



BRADNINCH LIFE

Your FREE Community Magazine

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Issue 101: March/April 2024

Waterlogged!

If the magazine is late this month, it's because I had a sort of 'writer's block', I think my brain became waterlogged. Normally I would be pottering in the garden thinking about spring and the countryside coming to life with lambs in the fields and spring flowers blooming.

Unfortunately I've been stuck indoors like the rest of you and all I could think about was the weather and the incessant rain we've been having. The flowerbeds are completely sodden and my drive is a quagmire. The only thing growing is the grass with the lawns taking on that clumpy unkempt 'field' look. The first cut of the season isn't going to happen any time soon, certainly not until the weather improves.

My daughter who has been visiting from a drier part of the country even suggested I move! It's all very depressing the only upside is that it hasn't been cold. I suspect we will pay in other ways when the price of vegetables and fruit rise later in the year because farmers can't get early crops in.

I'm not the only unhappy one, my cats hate it, they

don't like getting wet, they poke their noses out of the catflap, but don't venture out. They just wander about with grumpy faces and chew things they shouldn't.

So what's to be done? Well I'm going to stock up on chocolate and google plans to build an ark!

Happy Easter



My cats Nia and Kera



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Bradninch's Part in the D-Day Operation – the Names and Codes

With 2024 marking the 80th anniversary of Operation Neptune – D-Day – we will recount a few episodes that Bradninch played a not insignificant part in its overall achievements.

The winter appeared to be a time of endless training, practicing and of course - dancing.

By way of some explanation what did all the acronyms and codes so beloved by the military mean?

Cracking the codes.

Code names and acronyms were vital to swathe the planning and build up by the allies in secrecy. Here are some –

- **D-Day** (see below) & **H-Hour** – The date and hour of the operation
- **Bolero** – the build to D-Day in Britain.
- **Operation Overlord** – the overall invasion plan.
- **Operation Neptune** – the seaborne operation.
- **Mulberry** – the artificial harbours towed across the channel and so vital to the invasion.
- **Ham & Jam** – the signal indicating the bridges at Benouville (Pegasus bridge) and Ranville were secured by Allied forces. (See Hedley Vicary in part 3).
- And the beaches – **Utah, Omaha, Gold, Juno and Sword.**

What does the “D” in D-Day stand for?

The words “deliverance”, “disembarkation” and “doom” have all been suggested as meanings for the “D”.

The letter is actually derived from the word “Day” on which any military operation begins. The day before is “D-1” and day after “D+1”. This has the advantage that if the date of an operation changed military planners would not have to change all the dates in their plans. I suppose it is akin to the modern concept of a “date variable” in computer speak.

In Bradninch

There are very few recorded memories in the records we have amassed over the years but without doubt much fun was had by the Americans and the youngsters of town tobogganing down the slope from the Cricket field.

Mike Leonard



Mel Spiller
S.A.C. Dip RFHP
Foot Health Practitioner
07375 980028
melanie.spillerfhp@outlook.com

TOWN MAYORS REPORT, JANUARY 2024

Dear Residents

Town Council Meetings

The Town Council meets on the second Monday of the month, and the meeting is open to the public. A portion of the meeting is set aside so that residents can come and speak to the council on any matters they want to raise with us.

At the January meeting, councillors resolved to purchase Floodsax as a flood defence for the residence on Hen Street, thanks to the grant funding secured by Sue Eakers. These have now been distributed to the affected residents.

The council has asked DCC Highways to consider moving the designated bus stop road markings on Hele Road, opposite Westfield, further along Hele Road nearer to the allotment site entrance. This is for safety reasons after a resident raised a concern. Councillors also agreed to consult with the town on the issue of how we control the weeds in the town. It has been over a year since we resolved not to use glyphosate-based weedkillers, and this has allowed us to try alternative methods. This has provoked a lot of feedback, both positive and negative, so the council felt it was important to have an open discussion on a way forward. Residents are invited to attend this month's full council meeting at 7 p.m. on Monday, February 12th, and have their say.

We get a lot of correspondence from residents concerned about damage to our pavement and roads. It is now possible to report these issues to Devon Highways directly using the report a problem' online DCC Highways link at <https://www.devon.gov.uk/roads-and-transport/report-a-problem/>

Community Events

After the hectic December schedule, January tends to be a slower month for community events.

I was, however, privileged to be invited to the Scout Leaders Dinner, held annually at a secret location. The event is run by the Scout Young Leaders and is held to give thanks to the Scout Leaders for all the work that they do throughout the year.

I hope you were also able to participate in the Big Garden Birdwatch on the 26th and 27th of January for the RSPB.

The Town Council Grant Aid application deadline passed on January 31st 2024. We have received a good number of applications, and they will be reviewed in due course.

The Bradninch Circular Walks booklet, compiled by Jim Porteous, is on sale in the SPAR for £1.

Looking Forward

As spring approaches, the various summer events are being planned and organised. Please volunteer and help the committees if you can.

We hope to have the Vehicle Activated Speed sign installation date very shortly.

Simon Crawford, Mayor, Bradninch Town Council,
February 2024

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Wanted: memory-makers and confidence builders

Bradninch has thriving Beavers and Cubs groups but would really benefit from more adult help. If you like the idea of supporting our youngest Bradninch residents and having lots of fun in the process then we'd love to hear from you. Regardless of your age or previous experience we will provide the training you need. More importantly you'll be part of a supportive community group that all work together. We meet most Tuesday evenings.

Interested?

Contact Jon on mobile 07720089926, or 01392 881788 (home) or hairyjon@btinternet.com



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Dignity in death

On entering hospital it is now standard practice for the admitting clinical team to discuss with you what treatment you want if you become critically ill. This information is recorded on a document called a Treatment Escalation Plan (TEP) form. This focuses on which treatments may or may not be most helpful for you. A variety of treatments can be considered, such as antibiotics, artificial feeding or ventilation of your lungs. The option of whether it would be helpful or not to readmit you to hospital in the future for further treatments may also be included in your plan.

The most important part of this discussion is what happens if your heart stops beating. This will happen to all of us at some point in our lives and for the vast majority it will be the moment of our death. The TEP form looks at the important issue of cardiopulmonary resuscitation, also known as CPR. This is the medical treatment that can be used to try to restart the heart and lungs if they suddenly stop working. It includes chest compressions and the use of a defibrillator to shock the heart back into beating. While resuscitation can be successful for some people, for others it is very unlikely to work. CPR can be very traumatic and it is not a suitable treatment for everybody. The older you are the less likely that you will recover your previous level of mental and physical function. The TEP form can be used to document the resuscitation decision that is right for your individual circumstances. If you decide that CPR would not be the right thing to do for you then the doctor will fill this in on the TEP form. It is called a do not attempt (try) to resuscitate or DNA CPR.

Until now this recording of a patient's wishes was held on a piece of paper that could easily get misplaced. In the next few months these TEP forms will be available for all medical professionals to access on the Devon and Cornwall Care record. This is a new secure computer system that brings together information about your health and care and presents it as a single record. Healthcare staff can now see the details held by GP practices, hospitals and other health and care organisations across Devon, Cornwall and the Isles of Scilly.

Having a more complete view of your medical history helps healthcare professionals identify problems more effectively and make quicker diagnoses. For instance, they can see which allergies you suffer from, any treatment and medication you have received plus quickly understand advance care decisions you have made using a TEP form. You do not have to be in hospital to complete a TEP form. GPs are very happy to have this conversation with patients and complete the form together. It is actually more sensible to have the discussion when you are well rather than when you are sick and having to deal with the disorientating circumstances of being admitted to hospital.

We all understand the importance of writing a Will. Over the next few years, I think completing a TEP will be considered in a similar way. The fact that we can now record the information so it is easily accessed by hospital and ambulance teams means it can be reviewed and changed at any point with everyone knowing exactly what your wishes are.

Anthony O'Brien, Wyndham House Surgery

Bradninch Bowling Cub 2024

We look forward to a new season, having had a wonderful time last year our centenary year.

We are running the same as last year with the addition of a ladies team in the Exeter League. We play friendlies, mens over 60s, and now ladies. We also play in the East of Exe competition. We are looking to include more evening or weekend matches to accommodate the workers amongst us and are trying to be more flexible.

Our club evening is going to be on a Friday from 6.30pm where you can play with others, it is also a very good social time.

There is no need to play in any of these if you would prefer, if you are a member you can play any time if the rinks are free except Wednesday morning which is maintenance day.

Our Open Day is 13th April 2.30pm if you are not sure come up and have a chat. We would love to see anyone interested no matter what age, we have different size bowls to suit all hands, all you need are flat soled shoes. We don't ask for any payment straight away and have a reduced subscription for the first year.

We also have a bar and wonderful view to sit and sup your favourite tippie. Several ex players and others come up to watch on a match day which creates a lovely atmosphere. We are known as a very friendly club, just give Katrina Jones our secretary a ring on 07876597478 or Gerald Reed on 07719025208 we'll be delighted to hear from you

Doreen Moon

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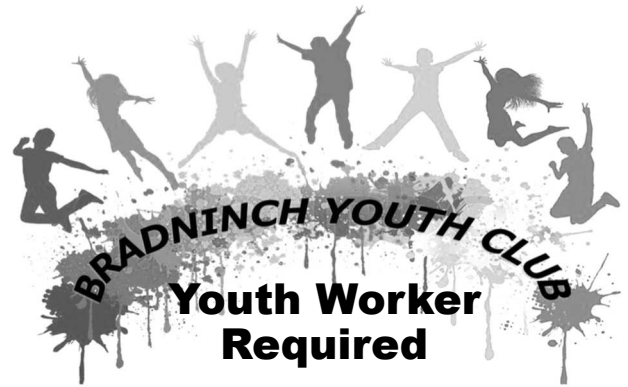
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The successful applicant will be employed for four hours per week during term time. They will provide all necessary identity documents for DBS checks. They will open the Youth Club every Tuesday & Wednesday nights from 7pm – 9 pm during term times as per agreed rota. The youth club is open to secondary school pupils.

Duties include assisting the Youth Leader:

- To create timely and termly rotas for volunteers.
- To create timely and termly session planners. Youths are not compelled to partake in the weekly activities.
- To increase member numbers. This could be by going to the school, leaflets etc.
- To increase volunteer numbers.
- Organise local and possibly bigger trips (previous events have included laser tag, trampoline park and Thorpe Park).
- Host regular fundraising events.
- In charge of collecting weekly subs.
- Ensuring permission slips are sought for all youths wanting to attend. This includes the use of photos and adhering to GDPR regulations.
- Ensuring the club is left clean and tidy and the end of each session.
- Ensuring all documents and regulations are up to date.
- Deal with any difficult situations that may arise in the club. You will be responsible for the running of the club.
- Attend training as deemed necessary towards the position.
- Produce a quarterly report for the B.Y.C.T. and Committee.

Holiday pay is not payable as holidays should be taken during school holidays. Payment will be made via bacs on a monthly basis and will be liable for tax and National Insurance (if due).

The successful applicant may be required to attend committee meetings and sit on the committee. They will give an annual update at the Annual Parish Meeting in April.

If interested please send a letter detailing skills and qualifications to maggiataylor51@gmail.com from whom further information can be sought.

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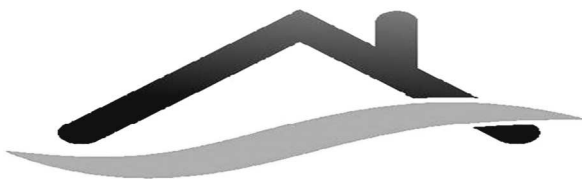
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New Benches for the Guildhall

Some of the eagle-eyed among you may have noticed two brand new benches outside the Guildhall. These will provide a place for people to rest and chat to others, whether they know them or not. It also provides a place for people to enjoy the outside of the Guildhall whilst waiting for an event or as a place to rest and recover for people living with mobility issues

The previous hard wood benches had succumbed to the ravages of time and weather and had to be removed last year. We have since been fund raising for replacements. We would like to extend our gratitude to the donors of the previous benches, Sylvia Goff in memory of her husband Rodney and Barbara Crispin in memory of her husband Tony. The seats gave years of service to our community.

In the interest of ecology and long life the decision was made that the new benches would be made of recycled plastic with cast metal ends which should provide 25+ years continual use with little requirement for painting or repairs. Unlike traditional timber, recycled plastic will not absorb water meaning it won't split or rot and has no need for annual treatment or painting.



The benches are in large part due to the kind donations of our community as well as the support of several local clubs and societies. We would like to thank all the people who supported the fund raising at

two of our recent coffee mornings. Special thanks also needs to go to Mike Leonard who raised



Bradninch Residents trying out the new benches

funds from kindling, jams & chutneys, scavenging etc, and who help coordinate much of the fund raising and in no small part donated himself. Judith Wright and the 1st Monday club raised money as did the Musical Gardens, Bradninch Memorial fund and Devon County Councillor John Berry.

We hope the new benches are used as much as the old by creating a welcoming, inclusive, accessible and well-located social space to meet, chat, rest and enjoy the benefits of being outside, we believe the benches will make a real difference to the lives of local people.

Ron Purcell
Bradninch Town Trust

Allotment for hire in Bradninch



If you are interested in hiring an allotment in Bradninch please contact Alison Marshall, Town Council Clerk, on email: clerk@bradninch-tc.gov.uk

Need some financial help?

If you can't afford to buy the basics or pay for essential bills, the Government's Household Support Fund may be able to provide short-term financial support to meet immediate needs.

Even if you've had help from it before, or you've received one of the Government's cost of living payments, you may still be eligible for more money from the fund if you can show that you're facing financial hardship.

The fund is administered by your local district or city council and runs until Sunday 31 March 2024, so if you need support, apply by filling out the form at www.middevon.gov.uk/do-it-online/benefits/household-support-fund/ or phone Mid Devon District Council on 01884 255255.

Household Support Fund payments will be made through vouchers. NO CASH or CHEQUES will be provided. Awards are not repayable as they are

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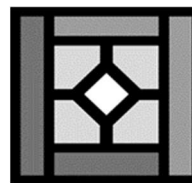
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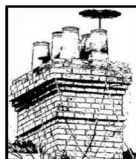
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Bradninch Folk Club

Bradninch Folk Club Guest Nights are held on the third tuesday of the month in the Guildhall, a ground floor room with disability access. The format is café style layout of tables and chairs. The club is a popular venue for artists from local, regional, and national tours. The individual Guest Nights feature varied performance styles from within the very broad genre described as "folk". A visit to Bradninch Folk Club Facebook Group Page will provide information of past and forthcoming artists.

The club operates possibly a unique pricing policy of a fixed admission price, currently £8 per person, with accompanied under 18 free when space permits irrespective of who the Guest Artist is. The Guest Artist receives 100% of the door money less the room hire. So far this policy has succeeded in attracting both artists and audience to what both parties agree is a welcoming and enjoyable environment.

Bradninch Folk Club Guest Night on 19 March Detta Kenzie – a sensational creative with a beautiful voice.

The club has yet another amazing singer for the Guest Night on 19th March, Detta Kenzie. This will be her first visit to Bradninch, Detta is a Devon based folk singer creating original songs alongside reworking ancient Celtic music and folk classics. Her deep connection to the natural world is ever present in Detta's work. She is able to create music which explores the diversity of the English landscape and its ability to both mould and reflect human experience. Support will be announced nearer the event.

Bradninch Folk Club Guest Night on 16 March - Si Barron.

Si Barron is making a welcome return to the Bradninch Folk Club on Tuesday 16 April 2024. Si is one of the finest interpreters of English folk song. His modest demeanour, impeccable appearance, and great sense of humour all underpin the great respect he has for the songs he loves. His warm rich vocal delivery and distinctive guitar style are a treat, and he is also a mean performer on the pedal organ.

With Si it is all about the love of the lyrics, but nothing is sacrificed in performance in pursuit of this goal. He is a very popular performer in Devon clubs with original songs, and a national reputation for his interpretations of traditional songs. Support for the evening will be announced later.

Bradninch Folk Club is also available on the 1st Tuesday of the month.

BRADFOLK on the first Tuesday of the month in the Castle Hotel, is an open music in the round session for performers, people joining in the chorus or just listening and appreciating live music, songs, and poetry all without charge.

For more information visit Bradninch Folk Club's Facebook Group Page, contact 01392 881105 or just turn up on the night with cash to pay on the door. Doors will open at 7.30 PM with the performance starting at 8.00 PM. Bring your own refreshment or purchase locally.

HOLD A COFFEE MORNING AND RAISE LOTS OF MONEY



Have you got a charity or good cause that you would like to raise money for? Then why not hold a Saturday coffee morning at the Guildhall. They are also a great fund raiser for clubs and educational trips.

The coffee mornings are valuable social events for many in the community and a weekly chance to meet people and interact. Coffee mornings are very easy to run with a minimum of four people although a couple more is better.



They run from 10 to 11.30am and the format includes serving tea, coffee and biscuits. There is normally a raffle plus a cake stall and anything else you might want to sell, such as plants and bric a brac. Takings can easily exceed £200.

Available dates are: 4, 11 & 18 May, 1, 15 & 29 June, 6 & 20 July, 3, 10, 17, 24 & 31 August, 14 & 21 September, 5, 19 & 26 October, 2, 9 & 16 November and 21 & 28 December.



They are on every Saturday so why not come and have a look or we can arrange a tour of one. Any booking requests for coffee mornings or anything else should go to towntrustbookings@gmail.com.

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If interested or need more information please contact Mike Leonard 881566 else mike.leonard120@gmail.com

ANNUAL PARISH MEETING

Monday 15th April

7.30pm, at the Guildhall

The Parish Meeting may by law discuss parish affairs and pass resolutions about them

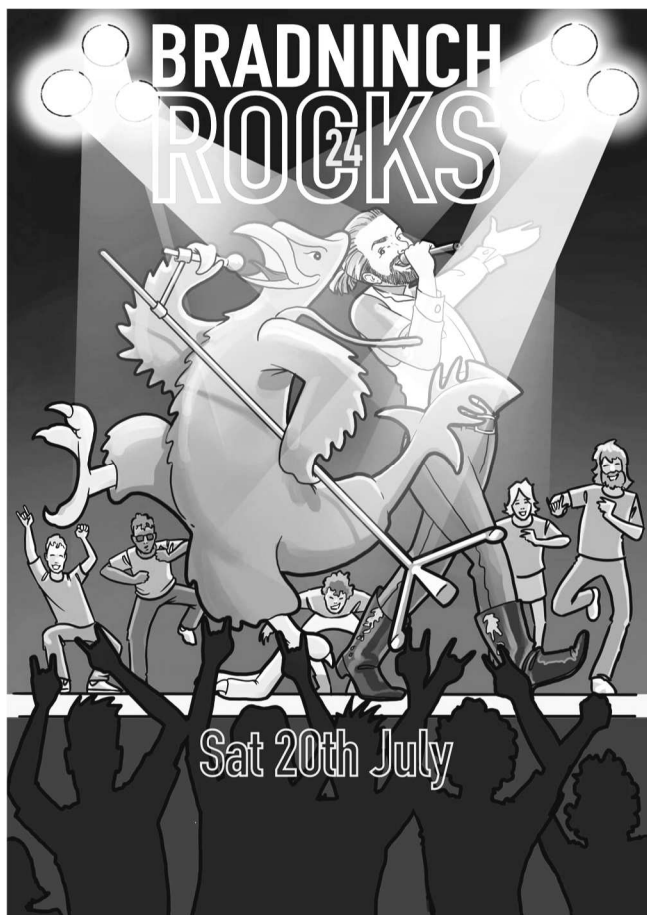
All residents welcome

Bradninch Town Council Representative on the Town Trust - Vacancy

The Bradninch Town Trust comprises nine trustees, four of whom are appointed by the Town Council. One of these four positions is now vacant and the Town Council is looking to appoint to this post. The role, as a Council representative, is to work informally between the two bodies, including reporting back to the Town Council on relevant matters arising and, if appropriate, informing the Town Trust of the work and plans of the Council.

Details of the history and the work of the Town Trust can be found on the Bradninch Town Council website, together with an overview of the Trust's activities over the past year. Alternatively, this information can also be obtained from the Town Clerk.

If you would like to express an interest in this role, please contact the Town Council through the Clerk, Alison Marshall, at clerk@bradninch-tc.gov.uk



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Weds	09:00 – 11:30	09:00 – 11:30		
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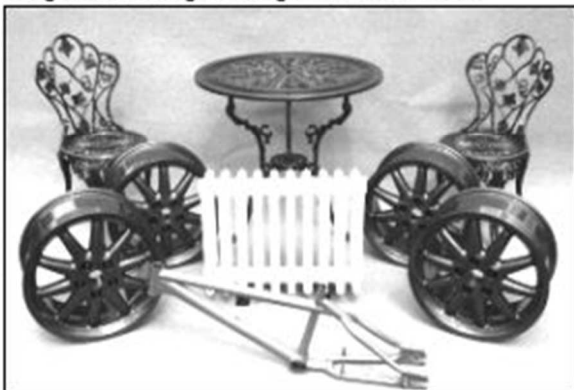
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We are holding an exciting event to raise funds for the Bradninch Music Festival on 23rd March at the Cricket Club. We need you! Our vision for the night is to have an auction filled with useful items, luxury items and anything in between! So whether your budget is £5 or £500, hopefully we will have something for you!

As I'm sure you have guessed, we need you to raid your garages, sheds, spare rooms, lofts etc! Do you have something ready to be rehomed and re-loved? Do you have a bike you were meaning to pass on? A stack of old records you no longer want? Any homeware you don't have room for? A painting you've been wanting to replace? ... How about a skill that you could donate? Handyman jobs? Cleaning? Gardening? Let us know!!

We will happily collect anything that can't be held until the 23rd of March, but ideally you would let us know the item you'd generously donate, we will log it as a Lot in the auction and collect on the 23rd March, or it can even be dropped to the Cricket club on the 23rd March, in the morning.

(We need to create the paperwork before the event so please let us know asap! Lots will need to be at the cricket club before lunch on the day so that we can organise the space for the event.)

Please also bear in mind that if we receive kind offers but they are multiples of items we have, we may respectfully pass - only because we unfortunately can't take everything!

Thank you so much Bradninch, let's do this!

Mike Leonard

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Wyndham House Surgery tel: 01392 860034

WHAT'S ON IN BRADNINCH

MARCH

1st	Bumps Babies & Beyond	9.30	The Guildhall
1st	Bradninch Millers Morris	19.30	West End Hall
2nd	Beautiful Feet Tiny Toes CM	10.00	The Guildhall
2nd	Taekwondo	9.00	The Guildhall
4th	Pilates	9.00	The Guildhall
4th	Ballet	16.00	The Guildhall
4th	1st Monday Club	14.00	The Guildhall
5th	Move it or Lose it	11.00	West End Hall
5th	Massage in Bradninch	8.30	The Guildhall
5th	Ballet	16.00	The Guildhall
6th	Massage in Bradninch	8.30	The Guildhall
6th	Karate	18.30	Duchy School
8th	Massage in Bradninch	8.30	The Guildhall
8th	Taekwondo	17.00	The Guildhall
8th	WI	19.30	The Guildhall
9th	Pre-School CM	10.00	The Guildhall
10th	Bradninch Millers Morris	19.30	West End Hall
11th	Pilates	9.00	The Guildhall
11th	Council Meeting	19.00	The Guildhall
12th	Massage in Bradninch	8.30	The Guildhall
13th	Massage in Bradninch	8.30	The Guildhall
13th	Move it or Lose it	11.00	West End Hall
14th	Karate	18.30	Duchy School
14th	Massage in Bradninch	8.30	The Guildhall
14th	Acoustic Club	19.30	West End Hall
14th	Taekwondo	17.00	The Guildhall
15th	Bradninch Millers Morris	19.30	West End Hall
16th	Bowling Club CM	10.00	The Guildhall
18th	Pilates	9.00	The Guildhall
18th	Ballet	16.00	The Guildhall
19th	Massage in Bradninch	8.30	The Guildhall
19th	Move it or Lose it	11.00	West End Hall
19th	Ballet	16.00	The Guildhall
19th	Folk Club	20.00	The Guildhall
20th	Massage in Bradninch	8.30	The Guildhall
20th	Karate	18.30	Duchy School
21st	Massage in Bradninch	8.30	The Guildhall
21st	Taekwondo	17.00	The Guildhall
22nd	Bradninch Millers Morris	19.30	West End Hall
23rd	Town Fair CM	10.00	The Guildhall
23rd	Music Festival Auction	19.30	Cricket Club
25th	Ballet	16.00	The Guildhall
25th	Pilates	9.00	The Guildhall
26th	Ballet	16.00	The Guildhall
26th	Massage in Bradninch	8.30	The Guildhall
26th	Move it or Lose it	11.00	West End Hall
27th	Massage in Bradninch	8.30	The Guildhall
27th	Karate	18.30	Duchy School
28th	Massage in Bradninch	8.30	The Guildhall
28th	Taekwondo	17.00	The Guildhall
29th	Bradninch Millers Morris	19.30	West End Hall
30th	Repair Cafe CM	10.00	The Guildhall
30th	Bingo	19.00	The Guildhall

APRIL

1st	Pilates	9.00	The Guildhall
1st	1st Monday Club	14.00	The Guildhall
2nd	Massage in Bradninch	8.30	The Guildhall
2nd	Move it or Lose it	11.00	West End Hall
3rd	Massage in Bradninch	8.30	The Guildhall
3rd	Karate	18.30	Duchy School
4th	Massage in Bradninch	8.30	The Guildhall
4th	Taekwondo	17.00	The Guildhall
4th	WI	19.30	The Guildhall
5th	Bradninch Millers Morris	19.30	West End Hall
6th	Bee Group CM	10.00	The Guildhall
8th	Pilates	9.00	The Guildhall
8th	Council Meeting	19.00	The Guildhall
9th	Massage in Bradninch	8.30	The Guildhall
9th	Move it or Lose it	11.00	West End Hall
10th	Massage in Bradninch	8.30	The Guildhall
10th	Karate	18.30	Duchy School
11th	Massage in Bradninch	8.30	The Guildhall

11th	Taekwondo	17.00	The Guildhall
12th	Bradninch Millers Morris	19.30	West End Hall
13th	St Disen's CM	10.00	The Guildhall
15th	Pilates	9.00	The Guildhall
15th	Ballet	16.00	The Guildhall
15th	Parish Meeting	19.30	The Guildhall
16th	Move it or Lose it	11.00	West End Hall
16th	Massage in Bradninch	8.30	The Guildhall
16th	Ballet	16.00	The Guildhall
16th	Folk Club	20.00	The Guildhall
17th	Massage in Bradninch	8.30	The Guildhall
17th	Karate	18.30	Duchy School
18th	Massage in Bradninch	8.30	The Guildhall
18th	Taekwondo	17.00	The Guildhall
19th	Bradninch Millers Morris	19.30	West End Hall
20th	Exeter Leukaemia Fund CM	10.00	The Guildhall
22nd	Pilates	9.00	The Guildhall
22nd	Ballet	16.00	The Guildhall
23rd	Massage in Bradninch	8.30	The Guildhall
23rd	Move it or Lose it	11.00	West End Hall
23rd	Ballet	16.00	The Guildhall
24th	Massage in Bradninch	8.30	The Guildhall
24th	Karate	18.30	Duchy School
25th	Massage in Bradninch	8.30	The Guildhall
25th	Taekwondo	17.00	The Guildhall
26th	Bradninch Millers Morris	19.30	West End Hall
27th	Bumps Babies & Beyond CM	10.00	The Guildhall
29th	Pilates	9.00	The Guildhall
29th	Ballet	16.00	The Guildhall
30th	Massage in Bradninch	8.30	The Guildhall
30th	Move it or Lose it	11.00	West End Hall
30th	Ballet	16.00	The Guildhall

To book:

The Guildhall tel: e-mail towntrustbookings@gmail.com,

West End Hall tel: 01392 881566, e-mail mike.leonard120@gmail.com.

Men's Walk for Hospiscare Returns in March

If you're starting to think about making plans for 2024, why not get involved with Hospiscare's much-loved Men's Walk when it returns on Saturday 9 March.

The iconic annual fundraising event sees supporters come together to raise funds for local people living with terminal illness. All the event favourites are back for 2024, including a seven-mile walk, Exeter Brewery pint, Chunk of Devon pasty and England rugby on the big screen – promising a great day out in support of your local hospice.

Participants can take part at the Double Locks in Exeter or from afar with 'Men's Walk: Your Way', where walkers choose their own location, route and distance.

Visit www.hospiscare.co.uk/menswalk to sign up **and make a difference to local end-of-life care.**

Bradninch Life is published bi-monthly.

Copy for the May/June issue should reach us by 15th April

Please send copy to Little Morland, Bradninch EX5 4NA,

or e-mail: bradninchlife@gmail.com

Items will be published at the editor's discretion.

The magazine is delivered free to over 1000 households in Bradninch, & Hele.

Copies are also available at the Spar in Silvertown, Spar in Bradninch and the Exe Valley Farm shop, Thorverton.

If you would like to advertise in the next issue please ring Jenny on 07904 504357 or e-mail: bradninchlife@gmail.com