

ivy bridge

REDUCE, REUSE & RECYCLE

Handy chart to help you
throw away less

SCHOOL REPORTS

Nativities, maths,
bike-ability, visits
and more

MORE STATION STOPS AT IVYBRIDGE

Group secure better
rail services

A RETURN TO OLD YEALMPTON

The village at different
stages of its life

THE IVYBRIDGE MAGAZINE
ISSUE 24 108 // **JAN 2020**



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OTTER-LY INSEPARABLE PAIR WELCOME FOUR NEW PUPS

Dartmoor Zoo has welcomed four otter pups to its community. And local businesses can sponsor a pup and help name the babies. Parents Jasmin and Matty, Asian small-clawed otters, welcomed the four pups – three male and one female – in October and have since been spending precious time bonding as a new family. Asian small-clawed otters are found mostly in rivers, small streams, marshes, mangroves, rice paddies and coastlines in Southern India, Southern China, Southeast Asia, Indonesia and the Philippines and are suffering the consequences of pollution. Local businesses can sponsor one of the baby otters, which will include picking its name. If you would like to sponsor an otter, email Julie.cater@dartmoorzoo.co.uk or call 01752837645.

FREE LEGAL CLINIC

A free drop-in legal clinic, with Michael Gaye and Rob Cowsill from SW Law, is being held in Ivybridge Library on 28th January, between 2pm and 4 pm.



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Do you remember the “splendid fun” of Brownies and Guides? Are you someone who was a GirlGuide, or a Brownie, or a Guide leader and who reminisces fondly of this experience? A new book, “Splendid Fun”, written by Rosemary Howell of Lukesland, who has been involved in Devon GirlGuiding for many of her 90 years, is full of fascinating, moving and amusing accounts and illustrations covering the years 1910-2010. Produced in hardback with 600 pages, it costs £15, published by Arthur H. Stockwell Ltd of Ilfracombe, and is available in book shops or from the author – rosemary.lukesland@btinternet.com



Dame Hannahs staff and children with the trees they have planted

Staff and children at Dame Hannah Rogers School have planted 30 trees as part of the Woodland Trust tree planting initiative. Senior teacher Alison Gill said: “Our young people have been planting trees donated by the Woodland Trust as part of a nationwide tree planting initiative. We have been given 30 saplings, a mixture of silver birch, rowan and wild cherry, to plant in the school grounds. “Each young person has their own tree and will be supported in its care. They have been making

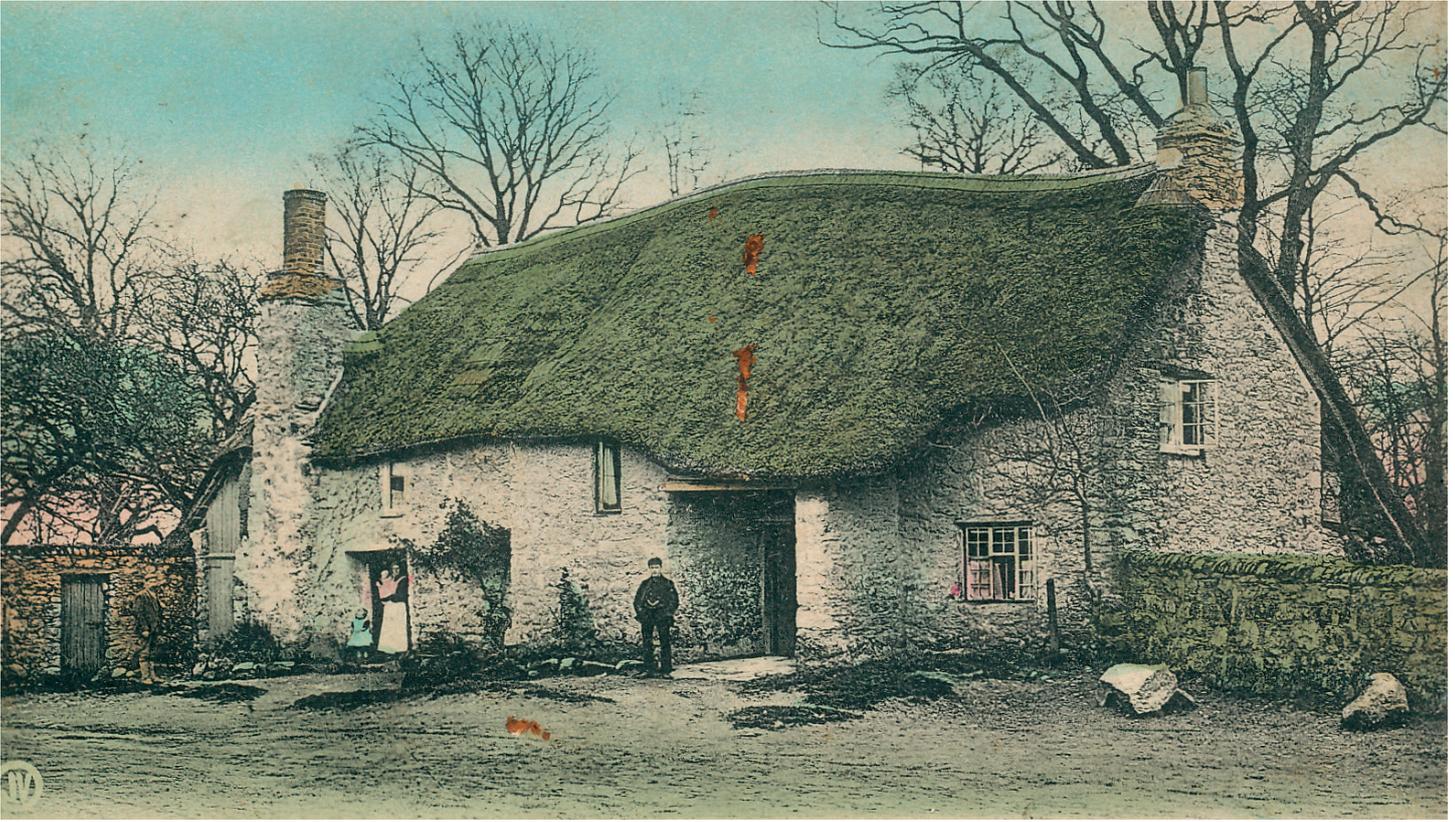
name discs so their own tree can be identified”. The Woodland Trust has been giving trees to schools and communities to encourage as much tree planting as possible. Planting a single tree has benefits for people, wildlife and the environment. For schools, communities and neighbourhoods, trees make their surroundings happier, healthier places to be. The Trust is giving away hundreds of thousands of trees to ensure everybody in the UK has the chance to plant a tree.

THE FUTURE'S ZERO CARBON

People are being invited to join a journey of zero carbon discovery at a special event next month. The Ivybridge Futures Fair, on Saturday, 8th February, 10am-1pm at The Watermark will bring together a host of experts who will advise on how you can heat your home and travel to work more sustainably and produce less waste. Organised by PL:21 and South Dartmoor Community Energy.

SANTAS BIKING

A big crowd gathered in Ivybridge Fore Street on 7th December to watch over 300 Santas ride through the town on their decorated motor bikes. They were on their way to Little Harbour, the Children’s Hospice near St Austell, and raising funds for Children’s Hospice South West. Ivybridge Friends of CHSW, Ivybridge Rotary and friends were out with collecting buckets. The generous people of Ivybridge donated £851.46, which will support the charity’s work of caring for children with life shortening illnesses, and their families.



TOP: Old Mother Hubbard's Cottage LEFT: Fore Street MIDDLE Torr Hill, pre-1900 RIGHT: St Bartholomew's Church BELOW LEFT: Interior of St Bartholomew's Church BELOW MIDDLE The Rectory, taken from the Church tower c1890 BELOW RIGHT: The Wesleyan Methodist Church



A RETURN TO OLD YEALMPTON

We are revisiting Yealmpton for this month's pictorial feature, with scenes that we have carefully selected for you from our extensive image bank. They show the village at different stages of its life, and are a valuable record of the past; many of the views have changed little over the decades. How do the images compare with Yealmpton today?

Do you have any pictures of your local area that you would like to see included in the DRA Image Bank? If so, we would love to hear from you. If you contact us on 01548 830832, we can arrange a special scanning session for you at the archive. In this way we can ensure that your photos are preserved and made available for future generations to study and enjoy, whilst you retain your original copy. In this age of smartphones and

social media, more images are being made and shared than ever before, but hardly any are being preserved in any meaningful way. We would therefore be very happy to receive your images of Devon's modern buildings and landscapes too! The archive will re-open on Monday, 6th January, and will then be open throughout the year on Mondays, Tuesdays and Thursdays, between 11am and 3pm (other than bank holidays).

By Abi Gray, Resident Archaeologist,
Devon Rural Archive

DRA
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clubs&groups

Ivybridge Flower Club

UNIQUE CHRISTMAS For its December meeting, Ivybridge Flower Club welcomed back Amanda Randell, a British Master Florist and tutor for the Academy of Floral Art. Amanda has been resident florist for Hotel Endsleigh for 20 years and her focus is on sustainability and using British flowers where possible. Amanda created six stunning and unique Christmas arrangements, incorporating traditional festive features such as reindeer, snow, berries, even tiny Christmas trees, and included a simple yet classy Christmas wreath and a stunning and creative table arrangement.

Throughout, Amanda was both informative and entertaining, making for a very enjoyable evening.

Members had made a variety of 'sweets and treats' which soon sold out and helped with the club's finances.

The club meets again on Monday, 13th January, when it welcomes area demonstrator Heather Werkmeister for 'Something Seasonal' at The Watermark, 7.30pm.

For more details please contact Hilary on 01752 892647.

Ivybridge Walking Club

WALKS January walks with Ivybridge Walking Clubs take place on Sunday, 12th and Sunday, 26th January.

All walk details, as well as further information about the club, can be found on the club's website.

www.iwcdevon.org.uk

Ivybridge Theatre Company

EARNESTLY PREPARING

Members of Ivybridge Theatre Company are busy rehearsing for its 25th Anniversary production, *The Importance of Being Earnest*, which is being staged at The Watermark from Thursday, 12th, to Saturday, 14th March,

2020. As well as 7.30pm performances each evening, there will be a Saturday matinee on the 14th, commencing at 2.30pm. It promises to be a very special production with wonderful Victorian costumes and elegant furniture of the same period enhancing the performance of very experienced actors.

The production will be accompanied by a special edition programme.

The plot and the wordplay of this wonderfully witty play mean no two productions are ever the same, and this is no exception. Tickets are available from the The Watermark box office.

There is a special party booking discount, with one free ticket for every 10 booked, providing these are booked at the same time.

ivybridgetheatrecompany.co.uk

Ivybridge U3A

BLOOD BIKES The guest speaker at this month's general meeting of Ivybridge U3A will be a representative from the Devon Freewheelers, the volunteer group which provides a free courier service to the NHS across Devon. The meeting is on Monday, 20th January, 2-4pm, at The Watermark, Ivybridge
 07866 077030 / ivybridge.u3a@gmail.com / ivybridge-u3a.org.uk

TLC @ The Library

LIFE IN THE BEEB David Gibbins will talk about 'life in the BBC' at this month's Tea, Laughter & Company @ The Library on Monday, 20th January, 10.30-11.30pm.

TLC is a fun, friendly group where you can expand your social circle and make new friends. It also has regular guest speakers. TLC @ The Library is free, including tea and cake!

Ivybridge Camera Club

NEW GROUPS Ivybridge Camera Club is extending its

programme in 2020 with the addition of informal group meetings to its formal programme. Smaller and more focussed than the main meetings, they will give individual members a chance to contribute or get help on a range of topics covered by the news groups. Groups currently planned include AV, image review, photo editing and location shoots. Any club member can participate in any of the groups in which they are interested.

The club meets at 7.30pm on the second and fourth Tuesdays of the month from September to May at Jubilee Hall, Bittaford. In addition to the main event of the evening, there are occasional short talks on tips and techniques and opportunities for discussion with other club members. The club's next meeting is on 14th January with an opportunity to show your own work, especially urban landscapes inspired by the recent competition.
 www.ivybridgecameraclub.org

Ivybridge Probus Club

LADIES' LUNCH Club president George Beable welcomed members and their wives and partners to Ivybridge Probus Club's annual Christmas ladies' lunch, held again this year at the Moorland Garden Hotel at Yelverton. Just shy of 50 people attended, with the fine meal and occasion enjoyed by all, a fitting end to 2019.

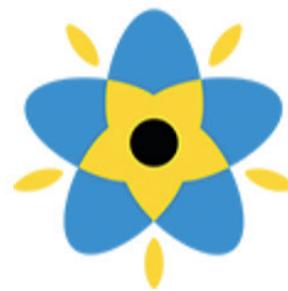
The club meets on the first Tuesday of the month at Wrangaton Golf Club gathering from 12noon onwards for lunch at 1pm. On alternate months, a speaker is arranged for a post-lunch talk.

FFI: Anyone interested in Ivybridge Probus Club should contact Ritsaert Von Oven on 01752 896155

The Arts Society

COLOUR The role and use of colour in English garden design is the subject of the talk at the year's first meeting of The Arts Society on Wednesday, 29th January, 7 for 7.30pm. The talk is repeated on Thursday, 30th January, 10 for 10.30am.

The Arts Society meets at the Methodist Church, Fore Street, Kingsbridge. No need to be a member, just turn up. £10 donation includes tea/coffee/biscuits.



Dementia Friendly Parishes

around the Yealm
 Activities in January

Contact Maxine 07450 206312

Mon 6th: **Art & Craft Group** 10am-12.30pm. Yealmpton Community Centre.

Tues 7th: **Move to music** 11.45am-12.45pm. Yealmpton Methodist Church. £5.

Wed 8th: **Walking Group** Wembury 10.30am-12.30pm. Meet in car park end of Barton Close.

Move to music 11.45am-12.45pm. Brixton Community Room. £5.

Thurs 9th: **Reading Group** 10.30am-12noon, Yealmpton Parish Room.

Fri 10th: **Cuppa, Cake & Chat** 11am-12noon. Newton & Noss Community Stores. £3.50.

Tues 14th: **Move to music** 11.45am-12.45pm. Yealmpton Methodist Church. £5.

Wed 15th: **Walking Group** Wembury 10.30am-12.30pm. Meet in car park end of Barton Close.

Move to music 11.45am-12.45pm. Brixton Community Room. £5.

Thurs 16th: **Reading Group** 10.30am-12noon, Yealmpton Parish Room.

Fri 17th: **Cuppa, Cake & Chat** 11am-12noon. Newton & Noss Community Stores. £3.50.

Mon 20th: **Art & Craft Group** 10am-12.30pm, Yealmpton Community Centre.

Tues 21st: **Move to music** 11.45am-12.45pm. Yealmpton Methodist Church. £5.

Wed 22nd: **Walking Group** Wembury 10.30am-12.30pm. Meet in car park end of Barton Close.

Move to music 11.45am-12.45pm. Brixton Community Room. £5.

Thurs 23rd: **Reading Group** 10.30am-12noon, Yealmpton Parish Room.

Singing Along 2-3.30pm, Brixton Community Rooms.

Mon 27th: **Move to music** 11.45am-12.45pm. Yealmpton Methodist Church. £5.

Tues 28th: **Move to music** 11.45am-12.45pm. Brixton Community Room. £5.

Wed 29th: **Walking Group** Wembury 10.30am-12.30pm. Meet in car park end of Barton Close.

Move to music 11.45am-12.45pm. Brixton Community Room. £5.

Games group 2-4pm, Silver Jubilee Hall Dpwn Thomas. £1.

Thurs 30th: **Reading Group** 10.30am-12noon, Yealmpton Parish Room.

Fri 31st: **Tea @ Kitley House Hotel** 3-4.30pm. £2.50.



RAIL SERVICES
FROM IVYBRIDGE

■ WEEKDAY DEPARTURES

Westbound (Plymouth, Cornwall)

DEPART	DESTINATION
07.22 #	Penzance
07.55	Penzance
08.17	Plymouth
09.02	Penzance
10.18	Penzance
11.15	Penzance
12.16	Penzance
14.09	Penzance
16.15	Penzance
17.15	Penzance
18.14	Plymouth
19.07 ^	Penzance
21.30 ^	Penzance
23.18	Plymouth

Eastbound (Exeter, London)

DEPART	DESTINATION
05.48 #	London Paddington
08.00	Exeter St Davids
08.49 #	London Paddington
11.03	Exeter St Davids
13.04	Bristol Temple Meads
15.03	Exeter St Davids
17.03	London Paddington
18.05	Exeter St Davids
19.00	Bristol Temple Meads
20.35	Exeter St Davids
21.47	Exeter St Davids
23.30	Exeter St Davids

Not on 1st ^ Terminates at Plymouth on 1st

■ SATURDAY DEPARTURES

Westbound (Plymouth, Cornwall)

DEPART	DESTINATION
07.23	Penzance
07.54	Penzance
08.19	Plymouth
09.00	Penzance
10.20	Penzance
11.16	Penzance
12.16	Penzance
14.24	Penzance
16.17	Penzance
17.16	Penzance
18.56	Plymouth
19.12	Plymouth
21.44	Plymouth

Eastbound (Exeter, London)

DEPART	DESTINATION
08.01	Exeter St Davids
09.02	Bristol Temple Meads
11.05	Exeter St Davids
13.03	Bristol Temple Meads
15.03	Exeter St Davids
16.03	Exeter St Davids
17.04	London Paddington
18.01	Bristol Temple Meads
19.01	Bristol Temple Meads
20.35	Exeter St Davids
22.02	Exeter St Davids

Sat 4th & 11th: Engineering Works will affect ALL trains, with replacement buses. Please check online.

■ SUNDAY DEPARTURES

Westbound (Plymouth, Cornwall)

DEPART	DESTINATION
09.40	Penzance
10.57	Penzance
12.34	Plymouth
15.44	Plymouth
17.44	Plymouth
18.44	Plymouth
19.46	Plymouth
21.49	Plymouth

Eastbound (Exeter, London)

DEPART	DESTINATION
10.03	Exeter St Davids
13.52	Exeter St Davids
15.56	Exeter St Davids
16.56	Exeter St Davids
17.14	Bristol Temple Meads
19.30	Exeter St Davids
21.30	Exeter St Davids

Sundays in January: Engineering works will affect ALL trains, with replacement buses. Please check online.

Ivybridge Rail Users
irugivybridge.weebly.com / [facebook.com/irugivy](https://www.facebook.com/irugivy)
www.nationalrail.com 03457 484950
www.gwr.com 03457 000125



One of GWR's new Intercity Express Trains stopping at Ivybridge station

MORE STATION STOPS AT IVYBRIDGE

Group secure
more rail
services

Ivybridge Rail Users Group is celebrating as Ivybridge now has many more trains calling at the local railway station.

The number of trains now stopping at Ivybridge has increased by 30% – from 130 trains a week to around 170 – following timetable changes that came into effect in mid December.

Ivybridge Rail Users Group (IRUG) is made up of local volunteers and supported by Ivybridge Town Council. Set up in 2004, its main aims are to give local rail users a voice, to lobby for improved rail services to and from Ivybridge, and to promote greater awareness and use of the station.

In the past, the group campaigned successfully to get a

number of direct London trains to stop at Ivybridge and fought cuts proposed after the takeover of the rail franchise in 2006. IRUG's campaigning has paid off again, with the number of trains now calling at Ivybridge up from 20 to 26 on weekdays, from 18 to 24 on Saturdays, and more than double on Sundays, from 7 to 15. Services are also more evenly

"It is a tribute to their efforts that we now see significant improvements in the timetable"

spaced throughout the day, with better connections. Janet Hooper, a member of the group, said: "We're delighted that we've persuaded Great Western Railway to stop more trains at Ivybridge.

"Now we need to spread the word, and make sure that people use the new services. 'Use it or lose it', as the saying goes!" Ivybridge Mayor, cllr Ann Laity,

commented: "The Ivybridge Rail Users Group has campaigned tirelessly for many years to achieve a better train service for the town. It is a tribute to their efforts that we now see significant improvements in the timetable." Ivybridge Station has a large free car park, a cycle park and step-free access to both platforms. Although the station isn't staffed, people can buy tickets on the train or get a mobile e-Ticket. There are more modern trains coming on-stream now too, with lots more seats. IRUG is currently exploring the idea of getting Ivybridge station re-branded as a 'Parkway' station and an Integrated Transport Hub, especially in view of the new town at Sherford, and numerous other housing developments east of Plymouth and around Ivybridge itself. **i** Find out more about IRUG at irugivybridge.weebly.com or see [facebook.com/irugivy](https://www.facebook.com/irugivy)

FOURTEEN

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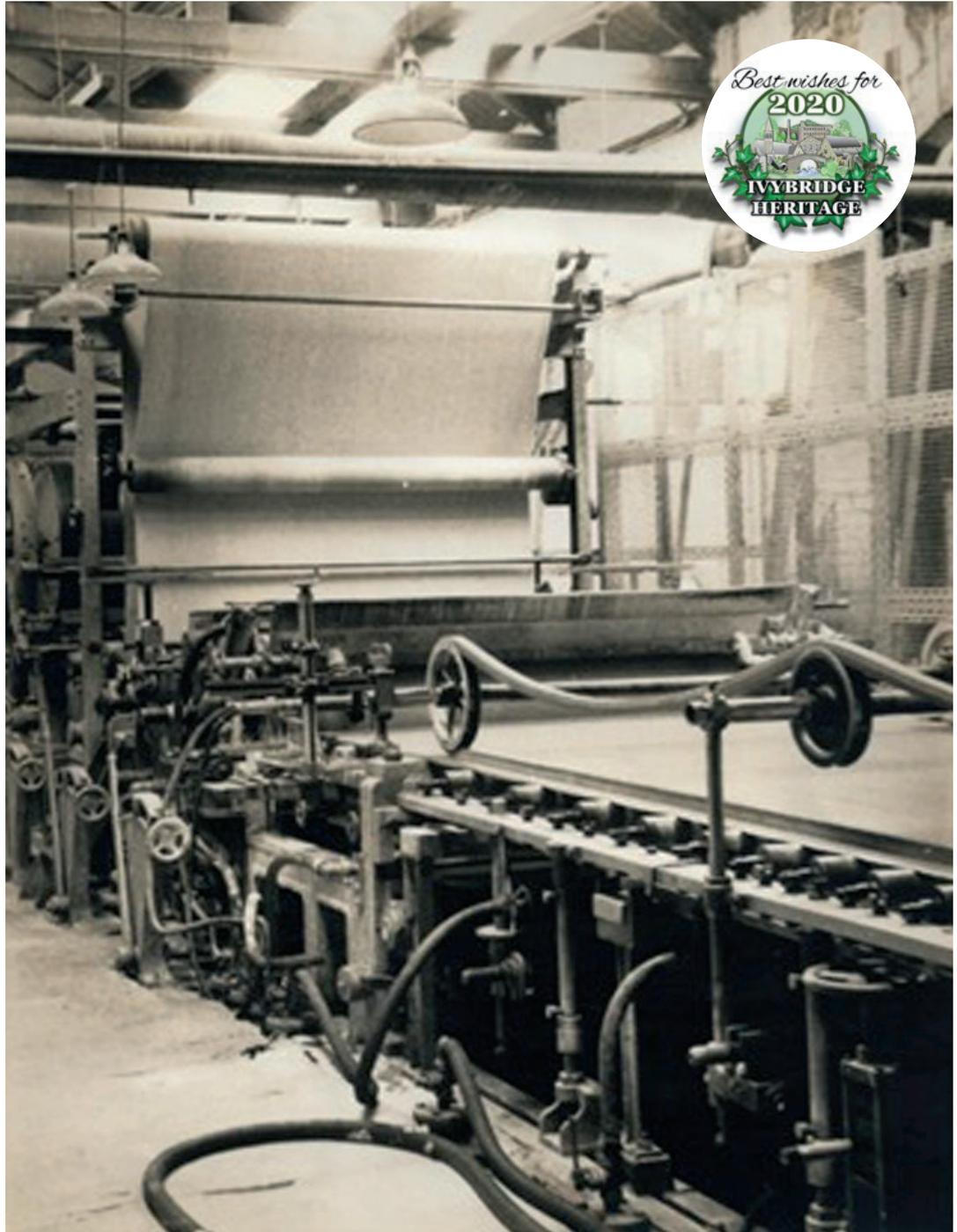
01364 72444

PAPER MANUFACTURING IN IVYBRIDGE

The notion that banknote paper was manufactured at Stowford Paper Mill is a common one with the local community of Ivybridge. This in part arose from the brief relationship the mill had with Portals, supplier to the Bank of England. As early as 1724, the Bank signed a contract with Henri Portal to provide specially-watermarked paper for banknotes. As Portals expanded their business in the late 19th and early 20th century, they acquired a number of paper mills including Stowford Mill, which they purchased in 1924. The company had by this time secured additional contracts, including postal order paper, postage stamp paper and pension and allowances paper. In 1930, after a re-evaluation of the business, Portals decided that their future lay in the further expansion of their core banknote business and sold many of their mills, including Stowford Mill, to Wiggins Teape (1919) Limited. This new company's practice at the time was to keep the original business names, so Portals (John Allen & Sons) was retained until 1968 and for this reason the mill continued to be called simply 'Portals'.

Production records, however, reveal no evidence of ever making UK banknotes, although the mill was involved in the provision of low denomination foreign currency.

Under Wiggins Teape the mill flourished. This company was well placed in the domestic market with strategically-located sales offices, supported by several paper merchants. Additionally, the company had a well-established overseas sales network. Access to the export market would prove invaluable in the decades ahead, complementing the existing domestic contracts for stamp, pension and postal order paper which helped to provide a stable order book. The manufacturing of so-called 'security papers' was the real legacy left by Portals during its brief ownership. As well as those initial products introduced in the 1920s, this category includes paper used for financial transactions, identity documents, exam certificates, title deeds, vehicle registration documents and vouchers. This business sector



was an important part of Stowford Paper Mill's activities, providing paper for many high-profile documents on the world stage. The nearest to banknotes was perhaps the provision of paper for local spending initiatives, similar in concept to the Totnes Pound.

It also provided interim voucher paper to countries in currency transition, so in some ways those locals had a point!

This article is the last in the current series. We hope they have proved an interesting read over the last two years! We thank all of you who have contacted us,

Part of the paper machine at Stowford Paper Mill dating from the 1950s

either requesting supplementary information or contributing further to our expanding archives. If anyone has documents or photographs of historical interest relating to Ivybridge, then we would be delighted to hear from you. Please contact us at info@ivybridge-heritage.org



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THE WELCOMING, FRIENDLY MEMBERS-ONLY CLUB

JANUARY

- 8th: Bingo, 8pm & every alternate Weds
- 11th: Quiz night
- 12th: Horse Racing Evening - starts at 4pm
- 18th: Fever FX performing from 9pm
- 30th: Bingo, 8pm

FEBRUARY

- 8th: Afternoon Tea (bookings only - please phone the Club to book)
- 15th: Roulette at 9pm
- 29th: Tribute night - Orbison/Elvis Tribute and a disco/karaoke starting at 8.30pm

EVENTS COMING UP IN 2020

MARCH

- 7th: Quiz night
- 14th: Disco/Karaoke Night
- 21st: The O'Marleys Irish Band

APRIL

- 4th: Quiz night
- 11th: Gone South
- 12th: BBQ and live music with Le'Vis

MAY

- 30th: Tribute - Take a chance on us Abba

JUNE

- 6th: Ladies' Darts Final

- 12th: Comedy Caberet Night with Tank Sherman and Paul Savage

JULY

- 18th: Summer BBQ and Cocktails with the Craving

SEPTEMBER

- 19th: Stargazer Glam Rock Band

OCTOBER

- 31st: Voodoo

NOVEMBER

- 8th: Remembrance Day with BBQ and live music
- 14th: Pandora's Box

CONTACT US: 01752 893379 / secretary@ivyconclub.com / www.ivyconclub.com

Ivybridge Constitutional Club – Erme House, 1 Blachford Road, Ivybridge



ANDRÉ RIEU: 70 YEARS YOUNG

Sat 4Jan 7pm
Sun 5Jan 3pm

THE GOOD LIAR [15]

Tue 7Jan 2pm, 8pm
Thu 9Jan 2pm, 8pm

SORRY WE MISSED YOU [15]

Wed 8Jan 2pm, 8pm

EOS LUCIEN FREUD: A SELF PORTRAIT

Wed 15Jan 8pm
Thu 16Jan 2pm

ROH LIVE: THE SLEEPING BEAUTY

Thu 16Jan 7.15pm

LITTLE WOMEN [U]

Fri 17Jan 8pm
Sun 19Jan 2pm
Mon 20Jan 10.30am, 8pm
Tue 21Jan 2pm, 8pm
Wed 22Jan 2pm, 8pm
Thu 23Jan 2pm, 8pm

1917 [15]

Fri 24Jan 2pm
Mon 27Jan 2pm, 8pm
Tue 28Jan 2pm, 8pm
Wed 29Jan 2pm
Thu 30Jan 2pm, 8pm

ROH LIVE: LA BOHÉME

Wed 29Jan 7.45pm

THE PERSONAL HISTORY OF DAVID COPPERFIELD [PG]

Fri 31Jan 2pm
Sat 1Feb 2pm, 5pm
Sun 2Feb 2pm
Mon 3Feb 8pm
Tue 4Feb 2pm
Wed 5Feb 2pm, 8pm
Thu 6Feb 2pm, 5pm, 8pm

Book tickets ONLINE, IN PERSON, or BY PHONE
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ivybridgewatermark.co.uk

A brand new production of much-loved glittering musical *Priscilla Queen of the Desert* comes to Theatre Royal Plymouth from Monday 20th-Saturday, 25th January. Starring actor and Strictly Come Dancing winner Joe McFadden, the show marks Jason Donovan's first time as a producer, having performed in the cast of the original West End production and two subsequent UK tours. Based on the Oscar-winning film, *Priscilla* is the hilarious adventure of three friends who hop aboard a battered

old bus bound for Alice Springs to put on the show of a lifetime. Their epic journey is a heart-warming story of self-discovery, sassiness and acceptance. The iconic hit musical has more glitter than ever before, featuring a dazzling array of stunning costumes, fabulous feathers and a non-stop parade of dance-floor classics including *It's Raining Men*, *I Will Survive*, *I Love The Nightlife*, *Finally* and many more. Jason Donovan said: "*Priscilla* is [the] perfect vehicle to

venture into the world of producing and bringing all my experience on the show seems the logical next step. "*Priscilla* is such a wonderful Australian story about diversity. It is a modern musical with a great heart." Tickets are priced from £16.50 and can be booked online at www.theatreroyal.com or by calling the Theatre Royal Plymouth Box Office on 01752 267222. Concessions are available. There will be a captioned performance on Thursday, 23rd January, at 7.30pm.



WATERMARK FILM OF THE MONTH

Little Women [U] is the film of the month at The Watermark. Writer-director Greta Gerwig (*Lady Bird*) has crafted a *Little Women* that draws on both the classic novel and the writings of Louisa May Alcott, and unfolds as the author's alter ego, Jo March, reflects back and forth on her fictional life. In Gerwig's take, the beloved story of the March sisters – four young women each determined to live life on her own terms – is both timeless and timely. Portraying Jo, Meg, Amy, and Beth March, the film stars Saoirse Ronan, Emma Watson, Florence Pugh, Eliza Scanlan, with Timothée Chalamet as their neighbour Laurie, Laura Dern as Marmee, and Meryl Streep as Aunt March. See panel left for screenings.

YOU SHALL GO TO THE BALL

Holbeton Players are busy rehearsing an all-new panto – *Cinderella*. The panto sees Cinders meet Prince Charming at a glamorous ball and pursue her love, while the ugly sisters try to fraught her ambitions. With a hilarious script, the cast will play out this magical fairy tale, singing and dancing to well-known songs accompanied by a live band – entertainment for young and old alike. Performances are on 6th, 7th and 8th February in Holbeton Village Hall. Tickets are selling fast. Seats are numbered so book early to get the best view. There's a licensed bar too! Tickets can be bought from Holbeton Village stores (01752 830246) or email holbetonplayersboxoffice@gmail.com

ANNIVERSARY FUN DAY

An appearance by The Wurzels will kick-off a special weekend for the Lions Club of Ivybridge when they stage their 20th annual Fun Day at the Ivybridge Rugby Club on Saturday, 11th July. The Wurzels will headline a concert on the previous evening, Friday, 10th July, which includes two support acts and also feature a beer and cider festival. Tickets at £20 are already selling well and are available through The Watermark box office. This year's fun day will be the biggest and most spectacular to date, marking 20 years of the Lions Club in Ivybridge. There are still vacancies for stallholders at the Fun Day, which will again feature live music, funfair rides, food, craft stalls and more. Potential stallholders are invited to email adam@ivybridgefunday.co.uk

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THE SCIENCE OF CHANGING HABITS

Changing a habit can take time and persistence, on average between 18 and 254 days. Here are some proven tips to shorten that time!

● **Know your cues:** Habits are formed by repetition, and encouraged by our in-built reward system. A cue (at a shop buying milk), is followed by a behaviour (choose a treat), then you get a reward of a hit of the happy chemical dopamine (as you eat the treat). It won't take long before your brain links the cue with the reward and you find the behaviour becomes a habit. So become aware of your cues so you can avoid them, or plan ahead for them.

● **Replace unwanted with wanted:** In breaking any habit, we are actually changing from one habit to another. So consciously



replace the old habit with something more positive – eg instead of getting home and snacking, going to the gym. Rather than using negative goals (I will not eat a snack when I put the telly on), be clear about what you will be doing instead and be specific what your new habit will be (what, when, how and where)?

● **Create a better reward:** Reward yourself for doing the new habit (eg a pound in the jar), and

remind yourself of the difference it will make to you when the new habit is stuck.

● **Lower your stress level:** When we are stressed the mind will encourage you to do quick and easy things to get that quick hit of happy. We are also less good at seeing new solutions, and the mind will encourage us to stick with old behaviours. The calmer we are, the easier it is to change even long lasting habits. If you want help to change a habit, or reduce stress, I'm Tiffany Armitage and I practice Solution Focused Therapy and Hypnotherapy (in Ivybridge and Totnes), an effective and gentle therapy that helps enormously. To contact me, or to read a fuller version of this article on my blog, please visit www.hypnotherapist-plymouth.co.uk

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Would you like to improve your job prospects? Do you need a qualification for a promotion or further study? Or would you like to be able to help your kids with their homework? Maybe you simply want to brush up on your English and maths. Learn Devon runs free English and maths classes in Ivybridge for anyone wanting to improve their skills. You can enrol at any time and at any level and their tutors will tailor your learning around your needs. You work at your own pace and set your own goals. Classes are small and welcoming and their tutors friendly. Their classes are a flexible way of learning, especially for those with a busy lifestyle. To find out more and to enrol visit www.learndevon.co.uk or call 01392 384 094.

WARRIOR WOMEN

Women are being offered the chance to change up their workout routine with free Warrior Camps at Ivybridge Rugby Club. The fun, fitness sessions, which incorporate a 'sprinkle' of rugby focused activity, are also a great way to meet like-minded people. Warm up activities, learning passing and catching skills, and fitness drills are combined to create unique and exciting sessions. The camps will take place over four consecutive weekends, with each session different and building on the previous week, helping to build momentum while also helping to improve confidence and skills. The sessions will take place at Ivybridge Rugby Club every Saturday from 11th January to 8th February from 10am-11am. To register for a place on the Warrior Camps visit england.rugby.com/innerwarrior

SHOOT FOR THE MOON THIS JANUARY!

An Ivybridge slimming consultant is urging people starting a weight loss programme this month to have faith in aiming for their ideal weight. Leanne Tancock, the consultant for Slimming World (SW) Ivybridge groups, is preparing for a busy January as many people vow to make 2020 the year that they achieve their dream weight. Research by SW shows that people shouldn't feel limited by past weight loss attempts and should instead aim high for the weight they would love to be, and get the support they need to achieve it. The national study of 24,457 people with a BMI in the obese category looked at the impact of target setting, and found that the more ambitious the target, the more weight people lose – regardless of their starting weight. Leanne says her group is a great place to get motivational support

along with care and camaraderie to learn to make simple, healthy changes to lose weight and keep it off. She says: "No dream is out of reach at Slimming World. Whether it's to lose 10 pounds or 10 stone, fit into a size 12 dress or a suit you've grown out of, together, me and the members of the Ivybridge Slimming World group can help to get you there! "We never tell members what they should weigh, and so all new members choose their own target weight when they join. However much you'd love to lose, we know how much more motivating it is when you're aiming for a weight you dream to be rather than a weight you're told you should be. "In my group, members set targets, share recipes, challenges and solutions and celebrate success together. It's all about support, care, encouragement and



fun – and I firmly believe that's why we regularly see members achieve their weight loss dreams. "Many also find they have so much more energy, and become much more active by starting small and finding something fun." Leanne's groups are held every Monday 9am, 5pm & 7pm and Tuesday 9.30am, 11.30am, 3.30pm & 5.30pm at Chapel Place, Ivybridge. To join, either pop along or give Leanne a call on 07930 473542

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NATIVITY Children at The Erme Primary School had a superb time rehearsing their fabulous nativity which included lots of singing, dancing and brilliant narration. On the night, the children made the stage come alive with their confident acting and stunning costumes.



CHRISTMAS FESTIVITIES Stowford School received a large fir tree delivered from the Lukesland Estate. The tree is donated by parents who have had their children attend the school in the past. Festivities and performances this year included KS1's 'Lights, Camera, Action!' and a KS2 Performance of 'Carols by Candlelight' at the Methodist Church. There was also a special Christmas lunch and Christmas jumper day, when staff served children their Christmas dinner while dressed up in a variety of Christmas hats and outfits. The Stowford Choir visited two local nursing homes to share a range of Christmas Carols.

In collaboration with the Donkey Sanctuary, there was an evening event including the Foundation children, the choir and Year 6, and the children in Stowford Nursery also got into the festive spirit with a morning of Christmas arts and crafts, when children and their parents enjoyed making Christmas crafts together.

There was also the very successful PTA Christmas Fayre, which raised a fantastic £2,381.84, which will go towards developing the school's outdoor education programme.



NATIVITIES The children in the Early Years Foundation Stage at Manor Pre-School and Manor Primary School (above right) enjoyed performing this year's Nativity play, 'A Little Bird Told Me'. Based on the traditional Nativity story, a flock of birds fly to Bethlehem looking for baby Jesus. They realise that they don't have a gift for the newborn baby king, but then realise they have the most perfect gift of all – a song! The children worked so hard learning their lines, dances and songs and did their very best in the final performance to their families and friends.

The children in Years 1 and 2 (above and right) started their Christmas celebrations with an outstanding Nativity performance. The audience enjoyed the traditional story of Mary, Joseph and the birth of Jesus in the stable. Through the imaginative costumes, range of songs and skilful acting the children put on a memorable show, which was a treat for all of their families to enjoy.



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❖ Woodlands Park

NANCY ASTOR On 28th November, Year 5/6 girls at Woodlands Park attended the unveiling of the Lady Nancy Astor statue (above) on The Hoe in Plymouth, write *Tumi and Tabitha*. During the trip, the girls sang anti-bullying songs to celebrate differences and we all enjoyed meeting Theresa May at the end of the ceremony. Also, we did philosophy activities helping us to experience what it would be like to be an MP like Nancy Astor. We all learnt so much history about The Hoe and really enjoyed the day.

❖ Cornwood

FIRST CHRISTMAS The Open the Book team visited Cornwood Primary School to take a collective worship session. The children learned all about the first Christmas, and some of Key Stage 2 pupils were able to take part in the performance.



MARVELLOUS MATHS The whole of The Erme Primary School got involved in some marvellous maths during a workshop last term. The children worked together in small teams to solve a range of problems using large resources. To complete the puzzles they needed to work as a team

under a variety of different conditions, against the clock. For one of the puzzles, the children even had to work in silence while still including all members of their team. Everyone had a fantastic time and really enjoyed experiencing maths in a different way, and learning the importance of team work.

BIKE ABILITY Children from year 5 and 6 at The Erme Primary School faced the challenge of cycling on local roads when they undertook level 2 cycle training. As part of the course, the children had to start and finish an on-road journey, recognise typical hazards, let others know what you are about to do, know where to ride on the road and pass parked vehicles and side roads. The cold and rainy conditions adding an extra element to the experience. Year 1 and 2 completed the Balanceability programme. The children had a great time learning the fundamentals of balance, core stability, gross and fine motor skills and the essential confidence that comes with the process of learning a new life skill. The children made amazing progress with their co-ordination skills and worked brilliantly in their groups.



VISITS Along with Christmas festivities, December at Sparkwell school saw the oldest children visit Plymouth's Energy from Waste plant. The school's Eco Rangers

were invited to a special day out at The National Marine Aquarium - their favourite part of the day was 'exploring' under the sea through Virtual Reality headsets.



HENRY VIII As part of their term topic, Year 5 at Yealmpton Primary School were visited by Henry VIII. 'He' spent the day with the children, developing their understanding of the Tudor period.

Year 6 received a visit from Winston Churchill, who spent a day with the children to help them gain a deeper understanding of World War II in an engaging, interactive manner.

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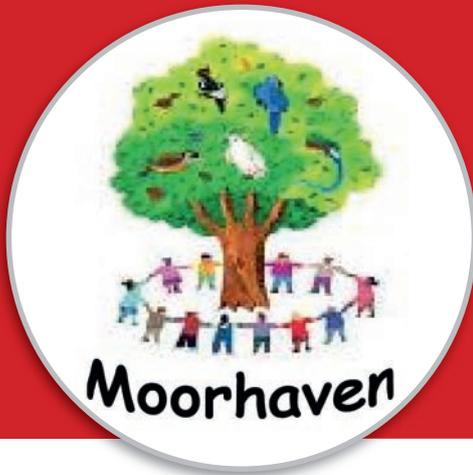
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schools



Yealmpton

MATHS MORNING Yealmpton Primary School was delighted to welcome the Yealmpton family into school to share the children's understanding and enthusiasm for maths at its recent maths parent open morning. In each class, children worked on challenging problems and engaging tasks using their six mastery principles – whole class teaching, small steps, representation, critical thinking, variation and fluency. The school says a big 'thank you' to all the Yealmpton family who joined them for the morning!

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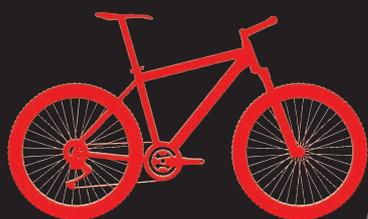
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Every Tuesday: Ivybridge Methodist Church lunches £3.50

Every Wednesday: Plymouth £4.50
Pick-up time starts at 9am and arrives in Plymouth around 10.30am. Pick-up time for return is 1pm.

3 Wednesdays a month: Newton Abbot £5.50

Every Wednesday: Lunch club £5.00

Every Thursday: Ivybridge Town Centre or Tesco £3.50
Pick-up for Ivybridge Town: starts at 9am to 9.30am. You can return home at 11.15am or 12 noon.
Pick-up for Tesco: starts at 11am and arrives at around 11.45am. Leaves Tesco 1.45pm to return home.

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Shopping/lunch trips. Start pick-up 10.30am.

CORNWOOD, LUTTON, SPARKWELL & ERMINGTON

Every Tuesday: Ivybridge Town Centre or Tesco Lee Mill £4.00
Pick-up times: Cornwood - 9.10am | Sparkwell - 9.30am
Ermington - 10.30am. Collection: Ivybridge (Cornwood/Sparkwell) 11.45am, Tesco (Cornwood/Sparkwell) 12.15pm, Tesco (Ermington) 1.30pm

Every Wednesday: Plymouth £4.50
Pick-up time starts at 9am and arrive in Plymouth around 10.30am. Pick-up time for return is 1pm.

Every Friday A trip to towns like Tavistock & Totnes ... £7.00

All times are approximate and dependant on who needs to be collected. Please contact I&DCTA for more information.



@ The Watermark

CELEBRATE ANDRÉ RIEU'S 70th BIRTHDAY

André Rieu is celebrating a landmark birthday and is inviting cinema audiences all over the world to his party!

70 YEARS YOUNG is André Rieu's ultimate concert featuring musical highlights chosen by the maestro himself from his illustrious career so far.

This unique commemorative celebration will take you on an unbelievable journey around the world to André Rieu's most amazing concert locations, including Schönbrunn Vienna, Radio City Music Hall New York and the Coronation Concert in Amsterdam.

As part of the celebration, André Rieu reminisces with cinema host Charlotte Hawkins about his life, love and music, while taking his cinema audience on an exclusive tour of his home in Maastricht. Kick off the New Year in style, in the comfort of the cinema, with the most wonderful music from the birthday boy – the King of Waltz! Hip hip hooray! Saturday, 4th January, at 7pm and Sunday, 5th January, at 3pm.

THE GREAT GALE OF BRIXHAM 1866

The South Devon Players and Film Company presents The Great Gale of Brixham 1866. This is a production about real life events, which took place in Brixham during the night of 10-11th January, 1866.

This is a powerful tale of pivotal regional history, community cohesion and support, kindness, and what life was like in a 19th century English fishing town. On the night of 10-11th January, 1866, a southeast gale blew up, and the storm is widely remembered in Brixham to this day. Much of the towns fishing fleet, as well as other ships sheltering in Torbay, were destroyed, with a large loss of life. The fishwives of Brixham built a bonfire of their household effects on the end of the breakwater (half the length of the

current breakwater, although in the same location) to try to guide their husbands home safely, while the men on shore did all they could to save people from the ships which were wrecked along the Brixham and Churston coastline. All those saved, both locals and those from other parts of Britain, and indeed mainland Europe, were shown great kindness by the residents of the town who in many cases offered them lodgings in their own homes, even as they waited for news of their own loved ones.

It is said that after the storm, one could walk along the coastline from Brixham to Paignton upon the wreckage of all the wrecked ships.

Over a hundred bodies were identified, and records to this day also list many other unidentified seamen who were found torn apart by the fury of the storm and unidentifiable. A mass grave and memorial exists at St Marys Church in Brixham to this day. The full death toll from the storm will never be known.

Even in recent years, previously undiscovered wreckage and human remains have been found, dated to this storm. Tickets on sale for Saturday, 18th January, at 7.30pm.

IVYBRIDGE COMMUNITY ARTS PRESENTS

Enjoy a weekend of film from the Victorian era on 25th January when Ivybridge Community Arts presents Disney's Alice in Wonderland at 2.30pm – a family event which will include light refreshments. Then on Sunday, 26th, it's Rail & Ale. At 12.30pm there will be a showing of "Britain on Film" Railways 1898-1970 which will include pie, mash and vegetables and Ivybridge Brewing Company beers to taste and buy.

Book both Alice in Wonderland and Rail & Ale via The Watermark box office.

IVAN BRACKENBERRY SUPPORTS TOM BINNS PSYCHIC COMEDIUM

8/10 Cats Do dictionary corner favourite Ivan Brackenbury, the hospital radio DJ, supports Tom Binns: The Psychic Comedium. Multi award-winning comedian Tom Binns has performed his psychic character Ian D Montfort to five-star reviews. He's entertained and amazed sceptics and believers alike on his own BBC Radio 2 series 'Ian D Montfort is: Unbelievable' and his critically-acclaimed BBC One

series 'Hospital People' and in the smash hit British film 'Eaten By Lions'. During this time, Tom appears to have started to believe he has genuine psychic ability and now performs as The Psychic Comedium. "I've discovered I have psychic abilities that are at least as strong as anyone who has ever claimed to be a psychic. If not stronger"

In his performances, Tom clearly makes jaw-dropping revelations about his audience but is he gifted? Or is he deluded? Or is he just full of sh*t? Whatever you decide, his gift for comedy is undeniable and his psychic powers are unbelievable!

"Binns has either gone native or so deeply ironic that he's lost touch with reality. I can only assume he'd sell more tickets as a 'real' psychic. In this post-truth, end of days, era we are living in, why not? Best of luck to him." – Horizon. Saturday, 8th February, 8pm.

HALF TERM FAMILY MAGIC SHOW WITH MAGIC MARTIN

A fun-packed show full of magic and mayhem with lots of participation from the audience on Friday, 21st February, 1pm.

UK Family Entertainer of the Year 2017. Tickets are £6.50 each, including fees, but if you buy multiples of four you get the tickets for £5.50 each inc fees! Suitable for ages 4 to 104!

STEVE KNIGHTLEY: PASS NOTES THE STORIES BEHIND THE SONGS

Following the success of last year's intimate one man show, Steve's latest outing on Friday, 28th February, is intended for anyone fascinated by the art and



craft of song writing. Exploring his extensive back catalogue and introducing unheard, new material he explores the themes and stories that inspire him and shows how music and words can become lyrics and chords and notes can meld to create songs that acquire a life of their own!



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Storytime Every Monday, 10.30-11am, Ivybridge Library. For toddlers with parent/carer.

Weigh and Play at the Den, South Brent Primary School. 1.30-3pm. Stay and play session for under 5s with

child health clinic on 1st and 3rd weeks. 01803 847626 / southhamschildrenscentre@actionforchildren.org.uk

St John's Craft Group 7.30-9.30pm. Waterside House, Keaton Road.

Ivybridge U3A monthly meeting 2-4pm. Third Monday of the month. The Watermark. Ivybridge.u3a@gmail.com / 07866 077030 / www.ivybridge-u3a.org.uk

Slimming World 9am, 5pm & 7pm, Chapel Place Community Hall. FFI: Pop in / contact Leanne on 07930 473542 leannetancock@sky.com

Arts & Crafts 1.30pm. Evangelical Baptist Church. Contact Ian Macgregor Tel. 01752 923032.

Junior Book Group 3.45-4.45pm. Ivybridge Library. Junior reading group. Drop and pick up a copy of this month's book. Enquire at library for dates.

1st Ivybridge Cub Scouts 6.30-8pm. Victoria Hall. Ages 8½ - 10½ years. ivyakela@gmail.com

3rd Ivybridge Scout Group 6pm. Scout Hut, Leonards Road.

3rd Ivybridge Brownies 6.15-7.30pm. Details: 01752 895848.

Bridge Sea Angling Club 8pm. Last Monday of month. The Exchange.

Prize Bingo 7.30pm. Bittaford Community Hall. Details: 01752 896521.

Adult Reading Group

7.15pm. First Monday of month. Ivybridge Library. Details: 01752 893140.

Air Cadets Parade times 7.30-9.30pm. Joint Cadet Centre, Filham Park. Details: 07879 464657 / oc.339@aircadets.org www.339sqn.org.uk

Abbeyfield Coffee Morning 10.30am-12noon. First Monday of every month. Abbeyfield, Trehill Road. Details: 01752 691567.

Exercise On Referral

Ivybridge Leisure Centre. Details: 01752 896999.

Hatha Yoga with Meditation 7-9pm. St John's Church Hall. Suitable for beginners. Join any time, just drop in. Details: Tel. 01548 550612.

Ivybridge Flower Club The Watermark. 7.30pm. Every 2nd Monday of the month. Details: 01752 892647.

Ivybridge Trefoil Guild Guiding for Adults. 7pm. Meets 2nd Monday. Venue varies. Contact Angela - 01752 892587.

Ivybridge Short Mat Bowls Club Sept-March. 7-9.15pm. Ivybridge Community College. Details: 01752 691306 / john.chaplin1@tiscali.co.uk

Coffee Morning/Lunch Club Alternate Mondays, The Old School Community Centre, South Brent. FFI: South Brent & District Caring - 01364 700282.

Sweeney Toddlers Parent/child group every Monday (term time) 10am-12noon, South Brent Methodist Church. Birth to 4 yrs. Suggested donation £2/ family. Tea & coffee. Bring a snack & drink for your little one. FFI: 07540 869840 / sweeneytoddlers2018@gmail.com

TLC @ The Library Ivybridge Library, 3rd Monday of the month, 10.30-11.30am.

TUESDAY

Ivybridge Probus Club First Tuesday of the month. 12.30pm Wrangaton GC.. Details: - 01752 691305.

Arty Crafty Group 1.30-4.30pm. Scout & Guide building, Blachford Rd. Details: Gerry 01752 690176 / Hazel 01752 892438.

Cornwood Short Mat Bowls Club

Every Tuesday 2-4pm. Cornwall Village Hall. All standards welcome including beginners. Car park. FFI: Contact Collin Roberts on 01752 837661.

Ivybridge and District Camera Club 7.30pm. 2nd and 4th Tuesday of each month. Bittaford Village Hall. FFI: www.ivybridgecameraclub.org / ivybridgecameraclub@yahoo.co.uk

Ivybridge Walking For Health Level 1. 9.45am for 10am. First Tuesday of the month. Meet inside Ivybridge Leisure Centre. Up to 30mins. Free. www.walkingforhealth.org.uk

Ivybridge Walking For Health Level 2 walk. 9.45am for 10am. Every Tuesday. Meet inside Ivybridge Leisure Centre. Up to 60mins. Free. www.walkingforhealth.org.uk

Tuesday Lunches 12.15-1.30pm. Ivybridge Methodist Church Café. Children welcome. Ring & ride bus offers door-to-door service - £3.50 return (call 01752 690444 for ring & ride).

1st Ivybridge Cub Scouts 6.30-8pm. Victoria Hall. Ages 8½ - 10½. ivyakela@gmail.com

1st Ivybridge Explorer Scouts 8.15-9.45pm. 1st Ivybridge Scout Hut, Victoria Park. Ages 14½ - 18. Details: 0792507443 / ivyexplorers@yahoo.com

5th Ivybridge Rainbows 5-6pm. St John's Church Hall. Details: ivybridgetrainbows@live.co.uk

Tai Chi 7.30-9pm. 3rd Scout Hut, Ivybridge. Details: 07972 846443 / john.h@gmail.com

Beading Group 7.30-9.30pm. Every 2nd Tuesday of the month. Scout Hut, Ivybridge.

Slimming World 9.30am, 11.30am 3.30pm and 5.30pm. Chapel Place Community Hall. Pop in or contact Leanne on 07930 473542 leannetancock@sky.com

Parents and Toddlers 10am-12noon. Ivybridge Evangelical Baptist Church. £1 per session. Details: 01752 923032.

Ivybridge Judo Club St John's Hall, Blachford Rd.

Junior class (age 8-13) 7.15-8.15pm. First session free.

Details: text 07599 111815 / petewhitfield62@gmail.com

Ivybridge Community Choir Meets every Tuesday. 7.30-9.15pm. Ivybridge Library. Everybody welcome, no auditions. Contact Sheila on 01626 870107 / www.communitychoir.co.uk

Ivybridge Short Mat Bowls Club Sept-March. 7-9.15pm. Ivybridge Community College. Details: 01752 691306 / john.chaplin1@tiscali.co.uk

All Aboard 2-4pm. Ivybridge Library. Board Games club. 01752 893140.

Erme Valley Harriers Seniors Training 6pm. Every Tuesday & Friday. Meet Ivybridge Rugby Club. ermevalleyharriers.co.uk

Next Steps Parent/Carer Support Group 10am-12noon. Every 2nd Tuesday of the month. Beacon Room, The Watermark. Details: contact Jan 07742 609968.

The Ivybridge Link (Social Networking for Adults With Learning Disabilities). 5.30-8.30pm. The Exchange.

Pilates 6 & 7.15pm, Westward Inn function room, Lee Mill. FREE - voluntary donations to St Luke's are invited. Details: wendywolf@hotmail.co.uk

Discovery Play The Den, South Brent Primary School. 9.45am-11.15am. Messy play for the under 5s. FFI: 01803 847626 / southhamschildrenscentre@actionforchildren.org.uk

Mid Week Holy Communion First Tuesday of the month. 1.30-2pm. Ivybridge Methodist Church.

Ivybridge Detachment - Devon Army Cadet Force (age 12-18). Parade 7-9.15pm, Cadet Centre, Filham Park, Ivybridge. armycadets.com

Raspberry Pi Coding Club alternate Tuesdays from 7th January. Adults: 1.30-3.15pm; Under 16s: 3.30-4.45pm

WEDNESDAY

Foodbank & Cafe 1-3pm. Ivybridge Methodist Church. Details: ivybridge.foodbank.org.uk / info@ivybridge.foodbank.org.uk / 07706 457336 or 07706 457337.

Wednesday Walk & Talk Meet at The Old School Community Centre, South Brent, for a walk around the village and back. Tea/coffee afterwards. FFI: contact South Brent & District Caring - 01364 700282.

The Bridge Stroke Group 1.30-3.30pm. 2nd Wednesday of the month, Ivybridge Town Hall. In partnership with the Stroke Association. Details: 01752 691878.

Little Fishies parent & toddler group run by the Salvation Army - 10am-12noon, Ivybridge Methodist Church Hall.

Tai Chi Every Wednesday. 9.30-11am. 3rd Scout Hut, Ivybridge. Details: 07972 846443 / John.H@gmail.com

Read and Reminisce 10.30am-12noon. Ivybridge Library. Stories, poetry & memories read aloud in a small group. Everyone welcome, especially those with memory loss and their carers.

Ivybridge Theatre Company 7.30pm. Chapel Place Community Centre. Details: contact Ron Davis on tel. 01752 893308 or visit ivybridgetheatrecompany.co.uk

Erme WI 7.30pm. Every second Wednesday of the month. Ivybridge Library. Details: contact Sheila on Tel. 01752 895875.

Royal British Legion 2nd Wednesday of month. The Sportsman's Inn. 7.30pm. FFI: 01752 691645 / http://branches.britishlegion.org.uk/branches/ivybridge

Ivybridge Trefoil Guild Guiding for Adults. Meets on 1st Wednesday of every month at Bittaford Village Hall. 10am-12noon. Details: Angela 01752 892587.

50+ Badminton 12.30pm. Ivybridge Leisure Centre. Details: 01752 896999.

1st Ivybridge Beaver Scouts 6-7pm. Victoria Hall. Contact 1stivybeavers@gmail.com

1st Ivybridge Scouts 7.30-9.30pm. 1st Ivybridge Scout Hut, Victoria Park. Ages 10½ - 14½. Details: firstivybridgescouts@ymail.com

3rd Ivybridge Scouts 6.30-8pm. Leonard's Road HQ. Details: Contact 1stivygsi@

gmail.com

1st Ivybridge Guides 6.30-8.30pm. Details: contact Janet Parsons Tel. 01752 897082.

Ivybridge Table Tennis

Group Ivybridge CC. 6.30pm until 9.30pm. (from 24th July until further notice – 7pm to 9pm). Adults £3, under 18s £2, under 16s £2. U16s free if accompanied by playing adult. FFI: 07712 896185.

Wednesday Night Church @ St John The Evangelist

7.30pm. Friendship, reflection, silence and prayer, for all faiths or none.

Erme Valley Ladies Group

10.30am. 2nd Wednesday of month. Waterside House.

Ivybridge Bowls Club

6.30pm. April-September. Bridge Park clubhouse. Details: 01752 892858.

Ivybridge Rotary Club

6.15pm at The Watermark. FFI: Contact the secretary Rotary Club of Ivybridge – 07849 637189.

Booklovers Meeting

Alternate weeks. Details: 01364 73793

Coffee Morning 10.30am-12noon. Cornwood Community Room.

South Brent Short Mat Bowls Club 7-9.30pm. South Brent Village Hall. FFI: 01364 649194 – john.shepherd@southbrent.org.uk

Teeny Tots 10.30-11am. Ivybridge Library. oddlers/ pre-schoolers with parent/ carer.

Carers Group 11am-12.30pm, first Wednesday of month, Ivybridge Library. Informal social gathering for any local unpaid carers. Details: 03456 434 435.

Ivybridge Caring

Volunteers Drop in for a chat about support for elderly/ isolated people. 9.30am-12pm. 2nd Floor, The Watermark. Details: 07791 239357.

Holy Communion Service

St John The Evangelist, Blachford Road. 9.30am. Followed by coffee. All welcome.

Board Game Night

6-10.30pm. The Imperial, Ivybridge. FFI: joel.wright@me.com / 07863 128489.

Women Supporting Women

Mental wellbeing group run by The Salvation

Army. Light touch support group, open to all. Ivybridge Town Hall, 7-9pm, 4th

Wednesday of each month. FFI: ivybridge@salvationarmy.org.uk

Sascha's Stay and Play

Ivybridge Library, weekly, 11-11.30am. £2.00 per child.

Bingo Ivybridge Constitutional Club, every other Weds, 8pm.

THURSDAY

Artistik Storytime 10am-12noon. St John's Hall, Blachford Rd. For 0-5 years with carer. £1.50 per session. Term time only. Details: 01752 873089.

Ivybridge Library Reading Group Last Thursday of the month, 11.30am

Walking For Health Level 3 walk. 9.45am for 10am.

Every Thursday. Meet inside Ivybridge Leisure Centre. Up to 90mins. Free. www.walkingforhealth.org.uk

Crime Book Club 6-7pm.

Ivybridge Library. 3rd Thursday every month. Details: 01752 894066 / mollytregaskis@aol.co.uk

The Wright Group Coffee Morning 10.30am-12noon.

The Sportsman's Inn. Details: soniajwhitaker@gmail.com

Watermark Wonders Adult Reading Group 6-7pm.

3rd Thursday of month. Ivybridge Library. Group currently have spaces, so feel free to turn up.

Taichi 7.30-9pm. 3rd Scout Hut, Ivybridge. Details: John Hamlett – 07972 846443 / john.h@email.com

Lions Club of Ivybridge

7.30pm. 4th Thursday of month. Ivybridge Town Hall. Details: contact 0845 833 9834 or lions@ivybridgeonline.com

Ivybridge Bingo and Social Club 7.30pm for 8pm.

The Beacon Room, The Watermark. 18+.

Exercise On Referral

Ivybridge Leisure Centre. Details: 01752 896999.

Baby Bounce and Rhyme

10.30-11am. Babies/young toddlers with parent/carers. Ivybridge Library.

Knit and Natter 2.30-4.30pm. Ivybridge Library.

Action On Hearing Loss Clinic 2-4pm. Every 2nd Thursday of the month.

Ivybridge Library. With Derriford Audiology. Details: 01752 893140.

1st Ivybridge Rainbows

5-6pm. St John's Church Hall. firstivyrainbows@live.co.uk

2nd Ivybridge Brownies

6-7.30pm. 2ndivybrownies@live.co.uk / 01752 894749.

Erme Valley Harriers

Junior Training 5.45-7pm

for under 11s. 7pm-8pm for over 11s. Ivybridge CC. ermevalleyharriers.co.uk

South Hams health visitors drop-in clinic 10:30am-12noon. Ivybridge Library.

Dog and Puppy Obedience

7pm. Bittaford Village Hall. Details: 01364 73259.

Come Dancing, Circle Dance

7.30-9.30pm. Yealmpton Community Centre. Details: 01752 880196.

Ivybridge Caring

Volunteers Drop in for a chat about support for elderly/ isolated people.

9.30am-12pm. 2nd Floor, The Watermark. Details: 07791 239357.

Ivybridge Detachment – Devon Army Cadet Force (age 12-18). Parade 7-9.15pm, Cadet Centre, Filham Park, Ivybridge. armycadets.com

Job Club 11.00am-1pm, Ivybridge Library. Drop-in session for advice on job hunting and CVs.

Family Focus – Baby Drop-in & Weighing Ivybridge Library, 10:30am-12 noon.

FRIDAY

Little Fishies parent & toddler group 10am-12noon, Ivybridge Methodist Church Hall. Run by the Salvation Army

Lee Mill Toddlers Together

Lee Mill Church Hall, 10am-12pm. Every Friday (term time only). Under 5s with parent/carers.

Spinning Tots Creative movement class for 2-5 year olds. The Old School Centre, South Brent. 10-10.45am. Details: spinningtotsdance@gmail.com, 07980 979171 or FB @spinningtotsdance

Catholic Women's League (first Friday of the month)

St Austin's Priory, Cadleigh, 11am. All welcome.

Youth Night @ Ivybridge Leisure Centre. 8-9.30pm. Ages 13-19. £2.10.

1st Ivybridge Beaver Scouts 6-7.20pm. Scout Hut, Victoria Park. Ages 6 – 8. Details: contact 1st Ivybridge scout group.

Over 50s Social Group 10am-12noon. 2nd and 4th Friday of the month. The Sportsman's Inn. Details: 07598 781155.

South Brent Short Mat Bowls Club 10am-12noon. South Brent Village Hall. For further information: 01364 649194 – john.shepherd@southbrent.org.uk

Ivybridge Business Breakfast 8.30-10am, The Watermark. 3rd Friday of the month. £8 inc breakfast and speaker. Book: clare.northey@swlaw.co.uk

Stairways Club 9.30am-12.30pm. Beacon Room, The Watermark. For adults with learning disabilities. Details: Ann Laity 01752 691648 / alaity9@gmail.com

Air Cadets Parade times 7.30-9.30pm. Joint Cadet Centre, Filham Park. Details: 07879 464657

3rd Ivybridge Cubs 6.15pm. The Scout Hut, Leonards Rd. Details: 01752 691366.

3rd Ivybridge Scouts 8pm. The Scout Hut, Leonards Rd. Details: 01752 691366.

Bingo 7.30pm. Cornwood Village Hall. Every last Friday of the month.

Friday Club Ages 5-11. 6-7.30pm, Ivybridge Baptist Church. 01752 923032.

Erme Valley Harriers Seniors Training 6pm. Every Tuesday & Friday. Meet Ivybridge Rugby Club. ermevalleyharriers.co.uk

Techie Talk 10am-12.30pm, Ivybridge Library. Computer/gadget advice. Booking required on 01752 893140 / ivybridge.library@librariesunlimited.org.uk

SATURDAY

Men's Breakfast 2nd Saturday. 8.30am, Ivybridge Methodist Church. Full English breakfast for £3.50 and short talk afterwards.

Lego Club 10am-12.30pm, Ivybridge Library. Listen to a story and then have a go at building it with Lego. £1.50 per child. Enquire at library for dates. Book with library staff.

Ivybridge Writers Group 10am-12noon. Ivybridge

Library. 3rd Sat of month. £3/ session. Applications from Library.

Wesley's Cafe 10.30am-12noon @ Ivybridge Methodist Church.

Ivybridge Artisan Market 1st & 3rd Sat. 9.30am-1pm. The Watermark. FFI: ivybridge.artisan.market@gmail.com *Not during January.*

Bingo 2.30pm. Abbeyfield House. Trehill Road. £1 per game inc tea and biscuits.

Holy Mass 6pm, St Austin's Priory, Cadleigh.

Bible and bake 3-4.30pm. 2nd Sat of month. 0-8 years. Baking activity, Biblical story, crafts and songs. £2 per child, under 12 months free. Details: tish8952@aol.com

Messy Church family fun from the Salvation Army. Ivybridge Youth Venue, 2-3.30pm, 2nd Sat of month. Toddler-10yrs. Craft, bible stories, songs. FFI: ivybridge@salvationarmy.org.uk

SUNDAY

Ivybridge Methodist Church 10.30am, lively family worship with activities for young people. Varied worship 6.30pm.

Ivybridge Baptist Church 10:30am (with crèche & children's group) & 6pm.

St John The Evangelist 10.30am. Holy Communion Service followed by refreshments. All welcome.

Holy Mass 10.30am, St Austin's Priory, Cadleigh.

Salvation Army Sunday service 10.30am, Ivybridge Youth Centre. Details: 01752 894306 / ivybridge@salvationarmy.co.uk

Ivy Ladies Netball 9.30-11am. Ivybridge Community College. Details: ivyladies@gmail.com

Bootleggers Walking Group Approx 10am start. Friendly, leisurely walks. Av 6 miles. FFI: bootleggers.sunday@gmail.com

South Brent Short Mat Bowls Club 3-5pm. South Brent Village Hall. FFI: 01364 649194 – john.shepherd@southbrent.org.uk

Disclaimer: Listing compiled by Ivybridge Town Council. Details reliant on groups providing up-to-date information; the town council nor the imag can take any responsibility for its accuracy.

the local experts

■ IVYBRIDGE PODIATRY

NEW YEAR'S RESOLUTIONS

I hope you all had a very Happy Christmas. Now is the time to look forward to the New Year and resolve to do all those things that you didn't get around to last year. Is looking after your feet one of them?

Many of us ignore them unless they hurt – after all, they are a long way away from our eyes and hands.

Do you find it increasingly difficult to reach and cut your nails?

Perhaps you can reach, but you can't see what you are doing clearly enough?

Are your hands strong enough for those thickened nails?

I can help you keep your feet healthy, nails cut, feet moisturised and hard skin removed.

Not only that, but your feet will get a check over at every visit.

You may not notice me doing it, but I always check the condition of your skin, look for any suspicious blemishes, check for signs



By Jackie Thomas BSc(Hons) MCPod. HCPC reg no: CH33566

of poor circulation. Sometimes I will test the hydration of your skin – especially if it looks dry. After all, your skin is your body's biggest organ and is responsible for protecting you from infections and waterproofing you. It can't do that if it is dry and cracked, so don't forget to moisturise your feet.

A good way to manage your own nails in between times is to file them regularly. It is so much safer than cutting them.

I wish you all a very Happy and Healthy New Year.

Keep all those resolutions going...

■ Ivybridge Podiatry – www.ivybridgepodiatry.com
feet@ivybridgepodiatry.com
 01752 426075

■ RICHARDSONS LEGAL SERVICES

WE ARE RICHARDSONS LEGAL SERVICES

By **Monica Salvioni Reeder** – operations & client services at Richardsons Legal Services



Every month I have to decide what to write about in my editorial. Mostly I have written about what we do, but how about telling you a bit more about who we are?

David Richardson created us in 2007. We were established in Honiton, in East Devon, and David used to work from his bedroom. Honiton has not got many people, so David decided to move us to Plymouth, where our very big adventure started.

I joined in 2014 as a part-time PA. I am Italian and before moving back to the UK I was office manager for a Public Notary. Italian law is different from the English one, based as it is on Roman law – as part of a law degree you must study the Roman laws that lead to our modern ones. David had lived in Spain, so he knew what kind of experience I had and thank goodness he gave me a shot!

My manager in line was a lovely lady called Jo. She was always busy and taught me as much as the amount of things she had to do allowed her. David was always out and about but he struck me straight away as somebody that would find time to sit down and answer my questions. There is an on-going joke between David and me... "David, can I ask you something?".

In 2015 we were joined by John Armitage, a legal practitioner from Yorkshire, and it was then that we started organising seminars. In those days, I was working with Lindsey, who became a legal practitioner in the summer of that year. Both John and Lindsey have moved on and we miss them dearly.

My year came in 2017. I became a legal practitioner and the company's operations director.

Bev Keane started working for us, one of our best choices so far. Bev is Richardson's lovely smooth voice that answers the phone when you call – and she's fun to work with.

In 2018, we opened our office in Exeter, which took off almost instantly, and 2019 has seen us expand to Bristol, Exmouth and Torquay.

Lara Lewis joined us at the beginning of last September. She is gentle and understanding and clients like her very much.

In December 2018, David was asked to write an article for the Parliamentary Review, which he did and which was published. He has now become a member of the Parliamentary Review.

Of course, David has plans for 2020, but I will write about them when the times are ripe!

In the meantime, nice to meet you, we are Richardsons Legal Services.

For further information contact Richardsons Legal Services on 0800 014 8031. RLS is fully insured, regulated and approved by Devon Trading Standards under its "Buy with confidence" scheme.

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Bring the family in for a Saturday morning or after hours for a Trust consultation

JANUARY EVENTS

Tuesday 7th January 2020 Coffee Morning 10am – 1pm
Tuesday 14th January 2020 Afternoon Tea 2.30pm – 5pm
Tuesday 21st January 2020 Coffee Morning 10am – 1pm
Monday 27th January 2020 Cheese & Wine Evening 5pm – 8

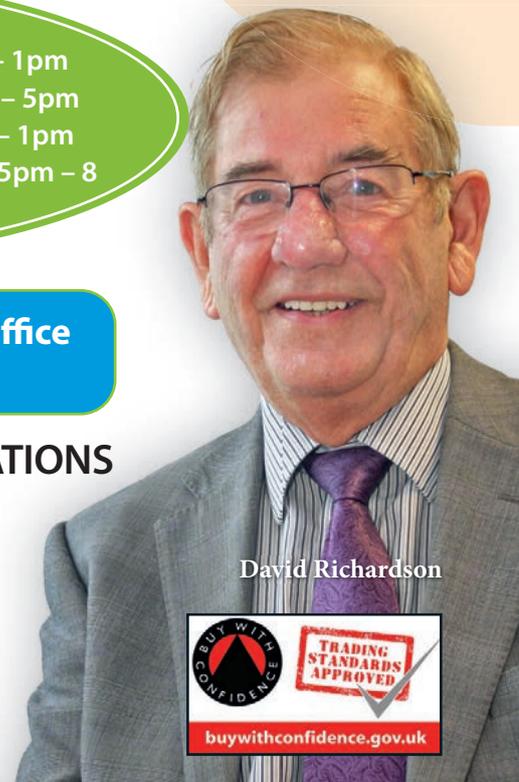
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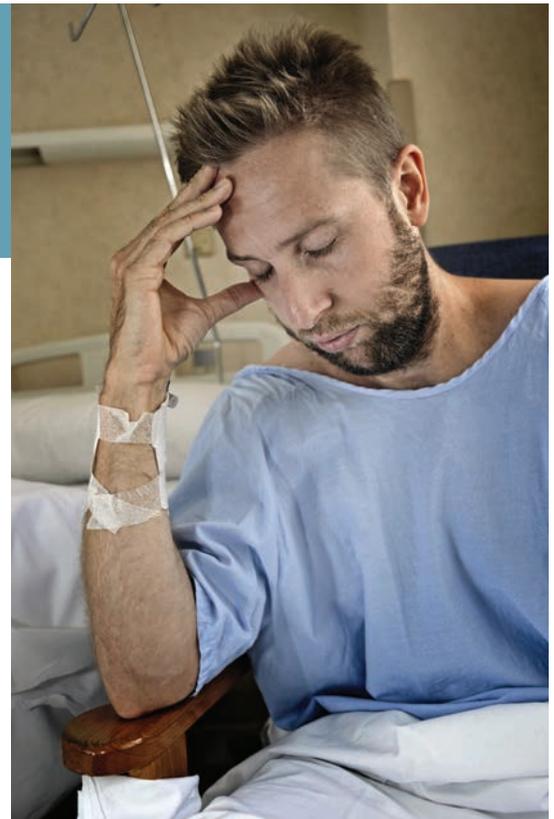
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DOING DRY JANUARY? READ ON...

We may well have eaten and drunk to excess over the festive period, and why not, it is a time for family, friends and fun!

The team here at Owens hope you have had a wonderful time and no doubt, like us, you will be thinking of the New Year and what 2020 will bring.

New Year - New Start

It could be that you have set yourself some New Year resolutions... and one of these may be to 'go dry' for January. You don't have to deprive yourself of all good things, though. Why not try our delicious, 100% organic and fair-trade coffee? After all, if you are only drinking 'soft' drinks, why drink anything but the best.

We have a wide range of amazing coffees, from single estates to carefully selected blends, to suit all tastes and brewing methods.

Coffee experiences

Another resolution may be to learn a new skill. To go alongside drinking fabulous coffee, why not learn more about how to make the perfect brew and the background of how coffee is produced and where? We offer some great coffee experiences that can be enjoyed on your doorstep in our state-of-the-art training room at the Roastery, in a friendly yet professional environment. Our Barista Experience and Coffee Tasting is perfect for those who would like a better understanding of home coffee machines, home barista skills and basic knowledge of coffee beans and their quality, including:

- Taste testing different batches of coffee from the Owens range, developing the sensory spectrum and interpreting the flavours.
- Demonstration and experimentation of a range of brewing equipment.
- Myth-busting with simple and

effective changes to brew ratios and water temperature which will enhance the flavour of your home brew.

Or perhaps our entry level Barista will suit you better? If you're new to the art of using a traditional espresso machine and you want to learn the fundamentals of espresso brewing in a commercial environment, this is the course for you.

It is designed to take you from a novice with little or no experience to a competent barista.

You will have the chance to learn about the product in its entirety by developing your knowledge of coffee growing, harvesting, processing, roasting and, of course, brewing.

You can be assured of top notch training, with lots of learning and fun and of course coffee on tap! Coffee experiences start from £50.

Open Monday to Saturday, Owens Coffee is just before Endsleigh Garden Centre and we are always on hand to give helpful advice as well as serve a takeaway coffee or two!
Happy New Year!



TEEN PAGEANT EMPOWERS POPPY

An Ivybridge Community College sixth form student has spoken about how taking part in Miss Teen Great Britain has made her a more determined and empowered young woman.

Poppy Vernon said: "I cannot tell you how many people thought I was 'mad', 'loved myself' or disapproved of my life choices. "[But] I have learned many things about myself and my confidence has increased.

"I now have the confidence to be more outgoing, to speak up and just talk among a crowd of people that I don't know. "Pageants are not about changing yourself, they are about showcasing yourself."

REDUCE, REUSE & RECYCLE

www.southhams.gov.uk



Advent Calendars

- REDUCE** – avoid single use calendars
REUSE – buy a reusable advent calendar and add homemade sweets and treats
RECYCLE –
 Card packaging
 Foil (scrunched into a ball)
 Plastic tray



Wrapping Paper

- REDUCE** – gift experiences rather than stuff
REUSE – explore reusable gift wrapping
RECYCLE –
 Brown paper
 Any other wrapping paper
 Tape



Online delivery packaging

- REDUCE** – buy local
REUSE – use cardboard for crafts or upcycle into storage around the house
RECYCLE –
 Cardboard
 Polystyrene
 Plastic envelopes
 Bubble wrap



Cards

- REDUCE** – send an e-card
REUSE – old cards can be reused as gift tags
RECYCLE –
 Cards with **no** glitter, stuck on decoration or shiny bits
 Cards with glitter, stuck on decoration or shiny bits



Leftovers

- REDUCE** – plan your portions, visit www.lovefoodhatewaste.com/portion-planner
REUSE – be creative and make your leftovers into something new
RECYCLE –
 Turkey / chicken carcass
 Fruit / veg peelings
 All cooked / uncooked food leftovers



Christmas Trees

- To help you decide between a real or fake tree, visit www.recycledevon.org/christmas-trees-real-vs-fake
RECYCLE –
 Real Christmas Tree (6ft or less)
 Real Christmas Tree (more than 6ft)
 Fake Tree (at end of life)



Aluminium Trays & Packaging

- REDUCE** – avoid single use trays
REUSE – use a reusable roasting tin
RECYCLE –
 Foil trays (rinsed to remove grease)
 Foil wrappers (scrunch into a ball)
 Foil wrappers (plastic lined)



Mince Pies

- REDUCE** – make mince pies at home
REUSE – make leftovers into something new
RECYCLE –
 Leftover mince pies
 Foil cases (scrunch together into a ball)
 Cardboard box
 Plastic tray



Drinks containers

- REUSE** – glass bottles can be used as vases or insert fairy lights to make a light feature
RECYCLE –
 Plastic bottles (lids on)
 Juice cartons
 Bottle corks
 Glass bottles
 Metal screw tops



Food Packaging

- REDUCE** – try options with less packaging
RECYCLE –
 Crisp packets
 Film wrappers
 Sweet wrappers



Sweet Tubs

- REDUCE** – make sweets & treats at home
REUSE – tubs & tins can be reused for storage
RECYCLE –
 Foil wrappers (scrunch together into a ball)
 Metal / plastic tins
 Plastic wrappers



Decorations

- REDUCE** – make your own at home
REUSE – look for sustainable alternatives, avoid buying new decorations every year
RECYCLE –
 Broken fairy lights
 Crackers with **no** glitter, stuck on decoration or shiny bits
 Crackers with glitter, stuck on decoration or shiny bits
 Tinsel / damaged baubles
 End of life homemade decorations (if painted or treated with preservative)

SAHARA TREK FOR HANNAHS

An Ivybridge woman is launching a final push for fundraising ahead of a challenge of a lifetime.

Beverley Wilson is set to trek 100km across the Sahara Desert next month to raise money for Dame Hannah's.

"I'm paying my own way and so all of the profits made from my fundraising will go towards enhancing the lives of the young people at Hannahs," said Beverley.

"I will ask them exactly what they might like to spend the money on, but a few examples of the type of item that they might choose include floats for the hydrotherapy pool, providing a sense of freedom that is otherwise unachievable when out of the water.

"Hydrotherapy is beneficial to all of our young people in a variety of ways such as cardio, relaxation and weightlessness.

"Weighted blankets offer a safe and effective therapeutic solution, helping sensory-seeking children and adults calm their body, often helping aid a peaceful nights' sleep.

"A talking microwave oven speaks out the functions, promot-



An excited Dom, whose bungalow won a bake-off competition!

ing independence and would be useful to all of our young people." After eight months of frenzied fundraising, Beverley is holding a celebration event on 21st January at the Sportsman's Inn, Ivybridge, (from 7.30pm) to reflect on all that she has achieved since last March when she decided to take on this challenge. The Good Grief singers will be providing the entertainment, while you sit back and browse the many photographs taken along Beverley's fundraising journey.

"Please help me to achieve my final goal of £3,000 by making a donation on my just giving page [justgiving.com/fundraising/beverley-ash]," says Beverley.



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WELCOME 2020



COMMUNITY RANGERS

We hope you all had a good Christmas and didn't partake in too many mice pies! If you are feeling a bit sluggish after Christmas, or wish to start the new decade with a new fitness regime, then Dartmoor is the perfect place to start. With a variety of open moorland, bridle paths and footpaths to enjoy – for free – what better place to start with a good walk. The benefits of fresh air and outdoor activities have been proven to combat not only weight-related issues, but mental health issues including depression and also loneliness. There are a variety of local rambling groups and volunteering groups which you could join in with, also a large selection of walks can be found online or in Dartmoor-based walking books. Our visitor centres at Haytor and Princetown are a good place to start to find out more information.

Volunteering

Ella and I often run volunteering days, including litter picking, ditch digging and vegetation clearance on archaeological sites. If you would like to get involved and help, details of these can be found on the Dartmoor National Park website – dartmoor.gov.uk/. Over the winter period is often when we undertake a lot of our field furniture repairs, such as mending broken stiles and re-hanging gates on bridle paths and footpaths. We also monitor the ongoing erosion, particularly in the

wetter months around more popular moorland sites and on heavily used paths and try to plan for future works in the spring and summer. If you come across any problems on a footpath or bridle path on Dartmoor please do let us know.

Swaling

On a different matter, while out and about at this time of year you may see some swaling (controlled burning) on the moor. This is practiced as part of the moorland vegetation management by landowners and commoners. Swaling encourages a flush new spring grasses (great for livestock) together with the creation of a 'mosaic' of different ages of vegetation which is beneficial for wildlife. Swaling also helps with overgrown vegetation on open moorland, which can restrict public access and, during the warmer months, presents a significant risk of wild fires. Nationally-controlled burning takes place between 1st October and 15th April, but usually the conditions are more favourable in the New Year. On Dartmoor a voluntary code ends burning on the 31st March to allow for the ground nesting bird season. If you see a fire on the moors around this time and are at all concerned then please call the fire service on 999. The fire service should be notified by anybody intending to carry out a planned swale, so will be able to check if it is planned or un-planned (wild fire)

Andrea and Ella

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VINTAGE DONATION

Devon Vintage Car Club joined in the Christmas celebrations in Ivybridge with a display of classic cars outside The Watermark before presenting its chosen charity for 2019, Devon Freewheelers – a group of volunteer motorcyclists who, in an emergency, transport blood, blood products, breast milk and organs for donation round for the NHS – with a donation in excess of £1,500. The club's displays this year included a 'drive it day' at Endsleigh Garden Centre, one at Lukesland and an autojumble at the South Devon Railway. To find out more about the Devon Vintage Car Club go to www.devonvintagecarclub.com

LIBRARY SUPPORT

FOIL (Friends of Ivybridge Library) held a very successful quiz night at the end of November. Ten teams took part in a close-run contest hosted by local sports reporter and presenter Dave Gibbins, raising over £200 to support Ivybridge Library.

sport

PERRY POWERS TO COUNTY GLORY

■ running

Erme Valley Harriers' Cleo Perry continued her good form by finishing 1st female vet 45 at the Devon Cross Country Championships held at Exeter.

It rounded off a good few weeks for Perry, who set a new age category record with a time of 18.53 at the Tavy 5 and, along with fellow Harrier Alison Thorn, represented Devon at the South West Inter County 10K Championships in Gloucester. The team finished a close second behind Cornwall.

Also at the Devon Cross Country Championships Emma Lake ran well, coming home 3rd female vet 40.

There was a good turnout of Harriers at the tough 'off road' Drogo 10. Chris Prall was the first Harrier home in a time of 1.14.14. Dave Engledew, Dave Church, Alison Engledew, Kate Medicott, Richard Lane, Lindsay Lane and Ruth Terry also finished the race, where there were 535 finishers. At the even tougher Bicton Blister, covering some 15 miles 'off road', Allister Bristow had a terrific run to finish 11th overall in a time of 1.08.48. Dave Engledew, Mike Hansen, Alison Engledew, Mike Hoskin, Lindsay Lane, Richard Lane, Liz Bowden and Carol



Cleo Perry in action at the Devon Cross Country Championships

Hansen also finished the race. While generally a quiet time for race action, many Harriers will be stepping up their training

at the start of the New Year for the London and other spring marathons.

[ernevalleyharriers.co.uk](http://www.ernevalleyharriers.co.uk)

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- 25 JAN

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