

informative | interesting | interactive



Need a will? Need an LPA? Home visit service? Free initial consultation?

GARD&CO

Solicitors

01752 648336

gardandco.com







↑ Ivybridge Theatre Company is looking for new members Clubs & groups p22





- Charity is working to restore river Erme p13
- 'Boarding out' pauper children p14
- New local history storytellers p18
- Sale of impressive collection of clocks p24

#### **CONTACT THE IMAG**

#### Do you have an article or story. or details of an event, you'd like to share in the imag?

It may be a charity fundraising quest, a report about your club or a personal achievement whatever, we'd like to hear about it! Please email us at info@ theimag.co.uk. The deadline for the August issue is 30th July.

- Plym Piecemakers' **Quilt Show** p9
- Bingo like vou've
- never seen before p5 ■ Evening lecture -
- Lost to the Sea no
- Male voice choir in concert p5

#### ADVERTISE IN THE IMAG

#### Advertise alongside informative, interesting local content - not just page after page of other adverts.

We deliver 8,650 copies each month to homes in Ivvbridge and 12 surrounding towns and villages including Yealmpton, Uaborough, Ermington, South Brent and Cornwood

- Deep sea adventure at
- library this summer p10 ■ Support for those with
- breathing difficulties p17 ■ Open day at the Clay Factory p28
- Harriers win own relav races p29

#### DID YOU RECEIVE THE IMAG?

#### Do you think you should be receiving the imag but do not get it delivered at the moment?

Dogs and notices (of varying politeness) stating that free things aren't wanted aside. we aim to deliver to as many properties as possible in the area we cover. If you're not receiving a copy, please do let us know.

#### MAKING THE FRME FIT FOR AN OSPREY

#### Welcome to the latest issue of the imag.

The Frme river may be one of the South Hams' 'lesser-known' rivers. hut it makes an indelible mark on the areas it meanders its way through on its journey to the sea

But its serene beauty masks a sad truth - it is not in very good condition, indeed water quality at the mouth of the river is rated 'poor'.

Fortunately, there is a local charity run entirely by volunteers, that is working hard to restore the Frme And Wild About The Frme River (WATER) is holding a free event in Ivvbridge to tell people about its work (see page 13).

There will also be a speaker from the Devon Osprey Partnership, who will talk about the increasing number of ospreys making their home in south coast estuaries and the work being done to encourage them to make the Erme home too

Inside are also the usual informative and interesting articles and features you expect, as well as details of a host of forthcoming events. Until next time...

Steven - editor

The imag is an independent magazine published and produced by Lily design, 6 Claymans Pathway, Woodlands, Ivybridge PL21 9UZ. @ Lily design 2025. The imag has no affiliation to, nor official relationship with, any authorities or organisations. No part of this publication may be reproduced, in any form, without the prior express consent of the publisher. All information, advertised or provided, is accepted in good faith as being correct at the time of going to press. Opinions expressed in the magazine are not necessarily those of the publisher and editor. The publisher accepts no responsibility for products, goods or services that may be advertised or referred to.



## Helen Moore Your Independent **Estate Agent**

Specialising in the sale of residential & new homes in the South Hams & Plymouth

Call 01752 962162

HELEN MOORE



www.westerncarpets.co.uk



## Create the perfect space

#### Your Flooring and Furniture Specialists Since 1995

Visit our new showroom

Unit 6, Richmond Place, Central Avenue, Lee Mill Industrial Estate, Ivybridge PL21 9RL Tel: 01752 896776 • Email: sales@westerncarpets.co.uk

Open 9am-5pm Monday to Friday, Saturdays by appointment only.



Plym Piecemakers is holding its Quilt Show in

# Male voice choir in concert

The Tamar Valley Male Voice Choir and performing a 'concert not to be missed' in aid of community transport service, Ivybridge Ring & Ride

Tickets are £10 (U18s free) and are on sale at The Ivvbridge Bookshop, They are also available from Ring & Ride (01752 690444). Chris Gunning (07983 116395) or on the door (cash or card).

Refreshments on sale during the interval.

## Shilstone House tour

Owner Lucy Fenwick will take you around the house. including some of the private rooms, and will explain its history.

Shilstone has been virtually entirely rebuilt, by local craftsmen who have worked on the site since it was purchased in 1997

The corner stone was laid in 2000, and the outside building work completed in 2010. The interior was finally completed in 2019 with the remarkable oak-panelled drawing room with its fine 17th century style plaster ceilina.

Lucy will explain this work as you pass from room to room and explore what is largely a completely new house. She will be delighted to answer any questions you may have as you go around.

For more details and to book go to shilstonedevon. com/whats-on.



#### Music Bingo

Party, sing and win at bingo like vou've never seen heforel

There will also be cocktails and dancing

Bingo starts at 7.30pm. £10 per person (all games included). Book now at irfc.bytable.net/menu/SO-CIAL-EVENTS

#### **Piles Copse walk**

The next Harford Special Spaces event is a walk to Piles Copse.

En route, there will be a look at the ancient burial kistvaens. There will be an opportunity for a swim at Piles Copse, so bring swimming gear if you are interested

Please bring a packed lunch. This is a moderately easy walk. Wear sturdy shoes. Dogs are welcome on leads.



#### **Yealmpton Agricultural** Show

The Yealmpton Show is a one-day agricultural show showcasing all that is good about country life.

The show features a busy schedule of livestock and other competitions. including cattle, horses. homecrafts and new this year, the Egg Show!

There is also a varied main ring programme, featuring a vintage tractor display, parade of the hounds. terrier racing and Supreme Horse Championship.

Visitors can also browse exhibitor and trade stands and partake in fabulous local food and drink

Gates are open 8am-



5.30pm. Discounted advance tickets are available at yealmptonshow.co.uk.

#### CLAY FACTORY OPEN DAY - P28



#### Bingo @ Hannahs

Dame Hannahs, Woodlands

Eniov an evening of fun with family, children and friends... Doors open 7pm, with

eves down at 7.30pm sharp Refreshments and cake

available throughout. Half time raffle

#### Evening lecture - Lost to the Sea

In this lecture, award-winning author Lisa Woollett will talk about her latest book 'Lost to the Sea: A Journey Round the Edges of Britain and Ireland'. Inspired by growing up on the island's eroding cliffs, she goes in search of traces of lands lost to the sea and shifting sands.

Lisa is the author and photographer of several award-winning books, including her memoir 'Rag and Bone: A History of What turn to page 9

We've Thrown Away', which won the Royal Society of Literature Giles St Aubyn Award for Non-fiction.

The Shilstone Café will be open between 6pm and 7pm for drinks and cake.

Go to devonruralarchive com/events for more information and to book tickets.

#### **Quiz niaht**

Book now for Dame Hannahs' our next quiz Night.

Test your knowledge while having fun with family and friends. Teams of up to six people, so either create your own team or join others on the night.

Tickets are £10 each and includes quiche, salad and new potatoes. Booking essential - register your team by calling the fundraising team on 01752 898135 or by emailing supportus@ discoverhannahs.org.

For more What's On





## **COMMERCIAL PROPERTY** AT HOWARD & OVER SOLICITORS

At Howard & Over, we know that when it comes to property, timing is everything, and so is expert advice. Whether you're buying your first industrial unit, selling a shopfront, or growing your commercial portfolio, our expert commercial property team is here to make sure your next move is the right one.

#### Thinking of Taking the Next Step?

The market is moving, and if you've been waiting for the right time to invest or expand, this is it. Rising demand, shifting trends, and regional growth mean that acting early could make all the difference. Whether you're an experienced investor or just starting out, we'll support you every step of the way, without the jargon, without the hassle.

#### Why Work With Us?

We bring deep local knowledge and sharp commercial insight to every deal. Based in the South West, our team has built a reputation for trusted, jargon-free advice that helps clients seize opportunities and structure their investments for long-term success.

From identifying high-performing properties to managing lease agreements, contracts, and complex transactions, we're here to keep things clear, compliant, and moving at the right pace.

If you're considering your next commercial property move, don't wait. Speak to our expert team at Howard & Over today. We'll listen, advise, and help you take the first step toward a smart, secure investment. We're your trusted local law firm

9 Glanvilles Mill • Ivybridge • PL21 9PS e: ivvbridge@howard-over.co.uk t: 01752 690123



HOWARD & OVER SOLICITORS EST 1914

www.howard-over.co.uk







## COME AND SEE IIS AT YEAL MPTON SHOW

Please do pop in to our marquee for refreshments, goodies and chats with our friendly staff about all property related matters - you might even spot our special guest Gloria too!



01752 393737

residential.ivybridge@gth.net

GREENSLADE TAYLOR HUNT www.ath.net

We know that a financial adviser is key for those life changing moments, those milestones when your priorities change and you need to rethink.



01752 837 950



www.manningandco.co.uk







#### Plym Piecemakers' **Quilt Show**

If you are interested in colourful, handmade textile art, you are in for a treat when local quilt group Plym Piecemakers holds its quilt show in Yealmpton.

This show is only held every three years, so it's a rare opportunity to see the aroup's collection of work

The group is a mixture of local people from lyvbridge. Yealmpton and Plymouth who specialise in making all sorts of textile pieces. Some of these quilts could be described as traditional. using hand sewing and familiar patterns. Some more modern with vibrant colours and a less formal. looser style.

At the show there will be the chance to talk to the makers about their work. as well as opportunities to buy items made by the group, including cushions, bags and other decorative handmade items

There will also be delicious home-made cakes. savoury scones and tea and coffee

There will also be a raffle. with the chance to win a beautiful handmade quilt. a hamper of locally made food and drink and other small prizes. There will be a chance auction and a Name adults (£8 for under 16s) That Tune competition.

This year, the group's chosen charity is Huntington's Disease Association.

The show will be open between 10am and 3pm on both days.



#### **Community Festival Funday**

Dame Hannahs is holding a Community Festival Funday on Friday. 22nd August. 11am-4pm.

There will be live music and entertainment, stalls. games, crafts, bouncy castle, refreshments and much. much more

Dame Hannahs look forward to welcoming members of the local Ivvbridge community for a day of fun.

If you would like to be a part of the festival or would like more information, email. louisa.travnor@discover hannahs.org.

#### **Summer Barn Dance**

All are welcome to the Harford Summer Barn dance

There will be live music from local musicians, a BBO, a raffle and an auction of promises.

Tickets are £17.50 for which includes the BBQ. There will be a bar for drinks (cash or card).

Tickets from deirdre. pope@some.oxon.org.

Proceeds will support St Petroc's Church.

#### Artisan Market takes a summer break

Ivvbridge Artisan Market takes a break in August. The market held in The Watermark resumes on 6th September.

#### Fishing coaching

Filham Lake, Filham Park Plymouth and District Coarse Angling Club, with support of the Analina

Trust is holding fishing coaching sessions at Filham Lake

Three fully accredited coaches will help and support people in their introduction into fishing

Whether you are a lapsed angler looking to get back into fishing, or a complete beginner, the coaches will be there to guide you. For iuniors, a parent/quardian must be present.

Coaching is open to everyone, irrespective of age or physical ability.

For more information and to find out availability and book, contact John Thompson on 07525 713833 or email chriswenlock@icloud.





## VISIT THE LIBRARY THIS SUMMER **FOR A DEEP SEA ADVENTURE**



This summer. Ivvbridge Library has its very own reading challenge - The Summer Book Quest, Deep Sea Adventure.

Completing the book quest is easy, just:

- 1. Visit the library
- 2. Read what vou like
- 3. Enjoy quest activities Children who sian up for the Book Ouest will receive a Deep Sea Adventure booklet to record their visits to the library, log their

reading and tick off guest activities

For each element, children will be given a sticker. When they have completed all three sections and collected all their stickers, they will receive a certificate and a ninia starfish kev chain.

The library has also partnered with The Watermark and Fusion Leisure Centres so children will receive two vouchers, one for a free swim and one to see a film

at The Watermark cinema. We also have two free Crealy tickets for one lucky finisher

The Summer Book Quest is completely FREE and runs until 6th September. Children do need to be members of the library to do the Ouest, but it's free (and guick) to join and membership gives your child access to a wealth of free books

To add to the fun. a num-

ber of exciting activities are planned throughout the holidays, including an art workshop to create a sea themed window display in the children's area. visits from Wembury Marine Centre, and VR headsets to explore the local marine environment.

See the library's website or Facebook page for details of times, dates and ticket information, plus more exciting events!



## Adult education courses in Devon

Learn Devon offers free, face-to-face and online courses and qualifications for adult learners across Devon. New courses starting throughout the year.

Visit the website or contact our team to find out more and enrol

www.learndevon.co.uk



**English and maths GCSEs and Functional Skills** qualifications starting in September 2025. Contact our team to enrol

# Nature's Larder

Health Store & Natural Health Centre

Health Foods • Supplements Beauty Products Complementary Therapies

10 Glanvilles Mill • Ivybridae • 01752 894197 www.natureslarder.co.uk



## Citizens Advice

at The Watermark, lvybridge

**Every Monday** 9.30am -12.30pm

(EXCEPT BANK HOLIDAYS)







info@dianaboutique.co.uk 01752 894562 www.dianaboutique.co.uk

# THE IVYBRIDGE BOOKSHOP

Upcoming Events - Meet the Authors!



Kate Lord Brown The Golden Hour Thu 17th July, 5:30pm

A dual timeline story combining 1970's Beirut, and 1930's Cairo in a tale of love, sacrifice and

war, and the undiscovered tomb of Nefertiti.



Liz Fenwick The Secrets of Harbour House Thu 24th July, 5:30pm

Kerensa is captivated by the story of Newlyn artist Bathsheba Kernow, escaping a stifling existence in 1930's Cornwall for a new life in the underbelly of Paris and the palazzos of Venice.



Charlotte Tierney The Cat Bride Thu 31st July, 5:30pm A mesmerising and dark tale combining fairytale, adolescence, and the beast of Dartmoor. Sixteen years after a big cat escaped from a Dartmoor Žoo, stories emerge again of a predator on the loose.

Free to join, please email info@ivybridgebookshop.com to register The Ivybridge Bookshop Tel 01752 963 521

www.ivybridgebookshop.com 18 Fore Street, Ivybridge



# WE BUY GOLD

ALSO SILVER & COLLECTARIES

## **Hectors House Antiques Centre**

112 Ridgeway, Plympton PL7 2HN

We stock gifts for all occasions, antiques, vintage items, art, gold and silver and 3 floors packed with conversation pieces from around the world. Bring us your Antiques and Collectables and your unwanted Gold & Silver.

WE PAY TOP PRICES! Call us now on 01752 341681

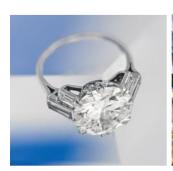
#### WE ALSO BUY:

Military Items, Watches and Clocks, Coins and Stamps, Vintage Toys and Trains Postcards and Old Books, Costume Jewellery, Bank Notes BOX THEM UP AND POP IN FOR A CASH OFFER!

**AMAZING GIFTS FOR ALL OCCASIONS** 

## **LOCAL SALEROOM • LONDON PRICES**

**Oustanding Results for Local Clients** 



Fine 5.5ct Diamond Ring **SOLD for £21.700** 



'Sailors & Seagulls' by Beryl Cook **SOLD for £20.000** 



George I Memento Mori Ring **SOLD for £12,200** 

Sell with confidence - entries now invited for our upcoming auctions



plymouthauctions.co.uk

01752 254740



359 Faraday Mill Trade Park, Plymouth, PL4 OSE

info@plymouthauctions.co.uk

## FREE EVENT WILL HIGHLIGHT HOW **LOCAL CHARITY** IS WORKING TO **RESTORE THE RIVER ERME**

## AND HOW IT IS FACILITATING NESTING SITES FOR OSPREYS

The Erme is one of the South its estuary meets the sea. It is why does it need restoring?

help was when water quality the Erme estuary - was source to sea. classified as 'Poor' by the only one season of the EA's The Erme River (WATER) successfully campaigned the river. for Coastquards Beach to be ing water. Only two bathing waters in the whole of Devon 2024 and Coastquards was activity. one of them.

to do by law.

WATER is a local environmental charity focused on is currently being developed restoring water quality and by WATER, supported by the habitat from the Erme's EA and the Rivers Restoration

Hams' lesser-known – but no staffed entirely by volunteers less beautiful - rivers. so vou and is funded only by dona**could be forgiven for thinking** tions, membership and grants.

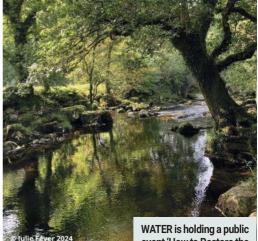
The charity has multiple A recent, stark reminder workstreams that cover the of why our local river needs ever-changing nature of the river's catchment as the Frme

Rain enters the river via its Environment Agency (EA) many tributaries and feeder last November. This was after streams by flowing over, or percolating through, the surregular testing, which became rounding landscape. So what

officially designated as bath- multiple sources, such as sewage overflows, road and field run-off, bank erosion, rivers is sparse. had a 'Poor' classification in livestock access and human

Pollution coming into the the water and along its corri- action builds on the next as estuary from upstream is dor are all under threat when part of a wider process of the cause, and the EA is now the delicately-balanced eco-continual, interconnected actively investigating the system is disrupted. Restoring and prioritised improvement. nature and sources of that such a large and complex. This can only be done at a pollution, as they are required environment requires careful catchment-wide scale. planning.

A Catchment Action Plan source on Dartmoor to where Centre, the acknowledged



experts in this field, who have quided WATER's team in a series of online workshops.

WATER's Catchment Action at Coastquards Beach – on makes its 24km journey from Plan (CAP) team includes volunteers who are also highly qualified in specialist environmental sciences GIS. landscape architecture. farm and land management. That is why they are uniquely mandatory when Wild About happens on the land directly equipped to undertake a rivers affects the water quality in restoration project more typically undertaken by expensive Pollution can arise from specialist consultants. Unsurprisingly, government funding for such plans on smaller

> Rivers can be restored, but it requires a carefully planned Habitat and biodiversity in holistic approach, so that each



event 'How to Restore the Erme' at The Watermark in Ivvbridge on Tuesday. 22nd July, at 6.30pm. Evervone is welcome.

You will hear about the group's many projects and activities and be able to talk directly to individual members of the WATER team during a planned interval

Then, quest speaker Seb Loram, from the Devon Osprev Partnership, will reveal more about the increasing number of Ospreys making their home in south coast estuaries and how WATER is encouraging them to become resident on the Erme.

Entry is by free ticket. Details can be found by scanning the OR code below or by visiting the 'News' page of the charity's website - www. ermeriver.org.



## **'BOARDING OUT' PAUPER CHILDREN**

**By Andrew Jewell** 

old-fashioned word to is very poor, takes one St. Mary Union, which formed within a caring family. back to Dickensian times when social and economic inequality prevailed.

growth in the population and prevailed and child labour was sadly commonplace. Many people fell on hard times and became destitute.

Poor Law Amendment Act Poor Law", the country was grouping individual parishes. These unions were administered by an elected Board of as a pauper. Guardians who were responto support themselves

caring for the poor was run, either by small private whilst providing a stable 'pauper' then disappeared. paid for by the middle and establishments or national home environment, also new Poor Law was meant to accommodated reduce this cost and impose by families within a system which would be the community uniform throughout the under a practice country.

A Union Workhouse was 'boarding out'. a deliberately harsh environ- what would be ment, intended to limit intake termed as fosterto only those who desperately in a today. Such needed help. There were action helped to strict rules and regulations de-pauperise the

in October 1836

as offering accommodation, with finding good foster The early part of the 19th provided food and clothing homes for the children under prevent exploitation. Genercentury witnessed a rapid and some schooling for chil- the care of the Local Governdren In exchange those who ment Board. The committee areas. Poor living conditions for several hours each day. Work for the men included heavy manual work such as breaking up stone, or tedious Mrs Morris of Nirvana. work such as picking oakum. Under the provisions of the untwisting and separating the strands of old rope to make 1834 also known as the "New new The food was basic and included gruel, soup, bread divided into Poor Law Unions. and cheese. It then followed that only poor people in receipt of relief were defined of the Boards of Guardians.

workhouses. These schools attend the local school. Before 1834, the cost of were often independently

referred to as

to follow and families were children in the care of the poor had to regularly check on the split up into separate wards law authorities. It also gave welfare of each child visiting The word pauper an formen women and children these orphaned neglected or them both in their homes and The nearest one to lyvbridge impoverished young people during the day. The families **describe someone who** was at Underwood. Plympton, the opportunity for a better life, had to observe the Union

In Ivybridge a Ladies' Union Workhouses, as well. Committee were entrusted, at church or chapel. of the Anglican vicar. Mrs Tanner of Stowford House

> care as if they were their own. As today there were childless couples longing for offspring as well as other good Samaritans answering the appeals

Locally, there was a case Workhouses were certainly of three brothers aged four. sible for providing support not a place for children to seven and nine who found for the impoverished under a thrive, so where possible, a convenient home with a poor relief system. Each union they were accommodated in farmer and his wife, the family established a Workhouse to separate schools, taking them having no boys of their own. accommodate anyone unable from several surrounding. The older boys were able to Guardians, transferring their

The boarding out system.

would ahout pauper origins and grow up to become good citizens contributing to society.

Once within a new family, the committee ladies

rules regarding schooling. cleanliness and attendance

Regulations existed to ally, foster families were limited to two children and a migration to industrial urban staved were required to work included Mrs Anstiss, the wife they could not employ the children for pecuniary or personal profit. Nor were and later Filham House, and they permitted to 'farm out' or place the children with Foster parents undertook to relatives Families where bring up the children in their the father was engaged in night-work were unable to take in children under these arrangements.

Entering the 20th century. public attitudes towards poverty started to change as the state began to accept more responsibility for welfare. The Local Government Act 1929 officially abolished the system of Poor Law Unions and their Boards of powers to local authorities. Workhouses and the term

The workhouse at Plympupper classes through local charities such as Barnardo's, offered the opportunity for the ton, like many others, contintaxation. Each parish would. However where such facilities children to mix with others of used to provide care for the have its own Poor House. The did not exist, children were working class. The intention elderly, infirm, and destitute was that they as a Public Assistance Instituforget tion until the National Health their Service was created in 1948



www.ivybridge-heritage.org



scan me for lots more

local history



## **Explore.** Learn. Grow.

Ve are proud to have been graded Outstanding once again by Ofsted.

February 2025

### Call to explore our space — 01752 698224

- 0 5 year olds
- 8am 6pm (7.30am starts available)
- 51 weeks a year
- Fresh home cooked meals

millswoodnurseries.co.uk



## **Stowford Nursery**

Respect

**Excellence** 

**Friendship** 

We pride ourselves at Stowford Nursery on offering children a stimulating environment with enriching learning activities.



We explore and learn through play



Hunt for bugs

Play in the mud kitchen



We are a term time only setting with wrap around options 8.00am-5.45pm.

We have a highly qualified, experienced and committed team who provide the best start to a child's educational journey.



Call to arrange a visit today! 01752 894163 www.stowford.devon.sch.uk Stowford School, Exeter Road, PI 21 0BG

## ELLL CIRCLE MOTORS









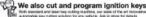
Servicing & Repair I Diagnostic Services Air Conditioning | Key Cutting & Programming Mot's | Courtesy cars available

#### HERE WHEN YOU NEED US

Ermington Road, Ivybridge, Plymouth, PL21 9DG Tel: 01752 698282 Fax: 01752 698291 E-mail:info@fullcirclemotors.co.uk Find us at www.fullcirclemotors.co.uk









#### ■ THE FRME PRIMARY

There was sunshine and smiles at The Frme Primary's sports day.

Pupils, staff and families came together to enjoy a brilliant sports day under glorious sunshine. The day was a celebration of sport. teamwork and community.

The morning was packed with a variety of fun activities. Children took part in bench ball, dodgeball, and frisbee golf, rotating around the field and school to try each sport

There was something for everyone, and the focus was on participation. eniovment and giving things a go.

Alongside the physical games, the children also enioved making colourful team banners, adding a creative splash to the



morning.

After lunch, families were welcomed onto the school field to join in the fun and cheer on the children during the afternoon races. From speedy sprints to more light-hearted novelty relays. there was something for all to enjoy. The children gave it their all and showed

# W G Friend & Son Ltd

# More than just an 'ordinary' garage

## FRIEND'S **GARAGE**

8-10 Stowford **Business Park Ivybridge** 01752 690584 MOTs • Servicing • Repairs • Brakes • Tyres • Exhausts

MOTORBIKE & SCOOTERS

Sales Repairs

CYCLES FOR ALL THE FAMILY

Servicing • Repairs • Accessories • Clothing

## FRIEND'S **SERVICE STATION**

Leonards Road. **Ivybridge** 01752 690717

Petrol • Car wash • let wash • Vacuum

**Premier CONVENIENCE STORE** 

Essential groceries • Wine, beers & spirits Hot food including Devon pasties and pies Hot coffee Collect BP points







fantastic sportsmanship - cheering one another on. celebrating effort as much as success, and creating a wonderfully supportive atmosphere.

The whole day had a warm, joyful feel, made even better by the presence of so many parents and carers who came to show

their support

The school offers a huge 'thank you' to all those who made the day possible, and to the families who came to support. Most of all, well done to the children for their energy, effort and wonderful team spirit.

It was a sports day to remember!

# GROUP SUPPORT FOR **PEOPLE**WITH BREATHING DIFFICULTIES

Do you have breathing difficulties?

Perhaps you have a diagnosis of COPD bronchitis emphysema, pulmonary fibrosis or asthma. If you do. you do not need to feel alone

Devon Breathers offers advice and guidance, exercise, speakers and the chance to meet others for peer support.

The group meets at the Yealmpton Community & Resource Centre. Strav Park, Yealmpton (PL8 2HF) on the second and fourth Tuesday of the month. 1-3pm.

For more information.



contact Jim Shavlor on 07780 812462 or 01548 810562. Alternatively. email devonbreathers@ amail com

There is free parking at the centre. A donation of £3 per session is requested to help cover the cost of hall hire and refreshments

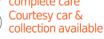
Non-Fri: 8am-6pm Sat: 8am-12.30pm | billlomasmotorservicesiyybridge.co.uk |



Blachford Road, lvybridge // Tel: 01752 896 107



**Impeccable** customer service Providina complete care Courtesv car &



# 30 YEARS' EXPERIENCE

Bill Lomas Motor Services is your one-stop-shop in Ivybridge for all of your vehicle servicing and repair requirements.



- Servicing Repairs MOTs Tyres Diagnostics
- MOT chassis repairs Gearbox repairs 4-wheel laser wheel alignment



## **NEW LOCAL HISTORY STORYTELLERS**

**FOR BRENT** 

**By Steph Bradley** 

Founder and manager. South Brent Storytellers and Archive

Last month, people got were also six special panels commemorate the final sale Storytellers annual prize. of the Marley Estate in 1925.

This historic event marked the end of large land ownership in Brent and Rattery and saw the beginning of tenant farmers owning their land for the first time and many ordinary people becoming first-time homeowners.

Along the Corridor Gallery be found panels of images Jones. of local homes over the past

to visit the fourth annual created following research exhibition by South Brent carried out by local people **Storytellers and Archive. The** who had entered The History theme was 'Then and Now - of My House Competition for **The History of My House' to** the inaugural Local History

> The prize was jointly won by Laurette Guest and Mandy Haley for their work on Chapel Mews - once an old Slaughter house - and Farnborough, a house once rented by the well-known local Victorian photographer, painter and postcard maker WR Gav.

Local historian Gred Wall Community Centre were to along with Lyn Dent and Ginny

100 years, along with sto- Andy Jones Memorial Cup Seager-Berry, 2pm at the Old lishing a book on the subject. ries of the people who lived which Laurette will get to School Hall. in them, and maps of the keep for one year. Andy was Saturday, 25th October: write a chapter, contact us original Marley estate. There a founder member of South Syon Abbey at Marley - video with your proposal.



Local History Storytellers winners Laurette Guest (left) and Mandy Haley (right) with local historian Greg Wall Photo: Phil Dean

Brent Storvtellers and Archive. working as part of the primary school project teaching local to become skilful storytellers. until his sad death a few years ago. A cash prize of £25 was Village Hall. also awarded to Mandy.

in South Brent's Old School helped judge the entries, you can see it displayed again a month before each event. during our autumn talks:

- Saturday, 27th September: The prize was the coveted Black Hall with Marigold

old Slaughter House c1980s

and (right) the property today

Laurette Guest Collection

footage with the archive team. 2pm at the Old School Hall.

Friday 5th December: The children the skills they need Elmhirsts at Dartington - film screening and Q&A with Peter Nicholson, 2pm at Rattery

Tickets will be on sale from If you missed the exhibition Artworks in the village up to

> If you are interested in the history of houses in South Brent, the archive will be pub-If you'd like to research and



ABOVE: Greenbank with Farnborough in the centre c1920s South Brent Archive

RIGHT: Greenbank with Farnborough in the centre, 2025

Mandy Haley Collection





# THE ART OF LETTING GO: A GENTLE JOURNEY TOWARD EMOTIONAL FREEDOM

Letting go doesn't mean giving up – it means allowing space to heal. grow and move forward at your own pace.

It's about choosing to release the weight of anger, regret, or resentment when vou're readv. for emotional well-being.

#### 1. Gently practice mindfulness and acceptance

Notice your thoughts and emotions without trying to change them. With gentle curiosity, see them as passing experiences not reflections of your worth. This can soothe emotional pain and help you respond with greater clarity and

#### 2. Journal what you are ready to release

When feelings feel too heavy to carry, writing can offer relief. Whether you keep a private journal or write a letter vou never send, putting your thoughts to paper can bring clarity and comfort. It's a space iust for you - to express. reflect and slowly unburden what's within

#### 3. Offer yourself the compassion you deserve

Letting go can be tender. vulnerable work. Be kind to vourself as you navigate it. Remind vourself. "I'm allowed to feel this," or "I'm doing the best I can." Compassion is not a luxury it's a necessity in healing.

#### 4. Visualise the act of release

Imagine holding your pain gently in your hands, then releasing it like a balloon rising into the sky. You don't have to force anything - just notice how it feels to imagine letting go, even for a moment

#### 5. Clear with care

Clearing physical clutter can also ease mental clutter. By creating a calmer environment, you bolster focus, reduce stress and support a clearer mindset.

Letting go isn't linear. It unfolds over time, in quiet moments of courage and compassion. With each small step, you create room for peace, healing. and for something new to begin.





**Providing Holistic Tailored** Counselling for a range of areas, including: **Anxiety, Depression, Stress,** Grief, Loss & Trauma.

Working collaboratively to support you through whatever challenges you are facing.

Nicky Jilks MNCPS (Acc) Local Qualified Accredited Counsellor







07303 044 787

www.collaborativecounselling.co.uk

2 Pynewood House, 1A Exeter Road Jvybridge PL21 0FN

## Living with memory problems or mild to moderate dementia?

### **Ivybridge Cognitive Stimulation** Therapy Group (CST)

Cognitive Stimulation Therapy helps through:

- · Improving memory, communication, concentration & thinking skills
  - · Increasing confidence & wellbeing
  - · Helping to delay cognitive decline

Thursday afternoon 1.30 - 3.30pm at St John's Church Hall Blatchford Road, Ivybridge PL21 OAD

To find out more about CST, the group and how to book a place please contact Kathrine

m: 07899 993134 kathrine@conversationworks.co.uk www.conversationworks.co.uk



Community Interest Company Registered Company Number 14087082



## **Moor Podiatry**



## Louise Hinds

Podiatrist MRCPod/H.C.P.C. Reg

Home visiting practice

Specialising in High Risk Patients (Diabetic footcare). Diabetic wound care/post surgical wound care. Routine Care (Nails, Corns, Callus). Vascular Assessment.

#### 30 years NHS experience

Onward referral/GP letter.

Treatment in the comfort of your own home



Tel - 07518 789992









Qualified professional ear care practitioner.

Micro-suction wax removal.

Irrigation wax removal.

View the obstruction using the latest ear camera technology.

Ear care advice and after-care.

DBS checked.

CPD member.

Fully insured.

A bespoke service in the comfort of your own home

Telephone Clear Ears South Devon on 07709 146644 | Email amanda.wain@email.com











## Clinic in Ivybridge on providing quality physiotherapy when it is needed.

are highly skilled and registered with the HCPC and Chartered Society of Physiotherapy.

- Manual Techniques
- Treatment of pain Mobility
- Rehabilitation

#### Contact us

South Hams Physio 56b Fore Street. Ivvbridge PL21 9AF

01752 691604 info@southhams

physio.co.uk

southhamsphysio.co.uk

## **Experience Premium Quality** At Home Care with Visiting Angels

Visiting Angels provide exceptional assistance and personalised care for your loved ones to foster independence and enhance quality of life.

- Companionship
- Meal preparation and planning Light housekeeping Medication reminders

- Assistance with mobility
- End of life care
- Post hospital stay care
- Personal care



**Visiting Angels South Devon** Call 01752 422105 southdevon@visiting-angels.co.uk







#### Upcoming walks for Ivvbridge Walking Club are as follows (all Sundays):

- 13th July
- 27th July
- 10th August
- 24th August

Check out the Diary page on the club's website ivvbridgewalkingclub.com for more information

#### Ivvbridge Flower Club's

monthly meeting again saw five lucky winners take home some heautiful arrangements by regular demonstrator. Churchstow florist Lisa Davis

Lisa amazed attendees with the sheer number of flowers she could fit into one container! Her arrangements were entitled 'Early Summer' and featured a variety of unusual flowers in all colours and shapes. The flowers were all fabulous quality and gorgeous!

Why not join us and come to Ivvbridge Flower Club for a visit? Visitors are most welcome (£10) and raffle tickets and refreshments are available. The club meets every second Monday in the month at The Bridge (Salvation Army), Leonards Road, at 7.30 pm.



Members of Ivvbridge Trefoil had beautiful weather in June for a day out to Bowerman's Cottage (a cottage on Dartmoor owned by Devon Guides). Everyone contributed to a veritable feast for lunch, then some members walked on the moor. It was a great day of fun, sun and fellowship.

#### **Ivvbridge Theatre Company** have a busy year ahead. with various productions and events planned.

Their next production. Life and Beth by Alan Avckbourn. which is a two act tragi-comedv. has been confirmed for 7th and 8th November at The Watermark

They are also looking forward to organising some fun events such as an 'open evening', drama workshops and murder mystery nights.

If you are looking for a new challenge and ever wondered what Ivvbridge Theatre Company is all about now is the time to find out. Whether you're a first-timer, a seasoned performer, or have an interest in drama including back-stage activities, the group is looking for new members to ioin their friendly, community group. Why not go along to an 'open evening' on Wednesday, 16th July, at 7.30pm in Chapel Place, off Fore Street in Ivybridge?

#### Simon Dell is the quest speaker at the next Ivvbridge U3A meeting on Monday, 21st July, at The Watermark (2pm).

An ex-policeman, Simon is a Dartmoor National Park guide and a member of the Police History Society, the

Devon and Cornwall Police Museum. He has published books on policing. Dartmoor Prison and in 1997 was awarded an MRF for his work with the Dartmoor Rescue Group and Tavistock community.

Simon will talk about Sermon's in Stone Rev'd Bray's bardic boulders. If you follow the Cawsic River you might see carvings and dedications to Spencer, Burns. Shakespeare and Milton Simon's talk describes the story of these stones and the intriguing life of Edward Atkvns Brav. the Vicar of Tavistock.

Ivvbridge U3A meets on the third Monday afternoon of each month at The Watermark

#### South Hams Authors Network's next general meeting is on Wednesday, 16th July, at the Imperial Inn in Ivybridge (7.30pm)

The meeting will include news update, a short talk about audio books and some book readings from memhers

All welcome. Free entry. There will be no meeting in August, but will resume in September.



Serving a variety of hot and cold drinks, handmade cakes, traybakes, scones and teacakes, cooked breakfast and lunch selection. Wednesday Specials and Fish Friday. Lots of seating inside and out.

01752 892 220 / info@ivybridgewatermark.co.uk / ivybridgewatermark.co.uk







" Pour yourself a brew and we'll get it to you!"

**1**01752 393939 www.kpttimber.co.uk

Local family business - serving Plymouth, Ivybridge, South Hams and Tavistock areas



# SALE OF IMPRESSIVE COLLECTION OF CLOCKS

**Plymouth Auction Rooms** is delighted to present for sale on behalf of the **Executors. The Nigel Trev**elvan Collection of Cornish Grandfather clocks dial and carriage clocks, art and antiques.

Nigel Trevelvan was a well-respected auctioneer who conducted numerous sales across the West Country, including at his own saleroom. Over the vears, he built an impressive collection of clocks

His charming home on the Lizard Peninsula in Cornwall was filled with treasures - including 22 longcase clocks, over 20 West Country watercolour paintings (featuring several



Victorian works by W H Pike), as well as carriage clocks, dial clocks, pottery. and antique furniture

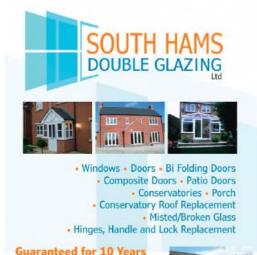
The longcase clocks are by notable makers from across Cornwall, including Truro Falmouth Redruth



Bodmin, St Erth, Marazion, St Austell. Helston, and even St Keverne

The auction will take place at Plymouth Auction Rooms on Tuesday 22nd

July, at 10,30am, Lots can be viewed online at plymouthauctions.co.uk. or for more information please contact the team on 01752 254740





Logic Electrical & Fire LTD is a fully insured, Napit and TrustMark-endorsed company with 17+ years' experience serving South Devon. Founded on military values of discipline, punctuality, and trust, we offer reliable domestic and commercial electrical services, including fire safety systems. We provide free quotes and transparent pricing, with a strong focus on safety, quality, and professionalism. Contact us today for service you can trust.

#### **OUR SERVICES**

- Sockets & lighting
- Outdoor power & lighting
- Landlords EICRs
- Smoke alarms

#### WHY CHOOSE US?

- Trustmark endorsed
- Fully insured
- Free quotation

#### CONTACT US

office@logic-electrical-fire.com



07361 494763 07495 656266



Wide Range of colours

Tel: 07766 202 091

www.southhamsdoubleglazing.co.uk email: southhamsdoubleglazing@yahoo.co.uk

South Hams Double Glazing, 37 Torre Close, Trybridge, Pt.21 080





For all your glass and alazina requirements

We are now recognised Installers of the Sure Flap Cat Flap.

We also supply and fit Staywell Cat Flaps & Pet Flaps.

ers of companion animals especially cats because it lets them come and go as they please reducing the need for get-owners to let or take the pet outside manually, and curtailing unwanted behaviour such as loud vocalisation to be let outside scratching on doors or walls, and excreting in the house. They also help ensure that a pet left outdoors can safely get back in the house in the case of inclement weat

Stop unwanted animals entering your home and give your pet their own door key.



Free Estimates call 01752 769832 or 07846 475217



### **IFIX** I REPAIR I REPLACE

Multi-skilled career tradesman

33 years' experience established 1990 Friendly, honest

advice Fully insured



Highest award of 5 Gold Crowns for quality of work, service and value for money, by Trading Standards

**BACK TAKING ON NEW JOBS** 

## ROOFLINE MAINTENANCE

Soffit | Fascia | Guttering Dry Verge installation

PLUS

#### DEPENDABLE MAINTENANCE SOLUTIONS

in and around the home

No job too small

Probably one of the best in lvybridge for quality work and attention to detail. Photos of work provided to show job is done correctly.



**David Walrond** www.wareandtare.co.uk

01752 473528 or 07769 974152



## FENCING/CARPENTRY AND GARDEN SERVICES

- FENCING
- GATES MADE TO MEASURE
- CARPENTRY
- HEDGE CUTTING
- GRASS CUTTING
- GARDEN MAINTENANCE

CONTACT 07938 996615



- \* qualified
- \* fully insured
- \* free quotes
- \* local





## South Hams

Accounting by Simon Iilks FCCA

#### Your Local Qualified Accountant

- Business Accounts and Tax
- New Business Startup
- Tax Planning
- Personal Tax Returns
- Payroll and Bookkeeping

ACCA

- **07726 798 358**
- simon@southhamsaccounting.com
- www.southhamsaccounting.com

#### **DO I NEED A WILL** AND A LASTING POWER OF ATTORNEY?

#### Most people know the importance of a Will but fewer are aware of Lasting Powers of Attorney.

Of those that are many are unclear of the distinction between the two and some assume that because they have a Will. they automatically have some kind of power of attornev.

#### What is the difference?

A Lasting Power of Attornev is actually quite different to a Will

A Will does nothing until you die. Then, it tells those left to deal with your

#### GARD & CO

estate exactly what your wishes were and what you intended to happen with vour assets. It protects the people you want to benefit from your assets and wishes

A Lasting Power of Attorney is a document that is intended to come into effect whilst you are alive but no longer able to deal with your assets and/ or to look after yourself properly. It gives someone vou trust the authority to make decisions on your behalf and in your best



We are a long established, local, family run business, all professional, qualified and fully insured

## WILLS ~ LASTING POWER OF ATTORNEY **PROBATE** ~ **PROPERTY PROTECTION TRUSTS**

#### EVERYONE NEEDS A WILL

Please do not think that all of your assets will automatically pass to your spouse or children – this often is not the case.

Martin Lewis and most of the financial journalists now advise everyone to take out a Lasting Power of Attorney. This is very important for older people as when in hospital they or their spouses often are not allowed to make decisions, without a LPA the social services step in instead.

Please do not fall for 'free' or cut-priced Will Services. They often come with many conditions and 'add ons'. Our quotations are our prices.

As members of the Society of Will Writers we have to adhere to their very strict code of practice



**SINGLE** 

WILL.

Safe to do business with

Code Compliant

\*without a Property Protection Trust

Contact us: 01752 770094 / www.willwritersservices.co.uk





interests - while vou're still living and breathing.

When you die, the Lasting Power of Attorney ceases. and your Will becomes the relevant document. There is no overlap between the tw∩

#### So. do I need a Lasting Power of Attorney?

A power of attorney is vital for anyone - regardless of age - who has money and assets to protect and/ or who wants someone

to act in their hest interest in terms of healthcare choices should they be unable to make decisions for themselves

Of course, many people will never need someone to look after them or their affairs and consequently the Lasting Power of Attorney will never be used. It's like insurance in that respect.

But, if the worst happens and you do reach a point in time where you need someone to act for you, it is normally too late to put one in place at that time. It needs to be set up while vou have the mental capacity to do so.

With no Lasting Power of

Attorney in place, people would have to go through a lengthy and costly procedure to get court permission to look after you. And those people might not be the people you trust to look after you. So, it is sensible to set up powers of attornev before you need it so that you can forget about it and hope it never has to he used

The prospect of no power of attorney is also a great concern to anyone with a relative who may at some

point need care. It is worth discussing this with them to try to see what arrangements can be made to avoid

difficulties in the future

Making a Lasting Power of Attorney is straightforward, and it gives reassurance that if you do become incapacitated for whatever reason, whoever vou choose as your attornev can act immediately on your behalf and in your hest interests

You can do this yourself. but if you would like some assistance, the Wills and powers of attorney team at Gard & Co Solicitors would be happy to help - call

01752 648336 or email enquiries@ gardandco.com Alternatively, scan the OR code to find out more



#### Key services:

- Charities
- Commercial
- Conveyancing
  - Disputes
  - Farming
- Lasting Power of Attorney
- Trusts & Estates

Appoint a trusted person/people to make health and finance decisions on your behalf, and keep your values and priorities at the centre of any decision-making process.

A Lasting Power of Attorney (LPA) is a legal document used if you're temporarily or permanently unable to make your own decisions. It can help avoid lengthy and expensive court applications and limit family disputes, bringing peace of mind. Call today for your personalised advice.

Accompanying financial services are provided by our sister company SW Financial Planning.





SW Law - for every stage of life 01752 205202 | swlaw.co.uk





## ROTARY CLUB'S FUNDRAISING FUN RUNS

Ivvbridge Rotary Club is in the process of organising a brand new fundraising event and is looking for some help from the community.

The Flete 10K and Familv Fun Day - including 5K and 1K fun runs - will be held on Saturday, 13th September at the Flete Estate. They are looking for people to act as marshals to help with car parking and on the route and local stallholders who would like to attend the event

If you are interested. contact Paul on 07730 651543 or Nicky on 07725 868767

#### THE CONVENIENT WAY TO GET THE THINGS YOU NEED

Imagine needing a power drill for a quick DIY iob. a projector for a special movie night. or a tent for a weekend camping trip - but instead of buving these items, you simply borrow them from a friendly local service.

That's exactly what the Share Shed - A Library of Things - offers. With over 350 items in its collection, the Share Shed is all about making life easier, more sustainable and more affordable

To find out more and browse the full inventory visit shareshed.org.uk.



### OPEN DAY AT CLAY FACTORY

Local people are invited to the Redlake Trading Estate between lyvbridge and Bittaford for the very first Clay Factory open day on Saturday. 9th August.

There will be a vibrant mix of stalls, live music and freshly prepared food and drink in a welcoming atmosphere for all ages.

There will also be a car

boot sale, a holistic and wellbeing fair, and creative arts and crafts from local makers

Visitor entry is free Stallholders and car boot pitches are just £5.

To book a space in the boot sale or in the holistic or arts and crafts areas, contact Paul by email at HawkmasterUK@amail.com.

#### DROP-IN I FGAL CLINIC

Local law firm SW Law is holding a free legal clinic in lyvbridge Library on 22nd July between 2-4pm.

People will be able to get free legal advice at the monthly clinic.

Just drop in. no appointment needed.

## FRMINGTON ORAL HISTORY PROJECT

Devon Rural Archive recently started an oral history project in conjunction with the Erminaton Local History Group, tapping into people's knowledge and memories of the village.

The first interview was with Richard Hendev. who runs the Plantation House boutique hotel and restaurant in the village.

This beautiful house used to be the Rectory and was where the Reverend Pinwill lived with his family in Victorian times. The Pinwill sisters. Marv. Ethel and especially Violet, were renowned throughout the South West

and beyond for their wood carving skills, and many churches, including Ermington Church itself, bear witness to their expertise.

Richard was asked about the rumour that a secret tunnel exists between Plantation House and Freehamlet, an unusually-named house next to the Church. This might conceivably have functioned as a sort of priest hole when Catholic clergy were persecuted in the 16th and 17th centuries - or even as a way of aetting to the Church in inclement weather. Richard provided the following rather cryptic response:

"I love rumours: living in a small village, rumours and gossip are rife, of course, which is a constant source of great amusement, as long as one doesn't take them seriously. I am aware of the rumours and I am possibly aware of the facts behind it

"I think in this day and age of health and safety, keeping an underground tunnel as an unknown dark secret is probably the safest way to leave it"

To listen to Richard's full interview or to read a transcript visit the Archive: all its oral histories are available on the visitor PC.



#### **Erme Valley Harriers had** a successful night at their annual Relay Race. retaining the title which they won last year for the first time, writes Dave Fox.

The men's team of Nathan Brown Graham Reed Charlie Milward and Ronnie Havnes won the overall race by just seven seconds from a strong Newquay & Par iunior team.

Brown (12.52) ran the fastest leg for the Harriers. whilst Havnes (13.22) had to null back a deficit on the last leg to overtake the Newguay & Par athlete on the long hill to Ivvbridge Rugby Club. Reed (13.43) and Millward (13 53) both ran solid legs

The Harriers ladies' team of Alison McEwing, Jessica Ashworth Hannah Cox and Sophie Gilvear did well, finishing second ladies team. The Harriers' ladies' vet 35 team went one better, winning their age group. Steph Rogers, Hannah Downing, Lindsay Lane and Alison McEwing. running her second leg of the evening, all did well.

There was a good turnout on the evening as 80 teams took part, with the Harriers entering eight teams.

It has been a busy month for racing, with Harriers travelling far and wide. At the National Inter Counties Fell race in Pen-y-Ghent in North Yorkshire, the 11K race saw athletes for all the counties in the UK. including Devon. Matthew Gilvear finished 35th overall in 52.19 and was first scorer for Devon. Fellow Harrier Chris Prall was 97th in race finished in a time of 1.01.14, with the Devon team finishing 11th overall. Becky Prall was 72nd in the ladies' race in a time of 1.17.07 and



## **HARRIERS WIN** RFI AY RACE

third scorer for Devon.

A few days before this race. Gilvear broke the four minute barrier (3.57.88) for the first time in a 1500m race at Loughborough. He was only four hundredths of a second outside the club U20 record held by former lyvbridge Community College and Erme Valley Harriers athlete Will Battershill

Several Harriers went to the Giants Head races in Sydling St Nicholas in Dorset for the weekend. The event weekend. provides something for all the family, with the Marathon and 10K on the Saturday, a barn dance in the village hall and then the Half Marathon on the Sunday. Lindsey Lane was the only Harrier in the Marathon and did well to survive the searing heat. Lane, in the mainly 'off road' 6.29.57.

In the Half Marathon, there were several category winners, with Dave Engledew

1st mv60. Helen Chapell 1st fv50. Alison Engledew 1st fv60 and Carol Hansen 2nd fv60 All these awards were in the Half Marathon which Jessica Newman also completed

In the 10K, Andrew Chapell was 2nd my50 and Ken Summers 1st mv70. Lynne Whitfield Richard Lane Francesca Walker, Alan and Jane Makeham also ran

More locally, at the Race the Tide races at Mothecombe. Dan Adderlev had a great run in the 8.5 mile Woodland Trail race, finishing third overall. Phil Adderlev



(L-r) Matthew Gilvear, Chris Prall and Becky Prall at the National Inter Counties Fell Race

and Alan and Jane Makeham also completed this distance In the Long Half (15 miles). Sophia Tolfree did well, whilst Claire Moorcraft tackled the demanding Long Marathon (28 miles)

At the scenic multi-terrain Buckland Bounder (just over six miles), which is part of the summer fair starting and finishing in Buckland Monachorum Ken Summers (52 34) was the first Harrier home, closely followed by Alison Engledew (54.45), Lindsay Lane (54.47) and husband Richard (57.59).

At a very warm Solstice Fell Race from Merrivale, tackling Staple. Roos and White Tors on a tough but fairly runnable 8 5K loop, the Harriers did well as they took home the team prize, with Chris Prall second (1st mv40). Peter Allen fourth and Charlie Milward eighth (1st U23).

The Burrator Horseshoe Fell Race was also popular. with Chris Prall fourth and second my40. Sophie Gilvear was fourth and second U221 Jenny Haves was first fv40. with her team mate Becky Prall third fv40 Fwan Lake. Edward Smith, Justin and Jacob Frost all completed the distance. Young Esme Prall ran in the junior race.

John Rilev also remained local, running well in the Rame Head 10.6K Trail Run in the area of the Mount Edacumbe Peninsula. On a hilly course and warm day Rilev did well to finish 10th overall in 55.53 and first mv50.

Ken Summers was the Harriers' only athlete at the Run Exe 5K. Summers' time. was 25.08.



SOUTH HAMS CITIZENS ADVICE 09:30-12:30 The Watermark Dropin consultations every Monday (excluding bank holidays)

SINGING MAMAS 10-11:30 Singing cuppa & cake in the woods FRFF taster session £10 after. Term-time. Booking: www. tothewoodsforestschool.com.

**DIGITAL SKILLS** 10:00-12:00 Ivvbridge Library. Learn basic digital skills with help from a friendly volunteer.

ST JOHN'S TODDLERS 10:30 St John's Church Hall Blachford Road, Ivvbridge, Toddler group for under 5s. Term time only. FFI: call Sheena on 01752 939757

STAY AND PLAY 10:30-12:00 Ivybridge Library. For children up to 5 years old. No need to book

**CÓFFEE MORNING** 10:30-12:00 The Hub. The Old School, South Brent. Donation. FFI: Contact Susanne, South Brent Caring 01364 700282. Free/donation

SOUTH HAMS COMMUNITY ORCHESTRA 10:30 lwbridge Rugby Club. FFI see www.shco. co.uk £5/session payable termly.

**RAMBLERS** WELLBEING WALKS 10:00 Meet outside The Watermark, FFI: contact 07745 650516.

**LUNCH CLUB** 12:00-13:15 The Old School, South Brent, Soups/ light lunch, a pud + tea/coffee & conversation. Book via South Brent Caring 01364 700282. £5 min donation.

**VETERANS** PEER SUPPORT **GROUP** 12:00-14:00 The Farmyard Cafe. Wotter. Contact Gracev on 07964 319683

IVYBRIDGE TREFOIL GUILD First Monday. Please contact Joy on 07813 609317

**U3A GENERAL MEETING** 14:00-16:30 The Watermark. Monday of month (excluding bank holidays). FFI: 01752 658164/ ivybridge.u3a@gmail.com.

**POLICE DROP IN SESSION** 14:30 Ivybridge Library. First Monday of month.

**RAF AIR CADETS** 19:00-21:00 Cadet Centre, Filham Park, FFI: oc.339@rafac.mod.gov.uk

**ERME WI** 19:30 The Bridge, Leonards Road. 3rd Monday of month. All welcome. FFI: contact 07779 534853

IVYBRIDGE FLOWER CLUB 19:30 outlook.com.

The Bridge, Leonards Road, Every second Monday. FFI: contact Lindsev Reid 01752 894579

SEOUÉNCE DANCING **CLUB** 19:30-22:00 Lee Moor Public Hall. 01752 892741

#### TUESDAY

WARM SPACE FOR ALL 10:00 St John's Church Hall, Blachford Rd Every Tues, Contact Sheena 01752 939757

LITTLE FISHIES PARENTS AND **TODDLERS GROUP** 09:30-11:00 The Bridge Leonards Road Term time £2 per family FEI: 01752 j.hammond@ 896974/ ruth. salvationarmy.org.uk

RAMBLERS WELLBEING WALKS 10:00 Every Tuesday, Meet at Ivybridge Leisure Centre. FFI: Lisa Alford - 07582 350349 / lisa alford@activedevon.org

TODDLERS 10:00-11:30 Ivvbridge Baptist Church Term times only 07516 085121 / iebc@hotmail. couk

S<sub>0</sub> SOCIAL **SNAPS** 13:00 Informal photography group. Phone or camera. Free. FFI: search FB/07929 923649

IVYBRIDGE COMMUNITY HUB 10:30-12:00 Ivybridge Library. www.innercompassquide.com/ community-hub

IVYBRIDGE FOOD CLUB 12:00-14:00 St John's Church Hall. Blachford Road Every Tuesday. The Community Cafe is open from 12-2pm, serving homemade food, and shopping, to prevent food wastage, is from 1-1.30pm. Evervone welcome

IVYÉRIDGE PROBUS CLUB From 12:00 Rose & Crown, Yealmpton. 07780 150750 / rvonoven@icloud

**TUESDAY LUNCHES** 12:15-13:30 Ivybridge Church. Methodist Children welcome.

**IVYBRIDGE** CRAFTY ARTY **GROUP** 13:30-16:30 Scout and Guide HQ, Blachford Rd. FFI: contact Gerry 01752 690176 or Hazel 01752 892438

MEN'S TENNIS & PICKLE BALL FOR MENTAL WELLBEING 14:30 every Tuesday. South Devon Tennis Centre

5th IVYBRIDGE RAINBOWS 17:30-18:30 Ivybridge Methodist Church. Contact Jenny 01752 894265 email ivybridgerainbows5th@ 3rd IVVRRIDGE BROWNIES 18:00-19:30 Iwbridge Methodist Church Contact Jenny 01752 894265 / 3rdivvhridgebrownies@gmail.com. **CUBS** 18:30-20:00 Scout Hut. Leonards Road car park FFI. 1stivvcubs@amail.com 1stivygsl@gmail.com.

**ERMÉ** VALLEY **HARRIERS** SFNIORS TRAINING 18:00-19:00 Ivvbridae Ruahv Club FFI: Keith Reed 01752 893573/ ermevallevharriers.co.uk.

**ARMY** CADETS 19:00-21:00 Cadet Centre, Filham Park, FFI: 1399bovn@armvmail.mod.uk

IVYBRIDGE COMMUNITY **CHOIR** 19:30-21:30 Douro Court. southdevonsingers@gmail.com / 07915 053950

IVYBRIDGE & DISTRICT CAMERA CLUB 730pm on two Tuesdays per month alternating between Zoom and Bittaford Jubilee Hall. www.ivybridgecameraclub.org

IVYBRIDGE YOUNG FARMERS 19:30 The Hunting Lodge, Cadleigh Lane. First Tuesday of the month. FFI: www.facebook.com/lvyYFC/ call 07472904700.

#### WEDNESDAY

**IVYBRIDGE** CARING **VOLUNTEERS** 09:30-12:00 The Watermark. Drop in for a chat about donating a couple of hours of your time for elderly people in the community

MUSTARD TREE CANCER CAFE 9:30-12.30 lvybridge Methodist Church. Alternate Wednesdays. Drop in. FFI: 01752 430060 Mustard Facebook Tree Macmillan Cancer Support

SO SOCIAL SPANISH 10:00 Rochelles River Cafe. Informal conversation group. Any level. No cost. FFI: 07929 923649

WALK & TALK 10:30. Accessible 30+ min walk for those with limited mobility or wishing for company, with tea/cake at the end at The Hub, South Brent. Drop-in. Free/ donation.

LITTLE **STARS** 10:30-11:30 lvybridge Library. Aimed pre-school children looking at numbers, colours and letters. No need to book

**READ AND REMINISCE 10:30-**12:30 lyybridge Library. Listen to poems and stories read aloud. Share your memories over a cup of tea or coffee. Free. Contact

Ivvbridge Library on 01752 893140 **COMMUNITY CAFE** 11:00-15:00 The Bridge, Leonards Road, FFI: ivvbridge@salvationarmv.org.uk.

SÓ SOCIÁL - COFFEE MORNING 11:00-12:00 The Community Cafe Everyone welcome. Facebook: So Social Ivvbridge / call Shirley Weeks on 07934 999404

**IVYBRIDGE FOODBANK** 13:00-15:00 Ivvbridge Methodist Church. Open to all. FFI: www.ivvbridge. foodbank.org.uk/email info@ ivvbridge.foodbank.org.uk/ 07706 457336. Food donations welcome 10am-12pm.

SO SOCIAL UKRAINIAN SUPPORT GROUP 13:00 The Bridge, Leonards Road, Last Wednesday of the month FFI search Facebook - So Social lvvbridge/phone 07934 999404 / connector@southhamsevs.org.uk.

THE BRIDGE STROKE GROUP 13:30-15:30 Ivybridge Town Hall. Second Wednesday of the month. For details call 01752 896931

**IVYBRIDGE MEMORY** CAFE Watermark. 14:00-16:00 The Fortniahtly for entertainment refreshments and a chat together. If your loved one is suffering from cognitive impairment give us a call on 07498746944.

FRIENDS DAY WEDNESDAY 14:00-16:00 The Old School, South Brent. Friendly fun group, games, guizzes, singing, themes, craft and more, open to all, particularly with dementia. FFI: Susanne on 01364 700282 for a space, Free/donation. IVYBRIDGE BLOOMERS 14:00-16:00 The Leat Garden. Fore Street, Search Facebook Ivvbridae Bloomers. ivybridgebloomers.community or phone 07934 999404

KNITTING GROUP 15:00-17:00 The Hub, South Brent. Friendly fun group, adults and children with an adult welcome, all abilities. Free/ donation.

1st IVYBRIDGE GUIDES 18:00-20:00. Timings and location can vary depending on the activity. FFI: contact Leah Parsons ivvbridgeguides@hotmail.com.

4th IVYBRIDGE GUIDES 18:30-20:00. The location will depend on the activity. FFI: call Sharon on 01752 698656, fourthivybridge quides@outlook.com

**IVYBRIDGE ROTARY CLUB** 19:00-



20:00 The Bridge Cafe Fortnightly on the 2nd and 4th Wednesday of the month. FFI: IvvbridgeRotary@ amail.com or see www.facebook com/lyvbridgeRotary.

FRMF VALLEY RANGERS 18:30-20:30. Part of Girlauiding for girls aged 14-18. Location will depend on the activity. For information call live.co.uk. Sharon on 01752 698656.

**ROYAL BRITISH LEGION 19:00-**21:00 Ivvbridge Constitutional Club FEI: contact Dermot Roberts ERME VALLEY HARRIERS on 01752 691645

IVYBRIDGE THEATRE COMPANY 19:30-22:00 Chanel Place Community Centre, off Fore Street. FFI: 01752 893308 / howarddavis@live.co.uk

**SONGBIRDS** Women's singing circle at Lukesland 19:00-20:30, 1st & 3rd Weds FRFF taster then £10 Book at - tothewoodsforestschool

#### THURSDAY

**IVYBRIDGE** CARING **VOLUNTEERS** 09:30-12:00 The Watermark. Drop in for a chat about donating a couple of hours of your time for elderly people.

RAMBLERS WELLBEING WALKS 10:00 Every Thursday. Meet Ivvbridge Leisure Centre. FFI: contact Lisa Alford - 07582 350349 / lisa.alford@activedevon.org

**COMMUNITY CAFE** 10:00-15:00 The Bridge, Leonards Road, ivybridge@salvationarmy.org.uk.

MASS 10:00 St Austin's Priory **BOUNCE & RHYME** 10:30-11:00 lvybridge Library. For children under 3 and their carers. No need to book. Suggested donation 50p

SHARE SHED Borrow hundreds of useful items at a low cost. Glanvilles Mill car park, lvybridge, FFI: 10am-12noon. WWW shareshed.org.uk, call 07516 908237 or info@shareshed.org.uk. BOOK GROUP 11:00 Every 2nd Thursday at Ivybridge Library. Pop into the library to find out more.

**SONGS & STORIES** 13:15-14:45 Term time for babies & children under school age. Ivvbridge Methodist Church. Contribution of £2 requested.

SO SOCIAL IVYBRIDGE - PEER **SUPPORT** 14:00-15:00 The Bridge, Leonards Road. Free peer support group for people living with longterm medical conditions and CATHOLIC WOMEN'S LEAGUE

disabilities FEI: Facebook: search 11:00 St Austin's Priory First Friday So Social Iwbridge or call 07934 999404

KNIT AND NATTER 14:30-16:30 Ivvbridge Library

1st IVYBRIDGE RAINBOWS 16:10-17:20 St John's Church Hall FFI: contact Jackie: firstivyrainbows@

2nd IVYBRIDGE RAINBOWS 17:10-18:20 St John's Church Hall FFI: firstivvrainbows@live.co.uk

**JUNIOR TRAINING** 18:00-19:15 Ivybridge Community College. For those aged 8+ of all abilities 01752 893573 \A/\A/\A/ ermevallevharriers.co.uk.

SO SOCIAL STITCHES The Imperial 18:00:21:00 sosocialivvbridge@gmail.com.

**VOLUNTÉER POLICE CADETS** 18:30 Ivvbridae Community College (term time only), £3/ week dc.police.uk/cadets/ ioiningcadets@dc.police.uk.

SCOUTS 19:00-21:00 Scout Hut. Victoria Park, Blachford Road, Contact ivvbridgescouts@gmail. com or 1stivygsl@gmail.com.

ARMY CADETS 19:00 Cadet Centre, Filham Park, FFI; contact Abigail Bovne on1399bovn@ armymail.mod.uk armvcadets.com/

TARI F **TENNIS** 19:15-20:45 Peverell Hall, Ivybridge Community College. FFI: contact Alan on 07712 896185 or ivybridgettc@aol.com.

**CROOKED TEMPO SAMBA BAND** 19:30-21:30 Ermington Church. Every Thursday, Session fees are £3 per person/per week.

#### FRIDAY

LITTLE FISHIES PARENTS AND **TODDLERS GROUP** 09:30-11:00 The Bridge, Leonards Road. Term time only, £2/session/family,

BUSY BEES 10-12:00 Parent & child group (18m-5yrs) £12/ session. Term-time. Booking: www.tothewoodsforestschool. com.

**SHARE SHED** Borrow hundreds of useful items at a low cost. Old School Community Centre. Totnes Road, South Brent, 10am-12noon, CRAFTERS 10:00-12:00 Endsleigh Garden Centre. £10 per session, all materials included. Call 07706 317825 or theivycrafters@ amail.com.

of each month. All welcome.

**COMMUNITY CAFE** 11:15-15:00 The Bridge Leonards Road ivvbridge@salvationarmv.org.uk

ART FOR CALM 13:00-14:30 Every 2nd Friday, Jyybridge Library, Word art and doodling 'accidental' art therany

RAMBLERS' WELLBEING WALKS **SOUTH BRENT** 14:00 Every Friday. Walks start at the junction of Station Approach and Hillside. Scenic, friendly and varied walks of around 90 minutes (level 3). Then drinks and chat at the Station House

PAGE TURNERS First Friday of the month, 2-3pm, Ivybridge Library. An hour of talking about our favourite things - books! FFI: call Ivvbridge Library on 01752 893140.

WISE AND WONDERFUL 14:30-16:00 Ivvbridge Methodist Church. A fellowship group open to everyone, £1 per person, Contact Val 893614 Maureen 945799 Sue 896444. Carole 894676. Christine and David 892858, Judy 894829.

ERME VALLEY HARRIERS -**SENIORS TRAINING** 18:00-19:00 Social run for all abilities Contact Keith Reed - 01752 893573 / ermevallevharriers.co.uk.

THE BRIDGE PROJECT YOUTH **CAFE** 18:30-22:00 The Bridge. Leonards Road, Drop-in evening, Free. 6.30-8pm for Years 6, 7 & 8. 8.30-10pm for Years 9 & above (up to 18). Call Elis Norton: 07966 911560/admin@ivybridge.yfc. couk

**RAF AIR CADETS** 19:00-21:30 oc.339@rafac.mod.gov.uk.

#### SATURDAY

IVYBRIDGE ARTISAN MARKET The Watermark. First Saturday of the month. ivvbridgeartisanmarket.co.uk.

COFFEE MORNING 10-12:00 South Brent Methodist Church School Room, First Saturday of month. All welcome

IVYBRIDGE'S THE STORE -REPAIR CAFE + SHARE SHOP 10:00 Makers Mews. Harford Road, Ivybridge. Final Saturday of each month.

**LEGO CLUB** 10:30-12:30 lvybridge Library. All ages welcome. No need to book. Suggested donation 50p per child.

SO SOCIAL - COFFEE MORNING 11:00-12:00 The Bridge Cafe Everyone welcome. Facebook: So Social Ivvbridge or phone 07934 999404

THE ΔRT PI AYGROUND 11:00-14:00 The Clay Factory. First Saturday of the month. Community art making for all ages, adults and children Free jamila@ iamilahanan com

COMPASSIONATE CAFÉS **Bereavement** support listening café friendship and cake! Onen 10:00-12noon 2nd & 4th Saturday of month. Chapel Place, lyybridge. 10:00-11:30 3rd & 4th Saturday of month. The Old School Community Centre, South Brent.

MESSY CHURCH 14:00-15:30 The Bridge Leonards Road Second Saturday of each month. Suitable for ages 3-10, ivvbridge@ salvationarmy.org.uk for details.

#### SUNDAY

**FAMILY WORSHIP** 10:30 lyvbridge Methodist Church. Lively family worship with activities for all ages of young people. Contact Pam Montgomery imcbookings@gmail. com or 01752 894083

SALVATION ARMY SUNDAY WORSHIP 10:30-10:30 The Bridge. Leonards Road. FFI: contact ivvbridge@salvationarmv.org.uk. MORNING WORSHIP 10:30 St John The Evangelist. One hour service followed by refreshments.

Contact Paul Hinckley - vicar.

sdmc@gmail.com/01752 895227. **SERVICE** 10:30 Ivybridge Baptist Cadet Centre, Filham Park, FFI: Church, Junior church and crèche during the message. Tea/coffee after the service. Pastor John Williams - email iebc@hotmail. co.uk/ 07853 620648

MASS 11:00 St Austin's Priory. With children's liturgy. Tea/coffee afterwards.

IVYBRIDGEWALKING CLUB 10:00-16:00. Fortnightly walks in and around the South Hamsand beyond. FFI: ivybridgewalkingclub.com.

**IVYBRIDGE BLOOMERS** 14:00-16:00 The Snail Garden, Harford Road. Phone Shirley Weeks on 07934 999404

SERVICE 18:00 Ivybridge Baptist Church. Communion on the 3rd Sunday of the month. Pastor: Andrew Holland - email: iebc@ hotmail.co.uk.







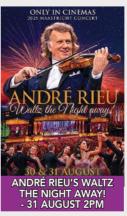






FOUR LETTERS OF LOVE



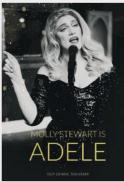












**MOLLY IS ADELE** – 2 AUGUST 1.30pm



– 13 SEPT

Bookings for stalls being taken now

**WELLBEING FAIR** 



BOX OFFICE 01752 892 220

ivybridgewatermark.co.uk