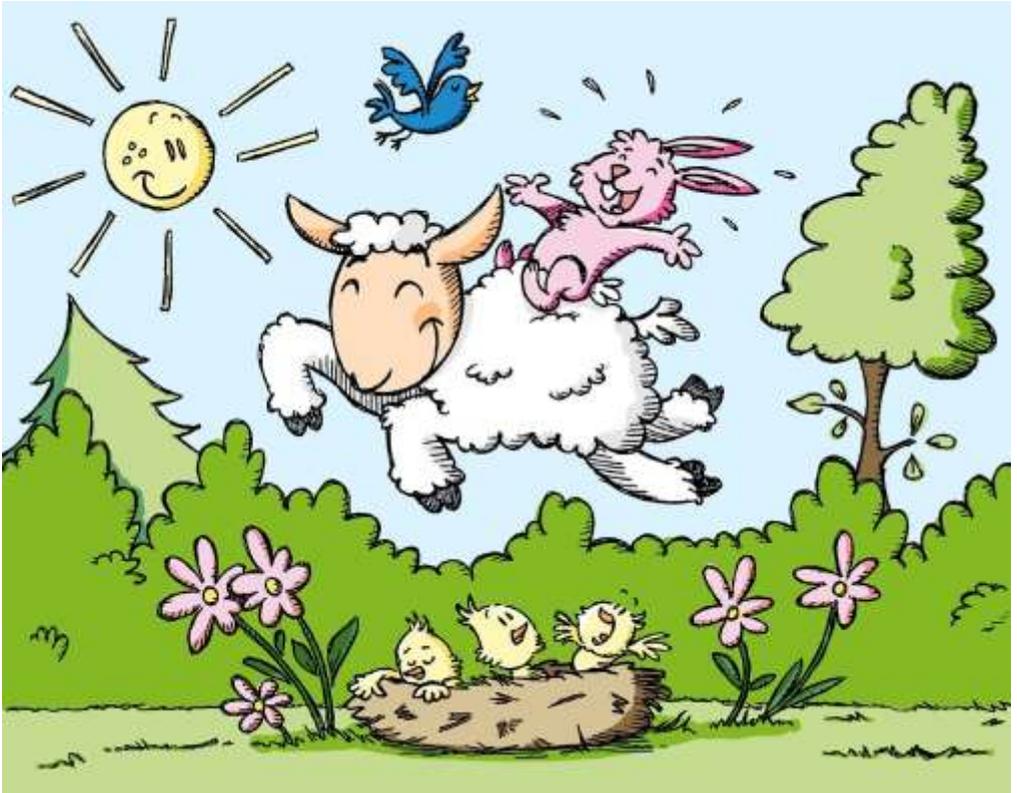


# THE PARISH PAPER

## St. Mary the Virgin, Payhembury

Vol 54 No 9

March 2022



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ADVERTISING EMAIL ADDRESS [parishmagadverts@gmail.com](mailto:parishmagadverts@gmail.com)

## Rectory Notes March 2022 – Wind, earth and fire

Storm Eunice rages outside right now. The trees sway madly. Pigeons cluster for shelter on the limbs of the horse chestnut sheltered by the neighbour's towering, dancing conifer. Down the lane a tree lies prostrate, roots skyward. The recycling bins hide wisely in the garage.

On an ancient mountain top, a man hears the wind scream around the rocky summit. Drained and depressed from life's triumphs and tragedies, he stumbles from his cave to stand and take the full force. He feels nothing, just more numbness. As he did in the violent earthquake which came before, and would do in the subsequent fire. He retreats back into his cave, lies down once again, rolls over to face the wall, and wants everything to end. It was to be only be a still, small voice of calm that would penetrate his armour.

Earth, Wind and Fire – remember them from the late '70s and beyond? 'Boogie wonderland', 'After the love has gone', and other dance hits. The band name echoes the story of the man Elijah. A man who found a new tune to dance to.

So a poem – 'The Whisper' by Chris Matthews (from @pres\_ence)

Even the magnificence of the storm roar  
Failed to awaken him.  
Entangled by a shroud of misery,  
Exhausted, angry and so desperately alone  
He was unimpressed by the raging wind and driving rain.  
Predictable, he thought.  
The violence of the earthquake momentarily distracted him;  
But too lost in his own despair  
He remained unmoved and bound.  
The flames, as spectacular as they were,  
Failed to stir him,  
He was no longer a prophet who dealt in fire.  
The knots seemed to tighten.

Despairing,  
Numb,  
He barely heard the whisper.  
Unexpected,  
Gentle,  
Tender,  
The voice named him.  
And he was undone.

Undone, so he could be remade. A man beyond empty, who found the fuel he needed not in the obvious big pumps on the forecourt, but in an unassuming little corner.

Lent can be like this. Like Christ in the wilderness, with seemingly nothing, he too was undone and remade. In the midst of life's storms, triumphs and tragedies, let us be undone by the gentle whisper, that we may be remade again.

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

Payhembury Church Warden:	Mrs Babs Leach, Slade View, Payhembury (841409)
Payhembury Sexton:	Mr Jim Kimber, 1 Barrow Road, Payhembury (841320)
Feniton Church Wardens:	David Lanning (850699) or Cara Sanders(850262)
Escot Church Warden:	Judy Davis (812739)

## **PARISHES OF FENITON, ESCOT, PAYHEMBURY CHURCH SERVICES IN MARCH 2022**

**ASH WEDNESDAY 2<sup>ND</sup> MARCH 11AM FENITON INFORMAL COMMUNION**

**SUNDAY 6<sup>TH</sup> MARCH**                      ***FIRST SUNDAY OF LENT***

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

**SUNDAY 13<sup>TH</sup> MARCH**                      ***SECOND SUNDAY OF LENT***

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

**SUNDAY 20<sup>TH</sup> MARCH**                      ***THIRD SUNDAY OF LENT***

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

**SUNDAY 27<sup>TH</sup> MARCH**                      ***MOTHERING SUNDAY***

Church	Time	Service
Feniton	11 am	Mothering Sunday Morning Worship (DC)
Payhembury	9.15am	Café (LL/DC)

**SUNDAY 3<sup>RD</sup> APRIL**                      ***FIFTH SUNDAY OF LENT***

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



### **Art and Knitting/Craft Group**

The group continues to turn up, doing our own thing and a nice hot chocolate to go with it! Any activity is welcome, so don't be afraid to turn up and see what we get up to:

Sessions in March – all Fridays in the Six Bells - 4<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> 2.00-4.00pm

Knitting/Crafts: Naomi (07799 380336)  
Art: Sue (841103)

### **Tea and Bingo**

We continue to be a small group at tea and bingo, so do get in touch if you think you might join us!



We had a very nice meeting this month; Marjorie's Dorset Apple Cake and my chocolate orange brownies went down well. Thank you to all who shared the calling.

The next meeting will be on Friday 11<sup>th</sup> March, 2pm in the Six Bells

Give one of us a ring if you need to know anything:  
Marjorie (841110) and Sue (841103)

### **Rotary Quiz**

It is that time again, pitting the not inconsiderable wits of the Six Bells against other pub teams – and all in aid of charities. Just turn up, no need for teams.



Thursday 10<sup>th</sup> March, 7.45 for 8pm start in the Six Bells  
Suggested donation of £3 per person

**Ladies' Night Out**  
Tuesday 15th at 7:30pm  
In The Six Bells

**Churchyard Clean Up**  
Saturday 26th 10am-12 noon

**Mobile Library**  
11-11:20am, Wed 9th  
at the village hall car park

**Soup Lunch**  
Monday 14th 12 noon-2pm  
In the church



## SAVE A LIFE

Resuscitation and defibrillator  
refresher/training.  
Suitable for all.

Rescheduled to:

**Monday 7th March 7:30pm  
at the Parish Hall**

Tim Cox 01404 850005

Hello Villagers,

Hopefully we will be able to start our coffee mornings again in April. With the restrictions being lifted at the end of the month, I thought the sensible thing to do would be to cancel March to keep our hosts safe and to let things settle down. Won't it be lovely to get down to normality and meet friends again.



Thank you for being so patient, hope to see you all soon, just a reminder, if anyone needs transport, please phone Steve or Sandra on 841842.

A warm village welcome goes to:  
Paul, Harriet, Scarlett and Florence in Church Lane!  
and  
Janice, in The Willows, Newlands





We are really thrilled to be able to share with you the excellent news that we are now the very proud owners of the shop on a 299 year lease, securing the future of Payhembury Provisions for the village. It has taken a long time, many meetings, and a lot of hard work, and we have David and Tim from our committee, and Robert Leach to thank for ensuring our thriving shop will be able to continue serving the village for many years. It is very exciting.

'Spring has sprung' at Payhembury Provisions - the daffodils are here once again! You can find them.. – a host of golden daffodils – not quite 'fluttering in the breeze' but I'll leave that to your imagination.

We have stocked our meat from Veysey's Butchers in Cullompton for a few months now. It is proving to be very popular and the feedback we have received has been extremely positive about the quality of the meat. We have extended the range to include wild venison, which comes in twice a week and is selling very well. It comes in frozen and can be found in the freezer. Toni manages the meat order and is always open to suggestions for different products. If you have any suggestions or would like to order a specific product, just leave a message in the shop and she can order it for you. Orders are placed twice a week – Mondays for Tuesday delivery and Thursdays for Friday delivery.

I would like to welcome our new volunteers who have joined us recently. As I'm sure you are aware our shop is wholly dependent on volunteers from our community, and we would not be able to open without our special 'team' of volunteers. We have always been bowled over by the willingness and support of all our volunteers, whether it is manning the till or working in the background e.g., cleaning, checking and rotating stock, ordering products, processing orders onto the computer etc. etc. All this is happening every day of the week and we are always thrilled to welcome new people on board, whatever your skill base. It is a wonderful way to get to know people in the village and meet new friends if you are new to the area. So, if you feel you could offer an hour or two, please contact Anne Baxter on 01404 841345 – she would LOVE to hear from you!

Finally - don't forget March 1<sup>st</sup> is Pancake Day and 27<sup>th</sup> is Mother's Day - everything you need to make delicious pancakes and a great selection of cards and chocolates is available in your local shop!

## Pete Penly

It is with great sadness that we report the recent death of Pete Penly. He and Jan moved out of the village in 2019, but those of you who knew him will remember what a lovely, happy man he was. His health wasn't the best, but he always kept cheerful and was a great poet; he often sent them to the parish paper for us all to enjoy. We send our deepest sympathy to Jan and are pleased that she is near family to help her at this difficult time.

This is one of his poems, with which I think many of us still agree.

Sue Derbyshire

### Letter to the PM - from Pete Penly

Could we have our inches back now that Brexit's here  
Pounds and ounces too, let me make it clear  
Centimetres mean nothing to me  
I learned Imperial Measures you see

Twelve inches one foot, three feet a yard  
They taught us that at school, it wasn't very hard  
Gallons and pints and don't forget quarts  
Then there are bushels and pecks and all sorts

Ounces make pounds - pounds make stones  
Not those you throw - not those in loans  
But farthings and guineas, shillings and pence  
We should ignore if we had any sense

Rod pole or perch and yards in a chain  
Can we talk about furlongs again?  
The mile is still with us not gone away  
That must mean that it is here to stay

No grams nor kilos nor boring old metres  
Beer and milk sold in pints not litres  
So many names for our weights and measures  
Let's not forget them they are National Treasures

# Payhembury Weather

[www.payhembury-weather.co.uk](http://www.payhembury-weather.co.uk)

## Weather for January 2022

**Rainfall:** January was a dry month with only 3 days having any significant rain. The rain finally returned on Sunday 13<sup>th</sup> February with over 15 mm recorded.

**Temperatures:** After the record warm temperatures on New Years Day, temperatures returned to more normal values with daytime values averaging at +1.4 degC from the 1960-1990 mean and a night-time mean cooler than average. There were 14 days of air frost.

**Weather elsewhere:** At least 9 people have died in Austria after more than 100 avalanches struck the country in just three days which is unprecedented. Storm Malik hit northern Europe on 29-30 January causing coastal surges and leaving hundreds of thousands without power. At the same time in the U.S. a similar number were left without power after a powerful Nor'easter hit the U.S. East Coast dumping 78 cm of snow to the SW of Boston.

Payhembury Weather Jan 2022			
Monthly Rainfall	43.8 mm	-60 mm	from normal
Days of Rain	22 days		
Wettest Day	12.2 mm	7 Jan	
Mean Max Temp	9.0 degC	+1.4 degC	from normal
Mean Min Temp	1.3 degC	-0.8 degC	from normal
Warmest Day	14.9 degC	1 Jan	14:44
Coldest Day	-5.8 degC	21 Jan	08:11
Windyest Day	11.6 m/s	31 Jan	12:43

Current weather in Payhembury can be viewed at [www.payhembury-weather.co.uk](http://www.payhembury-weather.co.uk)

If you want to see the table above a few days after the end of the month it is posted on the Payhembury Parish Facebook page.

**Roger Saunders**

# Paul's Nature Notes

## January-February 2022

Will there ever be any let up from all this Covid? It has made for some quite miserable times, especially the unrelenting way in which it is reported upon by the media, but another new year brings with it hope for the future. There are many feel good factors in life for me to fall back on and two of my favourites are the sight of our spreading Japanese flowering cherry tree in the spring and the autumnal colours of our trees. Both are ephemeral, lasting at their very best for such a short time, but what enormous pleasure they bring. Now, as winter is upon us I am drawn back to the bird feeders and all the colour and glamour they can bring. As Simon Barnes says, I do not go birdwatching – I am a birdwatcher.

I have so many favourite birds here in Devon, Nuthatches, Great Spotted Woodpeckers, Serins and the occasional Brambling to name just a few. So, when a pair of Bullfinches turned up it was a lovely moment, as they are such stunning birds. Mind you, I really do not want them here when the fruit bushes start to bud up in the spring!

Whilst the world has always undergone climate change and extreme weather events, these are now occurring far more frequently and it is this rate of change which worries the scientific community. Call it what you like, climate change or global warming little matters, mankind's devastating adverse impact on the planet is obvious – there are too many people and our activities are leading to the destruction of many other forms of life.

On the other hand, there are some benefits. Certain species are expanding their range ever northwards and we are witnessing the arrival of many new species from continental Europe. I can still remember when Little Egrets first bred in this country in the mid-1990s and it was not long before their close cousins the Cattle Egrets and Great White Egrets followed suit. Now Glossy Ibis are also breeding and they have recently been seen at Seaton Wetlands.

The project to record all the flora and fauna of the parish is underway and there have already been some excellent records: a patch of Yellow Archangel right here in the village and all those glorious banks of snowdrops, the best being on the back lane to Upton.

**Paul Lister**

## **Payhembury Parish Council Meeting** **Wednesday 9<sup>th</sup> March at 7.30pm**

The next Payhembury Parish Council meeting will be held on Wednesday 9<sup>th</sup> March 2022 at 7.30pm. The meeting will be a hybrid meeting with members of the public able to attend either in-person in the Parish Hall or via Zoom (Meeting ID = **814 9236 3812**; passcode = **039795**; webpage = [www.zoom.us/join](http://www.zoom.us/join)) or via telephone (see previous Parish Papers for the telephone numbers). The agenda for the meeting will be available as normal on the noticeboard and the Parish Council website ([http://www.payhemburyparishcouncil.org.uk/Agendas and Minutes 28525.aspx](http://www.payhemburyparishcouncil.org.uk/Agendas%20and%20Minutes%2028525.aspx)).

The meeting will include the co-option of a new Councillor – for further information, or for an application form, please see [www.payhemburyparishcouncil.org.uk/Vacancies 32756.aspx](http://www.payhemburyparishcouncil.org.uk/Vacancies%2032756.aspx) or contact the Clerk. The closing date for applications is Friday 4<sup>th</sup> March.

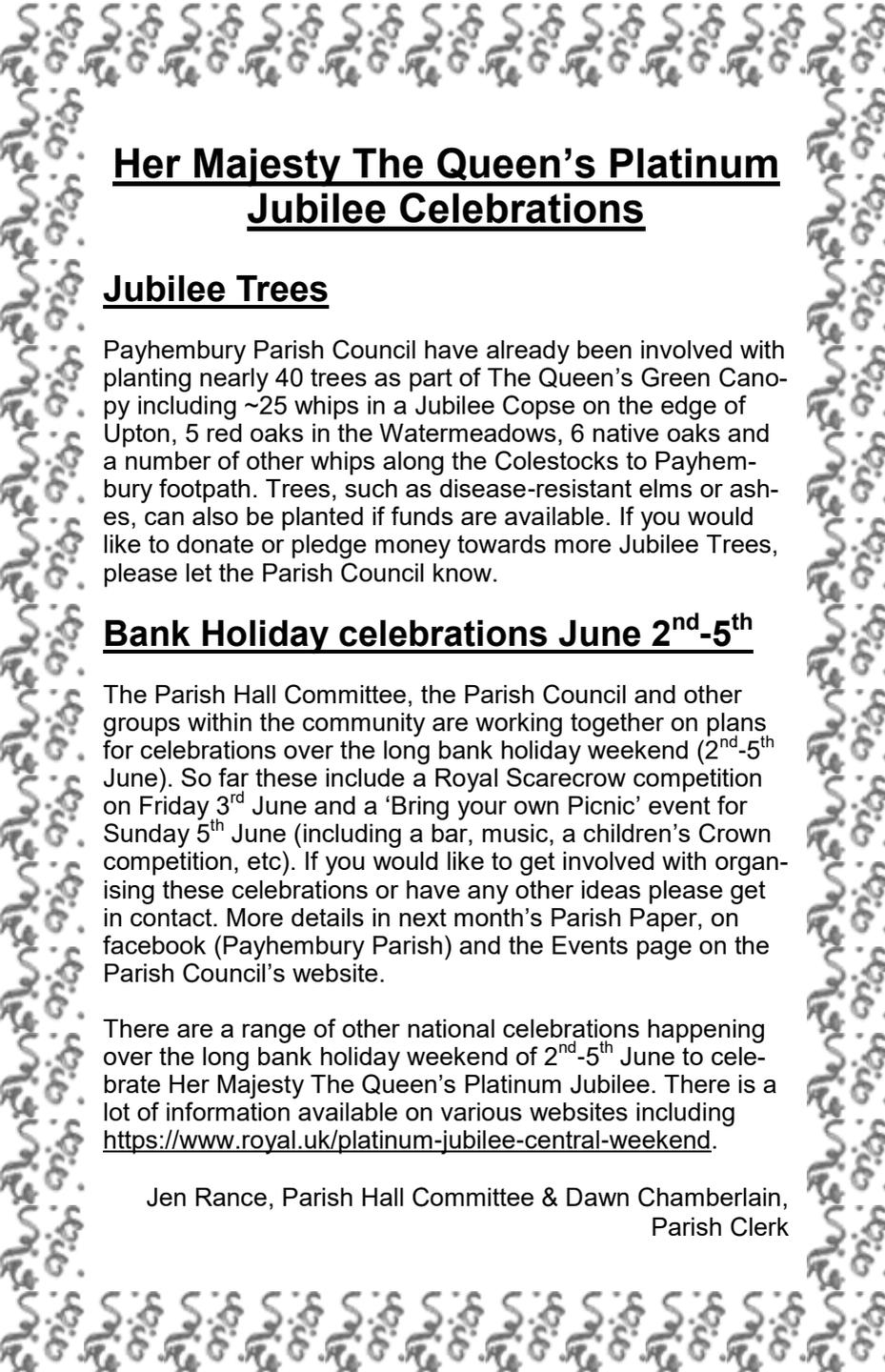
Dawn Chamberlain, Parish Clerk

## **Annual Parish Meeting & Wildlife Talks**

The Annual Parish Meeting will be held at **7.30pm on Friday 8<sup>th</sup> April** in the Parish Hall. The meeting will be followed by two wildlife talks, one about the re-wilding of Poffit Lane and hopefully the other about the River Otter Beaver Project. More details will be available in the April Parish Paper.

Dawn Chamberlain, Parish Clerk

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



## **Her Majesty The Queen's Platinum Jubilee Celebrations**

### **Jubilee Trees**

Payhembury Parish Council have already been involved with planting nearly 40 trees as part of The Queen's Green Canopy including ~25 whips in a Jubilee Copse on the edge of Upton, 5 red oaks in the Watermeadows, 6 native oaks and a number of other whips along the Colestocks to Payhembury footpath. Trees, such as disease-resistant elms or ashes, can also be planted if funds are available. If you would like to donate or pledge money towards more Jubilee Trees, please let the Parish Council know.

### **Bank Holiday celebrations June 2<sup>nd</sup>-5<sup>th</sup>**

The Parish Hall Committee, the Parish Council and other groups within the community are working together on plans for celebrations over the long bank holiday weekend (2<sup>nd</sup>-5<sup>th</sup> June). So far these include a Royal Scarecrow competition on Friday 3<sup>rd</sup> June and a 'Bring your own Picnic' event for Sunday 5<sup>th</sup> June (including a bar, music, a children's Crown competition, etc). If you would like to get involved with organising these celebrations or have any other ideas please get in contact. More details in next month's Parish Paper, on facebook (Payhembury Parish) and the Events page on the Parish Council's website.

There are a range of other national celebrations happening over the long bank holiday weekend of 2<sup>nd</sup>-5<sup>th</sup> June to celebrate Her Majesty The Queen's Platinum Jubilee. There is a lot of information available on various websites including <https://www.royal.uk/platinum-jubilee-central-weekend>.

Jen Rance, Parish Hall Committee & Dawn Chamberlain,  
Parish Clerk



## THE TALE OF THE 'POP UP GIRLS' AND THE CHARITY GOURMET NIGHT

One day before Christmas as Tina, Alison, Sara and Angela were preparing the Seniors' Christmas Lunch one of them casually re-marked.....'I love cooking, why don't we have a Pop Up Gourmet Night in the Hall'? After a slightly stunned silence we all agreed it was a fantastic idea. After several, more than tipsy, meetings held in the Drewe the Charity Gourmet Night was born.

So, the 'Pop Up Girls' are delighted to invite you to our first venture in **Broadhembury Memorial Hall on Friday, 11th March at 7.30pm** (see posters around the Parish for details) in aid of our chosen charities, 'Save the Children' and 'Action for Children – East Devon's Children's Centre'.

There will be five courses served including vegetarian option, a welcome glass of bubbly and port with the cheese course all for £25 per head. Tickets are available at Broadhembury PO and Payhembury PO.

The 'Pop Up Girls' look forward to seeing you.

PS: 'Pop Up Girls' refers to the four of us and all genders are welcome!

## **Broadhembury Green Repair Cafe**

The Memorial Hall is booked for **Saturday 19th March 10am-1pm**. We hope covid restrictions will be lessened.

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 have now 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 and repair anything you bring. The aim is to throw less away, reduce carbon, and teach folk to repair items themselves.

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

**Saturday 26th March 10-12am**  
The 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 will have a range of speakers talking broadly about habitats, and specifically about dormice, and hedgehogs for example. We will be unveiling the photos from our four trail cameras that have been out in the parish.

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, and more...



**Labouring with blunt scissors/secateurs/ knives?**

Now is your chance to relax with properly sharpened tools.

Dan from <https://www.ccsharpening.co.uk/> (Cullompton) will be at Payhembury Village Hall on Saturday 2<sup>nd</sup> April from 10am, happy to take on these tasks for you. The website gives prices but, as an example, knives: 50p per inch, mower blades: £5 each, secateurs: £5 each. Contact [info@ccsharpening.co.uk](mailto:info@ccsharpening.co.uk) if you have a specific request.

We are already in the hall that day, so tea/coffee/cakes available while you wait. This event is quite independent of the day of crafting and requires no admission fee or pre-booking.

*Christine Thair*

## *Easter Market & Mingle*

Payhembury Village Hall  
Saturday 9<sup>th</sup> April 2-4pm

An opportunity to shop from local small businesses and talented crafters, whilst you mingle with friends and enjoy tea, coffee & cake!

- Crafts & Gifts
- Raffle
- Refreshments

*In aid of the Village Hall*



**\*\*\*\*Please Save the Date\*\*\*\***

**Payhembury Village Show** will be held in the Village Hall on **Saturday 17th September 2022**

A schedule will be published shortly with some of the usual classes from the Spring Bulb and Flower Show but also some new ones to reflect the Autumn season.

*Di Somers*



**Do you have an event to publicise, or news to share for November? Email: [payhemburypaper@yahoo.co.uk](mailto:payhemburypaper@yahoo.co.uk) by Monday 18th October, 4pm**

Come and Join Us for a Fabulous Relaxing  
**Day of Crafting**

Payhembury Village Hall

Saturday 2<sup>nd</sup> April 2022  
10.00am – 3.00pm  
£25

Choose from 4 different crafts, of which you  
will get to do 2:

Needle punch felting, Indian wood block printing,  
Iris paper folding, fabric hearts hand stitching.

All materials provided and all suitable for beginners.

**Booking essential by 26<sup>th</sup> March 2022**



For more information contact Naomi on  
07799 380 336 / [naomiosborne@hotmail.com](mailto:naomiosborne@hotmail.com)

## Community Outreach Team for East Devon

We are part of The Public Health Directorate at Devon County Council and have been providing mobile Covid related services in your area during the pandemic. As we are moving forward, our primary objective is to work closer with these communities to ensure that services associated with Health and Wellbeing are made accessible.



We want to hear from you about your community.  
What specific services / resources would you like to have access to in and around Payhembury? Examples:

- health and wellbeing
- health screening
- dental
- diet and nutrition
- food access
- podiatry
- mental health
- household budgeting and general financial advice
- social interaction
- advocates to signpost and connect you with services



In addition, we would like to offer your area a bi weekly or monthly informal/ social drop-in service providing Information, Advice and Guidance on all of the above ideas.



Please email [sharron.sandell@devon.gov.uk](mailto:sharron.sandell@devon.gov.uk) or text / call **07977 969780** by **15<sup>th</sup> March 2022** with your thoughts and ideas for local engagement / services.

**Parish Paper Deadline:  
Friday 18th March, 4pm**

## 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](mailto: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](mailto: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: Iain Chubb 01297 35468 District Councillor: Philip Skinner 01404 822855

## **PAYHEMBURY VILLAGE HALL HIRE AND CHARGES**

Please contact [info@payhemburyvillagehall.org.uk](mailto: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

## MARCH VILLAGE EVENTS

Fri 4th, 18th & 25th	Art and Knitting/Craft Group, Six Bells, 2-4pm
Mon 7th	Defibrillator training, Village Hall, 7:30pm
Wed 9th	Mobile Library, Village Hall car park, 11-11:20am Parish Council Meeting, Online, 7:30pm
Thurs 10th	Rotary Quiz, The Six Bells, 7:45pm
Fri 11th	Tea & Bingo, The Six Bells, 2pm
Mon 14th	Soup Lunch, Church 12-2pm
Tues 15th	Ladies' Night Out, The Six Bells, 7:30pm
Fri 18th	Parish Paper deadline, 4pm
Sat 26th	Churchyard Clean Up, 10-12 Day of Crafting sign up deadline



Quick plea from the editors!  
We need more artwork for use on  
the magazine front and back  
covers - send your photos, pic-  
tures or paintings in to us at  
[payhemburypaper@yahoo.co.uk](mailto:payhemburypaper@yahoo.co.uk)

## REGULAR WEEKLY ACTIVITIES IN THE VILLAGE HALL

<b>MONDAY</b>	Apple Pips	9:30-11:15am
<b>TUESDAY</b>	Pilates	6:30pm
<b>WEDNESDAY</b>	Pilates	9:15am (Ladies only), 10:30am (Men's only)
	Short mat bowls	7:15pm

**Editorial Team:** Christine Thair (841322), Kate Duggan (841039),  
Victoria Lincoln (07967 313035)

**Payhembury Village Website:** [www.payhembury.org.uk](http://www.payhembury.org.uk)