



## COAST TO COAST REVISITED INNER WHEEL DISTRICT 17 SPRING 2025

We are District 17 in Devon, one of 28 Districts in Great Britain and Ireland with more than 10,000 members. We are 5 Clubs with 111 members spread across Devon: Barnstaple, Dartmouth, Exmouth, Okehampton and Torquay.

Our clubs are the bedrock of Inner Wheel. To find out more go to <https://innerwheel.co.uk/our-districts/> or email [iiwbarnstaple@gmail.com](mailto:iiwbarnstaple@gmail.com)




 Pitching in



 Having Fun



 Fundraising



 Teamwork



## OUR DISTRICT 2024/2025

Our last November Newsletter highlighted our News, our District Committee and the Club Presidents for our new Inner Wheel Year 2024/5.

**TEAMWORK!** - District Meetings in December was our fundraising stalls and Christmas Lunch. Our Spring Meeting at the beginning of March has included our Skittles, Darts and Quiz Competitions. Thank you Dartmouth for organising it.



District 17 needs to develop and adapt to the Clubs' needs and this was addressed at the Spring meeting - more discussions will take place over the coming months.

This Newsletter highlights the combined results of our District 17 Reports sent to Association for 2024 via our Zone Leaders. (See PAGES 3-5) **NO CLUBS OR DISTRICTS ARE MENTIONED INDIVIDUALLY IN EITHER THE DISTRICT OR THE NATIONAL REPORTS.** All this information is related to the Calendar Year 2024 so that it is more up to date when presented at this Annual Spring Association Conference, this year in Harrogate.

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***Since the beginning of 2025 our Clubs have already donated over £6,000.00 to their charities.***

***Together, we have also collected 30kg of foreign currency and British money that is no longer legal tender. This is now on its way to be exchanged through a specialist company, for Mary's Meals.***

***An amazing start to the year.***

## Combined Acts of Service to the Local Community D17

Collecting items for foodbanks, homeless charities and Salvation Army  
Supported Mayor in various charities  
Supported Poppy Appeal locally  
Helped Rotary locally  
Volunteered in the local Heart Foundation charity shop  
Supported children locally through Reading Schemes  
Maintenance of an Inner Wheel Garden  
Made 'kitty blankets' for Cats Protection and donated food to Cats  
Rescue  
Two Post-box Toppers made to advertise Inner Wheel which created  
interest and enhanced the localities.



### UK Charities supported financially on behalf of Inner Wheel in GB&I during 2024

Association Presidents Charities - Beat £50 and Arthritis in Action  
£100  
District Chairman's Charity - South West Bloodbikes £347  
**TOTAL £497**

### NATIONAL CHARITIES

CRISIS at Christmas  
The Mind Association  
Royal British Legion  
Samaritans  
ABC - Against Breast Cancer  
(Bra Donation)

**TOTAL AMOUNT - £327.50**

### LOCAL/REGIONAL CHARITIES

Brownies  
Centre Stage  
Children's Hospice South West  
Devon Air Ambulance  
Everything Okehampton  
Exmouth in Bloom  
Fern Centre (NDDH)  
Freedom Community Alliance  
Hector's House Cat Resue  
Hospice Care  
MND (Local Branch)  
OPEN DOOR  
Rowcroft Hospice  
SW Blood Bikes (Club Charity)  
Talking Newspapers  
Westbank Young Carers

**TOTAL AMOUNT - £4,370**

***Total of charitable donations  
from our District to Local and  
National Charities £5194.50***



***This is an excellent total and if we were asked to report  
on the donated food, clothing etc. for our local charities,  
it is so much more.***

## Combined Acts of Service to the INTERNATIONAL Community

Amigos Worldwide	£50
British Red Cross	£450
Christian Aid	£150
CR2EE	£280
Freedom From Fistula UK	£100
Kiva	£90
Lepra	£200
Mary's Meals	£165
MSF	£170
Shelter Box	£250
Shoe boxes to Ukraine - Okehampton Methodist Church	£50
Sightsavers	£640
Street Children	£178
WaterAid	£140
<b>Total</b>	<b><u>£2913</u></b>

### Items Made

Items Made	Quantity	Charity
Knitted/crocheted blankets	69	CR2EE Moldova
Knitted hats/scarves/ gloves/jumpers	163	CR2EE Moldova
Knitted toys	1 Bag	CR2EE Moldova
Baby Blankets	20	Ukraine
Jumpers, hats and scarves	150	Ukraine
Teddy bears	50	Ukraine

### Items collected

Items collected	Quantity	Charity
Stamps for Shoeboxes	400gms 72 boxes +	OXFAM CR2EE & Methodist Church
Men's and women's clothing	6 black bags	CR2EE



**District Activities Our District International Rally hosted by Torquay Club May 2024. £475 was raised from a raffle and sale of needle cases, sent to Association for The Book Bus**

**Total of our D17 donations to International Charities in 2024 - £3,388.00**

The second page of the Home Service and International Reports are mostly about justifying our service and donations to our chosen charities. This is against the criteria of the United Nations and Unicef as well as those of Inner Wheel.



THE UNITED NATIONS work for peace, dignity and equality on a healthy planet



UNICEF was originally the United Nations International Children's Emergency Fund and is now the United Nations Children's Fund. It is an agency of the [United Nations](#) responsible for providing [humanitarian](#) and [developmental aid](#) to [children](#) worldwide. The organisation is one of the most widely known and visible social welfare entities globally, operating in 192 countries and territories.

All our activities in our Inner Wheel Clubs promote friendship, supporting each other and raising money for those who need it to improve their lives and aspirations. This is relevant both for our clubs' members, the speakers we choose at our meetings and also for those we support through our volunteering and fundraising.

# OUR CLUBS - THE BEDROCK OF EVERYTHING INNER WHEEL

**BARNSTAPLE** - We meet on the first Tuesday of the month, at 12.30pm, In April May and June we will be meeting at the Park Hotel for lunch but in July we will return to the Barnstaple Hotel. We do not meet in August.



**President - Sue Thomas Correspondent Bridget Kettle**

We have continued to run a very successful club of over 50 members and meet monthly at a local Hotel for lunch followed by a speaker.

Events held during the last months include in November our annual Quiz Evening in aid of the international charity Sightsavers. In December we held a Christmas lunch and a Christmas coffee morning held at a member's home both of which were very well supported and in aid of the Children's Hospice South West..

We celebrated Inner Wheel day in January with a Friendship lunch and money raised went to one of my chosen charities Crohns and Colitis UK.

February was a very important month as the club was 80 years old! We celebrated this in style by holding an Afternoon Tea and provided a huge selection of sandwiches, cakes, scones and of course pots of tea. Money raised at this event went to the North Devon Hospice.

Looking to the future, our members participate in on-going projects like maintaining an Inner Wheel garden, helping local school children with reading, zoom keep fit sessions and getting together for social events like coffee mornings when we have raised funds for Children's Hospice South West, South West Blood Bikes, shoeboxes to cr2ee, and we regularly donate food and other items to the Freedom Centre.

I am proud to be a part of the Inner Wheel Club of Barnstaple and my aim is to promote friendship through caring for each other and collectively helping others.



Inner Wheel Day in January—Our Friendship Lunch raised £600 for Crohns and Colitis UK and we also donated a total of £1200 in February to CHSW and North Devon Hospice.

## Smiling Is Infectious by Spike Milligan



Smiling is infectious,  
you catch it like the flu,  
When someone smiled at me  
today,  
I started smiling too.  
I passed around the corner  
and someone saw my grin.  
When he smiled I realized  
I'd passed it on to him.  
I thought about that smile,  
then I realised its worth.  
A single smile, just like mine  
could travel round the earth.  
So, if you feel a smile begin,  
don't leave it undetected.  
Let's start an epidemic quick,  
and get the world infected! 😊



***Barnstaple is 80!***  
***The entertainment***  
***was by Tina and her***  
***friends, and Jenny***  
***with her 'Devon***  
***dialect poem' and***  
***Spike Milligan!***  
***The tea was delicious***  
***too!***



**DARTMOUTH** - We meet at Stoke Fleming Village Hall TQ6 0QT. Meetings are held at 14:30pm on the second Thursday of every month.



**President - Jenny Mills, Correspondent - Sonia Keep**

At our November Meeting we have a lady coming from Ear Care, something we all should do is take care of our ears. We also created a hamper for the Christmas District Lunch at the Waie Inn amongst other Christmas activities. Our fundraising this year is particularly for MNDA (Motor Neurone Disease Association) and we are collecting for Mary's Meals and CR2EE

Unfortunately we were unable to have a meeting in January as the heating in the hall was being repaired. We did manage to put together a very nice box of goodies to be donated to the Dartmouth Food Bank. Special items of toiletries - which we hoped would cheer the month of January for a few.

February's meeting was mainly getting together the plans - teams etc., needed to organise the Skittles Match in March. President Jenny and three other members stayed overnight at the Waie Inn for an early start to the day. I am sure the day will be a happy, successful one and it was!

Best wishes Sonia. (Correspondent)



**Congratulations Okehampton for winning the skittles and thank you Dartmouth for organising the D17 games morning. 36 of us attended and it was competitive and fun!**

A smile is a curve that sets everything straight. 😊



**EXMOUTH** - We have a monthly knit and natter and our club meeting every 2<sup>nd</sup> Thursday of the month, is at the Imperial Hotel. Should you ever be in Exmouth, do come and join us.



**President Iris Buteux, Correspondent Sue Naile**

We celebrated Inner Wheel Day of Service by donating a large amount of items to our local Exmouth Larder. **Photo below.** We met at Sarah Winks' home where she provided a delicious meal for us and held our monthly Business meeting, as the Hotel we usually meet at, was closed for January.

Sue Naile hosted the January working party, when all those attending brought a plate of food for our break at lunchtime. A blanket was completed and was taken to CR2EE along with 4 other blankets members had made and numerous hand knitted scarves. We have a working party each month.

Our last Community coffee morning raised money for School in a Bag, and will enable 8 bags to be purchased. We provide coffee & cake, very cheaply, and run a raffle and also sell puzzles and books. **Photo below.** We have 3 further coffee mornings booked for the coming year.

We will have stalls at the Lions Budleigh Salterton Fete in May, when we hope to sell plants, produce and a Tombola.

We only have 10 members, but most turn up at these events if they can. So, we're looking forward to another happy Inner Wheel year.



Life is short, Break the Rules. Forgive quickly.  
Kiss slowly. Love truly. Laugh uncontrollably  
And never regret ANYTHING that makes you  
smile -Mark Twain 😊



# OKEHAMPTON



**PRESIDENT Jean Fisher** - We have had a busy time since the last District Newsletter in November last year. We helped Rotary run the senior citizens lunches at Ashbury for two days which was attended by over 220 senior citizens and was very satisfying. Our Club Christmas lunch was followed by a Chinese auction at the President's house - a good time was had by all, including inducting Megan our new member.

This year we have already made donations of £2,500 to various groups around the town which will be part of the Inner Wheel Report to Association for 2025. We have given to the Okehampton under 13s hockey team by presenting them with money for a match strip which will have our Inner Wheel logo on the sleeve. (They're being made as we write and there will be photos later.) We've also supported our local Town Band to help with the new uniforms and the under 12 rugby team was another of our donations. We also gave donations to the RAF and Army cadets who help us considerably at many functions.

At our January meeting we had an informative talk from Hospiscare and gave them a donation. In February it was the turn of Mick Harrison who is a cyber protect offer for Devon and Cornwall Police. It was another very interesting talk, and we learned a great deal. This speaker is to be recommended.

We will be running a large stall at the Rotary Summer Fair where we supply the cream teas and our next function is a coffee morning in March and once again the money raised will go to local charities.

The coming months are still busy supporting the Mayor's Civic quiz night and a charity bowling competition. As Mayoress I have to support him (don't I?)

Finally, we must not forget that we are celebrating our 60th birthday on May 3rd—you are all invited, see left - and also that four of us are going to National Conference in Harrogate in April. **Good wishes to all, Jean Fisher President.**

An invitation for the Okehampton Inner Wheel 60th Anniversary Tea. The text reads: "President Jean Okehampton Inner Wheel Welcomes you to our Special 60th Anniversary Tea And welcome drink at The Ockment Centre Okehampton". Below the text is a photograph of a three-tiered stand with various pastries and a white teapot. At the bottom, it says "Saturday May 3rd at 2.30pm Price £10". Contact information includes "Please RSVP to President Jean 0778738737 or jean.lourencef@icloud.com". There is a small smiley face emoji next to the email address.

President Jean  
**Okehampton Inner Wheel**  
Welcomes you to our  
Special 60<sup>th</sup> Anniversary Tea  
And welcome drink  
at  
The Ockment Centre Okehampton

**Saturday May 3<sup>rd</sup> at 2.30pm**  
**Price £10**

Please RSVP to President Jean  
**0778738737 or jean.lourencef@icloud.com**

Smile, it's free therapy! 😊

## TORQUAY

We meet at the Livermead House Hotel on the second Monday of the month at 2pm and welcome visitors and prospective new members. After the club business we have tea and biscuits and then often a speaker. We sometimes have a social lunch between meetings at a local carvery.



**Club President - Jeannette Dommett, Correspondent Deirdre Stewart**

We enjoyed the run up to Christmas with attendance at the District Lunch and Table sale. We were very pleased with the takings and they will boost our Charity Fund. We held our Club Christmas lunch at the Livermead House Hotel which was very enjoyable.

We celebrated Inner Wheel Day meeting up to cut stamps, knit and crochet before lunch followed by a casual Club Meeting.

Jane Arens, one of our members, generously hosted a social lunch at her lovely Victorian villa at the end of January which was enjoyed by all.

We welcomed Daniela from Children's Hospice South West to our February meeting and we were pleased to present her with a cheque. This is my chosen charity for this year.

We are looking forward to hosting Tea in a Tent for Shelterbox on the 29th June. We will be joined by the Bay Rotary Clubs, Inner Wheel members, friends and family. However, our main fund raiser this year will be at Babbacombe Fair in August.

Our FaceBook Page has our updates and please find us at



<https://www.facebook.com/InnerWheelTorquay>

A warm smile is the universal language of kindness.





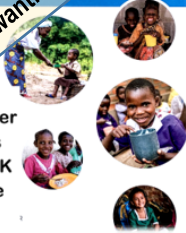
ALL OF OUR INNER WHEEL CLUBS IN DISTRICT 17  
(Barnstaple, Dartmouth, Exmouth, Okehampton & Torridge)

are supporting those who need help

mary's meals | a simple solution to world hunger

School + Food  
= Hope

We are collecting leftover foreign currency - coins and notes - as well as UK coins and notes that are no longer legal tender.



Please help us to provide nutritious school meals to children living in some of the world's poorest countries.

FOR MORE INFORMATION GO TO [marysmeals.org.uk](http://marysmeals.org.uk)

IF YOU HAVE LEFTOVER FOREIGN COINS OR UK MONEY THAT IS NO LONGER LEGAL TO DONATE, PLEASE PASS TO INNER WHEEL MEMBERS OR CONTACT June Tamlyn at [jmtamlyn@gmail.com](mailto:jmtamlyn@gmail.com) (D17 International Service Chairman)

**30kg collected but we are still wanting to exchange more!**



## The Association Annual Conference for 2025

to be held at the Royal Hall,  
Ripon Road, Harrogate,  
from Monday 31st March 2025 to  
Wednesday 2nd April 2025.

Please look on the Association Website for further information  
<https://innerwheel.co.uk/harrogate-conference-2025/>

*Best wishes to all those attending the conference and we hope you have fun and all return with ideas and enthusiasm!*

## OUR DISTRICT 17 COMMITTEE

Chairman – Louise French

1st Vice Chairman – Deirdre Stewart

Secretary – Margaret Nosowska

Treasurer – Pat Bunch

Member of Council – Gay Ross

Membership & Development Officer – Deirdre Stewart

International Service Chairman – June Tamlyn

Editor – June Tamlyn

NEXT MEETING and AGM 24th June 2025 at the Waie Inn

Thank you to everyone who has contributed to this Newsletter, it is much appreciated

June Tamlyn - Editor



## INNER WHEEL EUROPEAN RALLY DENMARK 2025

Join the 3rd European Rally in Denmark from September 25th to 28th 2025.



The next European Rally will take place in Aarhus – the 2nd largest city of Denmark. Aarhus is a village metropole and appointed 'one of the best places to visit' by Time Magazine.

The theme of the year will be HOW WOMEN DO WOMEN GOOD – inside and outside Inner Wheel.

Don't miss out 3 exiting and inspiring Inner Wheel days. Enjoy interesting seminars - highly profiled speakers – awesome tours – fabulous dining and entertainment.

Book your calendar already now – we will keep you informed of all the exiting things to happen.

Kind regards

The European Rally Committee