

THE PARISH PAPER

St. Mary the Virgin, Payhembury

Vol 54 No 8

February 2022



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Pictures, memory and stories

I've just finished putting together a digital photo album for 2021. It's now with Snapfish, and next week a beautifully printed hardback album should drop through the letter-box.

2020 was my first of these – lockdown year needed its unique memories preserved. 2021 felt like a diluted version: horizons broadened but not by much – what photos of interest would I have?

And yet so many memories surfaced when I looked back, many of them seemingly insignificant, yet miniature treasures. A butterfly. The Feniton train emerging from mist. A Zoom celebration with distant friends. The Tour of Britain. The Archbishop! Dawn's sunflowers!

I sometimes wonder how much our childhood 'memories' have been shaped by photos. Am I remembering an experience, or have I seen a photo in the past which has created that 'memory'? Our mind and memory are mysterious worlds. Yet memories make us. And we can help shape our memories by the images we choose. Family photos on the wall do this. My photo album does it.

Stories shape us too. More than one person has said to me recently how they've stopped watching the news because it's so depressing. I resonate with this. Often I'll read what I need to stay informed but swiftly move on. An alien arriving on our planet would get a grim perspective of human life from our media. Bad news sells: good news must be 100 times more eventful to make the cut.

Recent news headlined the death of the extraordinary Archbishop Desmond Tutu. I mourned. But I smiled too, reminded of his infectious laugh, and picture him now doing

his African dance in heaven. Even sad stories can hold good news.

So to 'Good News' – capital G, capital N. The meaning of the word 'Gospel'. The Good News – God's all-embracing love for us and his unstoppable determination to bring good out of bad. In the written Gospels it shines out of course. But just as much it shines in the stories our lives tell – every tiny moment love is chosen, or hope pushes up through despair like a spring bulb.

If we ever need good news, it's in fact all around us. Let's allow ourselves to be shaped by the stories and the pictures that are good news.

Rev David Carrington

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



Church Wardens: Mrs Babs Leach, Slade View, Payhembury (841409)

Sexton: Mr Jim Kimber, 1 Barrow Road, Payhembury (841320)

Contact details for church wardens in Escot or Feniton
Feniton: David Lanning (850699) or Cara Sanders(850262)
Escot: Judy Davis (812739)

**Parishes of Feniton, Escot and Payhembury
Church Services in February 2022**

6TH FEBRUARY *FOURTH SUNDAY BEFORE LENT*

Church	Time	Service
Escot	4pm	Evensong (JD pr.TP)
Feniton	9.15am	Storytime+ (ST team)
Payhembury	11am	Parish Communion (MAC)

13TH FEBRUARY *THIRD SUNDAY BEFORE LENT*

Church	Time	Service
Feniton	11am	Parish Communion (DC)
Payhembury	9.15am	All ages service (LL/DC)

20TH FEBRUARY *SECOND SUNDAY BEFORE LENT*

Church	Time	Service
Escot	11am	Parish Communion (DC)
Feniton	9.15am	Morning Worship (LL/DC)
Payhembury	6pm	Sunday reflection with music (LL)

27TH FEBRUARY *SUNDAY NEXT BEFORE LENT*

Church	Time	Service
Feniton	11am	Parish Communion (DC)
Payhembury	9.15am	Café (LL/DC)

**ASH WEDNESDAY 2ND MARCH, 7.15PM:
FENITON INFORMAL COMMUNION**

SUNDAY 6TH MARCH *FIRST SUNDAY OF LENT*

Church	Time	Service
Escot	4pm	Evensong (JD pr.TP)
Feniton	9.15am	Storytime+ (ST team)
Payhembury	11am	Parish Communion (DC)

Dates for your diary!

Broadhembury Green Repair Café

Saturday 19th March, 10 am-1pm

We would like folk to put aside their broken items to be repaired, small electricals, bikes, toys, clothes and textiles, garden tools, knives to be sharpened, etc.

We now have four volunteers who can certify repaired electrical equipment as safe to use [Portable Appliance Testing PAT]. Thanks to a small grant from Devon County Council, we will be able to purchase insurance, hall rental and some consumables to get us started. In addition, we hope to attract the crowds with tea and cake, so a shout out for keen cake makers. We have one textile/clothes repairer but could do with a small team of people handy with a sewing machine; zip replacement is a popular feature of repair cafes I'm told.

Some of the best talent in the parish have volunteered their technical expertise to try to repair anything you bring. The aim is to throw less away, reduce carbon, and teach folk to repair items themselves.

Mobile Library
9th Feb, 11.00-11.20am
Village Hall Car Park

Biodiversity

along the Upper River Tale **'Who lives in a place like this?'**

Saturday 26th March, 10am-12
Broadhembury Memorial Hall

If you want to find out about the range of animals and plants that live along the Upper Tale, come along.

We'll have speakers talking about dormice, hedgehogs, habitats etc, and we'll be unveiling the photos from our four trail cameras.

We should have a tree trail designed by the school, featuring trees around the village. There will be stalls representing local wildlife organisations in Devon. The results of our river water testing project will be released, and more...

CANCELLED – Coffee Morning

Hello villagers, we are so sorry to have to cancel our February Coffee morning, but we really feel that this is the sensible thing to do. Hopefully March will prove to be a little more hopeful. Keep well everyone and keep safe.

Best wishes, Sandra and Steve, on behalf of the P.C.C.

Fundraising for the Church

Soup lunch on 14th February is cancelled. Similarly, we are postponing the craft day planned for 19th March. This is very sad, as we all enjoy such events, but we think the risk of infection is just too great at the moment. This is only temporary and social events will start up again very soon.

Christine Thair

Anyone for Bridge/Cribbage?



Our January Ladies' Night Out in the pub (with one 'honorary lady') ended up with an enjoyable game of cribbage. If anyone is interested in playing cribbage or bridge one evening, perhaps on a regular basis, please let me know. We have two bridge players, so only need two more. Cribbage can be played by two, three or four.

Christine Thair (thairdc@icloud.com, 841322)

Vacancy Cleaner needed for the Village Hall

**Self-employed, competitive pay
Email info@payhemburyvillagehall.org.uk**

Spring Concert

with

**The Wyndham Singers
and Special Guests
Davida Guppy
Clare Viner**

**Kentisbeare Village Hall
Saturday March 5th, 7.00pm**

**Tickets £10.00/£5.00 (for under 18s)
From Kentisbeare Post Office or singers
Or email wyndhamsingers@gmail.com**

**Bar/Refreshments available
All proceeds to Hospiscare**

Ladies' Night Out

**Tuesday
15th February
7.30pm
in The Six Bells**

**If you have a
favourite board
game or card
game, bring it
along!**

Spring Bulb & Flower Show New Committee Update

It's with great pleasure I can write to enlighten you on exciting news regarding the Bulb Show!

A new committee has been formed, thanks to the persistence and dedication of Roz Mullin! The new committee is now lead by Jen Rance (Nee Pearcey) who was born in the parish and has fond memories of participating in the show. We welcome Vicky, Nicola and Sue. Roz will remain the treasurer and Di Sommers has very kindly offered to continue on the committee for a year to hold our hands as we begin our journey!

A meeting was held in November with some members of the previous committee. They reported a sad decline in entries. After lengthy discussion on respect for the show's founders, it was decided that in order for a show to be viable, a remodel was needed. This was not a decision made in haste and the committee viewed that a show in a different format is better than no show at all.

The committee have therefore decided the show will move to September and include revamped classes to include flower arranging, produce, cookery, crafts, photography and of course there would be no show without children's classes.



We really hope the parish are supportive of the new committee and are understanding of the path to be taken. We would like to thank the previous committee for their commitment to the show.

We welcome anyone who would like to join the committee. The next meeting will be held on Wednesday 16th February at 7.30pm in the Six Bells. Email Jen: jenlouburgess1978@yahoo.com for further information.

Village Hall: New Year, New Team

The Village Hall committee would love to welcome two new members to the committee. Monica Frantisek is our new bookings person replacing Hazel Pike. Monica has offered her time to help in this vital role and is very much appreciated and welcome to the team and filling big shoes left by Hazel.

For any and all enquiries about hiring the hall, please use our email info@payhemburyvillagehall.org.uk and we will get back to you.

Welcome to Jen Rance, who is another new member dedicated to all things event based and will be our champion for 2022 and beyond. Her support, skills and enthusiasm will help keep the hall running financially and supporting the community's needs. Next month, we will share with you our new ideas and events planned. She is behind events like Market and Mingle and now the Bulb show. As ever, we are a committee of entirely volunteers and nothing would happen without the team. My thanks to you all. If anyone out there is interested in joining in or being part of any of our projects, please get in touch by emailing info@payhemburyvillagehall.org.uk

Chair of Village Hall Committee, Maria Banham

U3a Culm Valley



During the last monthly meeting, before Christmas, we were all highly entertained by 'The Corkscrew Murder' game. Nick, a Culm Valley u3a member, writes...

The game 'The Corkscrew Murder' is a murder mystery, but with a difference. A murder mystery usually involves participants dressing up in character and acting out a play or drama, reading from a prepared script and asking questions. At the end, everyone tries to guess the murderer. It can be great fun if you like acting out, but trickier for those less happy in the limelight. And not great for involving a large group of people.

For our Christmas u3a meeting, we played the Corkscrew Murder with small teams, sitting around tables. No pressure then, just natural competitive spirit to be the team to crack the murder mystery.

Each team was provided with a pack of information, including information on the background to the murder and an overview of the characters.

Our Chair led us through the whole game, drip feeding us with more facts and handing out 'Suspect Statements', evidence documents and timelines to add to our complete confusion!

Our challenge was to plough through this wealth – dare I say mountain – of information, including maps, newspaper cuttings and other facts relevant (or were they?) to the crime, before the demon buzzer interrupted our discussions with a series of NEWSFLASHES delivered at intervals by one of our committee.

At the end of the afternoon, by dint of good teamwork and a few leaps of faith, some of the teams (but not mine!) identified the murderer, whilst others made credible but wrong guesses. But that didn't matter because we all had fun and what more do you want?



Learn, Laugh, Live

No longer working full-time or raising a family?

Now is the time to make the most of life.

The Culm Valley u3a gives you the chance to enjoy a new hobby or improve and enjoy an existing one.

From Walking to Strolling, Genealogy to History, Quizzing to Reading, Crafts to Lunch club, Boules to Jazz and many more Interest Groups.

Something for everyone!

Informative and entertaining speakers at Monthly Meetings held at Willand Village Hall on the 1st Thursday from 2-4pm

Find out more about Culm Valley u3a:

www.u3asites.org.uk/culm-valley

E: shlawrieu3a@gmail.com

www.facebook.com/groups/cvu3a

Yellingham Farm

It's nearing that wonderful time of the year.... lambing. By the time you read this, we will be approaching March the 2nd which is D day. How do we calculate D Day? Well, it all depends on when you put your rams in. There are lots of different theories, but I go by the one I have always trusted, and which works for me. Put the rams in and 147 days later is the first day that you can expect lambs. But for all of you ladies that are reading this, you know that nature in the end takes its course.

We lamb indoors because I find I can control matters far better. But clearly if you have 1,000 ewes that may not be practical or economic.

This weekend was the start of one of the pre-lambing jobs. Dagging. For the uninitiated, (please do not be offended), it is when we get in a shearer to literally give the in-lamb ewes a beautiful rear-end haircut. It cleans them up and ensures that the lambs are born into a clean environment and also we can see, as the shepherd, what is going on.

The next job, which is about six weeks before lambing, is to vaccinate the ewes with a product called Heptavac, which basically protects the lambs from a variety of sheep diseases.

Next is the preparation of the yard. Sheep are gorgeous, but they do have a pecking order and it is critical when they come in that you really watch what is going on. Yep, bullying happens in the lambing yard and if you don't recognise it early, you can get problems as those getting the short end of the stick don't feed properly and can go downhill quickly, particularly if they're carrying twins.

Lambing has its ups and downs, but at the end of the day new life is always special, whether human, animal or plant. So, here's to a wonderful spring 2022 and plenty of healthy lambs for you all to enjoy when you walk past our fields.

Janet East



All beautifully dagged out



THANK
YOU

David and Mo Curran would like to thank all the people who gave gifts, cards and sent good wishes after David's accident at the shop. We would also like to take this opportunity to thank those who helped at the time.

Thank you

Carolling on the Green

I was thrilled to see so many people join in with the carols, it was a very special evening with the Christmas tree being an amazing focal point, I hope everyone enjoyed it, and now want to make this an annual event. I am aware we didn't get to go around the village in a more traditional way, and apologise to those who were looking forward to our visit.

I would like to thank Robert Deane for the PA system, especially when it came to the rousing rendition of White Christmas, also a huge thanks to Carol and Don for having mince pies and mulled wine available.

I am also delighted to say we even raised £80 for the village charity, thank you for your donations.

Lesley Elford

FOUND!

I am so very pleased to tell you that my ring has been found. It was found embedded in the tarmac in the road opposite the church. The finder saw my notice in this month's Parish Paper and very kindly returned the ring to me. I am so very grateful to her, and to all the very kind people who have spent so much time looking for my ring. Thank you all.

A very happy Julie Moore

Do you have an event to publicise, or some news to share? Email: payhemburypaper@yahoo.co.uk by 18th February

News from Payhembury Provisions

Hello – It's my turn to be 'passed the pen' for Payhembury Provisions. Thank you to Tim for covering December and January so brilliantly.

I am really pleased to report that David is continuing to make steady progress after his accident before Christmas and has already been up to the shop on a few occasions. We do miss him terribly and send our love and best wishes to him and Mo.



Congratulations to Louise Scott and Bidy Hall – our two prize winners from the shop Christmas Draw – and a huge thank you to Roz for organising it yet again. If you are new to the village, or you haven't yet popped into Payhembury Provisions, you may not be aware that we hold a draw every week with a chance to win £15 to spend in the shop. At Christmas, a monthly Prize Draw has prizes of £50 and £25 and at Easter the prizes are £25 and £15.

All money raised goes back to our village in a number of ways – supporting clubs and associations like Tea and Bingo, Short Mat Bowls and Art Club, children's church activities such as Café and Messy Church, and FOPs (Friends of Payhembury School) for library books and IT equipment. We have also been able to support our local Tale Millers Cricket Club, and the Village Hall with their recent refurbishment.

We are incredibly proud to be able to support local activities in this way, but without your support of the shop in general and the draw in particular, we would not be able to do this. SO..... next time you are in the shop, why not spend an extra £1 and buy a draw ticket? Write your name in a square on the door..... and who knows, you might be the one receiving a phone call on Saturday morning informing you that you are this week's winner! It is a really good feeling (I've won a few times!!) AND – you are supporting your village too!

You may have noticed that we are gradually increasing our 'Free From' range with a wide selection of Alpro milks – oat, soya and almond, lactose-free milk, gluten-free biscuits, pasta and soups and dairy-free chocolate. We are constantly on the lookout for new products to introduce to this range. If you have any suggestions or requests, please let us know and we will do our very best to source them.

Finally, if you are looking for something special for Valentine's Day, look no further – we have a good range of chocolates and cards to choose from.

Pat Fowler

The Watermeadows offer – update

The Parish Council have established that there is a requirement in the parish for allotments, that there is an issue with car parking (both the inappropriate use of the Village Hall car park, which is not a public car park, and parking on the road), and that there is no perceived desire for a full-size football pitch. The Watermeadows site offered is not considered suitable for allotments due to potential flooding risk and there is no support from parishioners for a car park on that site. Therefore, as it stands at the moment, the Parish Council are not able to move the allotments and car park ideas forward because there is currently no suitable site.

The Parish Council would like to thank the Leach family for their generous offer of the land as a potential solution to these requirements, but have decided not to proceed on that site.

Potential sites for allotments / further sites for tree planting?

The Parish Council are looking for potential sites for allotments, possibly an area equivalent to about 6-8 tennis courts. If you are aware of any potential sites or know someone that might have some suitable land, please can you let the Parish Council know. In addition, following on from the very successful session in December clearing land and planting trees in the Jubilee Copse in Upton, the Parish Council are now looking for other sites where trees can be planted. Are you aware of any corners of fields that would benefit from a few extra trees? Are you a land owner that has a few spaces that you would be happy to have trees planted in? There is a huge willingness in the parish for people to be engaging in projects like this.



Car Parking

The Parish Council would also love to hear from you if you have any suggestions for how to help to reduce the issue of car parking in the village.

Dawn Chamberlain, Parish Clerk



Horses using the Colestocks footpath

Please be aware that twice in the last 6 months there have been reports of horses using the footpath between Payhembury and Colestocks – the evidence mostly being piles of horse poo, plus hoofprints. There have been no reports so far of those on foot meeting horses along the footpath, but clearly that would cause a problem if that were to happen, especially in the narrower sections. Some-one with, for example, a pushchair would find it very difficult in that situation, as well as finding it difficult to manoeuvre around the piles of horse poo.

Please could you let the Parish Council know if you see any further evidence of horses using the footpath, in particular if you meet a horse on the footpath.

Dawn Chamberlain, Parish Clerk

Dog poo and where to find the dog poo bins

There are three dog poo bins in the parish – one by the school, one at the start of the Colestocks footpath opposite Hillside and the third towards the Colestocks end of the footpath. The dog poo bins should be emptied weekly – if they appear to be full, please report it either via www.eastdevon.gov.uk/environmental-maintenance/dog-bins/report-a-full-dog-bin/ or let me know and I'll report it.

There are very many responsible dog owners who always clear up after their pets, for which we thank them. However, there are some who don't and the Parish Council has received a number of complaints recently about the amount of dog poo, especially on the Colestocks footpath. This is a reminder to those who are not clearing up after their pets that the footpath has two dog poo bins on it so there is no real excuse for not bagging and binning.

Dawn Chamberlain, Parish Clerk

Dog poo again!

The Christmas tree may have been a delight to look at, but unfortunately those who helped to put it up and take it down were knee deep (slight exaggeration!) in dog poo.

Would the person or persons who let their dog out regularly onto the village green to foul on the grass please stop this practice as we hope summer is on the way and it might be possible to enjoy a drink on a pristine village green.

Nan Underhill

Parish Councillor needed! – could it be you?

The Parish Council is currently short of a Parish Councillor. Could you be the person to fill this role and help make the wonderful parish of Payhembury even better? No specific skills are needed, just enthusiasm and a desire to help make positive changes in the parish.

Current and up-coming projects include improvements to the playing fields, tree-planting as part of The Queen's Green Canopy, Her Majesty's Jubilee celebrations, promoting and improving biodiversity and wildlife in the parish, etc.

Current issues in the parish include speed issues though the village and along the narrow lanes, car parking, the provision of allotments and the proposed Paytherden Solar Farm to mention but a few. Could you help with any (or all?) of these or do you have projects or issues that you would like to bring to the Parish Council and be involved with finding a solution to?

If you have any questions, or want to find out more, please contact the Clerk or talk to one of the current Parish Councillors (see back of Parish Paper for contact details). Alternatively, see www.payhemburyparishcouncil.org.uk/Vacancies_32756.aspx.

The Parish Council would particularly welcome applications from ladies or anyone living in the hamlets of Tale, Cheriton, Colestocks, Upton, etc as both of these groups are currently under-represented on the Parish Council.

The application form gives you the opportunity to tell the Parish Council a little about yourself and to confirm that you are eligible to be a Councillor. Forms are available from the Clerk or the webpage above. The deadline for applications is Friday 4th March and the applications will be considered at the Parish Council meeting on 9th March. We look forward to hearing from you.

Dawn Chamberlain, Parish Clerk



Payhembury Weather

www.payhembury-weather.co.uk

Weather for December 2021 and Annual Statistics for 2021

Sunshine: November was a sunny month and December a very dull month. Overall, 2021 was a pretty average year for sunshine. I generated 3500 kWh of electricity in 2021. The monthly means and amounts for previous years are on the website.

Rainfall: December was an average month for rainfall with most of it falling on Christmas Day leading to flooding in the lanes. For 2021, May and October were very wet months and April and November were dry. The 2021 total of 1072mm was well above average by 200mm.

Temperatures: Both day and night temperatures were well above average in December with the temperatures reaching 15.2 degC on 31st December, which is exceptional. Overall, the annual mean for Payhembury was +0.8 degC above average which is cooler than 2020 which was +2 degC above average. For the UK as a whole, it was +1 degC above average, although regionally N. Ireland recorded some record high temperatures last year.

Weather elsewhere: Australia equalled its hottest day on record as a Western Australian town hit 50.7 degC on 13th January. The intense volcanic eruption near Tonga on 15th January even affected the atmosphere above Payhembury with two spikes of about 2 hPa in the pressure seen by barometers in the U.K. around 19:00 on 15th Jan and 02:00 on 16th Jan.

Payhembury Weather Dec 2021			
Monthly Rainfall	104.2 mm	+4 mm	from normal
Days of Rain	23 days		
Wettest Day	31 mm	25 Dec	
Mean Max Temp	10.4 degC	+1.9 degC	from normal
Mean Min Temp	5.3 degC	+2.6 degC	from normal
Warmest Day	15.2 degC	31 Dec	11:39
Coldest Day	-1.8 degC	2 Dec	03:09
Windiest Day	13.0 m/s	7 Dec	10:48

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

Roger Saunders

Paul's Nature Notes

December 2021-January 2022

My moth recording activities always ease up when the night-time temperatures fall close to freezing, but when a few warmer nights are forecast I turn the light on again. I am always surprised just how many species survive in wintery conditions – feathered thorns, December moths and the aptly named winter moth to name just a few. Even some of the tiny micro moths can emerge from hibernation. Talking of which, I have discovered a hibernating hedgehog in the front garden, curled up tight in a pile of dead leaves.

Like so many other people, climate change is never far from my mind, be it the increased rainfall and increased flooding we are witnessing in our own lanes, or the effect it is having on garden plants. Our daffodils were pushing through the ground by late October, whilst cirsium (a form of thistle) was in full flower in December. The magnolias were budding up far too early and are sure to fall prey to the frosts we will inevitably suffer and catkins were seen in early December – really!

I find myself in planning mode once more. Seeds have already been purchased to benefit from the cheap offers last year and a sowing/planting diary has been drawn up. This is very important because we have agreed to open the garden again this coming July for Hospiscare and so much thought is being given to new plantings and to see what changes need to be made. Whilst the massed candelabra primula display will sadly be over, I am hoping that our astilbe collection will be at its best.



Once upon a time, Blackcaps migrated to spend the winter in Africa. Not any more, as evidenced by the appearance of a lovely female at the feeders in early January. This is another breeding species here, far more often heard than seen.

I was asked the other day why there was still a tadpole in a neighbour's pond. I did not know the answer, as it should have turned into a froglet months ago. Clearly some research was needed. Normally it takes 14 weeks from hatching tadpole to froglet stage, but it appears

that there are two main reasons – some tadpoles from late spawning may not develop until the following year, but the probable answer is that there was a genetic abnormality and the tadpole lacked the growth hormone thyroxine.

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

Cinnamon

Growing up, we remember mum's amazing cinnamon apple cake, and I can just about remember chomping on dentine gum and using cinnamon flavoured toothpaste!

As is often the case, the traditional uses of a spice were not merely based on their fantastic flavours, they survived because they offered many benefits above and beyond. Cinnamon used to be rare and valuable and was regarded as a gift fit for kings.

There are many varieties of cinnamon, but two types are the most widely available.

True cinnamon (also known as Ceylon cinnamon) is harvested from the inner bark of *Cinnamomum zeylandi* / *verum* grown primarily in Sri Lanka. The sticks are smooth, light brown and comprised of several thin pieces of inner bark rolled together with a sweet, floral, delicate flavour.

Cassia from the *Cinnamomum cassia* tree is grown in China. It is reddish to dark brown in colour, the sticks are harder and courser as they come from the outer bark of the cassia tree and form a hollow tube. It has a more intense peppery flavour.

The rougher characteristics of cassia mean that it is cheaper but is often sold as cinnamon (so it's always worth checking the origin of your cinnamon.)

Cinnamon is loaded with volatile oils such as cinnamaldehyde which is thought to be responsible for most of its health benefits.

These volatile oils along with its polyphenols are powerful antioxidants. In a study which compared the antioxidant activity of 26 spices, cinnamon wound up

as the clear winner, even outranking "superfoods" like garlic and oregano. The antioxidants in cinnamon have anti-inflammatory effects, which may help lower some key risk factors for heart disease including cholesterol, triglycerides, and blood pressure.

It seems to increase insulin sensitivity, reducing insulin resistance so lowering blood sugar levels. Additionally, cinnamon has been shown to reduce fasting blood sugar levels, having a potent anti-diabetic effect when taking ½ to 2 teaspoons per day.*

Cinnamon has been shown to lead to various improvements for Alzheimer's and Parkinson's disease in animal studies. However, human trials are still ongoing.

Cinnamaldehyde has antifungal and antibacterial properties, which may reduce infections and help fight tooth decay and bad breath (I'm remembering the cinnamon toothpaste!). In fact, it is so powerful that cinnamon can be used as a natural food preservative

*Caution: Although cassia has many of the properties of cinnamon it contains coumarins which may cause liver issues in those with predisposing conditions, so only small amounts should be used.

Please remember that because we are all unique, we can have different responses – always ask a qualified health professional if unsure.

Halina's Herb Corner

Please note that cinnamon and other herbs are not a replacement for medication.

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	Karen Edwards	01404 849186
Matt Rance	07809 306571	Paul Thomas	01404 841516

Parish Clerk: Dawn Chamberlain, 01404 841 773

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

Useful numbers at the County Council (all 0345 or 0845)

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 us on 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 07932 459595 District Councillor: Philip Skinner 01404 822855

PAYHEMBURY VILLAGE HALL HIRE AND CHARGES

Please email info@payhemburyvillagehall.org.uk
for details about hiring the hall and to book

PAYHEMBURY PROVISIONS

Opening hours and contact details

Monday to Friday 8am to 7pm

Saturday 8am to 1pm

Sunday 8am to 12pm

Tel: 01404 841856

February calendar

- Sun 6th Parish Communion, 11am
Wed 9th Mobile Library, Village Hall Car Park, 11.00-11.20am
Sun 13th All Ages Service, 9.15am
Tues 15th Ladies' Night Out, Six Bells, 7.30pm
Fri 18th **Parish Paper deadline, 4pm**
Sat 19th Snowdrop Saturday, Escot church, 10-4
Sun 20th Sunday reflection with music at the church, 6pm
Sun 27th Café Service, 9.15am
- Church flowers: 5th, 12th: Babs Leach; 19th, 26th: Louise Granger

St Philip & St James Church, Escot

Snowdrop Saturday

Saturday February 19th
10am – 4pm



Refreshments served all day

REGULAR WEEKLY ACTIVITIES HELD IN THE VILLAGE HALL

MONDAY	Apple Pips	9.30-11.15am
TUESDAY	Pilates	6.30pm
WEDNESDAY	Pilates	9.15am (Ladies only), 10.30am (Men's only)
	Short mat bowls	7.15pm

Editorial Team: Christine Thair (841322), Kate Duggan (01404 841039),
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Payhembury Village Website: www.payhembury.org.uk