



JULY/AUGUST 2025

THE BUZZ

BRIDGERULE REVEL WEEK CELEBRATIONS



The classes are:

1. Puppies under 1 year
2. Vintage veterans over 9 years
3. Cute crossbreed
4. Gentle giants (big dogs)
5. Loveable little ones (small dogs)
6. Child handler, under 10 years
7. Best bitch
8. Best dog
9. Dog most like it's handler.
10. Waggiest tail
11. Best in show (champion and reserve champion).

This class is for all 1st place dogs in the above.

Plus demonstrations of Hoopers, Rally, Agility and obedience.
Try your hand at any of these.

All classes etc are £1 each

SKITTLE TOURNAMENT

Bridgerule Village Hall



Thursday 31st July from 7.00pm

Teams of 4 to include at least 2 ladies or children

Book your team to Audrey 01288 381402 or George on 01288 381089

Teams will be contacted for times of playing

Light Refreshments

Adults Admission £2



BAR

Friends of Bridgerule School (FOBS)

FOBS Ramble!!

30/07/2025

BRIDGERULE VILLAGE HALL AND PARK

MUSIC

BBQ

Keep an eye on the weather and please dress accordingly

ALL CHILDREN TO BE ACCOMPANIED BY AN ADULT AT ALL TIMES!

Meeting at 6pm
Walk starts @ 6.30pm

DOGS WELCOME
But must be kept on a lead at all times

Entry
£5 per adult
£2.50 per child
Prices include burger or hotdog per ticket
Under 3s are free



PRIZE BINGO

FRIDAY 1ST AUGUST

Bridgerule Village Hall

Doors open 7.00pm

Eyes Down 8.00pm



Friends of Bridgerule School (FOBS)

Summer Music and Food event!

Saturday 2nd August

5pm Onwards

Bridgerule Village hall/park

Come and join us for a lovely evening of food and music!!

We will be having karaoke and disco in the village hall. We will also have food vendors for you to buy food from, there include:

- Cypress Grill
- Danny and Eva's food van (curry's)
- More currently being booked!!!

KARAOKE

Bridgerule Annual Flower, Vegetable and Craft Show will take place as part of our Revel Week on Tuesday 29th July

All entries to be at Village Hall from 10.00am—1.00pm

Vegetables to be placed on a WHITE paper plate

ONLY ONE ENTRY PER CLASS

Adults 50p per entry. Children Free

CREAM TEA IN HALL FROM 4.00pm

Overall Winners to Receive Perpetual Cup

Rosettes will be awarded for 1st –2nd– 3rd– in each class

Child with most points to receive a trophy to retain

SCHEDULE: Adult Classes.

Home grown Vegetables

3 Potatoes on a plate

3 Onions on a plate

3 Carrots on a plate

3 pods of peas on a plate

3 French Beans on a plate

3 Runner Beans on a plate

3 Beetroot on a plate

3 Main Crop tomatoes on a plate

3 Vegetables of same variety not on schedule on a plate

A Whopper - large vegetable grown by the entrant

A Vegetable MISSHAPE from your garden

Look what an insect did to my fruit/vegetable -

(preferably without the insects!)

Adults COOKERY

Lemon Drizzle - (to your own specifications)

3 Fruit Scones on a plate

3 Meat Patties - made with entrant's homemade shortcrust pastry

ART - Drawing/Painting framed/unframed up to A3

CRAFT SECTION

Knitted item made by entrant

Crochet item made by entrant

Embroidery item made by entrant

Ladies show off an item you made at Art and Craft Club

A Craft we have not included here - Surprise us!

FLORAL ART A posy for a Bridesmaid wearing pink

POT PLANT A houseplant not necessarily flowering—but one which the entrant has nurtured for some months

PHOTOGRAPHY An ANIMAL or INSECT photograph

DEVON/CORNWALL Scenic Photograph

SCHEDULE CHILDREN'S SECTION

BRIDGERULE SCHOOL

Nursery Ages 2—4 SPOON PEOPLE

Class 1 Ages 5—7 FLOWER COLLAGE

Class 2 Ages 7—9 Van Gogh Art

Class 3 Ages 9—11 Dressed Bears—Class are making WAISTCOATS
For Stuffed Bears

Children's Cookery

Sponge Cake - 2 layers—Own choice of filling

Children's Floral Art

Floral display in a kitchen item Ages 8—11 and 12—16

Children's Art

Students own choice = drawing/painting - any medium

Up to 6 years old, 7—8 9 - 11 12 -16

Children's Craft

Make something from your recycling bin 4—6 7—8 9 - 11



Bridgerule Open Space Group

Bridgerule Open Space Group is an exciting opportunity for local residents to get involved with turning this piece of land situated between Southfields and Under Road, into a Community Interest Project that will benefit all residents of Bridgerule. The land belongs to The Parish Council and so far, the Constitution has been approved by the Council and we are in the process of forming a committee.

We have received some great ideas as to how this piece of land can be used including a positive memorial garden to remember those we have lost in the village, a wildlife space for the local school children to explore, a picnic area and the growing of fruit trees to create a local orchard.

Before we can all decide how to utilize this space, the ground needs to be cleared as it is currently overgrown. The clearing up starts on Tuesday 17th June at 7pm and will continue for the next few weeks at the same time every Tuesday. For Health & Safety reasons, we are limiting the clearing up to a maximum of 10 people at any one time and we ask you to wear suitable clothing and footwear as the ground is uneven in some parts.

If you would like more information, get involved, have some ideas on how it can be used, be part of the committee or simply happy to roll up your sleeves with the groundworks, please email communityopenspace416@gmail.com.

In the meantime, keep the ideas coming in.

Update for Patients: Changes to the GP Contract – What it means for you

The government and NHS England have recently introduced a new GP contract, which came into effect in April 2025. We want to explain what this means for you, as our patients and reassure you that we remain committed to providing safe, high quality care for our community.

What's changing? The contract places greater emphasis on making sure patients can access GP services more easily, especially for urgent needs.

Practices are expected to review how appointments are offered and make improvements where needed – including through online, telephone and face to face routes.

New requirements Around Appointments There is now a target for patients to be offered an appropriate response on the same day if they contact us during working hours. This may not always mean a same day appointment, but we will ensure you are assessed and directed to the most suitable care option.

Greater Role for the Wider Healthcare Team. You may be offered appointments with a wider range of skilled professionals. This helps free up GP time and ensures you are seen by the right person, at the right time.

Focus on Digital Tools. More practices will be using online systems to support access and communication. We will always ensure that non-digital options remain available for those who need them.

What stays the same. We still provide a full range of NHS services. Including chronic disease management, vaccinations and urgent care. You will still have a GP responsible for your overall care. We are still here to support your health and well being throughout all stages of life.

Starting from 1st October 2025 We will be enhancing the ways you can reach us. Making it easier and more convenient for you to get care and support. Online requests available throughout the day. You will be able to submit non urgent requests online during our full opening hours. (8.00am – 6.30pm). This includes request routine appointments and medications and submit test results etc. Aiming to reduce early morning rush for appointments. **URGENT ISSUES Please continue to call directly or 111**

Struggling with bills? Get help now!

The Household Support Fund helps
Torridge residents with:



Food



Energy



Appliances



Housing



Essentials

Apply now
torridge.gov.uk/householdfund
01271 371 499



Do you need help with food?

Torrige is working with the Northern Devon Foodbank, Bideford to provide essential help to those who need it the most this winter. Please see the application process below.

1

Contact Torridge District Council
01237 428700 - Option 9
customer.services@torridge.gov.uk

2

You will be issued with a voucher number to
take to your nearest Trussell Foodbank
(Bideford or Holsworthy in Torridge).

3

Foodbank contact details and locations
01237 422243 or 07422 651252
Bideford - Supreme House, Pitt Lane, EX39 3JA
Holsworthy - Manor Suite, Memorial Hall, EX22 6DJ
Visit northerndevon.foodbank.org.uk for more locations



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



A serene haven nestled amidst the breathtaking countryside in the heart of Bridgerule, our salon offers a tranquil retreat where you can indulge in the highest standard of skincare and beauty treatments, all delivered with exceptional service.

Services Include:

Professional facial and skincare treatments
Manicures and pedicures
Waxing
Eyebrow and eyelash tinting
Massage therapies

Natasha Stephens
Qualified Therapist
IHHT - CIBTAC - BABTAC

07853 571562

Sanctuary Lodge, Bridgerule, Holsworthy, EX22 7EA

No Transport?



RING AND RIDE

- Door-to-door minibus service for all ages, wheelchair & scooter accessible

CARS FOR CARE

- Door-to-door service for medical appointments, 50p per mile

HERE FOR HIRE

- Mini Bus Hire for Community Groups & Charities
- £75/day - £50/evening, self drive

Call

01409 259001

office@holsworthy ruraltransport.co.uk

The Carroll Suite, Holsworthy Memorial Hall, Holsworthy EX22 6DJ

ZUMBA GOLD – Low Impact

Monday Morning 09.45 – 10.45 am
11.00- 12.00 am

Licenced 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

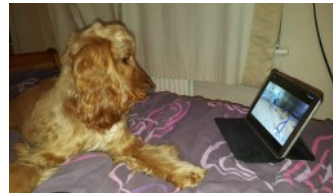
Kathwhatmore@gmail.com

**BRIDGERULE FUN DOG CLUB**

Wednesday AM/ PM and Friday AM

Contact Steven Spencer on

Fairlightcages@outlook.com

**SHORT MAT BOWLS**

Friday from 2.00pm

Contact Scott on 01288 381459

or email sdwhatmore@gmail.com



BRIDGERULE COMMUNITY SHOP**ANNUAL MEMBERS MEETING****MONDAY 21ST JULY 2025 7.30 P. M.****BRIDGERULE VILLAGE HALL**

Come and hear how the shop is progressing & plans for the future. All are welcome (although only members have a vote).

Come and join our great group of volunteers

Can you spare a few hours a week to help in the shop? A great place to work and meet different people. Just ask in the shop for details.

Unfortunately, we are currently without a supplier for sandwiches, efforts are being made to try and resolve this.

In the last 90 days we have sold:-

15,584 items

These include

213 Coke Zero Cans, 133 Coke Cans

129 Cadbury Flakes, 89 Bounty Bars

130 Latte, 115 cups of tea

130 Pringles, 261 Bags of crisps

105 Danish Swirls, 52 Apple turnovers

Windows Update Neglect is Endangering Your Digital Life

Computers are not just tools; they're gateways to our personal and professional lives. We rely on them constantly, yet, a trend persists and a significant number of users neglect to install updates, unknowingly leaving their systems vulnerable to a host of potential threats.

The reasons behind update avoidance are numerous, updates can take time, or the fear of system crashes and if it "Isn't Broke, Don't Fix It" Mentality: Some users believe that if the computer is currently functioning adequately, there's no need to risk upsetting the apple cart with an update.

Many users simply don't understand the importance of updates, viewing them as optional rather than essential. They may be unaware of the security vulnerabilities that updates are designed to address and skipping Windows updates is like leaving your house unlocked when no-one is at home,

Outdated systems are prime targets for malware, including viruses, ransomware, and spyware. These malicious programs steal your personal information, encrypt your files, and even hold your computer hostage. If your computer is infected, your personal data, passwords, financial information, and sensitive documents, can easily be compromised and used for identity theft or other nefarious purposes.

While updates can sometimes cause temporary hiccups, they often include performance enhancements and bug fixes that can improve the overall speed and stability of your system. As software and hardware evolve, outdated operating systems can become incompatible, leading to functionality issues and the inability to run correctly.

The good news is that protecting yourself from these risks is relatively simple. You can configure Windows to automatically download and install updates. This ensures that your system is always protected with the latest security patches.

Keep up-to-date on the latest security threats and vulnerabilities. Understanding the risks can help you appreciate the importance of timely updates.

Allow updates to complete without interruption and maybe leave it on for an hour after using it. Restart your computer when prompted and avoid using it until the installation process is finished.

Neglecting Windows updates is a dangerous gamble that can have serious consequences. By understanding the risks and taking steps to keep your system updated, you can protect yourself from cyber threats, maintain optimal performance, and ensure the safety of your data. Don't let the fear of inconvenience outweigh the necessity of security – update today.

On a personal note and by now, my hip replacement should have been completed and with a bit of luck, I should be able to resume my normal business activities soon. Wendy and I would like to thank everyone for their support and good wishes on my recovery.



Free telephone advice continues call Brian Meadows 01288 381061

WHAT'S ON AT HOLSWORTHY LIBRARY – JULY 2025

- **Bounce & Rhyme**, Thursday 3rd, 10th, 17th 2:15pm – 2:45pm (term time only)
- **Lloyds Bank Community Banking**, Monday 7th & 21st – 2:00pm–4:00pm
- **Friends of Holsworthy Library Book Sale**, Wednesday 9th 10am–12:30pm
- **Ruby Country Creative Writing Group**, Wednesday 9th – 11:00am–12:00pm. Limited places, booking essential.
- **Launch of the Summer Book Quest Reading Challenge**, Saturday 12th July – 10am–1pm. Children can join the challenge and collect a free pack!
- **Gardening Cuppa & Chat**, Wednesday 23rd – 2:00pm–3:00pm. Everyone welcome.
- **Ocean Themed Craft Activity and Storytime with the 2 Minute Foundation**, Thursday 24th July – 10:30am. Free but booking essential as places are limited.
- **Craft Activity for Children**, Wednesday 30th July – drop in session between 11am–4pm
- **Board Games & Biscuits**, Thursday 31st July 11am–4pm. All ages welcome!
- **Lego and games** for children. Every Saturday – 10am–12pm

Free hot drinks available during opening hours.

Most events are free but, donations always welcome

holsworthy.library@librariesunlimited.org.uk 01409 253514

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TORBAY COUNCIL

ST. BRIDGET'S CHURCH

SUNDAY MORNING SERVICES 11.00am



- 6th July Sung Eucharist**
13th July Morning Prayer
20th July United Service at Methodist Church
27th July All Age Eucharist

3rd August Sung Eucharist
10th August Morning Prayer
17th United Service at Methodist Church
24th All Age Eucharist
31st United Benefice Eucharist

BRIDGERULE METHODIST CHURCH

Services at 11.00am

- | | | |
|--------------------|---------------------------------------|-----------------------|
| 6th July | Cath Paddon | 11.00am |
| 20th July | Rev Meg Slingo | Holy Communion |
| 27th July | Joint Service at St Bridget's | |
|
 | | |
| 03rd August | Local Arrangement | |
| 17th August | Chris Forster | |
| 24th August | Joint Service at St. Bridget's | |
| 31st August | Local Arrangement | |

SHEILA'S MENTIONS

HAPPY BIRTHDAY EVERYONE:

Audrey Bewes for 1st August

Linda Weekes for 5th August

David Hale for 14th August

Raymond Bewes for 15th August

Ellie Mitchen for 26th August

Linda Goodman for 29th August



**Dartmoor
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Trust**

...everyone in our Trust.



Bridgerule C of E Primary School news.

Another busy term is in full swing with lots of fun learning and activities to fit in before we finish the school year. We have residential's to Bath, Bristol and Okehampton where the children enjoy exploring the local environment, visiting museums and many different sporting activities. Class 1 and 2 are also visiting Northam Burrows for some rock pooling.

Sports day is always a fun day where we join with our friends in the Ruby Hub over at Bradford Primary for a picnic lunch before the races.

The Nursery children are loving watching the changes of the caterpillars that they have growing and can't wait to see them become butterflies

The end of term will be finished off with a whole school trip to the beach and our annual leavers service and presentation.

Thank you for any donation to our bags to school collection. Keep a look out in the autumn term for the date of our next one.

Neighbourhood Watch Notes

What is 159? It is the secure way to speak to the fraud team of your bank should you ever feel the need to. I have just made the phone call because we had a mobile number calling to say I had bought a train ticket for £120 and would I confirm this purchase as I had never used this system before. Naturally I put the phone down.

However as the Neighbourhood Alert has come in on 159, I decided to check the way it worked, again. You give your bank's name, and on getting through they go through the security checks before they can sort your problem out. There was nothing wrong in our accounts.

The mobile phone number has long since been sent to our junk voicemail box on 1572. I believe other telephone providers have a similar way of stopping junk phone calls. I hope our landline survives beyond the updating by BT of the whole phone experience.

Now, of course, Scams aren't the only crime that appears to claim the elderly in its grip. But without help a lot of people get caught. If you get a suspicious text message you can forward it to 7726. Also call Action Fraud on 0800 123 2040 or use one of the other organisations for assistance, like Age UK or Independent Age. Age UK has a help line 0800 169 6565. Similarly Independent Age is 0800 319 6789 where you can ask for a free guide on money you may be missing out on but are due. Quote "Free Guide 219".

Citizens Advice has a helpline 0344 411 1444. More lines available.

Someone knocking on your door may not be all they seem to be. If you don't know them, how can you be sure? Be aware of Cold Callers offering you goods or services at the front door. Do not be persuaded to let them in under any reason at all. Especially if there is 2 or more of them. Usual rules apply! One talks while the other steals from you.

Shut the door and lock it. The same with windows and garages and sheds. Most of the time life can be care free. You do however need to be able to spot when it's not. If you see something that isn't quite right you could ring 101 or email "101@dc.police.uk" or

"holsworthy@devonandcornwall.pnn.police.uk", or if it is really wrong phone 999.

Be careful out there and don't have nightmares.

And be watchful around our 20 miles per hour sections.

John McDougall Coordinator

01288 381237



We've been to London to see the King!!

As part of my award in 2024 of the British Empire Medal, Colin and I received an invitation from King Charles to attend a Garden Party at Buckingham Palace.

This would be the first Garden Party of 2025 to be hosted by The King and Queen Camilla and on this occasion they were joined by other Members of the Royal Party, Princess Anne, Prince Edward and Sophie, Duchess of Edinburgh together with the Duke and Duchess of Gloucester.



Paul, Stacey, Col and I set off from Exeter St David's for the big city the day before our tea party. Paul had chosen Hotel Rui Plaza, Victoria with fine food and facilities and close to our requirements.



The day arrived and after breakfast we decided to pay a visit to the Tower of London and the poppies celebrating the VE Anniversary. Then to Westminster Bridge and Big Ben before our tea party.



Quite a few times going into the underground or walking along the streets I found myself looking over my shoulder, checking if Colin was following! The red coat I wore seemed a good idea.



Back to the hotel we soon found out that quite a lot of the guests had too been invited to Buckingham Palace. Easy to spot in their glad rags with the ladies all standing out with their fascinators. All scrubbed up and via the famous black cab we arrived at the Palace.

Security checks done; we were on our way. But not very far! Not until at 3.00pm precisely when the official gates were opened and we could proceed with many others from all parts of Great Britain. Men wearing morning dress, suits or uniform and women wearing day dresses, with hats or fascinators. National dress was also worn. It was like a fashion show! As we waited, we began to talk to other guests. It seemed that we had travelled the furthest. One lady asked why I was here and after saying that I had been awarded the BEM she said "well done, that tells me that you have actually been awarded it for community service or charitable work. "The BEM may not be the highest honour given out but yours would have been for 'hands on' service to the local community, unlike some higher awards" A worthy compliment.

Proceeding through the front of the palace grounds a quick glimpse of the changing of the guard, and on to the palace lawns where one of the military bands had begun to play. We found some seats and started chatting to a couple from Wales and then looked across to the sea of guests which was forming a carpet of bright colours. A royal courtier soon announced tea was to be served.



4.00pm precisely the National Anthem then sounded and meant the arrival of King Charles and Queen Camilla were amongst us at the top of the Palace steps. It was then that the crowd rushed over to get a glimpse and a photo of the royal party. Well, you needed to be 6'5" tall so it was hopeless for me!

People just seemed to raise their mobile phones in the air hoping and eager that as they snapped away a photo of the King or Queen may be on it!



The Royal Party then began to walk across the lawn, forming 4 paths, one for each Royal and headed by The Yeomen of His Majesty's Royal Palace in full uniform and gentlemen in waiting dressed in top hat and tails. A photo below which was taken on the actual day from the palace roof shows how many actually attended on the day. We were seated in front of our large catering tent on the left approximately where marked.

After a while we decided to go for a walk around the palace gardens. But not before Col had to be pulled back after just about walking straight into Princess Anne.



The gardens were lovely. In it a small highly decorated summer house, used as a place to go and get some privacy, a lovely lake and some beautiful azaleas out in full bloom.



As we walked back to the main area again we overheard a police woman say that the Royal Party were

about to leave and this time we re in the right place at the right time. We were about a metre from the whole royal party!

Our time at the Palace was about to end and off we went hoping that Stacey and Paul would be outside to meet us because by this time my phone had died and Col had sent his back with Paul. Trying to contact them if they were not, might be difficult! Don't think I would have rung King Charles door bell for help! But have no fear, phew, Paul and Stacey after a few minutes appeared, coming back from a short shopping trip.

We arrived back to our hotel and all three of our lovely grandchildren were already on the phone asking us how we got on, who had we seen and what had we ate!

Questions answered, we quickly changed into something more casual before making our way via the underground, where we were now professionals at pinging our bank cards to allow us through the turnstiles and on to the circular line for Paddington. Just gone 6.00pm and so quite busy, but a young lady and gentleman gracefully gave up their seats for grandad and grandma. Who says people don't bother anymore! Perhaps we looked like we needed a seat! We boarded the Paddington train to Exeter at 8.00pm. At 10.30pm, after travelling an average speed of just over 100 miles an hour we were pulling into St. Davids.

Our short time in London had been really wonderful. Something we will treasure for ever. We had packed quite a lot in the short time we had been there and it was lovely to do be able to do it with Paul and Stacey and without them we really would not have done it. Someone rang Paul on the journey up and I heard him say "no we are not going into the palace, we are the "security"! Reflecting the next day on where we had been and seeing the King and Queen at the VE Day celebrations on TV had us thinking that we were actually in their presence less than 24 hours previous was quite emotional.

Thanks again to Rose and cousin Eileen for all their work involved in nominating me for my BEM. I feel truly privileged and honoured and this for a community I love to be part of. Without them my once in a lifetime event would not have happened.

Thank you again Sheila

BRIDGERULE VILLAGE HALL

HIRE HALL from just £25

Small Kitchen £10

Large kitchen £15

BOOKING CLERK: Telephone: 01288 381350
sheilacholwill@btinternet.com
Special Price for Local Clubs

A few useful telephone numbers perhaps:

Holsworthy Medical Centre	01409 253692
Stratton Medical Centre	01288 352133
Holsworthy Hospital	01409253424
Stratton Hospital	01288 287700
Stratton Minor Injuries	01288 287701

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Email: KatesCompleteFeet1@gmail.com

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info@helenclaireswimclub.co.uk

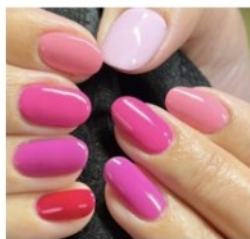
for more information



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& Groundworks

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williamtozer10@gmail.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.

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- 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

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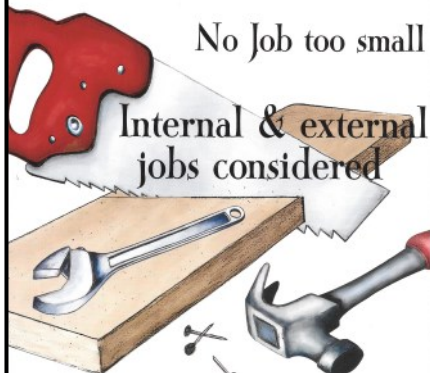
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1

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customer.services@torridge.gov.uk

2

You will be issued with a voucher number to take to your nearest Trussell Foodbank (Bideford or Holsworthy in Torrige).

3


Foodbank contact details and locations

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