

APRIL 2025

imag

informative | interesting | interactive

THE POPULARITY OF POSTCARDS

And the secret language of postage stamps

WILD ABOUT THE ERME RIVER

Join the Ivybridge river clean

ARTS AND SCULPTURES

A Mecca for art every day in May



Need a will?

GARD & CO



Solicitors

01752 648336

gardandco.com

COLLEGE GIRLS ON THE CHARGE FOR ELECTRIC DRIVING GLORY



↑ A female team of students from Ivybridge Community College is gearing up for a busy season of races with all-electric cars they've built. The 14- to 16-year-olds will be taking to the track at circuits around Cornwall

to test their engineering and driving skills against hundreds of other teams taking part in the Greenpower Challenge. The 20-strong team has two single-seater battery-powered cars called Vector and Spare Parts, with a

third in production called Rustiane.

The students are members of the college's Girls in STEM (science, technology, engineering and maths) club, where they learn mechanical and electronic skills.

CONTENTS & WELCOME

IT'S A JAM-PACKED ISSUE

Welcome to the latest issue of the imag, which is packed with informative and interesting local articles.

Among the features this month is a look at the history of postcards and the 'secret language of postage stamps', a profile of a local group working to build dementia friendly communities and an explanation of what happens when plastics break down in the environment.

There are also details about how you can help remove plastic and other rubbish from the River Erme by taking part in a river clean (see 13).

Three members of Ivybridge Royal British Legion, each of whom face significant health issues, are embarking on a major fundraising challenge for the Poppy Appeal this April and May – details of their 300-mile Poppy Trek are on page 34.

In other news, there are details of another free defibrillator and CPR training organised by Ivybridge Rotary Club (page 35).

I hope you enjoy reading this issue.

Steven – editor

FEATURES

- **Postcards and the secret language of postage stamps** p5
- **What happens when plastics break down in the environment?** p13
- **PLUS: Working to build dementia friendly communities** (p5)
- At the heart of the community for nearly 150 years** (p9)

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 May issue is 30th April.

WHAT'S ON

- **An artist who draws underwater is displaying her work** p17
- **A bunch of amateurs take to stage for next SBADS production** p18
- **PLUS: A Mecca for art every day in May** (p19)
- Grave matters** (p17)
- Big gig at The Bridge** (p17)
- Egg-citing Easter fun** (p17&18)

ADVERTISE IN THE IMAG

Advertise alongside informative, interesting local content – not just page after page of adverts.

We deliver 8,500 copies each month to homes in Ivybridge and 12 surrounding towns and villages including South Brent, Yealmpton, Ugborough, Ermington and Cornwood.

NEWS

- **Three men, three treks, 300 miles for poppy trek** p34
- **Colin named Citizen of the Year** p34
- **PLUS: Free defibrillator & CPR training** (p35)
- Borrow instead of buy** (p24)
- Your vote is your voice – candidates for county council election** (p21)

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.

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.

Contact us: Call/text/WhatsApp on **07516 539573** Email: info@theimag.co.uk



When responding to an advert or article, please mention that you saw it in the imag

Helen Moore

Your Independent
Estate Agent

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



Call 01752 962162

www.helenmoore.exp.uk.com

HELEN MOORE
PROPERTY



WESTERN
Carpets & Pine Ltd

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.

POSTCARDS AND THE SECRET LANGUAGE OF POSTAGE STAMPS

By Andrew Jewell

At the beginning of the 20th century the printing of postcards was a booming industry. Entrepreneurs in Ivybridge didn't pass up the opportunity to capitalise upon the craze, which had been sweeping the nation for some 30 years.

Charles Smallridge, a local shopkeeper at 54 Fore Street, was one. Described as a grocer, draper and wine merchant, he developed his own local postcard business. The printing was undertaken by Frederick Andrews, a stationer and fancy dealer (gift shop owner) across the road at 15 Fore Street.

Postcards were introduced in Britain from 1870 and initially took the form of plain backed pre-printed cards. Although named 'Post Card', they were not really considered as such and are commonly referred to as postal stationery cards. This new form of communication was initially greeted with a degree of opposition. It was deemed that any message so written could be read by employees of the Post Office and, perhaps worse, by servants working in the home or establishment. Furthermore, it was widely considered that to send a message bearing only a half-penny stamp was somewhat insulting. These new cards were also hated by those who

The specific angle of the postage stamp had a secret meaning such as 'I love you' or 'when shall I see you?'

considered that letter writing was a fine art which needed preserving.

Despite all the negativity, the postcard soon became popular and vast quantities were sent across the nation, their appeal being the cheap postage rate and the extraordinarily quick delivery time, with up to six deliveries a day in large towns and cities.

With limited space for a message, the somewhat flowery, verbose style of Victorian letters soon gave way to a more direct form of the language to accommodate as much information as possible onto the small format card. Where the space provided wasn't sufficient some senders resorted to writing in a rather chaotic looking criss-cross pattern which overlapped and would have been somewhat difficult to read by the recipient.

By 1902, a new style postcard was introduced which incorporated a divided back. Great Britain was the first country to adopt this format,

which allowed for one side of the card to be used for both the address and a message, separated by a central line. The other side could be a complete picture or photograph. The origins of this style of postcard can be traced back to the pictorial visiting cards of the 18th century and the later carte-de-visite which closely resembled this new format.

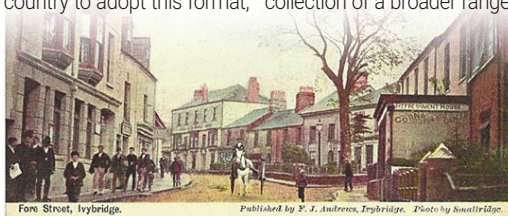
The popularity of the postcard, with its rather public form of communication, occurred during a time when direct expression of one's feelings was somewhat discouraged. Victorians in response developed a secret language of stamps where the angling of the stamp on the postcard conveyed a secret message.

By the 1890s, many people began collecting postcards, with albums made specifically for this purpose. Cartophilia was the popular name given to this hobby by the Victorians and Edwardians, but this word covered the love and collection of a broader range

of items such as maps and cigarette cards. Today, the more modern term of deltiology specifically refers to the collection of postcards.

The craze of both sending and collecting postcards continued until the beginning of World War I. Once the hostilities ceased, the mood of the nation was somewhat different. The sending of postcards seemed trivial. Coupled with the doubling of the postage rate (from a ½d to 1d), postcards never really regained the popularity they once had.

A newspaper article in 1921 documented that during its peak, the postcard industry employed around 70,000 people in Britain. Other forms of communication, such as the telephone and the marconigram (wireless telegraph) were beginning to encroach, too. For many companies involved in postcard production this meant a reassessment, many either changing tack or ceasing business altogether.



www.ivybridge-heritage.org

WORKING TO BUILD DEMENTIA FRIENDLY COMMUNITIES



The Four Rivers Dementia Alliance (4RDA), which developed from the work of Dementia Friendly Parishes (DFP) – see panel – is comprised of 20 local councils and other organisations.

The success of DFP encouraged the innovators behind it to expand the idea to work with Ivybridge town council and 19 surrounding rural parishes, bordering not only the Yealm but also the rivers Plym, Erme and Avon.

4RDA works to build inclusive dementia friendly communities through the councils and by working to engage all sectors of the community, supporting them to make their

services inclusive and easier for people with dementia to use. 4RDA aims to:

- Share ideas and develop resources and partnership projects;
- Build dementia friendly communities and villages in the Four Rivers area;
- Promote good practice by raising awareness of dementia within our communities;
- Encourage inclusivity and reduce the stigma and lack of knowledge about dementia.

The alliance offers free support by delivering dementia awareness sessions to any organisation and the public, conducting dementia friendly building assessments to

ensure they are easier to navigate for people with dementia, advising on dementia friendly signage, and on how to ensure processes/written information is dementia friendly.

The 4RDA is an inclusive voluntary organisation and anyone interested in improving the lives of people living with dementia, their families and carers, is welcome at

its meetings held every six weeks.

Go along and find out more about the alliance, tell them what you have to offer in support or services, or suggest ways to advance its aims, or tell them of your concerns and what you need in your communities.

Visit www.4riversdementia.org.uk to find out more.

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 0AD**

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

SUPPORTING PEOPLE WITH DEMENTIA AND THEIR FAMILIES

Are you living with or caring for someone with dementia? Do you know about locally available support?

Dementia Friendly Parishes Around the Yealm supports people with dementia and their families in Yealmpton and surrounding parishes through home visits, advice and information.

DFP also organises a variety of friendly groups, which are open to everyone from any area:

Monday Club 10.30am-12.30pm, last Monday of the month, Yealmpton Methodist Church.

Creative activities with a nature focus. Free. All materials provided.

Gentle Exercise Classes 10-11am and 11.15am-12.15pm, Yealmpton Methodist Church every Tuesday.

Free taster session, thereafter £5.

Free Walking Group

Every Wednesday. Led by qualified walk leaders. Meet 10.30am, Barton Close car park, Wembury. A gentle walk in various locations followed by refreshments.

Listen and Laugh to familiar stories and poetry, 10.30am-12pm every Thursday, Parish Rooms, Bakery Square, Yealmpton (£2).

Free Carers Catch up Support group for carers, 2-3.30pm at Yealmpton Methodist Church. Every 1st Friday of the month.

Free Coffee and Chat The Rose & Crown, Yealmpton, 2-3.30pm. Every 2nd Friday of the month. Friendly and relaxed.

Singing along 2-3.30pm, Yealmpton Methodist Church. Every 3rd Friday of month (£3 for refreshments).

For more details, call Claire on 07450206312 or email info@dementia.yealm.org.



HOWARD & OVER SOLICITORS EXPANDS IVYBRIDGE OFFICE

We are delighted to share some exciting news—Howard & Over Solicitors is expanding! Our Ivybridge office is undergoing a significant transformation as we extend into the building next door, allowing us to double our current space. This expansion means we will now proudly occupy 8 & 9 Glanvilles Mill, reinforcing our commitment to providing first-class legal services to the local community.

This growth marks an important milestone for us and, more importantly, for our valued clients. With this additional space, we will be able to offer an even more welcoming and comfortable reception area, ensuring that everyone who visits us feels at ease from the moment they walk through our doors. We are also adding an extra meeting room, which will allow us to accommodate more clients and provide enhanced privacy for important legal discussions.

At Howard & Over, we have always been dedicated to delivering exceptional legal support, and this expansion is a reflection of our continued commitment to meeting the evolving needs of those we serve. By investing in our Ivybridge office, we are ensuring that we can offer a better experience, increased accessibility, and an improved environment for both our clients and our growing team.

We are incredibly excited about this new chapter and look forward to welcoming you into our new and improved space very soon. Thank you for your continued trust and support!

EXPERT LEGAL ADVICE
from normal people

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



HOWARD & OVER
SOLICITORS EST. 1914

www.howard-over.co.uk



Spring has
arrived with
Tara Vao

Sale
continues

21 Fore Street
Ivybridge
PL21 9AB

Diana
BOUTIQUE

Tues-Fri
10am-3pm
Sat: 10am-1pm

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

BEACON
GLASS & GLAZING

For all your glass and
glazing requirements

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

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

cat flaps...

A pet door is found to be convenient by many owners of companion animals, especially cats, because it lets them come and go as they please, reducing the need for pet-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 weather.

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



Free Estimates call

01752 769832 or 07846 475217



Ring & ride
IVYBRIDGE & DISTRICT

MINIBUS DRIVERS NEEDED



- Ivybridge Ring & Ride is looking for minibus drivers with D1 licenses to support our regular shopping trips and outings.
- We also need more volunteer drivers who use their own vehicles to meet the demand for services. Drivers get paid HMRC allowable rates of £0.45/0.50 pence per mile.
- We also need help in our office in The Watermark dealing with bookings.

**Visit our website at www.ringandride.net
or call Lauren on 01752 690444.**

AT THE HEART OF THE COMMUNITY FOR NEARLY 150 YEARS

South Brent Old School Community Centre has been at the heart of the community since 1876.

Today, it is an open access community hub in the heart of the village. The centre is home to numerous local groups, facilities, businesses and charities, and has a number of rooms available for hire (see panel).

The building started life as a school in 1876, and in 1997 was acquired by local residents and reopened as a community centre. Next year will mark 150 years at the heart of the South Brent community.

It is now owned and managed by a not-for-profit charity which aims to provide an open door, opportunities and support to anyone from South Brent and further afield.

The centre offers a wide range of facilities, but most importantly provides the space for a much wider range of groups and organisations to undertake their activities. This shared approach drives and delivers community cohesion in South Brent in a way that no single organisation can deliver alone.

The centre is supported in this through key partners: South Brent and District Car- ing, Sustainable South Brent,

Art House and the Post Office. Most weekdays see a range of activities overlapping and generating a vibrant and lively buzz at the centre, either through these partners or one of the many other organisations that find a home there. On average, there are over 800 visits to the centre every week.

However, the ageing Victorian roof and building are now very much in need of rejuvenation. Through generous personal donations and successful grant applications, £500,000 has already been raised towards the project. This will allow for the replacement of the entire roof, upgrade the insulation and install solar panels and batteries to ensure that the centre will be as energy efficient as possible, while improving its environmental impact.

But the centre wants to go further. They are now fundraising to install an environmentally-friendly heating system as well as undertake a programme of renovation throughout the centre – to improve access, toilet facilities and internal spaces – to ensure the centre is warm, dry and welcoming for the next 150 years!

Please consider contributing to the fundraising appeal – see the advert for details.

South Brent Old School Community Centre is the ideal venue for your next party, meeting, talk, workshop, conference, exhibition or fundraising event. Get in touch to find out more: info@theoldschool.org.uk or call 07707 723637.



South Brent Old School Community Centre Needs Your Help!



Help us stay warm, dry and welcoming for generations to come

**We need to raise £500,000
by 31st May**

to replace the roof and complete a programme of upgrades & rejuvenation



Donate here:

[www.justgiving.com/page/
rejuvenating-the-centre](https://www.justgiving.com/page/rejuvenating-the-centre)

Thank you!

Buy a slate in memory of a loved one: £1.50 per slate

www.theoldschool.org.uk
info@theoldschool.org.uk
07707 723637



By Hope Buzza

To The Woods Forest School, Lukesland

Skeletal remains showing the position of the hyoid bone in the throat have revealed that humans had the ability to sing well over 500,000 years ago and if they could, they probably did. Why wouldn't you?

Making different vocal sounds makes life and communication more interesting and impactful and not only that, it's been proven to be very good for you!

Singing in the oral tradition (ie taught by ear) has long been used as a form of communication – a way of preserving and passing on history, culture and beliefs. It's a social glue that binds and strengthens communities and helps define identity.



EXPERIENCE THE POWER OF COMMUNITY SINGING

Cultures all over the world still have strong oral traditions and our direct ancestors such as the Celts did too, but in some countries in the West now, it has all but been lost. For many of us, community singing is reduced to happy birthdays,

the odd carol and maybe a few nursery rhymes.

Many people say they can't sing but I would argue that if you can talk, you can sing. We don't all sound the same, but that doesn't matter, when our voices come together it is powerful.

I have felt this power at different stages through my life and I know that I am at my happiest when I am singing with others, but I didn't understand why until I trained as a Singing Mamas leader in 2024

and started to learn how it affects us physically and mentally.

Singing, and especially singing with others, triggers the release of 'happy hormones' ser-

otonin and dopamine, which lift mood and reduces stress and anxiety. Physically, singing can improve posture, deepen our breathing and improve lung function. The resonance from singing stimulates the vagus nerve, which has further

positive impacts on breathing, digestion and heart rate.

To The Woods Forest School at Lukesland now has two regular singing circles for women's wellbeing – see panel – which have the extra feel good factor of, whenever possible, singing in nature.

These circles are joyful and soulful spaces – and we don't just sing, there's always time after for a cuppa, chat and homemade cake/biscuits! Join for a FREE taster session and see if it's for you.

On 27th August (2-4pm), we are having a Big FREE Summer Sing in the woods, offering the chance for people to find out what it's all about and see

the site. Everyone welcome!

Booking is required for all singing sessions via www.bookwhen.com/tothewoodsforestschoo.

To find out more visit www.tothewoodsforestschoo.com/singing-groups.

FEEL GOOD SINGING IN NATURE
@ lukesland

Women's singing circles: (FREE Taster sessions)

Singing Mamas
Mondays 10-11.30am

Songbirds
Wednesdays 7-8.30pm

All welcome:

BIG FREE SUMMER SING
August 27th 2-4pm

Booking required:
bookwhen.com/tothewoodsforestschoo





gth

HAVE YOU SPOTTED OUR NEW ADDITION?

Meet the latest member of our team who, after being snapped up at auction, was brought home to Ivybridge and given a makeover. Keep an eye out as she may be popping up near you!

For our usual tailored property advice, contact us to book a free market appraisal of your home, farm or land.

01752 393737

residential.ivybridge@gth.net

GREENSLADE TAYLOR HUNT

www.gth.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

w

www.manningandco.co.uk



MANNING & COMPANY
Independent Financial Advisers

Authorised and regulated by the Financial Conduct Authority



HIGHLAND
DENTAL CARE

Part of Bupa

Say goodbye to missing teeth

Dental implants are a long-lasting,
natural-looking alternative to dentures.

Book your no-obligation implant
consultation for just £75

Call Highland Dental Care, Ivybridge
on 01752 893 152 and quote code iMag

£75
consultation
(usually £161)

*Offer available at Highland Dental Care, Ivybridge only. For patients aged 18+. Offer valid for patients who book between 24/03/25 and 24/06/25, attending the implant consultation by 30/06/25. Discount is against the full price of an implant consultation and CBCT scan which is usually £161. Appointments subject to availability. Not to be used in conjunction with any other offer. Offer may be withdrawn or amended at any time.

Highland Dental Care and Bupa Dental Care are trading names of Oasis Dental Care Limited. Registered in England and Wales no: 00478127. Registered office: Bupa Dental Care, Vantage Office Park, Old Gloucester Road, Hambrook, Bristol, United Kingdom, BS16 1GW.

WHAT HAPPENS WHEN PLASTICS BREAK DOWN IN THE ENVIRONMENT?

By Colin Whybrow

When I joined a river clean in the Erme estuary back in November, I noticed an area where some tree limbs appeared to be acting as a trap, collecting an accumulation of debris. While the larger items were easy to spot, the reed beds, at first glance, seemed to comprise mainly organic matter from decaying reed stems. But they concealed an insight into just what happens to water-borne plastics once they enter the environment.



It all looks organic at first glance

Scratching just below the surface revealed how plastics break down. The combination of salt water and sunlight (UV) makes the plastic brittle, a process known as photo-degradation. Tidal agitation then breaks the plastics into smaller and smaller pieces.

This breakdown can result in the leaching of harmful chemicals such as phthalates, often called 'everywhere chemicals' found in plastic food



It doesn't take long to find plastic



JOIN THE IVYBRIDGE RIVER CLEAN

Wild About the Erme River (WATER) is calling on local people to join them for their Erme river clean.

The Ivybridge river clean is on Saturday, 26th April 10am-12noon. Volunteers should meet at the car park on Harford Road. WATER has some litter pickers, bin bags, bag hoops and gloves but bring your own if you have them.

Ivybridge sits in the heart of the river Erme's catch-

ment area and litter that enters the river at Ivybridge can quickly end up in the estuary, often trapped there between the tides.

In its middle reaches, the Erme drops one metre for every 50 metres over the ground. That's steep. Channelled by granite boulders the water speeds up to a fast flow, especially after rain, sweeping all and any rubbish and debris seawards.

WATER is a local environmental charity focused on restoring water quality and habitat across the Erme's catchment. It works with local environmental groups like PL:21 and Ivybridge Environmental Action Group to help tackle the impact that carelessly discarded plastics have on the environment

For further information on the river clean contact Tim: email timp@ermeriver.org

containers and packaging. Bisphenol A (BPA) is another leached chemical used in polycarbonate plastics like water bottles and for epoxy resins used in food cans and bottle tops.

Salt water accelerates the breakdown and the released chemicals can have a toxic effect on marine life and ecosystems.

Removing the visible plastics and other debris before it starts to breakdown is a very positive first step and really



Beneath the surface, plastics and microplastics are everywhere

makes a difference, as the full bags of collected material in the picture above show.

While our river cleans (see panel) have a serious objective, they are designed to be enjoyable and inclusive. Families with older children are

welcome but children must be supervised at all times.

You will be rewarded with huge thanks, satisfaction at seeing bags full of collected debris, great camaraderie... and cake. Please bring your own drinks.

To find out more about WATER, scan the QR code or visit ermeriver.org.



Forthcoming South Hams Authors Network events:

Members meeting on Thursday, 16th April, at the Imperial Inn, Ivybridge (7.30pm). Guest speaker Keith Rossiter will give a talk on 'AI for authors – friend or foe?'. Free entry.

World Book Night at The Ivybridge Bookshop (5.30pm). Four local authors reading from their two anthologies of short stories, including the launch of a new anthology, Longtimber Tales. Free entry.

To find out more about the SHAN visit southhams authors.co.uk.

The next lecture at the Arts Society Kingsbridge celebrates the 400th anniversary of Charles I's accession to the throne in 1625.

'Charles I: King and Collector', by Barbara Askew, looks at the monarch's obsession for collecting works of art.

Wednesday, 23rd April, in The Methodist Church, 100 Fore Street, Kingsbridge, 2pm for 2.30pm. All are welcome – no need to be a member – £10 donation.

Ivybridge Probus Club held its Ladies' Spring Lunch at the Cottage Hotel in Hope Cove on April 1st.

Members, along with their wives and partners, enjoyed a delightful three-course meal in a warm and welcoming atmosphere.

With beautiful weather on the day, guests were able to take in the stunning views across Bigbury Bay from the dining room.

The club meets monthly for lunch in the private

DO YOU FANCY TREADING THE BOARDS?

Ivybridge Theatre Company is looking for cast members, male or female age 16 plus. You may be new to acting and thinking about a new interest or an experienced actor looking for a new opportunity. Small and large parts are available. All are welcome.

ITC has been entertaining audiences for over 25 years with a wide variety of productions including pantomime, drama and comedy, as well as murder mystery events. You may have seen some



dining room at the Rose & Crown in Yealmpton, gathering on the first Tuesday of each month. There is an after-lunch guest speaker on alternate months.

If you are interested in joining Ivybridge Probus Club, contact the secretary, Ritsaert Von Oven, on 01752 896155.

Walks coming up for Ivybridge Walking Club are as follows (all Sundays):

■ 20th April

■ 4th May

■ 18th May

Come and join us. First

of its productions at The Watermark in Ivybridge.

It is a welcoming, friendly and fun group which also holds regular social events. Meetings take place on Wednesdays at 7.30pm at Chapel Place, Fore Street, Ivybridge, where they would be delighted to see you.

Why not check them out on TikTok, Facebook and Instagram under Ivybridge Theatre Company?

For enquiries, contact ITC by phone, text or WhatsApp on 07554 990902 or email secretary, Teresa Davis at howard-davis@live.co.uk.

walk is free. Membership £10 per person, per annum. We would love to meet you!!

Details of walks are on our website – www.ivybridgewalkingclub.com.

Ivybridge Flower Club meets on the second Monday of the month at The Bridge. Visitors are most welcome.

The club hosts a wide variety of guests who demonstrate their own unique flower arranging styles, with attendees able to win the resulting beautiful arrangements in a raffle.



A place for everyone

WEEKLY EVENTS

Cuppa and chat

Every Wed at 11am and Sat 11.30am at The Bridge Cafe.

Ivybridge Bloomers

Every Sunday at 2pm. Meet at Harford Rd car park.

So Social Spanish

Each Wed 10am at Rochelles and 5.30pm at The Sportsman's.

Social Snaps Photography

Times and locations vary, get in touch for more info.

Budget Beanz

Times vary, get in touch for more info.

So Supportive

Each Thurs at 2pm at The Bridge Cafe.

Art n'Chat

Each Thurs at 2pm at The Bridge Cafe.

Social Stitches (crochet & knitting)

Every Thurs evening at 6.30pm at The Imperial.

Contact us for more info:

sosocialivybridge@gmail.com
07934998404.

HOT LOTS FOR AUCTION

There are 'Lots' of exciting treasures coming up for sale at the spring auctions in Plymouth.

The team at Plymouth Auction Rooms have been busy appraising a wealth of fine art, jewellery and antiques and are now preparing catalogues for the highly-anticipated sales.

With the gold price continuing to soar, collectors and investors will be interested to hear about a fine and valuable collection of proof coins coming up for auction. Many were made by the Royal Mint, including a fine Sovereign Proof Set

which is expected to sell for over £3,000.

The sale of a rare edition of Harry Potter and the Philosopher's Stone has already caught the attention of the BBC and UK news outlets. This unique first edition, featuring distinctive misprints, is anticipated to reach as much as £4,000 when it goes under the gavel on April 29.

Auctioneer Paul Keen has described an extraordinary collection of diamond jewellery as "one of the finest at auction in years". Several of the pieces, originally purchased in the 1960s and '70s from the



renowned London jewellery brand KUTCHINSKY, are expected to sell for thousands in May.

For more information on buying or selling

at Plymouth Auction Rooms, please reach out to the team at info@plymouthauctions.co.uk or call the saleroom at 01752 254740.

LOCAL SALEROOM • LONDON PRICES

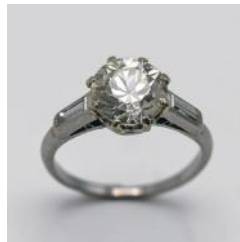
Recent Sales at Plymouth Auction Rooms

An 18ct white gold diamond and tanzanite ring
SOLD £4,000



Maxwell Ashby
Armfield (1881 - 1972)
'The Scarlet Squirrel'
SOLD £13,500

A 1980's Tudor Prince Oyster Submariner Watch
SOLD £5,300



An antique diamond engagement ring
SOLD £6,200

Do you have treasures waiting to be discovered? Get in touch today!



plymouthauctions.co.uk

359 Faraday Mill Trade Park, Plymouth, PL4 0SE

01752 254740

info@plymouthauctions.co.uk





Dame Hannah Rogers Trust



**FRIDAY 2ND MAY
FRIDAY 6TH JUNE
FRIDAY 4TH JULY
FRIDAY 1ST AUGUST**

**DAME HANNAHS, WOODLAND ROAD, IVYBRIDGE
DOORS OPEN 7PM WITH EYES DOWN 7:30PM SHARP**

**COME AND ENJOY AN EVENING OF FUN WITH YOUR
FAMILY, CHILDREN OR FRIENDS**

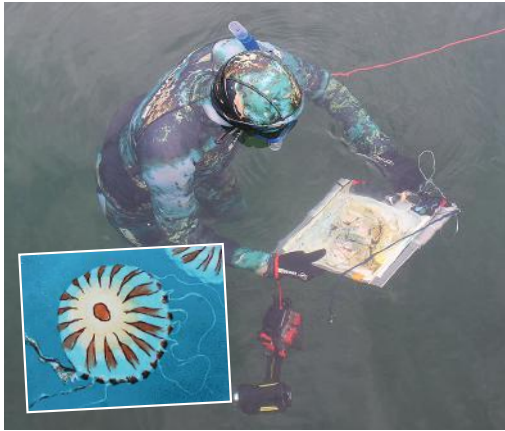
**ANY QUESTIONS PLEASE CONTACT
OUR FUNDRAISING TEAM ON
01752 898135**

EXHIBITION BY UNDERWATER ARTIST

An artist who draws underwater is displaying her work at Lukesland Gardens during their spring openings.

Louise Scammell draws underwater using a waterproof sketch pad and translates her images into print, using wooden lithographic plates (Mokulito), lino blocks, collagraphs and monotypes, processes suitable for catching the fluid, ethereal creatures she encounters below the surface.

Her work describes coastal and underwater encounters in the South



West, Skokholm Island and also in the 'Hope Spot' Scotland, where she has recently been involved in a conservation project.

Louise teaches printmaking at Art House in South Brent, where she also has

her own studio. She has a deep connection with the sea and is committed to sharing her interest in the natural world.

For details of Lukesland Gardens' spring openings, see the advert below.

BIG GIG AT THE BRIDGE

Young people in school years 6-13 can meet recording artist Jon Jackal on 25th/26th April.

On the 25th at youth drop-in night at The Bridge, he will lead a rap workshop from 6.30-8pm (for those in years 6-8) and a short chilled set at 8.30-10pm for years 9+.

On the Saturday, Jon will perform his full set from 7-9pm and share the message behind his music.

All sessions are free (donations to Ivybridge Youth for Christ).

For more details, contact 07966 911560.

EGG-CITING EASTER FUN DAY

An egg-citing adventure awaits at Ivybridge Rugby Club's Easter fun day on Saturday, 19th April.

The day will include Ivybridge's biggest Easter egg hunt (from 11.30am), fun, family-friendly rugby

(12.30pm) and a disco party for the kids.

Refreshments, including breakfast baps and coffee, and a barbecue will be served from 10am.

£2/child. Open to members and non-members.

GRAVE MATTERS

This year's Harford Special Spaces series of events, starting this month, will focus on graves, principally in the Harford churchyard.

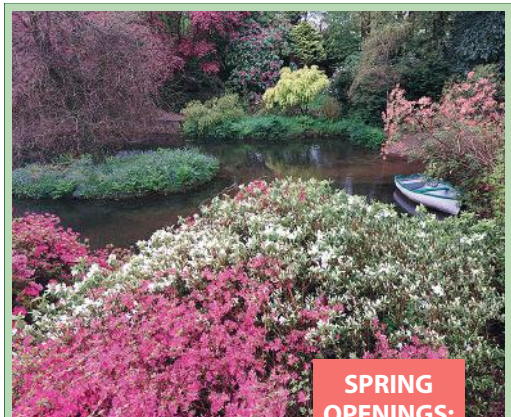
The first event – Clear a Grave Day – is on Saturday, 26th April (10am-1pm). As part of a project to digitally remap and create a database of the St Petroc's graveyard, volunteers are needed to

help to record the position of graves and provide information about people buried here. Many of the graves are also overgrown and need to be uncovered.

Instructions will be provided – bring a measuring tape and a phone

to take photos if possible.

For details of this year's HSS series scan the QR code.



**SPRING OPENINGS:
until 8th JUN**

Suns, Weds
& Bank Hols –
11am-5pm

Lukesland Gardens

www.lukesland.co.uk

*24 acres of tranquil woodland garden
Spring colour by a Dartmoor stream*

Tea room serving homemade soup and cakes
£9 adults / u16 free • Dogs welcome on a lead

Harford, Ivybridge PL21 0JF | 01752 691749 | Find us on Facebook

FAMILY EASTER EGG TRAIL

Families are invited to Brent Island on Easter Saturday (19th April) for the traditional Easter Egg Trail.

The event runs from 10am-4pm on the Island, which is down Millswood Lane behind St Petroc's. Entry is £2, with a prize of a chocolate egg or a fruit basket for every entrant.

"We hope the sun shines again so families can enjoy the beauty of the natural surroundings as they hunt for clues," says Brent Island Trust chair Graham Royle..

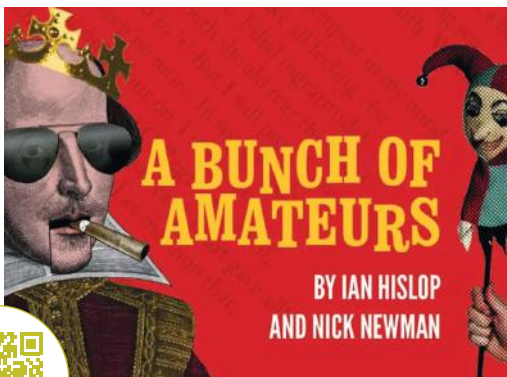
"They're welcome to bring a picnic if the weather is fine."

A BUNCH OF AMATEURS TAKE TO STAGE

South Brent Amateur Dramatic Society is delighted to present a comedy for the second production of its centenary year.

On stage from 15th-17th May in South Brent Village Hall, 'A Bunch of Amateurs' features a washed-up Hollywood action hero mistakenly taking a big role with a small am-dram society in a Stratford that definitely isn't upon Avon, with plenty of comic consequences.

Directed by SBADS chairman Robin Willoughby, the



cast includes Tim McGill as Jefferson Steel and SBADS' regulars Alan Prince, Nat Cook and Kim Kidney.

The play is at 7.30pm from Thursday, 15th to Saturday, 17th May, with a matinee on the Saturday at 2.30pm. Doors open 30

minutes before the show, with refreshments available from the bar. Suitable for ages 12+ (strong language).

Tickets are on sale for £10 at the Village Shop in South Brent or through the SBADS website – www.sbads.show/amateurs or scan the QR code



1st Saturday of the month

BUY LOCAL SUPPORT ARTISANS

FIND US UPSTAIRS AT

THE WATERMARK

IVYBRIDGE, 9:30AM – 1PM

A MARKET SELLING A VARIETY OF ART, CRAFT & FOOD HANDMADE BY LOCAL ARTISANS.

IVYBRIDGEARTISANMARKET.CO.UK
IVYBRIDGE.ARTISAN.MARKET@GMAIL.COM

FIND US ON





VE Day Commemoration

Featuring music from the South Devon Big Band



Saturday 10th May
7:30pm at



A MECCA FOR ART EVERY DAY IN MAY

Make your way to the Delamore Estate in Cornwood in May for its annual arts and sculpture exhibition.

Founded as a one-off event in 2003, owing to its success it has now become an annual fixture and is frequented by the art-loving

masses.

The festival presents the largest collection of artists work in one place in the South West.

Delamore Arts and Sculpture Exhibition is open every day

during May, including Bank Holidays, from 10.30am to 4.30pm. Admission £15 (£12.50 online), under 16s free.

FFI and to buy tickets, scan the QR code or visit delamore-art.co.uk.



New Artisan traders mean the lively and vibrant Ivybridge Artisans Market now offers an even better selection of handmade goods at reasonable prices.

The market takes place on the first Saturday of every month (except January and August) in The Watermark in Ivybridge between

NEW ARTISANS AT MARKET

9.30am-1pm.

It is well worth a visit, and you can buy those individual items not available elsewhere.

There is an eclectic mix of artisans selling jewellery, wood turning pieces, pre-

serves, baked goods, paintings, glass work, candles and art, plus much more.

The Artisans are very welcoming and there is a lovely atmosphere in the hall.

To find out more, visit ivybridgeartisanmarket.co.uk, find them on Facebook or email artisan.market@gmail.com.

EVENING LECTURE

The Secret Wildlife of Dartmoor by Paul Rendell is the upcoming evening lecture at the Devon Rural Archive.

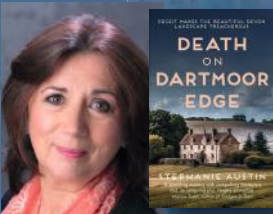
In this lecture, on Thursday, 1st May (7pm), Paul will be talking about the plants and wildlife found on Dartmoor, in the woods and in the rivers. Paul has been a Dartmoor guide for over 21 years and is a speaker and published writer. His first book was 'Exploring the Lower Walkham Valley' and he is currently working on his next book, 'Ghostly Dartmoor'. Find out more at www.devonruralarchive.com.

THE IVYBRIDGE BOOKSHOP

Upcoming Events - Meet the Authors!

Stephanie Austin Death on Dartmoor Edge

Thu 17th April, 5:30pm



Juno Browne's latest case takes her from an isolated manor house on Dartmoor to London's glamorous but shady West End.

World Book Night with the South Hams Authors Network

Wed 23rd April, 5:30pm



Launching anthology Longtimber Tales. With Alison Huntingford, Marta Emmitt, David Sharp and Jill Macrae Spencer.

Sophie Pierce and Alex Murdin Rock Idols

Thu 24th April, 5:30pm



A hymn to the mysterious monoliths of Dartmoor, with tales of trips to 28 of the tors.

Free to join, please email info@ivybridgebookshop.com to register

The Ivybridge Bookshop
18 Fore Street, Ivybridge

Tel 01752 963 521

www.ivybridgebookshop.com

POSTMAN stands for election in Ivybridge.



I am **Alan Charles Spencer**, and have been proudly working in **Ivybridge** as a Postman for almost a year; at 58 years old this is my fourth career move, having been an agricultural parts advisor, a Technical Manager for a food ingredients company (Encompassing computer programming - COBOL, and interpreting Food Legislation), and a pig farm manager (basically encompassing shovelling-it!). The picture was taken 3rd April 2025 – this is actually how I look during work.

An INDEPENDENT Candidate

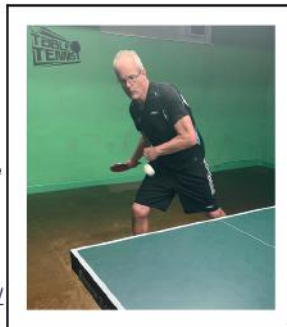
I can bring a unique perspective to politics. I am not bound by party lines, which means I can prioritise the needs of constituents over party agendas. This freedom allows me to address issues with a fresh, unbiased approach and foster innovative solutions. My effectiveness will depend on my ability to walk the political landscape without the controlling party structure.

I am certainly up and ready for this challenge.

I am seeking your vote for the Ivybridge Division in the Devon County Council election on May 1st 2025

But why should you vote for me over the six others?.

- I have lived in Ivybridge for nearly two decades. Fundamentally I feel your elected representative should actually live in the area they represent. They need to know the feel, traditions, and be involved in the local community.
- I know the ropes. I have been a town councillor since 2011, and since May 2023 been the Mayor of Ivybridge aka Leader of the town council. During this time I have made the contacts, understand the working relationships and built trust.
- I Coach Table tennis. I Understand what club volunteers give to their community, the behind the scenes paperwork, training, thought, and ethos of giving your time to improve the game of others. The unique bonds which form through sport, and the value a shared interest in any activity brings to society.
- I know the struggles of low incomes, and a part-time contract, I also know how comfortable it is to be on a six figure family income. Both through experience. As a postie I have been on a 30 hr contract, and when you can not get overtime, life is tight.
- My DCC policies are on the web at <https://www.ivybridge.club/AlanCSpencerDCC/>



07712 896185



AlanCSpencer@gmail.com

Please vote for the candidate, not the party. Get to know your candidates in person, meet them, greet them, hear them speak.

VOTE: Alan Charles Spencer Delivering change one step at a time.

Imprint: Promoted by Alan Charles Spencer, 7 Claymans Pathway, Ivybridge, Devon, PL21 9UZ

Printed by imag, 6 Claymans Pathway, Ivybridge, Devon PL21 9UZ

YOUR VOTE IS YOUR VOICE

Elections to Devon County Council are being held on Thursday, 1st May.

In the panels (left) on this page are listed the candidates standing in your town or village.

Devon County Council is the largest local authority in south west England, serving a population of 830,000 people, and is responsible for a range of services for people and businesses including education, adult

social care, children's services, public health and waste.

It is also responsible for 7,985 miles of roads, 3,500 bridges, 3,070 miles of public rights of way and operates 19 recycling centres.

Its remit means that 85% of all local government services in the administrative county of Devon are managed by the county council.

You'll need to apply by 5pm on 23rd April to get a Voter Authority Certificate for the 1st May 2025 elections

Remember,
I need photo ID
to vote

www.gov.uk/apply-for-photo-id-voter-authority-certificate

IVYBRIDGE

Lance Peter Austen The Conservative Party
Victor James Abbott Liberal Democrats
Susan Louise Clarke Labour Party
Andy Dennett Reform UK
Andrew Robert Pratt Green Party
Tony Rea Independent Trade Union and Socialist
Alan Charles Spencer Independent

SOUTH BRENT & YEALMPTON

(which includes **Bittaford, Ermington and Ugborough**)

Jen Burdett Reform UK
Richard Hosking The Conservative Party
Jack Stevens Labour Party
Dan Thomas Liberal Democrats
Becky Warnes Green Party

BICKLEIGH & WEMBURY

(which includes **Cornwood, Harford, Lee Mill and Sparkwell**)

Tony Carson The Conservative Party
Peter Gold Reform UK
Laurel Lawford Liberal Democrats
Denis Parsons Labour Party

My name is Tony Rea and I am a candidate in the Devon County Council election on 1st May

I have lived in Ivybridge since 1987 and have been a town councillor since 2017.

MY PRIORITIES FOR THE TOWN ARE:

- A direct bus service between Ivybridge and Derriford Hospital and later night buses to and from Plymouth.
- Two hours free parking.
- A junction on the A38 at the rugby club end of town, or a town centre by-pass.
- Get a Children's Centre back in Ivybridge and secure funding for Youth Services to be re-instated at pre 2010 levels.

Promoted and published by T Rea, 1 Erme Road, Ivybridge.
Printed by imag, 6 Claymans Pathway, Ivybridge.



More details at www.facebook.com/tonyrea007

I FIX 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 Ivybridge for
quality work and attention to detail.
Photos of work provided to show job is
done correctly.



David Walrond

www.wareandtare.co.uk

HAMMER AND MOW



FENCING/CARPENTRY AND GARDEN SERVICES

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



CONTACT 07938 996615



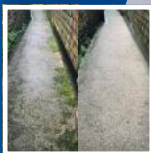
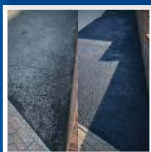
- * qualified
- * fully insured
- * free quotes
- * local

WARE & TARE

PROPERTY CARE

LONG ESTABLISHED IVYBRIDGE COMPANY

01752 473528 or 07769 974152



STEVE'S

Property Cleaning Services

THE PATIO & DRIVEWAY CLEANING SPECIALIST

Steve's Property Cleaning
Services offers a first class
cleaning service, using state
of the art cleaning equipment
in combination with a high
powered jet lance

- ✓ Driveways
- ✓ Patios and repointing
- ✓ Walkways
- ✓ Garden walls
- ✓ Concrete
- ✓ Driveway and patio sealing
- ✓ Tarmac drives cleaned and sealed
- ✓ UPVC gutters, conservatories and more

01548 854015 07488 341729
stevepro.clean@gmail.com



SOUTH HAMS
DOUBLE GLAZING
Ltd



- Windows • Doors • Bi Folding Doors
- Composite Doors • Patio Doors
- Conservatories • Porch
- Conservatory Roof Replacement
- Misted/Broken Glass
- Hinges, Handle and Lock Replacement

Guaranteed for 10 Years
Wide Range of colours

Tel: 07766 202 091

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



South Hams Double Glazing, 37 Torre Close, Ivybridge, PL21 0BX



PALLADIUM

BUILDING SUPPLIES



PAVESTONE

CLASSIC SANDSTONE



Blair Road Ivybridge PL21 0UR tel 01752 896140 ivybridge@palladiumbm.co.uk
www.palladiumbm.co.uk

KPT TIMBER

& BUILDING SUPPLIES

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

 01752 393939 www.kpttimber.co.uk

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



BORROW INSTEAD OF BUY – DISCOVER THE SHARE SHED

Spring is here, and with it comes the perfect time for DIY projects, garden makeovers and outdoor adventures. But before you rush out to buy new tools or equipment, have you considered borrowing instead of buying?

That's where the Share Shed – A Library of Things – comes in.

The Share Shed is a mobile lending library where you can access useful household, gardening and DIY items, as well as outdoor and leisure equipment, for a small fee.

How does it work?

- Join the Share Shed in person or online via www.shareshed.org.uk
- Browse and reserve your items through our website (or in person, if you prefer)
- Collect them from our Share Shed van, which stops off at Ivybridge Market, in Glanvilles Mill car park, every Thursday and the Old School Community Centre in South Brent every Friday, both 10am to 12noon
- Return the items once you're done
It's that simple!



Some of our most borrowed springtime items

By borrowing instead of buying, you can save money and reduce waste – all while supporting a more sustainable and connected community.

households and they run a Pay-It-Forward scheme, allowing members to contribute towards others' borrowing costs.

Pay-It-Forward & free memberships

Free membership is available to low-income

To learn more or become a member, visit www.shareshed.org.uk or find them on Facebook and Instagram @shareshedmobile.

WE BUY GOLD

ALSO SILVER & COLLECTABLES

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

Ivybridge

Accountants Ltd

Your local firm of qualified accountants

OUR SERVICES INCLUDE

- New business advice and registrations
- Sole trade & partnership accounts preparation
- Corporation tax and company accounts
- Personal tax returns
- Capital gains and inheritance tax planning
- Bookkeeping and VAT returns
- Payroll processing

**For a free, no obligation chat
please contact us on
01752 895648**

or email admin@ivybridgeaccountants.co.uk

www.ivybridgeaccountants.co.uk



South Hams

Accounting

by Simon Jilks 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

Conveyancing

Moving house? We'll take the worry away.

Key services:

- Mortgages & Equity Release
- Tax-efficient Investment
 - Wills
- Lasting Power of Attorney
- Protection Insurance
- Trusts & Estates

Let us take care of the legal and financial concerns with our efficient, accredited and competitively priced conveyancing service.

We also help with associated issues like financing, changes of circumstances or relationship breakdowns, cohabitation agreements, and Wills.

Get in touch today to discuss your needs.

SW Law & Finance - for every stage of life

01752 205202 | swlaw.co.uk

SW Law Ltd - This firm is regulated by the Solicitors Regulation Authority (No 558154)

SW Financial Planning Ltd - This company is authorised and regulated by the Financial Conduct Authority (FCA No: 222033)

SW Law & Finance



Conveyancing
Quality

Lexcel
Legal practice quality standard
Law Society Accredited

**Put your feet in
safe hands**



Ivybridge Podiatry
@ Nature's Larder
10 Glanvilles Mill • Ivybridge
01752 426075 / 07369 223733

Victoria Wanyu
BSc(Hons)
MRCPod



www.ivybridgepodiatry.com | feet@ivybridgepodiatry.com

Nature's Larder
Health Store & Natural Health Centre
Health Foods • Supplements
Beauty Products
Complementary Therapies

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



 **PLYMOUTH CITY CENTRE
DENTAL PRACTICE**

**A Confident Smile,
A Confident You!**

Discover the
Lasting Benefits of
Quoris(Chrome)
Implants!

- ✓ Feel Like Your Natural Teeth
- ✓ Long Lasting
- ✓ Comfortable Chewing
- ✓ No Food or Drinking Restrictions

Book your consultation today
for only **£80!**
Call us on 01752 661631




WELLBEING

IVYBRIDGE PODIATRY

**FOCUS ON
PERIPHERAL
NEUROPATHY**



**Peripheral neuropathy
is the term used for
damage to the nerves in
the hands and feet.**

The peripheral nervous system is made up of different types of nerves:

- Sensory – transmits signals for touch, sensation, pain etc
- Autonomic – regulates functions such as blood pressure and bladder function.
- Motor – controls muscle function

By Victoria Wanyu
BSc (Hons), MRCPod
HCPC Reg: CH32103

Symptoms of peripheral neuropathy can vary, depending on which type of nerves are damaged. Symptoms include pain, burning sensation, numbness, pins and needles, muscle weakness, reduced co-ordination and balance, reduced sense

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



of temperature, twitching, difficulty lifting forefoot when walking.

Common causes of peripheral neuropathy are diabetes, infection, physical injury to nerves, side effects from medication, alcohol abuse, idiopathic (no known cause).

If you are experiencing symptoms of peripheral neuropathy, then it is important to consult either your GP or a health professional for advice, as neuropathy puts you at an increased risk of other complications.

If you have peripheral neuropathy it is very important to get your

feet checked regularly for signs of injury or abrasions that you may not have felt due to a change of sensation in your feet.

It is important to check your feet daily for any issues, and see a podiatrist on a regular basis to get them assessed thoroughly.

Ivybridge Podiatry
01752 426075
07369223733
feet@ivybridgepodiatry.com
ivybridgepodiatry.com



**SOUTH
HAMS
PHYSIO**



Clinic now at
56b Fore Street
Ivybridge

Experts in
Neurology and
MusculoSkeletal
Physiotherapy



Premier Physiotherapy Clinic in Ivybridge

We pride ourselves on providing quality physiotherapy when it is needed.

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

Services

We offer a variety of physiotherapy treatments

- Manual Techniques
- Treatment of pain
- Mobility
- Rehabilitation
- Physiotherapy reports

Contact us

South Hams Physio
56b Fore Street,
Ivybridge
PL21 9AE

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.

KEY SERVICES :

- 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

VisitingAngels 
 QUALITY AT HOME CARE



COLLABORATIVE COUNSELLING

**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 Ivybridge PL21 0FN



WELLBEING

COLLABORATIVE COUNSELLING

FROM TEMPORARY RELIEF TO TRUE HEALING: **THE IMPORTANCE OF SELF-CARE**

By Nicky Jilks

MNCPS (Acc)

In today's fast-paced world, it's easy to become overwhelmed by daily demands and forget the importance of nurturing ourselves. We often hear about "self-care", but what does it really mean, and how is it different from simply seeking comfort?

Self-care involves intentionally engaging in practices that support our physical, emotional and mental well-being. It's about listening to your needs and taking proactive steps to meet them.

Self-care encourages growth, balance and long-term health. While it may require effort, such as setting boundaries or engaging in activities like therapy or exercise, its goal is to foster inner peace and resilience.

Comfort, on the other hand, focuses on immediate relief or pleasure. Comfort might involve binge-watching TV, eating unhealthy foods, or avoiding responsibilities. While these actions offer short-term relaxation, they don't contribute to long-term growth or emotional well-being. Instead, they can serve as distractions,

potentially preventing deeper healing by not addressing underlying emotions or needs.

Self-care can take many forms, from getting enough rest and eating nourishing foods to engaging in physical activity. It also involves caring for your emotional health—through mindfulness, journaling, or taking breaks to reflect. A crucial aspect of self-care is setting boundaries to protect your energy, preventing burnout and emotional exhaustion.

Starting a self-care practice can feel daunting, but remember, you don't have to do it alone. At Collaborative Counselling, we can support you in identifying your well-being goals, focusing on small, manageable steps that gradually contribute to your health and balance.

In conclusion, while both self-care and comfort are important, they serve different purposes. Self-care nurtures long-term well-being, even if it's challenging, while comfort offers short-term relief. By understanding the difference and finding balance, we can improve our overall well-being and support ourselves and others.

**IVYBRIDGE
BREWING CO.**

**Come and Visit Ivybridge's Own
Brewery and Taproom**

**LOCATED ON THE BANKS OF THE
RIVER ERME**

We are a social enterprise that changes the
lives of people with learning disabilities and
autism.

See where we brew our award-winning beers
and meet our wonderful team.

**VISIT OUR NEW TAPROOM.
TASTE OUR BEERS.
BUY BEER FROM OUR SHOP.
COME TO OUR FOOD EVENTS.**

**WE LOOK FORWARD TO
WELCOMING YOU!**

**GREAT BEER
CHANGING LIVES**

**Find us at:
3, Glenvilles Mill
Ivybridge
PL21 9PS**

LISA'S MOBILE HAIRDRESSING



*All your hairdressing
needs in the comfort
of your own home*

Call 07769 206644

SOUTH DEVON FOOT CLINIC
PODIATRY / CHIROPODY SERVICES
Helping you take the right steps to better foot health...

15 Fore St, Yealmpton, Plymouth PL8 2JN
01752 880819 | www.southdevonfootclinic.co.uk

helen jones
BSC (HONS)
NRCPOD
01752 880819

hpc

PRIVATE EAR WAX REMOVAL

Your local ear care practitioner



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

The Watermark

ERME COURT - LEONARDS ROAD - IVYBRIDGE

COFFEE SHOP

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



● MANOR SCHOOL

Year 3 and Year 4 pupils worked with the National Trust recently to plant new trees at their protected site in Wembury.

The children learnt how to dig a suitable hole, plant a two-year-old tree without

damaging its roots, add a stake for support and a protective covering to keep out animals.

Between the two classes, Manor Primary planted over 300 trees! Well done to everybody who took part.





MILLSWOOD

Day Nursery

Explore. Learn. Grow.



We 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

Moorsway Federation

A family where we flourish and learn to be the best version of ourselves



Shaugh Prior Primary School



01752 839373
shaughprior
@moorsway.devon.sch.uk



The Erme Primary School



01752 892247
theerme
@moorsway.devon.sch.uk



Cornwood C of E Primary School



01752 837375
cornwood
@moorsway.devon.sch.uk

- Schools where each child is valued and known to all the staff
- Experienced teams of dedicated staff
- An inclusive, family ethos where everyone cares for each other

Moorsway Federation can offer:

- Small class sizes
- A broad and balanced curriculum combining excellence and enjoyment of learning

- An exciting weekly Forest School programme in each school
- Residential opportunities in years 4, 5 and 6
- Outdoor adventurous activity opportunities

Please contact us to arrange a personalised visit with our Head Teacher, Mrs Baker, or Assistant Head, Mrs Penhallurick, where we can share in your child's journey

www.moorswayfederation.org.uk

● MOORSWAY FEDERATION

Pupils at Cornwood, The Erme and Shaugh Prior primary schools enjoyed an exciting visit from The Ocean Conservation Trust, part of The National Marine Aquarium.

They took part in The Climate Roadshow and had a brilliant time learning about climate change and how it impacts the oceans.

They became 'proper' scientists, conducting a range of science experiments and even a VR experience of diving into Plymouth Sound. There was also a show which taught them how to be climate heroes and the small changes that can be made



Pupils at The Erme, Cornwood (above right) and Shaugh Prior (below)

by everyone to make a big difference.

The children commented that they found the day impactful and interesting, with one child saying that "this was the most fun they have had in a long time" and it was made even better because we are learning about climate change in our geography unit.



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**



Jump in the tyres

Dig in the sandpit

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, PL21 0BG

**UNDER
NEW OWNERSHIP**



The Jays Nursery
Pre-School and
Outdoor Learning
Working together to make a difference

- ✿ Regular Forest and Beach school
- ✿ Monday to Friday 8am-6pm, 51 weeks a year
- ✿ Easily accessed from the A38
- ✿ Set in 65 acres of beautiful countryside and private garden
- ✿ Links with all local schools
- ✿ Fresh homecooked meals, prepared on-site
- ✿ Experienced staff with a passion for nurture and play-based Early Years experiences

All year
& term time
contracts

2, 3 and
4 year old
funding
accepted



Please call 01752 894437 to arrange your visit
Email contact@thejaysnursery.com
www.thejaysdaycarenursery.co.uk
Moorhaven Village, Ivybridge, Devon PL21 0TZ

LITTLE ORCHARD

MONTESSORI NURSERIES

www.littleorchardmontessori.co.uk

littleorchard123@btinternet.com

01752 893111



LITTLE ORCHARD
LEE MILL
MONTESSORI NURSERY

Ofsted
Outstanding

Each child is different, that's why our nurseries are different...

LITTLE ORCHARD
WOODLANDS
MONTESSORI NURSERY

TEL: 01752 658567

Situated in the grounds of Woodlands Park Primary School, Ivybridge and conveniently is just five minutes from the A38. We also manage a Breakfast and After School Club.

LITTLE ORCHARD
LEE MILL
MONTESSORI NURSERY

TEL: 01752 893498

Situated in Lee Mill Industrial Estate, this is our largest setting boasting a huge outdoor space. This setting has recently received an **Outstanding Ofsted** report.

LITTLE ORCHARD
SPARKWELL
MONTESSORI NURSERY

TEL: 01752 837883

In a rural, village location on the outskirts of Plympton, Plymouth and conveniently situated just five minutes from the A38. Enjoys beautiful outside facilities.

LITTLE ORCHARD
CHADDLEWOOD
MONTESSORI NURSERY

TEL: 01752 202193

Located in Plympton at the heart of a bustling residential area, close to local shops, and a play park. The nursery is spread over 3 floors, with each room covering a different area of the curriculum.



At Little Orchard Montessori Nurseries we aim to provide a caring, friendly environment where your child is encouraged to follow their own interests, learn at their own pace and have fun whilst doing so.

We use the highly acclaimed Montessori Method to ensure we bring out the very best in every child.

Freshly cooked meals by a qualified chef

Free Book Bag for all over 2's

Term Time Spaces available

No charge for Bank Holidays or Christmas

Special Offers available (including sibling discount)

A variety of sessions available



VOLUNTEERING OPPORTUNITY

The Devon Rural Archive at Shilstone is looking for volunteers to assist with digital marketing and events.

It is an opportunity to gain voluntary experience with a charitable organisation committed to preserving our county's heritage, and would suit someone interested in heritage, marketing and events careers.

The archive is very keen to hear from those who enjoy creating content for social media. For further details contact archive@shilstonedevon.co.uk.

EXPLORE CHRISTIAN FAITH

Youngsters have the chance to explore the Christian faith at a series of workshops provided by Ivybridge Youth for Christ.

Those in school years 6-13 are invited to join a conversation on life, faith and purpose during the eight-week programme.

Being held at The Bridge Youth Cafe on Wednesdays between 4.30-6pm (term times only), it starts on 30th April, and includes an away day on 14th June. Free drinks and snacks will be provided.

To find out more, contact Ivybridge Youth for Christ on 07966 911560.

COLIN NAMED CITIZEN OF THE YEAR

An Ivybridge man's unwavering commitment to voluntary service has been recognised by Ivybridge Town Council.

Colin Smith has been named Citizen of the Year Award for his incredible dedication to the Ivybridge community.

Colin's generosity and kindness shine brightly and his selfless contributions, volunteering at The Watermark and supporting various community events, make such a meaningful difference.



Colin (right) receiving his award from town mayor Alan Spencer

THREE MEN, THREE TREKS, 300 MILES FOR POPPY TREK

Three members of Ivybridge Royal British Legion, each of whom face significant health issues, are embarking on a major fundraising challenge for the Poppy Appeal this April and May.

Leighton Lucas Dermot Roberts and Dave Cooper (*pictured*) will be walking 300 miles over moor and coast and they are inviting others to join them.

The walk begins on Wednesday, 30th April, from Ivybridge War Memorial where local celebrity David Fitzgerald will send them on their way. The trio plan to walk over Dartmoor and Exmoor on the Two Moors Way (30th April-6th May), up the Tamar Valley on the Tamara Way, setting off on VE Day (8th-14th May) and finally along the South West

Coast Path from Falmouth to Ivybridge (17th-23rd May).

Between them they have had three heart attacks, undergone two open heart surgeries and one is insulin dependant. But they know their personal challenges pale into comparison to the issues some in the veteran community face, particularly in this area.

It is this that will drive them on through wind, rain and blazing sun to raise money for the Poppy Appeal so that the RBL can continue to provide vital welfare support to the military community in its time of need. That, and the inevitable banter that occurs when you mix a 55-year-old pub landlord with a 65-year-old navy and a 75-year-old army veteran.



If you would like to join them as they limp, laugh and hopefully not get lost, either for a few yards or a few miles, contact Dermot Roberts on 07984 131309.

To make a donation, scan the QR code below.



LADIES SKYDIVE FOR HANNAHS



(L-r) Samantha Bryant, Cassandra Short, Linzi Pearse and Carla Terry

Four brave ladies jumped out of a plane in aid of the Dame Hannah Rogers Trust recently and raised a wonderful £2,200.

The four are present and past managers at the Ivybridge-based charity.

They decided to take part in the skydive to raise money for the young people at Dame Hannahs whom they have worked closely with and got to know so

well over the years. They were also keen to take on a new challenge and none of them had jumped out of a plane before.

Skydiver Linzi Pearse said: "It is hard to explain the feeling when jumping out of the plane but wow, what a fantastic experience.

"We chose to do a skydive as we were all scared to do it. We wanted our adults to know that you can still com-

plete something even when you are scared, as long as you put your mind to it.

"We are all so grateful to everyone who sponsored us to complete our skydive."

One of the UK's oldest charities, Dame Hannahs has been enriching the lives of young adults with a range of disabilities for over 250 years.

To find out more, visit www.discoverhannahs.org.

DEFIBRILLATOR & CPR TRAINING

Ivybridge Rotary Club is offering free CPR and defibrillator training on Thursday, 24th April.

It is taking place at Unit 8 Gym, near Endsleigh GC, between 6.30-8pm.

For more details and to book a place, email ivyrotarydefib@gmail.com or text Paul on 07730 651543.

POPPIES NEEDED

Ivybridge Community Arts is taking part in the 80th celebrations of VE Day by creating a Poppy Mat for display throughout the events.

The idea is to work with as many individuals and groups as possible to create knitted or crocheted poppies which will then be stitched onto a mesh backing.

There are free patterns available online, which are quite quick to make and they use very little wool. Poppies can be made in red, white, blue, purple or black.

ICA would like to receive any poppies by 17th April to give them time to sew them on to the backing but late arrivals will be welcomed!

To let them know you are making a poppy, email ivybridgecommunityarts@gmail.com or contact them via their Facebook page (Ivybridge Community Arts).



Ivybridge Trefoil members raise a toast to Rosemary Howell (seated centre) in celebration of her BEM award

FULL CIRCLE MOTORS

Mechanical Repair, MOT's and Servicing on all makes of Cars and light Commercials



Class 4 - Cars



Class 5 - Minibus



Class 7 - Van

Servicing & Repair | 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



We also cut and program ignition keys
both standard and laser key cutting machines, our state of the art renovative
automobile key cutting solution for any vehicle. See it done for details



LOCAL EXPERTS

GARD & CO

WHAT ARE THE RISKS OF CREATING A DIY WILL?

Creating a DIY Will in the UK can save money, but it carries risks that could lead to complications for your beneficiaries.

Here are the main risks to consider:

1. Errors in wording or structure

Wills must be precise and clear to avoid disputes or misinterpretations. DIY Wills often use unclear language, leading to confusion or potential legal challenges. Ambiguities may even invalidate the Will, resulting in assets distrib-

uted according to UK intestacy laws, which might not align with your wishes.

2. Failure to meet legal requirements

UK law requires Wills to be signed with two independent witnesses present. If these formalities aren't met, the Will could be invalid. DIY kits may not fully explain these requirements, which is a common cause of failed DIY Wills.

3. Overlooking Inheritance Tax (IHT) and complex estates

DIY Wills typically don't

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 • Jet wash • Vacuum

Premier CONVENIENCE STORE

Essential groceries • Wine, beers & spirits

Hot food including Devon pasties and pies

Hot coffee • Collect BP points



cover inheritance tax planning, which could leave beneficiaries with unexpected tax bills. DIY Wills are also generally unsuitable for complex estates involving significant assets, business interests, or property abroad.

4. Lack of provision for dependants or minor children

DIY Wills often fail to provide for dependants or name legal guardians for minor children, which can lead to legal disputes or complications.

UK law requires adequate provision for dependants, so these details are critical.



5. Increased risk of disputes

Poorly drafted DIY Wills can lead to family conflicts or court challenges. The absence of professional oversight can make these Wills vulnerable to disputes, causing delays and additional costs.

6. Risk of partial or total invalidity

Errors in naming beneficiaries, missing signatures, or failing to address all assets can lead to partial or complete invalidation.

An invalid DIY Will means the estate could be distributed according to intestacy rules, which follow a

strict hierarchy of next of kin and may exclude close friends, unmarried partners, or charities you intended to benefit.

7. Unaddressed complexities in asset distribution

DIY Wills often lack provisions for complex estates involving business interests, foreign properties or substantial assets. For example, dividing a business or foreign property might require additional legal documentation not covered by a DIY template.

When DIY Wills might work

If your estate is small and your wishes straightforward, a DIY Will might be sufficient. However, any complexities – such as

dependants, significant assets, or specific inheritance preferences – make professional assistance advisable.

Alternatives to a DIY Will

For most, working with a solicitor or will writer is a safer choice, especially for complex estates. While the upfront cost is higher, a professionally drafted Will minimises risks, ensures your wishes are legally binding, and provides peace of mind for you and your loved ones.

For free initial advice on writing your Will, contact one of Gard & Co's specialist Will lawyers on 01752 648336, visit gardandco.com or scan the QR code.

Mon-Fri: 8am-6pm Sat: 8am-12.30pm | billlomasmotorservicesivybridge.co.uk | billlomasmotorservices@btconnect.com

BILL LOMAS MOTOR SERVICES

Blachford Road, Ivybridge // Tel: 01752 896 107



Impeccable customer service



Providing complete care



Courtesy car & collection available

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

CRICKET CLUB HOPING FOR **EXCITING** SEASON

Cornwood Cricket Club opens its doors for the 2025 season on Good Friday, writes Nick Goodliffe.

The club is hoping for another fine summer of cricket at Oak Park and the hard work is well underway to make that happen, with the grounds team busy preparing both squares and outfields ready for action.

The first men's league match is on Saturday, 3rd May, when the first XI host newly-promoted North Devon CC in Devon Premier Division action. Look out for a new and vibrant playing kit for the first team, as top flight cricket in Devon will

now be played in coloured kit and with a pink ball.

The women's hardball first XI get their campaign up and running ahead of the men when Plymouth Women visit on Sunday, 27th April.

Cornwood CC provides playing opportunities for all ages, genders and ability levels. To find out more email cornwoodcricketclub@gmail.com.

■ The club will be open from 5pm on 18th April, with hot food available throughout the evening. There will also be a family-friendly general knowledge quiz (7.30pm). £5 per team, which must include at least one junior.

COUNTY CHAMPIONS



Cornwood CC's ladies indoor team, which, after winning the Plymouth district winter indoor league, beat Exmouth CC by one run in a nail-biting final to be crowned county champions

We visit you in your own home for your convenience and privacy



Willwritersservices.co.uk

Member Of Society Of Will Writers

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.***

**SINGLE
WILL
£245***

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



**Safe to do
business with
Code Compliant**

(*without a Property Protection Trust)

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

Erme Valley Harriers Ronnie Haynes has been in impressive recent form, with outstanding runs at the Looe 10 and the Falmouth Half Marathon, writes Dave Fox.

At Looe, Haynes was 4th overall and 1st male vet 40, whilst at Falmouth he finished an excellent 3rd place overall and 1st male vet 40.

There was a good turnout of Harriers at the very tough and hilly Looe 10, with several other athletes amongst the prize winners. Dave Engledew was 1st male vet 65, Helen Chapell was 2nd female vet 55 and Alison Engledew 2nd female vet 65. John Riley, Lynne Whitfield, Lindsay Lane, Richard Lane and Ken Summers all completed the demanding course.

At the Bideford Half Marathon, Graham Reed did exceptionally well as he finished 18th out of a quality field of some 970 finishers. Reed achieved a personal best (PB) time of 1.15.25. Peter Allen (1.22.01), Emma Lake (1.39.43), Barry Neal (1.40.50), Helen Chapell (1.43.26), Andrea Mitchell (1.55.06) and Andrew Mitchell (2.01.09) all successfully completed the popular race.

Charlie Milward had a fantastic run in the Salamanca Half Marathon in Spain. He was 43rd out of around 2,000 athletes and achieved a PB time of 1.19.36, knocking some 4 minutes off his previous half marathon best.

There were also impressive performances at the Exeter Half Marathon weekend. On the Saturday, Simon Fitze was 5th in 1.16.29 and



Ronnie Haynes and (inset) Lynne Whitfield and Lindsay Lane at the Looe 10

1st male vet 45. Dave Rayfield was 37th in 1.38.24 and 2nd male vet 55, whilst Georgie Winslet was 2nd female vet 45. On the Sunday, Dave Engledew was 41st in 1.33.49 and 1st male vet 65, whilst wife Alison was 156th in 1.51.40 and 1st female vet 65.

Still on the road scene, Liz Bristow achieved a time of 49.50 in the Chester 10K, whilst Faith Taylor-Tippett had an impressive run at the Fleet Half Marathon with a time of 1.22.16.

At the Bath Half Marathon, Sally Erith (1.37.31), Liz Bristow (1.51.42) and Dave Lloyd (2.01.06) all ran well.

Charlie Kendrick achieved a time of 54.27 at the Bournemouth Bay 10K.

Allister Bristow was 8th and 1st male vet 50 and wife Liz 3rd female vet 50 at the Run Fit 5 in Okehampton.

Lynne Whitfield travelled further afield and achieved a time of 1.56.27 in her first

Half Marathon at Kew.

As build up for spring marathons, Chris Prall and Dave Rayfield took on the Granite Way 20 with excellent performances. Prall achieved a time of 2.16.20 and was 1st male vet 40, whilst Rayfield was 2nd male vet 55 with a time of 2.25.53.

Off-road, several Harriers completed the very tough but scenic Grizzly (about 19 miles) and the Cub Run (9 miles) in the Seaton area of Devon. The race takes in numerous hills, pebbly beaches and muddy woods. Dave Engledew (3.36.48), Alison Engledew (4.02.30) and Sophie Tolfree (4.13.35) all completed the Grizzly, whilst Richard Lane (1.42.29), Ken Summers (1.42.42), Lindsay Lane (1.42.44) and Lynne Whitfield (1.15.11) finished the Cub Run. Summers did particularly well as he was 3rd male vet 70.

At the Devon Championship Fell Race, at Belstone

near Okehampton, the four Harriers who tackled the demanding course did well. Matthew Gilvear was particularly impressive as he was 3rd overall in 59.19 and 1st male under 21. Chris Prall was 7th (1.04.17) and first male vet 40 and Peter Allen 15th in 1.13.26. Becky Prall (1.26.08) was 3rd female and 2nd female vet 40. The Harriers were also second team.

Helen Chapell has been busy as she ran the Portsmouth/Langstone Half Marathon Big Weekender. The first race was the Hayling Island to Portsmouth Half with the second event the Portsmouth Southsea Half. Both races were along trail and coastal paths. Closer to home, Chapell was 2nd female at the Exeter Trail Half Marathon in the grounds of Escot Park.

Mike Hoskin is always keen to take on a challenge and successfully completed the Winding Path Total Coastal 50K at Shaldon in a time of 10.04.56.

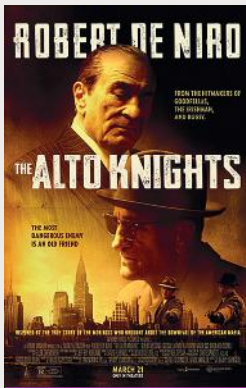
John Riley completed the Cardinham Woods Bodmin 10K in a time of 55.15, coming home in 6th place and 1st male vet 50 over the undulating track and trail course.

Meanwhile, the Engledews continued their impressive running at the Forest of Dean Spring Trails Half Marathon. Dave Engledew finished 2nd in his age category, whilst wife Alison was 5th in her age group. Dave has qualified for the England Masters Trail Race, whilst Alison is waiting to see whether she qualifies.

Cinema



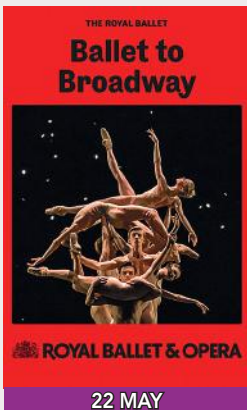
[PG] UNTIL 17 APRIL



[15] 19-24 APRIL



[12A] 26 APRIL - 1 MAY



22 MAY



14 MAY



PLEASE CHECK OUR
WEBSITE FOR FULL
CINEMA LISTINGS

Live events

**GIGSPANNER
BIG BAND**
- 26 APRIL



DAPHNE'S FLIGHT
- 9 MAY



ZOE LYONS
- 16 MAY



THE BOWIE EXPERIENCE
- 7 JUNE



**VE DAY CELEBRATION
SOUTH DEVON BIG
BAND - 10 MAY**



PANTALOONS PRESENT
SENSE AND SENSIBILITY
- 30 MAY



THE DAVE HANKIN BIG
BAND - 15 JUNE 3pm

The
Watermark
ERME COURT - LEONARDS ROAD - IVYBRIDGE

BOX OFFICE

01752 892 220

ivybridgewatermark.co.uk

LIVE EVENTS / CINEMA / COFFEE SHOP / INFO CENTRE / WEDDINGS / CONFERENCES / PRIVATE PARTIES