

Comment: The next newsletter is for the Christmas edition (can you believe it?), so if you have events lined up for December or January don't miss the deadline below.

Newsletter: Contributions for the next Newsletter by 24th November please. ibuxton16@btinternet.com

Events in the hall (unless otherwise stated)

2nd November – Village Inn, Lunch Club 12.30pm

2nd November – Ladies Skittles, 7.30pm

3rd November – Coffee Morning, 10.30am – Noon

4th November – AFC – Wine and Wisdom, 7pm

8th November – Parish Council Meeting, 7.30pm

10th November – Coffee Morning, 10.30am - Noon

14th November – Men's skittles, 7.30pm

18th November – Hall Family Disco Night, 8.00pm

17th November – Coffee Morning, 10.30am – Noon

20th November – Photographic Group, 7.30pm

24th November – Coffee Morning 10.30am - Noon

24th November – Shop Tasting, 3.30pm-7.00pm-Shop

25th November – Copperfox Model Horses, all day event.

Advance Notice

2nd December – Craft Fair – 1pm-4.00pm

9th December – Shop Christmas Party, 6.30pm

11th December – Xmas Wreath Making, 7pm

Ashwater Hall – Bookings and enquiries

Email: lmynetman@btinternet.com

Tel: 01409 211131

Ashwater Shop (Opening Hours)

Hours: Mon – Frid: 8.30am to 5.00pm

Saturday: 8.30am to Noon

Sunday: 9am to 12 Noon

Tel: 01409 211192

Post Office

Hours: Mon – Frid: 9.00am to 4.00pm

Saturday: Closed

Sunday: Closed

PARISH HALL

FAMILY DISCO NIGHT 18TH NOVEMBER

Come and dance the night away – the best exercise there is for getting in shape for the Christmas Season. Commencing at 7.30pm with music from 60's and 70's by 'Double Ambition'. Tickets in aid of hall funds are £5 with children under 12 free. There will be a pay bar, soft drinks and nibbles.

AVIVA – Grant Funding

We've applied for a grant from the Insurance Company, AVIVA but to get through to final selection we need to come out top in the votes. Please will you add your voice to our campaign? It's a simple process of registering with Aviva, logging in to their link at <https://community-fund.aviva.co.uk/voting/project/view/17-239> registering and voting for our project which is for laying tarmac to part of the car park.

Hall Hire

Recently some queries have arisen over the hall hire charges. These have not changed since October 2016 when details were posted on the hall notice board and on the website, which enables downloading of all the relevant documents required for booking. (Please visit the hall page: www.ashwaterparish.org). The original notice is still in place inside the foyer and another is on the outside board. The hourly rates are very reasonable and every effort is made to accommodate hirer's wishes and regular users are often prepared to change their times to assist others. All booking enquiries should be made to Letitia Yetman as shown on the left hand column of each newsletter. The hire charges are calculated to cover the costs associated with running the hall including, heat, light, water, insurance, licences as well as general maintenance and breakages.

Coffee Mornings

Thank you to everyone who attends the Friday Coffee Mornings. Almost £600 has now been raised towards the extension fund from donations at the coffee mornings.

ASHWATER SCHOOL

The Carey Federation have two vacancies for governors and anyone interested in applying can contact either of the schools (Ashwater or Halwill) or Sue O'Reilly the federation clerk at:

clerk@ashwater.devon.sch.uk

Many thanks. Joy Parrin (Parent Governor).

PARISH COUNCIL

The next Parish Council meeting is on 8th November at 7.30pm.

Please note the following:

Mid-Devon Cycling Club's Primavera Races are to be held on Sunday 25 February 2018. I have been asked by the organiser to contact interested parties, especially those who know of other events on that day or of businesses and people (such as horse-riders) who may be affected. Please pass this information to anyone who you think should be told.

The races – one for Elite and Category 1,2 and 3 riders, the other for Category 3 and 4 riders – will start in Hatherleigh at 10:30 and 10:35 respectively. The course follows the A3072 to Dunsland Cross; A3079 to Halwill Junction; Station Road and Higher Station Road, via Graddon Cross to Beara Cross, where it turns left to repeat the circuit.. The first race covers the 11.3-mile circuit 4 times, the second race 3 times, before turning right at Beara Cross and finishing in Hatherleigh.

I expect that, depending on the conditions, the riders will take 30 minutes or less to complete each lap and that the races will be over before 1:00pm.

The organiser is Ken Robertson, 9 Barnfield Road, Paignton, TQ3 2JT.

Regards,

Peter Soper
Commercial and Leisure Services
Torrige District Council, Riverbank House, Bideford, Devon EX39 2QG
Tel. 01237 428773
(Working days: Monday, Wednesday – Friday)

VILLAGE INN MONTHLY LUNCH & DEVON AIR AMBULANCE LOTTERY – 2nd NOVEMBER

Please book in advance or by 10.30am on the day at the latest on 01409 211200. The two-course meal is priced very reasonably by Phil and Dee and is great value – join us from 12.30pm.

LADIES AND MEN'S SKITTLES

The next Ladies Skittles evening is 2nd November at 7.30pm in the hall and we welcome new players. Meanwhile the men have commenced the new season with so far, some mixed results. Matches in November will be away in the Sandercock Cup on the 7th then at home to Shebbear on 14th and away to Halwill on 28th.

ASHWATER FOOTBALL CLUB – Wine and Wisdom 4th November

Ashwater Football Club are holding a WINE & WISDOM - question master Kevin Hoare, on Saturday 4th November, at Ashwater Parish Hall, 7pm for 7.30pm start. £5 per person to include first free drink & nibbles with a maximum of 6 per table. To book a table please ring Lin 01409211212

Many thanks to everyone who supported our car wash in October.

ASHWATER VILLAGE SHOP – Tasting Evening and Family Christmas Party

The Shop Christmas Tasting Evening is being held at the shop on Friday 24th November from 3.30pm-7.00pm Father Christmas will be visiting from 3.30pm-5.30pm. There will be local suppliers of cheese, pate, turkey; wines and beers as well as mince pies and mulled wine. Meanwhile don't forget to pick up your order forms for Christmas.

A Family Christmas Party will take place in the Parish Hall starting at 6.30pm Saturday 9th December featuring a Bring and Share supper, fun and games and special guest Father Christmas.

The MacMillan Coffee morning on 30th September raised £677 and the parish council very kindly donated a further £50 taking it to £727. Thankyou everyone who attended and those who were kind enough to bake cakes as well as everyone who donated money and/or raffles prizes, as well as the parish council for their generous donation.

ART GROUP

The group meets most Tuesday's in the Village hall from 1.30 – 4.00. We have a varied programme including tutored sessions of drawing, painting and print making. In the New Year, we will begin life drawing again. We also take sketchbooks outside, sometimes despite the weather and visit galleries and exhibitions. New members always welcome, regardless of ability.

Email or telephone for details. Kate 211241 katestroud@hotmail.com Sue 211419 sueluxton@mac.com

ASHWATER CAMERA CLUB

The next camera club meeting is at the Parish Hall on Monday 20th November at 7.30pm. We will be exploring Colour Theory in relation to Image Making so bring your camera. Also as the December meeting will be the AGM and Christmas Meal we will be looking for venue suggestions for the meal.

ASHWATER HORTICULTURAL SOCIETY

Thank you to everyone who attended the AGM in October, it was good to see so many enthusiastic members, old and new. A small committee has been formed to produce a schedule of events for the forthcoming year and this will be published once dates are agreed. Membership fees remain at £5.00 per person or £7.00 a couple. Meanwhile we confirm the ever-popular Christmas Wreath Making will be held in the Parish Hall on December 11th at 7pm. Numbers are restricted to 25 so if you would like to attend please confirm to Letitia or Ivan beforehand and by Monday 4th December. Please bring along a bucket of foliage to decorate the pre-formed base (supplied) and your secateurs for pruning and shaping. Ribbons and other small accessories will also be provided. To cover basic costs there will be a charge of £5.00 for Members and £6.00 for non-members. Refreshments including mince pies and mulled wine/juice are included.

COPPER FOX MODEL HORSES

Tour Location: Ashwater Village Hall, Devon. Date: Saturday 25th November 2017
<https://www.copperfoxmodelhorses.com>

Our Copperfox Model Horses tour is about everyone getting together and sharing their love of model horses whether it is through learning new things at a workshop or showing your models at the live show. Everyone young and old has something in common, and at the Copperfox Tour people have the chance to meet new friends, try something new and learn more about the model horse hobby. Each tour stop features a mini live show, which is open to all levels and abilities, with ribbons and rosettes being awarded, as well as Special Run Copperfox Model Horses to the Section Winners. The afternoon is a chance to try something new in our workshops as well as for everyone to come see our new models. A ticket for the day is £15.00 per participant, with each participant being able to bring a spectator (driver/support team!) with them free of charge. There is a limited number of tickets available at each tour stop.

CHRISTMAS CRAFT FAIR – 2ND DECEMBER

Make a note in your diary for the Christmas Craft Fair at Ashwater Parish Hall on 2nd December. A great opportunity to pick up gifts for those 'difficult to buy for' friends and relations at very reasonable prices. Come and browse before purchasing and enjoy refreshments including delicious bacon rolls. Proceeds in aid of the Ashwater PTFA and there will be face painting for the young and young at heart.

HOLSWORTHY WALK AND TALK

This month has included two woodland walks, one at Cookworthy Woods, and the other at Witherdon Woods. We are fortunate to have good forestry walks around Holsworthy which offer solid tracks to walk on which is very beneficial when the autumn and winter rains can make many of the local footpaths rather soggy. A considerable amount of tree felling has taken place recently at Cookworthy Woods. This has certainly opened up different vistas together with allowing more of the broadleaved trees to see the light and for us to see and appreciate them more clearly.

Congratulations go to Kay and Paul who are now fully qualified Walk Leaders with Walking for Health. They have both successfully completed their necessary training which included the final challenge of each recce-ing and leading one of our walks. This final element was monitored and approved by our Walk Co-ordinator David Arney.

Trained walk leaders are an essential part of the success of Walking for Health which is a charity run jointly between The Ramblers and Macmillan. Each week Walking for Health offers 1000s of free local health walks in communities across the UK via a network of 400 walking groups.

Research shows that walking is one of the best forms of exercise and can reduce the risk of many common conditions including heart disease, high blood pressure and Type 2 diabetes. All walks are free to attend and it is a good way to see different aspects of the district, discover some of the local history and meet new people.

Our Monday walks in Stanhope Park, Holsworthy start at 10.30 am from The Scout Hut next to the Leisure Centre with tea and coffee served afterwards in the Youth Centre. The Friday walks move off at 10.30 am from various locations around the area. Details can be found on our walk programme. The latest edition covering November 2017 to February 2018 is now available.

For further information regarding the Monday walks please contact Gillian Aston on 01409 254642. For information regarding the Friday walks please contact David Arney on 01837 861829.

The walk schedule until February 2018 is below:

Level 1 Walks

Walk in the Park Every Monday at 10.30am

Meeting at the Scout hut in Holsworthy Leisure Centre Car Park.
Coffee, tea & biscuits Available after the walk

Level 2 & 3 Walks Every Friday at 10.30am Walk start points as shown below

| Date | Route | Leaders | Grade | Route details |
|----------|------------------|---------|-------|---|
| 3/11/17 | Ruby Way | KM & GA | 2 | Lay-by near Coles Mill on A3072. Level and easy. |
| 10/11/17 | Northcombe Woods | DA & MJ | 2 | Woods on right about 4 miles from Halwill Junction towards Okehampton on A3079. Hard tracks with some inclines. |
| 17/11/17 | Halwill Junction | MJ & PD | 3 | Meet in Halwill Village Hall Car Park. Mainly hard surfaces. Some road walking and inclines. |
| 24/11/17 | Bude Canal | MH & GA | 3 | As you come down in to Bude, turn left towards Widemouth. The car park is on your left by the TIC. May be muddy |
| 1/12/17 | Christmas Lunch | | | 12.30 for 1pm. Holsworthy Golf Club |
| 8/12/17 | Holsworthy Woods | AB & DA | 2/3 | Car park on left on A388, about 1 mile from Holsworthy. Hard tracks. |
| 15/12/17 | Roadford Lake | DA & KM | 2 | Roadford Lake main Car Park. Parking fee. Walking mainly on hard tracks. |
| 22/12/17 | No walk | | | |
| 29/12/17 | No Walk | | | |
| 5/1/18 | Rydon Lane | PD & MJ | 2/3 | Meet outside Holsworthy Museum. Mainly hard tracks, but can be muddy & slippery in places. |
| 12/1/18 | Witherdon Woods | AB & CB | 2/3 | From Halwill towards Okehampton. Take the Roadford Lake turning right. Again at the next junction take Roadford Lake turning. Park on left by Witherdon Woods entrance. |
| 19/1/18 | Chilsworthy | MH & PD | 3 | Chilsworthy Village Hall Car Park. Mainly hard surfaces. Steep steps and 2 stiles. |
| 26/1/18 | Ruby Way | GA & KB | 2 | Lay-by near Coles Mill on A3072. Level and easy. |
| 2/2/18 | Stratton | MH & MJ | 3 | Meet in Public Car Park in Stratton on right of road |

| | | | | |
|---------|------------------------|---------|-----|---|
| | | | | coming from Holsworthy. |
| 9/2/18 | Cookworthy | PD & CB | 2/3 | Cookworthy Forest Car Park. Mainly level hard tracks. Sections can be muddy |
| 16/2/18 | Dunsland Snowdrop Walk | DA & GB | 3 | Meet in Black Gate NT car park on left of road from Brandis Corner towards Bradford. Just before turning to Cookbury. |
| 23/2/18 | Upper Tamar | MH & MJ | 3 | Upper Tamar Car Park. Good level, hard surface. |

BRATTON CLOVELLY – CHRISTMAS CONCERT 10TH DECEMBER

FESTIVE CHRISTMAS CONCERT in support of Cancer Research UK

Sunday, 10th December Doors and bar open at 7pm, music begins at 7.30PM

Launceston Choral Society are stepping over the border to give a rousing Christmas concert in Bratton Clovelly Parish Hall EX20 4JT. There'll be some wonderful seasonal music sung by the choir, as well as well known carols for the audience to sing along to. This will be an evening for everyone with secular Christmas readings, a bar and seasonal refreshments in the interval.

Tickets are £6 adults, £2 (16yrs and under). To book, email: brattonclovellyfestival@gmail.com or phone: 01837 871696

Joanna Wallwork (Choir)

Bratton Clovelly Festival

www.brattonclovellyfestival.com

www.facebook.com/brattonclovellyfestival

Mobile: 07813499740

Registered Charity No: 1169088

Government Tobacco Control Plan for England

In July, the Government published a new Tobacco Control Plan for England. The plan, titled "Towards a Smokefree Generation", details further reduction targets in smoking prevalence, setting out to achieve the following objectives by 2022:

- reduce the number of 15 year olds who regularly smoke from 8% to 3% or less
- reduce smoking among adults in England from 15.5% to 12% or less
- reduce the inequality gap in smoking prevalence, between those in routine and manual occupations and the general population
- reduce the prevalence of smoking in pregnancy from 10.5% to 6% or less

To help achieve these ambitions:

- local areas will benefit from the support of Public Health England (PHE) experts who can help them develop tobacco control policies tailored to local needs.
- local areas will be encouraged to identify and implement local Smokefree Pregnancy Champions to promote implementation of best practice.
- PHE will regularly update their evidence base on e-cigarettes and include their advice in all quit smoking campaign messaging. The Government acknowledges this is the most popular quitting method in England, and alongside local stop smoking services can have high success rates.
- all health professionals will be given access to the tools to promote quitting.
- implementation of smoke free policies will be driven forward in all hospitals, mental health facilities and prisons.

View the full strategy at www.gov.uk/government/publications/towards-a-smoke-free-generation-tobacco-control-plan-for-england

Work will now begin locally to develop the Smokefree Devon Alliance's new tobacco control strategy for Devon. Updates and opportunity for input will be provided in the upcoming Smokefree Devon Alliance meeting. If you have any comments or suggestions for the development of this strategy outside of the meeting, please email them to ruby.entwistle@devon.gov.uk

- If you have anything that you would like to put on the website or think something should be included on there, please do get let Ruby know on ruby.entwistle@devon.gov.uk
- Training. The next level 2 practitioner training dates are:
- Two day advisor training: 22nd and 23rd November, Newcourt Community Centre
- Half day refresher training: 21st November, Newcourt Community Centre
- Level 2 service provision. If your GP practice or pharmacy is interested in delivering the level 2 stop smoking service, please contact ruby.entwistle@devon.gov.uk

Updated Smoking Indicators.

The smoking indicators have been updated again and according to the Annual Population Survey 2016, 12.6% of the adult population in Devon smoke. This is below the South West (15.5%) and England (16.9%) rate. Recent years have seen the prevalence of smoking in Devon continuously drop. This latest update does show a very slight increase of 0.4%, however caution must be taken in interpreting this figure due to small sample size in Devon and a change in the survey question.

Further information can be found on the Public Health England Tobacco Control Profiles tool.

.....**And Finally,**

The newsletter email address has been changed to: ashwaternewsletter@btinternet.com and those receiving delivery by email should please add the address to their acceptable contacts list. If you no longer wish to subscribe kindly email with confirmation to the above. (Articles, news and contributions may still be sent to the editor Ivan Buxton at ibuxton16@btinternet.comthankyou.

Advertising in the Newsletter

Small adverts cost £25 per issue and help to cover the cost of paper and printing, which are otherwise donated or paid from parish council funds raised through the local precept.

Distribution of Newsletters

My thanks to those who provide articles for and distribute the newsletters. If you know of anybody who did not receive a copy please let me know: copies will always be available at the Village Shop, Parish Hall and in the Village Inn. Any information for inclusion in or offers to help please contact Ivan Buxton on 01409 221073, e-mail ibuxton16@btinternet.com. Don't forget to visit the Ashwater Website: www.ashwaterparish.org.uk

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