

# Bridestowe & Sourton Extra



Community News and Events January 2026 Edition 284

*Stretch gently and breathe deeply with*

## **Slow Flow Hatha Yoga & Relaxation**

**Rolling 5-week courses on Thursdays, 6.00 - 7.30**  
at **Sourton Parish Hall** with Paul Beard, *est. 13 years*

***Beginners  
welcome***

***£39 for 5, or  
£9 drop-in***

**Next course: 8<sup>th</sup> Jan ~ 5th Feb**

**To book, contact Paul on 07587 226122**

**Email: paul@paulbeard-smw.co.uk, or fb**

**Web: paulbeard-smw.co.uk soulwarriors.net**

***Paul Beard introduces his new course on page 7***

### **Can you help keep youth cricket at Bridestowe?**



Bridestowe and Belstone Cricket Club are looking for some willing volunteers to help with the softball kids cricket sessions at Millaton (Bridestowe) Cricket Ground this summer. Full training and support will be given but we can't run the weekly sessions without a qualified 'activator' and willing helpers with a DBS and lots of enthusiasm – no cricket experience required! We aim to run 6 – 8, 1 hour sessions between May and July, weather allowing, for children aged 5+.

These are fun, active sessions that introduce children to cricket and help them build on core skills including, catching, batting, bowling and playing together as a team.

If you are keen to join the team or are interested to know more please do get in touch, and please share this with anyone else who may be keen to support the 2026 season.

**Jo Pritchard – 07825 512154 /**

**jcw\_101@hotmail.com**

**Thank you**

During January, should either of Bridestowe's two defibrillators be used, could someone please contact Alison Young so that the device can be checked. 01837 861157 Thank you

## The Vicar writes

Animals feature a lot in the Nativity story whether in pictures, songs or later traditions. I used to love the story of the farm animals kneeling at midnight on Christmas Eve. Although I never believed it I do think animals have a sense of the sacred somehow. Animals singing about the gifts they gave to the Great Gift Giver Himself who is born among His creation may seem like a cute and adorable way to bring children into carolling. This carol has origins that go back to 12th century France and is sometimes called the Burgundian Carol. Maybe because of its "cuteness" many artists have recorded the song including Peter, Paul & Mary, Burl Ives, Harry Belafonte, Johnny Cash and Garth Brooks. The final stanza summarizes that "all the beasts, by some good spell," are pleased to offer a gift to Emmanuel. The "good spell" has a sense of a magical event which even the animals comprehended and were engaged in the mystery of Creator coming among His creation.

Whatever you think about its cuteness or its history, this carol calls us to humility, and to the meekness of a stable full of animals surrounding the most unpretentious of all, the Lord Himself, who completely and entirely emptied Himself to come to us. Our gratitude is shown in our generosity with our gifts to Him.

Jesus, our brother, kind and good,  
Was humbly born in a stable rude;  
And the friendly beasts around Him stood.  
Jesus, our brother, kind and good.

*O the beasts in the stable bare  
Gave to the child what they could spare.*

"I," said the Donkey, shaggy and brown,  
"I carried His mother up hill and down;  
I carried His mother to Bethlehem town."  
"I," said the Donkey, shaggy and brown.

*O the beasts in the stable bare  
Gave to the child what they could spare*

"I," said the Cow, all white and red,  
"I gave Him my manger for His bed;  
I gave Him my hay to pillow His head."  
"I," said the Cow, all white and red.

*O the beasts in the stable bare  
Gave to the child what they could spare*

"I," said the Sheep, with the curly horn,  
"I gave Him my wool for His blanket warm;  
He wore my coat on Christmas morn."  
"I," said the Sheep, with the curly horn.

*O the beasts in the stable bare  
Gave to the child what they could spare*

"I," said the Dove, from the rafters high,  
"I cooed Him to sleep that He should not cry;  
We cooed Him to sleep, my mate and I."  
"I," said the Dove, from the rafters high.

Thus every beast by some glad spell,  
In the stable dark was glad to tell  
Of the gift he gave Emmanuel,  
The gift he gave Emmanuel.

## Adrian Brook

### **CHRISTMAS SHOEBOX APPEAL (Help for the homeless in Devon)**

I'd also like to say a big thank you to Riverside Stores for again agreeing to help with being a drop-off point for the village. A lot of people have struggled to find our address so the village shop has helped massively. A very big thank you to each and every person who made up boxes, donated items to go into the boxes and everything in between - we are so grateful. Our drop off point managed to collect 46 boxes this year which is the most we've ever gotten. They have now all been gratefully received and are being distributed over the Christmas period to those in need. We're hoping that the Shoebox Appeal will be back again at the end of 2026.

**Charley Jones**

## Shortage of Helpers?!

### by Howard Barkell

At an interview I attended several years ago before questions had to be approved beforehand, I was asked if I had any problem with wearing a uniform. I was rather surprised as in those days several work groups besides the armed forces and police wore reasonably smart uniforms in the course of their employment. Then I remembered reading somewhere that a hundred years ago some parents refused to let their sons join the Scout movement because the uniform smacked of militarism.

While it was true that Robert Baden Powell was a career soldier before he formed the Boy Scouts in 1907, it was never his intention that the movement should be considered in that way. The Scout uniform was based on that used by the South African police, but that was for utility rather than appearance and much of the contents of the manual Scouting for Boys came from his experiences in Africa, but his hopes for the movement were based more on muscular Christianity than his military experience. He recommended physical and moral health, self-discipline, loyalty and good citizenship.

By the early nineteen twenties both Scouts and Guides were popular with young people, but finding suitable leaders was much harder. District meetings were held and the cause was taken up by what might be termed the minor gentry. Col. Molesworth who lived on Vale Down, Mrs. Radford from Ingo Brake and Mrs. Gallup from Langstone Manor were local leaders, the two ladies helped by their daughters.

A Scout troop was formed at Bridestowe in November 1924 when the leader was Lt. Col. Granville who lived at Trescote. Early the following year there were 17 recruits, by March 10 were invested by Col. Molesworth, the Assistant District Commissioner, after passing their Tenderfoot badge. By 1938 Jack Philpott had become Assistant Scoutmaster and the following year both Scouts and Guides took part in a concert to raise funds for the movement when over 30 youngsters took part. The following year the Scouts joined with those from Lifton and Kelly to camp at Heligan, then owned by Mr. & Mrs. Williamson formerly of

Lifton Park. The obligatory church parade took place at Mevagissey Church. When Jack left to join the R.A.F. scouting entered a fallow phase until 1945 when Lionel Lawrence was inducted as Vicar of Sourton. He formed a Troop which met weekly in the Church Room. When he left for a parish in Norfolk, Jack Philpott, back from serving as a navigator and by that time living at Furze Park, took up the reins again.

A Guide Company was formed in Bridestowe with the encouragement of Mrs. Gallup in 1922. I have a photo of the Company taken c. 1923 outside The Institute or Parish Hall when the Captain was Molly Drew and the Lieutenant Elsie Maddaford. My mother joined at about this time. She used to talk about camping at Wembury when Mrs. Gallup was in charge. She later qualified as a Brown Owl under Mrs. Gallup's training. By the early 1930's Margaret Gallup is listed as being Captain at Bridestowe. At the 1927 Armistice Day service the company almost seemed overstaffed when Mrs. Gallup as District Commissioner, both her daughters, Mrs. Barkell and Miss Squire all named as Lieutenants, were in attendance. At the Memorial Service for Lord Carrington in 1938 the Guides were represented by Lily Worden. By 1944 she was the Brown Owl when Gwyneth King was Captain and Joan Philpott, Jack's sister, was a pack leader. A year later Mrs. Gallup, as County Commissioner, enrolled 2 Guides and 7 Brownies. By 1950 Miss King had left the village and both Lily and Joan had married, Joan to a keen Scouter, Ken Teeling, when they moved to North Devon. I don't know about any Scouting in Lydford. There was a Cub pack formed around 1980 which lasted about twenty years until interest dwindled. The colours were then laid up in St. Petroc's church.

Similarly, there is little information about Guides and Brownies. Betty Radford was the Company Captain and her sister Mary was the Brown Owl. They seem to have been most active during the 1930's. Before the Nicholls Hall was opened they used the Chapel Schoolroom. Among more notable events, they attended a Guide Rally at Torquay where they were inspected by the Princess Royal. On another occasion they were part of the Guide Group in Bedford Square who assembled to greet the new king, Edward VIII,

on his visit to Tavistock. On Remembrance Sunday they led the village parade, complete with Colours, from the church to the War Memorial and were among those who laid a wreath.

Attitudes have changed over the years along with the modernisation of uniforms! I remember attending a service a few years ago for Lt. Nigel Hunter at Black Rock when the local Scout troop played a prominent part. It is good to know that the opportunity is still there for young people to join such useful organisations should they wish.



**The North Dartmoor Garden Club** is a friendly group of garden lovers – but not necessarily gardeners – that meets monthly on the fourth Thursday of each month, 7.30pm, in Belstone Village Hall. We have a wide range of speakers on a variety of topics.

The Club welcomes new members, guests and visitors to our meetings and at £15 for the year it is very good value or just £4 for an evening visit. Here are the titles of the next 5 talks

**January 22nd 'A Garden From a Field in Twenty Years' Andrew Green**

February 26th 'Growing Vegetables in Harmony with Nature', Martin & Sara

March 26th 'All About Hedgehogs', Stephen Powles

April 23rd 'Water, Water Everywhere', Bex Flintham.

For further details contact Robin Hill  
01837 840332  
edwinarobinhill@outlook.com

## Lunar cycle for January



New moon	18th
First quarter	26th
Full moon	3rd
Last quarter	10th

The January full Moon is often called the Wolf Moon from the howling of hungry wolves in the winter. This name is thought to have a Celtic and Old English origin, and that European settlers brought it to North America.

Other Celtic names include Stay Home Moon and Quiet Moon. Moon After Yule is an Anglo-Saxon version, referring to the pre-Christian Yule (or Juul) celebrations around the winter solstice. Native American names are Severe Moon and Centre Moon.

### **Okehampton Recycling Centre**

0345 155 1010



### Winter opening times

#### **October - March**

Monday - Friday 9am - 4.30pm

Saturday & Sunday 10am - 4.30pm



*"There, there, Dear. A poinsettia's for Christmas, not for life"*

## Bridestowe Parish Council

The next full meeting of the Parish Council will be held on **Wednesday 7th January** at 7.30pm in The Ark ( Methodist Church)

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](mailto:clerk@bridestowe.org.uk)



Okehampton u3a

Established in November 2001

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## ***Tavistock Parkinson's Support Group - open to surrounding areas***

If you have been diagnosed with or care for someone who has Parkinson's, please join us for support and information.

Four sessions are held a month, all in the mornings at the Anchorage Centre, 10.30 - 12noon.

1st Friday: Singing

2nd Thursday : Exercises

3rd Friday: Coffee morning

Last Tuesday: Support

Subjects covered by speakers range from information about Parkinson's to more social subjects.

On **Tuesday 27 January** Joanne Whitely will be giving a talk on 'Podiatry and Parkinson's' and on Tuesday 24th February Christopher Turner's talk will be about Grace Darling and the RNLI.

For further information please contact Pam **01822 614204** or call in at The Anchorage, Chapel Street, PL19 8AG for a leaflet



**Our January speaker is  
Chris Wiseman  
"RAF Exeter"  
A brief history 1940 - 1945**

**Tuesday 20 January**

**2.30pm at Fairplace Church**

Chris Wiseman, an aviation enthusiast and historian who has a lifelong interest in the history of Exeter airport will give an illustrated talk on RAF Exeter. His talk will cover the war years including the development of the airfield from a grass aerodrome to a Fighter Command Station for the RAF. Subjects such as the Battle of Britain, the Polish and Czechoslovak Squadrons, the Exeter Blitz and D-Day from Exeter 1944, will also be covered.

Admission - £1.00 to help towards the cost of the speaker, hiring the venue and refreshments.

For further information please contact Dee McVey 01837 658590



**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 and new, after an initial chance to chat over tea and 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 and craft, live music, singing and celebratory events are often in the programme.

**Care & Share sessions** are on the 3rd Thursday of each month providing carers and family a spell of time for themselves for 1-4 hours from 10.30-14.30. Those living with dementia and 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 and pictures, all leading to a stimulating, fun and 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](http://tavistockmemorycafe.co.uk)  
or our Facebook page or contact Heather on  
**07436 008 281** or email  
[info@tavistockmemorycafe.co.uk](mailto:info@tavistockmemorycafe.co.uk).

## **Talks at Tavistock Wharf**

### **PRESERVING PRECIOUS MEMORIES: *Recording the Life Stories of People living with Dementia.* By William Hay**

Monday 12th January at 2pm

**WILLIAM HAY:** Former probation officer, university lecturer and researcher in health and social care specialising in criminal justice. Has a PhD and been involved in two major research projects: a Home Office study into how order is maintained in maximum security prisons; and a study of the legal and social issues that emerge when separating parents are in dispute over arrangements for their children in terms of contact and residence following their separation.

**TALK:** Based upon a National Lottery funded two-year project undertaken by the LifeStories team based within Tavistock Area Support Service (TASS) in the Anchorage Centre.

The talk will cover various aspects of the project including the importance of recording the life stories of people with dementia both for themselves, their families and wider society, together with the ethical and practical aspects involved.

#### **Tickets**

Adult in Advance £6.00

FOTW Conc Single £5.00

## **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**

## Paul Beard Self Mastery & Wellbeing Teacher

It'll be 14 years in April that I've been teaching Slow Flow Hatha Yoga in west Devon and I've loved every minute. I'm passionate about making yoga easy, accessible and inclusive - you don't have to be flexible (at all) to begin, but flexibility, together with strength and ease in body and mind will come if you stick with it. Because my classes are easier and more gentle than a lot of yoga and pilates, the average age of my students is 50's - 60's. That said, it really is for people of any age (I loved the easy, gentle and relaxing approach back in my 20's).

My classes are unhurried and give people frequent moments of headspace just to be. What I've noticed over the years is that, besides the moving and stretching, what people get from the minimally guided relaxation at the beginning and the more fully guided relaxation at the end is meeting an ever greater/deeper need in these stressful times we live in. I specialise in enabling people to let go and relax deeply and frequently see a transformation in people from when they arrive to when they leave.

So, what else might you get from coming along? In a nutshell: reconnection with yourself - unifying essence, mind and body - through mindfulness of movement and breathing and syncing the two; this syncing creates deep harmony and quietly loosens up and strengthens the body. I warmly invite you to come and give yourself the time to learn/practice easy Hatha Yoga and the space to let go of tension, anxieties

and unease, reconnecting with ease, presence and balance through gentle stretching, easy breathwork and guided relaxation.

The weekly class at lovely Sourton Parish Hall is warm and friendly and you are most welcome to join. The poster on the front page of this edition of BaSE gives full details. Here's a recent testimonial from local resident and class regular Ali:

*"Paul is an outstanding yoga teacher whose classes have significantly enhanced my overall well-being. He creates a welcoming, non-judgemental space where you can simply do what's right for you. His gentle guidance, combined with mindfulness and breathing techniques makes the practice deeply relaxing and uplifting. I always leave his classes feeling relaxed and refreshed and highly recommend giving it a try"*

Ali Ewen

Paul Beard  
Self Mastery & Wellbeing Teacher  
Coaching | Presence, Meditation & Yoga  
Teaching | Natural Energy Therapy  
07587 226122 / 01409 231304  
paulbeard-smw.co.uk

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### BRIDESTOWE THURSDAY MORNING

**GROUP** will meet at The Ark on **Thursday, January 15th** at 10.30 for coffee and a raffle, with the prize kindly donated by Kris this month. Happy New Year to everyone. Ann Allan on 861551 will be Contact person; Ann Allan on 861551



**KP TREE SERVICES & FIREWOOD**  
**07783471922**

*New advertiser*

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**WOODLAND MANAGEMENT**  
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**KPTREESERVICES96@GMAIL.COM**

## BRIDESTOWE READING GROUP

Our next meeting will be on **Thursday 8th January**, a week later than usual as we didn't fancy meeting on New Year's Day. The venue is 1 Glebe Park, at 7.30pm. We will be discussing *Spectacles, A Memoir*, by Sue Perkins. If we have time we might comment on the books we received as a 'Secret Santa'.



### **About the book in the author's own words..**

'When I began writing this book, I went home to see if my mum had kept some of my stuff. What I found was that she hadn't kept some of it. She had kept all of it - every bus ticket, postcard, school report - from the moment I was born to the moment I finally had the confidence to turn round and say 'Why is our house full of this shit?'

Sadly, a recycling 'incident' destroyed the bulk of this archive. This has meant two things: firstly, Dear Reader, you will never get to see countless drawings of wizards, read a poem about corn on the cob, or marvel at the kilos of brown flowers I so lovingly pressed as a child. Secondly, it's left me with no choice but to actually write this thing myself.

This, my first ever book, will answer questions such as 'Is Mary Berry real?', 'Is it true you wear a surgical truss?' and 'Is a non-spherically symmetric gravitational pull from outside the observable universe responsible for some of the observed motion of large objects such as galactic clusters in the universe?'

Most of this book is true. I have, of course, amplified my more positive characteristics in an effort to make you like me. Thank you for reading '.

**About the author..** Sue Perkins is a broadcaster, comedian, actress, presenter and writer. She studied English at Cambridge, graduating in 1991. While at Cambridge, she was a member of Footlights (where she was president during the academic year 1990-91) along with Mel Giedroyc, her frequent on-screen presenting partner. Sue Perkins is now a television and radio presenter of shows from light entertainment to documentaries on art, to popular fiction and history. With a background in stand-up comedy, her multi-genre filming projects have taken her all over the world and across all walks of life and experience. She became a popular household name when co-presenting the first seven series of the hugely successful BBC programme *The Great British Bake Off*. Following her success in *Maestro*, a television programme where she was taught the art of conducting an orchestra with the BBC Concert Orchestra, Perkins went on to guest-conduct the London Lesbian/Gay Symphony Orchestra, the Dinnington Colliery Band and the Grimethorpe Colliery Band. Perkins again conducted the BBC Concert Orchestra at the first Comedy Prom at the Royal Albert Hall in 2011 and is now an associate conductor for the Orion Orchestra. She is also an actress and plays one of the lead roles in the Sky comedy series *Hitmen*.

Perkins's memoir, *Spectacles*, was published in 2015 and in 2018 she released an autobiographical travel book, *East of Croydon: Blunderings Through India and South East Asia*, which was shortlisted in the 'Autobiography of the Year' category at the 2018 National Book Awards.

[thebookerprizes.com/the-booker-library/judges/sue-perkins](http://thebookerprizes.com/the-booker-library/judges/sue-perkins).

New members are always welcome.

**01566 783529**

email: [neil@neiledgson.com](mailto:neil@neiledgson.com)

### **Caroline Mott, your West Devon Borough Councillor**

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

Tel: 01837 861212 Email: [cmott@westdevon.gov.uk](mailto:cmott@westdevon.gov.uk)



### **Terry Southcott, your other West Devon Borough Councillor**

Contact details: Tel:01566 783079

Email: [Clr.Terry.Southcott@westdevon.gov.uk](mailto:Clr.Terry.Southcott@westdevon.gov.uk) .





## **St Thomas à Becket Church, Sourton**

**We wish all our readers a Happy and healthy and blessed New Year.**

### **Christmas Services**

We were delighted to welcome so many young families to the Christingle Service,.

Thank you to everyone who helped at our Christmas services. We had a very full church for the Christingle and raised £257 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.

After the Service we went over to the Hall for refreshments which were donated by the Treetops

parents and the Church members.

A big thank you to all who helped to make the afternoon such a success.

### **Carol Service**

Thanks to everyone who helped at the service, decorating the church, reading the lessons and preparing the refreshments.

A collection of £104 was taken for the Salvation Army who do such a lot of work for the homeless and needy all the year round.

### **FUTURE DATES**

#### **SOUP LUNCH in the Hall**

**January 12th 12.00- 2 p.m.**

The following lunches will be on February 8th, and March 8th

We will be serving a variety of home made soups and bread , with cheese and fruit , tea or coffee at the price of £6

### **Services for January**

**January 4th 9.30 a.m. Holy Communion**

**January 11th Service at Bridestowe**

**January 18th Service at Bridestowe**

**January 25th 9.30 a.m. Morning Prayer**

**Jenny Batten**

### **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 that has recently been refurbished 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

Alison Ewen 07990 981 826

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

[www.sourtonvillagehall.org.uk](http://www.sourtonvillagehall.org.uk)

Facebook - Sourton Village Hall

## Movie Watch - December 2025

Just one cinema visit this month, but it proved a rewarding one, although far from an easy watch.

**Nuremberg** tells the story of how, in the aftermath of the Second World War, the Allies were given the task of ensuring key members of the Nazi regime were deemed mentally fit to stand trial.

Russell Crowe gives a superb performance as the appalling Hermann Goring, but the film lacks the theatrical support necessary to elevate it into an award-winner. Rami Malek plays Dr Douglas Kelley, a US Army-appointed psychiatrist, but Malik comes nowhere near matching the gravitas Crowe effortlessly brings to the main role.

Crowe's compelling portrayal of the pompous but supremely self-assured Goring contrasts sharply with Malek's wishy-washy interpretation of the psychiatrist. Malek comes across more akin to a work experience student rather than a key player in determining the fate of notorious war criminals.

Goring was sentenced to death but committed suicide the night before his scheduled execution. Ironically, Kelley, traumatised by the whole Nuremberg experience, also killed himself, albeit some twelve years later.

In a review for The Guardian, the film scored 2/5. *'The actors all do their best, but the figure of Kelley himself is a ridiculous cartoon.'* Rami Malek's performance was described as *'deeply silly.'*

**Nuremberg** is priced at 25/1 in the Academy Awards Best Picture betting and that feels about right. When accolades are awarded, however, Crowe will surely be in the running.

In a great example of moving seamlessly from sublime to ridiculous, the New Carlton is currently showing a British slapstick film, written by comedian Jimmy Carr, a man of whom it could fairly be said that he divides opinion.

*'Mistaken identities, forbidden love and an*

*inconvenient corpse turn the grand English manor of **Fackham Hall** into total bedlam in this comedy of class, romance, manners and mischief.'* You'd need to say the title out loud for maximum impact but I'd be inclined to do so quietly, if at all. Festive knockabout fun, by the sound of it.

**The Housemaid** opened in Okehampton just before Christmas. An entertaining thriller starring Sydney Sweeney and Amanda Seyfried, this one has been positively reviewed. Set in an opulent mansion in upstate New York, the Guardian went with *'outrageously enjoyable,'* awarding the film four stars. This one sounds pretty good.

We're then into the New Year where we find **Marty Supreme** (Timothee Chalomet and Gwyneth Paltrow), a ping pong drama (look, I just report this stuff) set in New York City during the 1950s where up-and-coming table tennis star Marty Mauser (Chalomet) goes to extreme levels in pursuit of greatness. Sounds unlikely but the critics are raving about this one.

**Giant** is scheduled for release on 9th January and covers the life of boxer Naseem Hamad. Executive Producer is Sylvester Stallone with Pierce Brosnan featuring as Hamad's manager.

**Hamnet** (also released on 9th January) tells the powerful love story that inspired the creation of Shakespeare's masterpiece, Hamlet. With a cast including Jessie Buckley, Paul Mescal and Emily Watson, it's safe to assume this one will be good.

If these pages fill any useful purpose, it would be to identify films or TV programmes you may otherwise have missed. On that basis, we've got one for you.

**Leonard and Hungry Paul** is a delight. Originally shown on BBC Northern Ireland, it's on the iPlayer and should stay there for some time. Just six beautifully crafted half-hour episodes, carrying more than a whiff of the outstanding **Detectorists**.

I'd love to fill you in on the plot but there really isn't one. To set the scene, the

Guardian went with, *'On a well-maintained driveway in an unremarkable suburb of Dublin, a small man in a sleeveless jumper is professing a desire to expand his horizons. "I feel myself getting quieter. More invisible," says Leonard, blinking up at the night sky. "I feel that if I don't do something, I'll just carry on in this minor, harmless existence."*

*Hungry Paul thought for a moment before replying, "Nothing wrong with that. Better than trying to make a mark on the world only to wind up defacing it."*

Why Hungry Paul? No idea, his name is not mentioned at any stage. But give it a try. It won't challenge you in the least and while there are no gags, it might make you smile.

What else? I mentioned last month the iPlayer re-runs of **The Night Manager** (Hugh Laurie, Tom Hiddleston, Olivia Colman), prior to the start of a new BBC1 season on New Year's Day. Quality drama with a superb cast. If you're away for New Year, I should record it.

**The Salt Path** has now been roundly dismissed as fiction. Released as a book in 2018 and a film starring Gillian Anderson and Jason Isaacs six years later, the story details how Raynor Winn and her husband Moth lost their house after a friend invested their money poorly. It charts their fall into homelessness and the long Coastal Path walk that miraculously eased symptoms of Moth's rare, terminal neurological disease.

However an investigation initiated by The Observer brings this whole narrative into question. It is alleged that Raynor had stolen large amounts of money from her place of work, gone into hiding, lost the house after borrowing around £100,000 from a family member while owning land in France where she and her husband could have lived.

A comprehensive documentary (**The Salt Path Scandal**, Sky Documentaries) now examines the whole affair. The book sold 2m copies, on the basis that it was, ostensibly, an accurate account.

It's still a terrific, well-written story but

seemingly should now be classed as fiction rather than fact.

Talking of scandals with a West Country flavour, BBC2 showed **Poison Water** in December. This covered how the South West Water Authority dealt with the 1988 crisis when 20,000 tonnes of aluminium sulphate contaminated the local water supply, causing the biggest mass poisoning in British history.

Good news for viewers came with the BBC announcing a third series of the delightful **Colin From Accounts**. The second series ended with Ashley rendered speechless by some extreme dental work, immediately after Gordon had proposed, already leaving her hopelessly tongue-tied. I should catch it before the new series appears.

Two more recommendations received this morning from our friends at Riverside Stores include **The Abandons**, a Western action drama series showing on Netflix and set in the 1850's. To be honest, Colin was equally enthusiastic about **The Gruffalo** (BBC1) but as they're currently on grandparent duties, I took that one with a pinch of salt.

Merry Christmas from us both, together with a Happy and slightly drier New Year.

**David and Fiona Harrison**  
**December 2025**



A warm thank you to the former Bridestowe Short Mat Bowls club who, when they disbanded, gifted various groups with their funds. BaSE has one of those recipients and we're very grateful.

And that's not all. Christmas presents came early for BaSE in the form of a very generous donation from Bridestowe Commoners **and** another one from Baker's Building. All will help meet the costs of printing the newsletter for much of next year.

Ali and Martin Young

As part of routine safety checks, an inspection of the closed graveyard at St Thomas a Becket were carried out in August 2025.

During the inspection, 12 gravestones were found to be unstable and failed the safety test. In the long term, it is the responsibility of the families or descendants of those commemorated to arrange for any repair or permanent work to the gravestones.

The following stones were identified during the inspection, and the Council is asking for descendants or relatives of these families to get in touch:

- Richard Woodrow 1906
- Joseph Bell 1922, Selina Ball 1923 Herbert Pellow France 1918
- Gertrude Ellis 1924, WW Ellis 1948
- Kenneth Ellis 1915
- Betsey Pellow 1929, Richard Pellow 1932, Thomas Pellow 1961
- Henry Fleuss 1933
- Edgar Alfred 1977 Hilda Alfred 1989
- Betsey Alford 1922 Walter Alford 1928
- Emma Alford Walter Alford 1967
- Stephen Daniel 1915 Anne Daniel 1918
- William Hill 1930, Ellen Hill 1933 Herbert Hill 1923
- John Brook 1924

These are all located in the newest closed area of the graveyard.

If you are a family member or have information that may help us, contact the relevant families, please contact Clerk.

In the meantime, temporary measures will be put in place to reduce any immediate safety risks while the longer-term repairs are arranged.

When the Parish Council sets its precept each January, it is deciding how much money is needed to deliver local services for the year ahead. The precept is the parish's share of the Council Tax and is collected as part of residents' overall Council Tax bill.

Council Tax figures are usually shown using a Band D property, which is the national average. This does not mean most residents live in a Band D house, but it provides a standard way to compare charges fairly between councils.

It is also important not to focus only on the percentage increase. Parish precepts are relatively small, so even a large-sounding percentage rise can represent a very small actual amount of money for individual households. For example, a 10% increase on a small parish precept may equate to only a couple of pounds per year for a Band D property. For Sourton Parish Council, the precept is especially important because the parish has very limited income from other sources. Apart from occasional grants and the reclaiming of VAT on eligible expenditure, almost all of the Council's income comes from the precept. This means the precept is essential to maintaining services and meeting the Council's responsibilities. Looking at the actual cost to residents, rather than just the percentage change, gives a more accurate picture of the real financial impact of the Parish Council's decisions.

**Wellness**  
with **Wendy**



## **Stretching for Seniors**

**10 am Monday - Bridestowe Village Hall**

This class will improve strength, stability and mobility. Seated or standing, all abilities welcome. Please wear something comfortable that you can move in.

You are welcome to come along and join us at the

above times or for more information please call Wendy

on **07479 784541**

### **Benefits of Stretching for Seniors**

- Improved health: Reduces the risk of heart disease, stroke, type 2 diabetes, and certain cancers, and improves bone health.
- Increased independence: Helps maintain mobility and reduces the risk of falls, enabling seniors to live independently for longer.
- Better brain function: Physical activity is linked to better cognitive function.
- Boosted energy levels: Improves overall fitness and energy.

**Bacon Baps** will be served on **Saturday 31st January 10am - 12 noon** in **Bridestowe Village Hall**.



At our December session we said farewell to Mike Bidmead who, approaching his 91st birthday, has decided to call it a day. He and his plants will be missed. Mike did say he could be contacted if anyone wants to place an order as he plans to continue growing plants. 07957 323 322

If you would like to have a table at a bacon bap session, either as a one-off or on a regular basis, do get in touch.

**01837 861157**

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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). Please contact the Bookings Clerk for more information

Esther Winter Mob: 07946 992200

Visit the website

[www.bridestowe.org.uk/village-hall](http://www.bridestowe.org.uk/village-hall) to see prices and view the calendar for availability.

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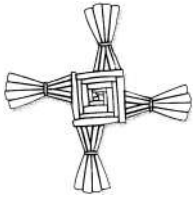
**Sunday, 11th January**

**12:00 - 2:00pm**

**In aid of St Thomas à Becket Church**



## Bridestowe Churches Partnership



### Sunday Worship for January 2026

#### **Sunday 4th**

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 11th**

9.30am Morning Prayer at St Bridget's  
11.00am Morning Service at the Methodist Chapel with Gary Yates

#### **Sunday 18th**

9.30am United Service at St Bridget's

#### **Sunday 25th**

9.30am Family Service at St Bridget's  
11.00am Covenant Service in the Methodist Chapel with Rev Chris Jackson

New year, new beginning, the saying goes. We have just celebrated the birth of the one who truly gives us chance of a new start, a new perspective on life. Jesus was born into our messed up world with a message of hope. New beginnings are always available to us all, we just have to take a leap of faith and believe in Him and His way of looking at the world.

The actor Mel Gibson is quoted as saying: "It's a wise man who understands that every day is a new beginning, because, boy, how many mistakes do you make in a day? I don't know about you, but I make plenty. You can't turn the clock back, so you have to look ahead. Faith in Jesus makes this possible" A new beginning with Jesus is the chance to start fresh, to wipe the slate clean, and to chase your dreams once again. Happy New Year

-



### The Ark

***Wishing all our ARK visitors a wonderful New Year.*** The Coffee Morning in December raised £242 for Action for Children. Huge thanks to all who supported us. The next Coffee Morning will be held on Saturday 10th January 2026. We will be supporting the Salvation Army. Do come along As usual we will have Coffee / Tea / Biscuits and Cakes.

#### **Ark 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.

Jennifer Thorne handles bookings.

Phone **01837 861592**

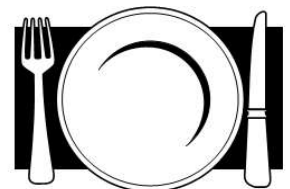
Email: [j.thorne2013@btinternet.com](mailto:j.thorne2013@btinternet.com)

#### **The Over 60's**

**Lunch** will be held on Tuesday 13 January 2026. Meet at 12.15 for Lunch

at 12.30. Please let Jennifer know if you cannot attend. (861592)

Thank you





### **At Okehampton Library**

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. As part of the Warm Spaces campaign, we have hot drinks including soup available free of charge during our opening hours. We also have 'Snack Packs' available for children during the school holidays, these have a drink and three food items in them (1 per child). All of these have been kindly funded due to a grant our Friends group received from Okehampton Rotary Club.

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

Visit our website:

[discover.librariesunlimited.org.uk](http://discover.librariesunlimited.org.uk)

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

**Due to circumstances beyond our control, we're experiencing staffing disruptions which have led to changes in opening hours for Wednesdays and Saturdays. These are currently 09:30-12:30. Please bear with us during this time. We apologise for any inconvenience this causes you. Please check Okehampton Library's Facebook, Instagram or website pages for any further updates.**

### **JANUARY EVENTS**

#### **Creative Writing Workshops: Saturdays 10 January – 28 February, 10:00-11:30**

Do you like writing stories or want to give writing stories a try? Then join our Creative Writing Workshops! Learn how to: begin & develop a story, plan a narrative, create characters, make dialogue work, produce interesting settings, use different forms and writing devices. Sessions led by volunteer Adrian Tilley (teacher, writer and author). FREE to attend, join at any time. Suitable for ages 11-15.

Book your place via Eventbrite or the library. Bring your pen, notepad and imagination!

#### **Bookmarked Young Adult Reading**

### **Challenge: January – December 2026**

Bookmarked is our young adult reading challenge for 11-17-year-olds launching in 2026! The challenge is to read any 6 library books of your choice (including eBooks and eAudiobooks from the BorrowBox app, which you can access for free with your library card) at your own pace and earn rewards along the way. Once you've read all 6 books, you'll collect a finisher's badge and be entered into a prize draw to win some goodies – plus, the first 30 young adults to finish will receive a free cinema ticket to a film of their choice. Sign up for FREE at Okehampton Library.

### **Okehampton Library Book Bingo: January – December 2026**

Collect your NEW 2026 bingo card, browse our display and ask for our recommended reads. After completing a square, have your bingo card stamped by library staff and move onto the next square. Repeat until you have finished your bingo card. Bring your completed bingo card into the library to be signed off - you'll also be entered into our prize draw to win a £50 National Book Token, to be drawn in December 2026 (funded by The Friends of Okehampton Library). Sign up for FREE at Okehampton Library.

### **Badges for sale**

Okehampton Library now have badges for sale! Collect all of the designs to support our library. Suggested donation £1 each, all proceeds will go to Libraries Unlimited, the charity that runs libraries in Devon and Torbay.

or Facebook page for any additional events and library services

[discover.librariesunlimited.org.uk](http://discover.librariesunlimited.org.uk)

### **REGULAR EVENTS**

#### **ADULTS:**

Okehampton Library has a meeting room available for you to book, so you can spread your roots and break the work-from-home cycle or deliver training and meetings in a productive and comfortable environment. Book through our website

[roomhire.librariesunlimited.org.uk](http://roomhire.librariesunlimited.org.uk).

### **Friends of Okehampton Library: Monday 12 January 14:00**

Are you interested in becoming a friend of your library? Anyone is welcome to get involved and support the library, organising

or helping with events, encouraging use of the library, and supporting fundraising activities.

**Read Easy: First Tuesday of every month, 10:00-12:00**

Come and chat with Richard from Read Easy, the charity that helps adults learn to read. Richard would love to talk to you, particularly if you are interested to know more about what Read Easy do and/or if you would like to introduce someone to their free 1:1 and confidential service.

**Coffee & Create: Fridays, 10:00-12:00**

Bring along your own creative projects and enjoy some optional socialising! Hot drinks available. Free (donations welcome), drop-in, open to adults.

**Recycling for Good Causes: Okehampton**

Library have taken some inspiration from other Devon Libraries who are doing their bit assisting in tackling the climate crisis and we are proud to say that we have also teamed up with Recycling For Good Causes to offer a recycling point in our library! You can now drop off certain electronics, stamps, currency or jewelry at the recycling point in front of the customer service desk and these items will get sorted and recycled, whilst also raising money for our charity Libraries Unlimited.

**Children's regular events will be listed next month; details are available on our website.**

Devon County Council (DCC) have launched a formal consultation on the future of the library service in Devon. This is a crucially important time for local libraries across Devon. DCC commission us to run 50 public libraries in their area (the 4 we run on behalf of Torbay Council are not affected by this consultation) and we want as many people as possible to have their say and help shape how services are delivered in future.

You can access the consultation document online and complete the survey by visiting <https://devon.cc/your-libraries>. And if you don't have your own device to do this, public PCs in libraries can be used to complete the survey which closes on the **22nd February 2026**.

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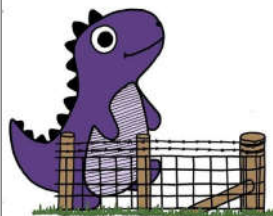
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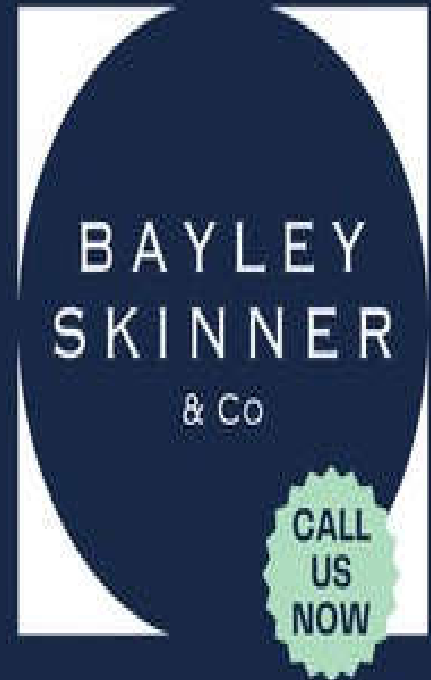
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## Forthcoming Events - January 2026

Friday 2nd	10.30am - 12noon, Anchorage Centre, Tavistock
Wednesday 7th	7.30pm, The Ark(Methodist Chapel), Bridestowe PC meeting
Thursday 8th	7.30pm, 1 Glebe Park, Reading Group 6pm - 7.30pm, Sourton Village Hall, Yoga and Relaxation course
Saturday 10th	10am - 2pm, The Ark, Coffee Morning for the Salvation Army
Sunday 11th	12 - 2pm, Sourton Village Hall, Soup lunch 2pm, Tavistock Wharf, talk
Tuesday 13th	12.15 for 12.30pm, Over 60's Lunch
Thursday 15th	10.30am, The Ark, Thursday Morning Group
Tuesday 20th	2.30pm, Fairplace Church, Okehampton u3a talk
Thursday 22nd	7.30pm, Belstone Village Hall, Garden Club talk
Saturday 31st	9.30am, Cemetery gates, Bridestowe Volunteer Group 10am - 12pm, Bridestowe Village Hall, Bacon Baps



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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.