



BRADNINCH LIFE

Your FREE Community Magazine

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Issue 104: September/October 2024

Walk into Autumn

As we begin the change to autumn, I must admit that I feel rather cheated. It's been a funny old summer, a bit of a non event. I'm not a fan of hot weather, but some consistency would have been nice. We haven't had a drought, but it hasn't been a very good growing season which almost certainly will be reflected in the price of vegetables later on.

This year's butterfly count was really low, while the slug population has absolutely exploded due to the cool damp spring. There are over forty four different species of slug and more than ninety species of snail and they've all set up home in my garden. Slugs are good for breaking down compost, but don't have any other redeeming features or the charm of snails. Going out after dark, the garden path is absolutely covered in them, to the extent that it is difficult not to squash them. I try not to kill insects but I could make the exception for slugs!

On a brighter note there are a lot of events going on this autumn. The Town Fair at the end of the month goes from strength to strength with a scarecrow trail and dog show added this year. A new local event is the Mid Devon Walking Festival on from the 14th - 29th September. There is a comprehensive programme of walks to suit all ages. There are other

events tied into the walks including music and artisan markets. You can download the programme at www.visitmiddevon.co.uk/walking-festival/programme/.

The Folk Club and Acoustic Clubs have a full programme for the winter, with some old favourites as well as new talent. Now all we need is an Indian summer.



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Bradninch Fireworks Night



**Sun 3rd
Nov' from
5.00**

The Firework night in Bradninch in 2024 is on Sunday 3rd November (with a backup date to be arranged) at the Bradninch Cricket Club.

The annual costs keep rising inexorably due to many international factors including the Chinese economy, however due to its popularity with Bradninch folk and beyond we are taking a chance and will keep presale ticket prices the same as last few years. Tickets prices for 2024 will be £22 for a family (deemed to be 2 & 3), £8 for an adult and staying at £5 for a child. Under 3's are free.

To encourage early bird purchases and to avoid lengthy queues on the night we will be raising the gate prices to £24, £9 and £6 respectively.

Tickets will be available from our Spar from early October until late afternoon of the 3rd, and then on the gate. So, to avoid queuing and missing out on the fun do buy early.

Gates will open at 5:00pm which gives everyone time to enjoy the beer, soup, hot dogs etc with the fireworks at 6:45pm.

VACCINE TIME

Since 2021 we have been vaccinating our older and immunocompromised patients against Covid every 6 months and this continues this Autumn. The Joint Committee on Vaccination and Immunisation (JCVI) base all their decisions on the evidence accumulated from multiple sources to ensure we vaccinate in the most optimal way. The aim is to protect both patients and the whole population from recurrence of Covid or rapid spread of a virulent influenza virus. We have just been sent the results of their analysis and associated recommendations for who should be offered which vaccines in the upcoming months.

Although Covid is not as complicated as when it first appeared, it continues to be extremely unpredictable. It still ends in hospital admission for some patients, whilst others can carry the virus with no symptoms at all. This is why vaccination is so important. The JCVI have decided that vaccinating all patients > 65 years old with both flu and Covid again this year will be the most protective action for us to take. It is important to remember the protection amounts to more than avoiding getting Covid or flu yourselves. It reduces your chance of giving it to others and the less hospital beds are taken up treating these preventable admissions, the more space there will be to deal with the enormous backlog in NHS care.

We will be encouraging all patients 65 years old upwards to take up the offer of both influenza and Covid vaccinations at the same time. The JCVI reviewed the outcomes from last year's campaign and the efficiency and effectiveness of giving the vaccines together was verified. As in small babies who now receive almost all their vaccinations in combination we see synergistic boosts in how the immune system responds with no increase in measurable side effects. Patients who are immunocompromised will also be offered both vaccines. Patients < 65 years with long term conditions (Diabetes, Asthma, Heart disease) are an important part of the flu campaign but not part of the Covid vaccine group.

At Wyndham we are planning our winter vaccination clinic for Saturday 26th October. We will be inviting all > 65 year old patients to come for Covid and Flu vaccines and will use our text and email communication system to relay information about timings.

There is a third vaccine that patients aged 75 – 79 will also be offered in the next 6 months. This is a vaccine against Respiratory Syncytial Virus (RSV). This causes a mild upper airways infection in most people. However, in small babies and older people it can cause more serious complications. Vaccination has been shown to reduce the number of hospital admissions and the JSVI have calculated the most efficient vaccination campaign for the best outcomes. Babies have already been receiving this for many years and provision to the elderly population has been successful pioneered in the USA. Initially patients 75 – 79 years old will be offered a RSV vaccine and from then going forward one vaccine to everyone in their 75th year. The benefits last for several years.

Once again it's time to get jabbing.

Dr Anthony O'Brien

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Bradninch Millers Morris Free Dance Taster Sessions

Once the audience catches on to the fact that Morris dancing is based on an animated group of people having too much fun bashing sticks together in what looks like a synchronised martial arts work out, the question pops up from the audience "Can we have a go?" The most likely answer is yes, however, probably not the choreographed engagement, honed by weeks of practice they have just watched.

The solution is 'joining in dances' which are simple to learn. Participants quickly get sticking, swinging, building up the flow of the dance with simple walking steps, hooting and laughing and perhaps realising there is a reason the dance is called the Pied Piper.



A 2017 Taster Session in Cullompton. Two of the students have been dancing with Millers since 2022.

Following the Millers Club Walk on the day of Bradninch Musical Gardens, the feedback was that people want to try dancing Morris. To make this easier Millers will be rolling out taster sessions at the Bradninch Charter Fair on 28th September where we can offer a range of dances which can be taught in ten minute sessions to get you on your feet. These will be available at several set times during the day and by appointment if you let us know when you will be there. Children need to be accompanied. We are open to extending the mini workshops format into other events. The objective is to get people enjoying dancing and if you really like it there is great Morris community that will welcome you.

Bradninch Millers will be dancing at the Cullompton Autumn Festival on 12th October.

Cont'd on next page

6th September will see the return to dance practice 7.30PM on Fridays at the Youth Centre, West End Hall, West End Road. Updates to the programme are posted on the Millers website www.bradninch-millers.org. See our Facebook page, too: <https://www.facebook.com/profile.php?id=100037636218465> for the latest photos of where we are dancing.

Please get in touch with us for more information by email to millersbag@gmail.com, or call Gerard Edwards, Millers Foreman 01392881105.

SILVERTON FILM CLUB

Weds 18 September

Silverton Community Hall, Wyndham Rd, EX5 4JZ.

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Musical comedy, Running time 1hour 56 minutes. Age 12A

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www.hospiscare.co.uk/firewalk



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Bradninch Folk Club

The Autumn Season of Guest Nights Starts
17th September

The Guest Nights of the Bradninch Folk Club restart at the Bradninch Guildhall in September and will continue through to May 2025 with the December event replaced by a Club Christmas Special. All the Bradninch Folk Club 2024 Autumn Season of guest artists are outstanding and have a special background and passion for their music. In September we have Jim Causley from Devon, October features a Scottish Indian singer songwriter and harpist from the West Coast of Scotland and in November Jonny Cambell, a singer, advocate and activist from the North of England who we will review in the next edition of this magazine.



Jim Causley Tuesday 17th September.

Jim Causley is often described as the "Voice of Devon" and he has a very fine voice, growing up steeped in the music, traditions and folklore of the West Country, he developed into his professional career across Britain and into Europe.

For those who don't know Jim he is a multi-award-winning singer-songwriter and musician. Jim is an all-round entertainer, you can expect beautiful singing, moving ballads, hilarious ditties and everything in between. Drawing equally from traditional repertoire, modern songs as well as his own compositions and settings of poems by his relative, the celebrated Cornish poet Charles Causley.

Chloe Matharu Tuesday 15 October

Chloe Matharu is a multi-Award winning Scottish Indian singer songwriter and harpist from the West Coast of Scotland. Many of her songs draw on her time as a Navigational Officer in the Merchant Navy, inspired by the natural world as experienced at sea. She performs solo with her harp in Scots and English. "Her music offers an intriguing insight into a new tradition of maritime folk music with thoughtful song writing embellished by her voice and superb

Cont'd on next page



harp playing" - The Herald..

An internationally touring artist, performances have included Celtic Connections, Cambridge Folk Festival, Sidmouth Folk Festival, Edinburgh Fringe and Melbourne Celtic Festival. Press highlights include playing live on BBC Radio Four Woman's Hour, BBC Scotland TV News, and interviews on BBC Radio Scotland's The Afternoon Show and ABC Melbourne.

Bradninch Folk Club is part of the launch tour for her second album, Sailors and Rolling Stones, followed by tours of the UK, US and Australia. Chloe is still actively working in the maritime industry as featured in BBC Scotland's Island Crossings.

Guest Night format at the Bradninch Guildhall is on the third Tuesday. The venue is the Reading Room of the Bradninch Guildhall, a ground floor room with disability access. Supporting performers will open the evening's entertainment. The club operates a fixed admission price, currently £8 per person, with accompanied under 18 free when space permits.

For more information visit Bradninch Folk Club's Facebook Group Page, contact Gerard on 01392 881105 or Adam on 07901812862.

Doors will open at 7.30 PM with the performance starting at 8.00 PM. Bring your own refreshment or purchase locally.

BRADFOLK

The club's in-the-round song and music session BRADFOLK will continue the first Tuesday of the month at the Castle Hotel, Fore Street, Bradninch EX5 4NN. No charge for entry and you can join in with the performance.

Bradninch Shanty Crew

The shanty crew are continuing their rehearsals on the 4th Tuesday from 8pm at the White Lion

Gerard Edwards
on behalf of the Bradninch Folk Club.

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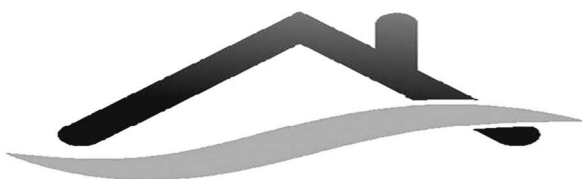
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Bradninch Town Fair 2024

The 2024 Bradninch Town Fair is shaping up to be another fun and eclectic community event, with something for everyone. Whether you're a runner or a gymnast; a grower, baker or crafter; a photography enthusiast or appreciator of the Arts; a proud pet owner or beleaguered parent, there's something for you! And if there's nothing, yet, that tickles your fancy, there's still time to make it happen!

This year's Town Fair takes place on Saturday 28th September and will include, among other things:

- The Bradninch Bolt Fun Run and Walk
- Community Picnic and Stalls
- Artisan Market Space
- The Bradninch Produce Show and Scarecrow Trail
- The inaugural Bradninch Dog Show
- The Sustainable Bradninch Wildlife Photography Competition
- Circus Skills and Alternative Punch & Judy
- The Red Barrows

The Scarecrow Trail and Bradninch Bolt will take place around town, with the Bolt finishing on the Cricket Field and activity centred around that space during the afternoon.

The Fair is coordinated by an informal Steering Group with the support of a number of organisations, including Bradninch Together, Bradninch Town Council, the Bradninch and Kentisbeare Cricket Club and Bradninch Scout Group: it couldn't happen without these groups, together with the input and creativity of many different local groups and people. There are still opportunities to get involved:

- There's still a little room for community stalls and pitches in our Artisan Market Space.
- There's an opportunity for musicians, poets, comics etc. to contribute to some Open Mic-style entertainment.
- To help the event go smoothly, folk are needed to assist with set up/take down and First Aiding on the day.

If you're interested in any of the above or willing to help, please contact sophie@bradtog.org.uk for more info.

Keep your eyes peeled for details of how to enter the various fun Fair Day events and competitions. The Bolt, Photography Competition and Scarecrow Trail will all require advance registration; there's no need to pre-register for anything else.

Information on the emerging programme can be found at <https://bradtog.org.uk/town-fair> - check for updates throughout August and September. We'll also be hosting the Guildhall Coffee Morning on Saturday 7th September, to promote the Fair and raise funds to help keep it going as a not-for-profit community event. Donations of cakes and raffle prizes are

Cont'd on next page

gladly received; or just come along for a coffee and to catch up with friends after the summer break.

We look forward to seeing you on Fair Day – here's hoping for an Indian Summer!

The Town Fair Steering Group 2024

Kate Beith, Simon Glendinning, Fi Hornsby, Mike Leonard, Adam Montague, Lucy Mottram, Anthony Richards, Mary Richards, Molly Southwood, Simon Tytherleigh, Alex West, Sophie West & Jon Williams

Bradninch Acoustic Music Club

Notes for Autumn 2024

12th September – Singers night £3.

10th October – Graham Butterfield £4.



14th November – Gary Spenser £4.



14th December – Xmas party with the great Nicki

Sutton & Terry Murray ft.b.c.

- with all the usual Xmas fayre.



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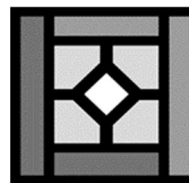
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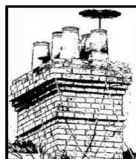
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Mid Devon Walking Festival 2024

Taking place from 14 – 29 September 2024, the Mid Devon Walking Festival will showcase the stunning natural beauty and cultural heritage of the region like never before. Participants will have the opportunity to choose from an enticing selection of guided walks, each offering a unique perspective on the area's landscapes and history.

Residents and visitors can download the guided walk programme from the Visit Mid Devon website today or pick up a guide from the Tourist Information Centre and other tourism display stands when passing. The guide breaks down each walk by theme, difficulty rating, dog friendly, refreshments and accessibility, making it easy to spot the walk for you. The website also hosts a number of useful walking related blogs and event information during the festival.

Cllr Keable for Planning and Economy states "We are thrilled to introduce the very first Mid Walking Festival and invite outdoor enthusiasts of all ages to join us for a celebration of our region's natural beauty and cultural heritage. Whether you're a seasoned hiker or just looking to connect with nature, there's something for everyone at every level of ability at this exciting event."



In addition to guided walks, the festival will feature a range of activities and attractions including live music and local artisan markets. Anyone wanting to discover our honeycomb of walking routes solo, can find handy instructions to navigate our interactive walking map to plan your route.

Organisations involved in delivering Mid Devon's first walking festival include; Exeter Ramblers Association, Killerton – National Trust, Crediton Museum and History Society, Bampton Heritage Centre, Westbank, The Grand Western Canal & Country park, Tiverton Museum and Morchard Bishop Parish Council.

For more information about each walk and to reserve your spot, visit <https://www.visitmiddevon.co.uk/walking-festival/> or follow us @visitmiddevon for the latest updates and announcements. This festival has been funded by the Shared Prosperity Fund.

Cont'd on next page

Cullompton Town Trail

A walk for the family to discover the towns rich history - one of the featured walks from the festival.

Start your trail at the Town Hall. This part of the town is known as the Higher Bullring because of the cattle market that took place here until 1918. Cross the road, with care, to the War Memorial and note the line of blue paving stones along the pavement which mark the old watercourse. Cross the road and walk down Station Road. Walk along Station Road and cross the road with care and turn into the public footpath along the Mill Leat. The first mill you will see is Higher Mill now converted into a private dwelling but the remains of the mill sluice can be seen. Continuing along the leat, you will see the site of Middle Mill now totally demolished except for a wall and the remains of the sluice. Continue further along the leat to Lower Mill noting on the way the fine view of the church.

Turn right by the mill and follow the lane to Queen Square and on to the top of Cockpit Hill. Walk down the hill into Pound Square. Turn right and proceed through Ways Lane; Cross the main road into Crow Green and bear right; on your left you will see St Boniface Roman Catholic Church. This was built in 1929 by the De la Casas family – note the Spanish style of the building. Turn right and walk up past the church and then turn right again into New Street where the disastrous fire of 1839 started and almost destroyed the whole town. Proceed back into Fore Street and turn right, crossing the road into Church Street, which is dominated by the fine tower of St Andrew's Church. Returning to Fore Street walk up along the street passing the Walrond's and Manor House on your left and you are back to the centre of the town. Just in time for a cup of tea in one of the cafes!

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Bradninch Town Fair

Fun Dog Show

Saturday 28th September 2024

1pm to 4pm

Join us for loads of fun!

- Agility Demonstration
- Agility Have-a-Go

Dog Show Classes

- Prettiest Bitch
- Handsomest Dog
- Cutest Puppy
- Best Treat Catcher
- Waggiest Tail
- Best young handler
- Dog most like its owner
- Dog the judge would most like to take home
- Best in Show

Entries on the Day
All classes only £1 each
(Cash only please!)

Contact: Simon on 07743 496740
or Fi on 07564 030817

Images by brgfx on Freepik.com

Ellie The Cake Fairy

Tel: 07764 495016

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Terracycle – another update

Terracycle do an admirable job recycling the un-recyclable and are continually evolving what they can and cannot process. Much is dictated by their business model and the subsidies the manufacturers of the waste are willing to pay.

The latest change is rather a good thing showing some manufacturers are heeding the calls for better recycling. **Pringle tubes** have long been heralded as an example of multi-material packaging that was nearly impossible to recycle. Over the last year the manufacturers have introduced a fully recyclable design which is to be commended.

Thus Terracycle are no longer taking the “recyclable” type which can go in the plastic (lid) and cardboard (tube). We can still collect those with a metal base. So, to recap you can still dump the following in the big metal bin outside the Guildhall-

All **Biscuit, cake & Cracker** wrappers. These could include some sweet wrappers – e.g. Kitkat, Golf club etc – anything that may double as a biscuit/cake.

All **Crisp, Nuts, Savoury, Popcorn, Hula hoops** etc packets. (Not the “tin” foil or paper wrappers). **Pringle pots & tops** – only “Pringle” with a metal base.

Tea & Ground Coffee pouches – any brand and tea bag pouches.

Cheese pouches – any brand, e.g. Cathedral cheddar etc.

Ferrero Roche trays and inserts.

Tooth brushes and heads, but not toothpaste tubes.

I do take Blister packs to Clare House surgery dispensary in Tiverton. Any funds raised go to pump prime many local needs.

Scavenging – DVDs, books, CDs, Lego and more

We are still happy to receive any books and dvds & cds with bar codes and any **lego**. Over the few years since lockdown and we started “covid scavenging” we must have scanned thousands upon thousands of items and raised over £5,000 for local causes.

Atlases, book club, Reader's digest and Disney items attract no value and we cannot accept anything without a bar code unless a first edition!!

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Bake a difference this September with a Hospiscare Coffee Morning

Support local end-of-life care by hosting a Coffee Morning this September. Hospiscare is asking the community to come together over a cuppa to raise vital funds for the local hospice.

From Bake and Bingo nights to picnics with the office team, there are so many ways to get involved and raise money for local end-of-life care.

Leading the campaign, Fundraising Project Manager, Laura Robertson, says: "This event is a great way to bring people together. We are facing a £2.5 million funding deficit so every cuppa really will make a difference to our patients and their loved ones."

Join Hospiscare in making a difference this September, one cup at a time! Visit www.hospiscare.co.uk/coffee!

Photo Comp 2024

This year, the Town Fair will host the People's Choice and prize giving of the second Sustainable Bradninch Nature Photography Competition. Entry is again free – thanks to a grant from the British Ecological Society – so if you've taken some fabulous photos of nature close to Bradninch (including Ashclyst Forest and the Killerton Estate), then why not enter a photo and see if you can claim the title of Bradninch Nature Photographer of the Year 2024! There are three categories: Young (under 11), Youth (12-18) and Adult. On the day of the Town Fair, the people of Bradninch will be able to choose a 'People's Choice' photo from those shortlisted and displayed.

Photos can be uploaded at: <https://bit.ly/bradwild24>



Scarecrow Trail

@ Bradninch Town Fair Weekend 2024

This year, the Town Fair Team invites you to create a character to scare off the crows!

-  Person/animal/alien; perhaps a famous or infamous character – it's up to you!
-  To be displayed from Thursday 26th – Sun 29th September.
-  Register your Scarecrow @ <https://bit.ly/bradcrow>



Artwork
© Mary Richards
2024

MASSAGE IN BRADNINCH

ALICE DRAKE

- Massage for relaxation, tension, soreness, and acute pain
- Massage for hypermobility, fibromyalgia, and chronic pain
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- Post-operative massage and massage for scarring
- Simple lymphatic drainage massage for fluid retention
- Massage for foot and hand issues
- Head and facial massage
- Massage during pregnancy

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Thursday	9am - 7pm
Friday	9am - 5pm
Saturday	9am - 1pm
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Monday	Closed

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Produce Show

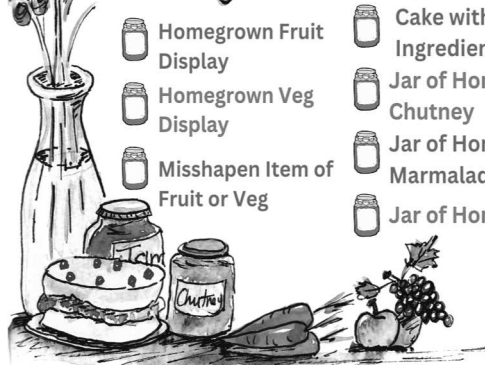
@ Bradninch Town Fair
 Saturday 28th September '24

Bradninch growers, bakers and makers of all ages and abilities!

Showcase your wares at this year's Produce Show! Free entry & no registration required - drop your entries to the big tent on the Cricket Field by 9.30 on Fair Day, ready for judging.

Categories

- Homegrown Fruit Display
- Homegrown Veg Display
- Misshapen Item of Fruit or Veg
- Flower Arrangement in any Medium
- Cake with a Fruity Ingredient
- Jar of Homemade Chutney
- Jar of Homemade Marmalade
- Jar of Homemade Jam



Artwork
 © Mary Richards
 2024

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Mel Spiller Tel: 07375 980028

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Cromel Computers Tel: 01392 881792

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Stokehouse Farm Dairy Tel: 07791 473276

Dog Park

Paws 4 Play Facebook (see ad)

Ear Wax Removal

MT Aesthetics Tel: 07590646508

Electrical Services

H Pring Tel: 01884 32292

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Move it or Lose it Tel: 01392 882103

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Culm Valley Firewood Tel: 01884 32940

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Arnolds Gas Services Tel: 07809278503

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Karen Dixon gmail (see ad)

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Bradninch Baby & Toddler Group tel: 01392 881869
Bradninch Baptist Church tel: 01884 33052
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Bradninch Bowls Club tel: 01392 881183
Bradninch Cricket Club tel: 01392 881192
Bradninch Festival Choir tel: 01392 881454.
Bradninch Folk Club tel: 01392 881105
Bradninch Football Club tel: 07899 974598
Bradninch History Society tel: 01392 881049
Bradninch Millers Morris tel: 01884 855270
Bradninch Scout Group tel: 01392 881788
Bradninch Tennis Club tel: 07938 882594.
Bradninch Town Council tel: 01392 881228
Bradninch Town Trust tel: 01392 881869

Bradninch Twinning Association tel: 01392 882048
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Bradninch WI tel: 01392 882091
Bithywind Allotments tel: 01392 881641
Charwell Nature Reserve tel: 01392 881825
College Surgery Partnership tel: 01392 881952
Duchy Pre-School tel: 01392 881975
Duchy School tel: 01392 881482
Power Cuts tel: 105
Stagecoach Bus Service tel: 01392 427711
St Disen's Church tel: 01392 881733
Sustainable Bradninch tel: 07779565918
The Hele Society tel: 01392 882537
The Post Office tel: 01392 881212
The Royal British Legion tel: 01392 881677
Wyndham House Surgery tel: 01392 860034

WHAT'S ON IN BRADNINCH

SEPTEMBER

2nd	Pilates	9.00	The Guildhall
3rd	Move it or Lose it	11.00	West End Hall
3rd	Massage in Bradninch	8.30	The Guildhall
3rd	Ballet	16.00	The Guildhall
4th	Massage in Bradninch	8.30	The Guildhall
4th	Karate	18.30	Duchy School
5th	Massage in Bradninch	8.30	The Guildhall
5th	Taekwondo	17.00	The Guildhall
5th	WI	19.30	The Guildhall
6th	Bumps Babies & Beyond	9.30	The Guildhall
6th	Bradninch Millers Morris	19.30	West End Hall
7th	Town Fair CM	10.00	The Guildhall
8th	The Kings Accession	1.00	The Guildhall
9th	Pilates	9.00	The Guildhall
9th	Ballet	16.00	The Guildhall
9th	Council Meeting	19.00	The Guildhall
10th	Move it or Lose it	11.00	West End Hall
10th	Massage in Bradninch	8.30	The Guildhall
10th	Ballet	16.00	The Guildhall
11th	Wine Circle	19.00	The Guildhall
11th	Massage in Bradninch	8.30	The Guildhall
11th	Karate	18.30	Duchy School
12th	Massage in Bradninch	8.30	The Guildhall
12th	Taekwondo	17.00	The Guildhall
12th	Acoustic Club	19.30	West End Hall
13th	Bumps Babies & Beyond	9.30	The Guildhall
13th	Bradninch Millers Morris	19.30	West End Hall
14th	Scouts CM	10.00	The Guildhall
16th	Pilates	9.00	The Guildhall
16th	Ballet	16.00	The Guildhall
17th	Massage in Bradninch	8.30	The Guildhall
17th	Move it or Lose it	11.00	West End Hall
17th	Folk Club	17.30	The Guildhall
18th	Karate	18.30	Duchy School
18th	Massage in Bradninch	8.30	The Guildhall
18th	Sustainable Bradninch	19.00	The Guildhall
19th	Massage in Bradninch	8.30	The Guildhall
19th	Taekwondo	17.00	The Guildhall
20th	Bumps Babies & Beyond	9.30	The Guildhall
20th	Bradninch Millers Morris	19.30	West End Hall
21st	Repair Café CM	10.00	The Guildhall
23rd	Pilates	9.00	The Guildhall
23rd	Ballet	16.00	The Guildhall
24th	Massage in Bradninch	8.30	The Guildhall
24th	Move it or Lose it	11.00	West End Hall
24th	Ballet	16.00	The Guildhall
25th	Massage in Bradninch	8.30	The Guildhall
25th	Karate	18.30	Duchy School
26th	Massage in Bradninch	8.30	The Guildhall
26th	Taekwondo	17.00	The Guildhall
27th	Bumps Babies & Beyond	9.30	The Guildhall
27th	Bradninch Millers Morris	19.30	West End Hall
28th	Repair Café CM	10.00	The Guildhall
30th	Pilates	9.00	The Guildhall

OCTOBER

1st	Massage in Bradninch	8.30	The Guildhall
1st	Ballet	16.00	The Guildhall
2nd	Massage in Bradninch	8.30	The Guildhall
2nd	Move it or Lose it	11.00	West End Hall
2nd	Karate	18.30	Duchy School
3rd	Massage in Bradninch	8.30	The Guildhall
3rd	WI	19.30	The Guildhall
3rd	Taekwondo	17.00	The Guildhall
4th	Bumps Babies & Beyond	9.30	The Guildhall
4th	Bradninch Millers Morris	19.30	West End Hall
5th	Twinning CM	10.00	The Guildhall
7th	Pilates	9.00	The Guildhall
7th	Ballet	16.00	The Guildhall
8th	Move it or Lose it	11.00	West End Hall
8th	Massage in Bradninch	8.30	The Guildhall
8th	Ballet	16.00	The Guildhall
8th	Wine Circle	19.00	The Guildhall
9th	Karate	18.30	Duchy School

9th	Massage in Bradninch	8.30	The Guildhall
10th	Massage in Bradninch	8.30	The Guildhall
10th	Taekwondo	17.00	The Guildhall
10th	Acoustic Club	19.30	West End Hall
11th	Bumps Babies & Beyond	9.30	The Guildhall
11th	Bradninch Millers Morris	19.30	West End Hall
12th	Bradninch Beekeepers CM	10.00	The Guildhall
14th	Pilates	9.00	The Guildhall
14th	Ballet	16.00	The Guildhall
14th	Council Meeting	19.00	The Guildhall
15th	Massage in Bradninch	8.30	The Guildhall
15th	Move it or Lose it	11.00	West End Hall
15th	Ballet	16.00	The Guildhall
15th	Folk Club	17.30	The Guildhall
16th	Massage in Bradninch	8.30	The Guildhall
16th	Karate	18.30	Duchy School
16th	Sustainable Bradninch	19.00	The Guildhall
17th	Massage in Bradninch	8.30	The Guildhall
17th	Taekwondo	17.00	The Guildhall
18th	Bumps Babies & Beyond	9.30	The Guildhall
18th	Bradninch Millers Morris	19.30	West End Hall
19th	Bowling Club CM	10.00	The Guildhall
19th	Taekwondo	9.00	The Guildhall
21st	Pilates	9.00	The Guildhall
21st	Ballet	16.00	The Guildhall
22nd	Move it or Lose it	11.00	West End Hall
22nd	Massage in Bradninch	8.30	The Guildhall
22nd	Ballet	16.00	The Guildhall
23rd	Massage in Bradninch	8.30	The Guildhall
23rd	Karate	18.30	Duchy School
24th	Massage in Bradninch	8.30	The Guildhall
24th	Taekwondo	17.00	The Guildhall
25th	Bumps Babies & Beyond	9.30	The Guildhall
25th	Bradninch Millers Morris	19.30	West End Hall
26th	Youth Club CM	10.00	The Guildhall
28th	Pilates	9.00	The Guildhall
28th	Ballet	16.00	The Guildhall
29th	Massage in Bradninch	8.30	The Guildhall
29th	Ballet	16.00	The Guildhall
29th	Move it or Lose it	11.00	West End Hall
30th	Massage in Bradninch	8.30	The Guildhall
30th	Karate	18.30	Duchy School
31st	Massage in Bradninch	8.30	The Guildhall
31st	Taekwondo	9.00	The Guildhall

Booking

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

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

Silverton Bereavement Group

A new Bereavement Drop In group is starting up in Silverton. It will be held at Room 4 U on the second Thursday of the month, from 10.30 - 12.30, commencing on Thursday 12th September. The group will be supported by Wyndham House PPG and the Friends of Wyndham House surgery.

Everyone is welcome, whether you have been bereaved for 3 months or 30 years. It will be a safe space to talk, laugh, cry and share practical help in confidence and refreshments will be served. Please do feel free to join us, but if you would like more information before coming, please ring Carole Allen on 07465 448535.

Bradninch Life is published bi-monthly.

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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 Silverton, 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