

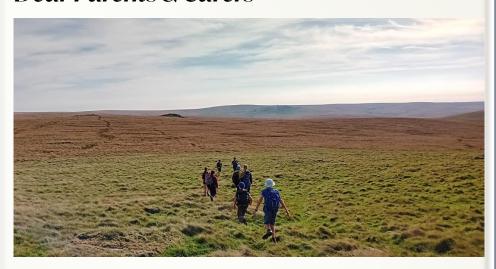
# OPTIME

Monday 9th October 2023

Optime contributions? Please email Mrs Huxtable: rhuxtable@chulmleigh.devon.sch.uk

RECEPTION: 01769 580215 PUPIL ABSENCE LINE: 01769 582120 EMAIL: admin@chulmleigh.devon.sch.uk

### **Dear Parents & Carers**



Thank you to the 111 families who were able to attend the Countdown to GCSEs Evening. We were delighted to see such a clear appetite to do well from Y11 and they are making great progress. Personally, I really enjoyed being part of that event. It was very supportive and powerful.

On Sunday, we were blessed with great weather for 30 Y8s who went on to Dartmoor in the first walk

for the Chulmleigh Ten Tors 25-Mile Challenge. So many have signed up that the first walk had to be split into two sessions, with the next one in a few weeks' time. Thank you to Mr Wade, Mr Foster, Mr Stevens, Mrs Jones, Mrs Talbot and a very big group of volunteers who assisted with this.

This week we have the second of the Y7 Tutor and Parent meetings and



look forward to welcoming families this evening; boys' football fixtures against Park School and Tiverton and the Ten Tors Walk 1. Good luck to everyone who is taking part in fixtures and other activities this week.

Michael Jonnon

Michael Johnson
Executive Headteacher

### Diary dates...

**OCTOBÉR** 

Mon 9: Y7 Tutor & Parent

meeting, 4-5pm

**Tues 10:** Y10 boys' football

away at Tiverton

**Wed 11:** CMAc 3.30-5pm; Year 11 boys' football away at Park

Thurs 12: Y8 & 9 boys' football

away at Park

Sat 14: Ten Tors Walk 1

**Mon 16:** Y7 & 10 boys' football

home v Park

**Tues 17:** Y8-11 Netball away at

Park

**Wed 18:** CMAc 3.30-5pm; Y7 boys' rugby West Buckland

**Thurs 19:** Y9 Revision Session; Y8 & 9 boys' football home v Bideford

**Fri 20:** Non-pupil day, break up for half term

Mon 23: Y11 History trip London;

**Tues 24:** Iceland trip

Mon 30: Return to school

**NOVEMBER** 

**Fri 3:** Beaford Arts **Sun 5:** Chulmleigh Ten Tors 25-Mile Walk 2

**Mon 6:** KS4 Badminton 10am-2pm: Scholar Award

Assemblies all week

Tues 7: Y7-11 Netball

**Wed 8:** CMAc 3.30-5pm

Thurs 9: Y7 Football 3.30-

7.30pm

**Sun 12:** Chulmleigh Ten Tors 25 -Mile Walk 3





### First Day Walk: Chulmleigh Ten Tors 25-Mile Challenge

Our first ever Chulmleigh Ten Tors 25-Mile Challenge training walk took place this weekend, and we couldn't have asked for better weather. Hard to believe it was Dartmoor in October! And the participants did brilliantly. They're off to a great start...

We've had so many Year 8s sign up for the new challenge that we've had to split the first walk in two, and some of the participants will be doing their first walk in two weeks' time.

Our first group - over 30 pupils - were incredibly lucky with the weather, with clear blue skies, a pleasant breeze, and great visibility. We made up for that stroke of luck by throwing routes at them which should have been challenging for first timers, but they took everything in their stride. They faced steep hills, deep tufts, wet, uneven ground and bogs, all in really hot conditions, and they set a pace that was as fast and as strong as we could have asked for.

This reflects what we've always found with our outdoor education provision: the more we ask, and the higher our expectations, the more the children will rise to meet them. Well done everyone!

And thanks as always to our brilliant volunteers, which this time were Andrew, Conrad, Jenny, Jon, Lorna, Richard and Teresa. We literally couldn't do this without you.

We're already looking forward to the next one! Mr Wade

Ten Tors Manager (25 Miles)













### Harvest Festival



We held our Harvest Festival last week at St Mary Magdalene Church in Chulmleigh. Due to pupil numbers at the College, we have more than one sitting and so all pupils went down to the church throughout the morning.



Our Head Boy Nat Hughes and Head Girl Heidi Flowers

and senior pupils Ashley Haynes, Arthur Mellows, Sophie Stagg, Jocelyn Cowle, Tom Stredwick, Scott Hartrey and Rhiannon Griffiths all had a part to play, and read beautifully.

We would like to thank all families who sent in food donations, these were collected by Lapford Food Bank and distributed to those in need.



**College Calendar:** Please click <u>here</u> for access to the College Events

Calendar.

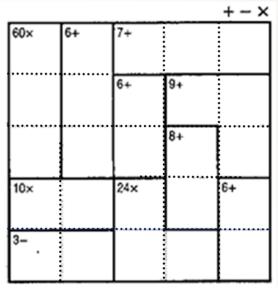
**Term Dates:** Please click here for this year's term dates. The school 'week' is shown in the coloured box at the top.



### Maths Puzzle of the Week 3

Your solution should be emailed to mathspow@chulmleigh.devon.sch.uk by Sunday evening for the chance of winning a prize.

The numbers 1 – 5 appear once only in each row and column. The numbers in cages must combine, in any order, to produce the target number in the top-left corner, using the specified mathematical operator. Numbers can be repeated in a cage, but not in the same row or column.



### **Last Week's Solution**

Red row - Rule is: subtract bottom number from right number, then multiply by left number.

Missing number is 6.

Green row - Rule is: add the bottom number and left number, subtract the right number.

Missing number is 8.

Orange row - Rule is: multiply bottom number and right number, then subtract left number.

Missing number is 14.

### **Last Week's Winners**

Each entrant will receive a positive point and small prize and the weekly winner will be drawn at random for a positive point and a larger prize. Collect prizes from M5.

Winner: Kai Karczmarz

Entrants: Connor Millward, Nina Karczmarz, Oliver

**Bushell, Sophie Allin, Abi Bushell** 

### **Countdown to GCSEs Evening**

Last week there was a fantastic turnout to the

Countdown to GCSEs Evening, which marks the start of Y11's final year in school.

For those who couldn't make the evening, the information is here.





### Sociology Cup Appeal!

Every year our Y11 leavers
return to the College for the Y12
Awards Evening. This is where they
collect their GCSE certificates and
also where they're presented with
subject and attainment cups.
Most of these cups have been
awarded by the College for many
years, and are inscribed with names of

years, and are inscribed with names of pupils from as far back as the 1960s. Some were donated in memory of ex-pupils, some were given by the families of pupils who wanted to give something back to the College once their children had left, some were donated by ex-staff.

This year we would like to introduce a Sociology Cup— and wondered if there is anyone who would like to donate one?

To see the cups we already have, and their histories, please click <u>here</u>. This is an example of the programme which is produced every year for the Y12 Awards Evening.

If you would like to donate a cup, or find out m ore about it, please email marketing@chulmleigh.devon.sch.uk.

Thank you!

The MFL department is running a National competition with GCHQ starting on the 6th November.

If interested, please organise your team of four people and let Mrs Johnson know!

### CALLING ALL

#### Year 9 pupils!

GCHQ

- one of the three UK intelligence agencies - is hosting an online

#### National Language Competition 06/11/2023 - 10/11/2023

In teams of up to four students you will compete against others nationwide for the NLC 2023 trophy - awarded to the winning team at the GCHQ headquarters in Cheltenham!

Your task will be to solve the NLC's languagebased puzzles to score as many points as you can over the week. No prior knowledge or language skills are

No prior knowledge or language skills are required. Just have your quick-thinking, codecracking, puzzle-solving skills at the ready!

If you want to get involved, assemble your team and get in touch with the Language Department.

Have YOU got what it takes?



#GCHQNationalLanguageCompetition

### South West Gymnastics Champion!

Congratulations to Scarlett Giddy who recently competed in a South West gymnastics competition and was placed 1st on beam and 1st overall, making her South West champion!





### Rotary Young Photographer Competition 2023/2024

This year's theme is 'Rebuilding', and there are a

number of topics and photographs which can be related to it, giving a broad range of photograph opportunities.

The winner in each category of the local round will receive a voucher worth £30, and will then go





forward to the regional round. The deadline for entries is Friday 12th January 2024.

Please send digital entries to Roger Pennington, Crediton Boniface Rotary Club, via email roger@copphouse.com.

The entry form is available here and the information pack here.







Healthcare Work Experience

Healthcare Careers with Torbay and South Devon NHS Foundation Trust

Interested in a healthcare career but not sure where to start? This programme, created in partnership with Torbay and South Devon NHS Foundation Trust, will help lay the foundations for your understanding of healthcare careers. You'll explore the different careers available and learn more about the various opportunities available.

In this virtual work experience programme, you'll explore the dynamic world of healthcare - from understanding the different areas of care to getting to grips with the vast amount of careers out there.

### **Features**

- Log into your own personalised account and complete our 8 module programme on career paths in Healthcare Careers
- Watch Webinars
- · Take part in activities and complete quizzes
- Speak to NHS Staff about Midwifery. Allied Health Professions and Non-Clinical Roles

### **Benefits**

- · Certificate of completion
- · Complete at a pace that suits you
- Enhance your applications for jobs, apprenticeships, and UCAS Personal statements!

Programme date is 23rd October - 3rd November Application deadline is 15th October

Torbay and South Devor

### **CAREERS**

Do you want to work in Healthcare?

Time to apply for the **NHS Healthcare Programme** for Devon Work Experience!

This experience is really interactive, and content is designed to encourage students to reflect on their own skills as they make important decisions about their next steps. We would love to see as many students as possible take part in Devon, so we can build on this programme with the NHS Trust.

The deadline is **15th October** and students 14+ years can access the programme from the **23rd** 

October. They can work at their own pace so they can fit it around their schedule. It should take approx 6 - 10 hours.

It is incredibly valuable for any young person considering health or medicine as they learn about the whole healthcare team. It may broaden their ideas to consider alternative roles or provide some useful experience to strengthen their CVs if they are looking

for an in-person experience.

They just have to create a Springpod account <u>Sign</u>
<u>Up | Springpod</u> and then apply via this link: <u>Healthcare</u>
<u>Work Experience (springpod.com)</u>





### **CAREERS**











### **Job Vacancies at Trust Schools**

<u>Personal Assistant to the Executive Senior</u> Leadership Team

Catering Assistant Chulmleigh College

Catering Assistant Chulmleigh Primary School

Chulmleigh College - Teacher of Mathematics

Chulmleigh College - Teacher of Design

<u>Technology</u>

<u>East Worlington Primary School - Foundation</u> <u>Stage Practitioner</u>



### The Great Pumpkin Competition 2023

### Represent Your Pear Group!

We're looking for as many pupils as possible to take part and represent their year group in our pumpkin carving competition.

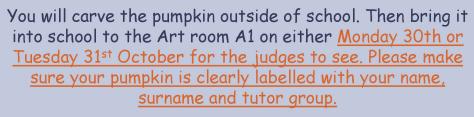
Everyone who takes part will be awarded a positive point and there are prizes for each year group this is a great chance to put your House ahead of others early on in the year!

You are competing against other pupils and staff to display your creativity.



# To Enter:

Pupils must source a pumpkin themselves outside of school.



You can paint, carve or decorate your pumpkin in any way you wish - we can't wait to see how creative you can be!

The winners will be announced on Wednesday 1st November!

You must collect your pumpkin on Tuesday 31st October at the end of the day to take home





### Extra-Curricular Activities Autumn Term 2023



All activities take place at lunchtime unless otherwise indicated

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
<b>Quiet reading</b> The Ivor Marsh Library	<b>Quiet reading</b> The Ivor Marsh Library	<b>Quiet reading</b> The Ivor Marsh Library	Quiet reading The Ivor Marsh Library	<b>Quiet reading</b> The Ivor Marsh Library					
Accelerated Reader book quizzes The Ivor Marsh Library	Accelerated Reader book quizzes The Ivor Marsh Library	Accelerated Reader book quizzes The Ivor Marsh Library	Accelerated Reader book quizzes The Ivor Marsh Library	Accelerated Reader book quizzes The Ivor Marsh Library					
Computing Club All Years ITT (LT)	Maths Sparx Support Sessions MI (MG)	Maths Sparx Support Sessions M4 (AC)	Homework Support Club All Years IT1 (LT)	Maths Sparx Support Sessions M5 (JC)					
Maths Sparx Support Sessions M6 (WW)	<b>Drama Club</b> Year 9 Drama Room (SF)	History GCSE Revision/drop-in Y11 1.15-1.40pm H5 (JH) (Wk1 & 2)	Maths Sparx Support Sessions M2 (JH, JB)	Comic Club All Years S3 (LM)					
History GCSE Revision/drop-in Y10 1.15-1.40pm H5 (JH) (Wk1 & 2)	<b>GCSE Drama Open Studio</b> Drama Studio (SF)	GCSE Drama Open Studio Drama Studio (SF)	Games/Peer Support Wkl Year 7 & 8 A1 (SC)	GCSE Drama Open Studio Drama Studio (SF)					
GCSE Drama Open Studio Drama Studio (SF)	Art & Textiles Open Studio Year 10 & 11 A1 (SC)	CMAc All Years Heywood Hall (JC) AFTER SCHOOL	Politics Club All Years S3 (LM)	Computer Gaming Clul Years 7-9 IT2 (TJ)					
Games/Peer Support Wk I Year 7 & 8 H5 (JH)	Chess Club All Years, all levels I.20pm LI (CP)	Dungeons & Dragons Year 9-11 E2 (RG)	GCSE Drama Open Studio Drama Studio (SF)	Youth Speaks (Public Speaking) All Years Heywood Hall (LMM)					
GCSE Art & Design Open Studio TI (DH)	<b>Boys' Football</b> Year 9 Field (DH)	Warhammer Club 1.10-2pm S3	Dungeons & Dragons After School Year 9-11 E2 (RG)	Composer Club Y9 Music Room (JC) (invitation only)					
STEM Lego Robotics Club T4 (TJ)	Netball Club Year 9 & 10 Netball Courts (VB/BN)	GCSE Art & Design Open Studio TI (DH)	Art Club Years 7,8 & 9 T I (SC/DH)	Skittles Club (LGBTQI+ All Years E5 (BH)					
<b>Boys' Football</b> Year 7 Field (DH)	<b>Badminton Club</b> Year 7 & 8 Sports Hall (GM)	Orchestra All Years Music Room (JC)	Colouring Club E7 (KB) WkI only	<b>Dante Club</b> H4 (RB)					
Netball Club Year 7 & 8 Netball Courts (GM/VB)		Art & Textiles Open Studio Year 10 & 11 A1 (SC)	<b>Boys' Rugby</b> Year II Field (GM)	<b>Girls' Football</b> Years 9, 10 & 11 MUGA (DH)					
<b>Basketball Club</b> All Years Sports Hall (SF)		<b>Boys' Rugby</b> Year 7 Field (GM)	<b>Boys' Football</b> Year 10 Field (SF)	Netball Shooting Workshop All Years Netball Courts (Coach & GM)					
Weights Club Years 9-11 Gym (PC)		<b>Boys' Football</b> Year 8 Field (DH)	Badminton Years 9 & 10 Sports Hall (DH)	Ten Tors Year 10 PE Classroom (SF) Wk1 only					
Sports/Outdoo	or Education	Weights Club Year 10 & 11 Gym (VB) Wk 1 only	Running Club All Years Meet at Sports Hall (CS)	Just Dance Year 7 Sports Hall (Y9 & prefect)					
Academic Stud	ies	Badminton Club Year    Sports Hall (VB) Wk   only	Chulmleigh Ten Tors 25-mile Year 8 H2 (AW) Wk1 only	Weights Club Year 8 & 9 Gym (PC)					
Expressive Arts	s/Pupil Clubs	<b>Duke of Edinburgh</b> Years 9-11 PE Classroom (SF)							



We encourage our parents and pupils to register with The Wellbeing Hub, which is designed by experts to meet the social, emotional and educational needs of young people.

There are different programmes for pupils aged between 10-13 (see details on the left) and for those age 13+, (see below). Simply scan the QR code to register.



### Register for The Wellbeing Hub For ages 10-13



This QR code is only to be used by pupils at Chumleigh College.
hub@teentips.co.uk

### Register for The Wellbeing Hub For age 13+



This QR code is only to be used by pupils at Chumleigh College.
hub@teentips.co.uk



This week (9th October) on The Wellbeing Hub

<u>This month's theme is: Self-harm, suicide and bereavement</u>

This week's content:

<u>Blog: How do I know if someone is suicidal?</u>

<u>donated by Papyrus UK</u>

Watch now:

<u>Webinar recording on Self-harm awareness for</u>

<u>parents and carers</u>

with Satveer Nijjar, Independent Self-Harm Awareness Trainer
at Attention Seekers



### **Stationery Shop in the Library**

Ballpoint Pen	10p	Compass 4	0p
Pencil	10p	Purple Pen (for response to marking) 3	0p
Eraser	10p	Book Wallets 3	0p
Pencil Sharpener	10p	Pack of 12 Colouring Pencils £1.	25
Protractor	15p	Clear Pencil Case £1.	00
15cm Ruler	15p	Gum Shield £1.	85
A5 Exercise Book	30p	Scientific Calculator £13	.50
Highlighter Pen	50p	Replacement Planner £3.	75
30cm Ruler	30p	Revision Study Cards 9	0p

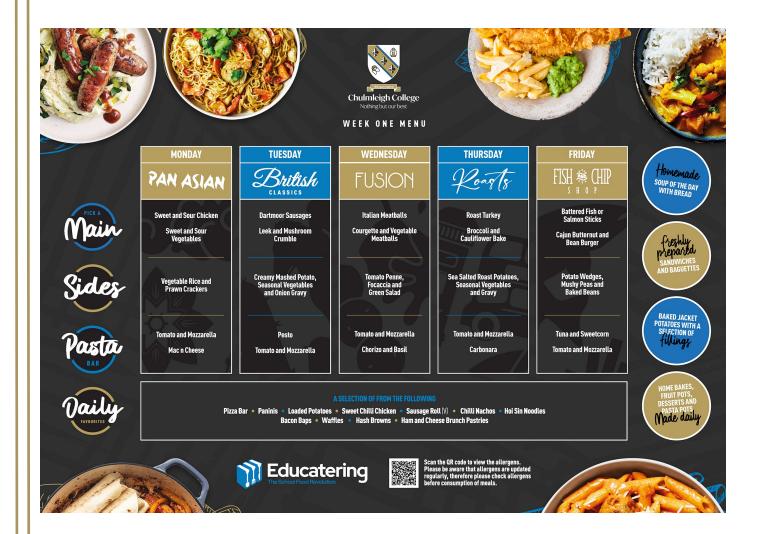
550ml Chulmleigh College Purple Water Bottle with Straw £2.75

Exam Case £1.50

clear pencil case containing 2 black ballpoint pens, pencil, eraser, pencil sharpener, highlighter pen and 30cm ruler



All our Stationery is available for order through MyEd our online payment system and to be collected in the Library













Hoi Sin Pulled Pork Baps Hoi Sin Jack Fruit Baps

MONDAY

PAN ASIAN

Herby Diced Potatoes and Root Slaw

Tomato and Mozzarella Mac n Cheese



Hunters Chicken Vegetable Frittata

Tuna and Sweetcorn Tomato and Mozzarella

WEDNESDAY FUSION

Beef Bolognaise Tomato, Basil and Mozzarella Focaccia

Penne Pasta and Sweetcorn

Tomato and Mozzarella BBQ Chicken

THURSDAY

Road 8

Butternut Squash and Sweet Potato Bake

Tomato and Mozzarella Carbonara

FRIDAY

FISH 🌞 CHIP

Fishcake

Breaded Halloumi

Bolognaise Tomato and Mozzarella SOUP OF THE DAY WITH BREAD



BAKED JACKET POTATOES WITH SELECTION OF TULINGS





Pizza Bar • Paninis • Loaded Potatoes • Sweet Chilli Chicken • Sausage Roll (V) • Chilli Nachos • Hoi Sin Noodles
Bacon Baps • Waffles • Hash Browns • Ham and Cheese Brunch Pastries













WEEK THREE MENU













TUESDAY MONDAY

PAN ASIAN

Chicken Katsu Curry

Cajun Cauliflower Crunch

Vegetable Rice, Naan and Onion and Tomato Salad

Tomato and Mozzarella

Chorizo and Basil

British

Creamy Mashed Potato and Cabbage

Mac n Cheese Root Vegetable

WEDNESDAY **FUSION** 

Chilli Con Carne Three Bean Casserole

Tomato and Mozzarella Meatball Marinara

THURSDAY Hoas ls

Roast Loin of Pork and Apple Sauce Leek and Potato Bake

Tuna and Sweetcorn Pesto

**FRIDAY** FISH 🕸 CHIP

Chicken Bites Cheese and Bean Slice

Tomato and Mozzarella

Homemade SOUP OF THE DAY WITH BREAD

freshly prepared

BAKED JACKET
POTATOES WITH A
SELECTION OF
fillings

Made daily



Pizza Bar • Paninis • Loaded Potatoes • Sweet Chilli Chicken • Sausage Roll (V) • Chilli Nachos • Hoi Sin Noodles
Bacon Baps • Waffles • Hash Browns • Ham and Cheese Brunch Pastries





Scan the QR code to view the allergens.
Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.











# PRICE

LIST

MAIN MEAL	£2.10	PIZZA PIN WHEEL	£1.20
MEAL DEAL	£2.53	PITTA PIZZA	£1.20
(MAIN MEAL AND HOME BAKE)		SOUP AND ROLL	£1.10
SALAD BAR	£2.00	SNACK ITEMS	£0.75
PASTA BAR	£1.85	ROLL AND BUTTER	£0.55
GRAB AND GO	£1.95	CHEESECAKE	£1.25
JACKET POTATO (1 FILLING)	£1.60	ETON MESS	£1.25
JACKET POTATO	£2.10	GRANOLA YOGHURT POT	£1.25
(2 FILLINGS)	LZ.10	GRAPE POT	£1.25
BAGUETTES	£1.95	MELON POT	£1.25
PANINIS	£1.95	YOGHURT POT	£0.95
1/2 PANINI	£1.00	JELLY POT	£0.95
SANDWICHES	£1.85	MUFFIN	£1.20
WRAPS	£1.85	HOME BAKE	£0.85
PIZZA SLICE	£1.65	TAKEAWAY BOX	£0.15





# COST OF LIVING SUPPORT Struggling to make ends meet?

Chulmleigh College is working with Chulmleigh Parish Church, & the Little Dart Mission Community, to offer support to all

- FREE CC School Uniform
- FREE children's clothing 0-5
- FREE food parcels



\*Completely confidential service

\*Browse available items, or we can deliver

\*Uniformitems include sports kit & footwear \*when available\*

\*Noreferralrequired

\*Opentoall





Chulmleigh College



Call Elaine Cook, Licensed Lay Minister 01769 572525

> or Tony Rockey, Team Rector 01769 581712



### CHULMLEIGH ACADEMY TRUST

### School Terms and Holiday Dates - 2023/2024 Academic Year

		Sep	tem	ber			0	ctob	er				November						December						Ja	nua	ry		February				
College Week		1	2	1	2	1	2	1		2			1	2	1	2			1	2				1	2	1	2	1		2		1	2
Monday		4	11	18	25	2	9	16	23	30			6	13	20	27			4	11	18	25		1	8	15	22	29		5	12	19	26
Tuesday		5	12	19	26	3	10	17	24	31			7	14	21	28			5	12	19	26		2	9	16	23	30		6	13	20	27
Wednesday		6	13	20	27	4	11	18	25			1	8	15	22	29			6	13	20	27		3	10	17	24	31		7	14	21	28
Thursday		7	14	21	28	5	12	19	26			2	9	16	23	30			7	14	21	28		4	11	18	25		1	8	15	22	29
Friday	1	8	15	22	29	6	13	20	27			3	10	17	24			1	8	15	22	29		5	12	19	26		2	9	16	23	$\Box$

		N	1arc	h				Apri	I					Мау					June	9				July				August			
College Week		1	2	1	2			1	2	1			2	1	2			1	2	1	2	1	2	1	2						
Monday		4	11	18	25	1	8	15	22	29			6	13	20	27		3	10	17	24	1	8	15	22	29		5	12	19	26
Tuesday		5	12	19	26	2	9	16	23	30			7	14	21	28		4	11	18	25	2	9	16	23	30		6	13	20	27
Wednesday		6	13	20	27	3	10	17	24			1	8	15	22	29		5	12	19	26	3	10	17	24	31		7	14	21	28
Thursday		7	14	21	28	4	11	18	25		1	2	9	16	23	30		6	13	20	27	4	11	18	25		1	8	15	22	29
Friday	1	8	15	22	29	5	12	19	26			3	10	17	24	31		7	14	21	28	5	12	19	26		2	9	16	23	30

### Bank Holidays

- 25 December 2023 26 December 2023 01 January 2024 29 March 2024 (Good Friday) 01 April 2024 (Easter Monday) 06 May 2024 (May Day) 27 May 2024 (Spring Bank Holiday) 26 August 2024 (Summer Bank Holiday)

MATHS

**SCHOOL** 

### Non-Pupil Days

Five days selected from within the term dates to be determined by the Board of Directors

#### Occasional Holidays

Two days selected from within the term dates to be determined by the Board of Directors

State-funded sixth form

For able mathematicians

From Cornwall, Devon, Dorset & Somerset

Bursary supported boarding

Sign up to one of our free Saturday Taster Days to find out more about our school and to experience our exciting and challenging curriculum!

Choose from one of four events



### Shop & Give for the PTA

Shop &Give lets you raise free donations for Chulmleigh College PTA every time you shop online. Register to support Chulmleigh College PTA and help us raise as much as possible.

### Name Labels on PE Kit

Please ensure that you name all items of school uniform, particularly PE kit. The PE Dept already has a vast amount of



brand-new polo shirts and house rugby tops unclaimed, with no names in.

If buying from Woven Labels UK please use the code CHULMLEIGH at checkout, and our PFTA will receive 30% commission!



### **Chulmleigh Sports Centre EX18 7AA**

- Welcoming all ages and abilities
- 3 floodlit hard surface courts
- Coaching and social play
- Interclub and North Devon league tournaments

Get in touch if you would like to play or are interested in membership

### Full Membership:

Adult (over 18): £80 Juniors (no adult): £20

Single family (Adult plus kid/s under 18): £80

Double family (2 adults plus kid/s under 18): £140

HALF PRICE **FOR** 



Email: chulmleightennis@gmail.com Phone: 07969 273662 (Izzy Moser, Chair) Facebook: @chulmleightennisclub NEW MEMBERS! Facebook: @CHUIIIIIeighteininschab www.clubspark.lta.org.uk/ChuImleighLTC

ww.devoncarers.org.uk 8456 434 435



## Do you look after someone?

### Are you looking after yourself?

Have a chat with Devon Carers about the free services available to unpaid carers

Chulmleigh Library Thursday 9th November 9:30am – 12:30pm



# looking for new adult members; we meet once a month on a Wednesday morning at the Library, in Chulmleigh. So, if you enjoy a good read and the opportunity to chat about the plot

Phone: 01769 582126 or



### Barnstaple SC Water Polo

From Sept. '23' Thursdays - main Tarka Pool: 7.30 - 8.30 pm (Juniors/Development 1.4m/1.8m) 7.30 - 9.30 pm (Performance/Seniors 1.8m)

A fun team game that has excellent fitness benefits such as endurance and explosive power!

- All swimmers welcome from 8 years upwards. (Open to anyone who can tread water for 3 minutes or longer)
- Many of our best players have achieved National Swimming Qualifying Times.
- Succesful Surf Life Savers enjoy playing too and are natural players.

If you would like to play, please come along on a Thursday for a FREE taster or contact:

BarnstapleWaterpolo@gmail.com