 13 October, which will create a centre piece at the orchard entrance.

A festival to keep Devon's cider heritage alive

A lively Morris dance will bless the orchard for an abundance of apples the following year. English apple varieties will be on sale from a vintage apple cart and a local tree nursery will be selling fruit trees and offering specialist advice.

The countryside tent is the busiest part of the orchard. Families are encouraged to bring a small bag of their own garden apples to press into a bottle of juice to take home or follow the orchard trail to witness a 200 year old farm press and a piece of history in action.

Hay bales and hog-roast

Local bands will have you dancing round the apple trees. A juggler and magician will entertain the crowds and the Killerton cider bar is serving up the estate's award-winning cider. New for this year are cider cocktails, to wash down the hog roast with lashings of home-made apple sauce.

Woodcrafts and wheelbarrows

For the children, there are apple-wood crafts, a chance to make apple pompoms and a bumble bee parade. Youngsters can also forage for their own apples and cook them up over a camp fire. Older children will love firing arrows at our William Tell targets under the expert tuition of an archery club.

For more information email: killerton@nationaltrust.org.uk or call 01392 881345.

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Have you really wanted to do a yoga class but feel too self conscious thinking that you might be the only one there that hasn't done it before?

Have you been to a yoga class before but found it too hard, you didn't know what you were doing and ended up feeling worse for going?

Would you like to do a class where you know from the start that everyone there is a beginner and that everyone is of the same sex?

If you are nodding YES to these questions then you will love my six week yoga programme for the Absolute Beginner. It is designed to educate you to the fundamental principles of yoga and to gently and slowly take you on a journey exploring how your body moves with your breath and the vital relationship between the two.

When Yoga is practiced gently without force our bodies naturally open & unwind bringing a release through our physical and emotional and mental structures and layers. I will be taking you through some delicious guided relaxations where you will be able to experience a new sense of calm and maybe a new you!!.

Yoga classes begin at:

Bradninch Guildhall

Thursday 11th September 6 - 7.15pm. Mixed Class -
Total Cost for the 6 weeks £48

Cullompton Community Centre

Monday 8th September Women only 6.15 - 7.30pm.
Monday 8th September Men only 7.45 - 9pm.
Thursday 11th September Over 60's mixed class.
Total cost for all the Cullompton Classes are £55 for
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Affordable Homes for Bradninch Could one be for you?

Most residents of Bradninch will be aware that some new houses are being built on Kensham Avenue near the recreation ground.

What you might not know is that these homes will be allocated to local people in housing need in preference to those in housing need from elsewhere.

This means that if you are in housing need and have a local connection to Bradninch you stand a very good chance of being considered for these properties if you make a bid for them on Devon Home Choice.

The definition of what is housing need can be found on the Devon Home Choice website, but you could be in housing need if for example you are an adult but living with your parents because you cannot afford to rent locally.

If you are interested in find out more the insert in this magazine gives you some contact telephone numbers and website address.

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- Little Bear feet - movement classes for children aged 12 months + parents and children dance together
- Tip Tap Toe - Tap classes for children aged 2½ years upwards
- Pre School Dance - Ballet classes for children aged 2½ years upwards

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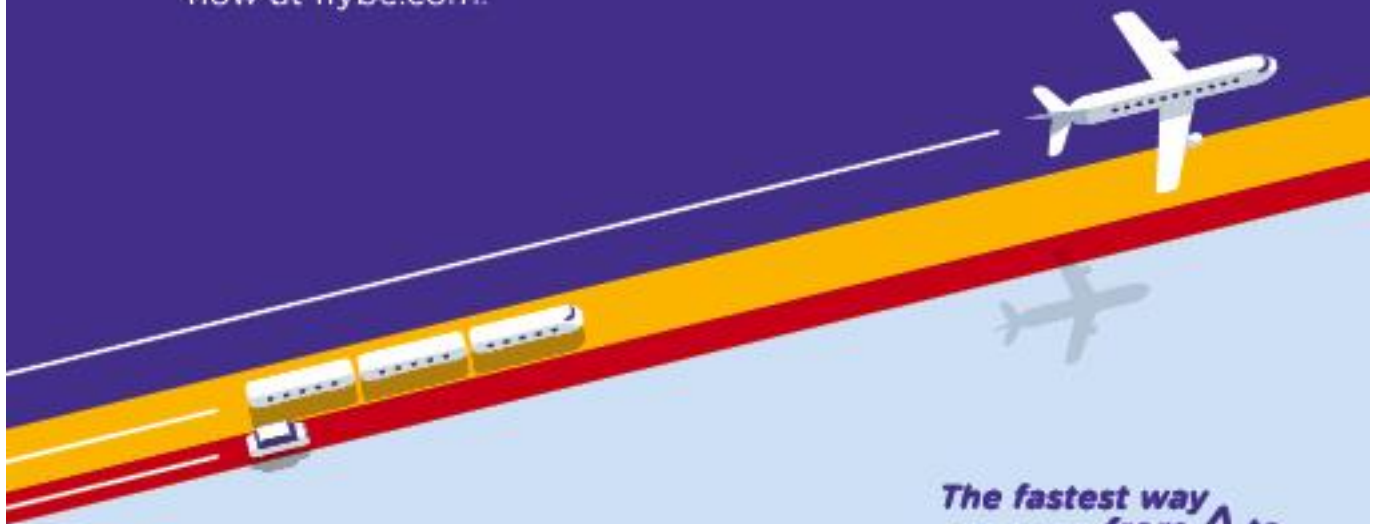
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CHICKS ANNUAL TEA@THREE EVENT

Join us throughout September and October by holding a Tea @ Three tea party for children's charity CHICKS who provide free respite breaks for disadvantaged children.

A great way to raise funds and meet up with friends. Choose a theme for your event, a Cream Tea, Mad Hatters or Afternoon High Tea party.

Choose a date to host your tea party at home, work, school or ask your local café to make a donation for every cup of tea sold. Contact mick@chicks.org.uk or call 01822 811020 (option 1) and ask for a promotional poster.

We are holding a CHICKS Open Day at our Coastal Retreat in Tywardreath from 2pm to 6pm on Friday 5th September. Please come along to learn more about CHICKS, what we do and how you can get involved.

New Town Clerk

Annette Moore has been appointed as the new town clerk for Bradninch. Annette who live in Townlands, will combine the post of clerk with her main job as a qualified landscape architect.

She is enjoying her new role and is finding it really interesting, although she says there is a lot to learn.

If you need to contact Annette, her telephone number is (01392) 881641 or e-mail her at clerk@bradninch-tc.gov.uk



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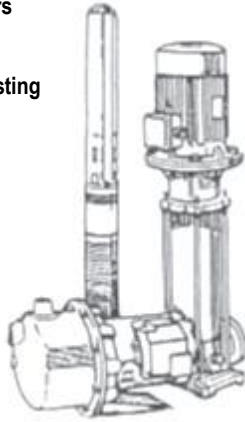
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The Hele Society

In addition to a most successful visit to the RHS gardens at Rosemoor and a Litter Pick, the main event of the summer was the Annual General Meeting and barbecue, this year kindly hosted by Roger & Sally Maynard at Hele Payne Farm on Saturday 12th July. Our Chairman for the past three years, David Abrahams, was congratulated and thanked for his contribution to the Society during the period of his tenure and stood down in accordance with our Constitution.

Horst Blum, the Director & General Manager of Devon Valley Mill, was duly elected as the new Chairman and Paul Younger agreed to continue as Vice-Chairman. Margaret Shaw and Dianne Hollidge will remain as Treasurer and Secretary respectively. After also having been thanked for her efforts over the past few years, Dawn Abrahams stood down as Social Secretary and was replaced by Paul Mather. The subsequent excellent BBQ was thoroughly enjoyed by all.

Work has continued on the old Station Building at Hele Crossing with the addition of hanging baskets and the clearing of the worst of the weeds around the outside of the building. Progress has also been made to clear up and clean the inside.

The Mill has kindly donated two replacement doors for the far end of the building and Gary Spencer and Stuart Hall will carry out immediate 'first aid' repairs to the windows. The provision of more ballast to help the car park area and to fill the holes in the adjacent outside area by Network Rail is still awaited.

The photograph below shows the Parker father & son 'team', John and William, with Yuzhou Tian from Hele Square preparing the windows prior to Gary and Stuart's repairs. Yuzhou is currently working towards his Bronze level of the Duke of Edinburgh's Award Scheme and the project will form part of his community 'module'.



Some More Going Back to School Jokes

Teacher: I see you missed the first day of school.

Pupil: Yes, but I didn't miss it much.

Teacher: You've got your shoes on the wrong feet.

Pupil: But these are the only feet I've got!

Teacher: Name two days of the week that start with "t".

Pupil: Today and Tomorrow.

Will You Help Francesca Help Others?

My name is Francesca Hemington. I have lived in Westfield all my life. I attended Cardiff University and graduated with a 2:1 in Psychology. In January 2015 I am going to Colombo, Sri Lanka on a psychology placement of eight weeks duration.



Photograph by Pete Hemington

The placement is run in conjunction with Samuthana, the Kings College London's resource centre for trauma, displacement and mental health. The main aim of Samutthana is to train and support organisations and individuals to respond to the psycho-social needs of trauma sufferers i.e. tsunami survivors and those who have experienced civil-conflict in Sri Lanka.

Many of the patients I will be working with have long standing health problems caused by the 2004 Tsunami. I need to raise £900 to pay for my travel, accommodation and living costs plus training and support whilst volunteering.

These projects are incredibly worthwhile and important in helping people less fortunate than ourselves to have a better quality of life. Some of the things I will be doing include working with children and teenagers to provide English-based activities and teaching and running therapeutic activities at a half way home that provides long term care for approximately five hundred and twenty five woman who suffer from mental illness.

If you could help with a donation it would be much appreciated, I am planning to bring back some local recipes and spices, which I will send to those people who sponsor me. To donate go into the Bradninch Spar shop where there is a tin with my name on it, or go to my pledge page:

<https://pledgie.com/campaigns/25598>. I will write an account of my experience for the May issue of this magazine.



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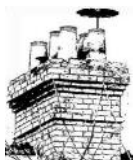
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If you like dancing then you'll love SQUARE DANCING. All the steps are simple, gentle and easy to learn. It's fun, and our club is very friendly and welcoming. You'll find it's good exercise for the mind and body.

Do come along and join in. If you don't have a partner that's not a problem as there are always others who will be happy to dance with you.

We like to dance well but don't take it too seriously and aim to enjoy ourselves. The dance moves are all directed by the caller, so you don't need to remember a long sequence of steps.

Do come along and see for yourself. Wear whatever you're comfortable in.

Our BEGINNERS' GROUP will be starting on TUESDAY 16th SEPTEMBER 2014 at 7.30 p.m. at the KENN CENTRE, Exeter Road, KENNFORD EX6 7UE

For more information and directions visit our website:
www.iscasdc.co.uk

Contact:- Ruth on 01392 433469 or Carol on 01626 867392, email:- dancing@iscasdc.co.uk



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Discover Nordic Walking at Killerton

Inspired by the Commonwealth Games and feel that you would like to get a lot fitter then why not give Nordic Walking a try at National Trust Killerton? Developed in Scandinavia in the 1950s, Nordic walking is a dynamic style of walking which uses specially designed poles that have the enticing effect of making walking feel easier when in fact you're burning between 20%-40% more calories than if you were just walking 'normally'.

Local instructor Fiona Swan says, "Nordic walking is getting a lot more popular in the UK. Many people of all ages and fitness levels are discovering it's an excellent way to exercise outdoors and the autumn is a great time to get started."

So why not give it a go? Fiona is running free taster sessions at Killerton on 2 dates - Thursday 11th & 25th Sept, both at 1pm.

To reserve your free place 01626 890120 or e-mail fiona@nordicwalkingdevon.co.uk Other dates along with details about training and organised walks can be found at www.nordicwalkingdevon.co.uk

MAYOR'S ACTIVITIES

New Mayor Rick Andrews has hit the ground running since his appointment in May. Following a full calendar in June, his diary for July and August has been just as hectic.

Opening of Duchy School Sports Day – Thursday 17th July

Opening of Bradninch Rocks – Saturday 19th July

Town Council Property Inspection of Bowling, Tennis, Cricket and Football Clubs – Tuesday 22nd July

Opening of Bradninch Scout Group end-of-term BBQ – Thursday 24th July

Meeting with Rhona Rees of Affinity Sutton, the Housing Association for Hornbeam Gardens – Friday 25th July

Town Council Planning sub-committee meeting – Monday 11th August

Agenda and Recreation & Amenities sub-committee meeting – Tuesday 19th August

Plus five Saturday Guildhall Coffee Mornings, the Hele Society AGM and two Hele Society working parties.

If you need to get in touch with Rick, his telephone number is (01392) 881065.

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Ever been tempted to sing with a choir....?

On Monday 22nd September Marion Brown will be running a choir workshop in the Baptist Church at 7.30-9.30pm. We will learn some simple unaccompanied songs in harmony and have a good sing together. These sessions are for anyone who would like to sing with others – whether you have sung lots before or whether you'd like to have a go for the first time. We won't be using written music and I will teach all the parts. No singing experience – or talent – required! No need to book – just come along. £4. All are welcome.

Christmas is Coming – Come and Sing!

This year's *Celebration of Christmas* will take place in St Disen's Church at 6pm on Saturday 13th December. This lovely community-wide event was packed out last year, and this year will again include audience participation in traditional carols, a variety of carols sung by Bradninch Festival Choir and Bradninch Youth Choir, seasonal instrumental pieces performed by Windbags, and of course mulled wine and mince pies in the interval!

Rehearsals for Bradninch Festival Choir will take place on Monday evenings from 7.30-9.30pm in the Baptist Church, beginning on Monday 6th October. The choir is open to *everyone* of any age from 11 upwards (no upper limit!) who would like to come and sing. No singing experience is necessary, there are no auditions and you don't need to be able to read music as all the music will be taught. We will learn a varied programme of traditional, classical, modern and popular carols & Christmas songs.


The cost of participation will be £30 per singer (can be paid in 2 instalments) which includes 10 rehearsals and all music. To book your place and order your music, please contact Marion Brown by email marion@mjabrown.plus.com or phone 881454.

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A Town Quiz

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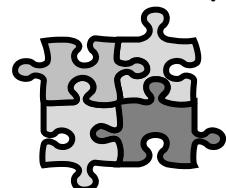
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Vicky on 01392 882425
bradninchbabyandtoddlergroup@hotmail.co.uk
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WHAT'S ON IN BRADNINCH

SEP

2nd	Ballet	5.00	The Guildhall
3rd	Karate	6.30	Duchy School
4th	WI Meeting	7.30	The Guildhall
4th	Burlesque Fitness	7.30	The Guildhall
5th	Toddler group	9.30	The Guildhall
5th	Ballet	2.15	The Guildhall
5th	Bradninch Millers Morris	8.00	West End Hall
6th	Twinning CM	10.00	The Guildhall
7th	Produce & Handicrafts Show	2.00	The Guildhall
8th	Yoga	7.00	The Guildhall
9th	Ballet	5.00	The Guildhall
10th	Karate	6.30	Duchy School
11th	Burlesque Fitness	7.30	The Guildhall
12th	Toddler Group	9.30	The Guildhall
12th	Ballet	2.15	The Guildhall
12th	Bradninch Millers Morris	8.00	West End Hall
13th	Bowls Club CM	10.00	The Guildhall
13th	Library Van	10.00	The Guildhall
15th	Yoga	7.00	The Guildhall
16th	Ballet	5.00	The Guildhall
17th	Karate	6.30	Duchy School
18th	Burlesque Fitness	7.30	The Guildhall
19th	Toddler Group	9.30	The Guildhall
19th	Ballet	2.15	The Guildhall
19th	Bradninch Millers Morris	8.00	West End Hall
20th	Gardening Club CM	10.00	The Guildhall
22nd	Yoga	7.00	The Guildhall
23rd	Ballet	5.00	The Guildhall
24th	Karate	6.30	Duchy School
25th	Library Van	11.00	The Guildhall
25th	Burlesque Fitness	7.30	The Guildhall
26th	Toddler Group	9.30	The Guildhall
26th	Ballet	2.15	The Guildhall
26th	Bradninch Millers Morris	8.00	West End Hall
27th	Cricket Club CM	10.00	The Guildhall
29th	Yoga	7.00	The Guildhall

OCTOBER

1st	Karate	6.30	The Guildhall
2nd	WI Meeting	7.30	The Guildhall
2nd	Burlesque Fitness	7.30	The Guildhall
2nd	Yoga	6.00	The Guildhall
3rd	Toddler Group	9.30	The Guildhall
3rd	Ballet	2.15	The Guildhall
3rd	Bradninch Millers Morris	8.00	West End Hall
4th	Scouts CM	10.00	The Guildhall
4th	Youth Club Auction		The Guildhall
6th	Yoga	7.00	The Guildhall
7th	Ballet	5.00	The Guildhall
8th	Karate	6.30	Duchy School
9th	Burlesque Fitness	7.30	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	Music Group CM	10.00	The Guildhall
11th	Library Van	10.00	The Guildhall
13th	Yoga	7.00	The Guildhall
14th	Ballet	5.00	The Guildhall
15th	Karate	6.30	Duchy School
15th	Gardening Club	7.30	The Guildhall
16th	Burlesque Fitness	7.30	The Guildhall
16th	Yoga	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	Cancer Research CM	10.00	The Guildhall
20th	Yoga	7.00	The Guildhall
21st	Ballet	5.00	The Guildhall
22nd	Karate	6.30	Duchy School
23rd	Library Van	11.00	The Guildhall
23rd	Burlesque Fitness	7.30	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	Culm Valley Missbeat CM	10.00	The Guildhall
27th	Yoga	7.00	The Guildhall
29th	Karate	6.30	Duchy School
30th	Yoga	6.00	The Guildhall
30th	Burlesque Fitness	7.30	The Guildhall
30th	Bradninch Millers Morris	8.00	West End Hall

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