

Bradworthy Runners

Bradworthy Runners meet at 6.30 -7.30pm every Thursday in the square at Bradworthy. We cater for people of all abilities from beginners just wanting to start out, to those with lots more experience. We focus on fun and fitness and it is a great way to get to know people. Around 20 or more people usually train together.

A typical evening's training will include 10-15 minutes warm up of dynamic stretches and short exercises with a partner or a small group. We then leave the square and do some sprint, mixed speed or hill work on quiet roads or the playing field. We all help each other and faster people have to loop back to make sure steadier runners are not left behind!

The group has met for just over 2 years and members have also participated in the local 5km parkrun at Tamar Lakes and various other local races. Occasionally we have an outing to somewhere like Bude, Westward Ho or the Tarka Trail to enjoy a different location and finish off with a drink or cheesy chips!

If you are thinking about joining us just turn up on a Thursday evening with a drink and £2 for subs. Trainers, hi-viz and a head torch are essential whilst we have dark evenings.

If you want to find out more please contact Hayley on 01409 241574, Sarah on 07879811402 or email Rachael, rachaelpomeroy@gmail.com alternatively check out our facebook page by searching for Bradworthy Runners



London Marathon 23rd April 2017

Andree Carter and Lesley Taylor are both going to take part in the London Marathon.

Lesley will shortly be setting up a "Just Giving" page to raise money for the North Devon Health-care Trust CREADO project. This initiative helps people who have difficulty breathing due to chronic obstructive pulmonary disease. There is no cure for the condition but preventative care helps to avoid emergency hospital admissions.

Andree (who also took part in 2014) is running for VICTA, a national charity supporting children who are blind or partially sighted. Donations can be made at <http://uk.virginmoneygiving.com/andree-carter>

Both runners would like to acknowledge the support they are getting from Bradworthy running club members and Tamar lakes parkrun pals, especially Shirley Grills, Jane Walter, Belinda Walker, Rachael Pomeroy, Hayley Jollow and Sarah Richardson. Also Steph Hulford who has now left Putford but is providing a weekly training plan.

Product Safety

The Veterinary Medicines Directorate has issued a recall notice for Armitage Pet Care Flea and Tick Drops manufactured by Bio-Tech Solutions Ltd.

An unknown quantity of the Dog Drops containing permethrin have been distributed in packaging labelled "Armitage Flea Drops for Cats and Kittens". Exposure to even small quantities of concentrated permethrin can cause severe and fatal poisoning in cats, so if you have this product you should return it to the place of purchase or contact the company. Tel 08704 450154 or email JThar-ratt@btisl.uk.com

(Other product recalls listed at Devon Trading Standards website)

Sponsored by

Hemmings Coaches

Coach Holidays
Day Excursions
Private Hire

Tel. 01237 451282

Putford Post

www.putford.co.uk
December 2016 - January 2017

Sponsored by



Manufacturers of quality cattle, sheep, horse and game feeds

Tel: 01409 254300

Putford Parish Council

Mrs L. Drake (Chair), Mrs M. Lewis, Mr A. Bewes (Vice), Mr M. Cornish, Mr P. Bond, Mr D. Pomeroy, Mr N. Moulder, Mr J. Wooldridge, Mr M. Thomas, Mrs P. Green, Mr J. Jessell.
Parish Clerk Sue Squire 01598 710526 or sue@suesquire.com

St Stephens Church Services

December

Sunday 4th 11.30am Morning Prayer
Sunday 18th 11.30am Sung Eucharist
Wednesday 21st 7pm Carol Service
Sunday 25th 11 am Holy Communion

January

Sunday 1st 10.30am United Benefice Eucharist (St Stephen)
Sunday 15th 11.30am Sung Eucharist
Sunday 22nd 4.30pm Evensong

David and Helen Pomeroy kindly invite all to join them for a drink and mince pies following the Putford Carol Service on 21st December.

Morning services are also held at Abbots Bickington on the 2nd Sunday of each month, and Bulkworthy on the 4th Sunday (all at 11.30am).

Hayley and Ferremy Jollow will soon be turning on The Christmas Lights at Kismeldon. Just to let everyone know they do have a collection box by the gate and all proceeds this year will be going to The Childrens Hospice in Fremington. For larger donations I'm sure they wouldn't mind a knock at the door.

Website

The new Website is taking shape and will be launched in the next few months. It would be useful and interesting to include local photographs (new or old). If you have anything that might be relevant, do please get in touch with Myles (mylesthomas15@gmail.com). Electronic versions preferred, but good quality prints might be usable.

Church coffee morning

Many thanks to everyone who was involved with the coffee morning in October. We were very grateful for all the cakes which were donated and we appreciated the work of the helpers who were there on the day. The event raised a total of more than £300 which will be used to assist with the church redecoration and wall paintings conservation project.

Well done Lesley—you worked so hard to make it all happen! And to all parishioners who came along—thank you for your support this time and suggestions for future events. It is hoped that this will lead to more gatherings in the near future.

We are in the early stages of organising a community fundraising breakfast which will be on Saturday 25th February so please put it in your diaries! There will be more details in the next edition of the Putford Post.

Three Villages Festival 2017

The Festival will run during the w/c 15th May and it is planned that there will be events in Putford, Bulkworthy and Abbots Bickington. More information to follow.

A Happy Christmas to all our readers

Our warmest thanks as always to all contributors, sponsors and advertisers.
Last copy date for the next issue of the Putford Post is January 23rd. Contacts
Treasurer:- Rosemary 241409 Distribution:- Jackie 240321
or email Chris at putfordpost@btinternet.com
Printed by North Devon Print, Bideford.



NOTES OF WEST & EAST PUTFORD PARISH COUNCIL MEETING HELD ON 18/10/16.

- A talk was given by a representative from Devon Communities Together on a Parish Plan.
- No members of the public were present to raise any items.
- Apologies were received from Councillor M Cornish, County Councillor Julian and PCSO R Rowe.
- The Minutes of the meeting held on 13/9/16 were approved and signed as a correct record.
- Reports were received from the Police, County Councillor Julian and Councillor Mrs Geen on her attendance at a Market and Coastal Towns Initiative meeting.
- **Matters Arising.** As a result of the Parish Plan talk, Councillors agreed to pursue this initiative; other items discussed were regarding roads in the Parish, Parish Council website, notice board at West Putford, Local Government Boundary Commission proposals and a lengthy discussion took place on Common Moor and Natural England's email regarding a management agreement.
- There were no planning applications to consider. A TDC decision notice to approval for Fair View, West Putford was noted. Councillors agreed to ratify the modifications in the North Devon and Torridge Local Plan for which a consultation was underway.
- **Finance.** Balances were given and payments approved for the Clerk's salary and expenses and HMRC PAYE. Forms were completed to allow the Clerk to receive text alerts on balances, access to internet banking on a view only basis and change of signatories to the National Savings and Investment account. The 2015/16 external audit had been completed. Regarding the 2017/18 Local Government Finance Settlement consultation, a response was agreed.
- Eight items of correspondence were noted / considered.
- As a result of the resignation of Mrs G Clark, a by-election had not been requested and the Parish Council could co-opt a person which would be an item on the December meeting agenda. The vacancy for co-option details were on the notice boards.
- The next meeting would be on Tuesday, 6 December in Bradworthy Primary Academy at 7.30pm.
- The first item on the Agenda for the meeting on 6 December would be a talk from Mr J Nolan, Assistant Local Risk Manager of Devon and Somerset Fire and Rescue.

What's on

Woolsery Community Hall

Saturday 10th December—Christmas Bingo in aid of Childrens Hospice and CLIC. 7.30pm.

Bideford Arts Centre

Thursday 15th December—Make your own Christmas decorations

Book via www.learndevon.co.uk

Tuesday 13th December 10am-1pm –Christmas Wreath workshop (free to over 50s)

.North Devon Hospice - Light Up a Life this Christmas

Remember someone special to you this Christmas with North Devon Hospice's annual Light Up a Life appeal. Light a candle in memory of your loved one at our special services that take place across North Devon during December.

Saturday 10th 7pm-Holsworthy Methodist Church: Wednesday 14th 7pm -Woolsery All Hallows Church

Friday 16th 7pm—Torrington Methodist Church: Saturday 17th 6pm—Bideford pannier market

(Other venues listed at northdevonhospice.org.uk)

Hart of the Garden

With over 30 years of professional horticultural experience. Offering practical horticultural advice. Planting Schemes, specialist in pruning, Garden Renovation. Landscape Construction and maintenance work undertaken.

Richard Hart
Mobile 07900 355387
Email richard.hart69@btinternet.com

Heat With Peat

Why Choose Peat as a Domestic Fuel?

Clean - Easy to Handle - Economical - It Smells Good

Low Atmospheric Emissions.

Available Locally!

Bagged for Ease of Handling.

Free Delivery Locally for 5 or More Bags.

Phone 01409 261250 John Wardle

Mobile 07961 936399.

Recent Planning Applications and Determinations During October to November 2016

Ref. No: 1/1074/2016 FUL Proposed agricultural worker's dwelling. West Park, East Putford, Received 20 October 2016 and Validated 20 October 2016. Status: Application being considered.

Devon Communities Together

This winter we are running three projects to help everyone get better value from their energy consumption.

Smart Meters

We are helping in a campaign to inform the public about the national roll-out of Smart Meters. Smart Meters offer the opportunity to monitor the cost of your own power consumption. They enable you to see the current cost of the energy you are consuming and to monitor your expenditure over periods of time. Because they are directly linked to your supplier, you will no longer have estimated bills or be visited by someone to read your meter. There are certain limitations, but the vast majority of households and small businesses will be switched to Smart Meters.

Each energy supplier has a roll-out programme, which will be completed by 2020. But, some suppliers are willing to install a meter now, on request. There is no charge for this or any premium added to your consumption charges. It is a straightforward process that takes about an hour. So it's worth contacting your energy supplier to see if you can get ahead of the game and get more control of your energy consumption now.

Energy Saving Network

We are running a programme to guide consumers through the maze of electricity tariffs, to help them get best value, ensure that they are buying their energy efficiently and using some straightforward energy saving measures.

Devon Oil Collective

Devon Oil Collective brings together domestic consumers, community buildings and rural businesses to purchase heating oil. We have revamped our oil buying scheme to simplify the arrangements, increase our buying power and add extra benefits for the scheme's members. We have a monthly order deadline and consolidate orders from across the County to obtain the best possible prices.

We are keen to talk to local groups about how they might use these opportunities. If you know of a group that would be interested, please let us know. We also wish to find local 'energy champions' who can guide people to getting the best value from their expenditure on energy. 'Champions' might be people who help older members of their family or friends take advantage of the initiatives we are running, or leaders of local groups whose members might benefit.

To find out more, please visit our web site: www.devoncommunities.org.uk

Call us on 01392 248919

Email: info@devoncommunities.org.uk

Here is another extract from "A Short Account of some of the changes which have taken place in the Parishes of East & West Putford over the last 60 years" – as written by W.G. Walter in 1985.

A common sight in East & West Putford in the Twenties & Thirties was the late Mr Elijah Bond delivering flour & meal most of which he had ground in his mill at Cory Mill.

Mr Bond was a member of an old Bradworthy family members of which had been millers for generations.

Mr Bond was of a happy jovial nature. Once a heavy drinker and smoker Elijah decided one day that neither was any good to him, threw away his pipes and never touched beer or tobacco again.

Elijah was a strong man as most millers were & if he had a single half sack of flour to deliver to Putford Bridge he would often carry it on his back across the river meadow between Cory Mill & Putford Bridge a distance of about a quarter of a mile.

Mr Bond worked the mills at Cory Mill from 1902 till they stopped working in the Thirties.