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Photo: View of Chudleigh by C Lewis.

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Make sure we are sharing your news

Do you have an event, club, activity or news that you'd like to share with the people of Chudleigh?

To be included in the next issue of Chudleigh Companion, email us by Saturday 8th February

editor@ chudleighcompanion.co.uk

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Printed Subscription

Printed subscription available. £15 for 6 months. Contact: editor@ chudleighcompanion.co.uk

Front cover image:

Thanks to Pip Wilford for this beautiful image of the sun setting behind Chudleigh Parish Church. Photo ©Pip Wilford



Gentle Reiki Healing

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Gentle Reiki Healing is based in the Teign Valley. For more information and to book a consultation please get in touch:



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- The after-effects of Covid
- Life trauma
- Depression
- Grief
- Anxiety

Susannah Gentle Reiki Master Practitioner 07966 203681 gentlereikihealing.co.uk. info.gentlereikihealing@gmail.com

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Elizabeth Ducie









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Copy deadline for the next issue:

Saturday 8th February

Please send us your news, events and adverts for the next issue before this date.

editor@ chudleighcompanion.co.uk

The editor reserves the right to edit copy for reasons of space.
Views expressed in Chudleigh Companion are not necessarily those of the editor.

Every care is taken to ensure accuracy within the magazine but please always check with advertisers/ organisers of events in case of cancellation or last minute changes. Chudleigh Companion cannot be held responsible for this.

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chudleighcompanion.co.uk

FROM THE EDITOR

Happy New Year 2025!

Now Christmas is over and the decorations are back in their boxes, it's back to work and making plans for the new year ahead. New year is often a time to think about taking up new hobbies, improving our health and wellbeing and managing our finances better in tough economic times. Chudleigh Companion has got you covered for all of these and more this month!

If you are thinking about a new hobby or activity, browse through the 'clubs and groups' section at the back of the magazine for inspiration. Chudleigh History Group and u3a also have details of upcoming talks and activities in this issue so take a look. If health and wellbeing is at the forefront of your mind, Slimming World consultant Sarah shares her personal journey and it just might inspire you too! We are all recognising the importance of looking after our mental as well as physical health and Sarah Gentle introduces us to the healing art of Gentle Reiki Healing in her feature on page 17.

As well as brimming with Chudleigh community news, we have some inspirational new writers for the magazine this month; local author Sharon Cook shares an array of useful tips and ideas for budgeting in the feature 'Watch your wallet' on page 26 and Carole Smart

shares her love of Chudleigh gardens and monthly gardening tips on page 30.

Have a read and be inspired!

Caroline





Chudleigh Town Council offices can be found in the centre of Chudleigh on the ground floor of The Town Hall. The office is open Monday to Friday 9am - 3pm. You can email the Town Clerk, Amii Shelley at clerk@chudleigh-tc.gov.uk or telephone 01626 853140. www.chudleigh-tc.gov.uk

PLANNING MEETING

Tuesday 21 January, 7.30pm at the Rest Centre, Chudleigh Town Hall.

FULL COUNCIL MEETING

Monday 3 February, 7pm at the Rest Centre, Chudleigh Town Hall.

PLANNING MEETING

Tuesday 18 February 7.30pm at The Rest Centre, Chudleigh Town Hall.

Chudleigh Town Council as a whole is responsible to the community of Chudleigh. The Town Council meet regularly to discuss local issues, support and encourage ongoing community engagement initiatives, maintain devolved assets at a local level, support the economic diversity and prosperity of the town, look after the parks, open spaces and burial sites and review planning applications and make comment as appropriate.

All council meetings are open to the public, please inform the clerk if you want to attend (clerk@chudleigh-tc.gov. uk). Agendas are published on the town council website beforehand.

www.chudleigh-tc.gov.uk

Did you know that you can find us online? Chudleigh Town Council has a website and a Facebook page.

@Chudleigh Town Council



Pump Track at Millstream Meadow

There will be some drainage work and surface repairs on the pump track week commencing 13th January (Weather depending).

Office News

The Council welcomed Joanne Smith to the Town Council office team in January.

Photocopying Service

The Town Council are offering a photocopying service Monday-Friday 9.30am-2.30pm, prices start from 10p per copy.

A Note from the Mayor, Councillor Emma Hares ...

Christmas Lunch for Seniors

On 22nd December 2024, Chudleigh Town Council hosted a Christmas Lunch and raffles for seniors of Chudleigh.

This was such a fun event to put together, with everyone offering to help as soon as it was mentioned, proving just how fantastic the Chudleigh community is, nothing was too much trouble.

I would like to thank everyone that attended, and hope that you enjoyed a lovely meal, live Christmas music, and friendly conversation. I know that all the volunteers on the day had fun.

My deepest gratitude goes to the residents and businesses of Chudleigh whose generous donations made the event possible.

Dear Editor,

On behalf of all those who attended the Christmas Lunch for Seniors, I would like to extend a huge thank you to Chudleigh Town Council, the volunteers who helped and everyone that gave donations to make the event possible.

Nothing was too much trouble on the day and we were all made so welcome. The Christmas lunch was absolutely delicious. A quick trip to the shop by one of the helpers and even my request for mint sauce (I like mint sauce with everything!), was sorted!

So many people must have worked very hard behind the scenes and on the day to make the Christmas lunch such a success. It was a wonderful day and the only thing left to finish it off would have been a big comfy armchair to sit in afterwards for a snooze! Thank you to all those involved.

From a
Chudleigh
resident lucky
enough to have
attended the
Christmas
Lunch for
Seniors.



Chudleigh Town Council: Precept for 2025/26

After lengthy discussions Chudleigh Town Councillors have taken the decision to increase the precept for 2025/26 to £205,074 from the current level of £185,934. A Band D household in Chudleigh currently pays £2,384.46 in Council tax, of which £98.20 comes to the Town Council. This increase will mean that the Band D property contribution to the Town Council will rise to £107.04 per annum. This equates to an increase of £8.84 per annum.

Cllr Emma Hares, the Chair of the Town Council and Mayor, said "In the current economic climate we understand that any increase in Council Tax bills will be unwelcomed. Since 2019/20 we have tried to absorb the majority of the price increases to lessen the impact on residents. However, earlier this year our utility costs doubled, and like in recent years we are needing to pay for things that were once provided by higher level authorities.

This year the Town Council has organised and paid for the provision of a bus shelter on Station Hill, the cutting of roadside verges and the spraying of weeds in urban areas. The Town Hall has benefitted from building re-pointing works and a garage extension for increased storage. Millstream

Meadow Play Park was successfully refurbished in November 2024, with an improved facility, complete with new and challenging equipment. We have received tenders for the refurbishment of the play park at Culver Green, which we hope to be able to complete during 2025."

If you require any further information on the Town Council budget for 2025/26 please contact Amii Shelley, the Town Clerk on 01626 853140 or by email at clerk@chudleigh-tc.gov.uk

In 2024/25 the Council Tax charge for a Band D property in Chudleigh was £2,384.46. This consisted of:-

Precept	Band D charge for 2024/2025	
Devon County Council	£1468.08	
Adult Social Care*	£247.59	
Devon and Cornwall Police & Crime Commissioner	£274.50	
Devon and Somerset Fire and Rescue Authority	£99.68	
Teignbridge District Council	£196.41	
Chudleigh Town Council	£98.20	



Calling all Chudleigh Businesses!

Make sure you are included in the FREE business directory

Chudleigh Town Council has been awarded a grant to produce a business and trades directory through a UK Government scheme administered by Teignbridge District Council. If you operate a business in Chudleigh you can have an entry in the directory. Entry in the directory is FREE and it will be printed and delivered by Royal Mail to over 3,000 households in the TQ13 0 postcode area.

To be included in the directory, all you need to do is email your business details: Name of business; type of business; contact details (contact name, phone number, web/Facebook page) to: businessforum@chudleigh-tc.gov.uk

There are no catches! This will be a simple hard copy directory to enable householders to find local trades, retailers and other businesses in Chudleigh. Move quickly, the directory will be produced by the end of January but only if there are enough takers!

Public Toilets Consultation Update

On 29th October elected members of Teignbridge District Council voted to consult with residents about the future of public toilets in the district.

Like other authorities, Teignbridge District Council need to save a significant amount of money to continue to fund statutory services. Money needs to be saved, but how to do it will be for elected members to decide. No decision to close any toilets has been made. Teignbridge District Council created an online survey (that closed on 23rd December), to gather information to present back to elected

members so they can better understand the views of residents. As well as the survey, TDC has written to town and parish councils, and many groups who will have a view, or be impacted, if the provision of public toilets was to change.

TDC have received 5,500 completed surveys which will be considered as part of the review of Teignbridge public toilets. Responses will be analysed and Councillors will be discussing the results at a future meeting. Residents and businesses will be updated about any developments or decisions.





CHUDLEIGH HISTORY GROUP 2025 PROGRAMME

www.chudleighhistorygroup.uk

7.30pm, The Woodway Room, Chudleigh Town Hall unless shown otherwise.

Friday 7th February - 7pm - AGM Meeting (Agenda will be sent to all members in advance). **7.30pm - The History of Mining in the Teign Valley** - A presentation by Nick Walter. Nick has a wealth of knowledge and he has been involved with Kelly Mine for many years.

Friday 7th March - A Roman Soldiers' Uniform

A presentation by Oly Martin. Oly is a member of the second Augusta legion re-enactment group - if you want to know what the local people of Devon saw when the Roman army arrived then this will give you a good idea.

Friday 4th April - Celtic Devon

A presentation by Geoff Hodgson that looks at the period after the Romans left the South West and asks whether Devon has had the Celtic ancestry as Cornwall for far longer than is widely recognised.

Membership

Programme leaflets for 2025 are now available. Email chudleighhistorygroup@btinternet.com

Membership for 2025 has increased to £8 per person to cover increasing costs but admission to the talks remains £1 for members and £4 for non-members. Complimentary tea, coffee and biscuits available after each presentation.

Memberships can be renewed either at the History Group meetings or in advance to 2 Chapel Court, Exeter Road, Chudleigh TQ13 0FH. Email chudleighhistorygroup@btinternet.com





Saturday 1st February, 10am
The Rest Centre,
Chudleigh Town Hall



Pop along for a hot drink, delicious cake and a chat with your local town councillors



Market Way, Chudleigh TQ13 0HL chudleighyouthclub@gmail.com

Saturday Morning Sessions

Saturday morning sessions for Years 4,5 and 6 have started well. The sessions begin at 9.30am and finish at 11.30am. Why not join in the activities and fun? First session free and then £2.50.

Follow our Facebook page for all the latest updates at Chudleigh Youth Centre.

YOUTH CENTRE SESSIONS First session FREE!

Seniors

Monday nights 5.30pm - 8pm for Years 5, 6 and 7+. Entry £1. Why not check it out?

Juniors

Wednesdays 6pm - 8pm for years 4, 5, 6 and 7. Entry £1.50. Saturdays 9.30am - 11.30am for years 4, 5, and 6. Entry £2.50.

Room Hire

Suitable for meetings or parties. The sports hall and well equipped kitchen or the committee room are available. Very reasonable charges. Contact Bill Keen 07555 580617 for more details.





no blues mondays

~ 5-7pm, 20th January ~

Bring your friends and family to join us on the "most depressing day of the year" and banish those January blues!

FOOD * GAMES * FUN * PRIZES!



This is a free event that will be suitable for all ages at Chudleigh Parish Church. Come along on your own or in a group. Please sign up in the church, or by using the QR Code.

For more information: vicar@chudleighmissioncommunity.org.uk

Chudleigh Parish Church

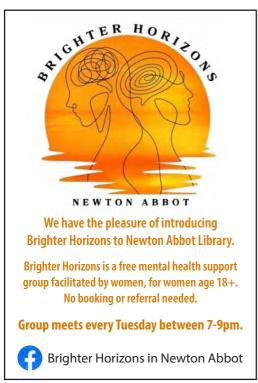
The Household Support Fund Help for residents struggling after Christmas

The Household Support Fund is designed to support those most in need. The Government have announced a further Household Support Fund to be delivered up to 31st March 2025.

Devon County Council are providing the following from the funding:

- £15 per child per week of the school holidays to families who qualify for free school meals. Supermarket Vouchers will be provided for 4 weeks.
- Citizens Advice Devon Energy Relief scheme for pre-payment and credit meters will continue to run until 31 March 2025 or until funds are exhausted. This will allow those using pre-payment meters to apply for funds to top up meters.
- Early Help to provide financial support for food and other essential costs for eligible low-income households. This will stay an open application process verified by a professional working with the family.
- Funding to Devon Community Foundation to deploy funds to voluntary and community organisations that support specific groups who may struggle to access the support and help they need.

Find out more and/or apply HERE or call Teignbridge District Council Customer Support Team on 01626 361101 for help with the application.





Preparing for Retirement

Evening workshop for those working towards or already enjoying their retirement

Chudleigh Town Hall

Weds 12th March 7 – 9pm



- Stepping away taking care of your mental and physical wellbeing
- Making the most of your money
- Your rights and responsibilities
- Lifelong learning, laughing and living

Speakers from AgeUK, Citizens Advice, Atkins Ferre Wealth Management, Chudleigh u3a

Tickets £5 in advance, now available from

> Atkins Ferre 79/80 Fore St , Chudleigh

The Second Hand Shop 30 Fore Street, Chudleigh

For more details contact David.bainger@hotmail.co.uk



2024 was another fantastic year for Chudfix. We ran 6 repair cafes, dealing with a total of 351 items and of those we successfully fixed or sharpened 73% of them! We also provided helpful advice on a further 12% giving us a positive result in 85% of cases!

In 2024 Chudfix also ran a visible mending workshop and a pattern cutting workshop. We are keen to help people learn new skills so keep an eye on our Facebook page for more events.

What can you bring to a repair cafe?

- Small electrical items (no microwaves please!)
- Computers, laptops
- Bikes and scooters
- Clothes and textiles that need repairing (no alterations)
- Toys
- Wooden items
- Tools to be sharpened
- Miscellaneous items; we have several fixers who can turn their hand to most things
- ... And we are always happy to provide some advice.



Want to get involved?

We have a friendly team of regular volunteers but we are always keen to welcome new faces and new skills to the team. Please conctact us via our Facebook page (Chudfix Repair Cafe)



Chudleigh and District U3A

The u3a is a self-help organisation for people who are retired, semi-retired or no longer in full-time employment. It provides opportunities for members to share learning experiences and to pursue educational, creative and leisure activities in a friendly environment.

Programme for January - February 2025

Monday 13 th	Tuesday 14 th	Wednesday 15 ^h	Thursday 16 th	Friday 17 th
		Main Meeting* 10am - 12pm	Bridge Players 2 - 4pm	Walking Harcombe
Monday 20 th	Tuesday 21st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th
		History 2 - 4pm	Help with Computing 10am - 12pm	Craft 10.30am-12pm
Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31st
	Spanish 10.30am - 12pm			
Monday 3 rd	Tuesday 4 th	Wednesday 5 th	Thursday 6 th	Friday 7 th
Book Club 2 - 3.30pm	Foodies Club 9.30am - 12.30pm Board Games 2pm - 4pm	Family History 10.30am - 12pm	French 10.30am - 12pm Book Club 2 2.30 - 4pm Theatre Trip	Coffee Social 10.30am
Monday 10 th	Tuesday 11 th	Wednesday 12 th	Thursday 13 th	Friday 14 th
Mahjong 2 - 4pm	Help with Computing 10am - 12pm Spanish 10.30am - 12pm	Photography 10am - 12pm	Gardening 10am - 12pm	Craft 10.30am-12pm

Plus: Visits, Theatre and Croquet on various dates.

*January's main meeting on the 15th January will be a talk by Jeremy Sackett on the History of Tea Monthly Meetings are usually held at The Woodway Room, Chudleigh Town Hall 10am - 12pm on the third Wednesday of the Month. visitors are welcome to come and meet members and group organisers, to listen to our guest speaker and to get a feel for what the u3a has to offer. Members pay £1 and visitors pay £2 to attend meetings - this includes tea or coffee.

To find out more information take a look at our website www.chudleighu3a.uk or email membership@chudleighu3a.org.uk

Coffee socials are on the first Friday of each month from 10.30am in the Phoenix. Potential new members are welcome to join us.



Gentle Reiki Healing

Beat the January blues with Gentle Reiki Healing



January is a tough month! It's cold, it's dark, Christmas and New Year festivities are a dim and distant memory, and that diet or exercise kick that seemed like such a good idea in the flow of the festive season, isn't so appealing now.

But don't be so hard on yourself. Winter is designed to be a time of retreat and rest. Our tribal ancestors weren't so ambitious! They holed up in caves and kept warm and slunbered, and in the warmth and darkness they reflected upon the past year and nurtured their plans for the next.

Reiki was first created in these ancient times, in the Far East, and has arrived on our shores in the last 150 years via Japan. It is a gentle healing art which maximises well-being by cleansing and repleneshing the body's subtle energy system. By eliminating blocks and rebalancing the

body's natural flow, Reiki enables our systems to heal past trauma, injury or worn-out patterns.

Reiki is a fundamentally shamanic practice, meaning that it works with the natural rhythms of our bodies and the earth. It is effective in treating chronic illness, because it targets the cause of the disease in our systems, rather than suppressing the symptoms, which is the function of drugs.

In this time of darkness and retreat, rather than fighting your natural urge to rest, treat yourself to a Reiki treatment, to nurture yourself and release all that which no longer serves you.

Susannah Gentle Reiki Master Practitioner 07966 203681 gentlereikihealing.co.uk info.gentlereikihealing@gmail.com



J&S TAXI

My name is James. I'm a local taxi driver based in Chudleigh.

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We have lots going on!

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chudleighquizgo@hotmail.com

£2 PER PLAYER 7.30 for 8.00PM

Quiz with a difference A prize each round and a Jackpot!

Membership available – Call in!



Don't forget to

MEMBERSHIP £12,mm

email for details: enquiries@chudleigh.club



Cold Days, Warm Library News from Chudleigh Library

Libraries Unlimited, the charity that runs 54 libraries in the county, is rolling out its Cold Days, Warm Libraries campaign for the third year running. The initiative is aimed at encouraging people into warm, friendly library spaces this Winter not only to help with their fuel bills and the cost of living but to combat isolation. 1.2 million visits were made to the libraries between 1 October 2023 and 31 March 2024 during the last campaign.



Winter Coats and Warm Drinks

Chudleigh Library has a coat rail, warm drinks and a cosy 'reading nook' where you can sit in a warm, friendly space whilst enjoying a hot drink and a book.

Looking to join a Book Group?

We have had some interest in a book group to run in the library. If you'd be interested in reading and discussing books with a friendly group, get in touch. chudleigh.library@librariesunlimited.org.uk

Wi-Fi Printing Available

Wi-Fi printing is available in the library: you can send your documents from home, from your mobile or tablet, or from our PC (booking advised), and pop in to pick them up!

Chudleigh Library, Market Way, Chudleigh TQ13 0HL Tel. 01626 842569

Monday 10am - 1pm
Tuesday 3pm - 6pm
Wednesday 10am - 1pm
Thursday CLOSED
Friday 2pm - 5pm
Saturday 10am - 1pm
Sunday CLOSED

Winter Coat Donations Please

If you have winter coats that are clean and in good condition, please donate them to our winter coat rail. Those in need will be able to take them - no questions asked. Thank you!

Latest news from... Ground Up Cookery School

Written by Tasha Wheeler-James of Ground Up Cookery School.



Ingredients on display at the new cookery school. Photo: Courtesy of Ground Up Cookery School.

Who is Behind Chudleigh's New Cookery School?

experience as a professional chef, Colin has managed a diverse range of kitchens—from charter yachts to boutique hotels and catering companies. Feeding a diverse range of people including the most senior royalty and many celebrities. Growing up in a fishing and farming community on the remote Isle of Coll in the Inner Hebrides, he learned to value seasonal ingredients and sustainable practices. Today, Colin is an industry leader in foraging, fermentation, and reducing food waste. He regularly trains and presents to chefs, advocating for sustainable catering practices on a large scale. As well as leading all things food-related at Ground Up Cookery School, Colin is also employed as the Global Development Chef for a major distributor of flavours in the manufacturing industry. A busy man! If he ever finds any spare time, you'll probably find him walking the dog, digging in the garden, dreaming about rugby, or getting back into scuba diving and fishing.



Tasha & Colin. Photo: Courtesy of Ground Up Cookery School.

Mel As the Reduced Waste consultancy side of the business started to blossom, we realised we needed more help to deliver training. With 13 years of professional chef experience, Mel shifted to training apprentices with a leading chef training provider. Her calm and approachable style makes her exceptional at delivering skills-based courses for all ages and abilities. Mel's adaptability and expertise make her a key part of the Ground Up team. She seems unphased by any challenge thrown her way!

everything running smoothly with over 20 years of Finance, HR, and Project Management experience. Until becoming a parent, I loved nothing more than climbing the career ladder and embracing every opportunity. I love a good spreadsheet but probably create more lists than I complete. While not a trained chef, my love of travel and food has definitely inspired a passion for diverse cuisines and ingredients. Always embarking on a new project or challenge, I can often be found with



Cookery School Dates for 2025 in Chudleigh

- 01.03.25 **Fish & Shellfish Cookery** £160, full day.
- 08.03.25 Wild Food Foraging & Cookery £155, full day.
- 15.03.25 **Pasta Workshop** £60, half day. **(1 space)**
- 22.03.25 Advanted reservation £1.5, funday.
- 29.03.25 **Easter Baking** £60, half day.
- 05.04.25 **Introduction to Fermented Food and Drinks** £60, half day.
- 12.04.25 **Kitchen Confidence** (Basic Cookery Skills £155, full day
- 26.04.25 **Perfect Pies Workshop**
- 10.05.25 Pasta Workshop
- 17.05.25 Asian Street Food

www. ground up cookery school. co. uk

@GroundUpCookery (Instagram, Facebook and X) taste@groundupcookeryschool.co.uk

Call 01647 782022 (leave a message we will return your call asap)

Ground Up Cookery School, Grealy Barn, Chudleigh, TQ13 0AA



The new kitchen area.

Photo: Courtesy of Ground Up Cookery School.

a paintbrush or screwdriver in hand, redecorating or repurposing something. Having joined the Chudleigh book club, I'm slowly getting back into reading. I've since discovered that audiobooks send me straight to sleep—an excellent treatment for insomnia.

As a couple, Colin and I have a strong track record of successful collaborations in various ventures. Having dabbled in property development before "flipping" became a thing, we bought and restored a beautiful, derelict 200-year-old coaching inn to run as a luxury B&B. However, when the kids filled the rooms and our time, we had to end that chapter.

The next chapter started a couple of years later at a dinner party with friends! The next day, ready for a new challenge, we found ourselves planning the opening of a new cookery school. Having gone from strength to strength even featuring on BBC's Marcus Waering-Tales from a Kitchen Garden, we found out that our lease was ending early and we had a big decision to make. It felt like fate was pushing us to pull all our skills

and experience together to create the all-new Ground Up Cookery School. Unable to find a suitable (or affordable) place to rent, we faced a tough choice: give up our thriving business or plunge ourselves back into a mortgage and start over again.

We drew on all our property renovation experience, engaged the fantastic Architectural Designer who had designed the previous school, and battled through the planning process. Then, we hired a great team of tradesmen to deliver our vision. Yes, we went over budget and timescale, but we had mostly planned for that. Now, it's time to knuckle down and make this work!

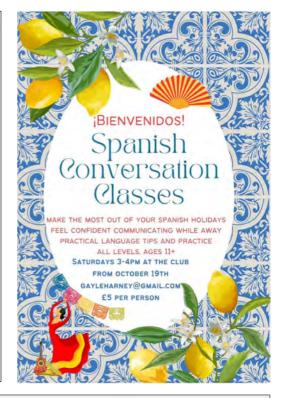
With a small snagging list and a huge garden project left, we hope you agree that the new school is truly taking shape. We're excited to welcome our first guests on 25th January. We're already very booked up for the first three months, so if you want to build your skills, learn to cook from scratch, or enjoy a fun and memorable experience, head over to the website and find the course for you.

Tasha & Colin

Unsure which course to choose?
Contact us about gift vouchers.
www.groundupcookeryschool.co.uk







THE PHOENIX HANDBELL RINGERS



How would you like to try something very different? The ability to read music is an advantage but not essential!

The Phoenix Handbell Ringers are looking for new members. We meet on Mondays at Chudleigh Town Hall from 7.30 to 9.30pm.

Collectively we help the bells to make a beautiful noise! Beginners will be encouraged to learn and enjoy the experience, like many of us have.

There's a real sense of togetherness and accomplishment within the group and we know that it could be the same for you. Call Lesley Hancock on 07798 914715 to find out more.

Are you looking to make a change to your health in 2025?

Article by Sarah, Slimming World Consultant for Bovey Tracey.

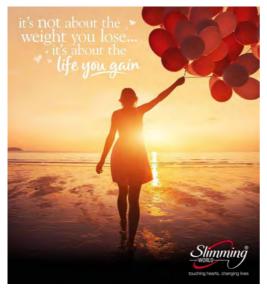


Image ©Slimming World.

My name is Sarah. I am the Slimming World consultant for the Bovey Tracey group that runs on Thursday evenings 5:30pm & 7:00pm.

Slimming World has made such a massive difference to my life in two ways. Firstly, when I joined as a member in 2021 and secondly when I became a consultant.

You play around with the idea to join up to a weight loss programme in your head for a long time before you actually bite the bullet and finally go. I had tried other diets in the past and

always failed to lose the weight, put everything I did lose back on again plus more, always ending up heavier than when I started!

I now know why. I was trying to do it alone, with no help or support. I'd wear clothes that I could "hide" in, big baggy jumpers, joggers, etc. I'd joined several gyms but always stopped going because I was too embarrassed about my size and always felt like

people were judging me and laughing at me. The Slimming World leaflet had

been sat on my table for about three weeks before I was brave enough to message the consultant about going to the meeting.

One afternoon I had to stop halfway up the stairs and catch my breath before continuing. In that moment I knew I needed to do something about my weight.

Walking through the door of the group for the first time was so scary and out of my comfort zone. Julie was so lovely and welcoming. She talked me through how Slimming World, Food Optimising 100%, eating without guilt and never feeling hungry would help me shed the 7 stone I wanted to lose.

At times, it was really tough, but with the support I got from staying to the meeting every week I was able to lose the weight I wanted and reach my target weight 2 years after joining. Being more active is also part of the plan and I now run several times a week and swim. Delivering the leaflets to promote my group is also a great way to get those steps in. And, of course, stairs are no longer a problem!

I became a consultant in 2023, and I am very happy to be able to now share my love of all thing's food and Slimming World with others, and help them on their journey to be a slimmer, healthier them.

I cannot thank the dress size 24 me I was 4 years ago enough, for walking into a Slimming World meeting. At that time, I could only dream that I would ever be a size 10 again. Dreams DO come true, if you believe in them strongly enough. Just imagine how grateful your future self will be if you start today. Sarah, Slimming World Consultant.





slimmingworld.co.uk

BOVEY TRACEY, TQ13 9FF

Thursday 5.30pm and 7pm.

Sarah 07818 237110

NEWTON ABBOT, TQ12 1UR

Wednesday 7.30am, 9.30am, 4pm, 5.30pm and 7pm.

Saturday 7.30am, 9am and 10.30am.

Julie 07933 483666

WATCH YOUR WALLET IN 2025!



Written by Sharon Cook.

A few days into 2025, and it feels like the UK economy is not in a great place. But don't let the January blues drag you down, take control of your own finances and leave yourself in a better position to fight off financial woes. Or have something for the proverbial rainy day. If you need a few tips, let Chudleigh Companion offer up some ideas.

Learn to love pre-loved

There are many of us out there who have turned saving money into a lifestyle and, it really does give a sense of satisfaction. It's not just about reducing and recycling to be green, but shopping in charity shops has become, almost, an art form ... The excitement of popping into Chudleigh's own Brainwave (other branches are available) to see what's on the shelves, or a full-on trip to Newton, Exeter or your own

top spot can herald more than just a new pair of jeans or another funky mug you didn't really need. Why pay fifty pounds for a new stock pot, when you can pick one up for a fiver? At this time of year people often have a clear out. Now's the time to pick up unwanted gifts (often with labels still attached), a lovely new scarf or even an un-opened craft kit. If you're a shopper, and you haven't tried re-loved yet, go for it. And don't forget the dump shop, garage sales, clothes swaps and roadside tables ...

Get frugal with food

We hear much about budgets and what the country can't afford, but what about your own budget? Why not spend the rest of January, or set aside February, to use up what's in your cupboards or freezer, it's amazing what you'll come across. And you may have to get the recipe books out, but hey, Google lentils, be your own Ready Steady Cook and have a bit of fun in the process. You could save a month's worth of supermarket shops, and dial up your inner chef. Move over Heston Blumenthal. When shopping use cheaper ingredients, cheaper cuts and bulk cook. Label everything you put in the freezer, no one wants apple crumble for dinner, when you thought you were in for a cottage pie. Turn bottles upside down to get that last cap of olive oil or shampoo out, don't forget ChudFridge, it's a right cornucopia of goodies which would only go to landfill, plenty for everyone to have a rummage on good days.

Talking of need - do you NEED it, or do you WANT it? Think about it. Chudleigh has it's own repair shop, Chudfix Repair Cafe - look out for posters around town, and the advert in this issue for upcoming dates. You may well be able to repair something, rather than buy new. How satisfying!

Much of this might sound obvious, but we all get into bad habits. Martin Lews is brilliant for money saving tips - do you have any you'd like to share with the Chudleigh Companion? Email editor@chudleighcompanion.co.uk

ChudFridge - Chudleigh's Community Fridge

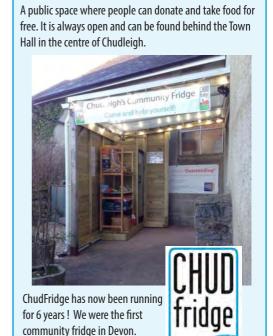
Wishing you all a healthy, happy, financially secure 2025.

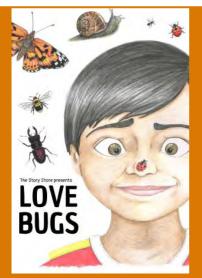
Set a weekly budget

Talking of budgets, this is old-fashioned, but it works. Stop relying on your bank cards. Set a budget, draw it out in cash and when it's gone, it's gone. It's very easy with a tap it and go mentality to pop into our lovely Coop, or Spar. and fill a basket. But if you've only got a fiver left until the weekend, think of what you've already got and, if you have to cook from scratch instead of buying a ready meal, even better. And don't forget, using a local shop is cheaper than fuel to a superstore. It all adds up.

Do you need it, or want it?

Don't forget all your local 'for sale' sites, it's not just about the big names. And while you're looking for something you may need, can you sell anything you no longer need?





For children aged 4 - 8 yrs Teignmouth Library, Saturday 18th January 9:30am & 11:15am Newton Abbot Library, Saturday 25th January 10:30am & 2pm

Looking for something to do with the children in January?

The Story Store are a children's craft workshop and storytelling company based in Teignbridge which through a grant from Teignbridge Arts Project and their funding from the UK Shared Prosperity Fund are putting on shows called LOVE BUGS this January for children aged 4 to 8 years old.

LOVE BUGS is all about the little critters some of us love to hate and the important role they play in our eco-system. With mini puppets made by the children, interactive storytelling & song, be prepared for lots of fun!

Tickets £2.50 per person from the venue or www.the-story-store.co.uk





Thursday Jan. 23rd

7.30pm Chudleigh Town Hall

Join us for a fun evening of wildlife quizzing!

Bring you own wine/beer (soft drinks and nibbles provided)

There will be a raffle, and the evening will start with a very short AGM

Reached No.1 on the Family Health Kindle chart!

Chudleigh mum celebrates success

of new book and says a BIG thank you ...



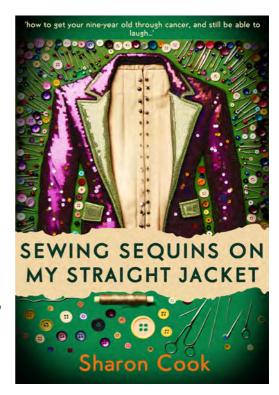
'Sewing Sequins on My Straight Jacket', how to get your nine-year old through cancer, and still be able to laugh ...

I Just wanted to say thank you to anyone who has bought, and or supported, the release of Sewing Sequins on My Straight Jacket. Having such a personal book published was a massive leap, from tapping away on my laptop to best-selling memoir. The reviews have been immense. emotional and thought-provoking. To all writers out there, you CAN do it. If you need a nudge, Chudleigh Writer's Circle meets once a month in The Rest Room, Chudleigh Town Hall - check out Chudleigh Writers Circle online. Available from Amazon as a paperback or Kindle download or

check out sharoncookauthor.co.uk



Scan the QR code to find Sewing Sequins on my Straight Jacket on Amazon



Sunday 16th Feb 2025 3.30 pm **Courtenay Centre, Newton Abbot**



Callino String Quartet

Haydn Quartet in D Op 20 No 4 Dvorak Cypresses, for string quartet Mike Greenway Mitnor Remains Mendelssohn Quartet No 2 in A minor

This Irish quartet noted for exciting performances, include a contemporary work from Devon in their programme.

Sponsored by Buyrite Tyres

Tickets: £21 plus concessions only in advance If not online: 01626 717730

(9-5, Mon-Fri)

From: www.nadsa.co.uk





A monthly chat with Carole and seasonal reminders from experts.

Most of us in Chudleigh are lucky enough to have some sort of garden. A lot of us love growing things and feel proud if we produce something that we can eat. We know how much better home grown peas or carrots, raspberries or apples taste. When we have succeeded with one fruit or vegetable some of us are keen to try another.

For some, the thrill of watching something grow started when we were very young. We watered tiny brown cress seeds on a piece of flannel on a saucer & watched them sprout, until in just a few days we could harvest our own little crop, & eat it in a sandwich and some of us continue to repeat this early experience with our children or grand-children, today.

As the houses in the centre of Chudleigh front straight onto the street; Fore Street, Clifford Street, Old Exeter and New Exeter Streets, there are no gardens on view. Of course, many have pretty window boxes and there are bigger boxes outside the Town Hall, the Ship Inn and the Fore Street entrance to the Car Park.

Thank goodness we still have the little garden at the centre of town. A few



Allotments in Chudleigh. Photo: C Lewis.

years ago we might have lost it, when development was threatened. With its beautiful silver birches and succession of flowering plants, it is there for us all to enjoy throughout the year.

There is little to be seen growing in the oldest part of town but as you move out from the centre, you can often peep over a wall or low hedge and see what Chudleigh folk have done with their gardens. Walking the dog around Palace Meadow, Lawn Drive, Millstream Meadow or down Oldway, a variety of mature gardens can be seen, often with a well-planned succession of shrubs, plants and bulbs providing interest and colour throughout the year. Chudleigh can also boast two Allotment sites where hard-working, busy people tend their plots and edible goodies, as well as some flowers.

If you live on one of the new estates, you may have struggled with a patch containing builders' rubble, but I'm amazed to see how some people have transformed their outside space. With energy and enthusiasm and a clear sense of purpose - perhaps somewhere for the toddler to play, room for some garden furniture and a selection of pots or a small raised bed with a few vegetables, people have made their garden an important part of their home. With a little imagination it is possible to include them all in quite a small space and some have managed it. It is possible now to grow a small crop of delicious fruit on miniature trees in a large pot, or a tub of potatoes. I've also seen tomatoes and strawberries in hanging baskets.

What a wide variety of gardens are on view as we walk around Chudleigh and even if ours is looking less than its best at the moment, we have the knowledge that with a little help from us, it will soon be giving us the same pleasure it has done in years past. Until then, we can enjoy the beauty of bare trees against a dawn skyline like these at Harcombe

Look out for more handy gardening tips next month!





Dawn skyline at Harcombe. Photo: C Smart.

JANUARY TREMINDERS

Pruning

I was given a rather snazzy pair of secateurs for Christmas and they reminded me that now is the time to prune the wisteria. Mine was planted against the south-facing garage wall, probably forty years ago, and has had a pergola erected alongside to accommodate its rampant growth. Now is the time to cut back the side growths to 2 or 3 buds to be sure of an abundance of flowers in the spring.

Sardening Notest

Planting

This is the time to plant bare-rooted trees & shrubs — although, best to avoid when hard frosts or snow are forecast. If the ground is water-logged or frozen, put them in a bucket of compost, and don't let them dry out, until conditions improve. But if you are thinking of adding a fruit tree, rose or a new hedge to your garden, now is the time to get busy.

Greenhouse

For those impatient to get things growing, and lucky enough to have a greenhouse or propagator it is now time to sow beetroot, brassicas, onions, spinach, aubergine & chillies. Sweet bell peppers can even be started on a sunny windowsill.











Christ the Redeemer Mission, Doorstep Church, Chudleigh

Our current series of Bible studies are looking at events in the early life of Jesus, including the 'incarnation' as outlined in the creed, the visit of the magi (wise men), Candlemas and his visit to the Temple with Mary and Joseph.

As usual they can be found online at chtrch.org.uk. The house group continues to meet most Thursdays, for further information please contact us on the email address below.

At the beginning of this new year we trust that it will be a happy and good one for each one of us.

God bless you all Rev'd Terry Brighton, Free Church of England

minister@chtrch.org.uk

Can you lend a hand at Chudleigh Chess Club?

Chudleigh Chess club runs a junior club at Chudleigh Primary School on Mondays at 3.30pm. We would welcome some extra support, you don't need to know how to play chess, you can learn the basics, but it's good to have an extra pair of hands. DBS checks are required. Also everyone is welcome to come and play chess with the Chudleigh Chess Club on Wednesdays, 2-4pm at Kestor, Highlands Park, TQ13 0JZ. No previous experience required!

Mary Anne McFarlane Mobile 07425 138515 Landline 01626 852002

New Men's Breakfast Club at Chudleigh Knighton Village Hall

Chudleigh Knighton have a NEW Men's Breakfast Club. Come along for filled rolls, toast, tea, coffee, good company and a chat. Please bring cash as there's no card payment facility.

Men's breakfast club is 8.30am -10am on the first and third Saturday of the month.

The dates for February are:

Saturday 1st February Saturday 15th February

Clubs & Groups

Arts & Crafts

Sew n Sew

Every Friday, 4-6pm Town Hall Rest Centre Contact Suzanne Sanders 01626 854319 vssanders08@gmail.com

Artists Group

Every Tuesday, 10-12.30am Town Hall Rest Centre Contact Karen Gates karen.gates@hotmail.co.uk

Painting Workshops

Two day painting workshops Saturday & Sunday, 10am-4pm Town Hall Contact James 01392 256655 jtatum@btconnect.com

Dance

Teign Valley Dance

Ballet, tap, modern and hip hop from age 18 months. Contact Bernie 01626 854435 teignvalleydance@talktalk.net

Folk Dance

Every Monday 8-10pm, £2. Contact Mary Marker 01626 854141

Devon Dance

Every Wednesday during term time. 3.40 - 8.45pm, Woodway Room at the Town Hall. Email emmaberger141189@hotmail.co.uk

Health & Fitness

Over 50's Pilates

Mondays 10am, Town Hall upstairs. Contact Viv 07906 989367. vivcullenpilates@gmail.com

Tai Chi

Tai Chi and Qigong for beginners. Tuesdays 7-9pm, Town Hall Woodway Room. Booking essential. contact Conrad 07769 045207. info@handofthewind.co.uk

Tai Chi with Lisa Kay

Sundays 10-11.30am, upstairs hall at Chudleigh Town Hall. Contact Lisa 07549 606255.

UK Get Active

Fitness classes for all abilities inc. body conditioning, HiiT, pilates and over 50s. Contact Gina 07764 167355. gina@ukgetactive.co.uk

Yoga with Jan

Thursdays 10-11.30am, Town Hall. Suitable for all. Contact Jan 01626 853236. yogajanw@hotmail.com

Chudleigh Petanque Club

Sundays 2 - 4pm, Thursdays 2 - 4pm (up to 28th March), Thursdays from 4th March, 6.30 - 8.30pm. Chudleigh Sports Centre. Contact Kim 07818 092692 chudleighpetanque@qmail.com

Chudleigh Cricket Club

The Club House, Chudleigh Sports Centre TQ13 0QN. Tel. 01626 859329

Chudleigh Bowls Club

See Facebook page @Chudleigh Bowls Club. Club secretary: watkin.steven@outlook.com

Chudleigh Badminton Club

Thursday 7 - 9pm at Teign School during winter and Mondays at Chudleigh Primary School during summer. Contact Angie Clark ajc5913@gmail.com

Chudleigh Athletic Football Club

Chudleigh Sports Centre TQ13 0QN. chudleighafc@hotmail.com Tel. 01626 852645

Goodwin Martial Arts

Taekwon-do for all ages including specialised classes for 4-7 year olds. Contact Tamzin 07970 520078 tamzingoodwin@sky.com www.goodwinmartialarts.com

Chudleigh Cannons Netball

Tuesdays in Bishopsteignton. Contact Nikki 07766715273 or Donna 07972 911053.

Legend Taekwon-Do martial arts school for those age 7+ to adult

Two free trial sessions at Chudleigh Primary School, Tuesday 6-7pm and Friday 6.20-7.20pm. Call or text: 07889 731364. Darren.lukerTKD@hotmail.co.uk

Senior Instructor: Mr Darren Luker.

Badminton Wednesday Group

7.30 - 9pm Primary School hall. contact Andrew: andrewparkinson.456@gmail.com

Short Tennis most Wednesdays

6 -7.30pm Primary School hall contact Andrew: andrewparkinson.456@gmail.com

Children

Teign Valley Dance

Ballet, tap, modern, hip hop from age 18 months. Contact Bernie 01626 854435.

FISH (Fun In School Holidays)

Contact Sarah 08445 618847. sarah@fishkids.co.uk

Chudleigh Pre School

Sessions held at the Town Hall and School. Contact 01626 854680.

Brownies and Guides.

Mondays, term time only.
Brownies (Years 3 to 5) meet from 6pm to 7.15pm and Guides (Years 6 to 9) from 7.30pm to 9pm.
Both in the Scout HQ. To register visit https://www.girlguiding.
org.uk/information-for-parents/register-a-child/

Little Legends Taekwon-Do martial arts school for children age 3-7.

Two free trial sessions at Chudleigh Primary School, Friday 5.30pm -6.15pm. Call or text: 07889 731364. Senior Instructor: Mr Darren Luker

Chudleigh Library Stay & Play

Wednesday 10.30am - 12.30pm For children age 0-5 and their carers. No need to book.

1st Chudleigh Scout Group. Sections meet during school terms as follows:

Beavers & Cub Sections:

Wednesday 6 – 7pm.

Scout Section: Tuesdays 7 — 9pm. Contact: iohn.

powell@1stchudleighscouts.

Other Groups

Phoenix Hand Bell Ringers

Monday's 7.30 - 9.30pm.
Contact nikifleming66@gmail.com

Chudleigh Pensioners

2nd Thursday of each month, 2.15pm. Town Hall Woodway Room. Contact Jenny 01626 852730.

Meets Wednesday afternoons at

Chess Club

Kestor, Highlands Park, Chudleigh.
All welcome including beginners.
We also run a club at the
Chudleigh Primary School on
Mondays at 3.30pm. Please come
and help. Call Mary Anne on 01626
852002 or email
maryannemcfarlane@gmail.com

Chudleigh WI

1st Wednesday of each month, 2pm Town Hall Rest Centre. Contact Wendy 07952627470 or 01626 852122.

Reading & Writing

Chudleigh Writers Circle

3rd Monday of each month, 10am - 12pm Chudleigh Town Hall. Contact Kate McCormick 07889 970986.

Chudleigh Book Club

Meets informally every 6 weeks. See Facebook @Chudleigh Book Club

Chudleigh Market

Phone Geoff on 07852 173070





New Traders Welcome!



A History of Mining in the Teign Valley A presentation by Nick Walter



www.kellymine.co.uk

Friday 7th February, 7.30pm Woodway Room, Chudleigh Town Hall

Non-members are welcome to attend. Membership £8.00 p.a.

Entry fees are £1 for members and £4 for non-members which includes light refreshments.

Information about the history of Chudleigh and the Chudleigh History Group can be found on our website at: www.chudleighhistorygroup.uk