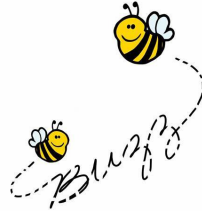




JANUARY / FEBRUARY 2025



Dear Buzz Readers,

Not a particularly good start to our New Year but it has been quite disappointing of late, that 'The Buzz' is not now getting the support from residents of our community in sponsorship as it did, bearing in mind that it now costs almost £400 to have each issue printed.

A daily newspaper costs at least £1 per day. The Holsworthy Post, our local newspaper costs £1.75 weekly to buy. Therefore only having to spend £10 a year for our very own Community Newsletter, keeping you in touch with what is going on in your very own community and delivered to your door, should be it is hoped, one that residents support. Unfortunately at the moment this is not happening sufficiently. The editor asks you to please give it some serious thought.

If you have anything you would like in the next Buzz please let me have it by 20th January please.

Sheila Cholwill Editor
 Tel: 01288 381350
 Email: sheilacholwill@btinternet.com



Editorial Disclaimer:

Those providing comments are theirs alone, and do not necessarily reflect the views, opinions, positions or strategies of The Buzz or anyone involved in the publication thereof. The Buzz makes no representations as to accuracy, completeness, correctness, suitability, or validity of any information in this publication and will not be liable for any errors, omissions, or delays in this information or any losses, injuries, or damages arising. The Buzz reserves the right to edit or alter in any manner it sees fit comments that it, in its sole discretion, deems to be obscene, offensive, defamatory, threatening, in violation of trademark, copyright or other laws.



The Annual Christmas Quiz took place at The Bridge Inn recently. Tanya and her happy team mates, pictured above, came third.

Barry Marshall was Quiz Master. Kathy Whatmore won the Christmas 50/50 and the Bingo line. Kathy was also a member of the winning Quiz team.





BRIDGERULE OPEN SPACE GROUP.

Can you help us?

Bridgerule Parish Council are planning to renovate and improve the land known as Southfields Open Space in early 2025 and make it accessible again as a green space for the village. The council are engaging the services of a contractor to clear the site initially to enable safe access to the site. New Fencing for the area is being looked at as the project progresses.

It is hoped to form a group of volunteers to assist and maintain the area, backed up using contractor services where needed and timely. The group will be headed by a designated Councillor of the Parish council, Mr. Fred Cogdell.

It is hoped to run sessions on a monthly basis. The sessions will not last more than two hours and will operate on a drop-in basis, no formal commitment needed, just come when you are able to. It is hoped to commence with the project to restore and rewild the Southfields Open Space early in the New Year, possibly February or March, weather dependant. What day of the month and times of the sessions will be decided by the volunteer group, when formed. Tools and equipment will be provided, as will protective gloves. All we are looking for hopefully, is a couple of hours at each session. Everyone can do as much or as little as they feel able to.

Plans for the area once the initial clearing has been completed are to leave some areas completely natural and encourage pollinators and butterflies. Also to create some mulched pathways within the site to enable walking along those, with the pathways requiring minimal

maintenance. It is also being considered to plant a community Orchard within the site when appropriate and cleared, thus creating a natural green space to be enjoyed by those wishing to use it. No dogs will be allowed in the area, in line with Torridge District Council's policy on public open spaces.

Everyone is welcome, but for Health and Safety reasons volunteers must be aged over 18 years old.

If you would like to volunteer, help or simply find out more, members of the council will be hosting a morning meeting at the Committee room in the Village Hall on Saturday the 8th of February between 10.30 and 11.30 for a chat and cup of tea or coffee. Please come along if you can, we would be happy to see you and hear any suggestions you might like to contribute.

D.Hale. Chairman, Bridgerule Parish Council. 31.12.2024



ROCK AND ROLL CLUB

7.30 PM—11.30PM

**CONTACT JACKIE
TEL: 07533353388**

**THE JUKES
SATURDAY 18TH JANUARY**

Rock'n'Roll

Rock'n'Roll

BRIDGERULE METHODIST CHURCH FESTIVAL OF TREES

23 businesses, clubs, groups and individuals responded positively to the email sent out on behalf of the Methodist Church to decorate a Christmas tree a couple of weeks ago for our First Festival of Trees.

The actual Festival of Trees took place on the weekend of the 14th/15th December. Those who visited the event were greeted to our first Christmas Tree at the entrance to the church representing **Worship and Country Life by Vivienne and Liz.**

Once inside 22 trees representing the Community Shop, Bridge Inn, The Bridge Mill, Rob Furse, Carpentry and Construction, Southlands Residential Home, Short and Abbott, Bridgerule Fun Dog Club, Tatson Farmhouse Bed and Breakfast, St Bridget's Church, The Glebe, Masters Miniatures. Bridgerule Coffee Club, JJ Logs and Kindling, Jewells Cross and Red Post Garage, Bridgerule Pre-School and Primary School, Bridgerule Short Mat Bowls, Tamarside Singers, Bridgerule Table Tennis Club, Bridgerule Parish Council and Bridgerule Art and Craft Club.

The Methodist Church is so grateful to everyone who supported the event raising £670 for Church funds and a week later £220 being raised for The Holsworthy Food Bank and Little Harbour at the full to capacity Carol Service.

More photos from Festival of Trees are published later in this Newsletter.



A plea for hedgehogs!

'Our Bridgerule hedgehogs are desperate for food from **March** to **October/November** but because the weather was mild they were still feeding in **December**. They're happy to eat bird fat pellets bought in big boxes from B&M - they tend to ignore tinned dog food which is recommended but always worth a try - we also put out water in dog bowls - and it's great to see them drink from these. They feed just 2' from our glass doors each night - lovely to watch and we've had as many as 6 visits in one evening before 11.00 pm - and know they come during the night having set up a night camera. Usually they hibernate about **October/November** and need to be 450G in weight (1 lb) to survive the cold. If it's mild weather in **February** they could be seen foraging but by **March** they are really hungry and need to find food again. **June** is the month when the female can have 4 - 5 young (hoglets) - and by **July** there could be more babies. If hedgehogs are born in **September** their chances of surviving the winter is slight. We've had baby hedgehogs about 5" long visit us and they are just adorable to watch.

Please if you can be kind to hedgehogs.

Rose and Chris



Our Village Coffee Club returns after its Annual Break on Tuesday 14th January 2025 10.30am in our Village Hall.

Audrey, Sheila and Christine welcome you.

COMMUNITY CAROL SINGING

CAROL SINGING made a pleasing £26 each to the Church - Chapel - and School - seeing that we can't knock on doors to collect money any more, that was a brilliant result.



So a big THANK YOU to all those who donated.

Thanks also go to the singers who turned out on two cold but dry Thursday evenings. To Santa in his sleigh and Rudolph (Bill Eastcott) on his quad bike. And what a welcome in Southfields !!!!trays of mulled wine, mince pies etc. and lots of smiling happy faces - so many thanks to all those who came out to donate money and generously fed us - it was all very enjoyable and hope to do it again next year.'

BRIDGERULE VILLAGE HALL

HIRE the HALL from just £25

Small Kitchen £10

Large kitchen £15

BOOKING CLERK Telephone: 01288 381350

sheilacholwill@btinternet.com

Special Price for Local Clubs

BRIDGERULES BUZZING COMMUNITY = *facebook page*

***'If you wish to promote an event in our village...
want something ...or maybe have something for sale'***



***Just let Stacey Hillier Cholwill know and she will upload it on to our
face book page'.***

Stacey is on 01288 381843 or email her on shillier357@yahoo.co.uk

ST. BRIDGET'S CHURCH

SUNDAY MORNING SERVICES



05TH January	Eucharist	Rev. Alison	11.00am
12th January	Morning Prayer	Mary Aicheler	11.00am
19th January	United Service at Methodist Church		
26th January	Eucharist	Rev. Alison	11.00am
02nd February	Morning Prayer	Valerie Harris	11.00am
09th February	Morning Prayer	Mary Aicheler	11.00am
16th February	Joint Service at Methodist Church		
23rd February	Eucharist	Rev Alison	11.00am

GRANTS - AVAILABLE TO HELP

GOVERNMENT SUPPORT FUND TORRIDGE DISTRICT COUNCIL

In line with previous versions of the scheme the purpose of the grant is to provide support to households experiencing hardship due to the ongoing cost of living crisis. The grants will be available to help people in need to buy food, pay essential utility bills or meet other essential living or housing costs. Previous assistance has already allowed people to purchase clothing, blankets, and fund boiler servicing or repairs during the winter months. Applications can also be made to meet the cost of purchasing or repairing white goods such as fridges, freezers and ovens, which might otherwise currently be beyond the means of struggling households.

Access to the fund will once again be via a form, with initial applications being processed by the council's partner and local charity organisation, Encompass. The application form link will be available on Torrridge District Council's website by clicking on the "Cost of living Help" icon on the main landing page and then the "Household Support Fund" link. Alternatively, people can contact Encompass through their website or by telephone if they do not have access to the internet on 01271 371499.

ZUMBA GOLD – Low Impact

Monday Morning 09.45 – 10.45 am
11.00- 12.00 am

Licensed Instructor Sharon Martin

Tel: 07805026364 /or email
shazforty@hotmail.com

**TABLE TENNIS**

Tuesday from 2.00pm

Contact Alan on

01288 382988 or

email quilts@hotmail.com

PILATES - Tuesdays 5.45 - 6.45
7.00—8.00

EMILY SKERRETT

Email: ems1982a@gmail.com

Tel: 07828947545

**ART AND CRAFT CLUB**

Wednesday afternoon

Contact Kath on

01288 381459 / or

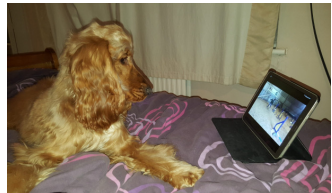
Kathwhatmore@gmail.com

**BRIDGERULE FUN DOG CLUB**

Wednesday AM/Monday Evenings

Contact Steven Spencer on

Fairlightcages@outlook.com

**SHORT MAT BOWLS**

Friday from 2.00pm

Contact Scott on 01288 381459

or email sdwhatmore@gmail.com



Derril Water Solar Park Update

We are pleased to report the progress of the ongoing Derril Water project. About 20% of the panels have now been installed. The structural work that will support the panels is advancing well, with about 85% completion. The substation buildings' foundation works are finished, and we've started construction of one upper building.

The transformer foundations are progressing, with concrete pouring underway for two of them. Excavations for the other five transformers' foundations are ongoing, accompanied by load bearing tests. The installation of ducts and cables is also underway.



Deliveries of solar modules are ongoing and managed by Ethical Power to align with the installation schedule, minimising the need for large storage areas. Cable deliveries are expected to be complete by mid-January, with all necessary cables for the current stage of construction already on site.

Please note that the site will be closed for construction works during the festive period from December 24th to January 3rd. Security arrangements will continue to be in place during this period.

In January we will continue with cable installation and trenching, the construction of the MV switchgear foundation, and the substation buildings. Panel installation and deliveries to the site will also continue.

Remember, Derril Water Solar Park is Ripple Energy's first exciting shared solar project in the UK. Members not only benefit from the clean energy that will be generated but actually own this project. If you have any concerns or need to report special events in the area that might be affected by our works, please reach out to

DerrilWater@RippleEnergy.com

Learn more about the project here: <https://rippleenergy.com/our-projects/derril-water-solar-park>.

Airline and Holiday Booking Scams

Now is the time of year many will be booking a holiday away and scammers are well aware it provides a perfect opportunity to steal from you as families look for cheap holiday deals.

Beware of fake websites, phishing emails, and deceptive booking practices.

Scammers create websites that mimic legitimate airlines, offering heavily discounted tickets. Be cautious of prices that seem too good to be true. Fraudsters send emails claiming to be from airlines, asking for personal and financial information. Legitimate airlines will never request sensitive info via an unsolicited email.

Scammers pose as travel agencies or booking platforms, offering “exclusive deals” or “error fares.” Be wary of sites with poor reviews or unclear refund policies. Fraudsters claim your flight has been cancelled and demand payment for rebooking or cancellation fees.

Red Flags to Watch Out For:

1. Unusually low prices
2. Limited-time offers or urgency to book
3. Poor website design or grammatical errors
4. Lack of clear refund policies
5. Requests for personal or financial information via email or phone



To avoid airline scams book flights directly with the airline to ensure authenticity.

Check reviews, ratings, and refund policies before using third-party booking platforms.

Ensure the website you're using is legitimate by checking for official airline logos and secure payment systems.

Never respond to emails claiming to be from airlines, and never provide sensitive information.

Pay with credit cards, which offer better protection against fraud than debit cards or other payment methods.

Report any suspicious activity to your credit card company and ask them to put a watch on your account for unusual transactions. Banks have such systems in place as it is in their interest to stop scammers as it is the buyers.

Chasing a good or cheap deal can lead to very expensive disappointments and the last thing you would want is to arrive at the airport or your destination only to find you have actually been scammed!

As always remember, if a deal seems too good to be true, it most probably is.

For free Telephone advice contact Brian Meadows Tel: 01288 381061
Nofix-Nofee Computer Repairs Service

Those who have kindly agreed to sponsor The Buzz are:-

John & Sylvia McDougall - Uplands
 Robert & Julie Honey - South View
 St Bridget's Church Bridgerule
 Angela Brock—The Green
 Mr & Mrs Steel - 8 Southfields.
 Mr & Mrs Allison - Canna Park
 Fred Bond -The Green
 Linda Goodman—1 Bridge Park
 Christine Gee - Southfields
 Bill & Margaret Eastcott- Littlebridge Farm
 Neville & Wendy Rimmer - Silverstone
 Paul & Stacey Cholwill -1 Littlebridge Cross
 Joan & Michael Thornton- Atlanta
 Michelle and Paul Sanders - Rimmersleigh
 Gwynneth Cameron - Southfields
 Mervyn & Sylvia Lucas - Bude
 Ron & Marion Abbott - 2 Bridge Park
 Trevor & Sue Bowden -Churchtown
 John & Carol Palmer - Holsworthy
 Michael & Linda Moore—Okehampton
 Les & Betty Slade - The Green
 Ray & Jan Orchard - Sunnyfields
 Heather Fraser - The Green
 Colin & Fiona O'Reilly - Southfields
 Barry & Joan Marshall - Littlebridge Meadow
 Richard and Michelle Chinn
 Don & Georgina Hemmings Littlebridge Meadows
 C & L Clocks— Glencarne
 Mr & Mrs D J Best - Old Mill View
 Steve and Dee—Southfields
 June Roger—Springbank
 Tony Wallis—Littlebridge Meadows
 Peter & Clarice Harris—Highlands
 Sue Cowan-Dickie -
 Freda Lacey - 8 Bridge Park
 Gwen Prouse—Bude
 Graham & Claire Braund—Littlebridge Meadows
 Barry & Lisa Lucas - Elmpark
 Steve & Lorraine—Meadows Barn
 Alex and Emily—The Old Paddock
 Rob & Carol Cox - Willow Crest
 Colin & Helen - Bridgerule
 Paul & Pauline Latham - The Green
 Ron & Sheila White—Littlebridge Meadows
 Phil and Sue Sanders—26 Southfields
 Rex and Helen Eccott—Crosspark
 Ken & Liz James - Merrifield
 Christopher & Heather Darwin
 H Taylor - Southfields
 Tom & Lucy Murray
 P.J. Bobcat Hire— Colin Cholwill
 Chris & Rose Hitchings - The Hitching Post
 Alan & Rosie Beat –The Mill
 Mrs M. Field - 10 Southfields
 Bob and Ellie Mitchell - Littlebridge Meadows
 John & Sonia Gardener - Buttsbeer Farm
 Grenville & Margaret Cleave - Garden Ridge
 Mrs. Sybil Prouse - Rydon
 Richard & Gill Heal - Holsworthy
 Steve and Jo South -Brensham House
 Michael & Jeannette Yeo - Holsworthy
 Marilyn & Victor Pickett— Southfields.
 Ray & Audrey Bewes -The Green
 David & Vivienne Hale -Lodgeworthy
 Mrs. J Bowden - St. Catherines
 Malcolm Newton –Southfields
 John and Michelle –Jardine
 Roger & Diane Green —Moorside
 Julie Reddicliffe - Holsworthy
 Kevin & Leslie Bowditch - Littlebridge Meadows
 Darren & Tasha Stephens - Sanctuary Lodge
 Bill & Lynn Keeley - Canada
 Pete & Angela North - Kents View
 Tim and Carol Honey - Grove Farm
 Alan & Linda Weekes - Littlebridge Meadow
 Jane Charlesworth—Littlebridge Meadows
 Miss P Glover - Lower Dux
 Shaun and Sonia - Elm Cottage
 Mrs J. Vinnicombe - Holsworthy
 Rick & Sarah Hallett—Littlebridge Meadows
 Mr & Mrs James—Borough View
 Mrs Christine Routley—Holsworthy
 Malcolm & Joyce Shadbolt—Kildare
 Trevor & Linda Snowdon—The Green
 Helen Jayne— The Green
 Scott & Kathy Whatmore - Brooklands
 Nigel and Crystal - Tackbear
 Phil & Doreen Elswood Cair Paraval
 Sarah Poole — Javad
 Winnie Westlake—Arthmead
 Richard & Leila Camp - 1 Meadow View
 Fred and Suzanne Cogdell—Green Pastures
 Steven and Annie Youldon = Knowle
 Ian and Tracy—Larapinta
 Joan Whatmore—Southfields
 Gautam & Susan, Camellia, Canal Rise
 Palmer Family— Tamar House
 Ray & Shirley Delaforce
 Bob & Donna Cooper—Southfields

Neighbourhood Watch Notes



Now that Christmas and the New Year is out of the way, let's hope that 2025 is better than what we have had.

My commiserations to those who have suffered from storm Darragh. Our damage was minimal and now put right. Not so others. On the other hand I am pleased that the editor, our Sheila Cholwill, has been presented with her British Empire Medal.

Now back to more criminal matters. I can hardly believe that an elderly couple have been deceived into handing over thousands of pounds worth of Euros and UK notes to scammers at their own door. But it is true.

Please please don't believe anyone who phones you about problems with your bank account, Amazon account, or trouble with your broadband or Microsoft. It's all lies. Even if the number is one you recognise, it's not who they say they are.

And worse, if the caller or text message or email claims to be a family member, doubt it straightaway. Especially if the supposed family member claims to have had to get a different device, and then asks for money. That is the clincher. Don't believe it. Use a number you know to be true.

If you have any concerns over a bank problem, ring 159 and get through to your own bank's fraud department

However, if you do believe an incoming call is from who they say they are, express regret and say that you will phone them on the number you know to be correct - then put the phone down. Don't take the number from them.

Wait 10-15 minutes, just the time for a cuppa, before using your number.

Can I say finally, keep your goods to yourself - lock things up - doors, cars, windows, sheds, garages. Why leave them unlocked? Get outside lights that illuminate when approached. Don't leave your house looking empty. Ask your neighbours to help with curtains and lights.

But if you do spot something suspicious - call 999.

Happy safe New Year.

John McDougall
01288 381237

SHEILA'S MENTIONS

HAPPY BIRTHDAY EVERYONE:

Gary Abbott for the 14th January.

Vic Pickett for the 13rd January

Joan Marshall for the 24th January

Ron Abbott, 91 on the 8th February

Paul Cholwill for the 13th February

Tony Wallis for the 16th February

Alan Quilter for the 21st February

Harry Cholwill for the 24th February

Christopher Darwin- Happy Birthday for our Leap Year gentleman



A special Thank you to **Bridgerule DIY** for donating the wooden bases used at the Festival of Trees.

BRIDGERULE METHODIST CHURCH

Services at 11.00am

05th January 2025

Local Arrangement

19th January

Courtney Drew - United

26th January

United Service at St. Bridget's

02nd February

Rev. Meg Slingo Covenant HC

16th February

Barry Bryne - United

30th February

United Service at St. Bridget's

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IN CONFIDENCE

8th May 2024

Sheila Anne Cholwill
Kiming
Marhamchurch
Bude
EX23 0HH

Dear Sheila Anne Cholwill

I am writing in the strictest confidence to inform you that you are to be recommended to His Majesty The King for the honour of **British Empire Medal (BEM)** in the Birthday Honours List 2024. The short citation for the award would read: **For services to Charity and to the community in Bridgerule, Cornwall**. This recommendation has been made by the Prime Minister on the advice of the independent Main Honours Committee following an independent assessment process.

Before the Prime Minister submits your name to The King for approval, we would be glad to know that this would be agreeable to you. I would be grateful if you would complete the enclosed form and return it to the Honours and Appointments Secretariat, ideally no later than **Thursday 16th May**. **We ask that the signed forms be returned by email only to bd24honourslist@cabinetoffice.gov.uk as a scanned or photographed copy**. Please contact us by email or on the numbers at the bottom of this letter if you are unable to complete the form and return it to us electronically.

***I was listed amongst others in
The King's Birthday Honours on
15th June in The Daily Telegraph***

***Eileen, my cousin and Rose who
thought that I was worthy of being
nominated for the British Empire Medal***

Borough of Kensington and Chelsea **Ann Chariton**, for services to the community in Kingsway, Chester **Emma Louise Chester**, Brownie and Guide Leader, and Div Comm, Girlguiding UK for services to Young People **Robert David Chew**, Firefighter, Gt Manchester Fire and Rescue Service for services to the community in Littleborough, Gt Manchester **Sheila Ann Cholwill**, for services to Charity and to the community in Bridgerule, Devon **Reverend Claire Clarke**, Reverend, Hope Church, Hounslow for services to the community in the London Borough of Hounslow **Jessie Hilda Clarke**, Volunteer Fundraiser and Local Ambassador, Cancer Research UK for voluntary service in Nottinghamshire **Christina Emily**...



Dear Mrs Cholwell

I am absolutely delighted to see that you are to receive the BEM in the King's Birthday Honours to be published on Saturday. I am writing as the King's personal representative in Devon to congratulate you.

Amongst all the challenges that we face as a Country, the one constant is the way people step up to these challenges in their own jobs or as volunteers in their communities and deliver outstanding service. Amongst these people there are some, like you, that stand out as being special and are nominated for a National Honour. The process of assessment that follows this is very thorough and demanding and only the best come through with an award. You are one of those. I see that you are living in one of my favourite towns in Cornwall but of course this award is for what you have done for the community in Bridgerule just on our side of the border! Well done.

I hope that you will find occasions to wear your medal with pride.

Yours sincerely
David Fursdon

*David Fursdon
HM Lord-Lieutenant of Devon*

...And so on Thursday 12th December with my immediate family, Colin, Paul and Stacey we travelled to County Hall Exeter for the official Investiture by The Lord Lieutenant of Devon presenting me with the British Empire Medal for services to charity and to the community in the village of Bridgerule, Devon. Only 5 of us receiving that honour. A very special and emotional event.



...Later on 22nd December at the Methodist Church, the Honourable John Rous re-presented the British Empire Medal to me in front of a packed church at our Annual United Carol Service led by Rev. Alison Hardy.

To have family, friends, my nominators and The Tamarside Singers, the group I formed ten years previous, in the church I have attended for the last 65 years was very special and very meaningful.



FESTIVAL OF TREES



TAMARSIDE



THE GLEBE



ART AND CRAFT CLUB



SOME VIEWERS

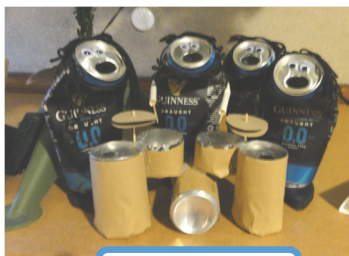




COFFEE CLUB



BRIDGERULE COMMUNITY SHOP



BRIDGE INN



ST. BRIDGET'S



CHURCH HELPERS

ROSE'S NATIVITY



BUZZ STOP



helpful

numbers

Holsworthy Medical Centre	01409 253 692
Holsworthy Hospital	01409 23424
Holsworthy Library	01409 253514
Holsworthy NHS Dental Care	01409 255525
Holsworthy Post office & Sorting Office	01409 253608/01409 253236
Holsworthy Rural Community Transport team	01409 259001
Torrige District Council... www.torrige.gov.uk	01237 4228700
Bridgerule Parish Council Clerk ..Amanda Harvey.....	07866 452955
Stratton Medical Centre	01288 352133
Stratton Hospital	01288 287700
Stratton Minor Injuries	01288 287701
Post Office The Crescent Bude	01288 352048
April Lodge Dental Practice	01288 352340
Bude Library	0300 123 4111
Bude Tourist Information Centre	01288 354240
Cornwall Council New County Hall Truro	0300 123 4100
North Devon District Hospital	01271 322577
Derriford Hospital	01752 202082
South West Water 24 Hour Emergency Helpline	0344 346 2020
Western Power.....Report Power Cut.....	0800 6783 105

Or ring 105 for free

POTTERS FISH n THINGS

SCHEDULE FOR VISITING BRIDGERULE

VILLAGE HALL CAR PARK

4.30pm—7.00pm

24th January

7th February



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Email: KatesCompleteFeet1@gmail.com

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HEDLEY WOOD

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info@helenclaireswimclub.co.uk

for more information



Ant The Lawn Ranger

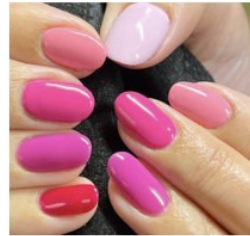
For grass cutting & garden
maintenance call:

Antony Jarvis

Mobile: 07990016467

Email:

antony2191@googlemail.com



I am a Nail Technician specialising in natural nails. I work from a tranquil home salon in Week St Mary. I am passionate about looking after the health of your natural nails so exclusively use CND Shellac – a gel polish that causes no damage to the nails. Flexible working hours to suit your needs.

- CND Shellac Manicures and Pedicures
- CND Vinylux nail polish
- Callus Peel, a safe gentle treatment for hard skin removal on the feet
- Nail Art
- Healthy Nails Programme (for nail biters)

Contact me today

0775 1094209

Tracyann Hutchins

Stoneleigh, Week St Mary, Cornwall, EX22 6XA

email: info@izzyb.co.uk

Website: www.izzyb.co.uk

Facebook: www.facebook.com/izzybnails

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THE BRIDGE INN

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Pam

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(please note change of number)

General Knowledge Quiz

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Maximum of 6 per Team

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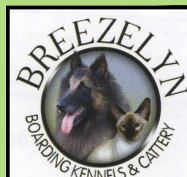
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