

THE PARISH PAPER

St. Mary the Virgin, Payhembury

Vol 53 No 10

April 2021



Snow moon, 27 Feb, 7am, looking west from Lower Cheriton.

Thanks to Chris Kittow for sending in this fabulous photo

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Rectory Notes

- Does life win?



It's Saturday of Easter weekend last year, on the hill above Feniton. It's dawn. We can't hold our usual Sunrise Service there the following day due to this new national 'lockdown'. I am making a fumbling attempt at filming an introduction for an Easter video service. And the sunrise is perfect. The huge orange ball emerges inch-by-inch above the hills over Honiton. At the end of the year I will compile an album of 2020 lockdown photos – that sunrise is now its front cover.

Resurrection comes. Often slowly, but it comes. Those compact three days from the first Good Friday to Easter Day give us a pocket-sized picture of life. There's been a lot of Good Fridays this past year: so much pain and struggle and tragically death. Covid-19 has joined the ranks of the destroyers of life, gleefully hammering another nail into the cross. Mercifully we are now armed with vaccines to mount a defence.

There's been a lot of Easter Saturdays: that difficult point after the worst has happened – at least we hope it has – but we don't yet see a future. A time when we fear that evil does in fact have the last word, that life will be squeezed out. A time of deep doubt. Yet a time when doubt is OK – for where can new life come from?

And then there it is – new life! Our resurrection from national pandemic restrictions is slow – Step-by-Step, week-by-week. But emerging we are. We can feel the warming rays of freedom begin to touch our bodies again. Our muscles can start to stretch once more. Life is edging back.

Where was God in those 'three days'? Was he just in the resurrection? No, Christ travelled the whole journey, present in the death and darkness as much as in the life, with us every inch of the way. Indeed he led the way. He showed there is a way through.

Last autumn I planted Spring bulbs in our garden. I have little natural faith that what I plant will grow. Yet they have done so! Each one is a tiny miracle of life and colour. Resurrection comes slowly. But it comes. Whatever is thrown at life, life still wins.

Rev David Carrington

Team Vicar of Escot, Feniton and Payhembury
The Rectory, Station Road,
Feniton 01404 850905 revdavidcarrington@gmail.com

Church Warden:	Mrs Babs Leach, Slade View, Payhembury (841409)
Sexton:	Mr Jim Kimber, 1 Barrow Road, Payhembury (841320)

**PARISHES OF FENITON, ESCOT, PAYHEMBURY
CHURCH SERVICES IN APRIL 2021**

GOOD FRIDAY 2ND APRIL

Payhembury 12 noon Reflection
Feniton 3pm Reflection
Escot 5pm Reflection

SUNDAY 4TH APRIL

EASTER DAY

Church	Time	Service
Escot	9.00 am	Parish Communion (DC)
Feniton	10.30am	Parish Communion (STu)
Payhembury	11.00 am	All ages Communion (DC)

SUNDAY 11TH APRIL

SECOND SUNDAY OF EASTER

Church	Time	Service
Escot	6.00 pm	Evensong (TP)
Payhembury	10.30 am	All ages service (STu)

SUNDAY 18TH APRIL

THIRD SUNDAY OF EASTER

Church	Time	Service
Escot	10.30am	Parish Communion (DC)

SUNDAY 25TH APRIL

FOURTH SUNDAY OF EASTER

Church	Time	Service
Feniton	10.30 am	Parish Communion (DC)

SUNDAY 2ND MAY

ST PHILIP & ST JAMES

Church	Time	Service
Escot	10.30 am	Patronal Festival Communion (DC)

**Churchyard Clean-up
Saturday 24th April 10am to noon**

If you have time on your hands and like to see things looking tidy, please come and join us.

Christine Thair



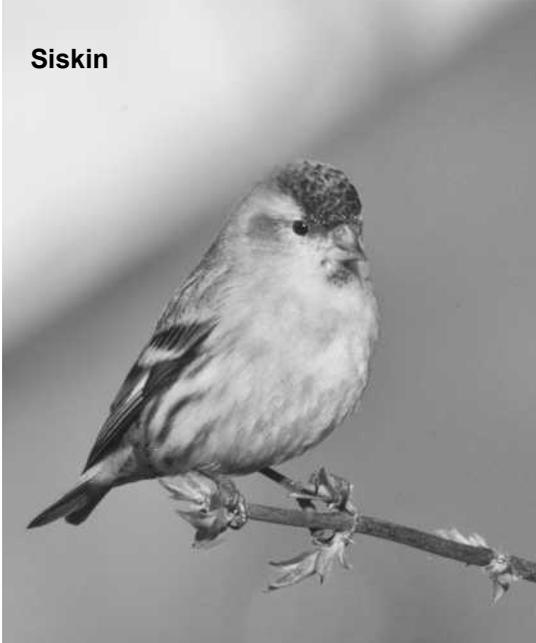
Contact details for church wardens in Escot and Feniton

Feniton: David Lanning or Cara Sanders(850262)

Escot: Judy Davis (812739)

Paul's Nature Notes February-March 2021

The warm spell at the end of February came as a blessed relief and certainly boosted my spirits, which had flagged somewhat during all those wet, grey days. Butterflies emerged from hibernation, Great Spotted Woodpeckers started to drum at the bottom of the garden and the gentler sound of Nuthatches tapping was heard with Treecreepers also putting in an appearance on the birch trees.



Siskin

One of the best times for us to watch our garden birds is over breakfast, as some of our bird feeders are just outside the dining room. We delighted in watching the transition into breeding plumage as more and more birds visited the feeders. Our siskins have paired off and are still around the feeders leaving us to wonder if they just might nest nearby. With such a plentiful food supply they must surely be tempted.

This is such a special time of year, as we shift from the gloom of winter to the hope that spring brings

with it, greatly enhanced by the drifts of daffodils in the garden. Although over now, did you see the glorious drifts of Snowdrops along the back lane to Upton this year? Despite Covid, the world is not broken after all and we can all look forward to nature exploding out of its winter torpor.



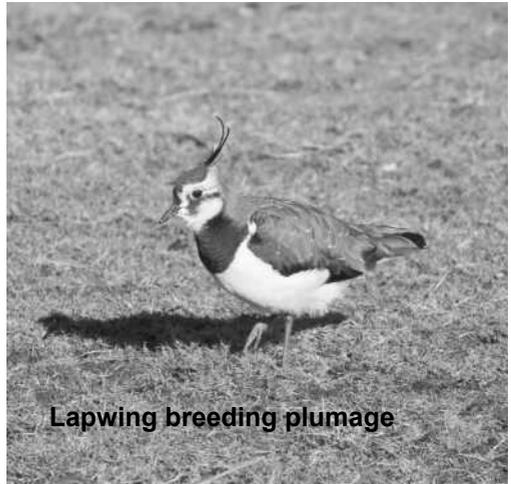
Then, of course, the wet weather and a prolonged period of cold returned just to remind us that nature always holds the upper hand.



Lapwing winter plumage

As the end of February came, a flock of Fieldfares made one last appearance and then they were gone, returning to their Scandinavian breeding grounds. There have been other sightings of migrating flocks. Andrew and Cherry alerted us to some Golden Plovers heading our way and we were just in time to see them as they circled overhead before heading off to the south. They also reported another

flock, this one of Lapwings. For me they are a sure harbinger of spring, as it will not be long now before they start to lay eggs. When I was young it was always reckoned that the first eggs would appear on March 18th.



Lapwing breeding plumage

Our pond sprang a leak just at the wrong moment – the frogs had started to mate and so dollops of spawn have been distributed around the village.



I refilled it as quickly as I could and it was not long before three frogs returned and a diving beetle. This is also a favourite place to see some of the many pheasants that are hanging out in the garden.



PAYHEMBURY VILLAGE HALL

With the new roadmap published, the latest guidance for Village Halls is that they can re-open from May 17th 2021. While the committee members plan the next move and what this might look like for our community hall and its users, please be assured we are hoping to open very soon. More details in the next addition of the Parish Paper.

Volunteers and Events

Step 3 of the roadmap includes indoor sports activities including exercise classes, badminton and table tennis. We look forward to welcoming regular bookings back and new ones. If there is anyone in the community who would like to help with setting up a badminton group or table tennis, please get in touch.

Film nights and concerts will be allowed too with social distancing, so if there is anyone wanting to plan anything like this, we would love to hear from you. Finally as Spring arrives, the committee will be letting you know about the big spring clean of the outside of the hall. We need volunteers, gutter cleaners, ladders and as much help as anyone can give within the appropriate guidelines to spruce up the outside ready for the big reopening. Please keep an eye on the noticeboard in the village and our website for a date for this to happen.

Many thanks for your support and also to the Village Hall Committee members who, even though the hall has been closed for most use, they still help maintain and look after this great community asset, completely voluntarily in between busy lives. We couldn't do it without them.

Planned road closures – April & early May 2021

The following roadworks that may affect Payhembury during April & early May:

- 10-12 Apr – from Blueball Cross to Markers Park for surface dressing, etc.
- 26-28 Apr – from Tuckmill Cross to Payhembury X for pole replacement.
- 26-28 Apr – past Wright's Farm, Luton for surface dressing etc.
- 29 Apr – 7 May – from Wolverstone Cross to Hembury Fort X for patching.

Further information can be found on the DCC Highways webpage - <https://www.devon.gov.uk/roadsandtransport/live-roadworks-information/>. Information on diversions is on http://www.payhemburyparishcouncil.org.uk/Roads_and_Highways_29495.aspx when available.

Payhembury Weather www.payhembury-weather.co.uk

Weather for February 2021

Rainfall: February was an average month for rainfall with dry and wet weeks. We seem to have escaped the snow again this winter even during the cold spell early in the month.

Temperatures: A warmer month than January with maximum temperatures almost 2 degC above normal. The maximum temperature of 14.5 degC on the 22nd was exceptional for February. However the period from 7-13th was cold with an easterly wind, similar to the Beast from the East a few years ago, resulting in daytime temperatures just above zero and lanes around the village with persistent patches of ice.

Weather elsewhere: A huge sand storm from the Gobi desert shrouded Beijing in yellow haze on 15 March making the air quality worse than usual with an orange haze. There are a few active geological events happening at the moment with 50,000 earthquakes on the Reykjanes Peninsula in three weeks in Iceland possibly signalling a volcanic eruption. Mt Etna in Sicily has also been erupting with spectacular pictures and a huge iceberg has calved from the Brunt ice shelf in Antarctica over the last couple of weeks.

Payhembury Weather Feb 2021			
Monthly Rainfall	81.6 mm	+5 mm	from normal
Days of Rain	18 days		
Wettest Day	12.2 mm	14 Feb	
Mean Max Temp	9.4 degC	+1.9 degC	from normal
Mean Min Temp	2.8 degC	+1.1 degC	from normal
Warmest Day	14.5 degC	22 Feb	14:39
Coldest Day	-2.8 degC	11 Feb	02:41
Windiest Day	11.2 m/s	13 Feb	17:53

Current weather in Payhembury can be viewed at www.payhembury-weather.co.uk

Roger Saunders

William Garvey, furniture designers & makers, of Upton,
are delighted to sponsor Payhembury Parish Paper



Did you give something up for Lent? Or perhaps you feel that we've all already had to give up too many good things over the last year? Either way, what's certain is that we could all do with a few small treats to

look forward to over Easter, and even if it's not going to be the 'family Christmas at Easter' that we were all hoping for (has anyone else got Christmas turkey legs lurking in the freezer and a Christmas pud loitering in the cupboard?) we have all sorts of delicious things in the shop to help you celebrate.

Our wine department (!) has recently welcomed back by popular demand Joey Brown's Australian rosé which is described by our resident wine buff as a 'glorious Spring wine'. Other favourites are a couple of 'very fruity' Riojas and a crisp Rio Roca Chilean Sauvignon blanc.

Over the past couple of months we have sold hundreds of hot cross buns made by the Crusty Cob and we will have plenty in the shop on Good Friday for all the traditionalists amongst you. Hoop Farm cakes, made by Mrs. Trude in her farmhouse near Plymtree, have made a welcome return to the shop, her Devon apple cake is especially popular. Perhaps you're making a Simnel cake this year, we have all the ingredients you need including fresh, local free-range eggs from Far Strete near Whimple. The much anticipated arrival of the local Devon Ruby Red beef from Tuck Mill is expected in the shop this month.

Everyone who has given up chocolate for Lent (me!) will now be beginning to let themselves consider what their first taste of chocolate will be on Easter Sunday. Will it be an Easter egg, a bar of Green and Black's chocolate, a bag of Cadbury's Dark Milk giant buttons, a box of fancy chocolate biscuits or maybe you are eying up the Baboo double chocolate gelato in the freezer? So much choice in the shop!

Roz is once again running the Easter raffle with prizes of £25 and £15 to spend in the shop, you need to buy your tickets before the draw on Easter Saturday morning. As usual all profits will go to village organisations. This year we are also helping to support the Friends of Payhembury School with their Family Easter Trail. You can collect your questionnaire from the shop between April 2nd and 18th and return it to the box outside the shop when complete.

Finally, it's now a year since we had to get used to the words global pandemic, PPE, lockdown, self-isolation and R number and in that time we have had lots of new customers and volunteers and we think and hope that we have provided a lifeline for many people in the village when they needed it. We sincerely hope that everyone who shopped with us over the last difficult year will continue to do so this year and in the future. We are always open to suggestions about what you would like to be able to buy and have a suggestions board in the shop for your use, don't be shy about letting us know your ideas, it's your shop.

Happy Easter everyone!

Mary Whiting

From the Archives

Here is a photo from Di Somers, given years ago by the late John Hussey of Plymtree. It is of the cottage that was demolished opposite Tale Head Cottage on the patch of ground on the left going down Poffit Lane to the river Tale. Apparently the postman used to live there. Does anyone know anything else about the cottage?



Poffit Lane (spelling is with one T on a 1906 map) is shown on the above signpost as “unsuitable for motors”. Many people will know this lane well as part of their regular walks. Robin Stanes wrote: “The name Poffit may mean something like ‘the stream of the bitterns’ and was once written something like PURFLEET. Pur is the old name for the heron like bird, the bittern, and fleet means a stream. The call of the bittern is known as a ‘boom’. There are still bitterns in the Norfolk Broads. Once it was common in wet, reedy places.”

The patch of land where this cottage once stood now has a row of oak trees planted by the Parish Council in 1987, talking advantage of DCC’s free tree scheme at the time. The free “trees” were no more than tiny whips, so mountain ash trees were planted alternately, to mark the line. The mountain ash were said to have a life of only 20 years. While they have never looked too happy in that location, they are still surviving.

Christine Thair

Yellingham Farm March 2021

What I really don't understand is why ewes, who at the present time have at least 12 beautiful hours of daylight, decide that the best time to lamb is between the hours of 10pm and 4am. Totally ridiculous in my book, but then I suppose all is quiet, Classic FM is playing softly in the backgroundand just like us humans, it's the body which makes the ultimate decision.

Whilst we don't keep a vigil all night (because our numbers are relatively low), we check every few hours, as every ewe deserves the same chance as those who lamb during the day. I was on duty the other night and trotted down to the yard with my trusty spaniel Tilly who always hopes she might catch sight of a long-tailed individual – her luck is normally out thank goodness! A Black Welsh Mountain ewe was just starting to lamb and it wasn't long before a smashing little lamb came into life. It was blinking cold down in the barn and the steam was rising off the lambs' wet coat as the ewe quickly started the task of readily cleaning the lamb up, a job which never ceases to amaze me. The black lambs are always speedy to their feet looking for the teat and breakfast. I never like to interfere with this critical bonding process, so I took advantage of 5 minutes to nip indoors and make a quick cup of hot chocolate before lamb 2 arrived into this world. Literally, I was just a few minutes as there is always near boiling water on the Aga for a hot drink and with cup in hand, I was back down in the barn to oversee



proceedings.....but too late. No.2 lamb had not only been born but was struggling to its feet after what looked like a night on the tiles. A real treat to see an easy birth, 2 happy lambs and a very caring ewe. You really can't ask for anymore - apart from hoping that you remembered to pull the bed covers up and there might just be a remote chance that the bed was still warm when you eventually got back in!



When I felt all was good and the ewe happy, I only had to put iodine on the lambs' navels to prevent infection, check the ewe's teats for milk and then slowly take all 3 to an individual pen where they can complete the mothering up process in peace and quiet for 24 hours.

Jobs a good'un and off I went for a few hours' sleep. I know

what you are all thinking, and the answer was not what I wanted. My bed was freezing cold- what a numpty!

Janet

Tea and Bingo

As we look ahead to (hopefully) easier conditions, we just wanted you to know that we haven't forgotten you! We hope you are all keeping well and be sure to contact us, if there is any way we can help out. The

big plan at the moment (subject to the Six Bells being able to accommodate us) is to aim for starting up again in September. Take care and hope to see you soon.

Marjorie (84111) and Sue (841103)



Afternoon Tea & Bingo!



Colestocks to Payhembury road has 8 new whips. 4 Oaks & a Walnut from Moneyglass Cottage, 2 Lilac & an Oak from Andy Salter, all locally grown. Thank you to Yellingham Farm for excellent 'Black Gold' & Rob Leach for the tree guards.

Tim Cox

theWI INSPIRING WOMEN

Yet again, the Covid disease has kept us at home, and not meeting with our friends. But there is some WI news, which is

not particularly cheerful, and quite momentous! At present, we are holding a secret ballot...by hygienic email...to vote whether our WI continues in it's present form. The result will be discussed at a Special Meeting...by hygienic Zoom...good heavens...on March 23rd. Therefore next month, we shall know what our future holds, and will let you all know in the next magazine. (Are you sitting on the edge of your seats?)

With good wishes from Julie, presently President.

Have a cuppa for Hospiscare!



Find out how at www.hospiscare.co.uk/coffee

Because every day matters
www.hospiscare.co.uk





Well, well, things seem to be looking up for the cricketers amongst us ! In his wisdom Boris looks to be taking us down a road that should mean “elite sport and athletes” (for those in doubt, yes that’s us) can resume their activities some time soon. It remains a little unclear at present exactly when but we have a full fixture list starting with an away game at Clyst Hydon on 28th April, fingers crossed.

I bumped into Janet earlier on whilst handing over a prolapse harness (for a ewe) and the good news is that Chef Eduardo is keen to resume cheffing and being king of our after match hospitality this season, whilst stalwart umpire John Somers is fit and ready to trigger any lingering batsmen. These guys really do make such a difference to our club and we are all very grateful for their ongoing efforts. At some point during the season we hope to welcome back our international superstars, Ben Peters, who is still in New Zealand, and Will Wood, who is in, um, Liverpool. It will be good to see them both and even better to bring the average age of the squad down.

We do now have our own branded playing and leisure wear available to buy online, so whether you fancy a Millers cap, a “wife beater” vest, a hoody or some very tight fitting tracky bottoms, log on today <https://www.devoncountysports.com/cgi-bin/dr.cgi> Its also very good value . I’m just hoping that after Lockdown 3.5 the 2XL shirt is big enough.

On a national level the England test team have taken some stick for their performances in India this winter , the poor blokes have spent an unhealthy amount of the last year living in “bubbles” (ie hotel rooms with no external mixing) so its hardly surprising that they aren’t quite at their peak . The T20 team are now mounting a bit of a fightback with today’s Jos Buttler inspired victory giving them a 2-1 series lead with two games to play, lets hope they can keep up their efforts.

As always, we are keen to welcome fresh talent of all ages, please get in touch if you’d like to get involved with our practice sessions on 14th or 21st April or even if its just to assist with getting the ground ready. My email is stay@tuckmill.co.uk .
Jon Carden



Jojo and Ben to Tickey Box House

We hope they will be very happy here.



UPDATE FROM THE SIX BELLS

We hope this finds everybody feeling a little bit brighter after the strange year we have had. Hopefully we are coming through the other side now with vaccinations going up and cases falling on a weekly basis.

As you may be aware, Boris (wouldn't have wanted his job) has set out our exit strategy for the next few months. In respect to ourselves, if everything goes to plan, we are allowed to open for outside table service only on 12th April. We will be opening at 12 on that day and hope the weather will be kind to us. There will be a limited bar snack menu available throughout the day. The plan then is to open on Wednesdays, Fridays and Saturdays at 4.00pm with food available from 5.00pm. Our takeaways are going to continue on these days, so don't forget to book. Wednesdays and Saturdays our normal takeaway menu will be available to eat outside or take home. Fridays will remain as fish & chip night until further notice also either to eat outside or take home. Sundays we will open at 12.00 with baguettes & roasties available.

Please bear in mind it will be the rule of six still which we believe is going to be until the end of June. Outside service is due to continue until May 17th when we hope to be able to open up inside. Inside will be table service only, with masks to be worn at all times except when sat at a table. We will keep you updated on our opening times as we progress through the year.

Finally we would like to thank you all for the support you have given us during the last 12 months, without which we can honestly say we wouldn't have been able to survive. We can now look forward to a "new normal" - we believe is the new saying from the end of June, when hopefully you'll be able to meet up with friends and family that you may not have seen since last March. Thankyou all again.

Don, Carole & Tom

News from Payhembury Parish Council

Vacancy for a Parish Councillor on Payhembury Parish Council

The Parish Council has a vacancy for a Parish Councillor. If 10 or more electors request an election for the role, in writing to The Returning Officer at EDDC, on or before Wednesday 1st April 2021, an election will be called. The names of those requesting an election may be published. The Parish Council should know if an election is required on 6th April. If no election is called then the Parish Council will consider applicants for co-option for the role at the Parish Council meeting on Wednesday 5th May. If you are interested, (assuming no election), please complete the Parish Council co-option application form (see Parish Council website - www.payhemburyparishcouncil.org.uk/Vacancies_32756.aspx) or contact the Clerk (details below). Please return completed forms to the Clerk either via email or by post (c/o Rose Cottage, Payhembury, Honiton. EX14 3HR). The closing date for receipt of completed forms is 28th April 2021.

Annual Parish Meeting & Annual Parish Council Meeting

The Annual Parish meeting will be on Wednesday 5th May at 7pm (via Zoom), immediately preceding the Annual Parish Council meeting (scheduled start 7.30pm, to include the new Councillor co-option, if required). It is hoped that an in-person Parish Meeting will be possible later in the year when restrictions allow. The May Parish Council meeting has been brought forward 1 week due to upcoming changes in legislation & will be held online using Zoom. To join the meeting via the internet please use the link www.zoom.us/join. To join via telephone please use one of the numbers listed below. The meeting ID & password are available below, on the Parish Council noticeboard (see agenda) or by contacting the Clerk (details below).

Meeting ID: 827 9592 8855

Password: 927712

Telephone: 044 203 901 7895

044 131 460 1196 044 203 051 2874

044 203 481 5237

044 203 481 5240

Resource & Waste management in Devon & Torbay consultation

DCC are undertaking a public consultation, ending on 14th April 2021, on how to improve Resource & Waste management, covering household waste, recycling centres & other waste collected by Local Authorities. To find out more, & to have your say on waste prevention, reuse & recycling as well as reducing the carbon impact of waste management, please see www.devon.gov.uk/haveyoursay/consultations/draft-resource-and-waste-management-strategy-for-devon-and-torbay/ or contact the Strategy Consultation Team at Strategy Consultation Team, Waste Management Team, Matford Offices, County Hall, Topsham Road, Exeter, EX2 4QD.

Dog Poo & new dog poo bin

The Parish Council have had more complaints about dog poo on the footpath & around the parish. Please can all owners ensure they clear up after their dogs. Bins are currently provided outside the school & on the Colestocks end of the new footpath. A 3rd dog poo bin will be put at the village end of the footpath soon, costing ~£180 for installation, then ~£95 per year for weekly emptying. Thank you to all those dog owners who do clear up after their dogs.

Jurassic Fibre - broadband provider

Jurassic Fibre are planning to roll out their broadband service in Feniton over the next 3 months. Though they are not planning to extend to Payhembury at this time,

if enough people from the parish register an interest, they would look again at extending. If you would like more information, please see their website www.jurassic-fibre.com

Election 6th May – postal and/or proxy votes

Local elections will be on 6th May to elect our District Councillor for the Whimble & Rockbeare District (which includes Payhembury) & to elect the Police & Crime Commissioner for Devon & Cornwall. Voters must be registered by midnight on Monday 19th April. Many of the current Covid restrictions will still be in place on the 6th May so some people may prefer to vote either by post or using a proxy. The deadline to register for a proxy vote is 5pm on Tuesday 27th April. You can register for a postal vote up to 11 days before the election. More information from www.eastdevon.gov.uk/elections-and-registering-to-vote/electoral-services/ or by phoning Electoral Services at EDDC on 01395 517402.

Proposed solar power farm at Peradon Farm, Clyst Hydon

The Parish Council has been approached by LightRockPower about a proposal to build a large solar farm at Peradon Farm, Clyst Hydon (to be called Paytherden solar farm). The majority of the proposed area lies in Clyst Hydon, but one of the fields is in Payhembury Parish & this site will be visible from Higher Tale. Representatives from the company attended the Parish Council meeting on 10th March & gave details of the proposal. They stressed the ecological, environmental & educational aspects of the development & the wish to work with and benefit the communities affected. A public meeting in person may be possible in the summer, to give more information & gather feedback. LightRockPower aim to submit a planning application in mid-late summer with a possible build start date of Mar/Apr 2023.

Volunteers wanted - Parish Tree Warden & Telephone Box Librarian

The Parish Council are looking for a volunteer to take on the role of parish Tree Warden. The responsibilities are to keep an eye on protected trees, to raise awareness of the value of trees in the local community & to encourage people to look after trees in conjunction with the Parish Council. Tree Wardens work closely with the Arboriculture Team at East Devon District Council.

The Telephone Box Library is a popular resource in the parish, but often gets overwhelmed. The Parish Council are looking for a volunteer who will regularly sort out the books, keep them at a manageable level & remove unsuitable books, as well keeping the Telephone Box tidy & organised. If you are interested in either role, please contact the Parish Council.

Avian Influenza (bird flu) – also known as ‘Chicken Lockdown’

A reminder that ‘Chicken Lockdown’ is still in force (for all types of poultry or captive birds – not just chickens). All poultry keepers (whether they have commercial flocks or just a few birds in a backyard flock) are required by law to take a range of biosecurity precautions, including keeping their birds indoors or fenced. Breaking the rules can incur fines of £1000 or a 6-month prison sentence. More information from the Defra helpline - 03459 33 55 77- or the Defra website - <https://www.gov.uk/government/news/avian-influenza-bird-flu-national-prevention-zone-declared>

To contact the Parish Council please email payhem-burypc@payhemburyparishcouncil.org.uk or tel: 01404 841773.

Halina's Herb Corner

This month I want to talk about stinging nettles which are currently popping up everywhere, whether we want them to or not. Stinging Nettles (Latin: *Urtica dioica*) have been used since ancient times as a source of food, fibre, and medicinal preparations. They are rich in Vitamins C, B and K also minerals such as Calcium, Magnesium, Potassium, Silicon and much more.

I tend to have a love hate relationship with stinging nettles.... If you spend time gardening or walking in the countryside, you are probably familiar with that sting that seems to come from nowhere and lasts until you wake up the next morning. However this plant has so much to offer...

As a child I remember my granny used to wander around in a huge clump of stinging nettles just inside our local forest to relieve her rheumatism. When she couldn't get there in person, she would send me out (from the age of about 7) to this patch with a pair of rubber gloves, scissors and a large plastic bag to go and harvest some for her (how times have changed!). Stinging nettles were probably brought over by the Romans who used them to flog themselves to relieve the aches and pains due to the damp conditions. The alleviation of pain with another stimulus (counterirritation) is being increasingly researched and looking very promising; several mechanisms have been discovered but those responsible in nettle are still unidentified.

Stinging nettle leaf stimulates the lymphatic system (a drainage network including nodes which are packed with white blood cells and remove waste from each cell of the body transporting it to the blood then ending up in the liver and kidneys). In a double whammy (not unusual with herbs), nettle also has diuretic properties, gently but effectively improving the efficiency of the kidneys, avoiding the build-up of waste matter Make that a triple whammy... potassium rich nettles help to avoid potassium depletion (a common side-effect of many diuretic drugs). The roots and seeds also have unique healing properties but that is for another day.

How to use?

Harvest the top 3-4 inches of the fresh, lush young tips in the spring. Repeatedly cutting nettles will encourage fresh growth and enable harvesting until mid-summer. These leaves are best used fresh but drying them in a single layer on a tray in a warm place out of the sun enables them to be stored for use when they are no longer in season.

Nettle can be taken fresh as teas or juiced and drunk up to three times a day. The leaves and stems must be boiled /scalded and / or strained before use, as they can irritate the linings of the mouth and throat when consumed raw. Nettles are versatile ingredients in dishes such as soups etc.

Please remember because we are all unique, we can have different responses. Also if you are on medication, please check with a health professional before using any herbs.

Halina Przydatek



INFORMATION PAGE

Non urgent police contact 101

Honiton Hospital 01404 540540 (Minor Injury Unit 8am-10pm)
RD&E Hospital Exeter 01392 411611
V.E.T.S. (Village Emergency Telephone System) 01404 565605

Your Parish Council

Meetings held 2nd Wed of alternate months (starting January) 7.30pm in the Village Hall

Tim Cox (Chair) 01404 850005 Robert Leach (Vice-Chair) 01404 841408

Phil Chamberlain 01404 841773 Kerron Allen 07970 466782

Karen Edwards 01404 849186 Eva Ingleson 07792 627802

Parish Clerk: Dawn Chamberlain, 01404 841 773

Parish Council email address: payhemburypc@payhemburyparishcouncil.org.uk

Useful numbers at the County Council (all 0345)

General Enquiries 155 1015 Registrars 155 1002

Roads and Transport 155 1004 Libraries 155 1001

Disability Information 155 1005 Children/Families 155 1013

Bus passes 01392 383 688

Emergencies

Social Care 0345 600 0388

Highways 01392 383329

Animal Welfare, Petrol, Explosives 01392 499499

Useful numbers at the District Council

Switchboard: 01404 515616 (Use for all enquiries during office hours)

Address: East Devon District Council, Blackdown House, Border Road,
Heathpark Industrial Estate, Honiton, EX14 1EJ

Email: csc@eastdevon.gov.uk

In an emergency outside opening hours, phone 01395 516854

Opening hours: Monday to Friday from 8.30am to 5pm

There is free parking in the car park in front of the building during opening hours

County Councillor: Ian Chubb 01297 35468 District Councillor: Philip Skinner 01404 822855

PAYHEMBURY VILLAGE HALL HIRE AND CHARGES

Please contact Hazel Pike on hazepike18@gmail.com or 841465 for details and to book.

(Please telephone before 7pm)

PAYHEMBURY PROVISIONS

Opening hours and contact details

Monday to Friday 8am to 7pm

Saturday 8am to 1pm

Sunday 8am to 12pm

Tel: 01404 841856 or info@payhemburyprovisions.co.uk



Family Easter Trail

Organised by FOPS (Friends of Payhembury School)

From Friday 2nd April until Sunday 18th April 2021

Price: £2 per person (over the age of 3).

Pick up your trail sheet at Payhembury Provisions from Wednesday 31st March (please check the shop Easter opening hours). All correct trail sheets will be entered into the draw for our fabulous Easter hamper prize.

The pushchair friendly trail is about 3 miles long, taking you out of the village, combining country lanes and the Colestocks foot path. Wellies advised if wet, a clipboard & pen would be handy!

FOPS is raising money this year for the School's Wild Area, ensuring the children can do as much outside learning as possible.

GOOD LUCK!

Please can participants ensure that they are familiar with up-to-date covid guidelines and adhere to them accordingly



Church Flowers

The church will be open for Easter and after that we will go back to normal. Would all window decorators please do their flowers for Easter Sunday. Thank you.

Louise Granger

Do you have a story to tell or some good news to share?

Do you have a photo/artwork for our front/back pages?

Email: payhemburypaper@yahoo.co.uk

Deadline for May is Sunday 18 April 4pm

Editorial Team:

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Payhembury Village Website: www.payhembury.org.uk