

Bridestowe & Sourton Extra



Wishing you all a very happy and healthy 2025

Community News and Events January 2025 Edition 272



LIVE MUSIC

OKEHAMPTON CHARTER HALL

18 JANUARY 2025

7pm-11pm



DJ BARRY | SHOT IN THE DARK

Sound Mind is a gig being held in aid of
Andy's Man Club & Pete's Dragons to raise
awareness of mental health & suicide prevention.
So come dance your January Blues away, make friends
& support great causes all at the same time.



SCAN FOR TICKETS

SCAN FOR FACEBOOK

The Vicar writes...

Another year has come and gone, Christmas is over and the holiday ads started on Boxing Day. Where does the time go? Do the days really go quicker or is it just that it takes me longer to do anything? Some things change, like the size of the Quality Street tins, other things don't, like; the hydraulic hose on the tractor always splits on Christmas Day. As we get older these patterns become clearer. I don't bother with New Year's resolutions anymore, instead I have a New Year Prayer:

Dear Lord
So far this year I've done well.
I haven't gossiped, I haven't lost my temper, I haven't been greedy, grumpy, nasty, selfish, or overindulgent. I'm very thankful for that. But in a few minutes, Lord, I'm going to get out of bed, and from then on I'm probably going to need a lot more help.
Amen

Some things are just mysteries, every New Year my clothes shrink and the scales go wrong. Even my GP struggles with the mystery of scales, I informed my weight is perfect. "Well, well." He said "It seems that your weight is perfect. It just happens that you are eleven feet too short."

Getting older can be a struggle at times, again prayer is helpful, especially this version of the serenity prayer, known as the Senility Prayer; God, grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones that I do, And the eyesight to tell the difference.
Amen

Another mystery is the words of Auld lang syne, does anyone actually know what it means? We sing it every year at midnight on New Years Eve and everyone seems to know it, where did they learn it? Apart from "for auld lang's eye" I don't think I've ever sang any of the other words! Just la la it, do the shaky hands thing and nobody knows the difference, they are usually too drunk to care anyway.

For those who share my experience, here's what everyone else sings:

*Should auld acquaintance be forgot
and never brought to mind?
Should auld acquaintance be forgot
and days of auld lang syne?
For auld lang syne, my dear,
for auld lang syne,
we'll take a cup of kindness yet,
for auld lang syne.
Should auld acquaintance be forgot
and never brought to mind?
Should auld acquaintance be forgot and days
of auld lang syne?
And here's a hand, my trusty friend
And gie's a hand o' thine
We'll tak' A cup o' kindness yet
For auld lang syne*

Happy New Year

Adrian Brook

Joy to the world of Bridestowe Primary School

Is there greater joy to be had at Christmas than at the village school carol concert? This one was a cracker.

The church was packed with fond families full of excitement and bon homie. The precious pupils entered, looking either frantically for their relations or eyes fixed on the floor in trepidation. A brief introduction and we were off!

The older children told the story, each with their part, while the youngest, appropriately garbed and quietly supported by the wonderful school staff, marched up and down the aisle, showing what had happened. The angels, the three kings, the shepherds, Mary, Joseph and the donkey were all accompanied by the appropriate traditional carol. Thank goodness for the work of the wonderful volunteer choir master who also accompanied the children on the organ.

There were tears and laughter, awe and wonder and Christmas was with us.
Happy new year everyone!
Debbie Pritchard



The Treetops Christmas Market was once again a wonderful day with food, shopping and a visit from Father Christmas himself. Despite the weather taking a turn for the worse and the snow a couple of days beforehand, the day was another success! Organising the day takes a lot of work behind the scenes and I just wanted to take this opportunity to thank each and everyone that was involved in helping organise and for all the hard work shown on the day.

*A big Thank you to Laura, Nicky and Hannah working hard in the kitchen all day, preparing, cooking and serving delicious toasted sandwiches.

*A big Thank You to Laura J, Jane, Katie, Kerry, Lorraine and Kim and to all the other volunteers on the bar- taking orders, serving hot chocolates and mulled *.

*A big Thank You to Kylie and Steph, who braved the cold to welcome you all into the market and selling raffle tickets all day.

* To each of the stall holders and business owners that came along in the day to sell their Christmas goodies- it was lovely to see some new and returning faces to the market this year- Thank You. By coming along each stall holders donated a prize towards our raffle as well.

*To Father Christmas and the elves Natalie, Evie and Ellody for coming along and making

the day magical for so many children! ??

* To John who helped decorate the hall, having it look so magical always adds a festive cheer to our day, and to Jo and Catherine who helped join us all for the big clear up after the event!

* To everyone from the general public that came along to support the event by purchasing a mulled wine, mince pie or even just a raffle ticket - a big Thank You. By supporting our annual event we help raise money for Treetops which is vital!

The grand total raised this year is £689.50.

We wish you all a very Merry Christmas and a Happy New Year and can't wait to see you at the 2025 event on the 22nd November!

Bridestowe Parish Council report

The next full meeting of Bridestowe Parish Council will be on **Wednesday 8th January** at 7.30pm in The Ark (Methodist Chapel)

The council will be considering its response to Leander Developments Ltd's latest planning application for the construction of 28 dwellings (single & two storey) with associated infrastructure at Town Meadow. Application number 3828/24/FUL

Members of the public are very welcome to attend.

Clerk's contact details: Kayleigh Walker
Little Kellacott Farm, St Giles on the Heath,
Launceston PL15 9SW

Tel: **07854 275 955**

Email: clerk@bridestowe.org.uk

From BaSE

Thank you to all those who regularly send in submissions to BaSE. You all sent in your articles for this issue without any prompting from me, which made compilation very straightforward. Thank you for your good wishes too.

Ali and Martin

Appeal to local landowners

Bridestowe Parish Council is seeking a plot of land to purchase close to the village centre to provide allotments for the parishioners who have come forward requesting them. The plot would need to be roughly half an acre. Please contact the clerk if you can assist.

How Auld Lang Syne took over the world

by Steven Brocklehurst
(Published 31 December 2013)

Every New Year's Eve millions of people around the world raise their voices in a chorus of Auld Lang Syne. How did a simple Scottish folk song, with words most people do not know or fully understand, become one of the world's most popular songs?

Changing its tune

Rock star Scottish bard Robert Burns is the man responsible, though he was inspired by fragments of traditional songs from earlier times.

Robert Burns is the man who brought us Auld Lang Syne. He wrote the lyrics in 1788 but the tune we know now does not first appear with the song until after his death.

In 1799 Edinburgh publisher George Thomson included the song in his Select Collection of Original Scottish Airs.

Both the words and the tune appear to be based on earlier fragments which Burns "restored" but the power of the two together has become unstoppable.

A million meanings

Auld Lang Syne is an international anthem and one of Scotland's gifts to the world. Burns scholar Thomas Keith says it is a song of reunion not of parting, as some people think. It recalls happy days gone by, separation and coming back together.

Mr Keith says there is a family and friendship feeling to the song that everybody seems to immediately understand.

"It is something to do with that melody as well as the Burns lyrics, because the lyrics are sometimes known and sometimes not," he says.

So what does Auld Lang Syne mean? It would translate into standard English as "old long ago" or more colloquially "the good old days". In the modern idiom some might say "back in the day".

It is a tale which looks back at old times with a friend from childhood and seeks to rekindle the past by a handshake and a goodwill drink (a guid willie-waught as Burns would have it).

Scots diaspora

Auld Lang Syne is an integral part of New Year celebrations in America.

The song's initial popularity coincided with the age of Scottish emigration, especially to Canada and the US, in the 19th Century. Its mood of family and friendship - and its good dose of melancholy - stayed in the hearts of the Scottish Diaspora and became stronger and more rooted as it became part of the countries they settled.

US military historian Robbie Wintemute says that during the American Civil War the Union tried to restrain singing of Auld Lang Syne because of the sentiments of returning home and reconciliation.

However, after the signing of the surrender terms, General Grant ordered the band to play it, recognising that the country and the soldiers had been through a tremendous upheaval and that now was a time for healing.

Christmas Day Truce

The international popularity and special significance of Auld Lang Syne was poignantly illustrated during the Christmas Truce at the start of World War 1.

For a brief moment the guns fell silent and troops from both sides left the trenches to swap souvenirs and sing songs.

According to a letter from Sir Edward Hulse, of the Scots Guards, the British and German soldiers joined together to sing Good King Wenceslas, The Tommies Song and finally Auld Lang Syne.

Sir Edward wrote: *"It was absolutely astounding and if I had seen it on a cinematograph I should have sworn it was faked."*

Hollywood loves it

In the early part of the 20th Century the film industry brought Auld Lang Syne to an even bigger audience.

Charlie Chaplin used Auld Lang Syne for a New Year scene in the Gold Rush, a 1925 silent film which was re-released with a new score, devised by Chaplin, in 1942.

There was not a dry eye in the house when nine-year-old Shirley Temple sang the song to a dying soldier in the 1937 John Ford film *Wee Willie Winkie*, or during the final scene of Frank

Capra's *It's a Wonderful Life* (1946).

There are hundreds more examples, including the 2008 movie of *Sex and the City*.

Scottish singer Mairi Campbell's rendition of the song was used in a New Year scene in the hit film, after a special request from its star Sarah Jessica Parker.

Campbell says: *"I like the way it was used in the film. I was quite taken aback. The focus leaves the shoes and the dresses and moves into forgiveness and compassion."*

The 1989 comedy *When Harry Met Sally* has this memorable exchange at a New Year's party when Billy Crystal's Harry gets distracted immediately after declaring his love for Meg Ryan's Sally.

Harry: *"What does this song mean? My whole life, I don't know what this song means."*

"I mean, 'Should old acquaintance be forgot'? Does that mean that we should forget old acquaintances, or does it mean if we happened to forget them, we should remember them, which is not possible because we already forgot?"

Sally: *"Well, maybe it just means that we should remember that we forgot them or something. Anyway, it's about old friends."*

All around the world

The Japanese version of Auld Lang Syne is something of a school anthem

Auld Lang Syne has been translated into many different languages and is sung in many parts of the world.

In India and Bangladesh, the melody was the direct inspiration for the popular Bengali song "Purano shei diner kotha" (Memories of the Good Old Days) and in Korea, from 1919 to 1948, the lyrics of the national anthem were to the tune, which was introduced to the country by Western missionaries.

Its popularity in Russia stems from an admiration of the people's poet Robert Burns, and in China Auld Lang Syne is so established that many assume it is a native song.

It is popular in farewell parties in Mexico and many European scouting gatherings. The Danes have it as a folk song and the Dutch use it as a tune for their football song "We love Orange".

The Japanese got their hands on Auld Lang Syne in the 1890s when it was introduced into

the school curriculum by an American teacher - Luther Whiting Mason - in a wave of Westernisation.

The words were changed but the essence of the song remains. The song they call Hotaru no hikari speaks of remembrance, nostalgia and friendship.

It has become something of a Japanese school anthem and is commonly heard in graduation ceremonies and at the end of the school day. It is also used in stores and restaurants to mark closing time.

It's the New Year Party song

Auld Lang Syne, with its themes of friendship, melancholy and reconciliation, is the perfect New Year song and is sung lustily at gatherings from Edinburgh to New York's Times Square. But its place as an anthem for 31 December owes much to Guy Lombardo and his Royal Canadian Big Band. Guy, who recalled hearing the song being played by Scottish immigrants in Canada, was instrumental in fixing it in the consciousness of Americans by playing it on his radio and TV shows which reached millions every New Year from 1929 to 1977.

His broadcast was sponsored by Robert Burns cigars.

Extreme Hokey Cokey

The Queen did not cross her hands for Auld Lang Syne

In the final verse the singer offers his hand of friendship and asks for his old pal's in return. "And there's a hand, my trusty fiere!/And gie's a hand o' thine!"

The tradition has been that this is the point, and not before, where the hands are crossed and offered to the people on either side of you in the gathered circle.

Scottish singer Eddi Reader says: *"The actual physical act of saying 'give me your hand' and then everybody does it, I don't know one other song on the whole planet that makes people do that."*

But comedian Fred Macaulay complains about what he calls the "hand fascists" who insist you must wait until the end of the song before joining hands.

Most ignore the "correct" way of doing it, including then Prime Minister Tony Blair when he broke protocol to say to the

Queen “gie’s a hand” at the Millennium Dome at the turn of the century.

The Queen daintily took the proffered hand but did not cross her hands, waving them gently by her side instead.

And she certainly did not take part in what Fred Macaulay calls the “extreme hokey cokey” which follows, when the enjoined circle runs in and out in a giddy celebration.

2,

It’s Syne not Zyne

Finally, when you are belting out the song try to remember that it is Auld Lang Syne with an S not Zyne with a Z.

And while we are at it, the words “for the sake of” Auld Lang Syne are not to be found anywhere in the song.

It does not speak of “in the days of” Auld Lang Syne either.

The verses end with a simple “for Auld Lang Syne” or “and Auld Lang Syne” - although you have to stretch the words a bit to fit the tune.

Happy New Year.

www.bbc.co.uk/news/uk-scotland



The Big Garden Birdwatch is the world’s largest garden wildlife survey. Every year, hundreds of thousands of nature lovers like you take part, helping to build a picture of how garden birds are faring.

How to take part

1. Choose an hour watching the birds in your patch, between 24 and 26 January, and record the birds that land.
2. Only record the birds that land in your patch
3. Record the highest number of each bird species you see at any one time.
4. Tell us what you saw (even if that’s nothing at all) ! You can submit your results online or by post.

Last year’s Birdwatch

Across the UK, over 600,000 people took part in Big Garden Birdwatch 2024, counting a whopping 9.7 million birds! House Sparrows took the top spot, but counts of these chirpy birds are down by 60% compared to the first Birdwatch in 1979. In fact, we’ve lost 38 million birds from UK skies in the last 60 years. With birds facing so many challenges, it’s more important than ever to get involved in the Birdwatch. Every bird you do – or don’t – count will give us a valuable insight into how garden birds are faring.

Most spotted in 2024

1 House Sparrow	1,442,300
2 Blue Tit	1,094,401
3 Starling	879,006
4 Woodpigeon	835,408
5 Blackbird	708,004

www.rspb.org.uk/whats-happening/big-garden-birdwatch



Goldfinches

Bridestowe Baptist Church by Howard Barkell

Did you see that old picture of Bridestowe on the computer recently? Even if you did, I don't suppose it would have had the WOW factor for you that it had for me. It was a scene that I had heard about from my father, but had never seen before. It answered some questions but posed others that are never likely to be answered. The photograph was taken c. 1900 in the middle of the road near Rosedale looking back into the village. On the right Ingleside was then the Police Station, the Methodist Chapel (now the Ark) was there, so was Homelea and the cottages beyond which were demolished in 1968 for a road improvement scheme. On the left is a pile of rubble which may have been the remains of a cottage, but beyond is another chapel complete with large pointed window at the west end. Joined to its east end is the house called Balmain with a sign on the wall by the front door, which was filled in about twenty years ago.

My father had mentioned the mystery chapel from when he was a boy. Apparently the 'Zion' Bible Christian Methodists had built a chapel in 1830. The 'Ebenezer' Baptists had followed suit in 1832. The Wesleyan Methodists were still meeting in another venue at that time, so the mystery building must have been the Baptist chapel. The adjoining house was the home of Miss Peard, then the Post Mistress, which might explain the sign on the wall. My father left school in 1906 and trained to be a tailor. He always said that he learned to sew sitting cross legged on a wooden bench by a large window overlooking Town Farm. I now wonder if the chapel building had become redundant, the Baptists meeting elsewhere, Forda perhaps, and was being used as tailor Cook's workshop.

Bridestowe has changed immeasurably since the war. Princess Elizabeth Terrace was built in 1947 and since then at least three significant developments have taken place. Other buildings have changed use, houses have been built as infill. Sourton and Lydford have changed less in appearance. Both villages have had Local Authority houses built, Sourton has had the recent Highwayman's Grove and other buildings have been converted. At

Lydford the main street has seen at least eight agricultural buildings converted to other use and Hawthorn Park has provided extra housing. One of the main factors which has prompted these changes is the demise of the small farmer and smallholder. To them every acre was needed to scrape a living from the land. Once that became unviable owners were more likely to sell ground for development. Even the smaller communities have not escaped change. Take the hamlet of Lake on the A386 for example. At the 1921 census there were seven properties listed with twenty adults and four children living there. They were all working class families, the men either working in agriculture or for the London and South Western Railway. By 1939 the same properties were recorded, with seventeen adults and seven children resident. Agriculture and the railway were still the main means of earning a living, but Alf Ellis was now working as a part time postman at Bridestowe as well as being a smallholder and Bill Heathman was working as a butcher at Bridestowe. All school aged children walked to Bridestowe for their education. Ronald Jury was still working at Lake Farm where he eventually became the tenant to be followed by his sons.

It was after the war that significant changes began to take place. By that time most of the cottages on the moor side of the road were becoming very dilapidated and the tenants eventually found alternative accommodation. The house beside the bridge leading up to Coombe Farm was demolished and never replaced. Around the same time, a petrol station and repair workshop were built across the road. There were no living quarters, part of Lake Farm providing those. The project never attracted enough business to be really successful, especially with the advent of cheaper supermarket petrol, and the site was sold off and redeveloped for housing.

On the other side of the road a cottage with a galvanised iron roof stood at the top of the rise. At right angles to it was a two-storey range of agricultural buildings including the shippen. The bit that juts out was home to Alf Ellis and his family. Beside that and reaching down towards the stream was another cottage and various outbuildings, all under the same roof and in various stages of disrepair. In the mid fifties Joe Sweet bought

the two cottages and outbuildings and converted them into the Bearslake Inn. When the Jurys vacated Lake Farm the land was taken on by a farmer wishing to expand. The farmhouse, adjoining cottage and outbuildings were converted into one property.

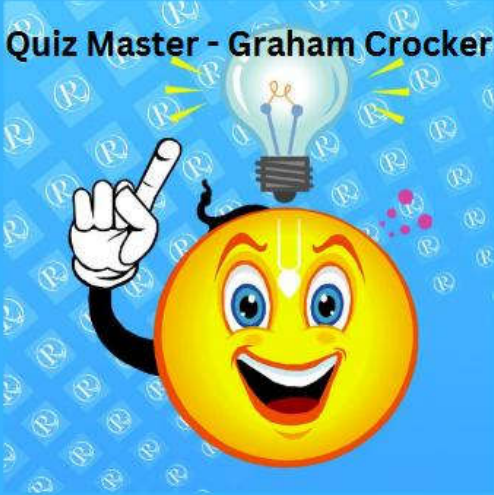
I doubt that any of the present residents at Lake work on the land or the railway and their careers have possibly decreed indoor work rather than outdoor. The many changes we take for granted, especially in job opportunities, education, health care, standards of housing, travel, etc. would have been unthinkable to villagers living when that photograph was taken over a hundred years ago.

A date for your diary...

Sourton Hall Big Quiz

Friday 7th February 2025
7.30pm start
£12 for a team of 4 (Max 6)
£4.00 for extra team member
(to include nibbles)

Quiz Master - Graham Crocker



email: sourtonvh@gmail.com for an entry form

Bar and Food available

The Bridestowe Volunteer Group

will meet again in the new year on **Saturday 25th January** and then retreat to the hall for a bacon bap.

Usual assembly time - 9.30am at the cemetery gates.

New recruits are always welcome.

59 Lottery Club - raising funds for Bridestowe Village Hall



The rollover prize in November was won by Barbara Metcalfe. There will be another lucky rollover winner in January as there was no match on 28th December. The special Christmas prize of £50 drawn from member's numbers was won by Gerald Tickner.

BRIDESTOWE THURSDAY MORNING GROUP

will be meeting at The Ark for our usual coffee, chat and raffle, That will be on Thursday, January 16th at 10.30ish. (The Ark opens at 10). We are a very informal group and new members would be welcome.

Contact person: Ann Allan on 861551

For Sale

'Pets at Home' pet crate

53 cm high x 77.5 cm long and 49cm deep with door and tray.

Hardly ever used, **£20**

01837 861287



NICHOLLS HALL LYDFORD BACON BUTTY, CAKE AND COFFEE MORNING

Last Saturday of each month

10am -12.30pm

Well behaved dogs welcome

Card payments accepted



St Thomas à Becket Sourton

We wish all our readers a peaceful and healthy New Year.

SOUP LUNCHES

January 12th from 12-2pm .

We apologize to anyone who didn't get the message that last month's soup lunch was cancelled at the last moment

But we will be there on January 12th to welcome you to a variety of home made soups with bread and cheese , fruit and tea or coffee

Did you see our Soup Lunch Christmas Tree at the Bridestowe Christmas Tree Festival? It was fun to do and we hope you liked it! There were some beautiful trees there!

CHRISTMAS SERVICES

Thank you to everyone who helped at our Christmas services. We had a very full church for the Christingle and raised £268 for the Children's Society. The very young children acted their Nativity play so well , thanks to all the staff who had spent so long practising their songs with Brian Higbee on his guitar.

The church was beautifully decorated for the Carol Service when Kevin kindly played for us and refreshments were provided. A collection of £78 was taken for the Salvation Army who do such a lot of work for the Homeless and needy.

We were very grateful to Laurie for coming on Christmas Day to take the Service. Several visitors have been during the Christmas season and appreciated our beautiful church as they walk or cycle the Granite Way.

SERVICES FOR January

January 5th	Holy Communion at 9.30 a.m.
January 12th	Service at Bridestowe
January 19th	Service at Bridestowe
January 26th	Morning Prayer at 9.30 a.m.

Jenny Batten

December's Sourton lottery results

1st	£40	Barbara Greig
2nd	£30	Jude Boxall
3rd	£10	Mike Scutt

Sourton Village Hall - a venue for all occasions



Sourton Village Hall is a popular venue for special events such as wedding receptions, birthday parties, concerts, family parties and wakes following funerals. It is also an ideal function venue for conferences, meetings, training seminars and exercise classes. The hall has good facilities; it offers a large hall that can seat 120 and 220 standing comfortably; a well appointed kitchen and a small meeting room . There is a male, female and disabled toilet off the main hall. Outside there is a patio to the right hand side of the hall and this is often used to have a covered bar. The hall has disabled /wheelchair access with ramped entrances. There is a small area to the front of the village hall for parking but often extra parking can be made available for a large function on request.

For prices and to book, contact
Paul Alford 07799 778 779
Sally Gibson 07305 112586

Visit the website to see prices and view the calendar for availability

www.sourtonvillagehall.org.uk

Lewdown Past

The Lewdown and area local history group

Dartmoor's Stone Circles: Latest Discoveries

An illustrated talk by Alan Endacott

Tuesday 21st January 2025

7.30 pm at Stowford Parish Hall



Scorhill stone circle, Dartmoor

Alan Endacott's name has been in the media recently with his discovery of two new stone circles on Dartmoor. He has agreed to visit us again in January with an update on his findings and theory that the stone circles form a "sacred arc" around the moor. Alan has been exploring the moor since his youth and is currently chair of the Dartmoor Society.

Come and join us for an intriguing view into the late Neolithic.

November 2024 marked the 20th anniversary of the inauguration of Lewdown Past and we feel it is time for a change of Chairman and Secretary, who have both been part of the committee from its early days. We are appealing to local residents generally, as you may have been to some of our meetings in the past or even feel the urge to do something different. Perhaps you would like to help Lewdown Past move forward. We hope the meeting in January will not be our last! Please contact me if you would like to help or have any ideas (Hilary: 01566 783396).

Get well soon.

Jeannette Sanders suffered a nasty fall on 28th December and is in hospital. We wish her a speedy recovery. Despite a very long wait for an ambulance she remained stoically in good spirits.

Lois Samuel, your Devon County Councillor

Contact details: Risdon Farm, Jacobstowe, Okehampton EX20 3AJ

Tel: 01837 851240

Email: Lois.Samuel@devon.gov.uk



Caroline Mott, your West Devon Borough Councillor(and Mayor of West Devon)

Contact details: Great Close Farm, Bridestowe, Devon, EX20 4NT

Tel: 01837 861212

Email: cmott@westdevon.gov.uk



Terry Southcott, your other West Devon Borough Councillor

Contact details: Tel:01566 783079

Email: Cllr.Terry.Southcott@westdevon.gov.uk



Movie Watch December 2024

As I lurch deeper into my creaky seventies, I'm coming to the inexorable conclusion that I've led a cloistered existence.

I've never watched an episode of Coronation Street, or Eastenders for that matter. I've not frequented a McDonalds outlet, or Wetherspoons, or even Greggs, despite the lure of their flagship Sourton premises.

I wouldn't recognise a Taylor Swift track in a solo blind test, while the subtleties of Rugby Union continue to leave me bewildered.

So it was that the hugely popular Gladiators movie franchise had completely passed me by.....until now!

Appreciating that, for no good reason, I was depriving myself of a significant cultural experience, the appearance of **Gladiator II** in Okehampton was sufficient to see us joining a small Bridestowe group heading for the New Carlton.

Devotees assured us that Paul Mescal (whose on-screen accent alternated between classic English and his natural Irish) is no Russell Crowe, but nevertheless I found it all quite enjoyable, knockabout fun, if numbingly over-long. The moment that caused me to question whether the film was underpinned by the remotest shred of historical validity came when the Colosseum was flooded and turned into a giant swimming pool for the staging of mock maritime battles, with sharks brought in for added realism.

However it appears even that apparent nonsense may possibly have some vague basis in fact. The Emperor Titus oversaw the construction of the Colosseum and arranged for the arena basin to be submerged in order to recreate naval battles.

A noted Roman historian observed that Titus also brought in horses, bulls and other domesticated animals. So, in context, even the appearance of the occasional Roman

rhinoceros doesn't seem entirely ridiculous.

On the thin pretence of attempting to review the film, I can confidently confirm that **Gladiator II** is an epic 2024 historical action film, directed and produced by Ridley Scott. It serves as a sequel to the original *Gladiator*, released in 2000. Derek Jacobi and Connie Nielsen appear in both versions, but Mescal assumes the starring Russell Crowe role. He plays Lucius, son of Maximus, but beyond that you're pretty much on your own.

The Guardian awarded the film three stars without being particularly impressed, while one leading US reviewer described **Gladiator II** as, *'A Dreadful, Pointless Sequel That Never Should Have Seen The Light Of Day.'* Hey, you pays your money.....

Beyond question though is that the film cost \$250m to make and by mid-December had generated box office takings in excess of \$400m.

A few interesting titles are scheduled to be released during January, although whether they ever reach Okehampton remains to be seen. However it might be worth checking out **We Live in Time** (Andrew Garfield and Florence Pugh in 'a deeply moving romance'), **Baby Girl** (Nicole Kidman and Antonio Banderas in 'an intense erotic thriller'), **Maria** (Angelina Jolie in the Maria Callas biopic), **Flight Risk** (Mark Wahlberg and Michelle Dockery in a suspense thriller, directed by Mel Gibson) and **A Complete Unknown** (current heart-throb Timothee Chalamet in the much-hyped Bob Dylan biopic). No guarantees, but they sound better than most recent offerings. Check the cinema website for screening plans and details.

On the smaller screen, we finally succumbed to the 'three months free' offer from Apple TV. Consequently I'll doubtless be raving about **Slow Horses** in future issues. Other recommendations already received include **Bad Sisters** and **The Morning Show**. I shall report back.

A few other suggestions, gratefully received from various sources. The Lincoln Lawyer (Netflix) has become our winter viewing project, while Bill Nighy is in the Tom Hanks 'never makes a bad film' category and by all accounts Joy (Netflix) once again earns that accolade.

Black Doves (also Netflix) is a newly-released British spy thriller featuring an outstanding cast (Keira Knightley, Ben Whishaw, Sarah Lancashire etc) but launched to distinctly mixed reviews. Meanwhile I can't claim to have actually watched **Meet the Rees-Moggs** (Discovery+) but the reviews are priceless. Mrs R-M is, not surprisingly, the star of the show. Selflessly, I'll take a look so you don't have to.

Oh and just in case you suspect I've been living in a culture-free cave for the last few decades, let me stress that I loved all 64 episodes of **Breaking Bad**, would count the American Hot at Pizza Express as nectar from the Gods, saw Springsteen live at Wembley as long ago as 1975 and, with all 92 league grounds visited, if there's a bigger football fan in West Devon, I've been spared the misfortune of stumbling into him. So there we are. 800 words, with not a single Gregg Wallace reference!

Happy New Year.....hopefully with a few decent films.

DAVID HARRISON
DECEMBER 2024

Bacon Baps will be served on **Saturday 25th January, 10am - 12 noon in Bridestowe Village Hall.**



Jill may well be there with honey and free range eggs for sale and there will be a selection of secondhand books to peruse. The session in late December was very well attended and £165 was raised for village hall funds. Thank you for your support.

Job Opportunity: Help wanted in kitchen 5:00 - 7:30pm two evenings per week. Perfect job for young person as hours are after school/college. No prior experience necessary. Week days and term times only, start date beginning of March.

Based just outside Bridestowe.

Call Ruth Hatton at Stone Farm on 01837 861 605 for more information

RHS Rosemoor
Great Torrington
Devon
EX38 8PH



Winter Sculpture Exhibition

Prepare to be wowed as more than 200 striking sculptures enhance the seasonal splendour of RHS Garden Rosemoor, Devon

Dates & times:

Until 31 January 2025

10am – 5pm, daily

Join us on 25 and 26 January 2025 (11am – 3pm) for the Living Sculpture Weekend when living statues will come to life to entertain and enthral you.

Included with garden admission.

Free to RHS members and children under 5.



And...don't forget the Celebration of Snowdrops 1st - 14th February

Life or death decisions

Put yourself in this position. You are chatting to a friend or family member, or indeed a stranger, when they collapse. You've seen it on TV – the hero rushes in and performs cardiac massage, maybe some mouth to mouth and miraculously the 'patient' recovers and is eternally in debt to the hero for saving their life.

What is missing however from the story, is the crucial defibrillator or AED (Automated external defibrillator). This is the critical bit of kit when someone goes into cardiac arrest. Without the defibrillator the heart won't start working again. Admittedly CPR properly done will keep oxygen getting to the brain, and being properly trained will make this more effective, but alone, will rarely bring someone out of cardiac arrest.

Bridestowe now has two defibrillators – one outside Riverside Stores and one on the wall of the Village Hall.

Do you know how to use the defibrillator if you needed to? Are you worried you might 'do something wrong' if you did? Well, YOU WON'T!!! The defibrillator does all the thinking for you, and crucially it won't allow you to apply a shock if it is not required. None of the decisions are left to the rescuer.

What could you 'do wrong'? The only thing would be to not get the defibrillator because you are scared to use it. Being prepared to use the defibrillator may save a life. Remember, it talks you through everything. Courses are also widely available either face to face or online. Many are free. If you want hands on training in CPR and use of AEDs these are also widely available.

What if the patient does not survive? Sadly, unlike on the films, resuscitating someone who is in cardiac arrest is not 100% successful. This is particularly so for those who arrest in the community rather than in hospital. But the chance of survival is zero if we do nothing. At least we tried. Being prepared to open the AED and follow the clear instructions may not save the patient but you will have done everything possible for them.

You may save a life.



News from Sourton Parish council

www.sourtonpc.org.uk

parishclerk@sourtonpc.org.uk

07792958675

As we welcome 2024, the Parish Council would like to extend warm wishes for a happy, healthy, and prosperous New Year to all residents of Sourton.

This is a time for new beginnings, and I would like to take the opportunity to introduce the West Devon Borough Councillors who are serving on Sourton Parish Council. Leading the team is Caroline Mott, who serves as the Chair of the Parish Council. Supporting her is Terry Southcott, the Vice Chair, and Chris Edmonds, who also contributes his expertise to the council.

I am also delighted to announce that Brandon Horn has recently been co-opted to the Parish Council. Brandon brings valuable local knowledge, having lived close to the parish all his life and now as a resident of Sourton. His deep connection to the area will undoubtedly enrich the work of the council. However, there are still vacancies available for those who wish to make a positive impact in our community. If you are interested in joining the Parish Council, please visit our website for more details on how to apply.

For any questions or to reach out to our councillors, their contact details are also available on the Parish Council website.

Kind regards
Abi Horn

The Glebe Park

laundrette has limited opening hours during January and February. The washing machine is available on Mondays only but the dryer can be used throughout the week.

Wash £6

Dry £1.50 (for 20 mins)

Open 8am - 8pm.

You will need tokens for both machines which you can buy from Reception.



Bridestowe School Kitchen 1866 to 2024 RIP

It is with great sadness that we read that the senior managements team (SMT) of the Dartmoor Multi Academy Trust (DMAT) has taken the decision to close the kitchen at Bridestowe School. The DMAT now consists of 17 schools and is run by an SMT who collectively earn an eye watering sum of money and whose most of job titles I don't understand.

Gone are the days when decisions as important as this would have been taken by your local governing body made up of parents, teachers and locally elected officials – all of whom would have had a real investment in their local school. The kitchen closure, we read, has been taken on financial grounds. The SMT state that between £30,000 and £40,000 is needed to upgrade the kitchen. Given the size of the cooking area, to anyone who has ever fitted a kitchen, this amount sounds nonsensical (I would love to see the quotes).

I have had the great privilege to spend several years at Bridestowe as school cook, eight years as both a parent and locally elected governor and some years as a voluntary reader and SATS reader. Both my children went through the school and subsequently six grandchildren, two of whom still attend. So I feel I have a duty to comment on what I see as an incredibly short sighted decision, given also that the school is certain to expand in the future.

It may surprise people to know, that when I managed the kitchen, cooking daily for around 50 pupils, everything was produced from scratch, with local fresh fruit and vegetables delivered twice a week and no processed food. While we never made a great profit, 50 meals was the break even point, although obviously we didn't have a top heavy SMT to financially support.

One of the great joys of being the school cook was running an after school cooking club, introducing years 5 and 6 to the joys of handling sharp knives and then preparing

something and eating it together. The first week was always Crepe Suzettes. I found allowing kids to set fire to something always seemed to spark an abiding interest in cooking. We are told that in future that the food served in Bridestowe will be cooked in Okehampton and arrive by taxi. I fear that if this is allowed to happen, it will not only be the nutritional value that will be lost.

No more cooking club, no more opening the kitchen for passing cycle clubs (great money maker for FOBS) and other community events, no more memorable Christmas dinners cooked on the premises; over a hundred meals one year – all the pupils, all the staff, governors, any parents who wanted to attend and several OAPs. It may sound airy fairy to some, but when you cook for people and then sit down together and break bread with them you form a bond that goes beyond the physical and yes, we regularly had home made bread cooked in Bridestowe School kitchen.

I wonder if it might be time for small schools to take back control of their own destiny with a locally elected governing body. So many schools now seem to be willing to adopt the big business models of multi academy trusts and I am just not sure that it is the kids who are the beneficiaries.

Terry Pritchard

Seth's Pressure Washing Services

Reliable and energetic local young person offering pressure washing of patios, steps, outdoors paving etc in Bridestowe.

Own machine and tools used.

Will need access to tap and electric.

Competitive rates - please contact for a free quotation visit.

01837 861114



Reasons to be Cheerful

Part one

1. The days are getting longer. The light is with us a little longer every day – how lovely! We now know that spring will come.

2. We live where we live. I hardly follow the news as horrible things happen to many people all over the world and I can do nothing about it. In the UK we groan about irritations and everything could be better but here:

a) We have a free press, are unlikely to be imprisoned on someone's whim, expect services such as water and electricity to work and have medical services available. From personal experience I think that the Okehampton Medical Centre is one of the best going anywhere.

b) Infant mortality is very low, women do not expect to die in child birth and we have very high life expectancy both compared to other parts of the world and other parts of the UK.

c) Our area is particularly blessed. It is a lovely community in which to live.

1. Your neighbours look out for you and you look out for them.

2. The crime rate is close to zero. I walk alone in the dark with no fear (except that I might trip over my black dog).

3. The scenery is wonderful and nurtures our health and good spirits (more on this in part two of reasons to be cheerful).

4. Bridestowe has a pub, shop, school, brilliant village hall, Treetops, the Ark, church and chapel as well as flourishing clubs including our renowned cricket club – we have a well resourced community that is the envy of others.

5. The village has been bypassed twice so we have excellent road links. We even get the occasional bus – really cheaply – that links us to other areas by rail and coach if we want.

6. The benefits are so many that other lovely people are being tempted to come and live here too – welcome!

Well, I have quite cheered myself up now and I know I have only skimmed the surface. Here's to a happy and healthy new year, one and all.

Debbie Prichard

BRIDESTOWE READING GROUP



Our next meeting will be on **Thursday 2nd January** at 7.30pm at 1 Glebe Park

We will be discussing *Born in a Burial Gown* by M W Craven.

About the book

The first gritty thriller in the Avison Fluke series by M. W. Craven, the acclaimed author of The Puppet Show.

Detective Inspector Avison Fluke is a man on the edge. He has committed a crime to get back to work, concealed a debilitating illness and is about to be made homeless. Just as he thinks things can't get any worse, the body of a young woman is found buried on a Cumbrian building site.

Shot once in the back of the head, it is a cold, calculated execution. When the post-mortem reveals she has gone to significant expense in disguising her appearance, Fluke knows this is no ordinary murder.

With the help of a psychotic ex-Para, a gangland leader and a woman more interested in maggots than people, Fluke must find out who she was and why she was murdered before he can even think about finding her killer...

www.waterstones.com

About the author

Mike Craven was born in Carlisle and grew up in Newcastle. He joined the British Army at the age of 16. After two and a half years' training as an armourer, he spent 10 years travelling the world with the army. In 1995, he left the army and began a degree in social work, specialising in criminology, psychology, and substance misuse, before joining the Cumbria Probation Service in Whitehaven as a probation officer. After 16 years of service, with the rank of assistant chief executive, he accepted redundancy, and became a full-time author.

New members always welcome

01566 783529

email: neil@neiledgson.com



Tavistock Memory Cafe provides locally based support and information to those living with dementia, their family, carers and friends. Memory Cafe runs two bookable meetings on the 2nd & 4th Saturday of each month.

AM session 11.00-12.30

PM session 14.00-15.30

Trained volunteers greet members old & new, after an initial chance to chat over tea & biscuits/cake, carers can join a peer support group in a separate room, to share experiences, exchange information or hear from a guest professional, always in strict confidence. Meanwhile those living with dementia get involved in a variety of stimulating activities supported by our volunteers, quizzes, art & craft, live music, singing & celebratory events are often in the programme.

Care & Share sessions are on the 3rd Thursday of each month providing carers & family a spell of time for themselves for 1-4 hours from 10.30-14.30. Those living with dementia & attending will be involved in a variety of stimulating activities.

Cognitive Stimulation Therapy (CST) is a course of structured therapeutic sessions that are based around a topic with talking, music & pictures, all leading to a stimulating, fun & beneficial experience. Run by trained facilitators. The sessions are for an hour, once a week over 12 weeks.

For more information visit our website:-
tavistockmemorycafe.co.uk

or our Facebook page
or contact Heather on

07436 008 281 or email

info@tavistockmemorycafe.co.uk.



Do you enjoy Alpine Skiing and prefer a small social group of 8-10? Then the Random Schusser wants you! For 2 or 3 fully organised all inclusive packages using mainstream providers, so

ABTA/ATOL protected.

Group bookings share discounts, why pay full price?

2025 Season- January is probably the La Rosiere & Thuille area, February the Silvretta Montafon area, March definitely the Sella Ronda, if not before!

Information: Gerald@jacksmeadow.co.uk

Lunar cycle for January

New moon	29th
First quarter	6th
Full moon	13th
Last quarter	21st



On January 16 Mars will be at its brightest and most visible of the entire year, making this the best time to try to see the red planet.

The Quadrantid meteor shower 2025

The best time to watch is the hours before dawn on January 3. Looking in any direction will do, but meteor wisdom suggests looking at an altitude two-thirds up the sky where the atmosphere is sufficiently thin to not block too much light from meteor trails, but thick enough to provide enough atmosphere for meteors to appear within.

Okehampton Recycling Centre

0345 155 1010

Winter opening times

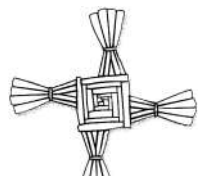
October to March

Monday - Friday 9am - 4.30pm

Saturday & Sunday 10am - 4.30pm



Bridestowe Churches Partnership



Sunday Worship for January 2025

Sunday 5th

9.30am See Sourton BaSE entry for details
10.30am to 12.30pm Cafe Church in The Ark
(Worship, Coffee, Tea, Chat, Children's activities)

Sunday 12th

9.30am Morning Prayer at St Bridget's.
11.00am Morning service at the Methodist Church led by Gary Yates.

Sunday 19th

9.30 am Joint service at the St Bridget's for Methodist's Covenant Service with Rev Chris Jackson and Rev Adrian Brook.

Sunday 26th

9.30am Family Service at St Bridget's
11.00am Morning service at the Methodist Church led by V Phillips.

There is much 'noise' at Christmas. You cannot buy anything in many shops without a background of Christmas music. There are lots of things to do, events that demand much of us: gift-giving, food shopping, family gatherings, perhaps work Christmas parties.

We are expected to do all this with a smile on our face, though this may not always be how we feel inside. As we go into the new year can we try to take a moment to pause, tune out the noise, and listen for the message of Christmas that declares the unconditional love of God for all of us, no strings attached.

A message of hope that declares, God is with us, in whatever the new year brings!



The Ark

The Coffee Morning in December was for The Salvation Army Christmas Appeal. We were able to send £200. Many thanks to all who supported us.

In January the Coffee Morning will be held on Saturday 11th and will be in aid of Action for Children. Coffee/ tea/ biscuits and a cake stall.

Do come and join us.

We hope to have the ARK open on Thursday 2nd January. Time for you all to come in for a coffee and a chat, 10 - 12.

Do remember that the Ark is a warm space to meet friends.

Opening times

Tuesdays 10 - 12 with coffee, cake and a friendly chat, and 2 - 4, when you can play whist. Thursday 10 - 12. Laugh and Craft or just pop in for a chat.

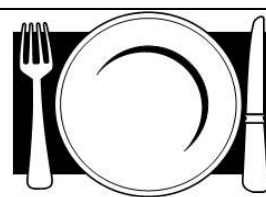
Remember that booking the ARK has changed. Jennifer Thorne is handling bookings.

Phone **01837 861592**

The Over 60's Lunch Club

will meet on Tuesday 14th January.
Meet at 12.15 for Lunch at 12.30pm.

Ring Jennifer 861592 if you cannot attend. Looking forward to seeing you all again.



Okehampton

Library offers so much more than books. It's a

warm, welcoming space with free WiFi and computer access, people to chat to, groups and activities. Enjoy a natter with other customers or have a go at our community puzzle.

Free hot drinks available.

Our Reading Well titles are a range of books covering physical and mental health, and include titles aimed at children and teens. And don't forget if you're housebound or struggling to get to the library, our Home Library Service can deliver not just books but a friendly chat too!

Keep an eye out for more events and activities at Okehampton Library.

Visit our website:

discover.librariesunlimited.org.uk

Follow us on Facebook (Okehampton Library) and Instagram (@okehampton.library).

EVENTS

January

Okehampton Library Book Bingo Launch From January 2025

Join our year-round reading challenge for adults! Read 12 library books across the year, each square has a different prompt on your bingo card. Once you have completed a square, come in to have your bingo card stamped and move on to another square. They can be completed in any order; when all 12 have been stamped, bring your card into the library to be entered into a prize draw to win a book bundle and mug – funded by The Friends of Okehampton Library. Completed bingo cards must be handed in to the library by 10am Saturday 20th December 2025. Collect your bingo card from Okehampton Library at any point in the year.



Police Community drop in Date to be confirmed

Police Community Support Officer, Sean Jones will be here if you would like to come in and chat. He said: "It will be a good chance for us to engage with the community and answer any questions or concerns people have, as well as passing on advice if they would like it. I will also bring along some finger printing kits for any children to take part in."

Citizens Advice Bureau & Healthwatch Information Stand

Tuesday 14 January 14:00-16:00

Healthwatch is a specialist service, run by specially trained volunteers and advisers in collaboration with Citizen's Advice Torridge, North, Mid and West Devon and their core services. A Healthwatch Champion will be available at the library together with a Citizens Advice Assessor. They would be delighted to meet anyone who is interested in their work, be it core or specialist. In particular, they are happy to discuss Healthwatch and the volunteering opportunities that are available.

Stay & Play with 'Tiny Travels Cultural Drop-in'

Monday 20 January 10:00-11:00

Come along to Stay & Play and experience a cultural diversity pop-up play group session with Tiny Travels.

Tiny Travels Cultural Education provides children in Devon with the opportunity to learn about different cultures in a fun, accessible, educational way with the mission to help promote understanding, reduce stereotypes and combat racism in the British countryside.

Explore global crafts, instruments, storytelling, diversity games, dolls, sights, smells & sounds from around the world!

Free drop in event for children under 5 and their carers.

Opening Hours

Monday 09:00-17:00

Tuesday 09:00-18:00

Wednesday 09:00-13:00

Thursday 09:00-17:00

Friday 09:00-18:00

Saturday 09:00-13:00

News from Lydford Gorge
National Trust
Rose Cooke, Visitor Experience
Officer



Happy new year from the whole team at Lydford Gorge. We hope you get a chance to take a wander to the bird hide or waterfall soon, perhaps on a crisp frosty morning or after heavy rain to enjoy the best of wintertime in the gorge.

The storms in December were pretty severe, and the rangers have been busy clearing fallen trees in addition to their other winter work. The invasive species work is progressing well, and I think you'll really notice the difference if you come for a walk around the Devil's Cauldron trail when we reopen in March. With the help of the specialist rope access team they have been clearing the laurel and rhododendron and treating any stumps that are too big to pull out. In the new year the team will be working around the waterfall trails to continue this project. We'll let you know online if we have to shut fully, but otherwise we'll put up signs on site.

I have another Devonian word for you, perfect for this time of year. As we go through the cold dark evenings of January, you might like to cosy up next to a blazing fire, shortened to a *'blizzey'* in Devonian. So, if you are lucky enough to do this you can say *'us've got a bootivul blizzey yer tonight.'* I post a Devonian word, or phrase, of the day about every three weeks on the National Trust Dartmoor social media channels if you'd like to hear more. I think it's lovely to keep the old words and expressions, many of which I have grown up hearing, alive and share them with new and old audiences.

Please continue to keep dogs on a short lead and out of the river to help protect the gorge and keep everyone safe. Also, the usual caution that during periods of high wind and rainfall trees may drop branches or fall over making it hazardous to walk in the gorge. We may have to shut sections of path for safety and maintenance work so please check the website for updates and follow directions on site. nationaltrust.org.uk/lydford-gorge

Opening Times until Friday 28 February 2025

The walks to Whitelady Waterfall and the bird hide are open during daylight hours.

All other facilities, including the toilets, are closed.

We plan to reopen from Saturday 1 March 2025.

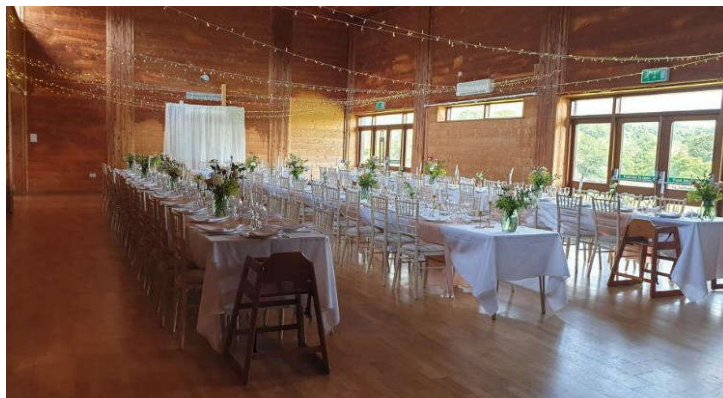
The rest of the gorge trails are closed over winter for safety and essential maintenance work. This can include tree work, path work and rock face inspections, so please do not pass any locked gates.

Email: lydfordgorge@nationaltrust.org.uk Tel: 01822 820320

Facebook: LydfordGorge Instagram: [lydford.gorge.nt](https://www.instagram.com/lydford.gorge.nt)

Registered Charity Number 205846

Bridestowe Village Hall
Pool Hill, Bridestowe, EX20 4EW



The hall is a fantastic facility, that can be used for a wide range of events, from small meetings to large scale wedding receptions and parties. The venue is divided into a number of units, including meeting rooms, kitchen and a large hall which can be hired out separately. Also the venue can be hired in its entirety. The hire charges are reviewed annually and there is a special discount scheme for local residents (within a 4 mile radius of Bridestowe).

Visit the website

www.bridestowe.org.uk/village-hall to see prices and view the calendar for availability

Please contact the Bookings Clerk for more information

Esther Winter Mob: 07946 992200

Rook (*Corvus frugilegus*)

A raucous relative of the crow. After a day foraging in the fields, rooks head to the trees en masse; a noisy congregation settling down for a good night's sleep among the branches.



What do rooks look like?

Rooks have all-black plumage, but an iridescent sheen is notable when seen up close. They are slightly smaller than crows, with a typical wingspan of 90cm. The species' key identifying feature is the grey-white skin at the base of its long, pointed beak. This distinguishes it from the similar-looking carrion crow, which has an all-black beak. You may be familiar with this well-known rhyme:

For those of us who really know, a single rook's a certain crow.

But rows of crows, despite their looks, are rooks.

What do rooks eat?

Worms, beetles and other invertebrates are the rook's main food, which it catches by probing the ground with its large beak. It will

also feed on grain, fruit, acorns and occasionally carrion and birds' eggs.

How do rooks breed?

Rooks are communal breeders, nesting in colonies known as rookeries. Nests are built high in the trees and made of twigs and branches. These are broken off trees or stolen from a nearby nest. Some rookeries can contain thousands of birds, with their noisy calls making them easy to discover. Typically, three to four eggs will be laid in spring, hatching after around two weeks. Chicks will stay in the nest for just over a month before fledging.

Rooks normally build their nests in February or March, but may start as early as January. We're interested in learning whether climate change is affecting when rooks start nest building. Why not record your sightings of rooks gathering nesting materials to help us find out? www.woodlandtrust.org

Collective nouns for rooks include *congregation, building, parliament, clamour and storytelling*. The large oak tree in the Tesco car park at Launceston has several nests and rooks are congregating there. Similarly at the entrance to Trescote Way. I find this very cheering. It's as if the birds are keen to get started. Roll on Spring.

Boasley Chapel's Happenings

JANUARY 2025

Sunday 5th January

11am service with Kathryn Timms

Sunday 5th January

Afternoon Tea 2.30 - 4.30pm

Everyone welcome

Thursday 16th January

12 - 2pm SOUP and SWEET

Good choice of homemade soups and puddings with tea and coffee - no charge but donations welcome. Bring friends. Make new ones. Everyone very welcome.





Local, home-grown, grass-fed lamb and pork available to order now.

Whole and half lamb boxes and half pig boxes available, as well as individual joints and sausages.

For prices and more information, contact Alyse 07514 943 239 or Isaac 07908 430 236

Wendy's Sewing Box

I offer the following services but am not limited to:

Clothing repairs and alterations • Curtain making and alterations • Soft furnishings, cushions, throws, etc • Pet beds • Upholstery and furniture recovering. I am also happy to discuss bespoke requests. If you have any projects or requirements you need looked at, please feel free to contact me. **Wendy Hannaford** on **07960 026385** or via email **wendyhannaford@yahoo.co.uk**



Supporting individuals with all their concerns, historic and current.

West Devon Therapies offers Counselling, Hypnotherapy & EFT (Emotional Freedom Technique) face to face and online in the Okehampton and Tavistock area.

For more information or to book a FREE 20 minute consultation please call Melika on 07824882224 or visit westdevontherapies.co.uk

Explorative and Wellbeing workshops starting soon, please see website for further details.

"Therapy should never add to the distress that someone has experienced, I try and make every session as positive and uplifting as I can."



kate cornfield SPORTS MASSAGE

Weekday appointments £40/hr

email: kate@katecornfield.com

mob: 07913 855 231

Based in Meldon, Nr Okehampton



Morris Bros(Tavistock) Ltd

Your Local Independent Funeral Director

Services start at £1500 for a direct cremation,
£2995 for a simple cremation, to a full tailor made funeral service with "The Morris Way"

01822 612023 (24 hrs)

The Old Bedford Foundry, Lakeside Tavistock, PL19 0AZ

www.morrisbros.co.uk



SAM ALLUM Boiler Maintenance

FOR SERVICING AND BREAKDOWN OF OIL BOILER

Call: **01822 610 668** Mobile: **07832 024 948** Email: samallum@gmail.com

• Competitive rate • Friendly, tidy and efficient • Call now for a quote



The Grooming Sanctuary

Professional Dog Groomer

Susannah - Sourton

07930 303760

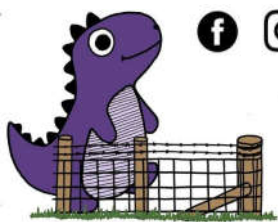
Services

Grooming:- Bath and brush - Pet Groom - Breed Standard groom - Puppy intro - Hand Stripping - De-shedding - Ear Cleaning - Nail Clipping

Other Services

- Ultrasonic Teeth Cleaning - Noise-free Motion-free - Stress-free
- Emmett Technique Therapy for Dogs - Light touch muscle release - Soft tissue relaxation - Relieve discomfort, improve movement, flexibility and overall well-being

For further details, please visit my website: **www.thegroomingsanctuary.co.uk**



Dino Fencing

Specialising in all aspects of agricultural, equestrian and garden fencing. Please ring for free quotes

Mobile 07730436329

Home 01837861223

Email: dinohorn1@gmail.com

Based in Bridestowe

ANIMAL MICROCHIPPING

Home visits by arrangement also.

Call or text Jane **07809 747 379**

£16.80p inc. VAT per animal

SBG Plumbing & Heating Services

Renewables - Air source, Ground Source

Natural Gas, LPG and Oil Central Heating

Boiler Installation & Upgrades

Gas Boiler Servicing Gas Safety Checks

Bathroom Installations

All aspects of general plumbing **07811 490 356**



sigilbert@btinternet.com

Moorcare Gardening & Home Maintenance Services

Grass cutting & lawncare • Hedge trimming & pruning

Weed control & maintenance • Planting beds & pots

Garden clearance • General tidying

DIY jobs and home maintenance

Call **07530 365125**

Martin

Sourton - Okehampton



L Knight Event Catering

Weddings - Parties - Wakes - Holiday Cottage Catering - Corporate Events and Meetings.

Large and Small events catered for with bespoke menus to suite every catering need.

Full staffed service or Delivery only also available

Please call Leanne on **07706 767 831**

HYDROTHERAPY AND PHYSIOTHERAPY FOR YOUR DOG

An experienced and passionate team committed to improving your dog's quality of life. We treat a variety of conditions and injuries, including:

- Hip and Elbow Dysplasia
- Patella Luxation
- Spinal disease or Injury
- Cruciate Ligament Injuries
- Lameness
- Obesity
- Pre and Post Op Rehab
- Osteoarthritis
- Neurological disorders

9 X 4 METRE POOL UNDERWATER TREADMILL PHYSIOTHERAPY MASSAGE

The Retreat, Canine Rehabilitation Centre, Tavistock Road, Okehampton, EX20 4LR

Tel: **07711 492689**

W: theretreatrehab.co.uk



For all things Usborne

For more information on Usborne books, please contact: **Jackie Butler**, Independent Usborne Organiser

07828323473 elsiesbookcorner@gmail.com Find me on Facebook
- Elsie's Book Corner

Recycling old duvets..

If you have any unwanted clean, non feather duvets that you would like me to transform into pet beds..... could you kindly contact me on **07855-830668**, I can then make arrangements for their collection.



CHIROPODIST AND PODIATRIST

Whiteley Podiatry Bsc (Hons) Pod. MCPod

Clinic in St James Street, **Okehampton** EX20 1DJ **01837 338672**

Also at :

Abbey Mead Natural Health Centre, **Tavistock** PL19 8AU **01822 854758**



THE WHITE HART INN, BRIDESTOWE

Nr Okehampton, Devon Tel: 01837 861318

Quiz on
Wednesday 8th
January in aid of
Bridfest 2025



Every Wednesday
12-2pm, OAPs Fish &
chips with peas and
bread and butter
£7.95

Opening hours:

Open daily

12 - 3pm 5pm - close

Open all day Saturday and Sundays and Bank holidays
from 12 midday. Home-cooked food available

Sunday food

Roast dinners served 12 - 2pm and 6pm - 7.30pm

Our Sunday roasts
are as popular as ever.
Booking is advisable to
avoid disappointment.
Mike, Sarah and the
team

Itechmonster LTD

IT Support
Domains

Website Design

Custom Software/Programming

Business E-mail

Web Hosting

0330 043 0735

Sales@itechmonster.com helpdesk@itechmonster.com

MUTTLEY MANOR DOGGY DAY CARE BOASLEY CROSS

We offer an animal friendly doggy day care service on the edge of Dartmoor some 10 minutes from Okehampton, 5 minutes from the A30, on an 8 acre smallholding with plenty of open space for regular walks normally every 3- 4 hours. We are a small licensed kennel with West Devon Borough Council, and able to offer a personal service to care for your treasured pet whilst in our care.

We are open 7am to 7pm. Rates are £15 per day for day care (between 7am - 7pm) and £20 per 24 hours or part thereof to include overnight boarding, effective from 1st January 2024

Please call **07787 687 309** for more details and availability,
or email **peterdeacon@btconnect.com**

LOCAL PLUMBER

Est. 30 Years

Bridestowe & district

Call Mick on: **01566 783562**

07984 812807

TORS TRAVEL

An independent travel agent for all your travel needs

Hotels, flights, self catering, package holidays, activities, car hire, airport parking, hotel and airport transfers and travel insurance.

Contact Louise **07968 019 409**

Louise_lavis@hotmail.com

Facebook- tors travel

Gilbert Stephens LLP Solicitors

Agricultural Law

- Farm and land sales
- Partnership matters
- Tenancy issues
- Environmental issues
- Wills and estates
- Health and safety
- IHT and APR advice
- Sporting rights

Call our Okehampton office **01837 51 21 00**

9 Red Lion Yard, Okehampton EX20 1AW

Visit gilbertstephens.co.uk for more information

R&B REMOVALS

friendly & efficient service 24/7

- regular trips to London
- local/long distance
- secure storage

CALL ROB ON

01837 880336 or 07583 220243

Magna Maintenance Emergency Repairs

Complete Property Service

07540956379

Commercial and Domestic
Work Undertaken

www.magnamaintenance.com
info@magnamaintenance.com



MAGNA CARPENTRY

Malcolm Head

www.magnacarpentry.com

Tel: 07540 956379



B&B Studio Barn Conversion Accommodation



**Studio Barn Conversion B&B close to the main A30 with
stunning views over Dartmoor**

**Large living/dining area, modern bathroom, double bedroom
with king size 4 poster bed.**

**Dog friendly. Private fenced garden. Ample parking. Fast WiFi
Comprehensive breakfast menu. Tea/coffee provided. Cooking
facilities, Fridge and microwave.**

Self catering cottages with hot tubs also available.



Luddon Farm, Boasley Cross, Okehampton. EX20 4NQ

Tel: 07787687309

Email: peterdeacon@btconnect.com

Raw Meat Animal Feed for Dogs & Cats

Convenient 400g blocks Frozen to preserve No preservatives
and no artificial colourings - both can be harmful to your animal

Raw Rations Plus

For information or to order:

website: www.rawrationsplus.co.uk

Phone: *07831 309 666 or 01566 783079 (*Mobile number now
corrected)

Email: sales@rawrationsplus.co.uk

Post: Fairview Bungalow, Lewdown, Okehampton EX20 4DL



Mike Bailey Odd Job Man

Oke Odd Job Man & Van

Any jobs considered, big or small

18 Hare Tor Close, Okehampton EX20 1TS

07855 402143 or 01837 338029

MOOR

INDEPENDENT FINANCIAL ADVISERS

6, East Street, Okehampton EX20 1AS 01837 748218 www.moorifa.co.uk

NO UPFRONT FEES **NO OBLIGATION** **HIGHLY COMPETITIVE**
PENSIONS | INVESTMENTS | PROTECTION | ESTATE PLANNING & INHERITANCE

TAX | TRUSTS | BESPOKE INVESTMENT PORTFOLIO MANAGEMENT

Moor Independent Financial advisers Limited is an Appointed Representative of ValidPath Ltd which is authorised and regulated by the Financial Conduct Authority (FCA).

ValidPath Ltd is registered on the FCA register under Reference Number 197107

THE TOY SHOP

Your local, independent
toy supplier

We look forward to seeing you again soon!

A small independent toy shop, stocking all the popular brands such as Lego, Orchard Toys, Green Toys, Lottie, Schleich, Smart Games, Djeco & Nerf. If you're looking for something a little bit different, then come and see our range of toys that you won't see anywhere else in town!

Receive a warm welcome and helpful advice.



www.thetoyshopoke.co.uk

18 Red Lion Yard, Okehampton EX20 1AW | 01837 52368 | [the toy shop okey](https://www.facebook.com/thetoyshopoke)



THE GIFT SHACK



Gifts & Lovely Things | Personalised Gifts | Jewellery | Dog Gifts & Stationery

Order online & pick up locally from Treetops using coupon
ttopsfreepost at checkout.

Greeting Cards | Wrapping Service | Local Products | Gifts for Children

Gift Wrapping Service Available. Hand illustrated paper, 100% eco. Made in GB



@thegiftshackuk



TheGiftShackuk



thegiftshack.uk



hello@thegiftshack.uk

Ian Cann

Professionally installed....kitchens.....bedrooms..... bathrooms

- Full supply and fit service
- Replacement doors and worktops
- Bespoke painted kitchens
- Made to measure bedrooms
- Wall and floor tiling
- Free quotes and advice

Tel: **01837 861480** Mobile: **07841043718** Email: **iancann007@yahoo.com**

Tony Day - Plumbing and Gas services

Main and LPG gas appliances serviced and repaired

Phone **01837 83702** Mobile **07773 966 201**

The Moor Hair Co at 3 St James Street, Okehampton

In the heart of the town, our experienced team of stylists is always pleased to see you. We pride ourselves on offering a high standard of hairdressing in a friendly, relaxed atmosphere, so come in and talk through your hair needs.

To make an appointment, call 01837 658696



A traditional approach to window cleaning.

Please call John Butler on

07426 134 957

for a **FREE**, no obligation quote.

Taking on new customers in the local area.



Traceable • Authenticated • Nutritious • 100% grass-fed • Sustainable

Grass - fed Beef Boxes available

01822 820699 moo@warsonbeef

Warson Barton, Coryton, Nr Lydford, Okehampton EX20 4PQ
com www.warsonbeef.com/beef-boxes



Fiona Stacey Tel: 07870 632395 / 01566 783418

Stewardship applications

Water regulations

Farm Assurance

Payroll

Waste Exemptions

Book keeping & VAT Returns

Basic Payment Scheme

Grazing Licences

Farm Record Keeping

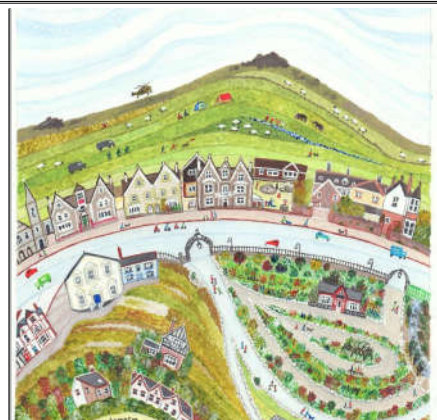
Email: fiona@staceyruralbusinessadmin.co.uk

Unusual 'Thumbprint Art' by Penny McInnes

Greetings cards Available from Riverside Stores.

Commissions accepted

Do you have an interesting home/garden/business premises which would look good as a 'thumbprint', with personal features and quirkiness? For a chat about a possible commission, or details of the full range and prices of products, ring me, Penny McInnes, on **01837 748305** or email pennymcinnnes@aol.com



Broadwood Boiler Services

Quality oil fired appliance maintenance at competitive prices

Call Mark: **0781 4976 076** or **01566 784298**



**Bathroom - Kitchen - Floors & Walls
Interior & Exterior Tiling**

a professional finish is guaranteed fitting ceramic, porcelain and natural stone tiles to your property

7 Day Turnaround Quote Guarantee - City & Guilds qualified - Fully insured - All Work Guaranteed

THE VILLAGE VALET - Car valeting by M. Amhof

0792 607 5341

Covering a wide range of vehicles • Competitive rates offering a range of services

• No job too big or small

Email: Thevillagevalet@yahoo.com

Bramhill

Bramhill Traditional Specialist Builders

Cob, Lime and Stone Laying, Eco Buildings, Barn Conversions, Lime plastering, Tadelakt & Venetian, Extensions, Repair, Restore & Renovate Listed Buildings, Repointing, Construction Skills Certification Scheme reg. FMB and TrustMark Approved.

Email: bramhillbuilders@gmail.com Alister Polhill: **07518 908876**



Friendly, family run company aiming to provide a range of high quality arboricultural services. Services include: Tree removals, tree pruning, reductions, thinning, shaping and dead wood removal, hedge trimming, stump grinding and

tree planting. Call now for advice and a free, no obligation quote.

Tel: **07398 26 8877**

Email: adamofedentrees@gmail.com

Stokes & Co Accountants

A One Stop Shop for all your bookkeeping & accountancy needs

• Sole Trader, Partnership & Limited Company Accounts • Project Management, Budgets and Analysis • VAT, Payroll and Month End Accounts

Free initial consultation - Please call to find out much we can save for you!

Tel: **01837 861176**

www.stokesaccountants.co.uk

Okehamptonplumber.co.uk

Gas boiler servicing from £50 (incl.LPG) Gas boiler replacement and repair Landlord certificates. Bathrooms and kitchens

Tel: **01837 658907** Mob: **07870 305 880**

Plumbing Heating Renewables



T.M. Maintenance & Construction. Affordable, friendly help

Tony Matthews, experienced in maintenance & construction

No job too big or too small. Great prices on slate and marble cut to any size and shape

Tel: **0797 226 3780** Email: tonymtthws8@gmail.com

DIY Supplies homehardware®

17 St. James Street, Okehampton • Tel 01837 52130 • WE DELIVER

- Cleaning
- Cookware
- Decorating Supplies
- Electrical
- Gardening
- Housewares

- Ironmongery
- Key Cutting
- Paints & Mixing
- Plumbing
- Sharpening Service
- Timber
- Tools

Quality Goods • Competitive Prices • Service Second To None

Champion Tree Services

All aspects of Tree Surgery and Garden maintenance undertaken :- Felling, Reductions, Hedge trimming, Strimming, Grass cutting, Ground maintenance, Also quality firewood supplied Fully insured
Thrushel View, Lewdown Tel: **07881 288093**

NAILZBYLOTTIE

Custom made press on nails

@Nailzbylottie +447743367874

Charleyjones199@gmail.com



Something to celebrate?

Want to tell someone how much you care?

"SAY IT WITH BOOKS!"

Locally based in Bridestowe, we offer an extensive and ever increasing range of handmade designs.....newborns, expressions of love, family, animals and many more. Contact us now for a copy of our current catalogue.

For orders and enquiries: Email: kristinaalbon@hotmail.com or call **07426 771301**

C. DA -VIEW

Window Cleaning Service in your area

Tel: **0777 333 0762** or **01837 659449** and ask for Paul



Alistair Kinsey Hearing & Mobility

Independent Hearing Aid Audiologist

Ear wax removal service

Tel: **01822 617883**

Email: info@hearingmobility.co.uk

www.hearingmobility.co.uk 1A

Pym Street, Tavistock, PL19 0AW

Steve Swift

CHIMNEY SWEEP

Tel: **01566 783435** Mob: **07890 467406**



Experienced carer

Has various days and hours available. Excellent references. To enquire, please contact Belinda **07534 711357**

R.H. GARDEN AND HANDYMAN SERVICES

Lawn mowing and strimming

Hedge trimming

Digging and planting Leaf

clearing Power washing

Gutters cleared

Car washing

Painting and decorating

Over 20 years experience

Call Richard on **01837 861220**

or mobile 07939574767

Email: kellyhaggar@hotmail.co.uk



Are you tired, overworked, overstretched and under pressure? Is your business out of control and you're missing deadlines? Have you fallen into the entrepreneur's trap? I create space and time for you to focus on the priorities of your business allowing it to grow and function more efficiently. My name is Chris Heron. and I offer Virtual PA and Business Administration Support. I'm passionate about supporting small businesses and in particular. women in business, to reach their full potential. So, if you want to get organised and get stuff done, let's have a chat

Tel: **01837 214667** Email: chris@time-well-spent.co.uk www.time-well-spent.co.uk

Richard's Time Machine

Mobile Disco :- Wedding and Family Party Specialist, Personal, Memorable - and Fun!!

www.richardstimemachine.co.uk **01837 811172**

SGC ELECTRICAL

Sam Coward

Electrician

Bridestowe

sgcoward@yahoo.com

07914 750 728

Okehampton



www.TomFosterArchitecture.co.uk

Specialist in new, old and historic buildings for work or home.

Expert in Eco-Building, 'Passive House', DNPA, Planning Permission, Building Regs, build-contract admin, or just some can-do advice.

Ring **01647 24436** to bring your vision closer.



BAKER'S BUILDING

Telephone: **01837 861 509**

07789354435 / 07748344978

Woodhead, Bridestowe,
Okehampton

Golden Leaf Landscapes

Garden Construction, Design and Maintenance

Fully qualified with over 15 years experience

www.goldenleaflandscapes.co.uk

Louise and Robert Mogridge

01837 89285 07811781137

NORTHMOOR GARDEN MACHINERY

Sales, service, repairs & parts

Collection service

available

No VAT on labour charges Tel: **07591 655072**

Email: info.northmoor@gmail.com

River Walks

House/Pet Sitting

Over 16 years veterinary experience

Dogs, cats, small animals to small holdings and special needs pets cared for. Also dog walking and cleaning available

Please call Louise on

07968698641



DARREN PHARE, MOTOR ENGINEER, BRIDESTOWE GARAGE.

Cars, Light Goods and 4X4s – servicing, repairs, welding, MOT preparation and MOTs arranged.

Tel: **01837 861770** or Mobile: **07773 669097**

Caroline Harris, ALAB, Bookkeeping Services

- Bookkeeping • Accounts preparation • VAT • Secretarial services
- Many years office and business experience

Tel **01566 783 502** Mobile **07866 953708** Email:cmhbookkeeping@btinternet.com

The Old Chapel, Portgate Hill, Lewdown, EX204PX

P.S. Electrical

All electrical work undertaken

Office 01837 8811112 Mob: 07792 163156 Email: Okehampton.pselectricians.co.uk66

Spears Fishleigh, Sanctuary Lane, Hatherleigh, EX20 3LH

Chimney Sweep A J Musgrove

Clean, professional service, maintenance and repairs

Certified and insured **07449 111 940**

Les Sort it & POW

Garden Maintenance • Grass cutting • Flower bed keeping • Pruning • Digging •
Composting • Planting and other jobs considered

Also patio laying and restoring

Please call Les **07591 761 096**

Dog walking and pet sitting

Qualified dog behaviourist. BSc Hons degree.

Training, or walk and train. All sizes and types. Reactive dogs a speciality.

Individual or small groups of dogs, (no more than 4 compatible dogs walked together).

Ring me on **07568 537 532** for a chat.

Heaecology

Ecological Consultancy and Management - Specialists in Protected Species and Mitigation

Thrushel View, Lewdown, Okehampton EX20 4QP

Tel: 01566 783183 Mobile :07866 467 892 Email : office@heaecology.co.uk

Website: www.heaecology.co.uk

Scrap cars collected

Reliable service guaranteed

Top prices paid

Secondhand tyres for sale.

Call Michael on 07831698676

**Michael Lashbrook Any job undertaken!**

Garden Services - Treework - Hedge cutting

Tel: 0751 397 5711

Email: mlashbrookgardening@gmail.com

MAN & VAN

Call Handy Van

**01837
811172**



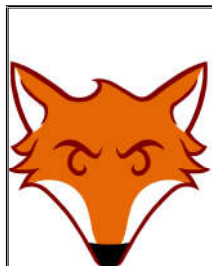
Windows, doors, conservatories and joinery,UPVC, timber &
aluminum supplied and fitted,Fascias, glazing & trade counter

Tel: **01837 54019**

www.okehamptonglass.com

Forthcoming Events in January 2025

Thursday 2nd	7.30pm, 1 Glebe Park, Reading Group
Sunday 5th	2.30pm - 4.30pm, Boasley Chapel, Afternoon Tea
Wednesday 8th	7.30pm, Methodist Chapel(The Ark), Bridestowe PC meeting 8pm, The White Hart, Quiz in aid of Bridfest
Saturday 11th	10 - 12noon, The Ark, Coffee Morning in aid of Action for Children
Sunday 12th	121 - 2pm, Sourton Village Hall, Soup lunches
Tuesday 14th	12.15 for 12.30pm, Over 60's lunch
Thursday 16th	10.30am, The Ark, Thursday Morning Group 12pm - 2pm, Boasley Chapel, Soup and Sweet
Saturday 18th	7pm-1pm, Charter Hall, Okehampton, Live music
Tuesday 21st	7.30pm, Stowford Parish Hall, Lewdown Past
Friday 24th - 26th	Big Garden Birdwatch
Saturday 25th	9.30am, Cemetery gates, Bridestowe Volunteer Group 10am - 12pm, Bridestowe Village Hall, Bacon Baps 11am - 3pm, RHS Rosemoor Living Sculpture Weekend



LYDFORD FOXES F.C.



LYDFORD FOXES AFC

Sessions for children in Years 2, 3 and 4.

Our fun and exciting session for our popular "Fox Cubs" is back on Saturday mornings from 09.00 – 10.00 at Lydford Sports Field

Established in 2016 this small, friendly local youth football club with a strong family feel, offers fun training sessions to focus on the development of skills for the game of football.

Sessions run at Lydford Sports Field, EX20 4BE every Saturday and on Tuesday evenings at Ashbury all-weather pitch. To register your interest, please contact us: play@lydfordfoxes.com or www.lydfordfoxes.com or call 07792 906 608
Lydford Foxes also currently have an U12s team playing in the Adrenalin Devon Junior & Minor League and the U18s that are focusing on a pathway to lead into training and playing with nearby local adult team, FC Tavyside.

Contact details for BaSE:- Alison Young, Glebe Park, Pig's Leg Lane, Bridestowe, Okehampton, Devon EX20 4ER Tel: (01837)861157 or ali.young53@btinternet.com (please put BaSE in the subjectline)

Deadline around 25th of the month but can be flexible. It's always worth getting in contact after the date. The newsletter can be read online via the Bridestowe website, just follow the link for BaSE.