

# THE PARISH PAPER

## St. Mary the Virgin, Payhembury

Vol 56 No 3

September 2022



**Payhembury Village Show:**  
**Saturday 17th September**  
(Enter by 1pm, Saturday 10th September)

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# Rectory notes Sep 2022

## Whisky galore!

The Rectory, Station Road, Feniton  
01404 850905

revdavidcarrington@gmail.com

A big thank you to Becky, Ruth and Leah for covering this magazine slot so admirably these past three months of my sabbatical. You're stuck back with the Vicar now.

In having the privilege of taking such time out, I've observed other things that take time. Making whisky, for example! Whilst you're reading this, rainwater is slowly filtering through peat and rock in far-flung places en route to becoming whisky, or resting for years in oak barrels. (Surprisingly, perhaps, the photo isn't from my Scottish travels but from Brighton!)



Mind-boggling patience as well as skill! You can crawl gymnastically inside the 1m-high chamber.

Back home, and last month we marked the end of a local epoch. David Lanning has been churchwarden since what feels almost neolithic times. Huge thanks go to David, and Sheila alongside him, for 20 years' wise, dedicated and caring service as warden, and more before that in other capacities. He isn't unlike a well matured malt whisky himself.

Through all these things God flows – carving, shaping, permeating life. As we head towards this autumn, with the joys and challenges the world throws at us, may we be blessed with patience to take the long view, our endeavours endure like an Orkney stone, and the Spirit of Life mature us all like a best malt.

Rev David Carrington

Team Vicar of Escot, Feniton and  
Payhembury

I've travelled through time itself it feels. Armed with an Ordnance Survey Map of Ancient Britain – and sparked by our very own Payhembury parish having had a neolithic settlement at Hembury Fort – I've visited an amazing range of ancient sites, from the Gower peninsular to northern Scotland. The photo is of an extraordinary neolithic burial stone called Dwarfie Stane on the Orkney island of Hoy. Dumped by a glacier on a remote hillside, people 5,000 years ago hollowed out a burial chamber inside it, using just stone or bone tools.



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: Cara Sanders (850262)

Escot: Judy Davis (812739)

# Parishes of Feniton, Escot and Payhembury Church Services in September 2022

## **SUNDAY 4<sup>TH</sup> SEPTEMBER**

### ***ST MARY THE VIRGIN***

Church	Time	Service
Feniton	9.15am	Storytime+ (ST team)
Payhembury	11am	Patronal Festival Communion (DC)

## **SUNDAY 11<sup>TH</sup> SEPTEMBER**

### ***THIRTEENTH SUNDAY AFTER TRINITY***

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

## **SUNDAY 18<sup>TH</sup> SEPTEMBER**

### ***FOURTEENTH SUNDAY AFTER TRINITY***

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

## **SUNDAY 25<sup>TH</sup> SEPTEMBER**

### ***FIFTEENTH SUNDAY AFTER TRINITY***

Church	Time	Service
Feniton	11am	Harvest Festival Communion with bring & share lunch (DC)
Payhembury	9.15am	Café (LL/DC)

## **SUNDAY 2<sup>ND</sup> OCTOBER**

### ***SIXTEENTH SUNDAY AFTER TRINITY***

Church	Time	Service
Escot	6pm	Harvest Evensong (DC)
Feniton	9.15am	Storytime+ (ST team)
Payhembury	11am	Harvest Festival Morning Worship (DC)

# Dates for your diary!

## Church Soup Lunch

Monday 12th September  
12 to 2pm



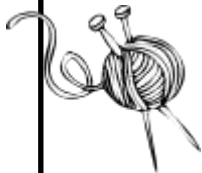
## Ladies' Night Out

Tuesday  
20th September  
from 7.30pm  
The Six Bells

## Churchyard Cleanup

Saturday 24th September from 10am to 12noon

## Art and Crafts Group



We had some good turnouts for Art/Craft in August, considering holidays etc. We would still love to see some new faces, so do drop in to see us – you don't have to stay!

Sessions in Sept – all Fridays, in the Six Bells  
Sept 2<sup>nd</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> 2.00-4.00pm

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



## **SAVE THE DATE – SATURDAY 10TH SEPTEMBER**

The first annual **PAYHEMBURY VILLAGE SHOW** is being held on  
**Saturday 17th September**

Entries need to be handed in at **PAYHEMBURY PROVISIONS**  
**by 1.00pm on SATURDAY 10TH SEPTEMBER**

Lots of classes to be entered – **Home grown produce, Plants, cut flowers and flower arrangements, Children's classes (including a face on a slice of bread), Cookery, Preserves and Handicrafts.**

### **Village Coffee Morning**

**21st September, 11-12, The Old Vicarage**

Well, the weather at Honeypots coffee morning was none too kind to us, but we were a happy little bunch and huddled together under the awning and had a lovely chat, which was very nice, it's just lovely catching up.

Our next hosts are Lionel and Naomi on Wednesday 21st September at The Old Vicarage, 11-12. They have kindly invited us to their home, let's hope the weather is a little kinder so we can enjoy their lovely garden.



If any one would like to go but is in need of transport or directions, please phone Steve or Sandra on 841842 and we would be happy to oblige.

**Do you have an event to publicise, or some news to share?**

**Email: [payhemburypaper@gmail.com](mailto:payhemburypaper@gmail.com)  
by 18th September.**

# Broadhembury and District Gardening Club

7th September, 7.30pm, Broadhembury Memorial Hall



In August, we had our Annual Show, which was great fun when all the entries were voted on by the members of the Club. Congratulations to all the winners. It was a very sociable time with pizzas and wine. And with a lovely evening, no one seemed in a rush to go home.

At our meeting on **7th September**, the Speaker will be Charlotte Heavisides talking on 'The revival of the great British flower industry'. Charlotte is a flower farmer and florist and will be bringing a range of flowers for sale.

Looking ahead, there will be another visit to the Arboretum at Thornhayes on **Sunday 30th October** at 2.00 pm. to enjoy the experience of the autumnal colours. This is open to both members and non-members. Tickets £5 for charity.

## Mobile Library

September 21st, 11.00–11.20am, Village Hall Car Park

## Tea and Bingo

9th September, 2pm, Six Bells

We had a good session at Bingo this month, despite the hot weather! Marjorie, Jackie and Sue all took a turn at calling and a good time was had by all.

Please come in to say hello and maybe we can talk you into joining us!

*The next meeting will be on Friday 9<sup>th</sup> Sept, 2pm in the Six Bells*

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

B I N G O				
1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65

## **Payhembury Parish Council meeting Wednesday 14<sup>th</sup> September at 7.30pm**

The next Payhembury Parish Council meeting will be held on Wednesday 14<sup>th</sup> September 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 = 859 7551 9771; passcode = 196163; 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:

[www.payhemburyparishcouncil.org.uk/Agendas\\_and\\_Minutes\\_28525.aspx](http://www.payhemburyparishcouncil.org.uk/Agendas_and_Minutes_28525.aspx)

Dawn Chamberlain, Parish Clerk

### **Advance dates**

#### **Quiz with Max Pipe**

Friday 14 October, 7.30pm in Payhembury Village Hall

#### **Organ recital, 'The Trials and Tribulations of a Village Organist'**

Sunday 16 October, 3pm in the church

#### **Christmas Wreath Workshop**

Friday 25 November, 7pm in The Six Bells

### **Do you enjoy a good read??**

I am new to the village and am interested in setting up a book club. If you fancy the idea of meeting up for a cuppa and chat once a month to discuss a book, then I want to hear from you. A book club is a great way to expand on what you may normally read, and you always get ideas on what others have read and enjoyed. You don't have to worry about reading something you're not enjoying. A book club is about fun, so there's no pressure.

If you fancy giving it a go, then please give me a call on 07789 553427.

Janice

# Honiton u3a's autumn programme

Honiton u3a has just launched the autumn programme of speakers for its monthly meetings, held at the Beehive. There is something for everybody, with subjects ranging from kayaking to the history of the BBC.

The season is due to start on Wednesday **September 21<sup>st</sup>** with a talk by Gerald Seaman, the distinguished author of a history of Russian music. He will be talking about how he met the composer Shostakovich, and about the time he spent in Soviet-era Russia. He also promises to tell the story of how he “nearly became James Bond”. This talk is subject to confirmation nearer the date.



On **October 19<sup>th</sup>**, Ian Barclay will be speaking about the BBC, as it continues to celebrate its centenary. Ian will give a brief history of the earliest days of wireless and broadcast technology, the formation of the BBC and its later development. With the BBC now facing many challenges, it is a good moment to reflect on the corporation's journey to occupying such a central place in the country's life.

The final talk in the autumn programme is on **November 16<sup>th</sup>**, when the speaker will be Rupert Kirkwood, known as The Lone Kayaker. Rupert worked as a farm vet in West Devon for thirty-three years but had to take early retirement due to injury. He now spends as much time as possible paddling his kayak around the coast of South West England, observing and photographing the amazing animals he encounters, including porpoises, puffins, sharks and even swimming deer.



**All talks are held at The Beehive, and start at 2p.m. Doors open at 1.30p.m. Visitors are welcome to attend, in return for a £2 donation. Refreshments are available after the meeting.**

This September, u3a nationally is celebrating its 40<sup>th</sup> anniversary. Members will be showcasing the activity, learning and fun which take place in u3as across the country every day. As well as the monthly talks, Honiton u3a members enjoy at least 30 different activity groups, ranging from poetry reading to wine-tasting, photography to crochet, and from discussing current affairs to appreciating nature.

**To find out more about Honiton u3a and how to join, look at the website: [u3asites.org.uk/honiton](http://u3asites.org.uk/honiton)**



**CONCERT WITH FOLK SINGER  
JIM CAUSLEY**

AND

**CREAM TEA**

**SUNDAY 4<sup>TH</sup> SEPTEMBER 2022**

**PAYHEMBURY VILLAGE HALL**

**3-5PM**

**£10 PER TICKET**

**RAFFLE**

FOR TICKETS  
PLEASE CONTACT  
BABS LEACH ON  
841 409



We are delighted that



# CAFÉ CONNECT

is now open!!



**St Mary's Church,  
Payhembury  
Thursday mornings  
9-11:30am**

We are thrilled to announce the opening of Café Connect, a new venture for Payhembury Church.

We have created a relaxing, cosy coffee shop-style area where you can come along and enjoy a variety of tasty hot drinks from our new coffee machine.



**You can be assured of a warm welcome. We would love to see you there!**



## **No road closures expected in September and October 2022**

There are currently (mid-August) no scheduled road closures in the parish in the next two and a bit months. Other roadworks may occur at short notice, eg emergency repairs, pot hole filling etc, and the most up to date information for these can be found on <https://one.network>.

Dawn Chamberlain, Parish Clerk

We were sorry to hear of the passing of Ray Granger. He had many friends in the village and our thoughts are with Louise and the rest of his family.

## **Join Devon County Council's Family Advisory Board for parents and carers with experiences of Children's Social Care**

A group for parents and carers who have experienced the involvement of Children's Social Services has recently been formed and is looking for new members who are interested in having a say on how these services can be improved.

The Family Advisory Board is a network of like-minded people with different experiences of Children's Social Care and Early Help. The group aims to make positive changes to processes, policies and paperwork, making it easier for parents and carers to get the support they need.

If you are interested in being part of this group or would like more information, please email: [zoe.toop@devon.gov.uk](mailto:zoe.toop@devon.gov.uk).

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



We need you! We're in need of at least one more editor for the Parish Paper. Editing the paper only takes a few hours, and you'd only need to commit to doing it four times a year.

We work on Microsoft Publisher, using a template. and can teach you how to use it.

Please call Kate on 07968 369159 or Christine on 841322.

Don't fancy being an editor but still want to support Payhembury? Several other organisations would welcome your help, including:

- Payhembury Provisions:  
Call Anne Baxter on 01404 841 345
- Payhembury Village Hall:  
Email [info@payhemburyvillagehall.org.uk](mailto:info@payhemburyvillagehall.org.uk)
- Friends of Payhembury School:  
Email Anita Elsom, [robin.elsom@btinternet.com](mailto:robin.elsom@btinternet.com)

## Tale Millers CC

The cricket field at Tuck Mill is almost looking excited today as the first rain it's seen for a few weeks has fallen, albeit not the huge dolloping we'd like, but beggars can't be choosers.

Fullsys Allstars strode confidently into town on 15th July and as it turned out, they were right to look so confident! After the Millers had posted a below par 105-6 with Ralph Cook unbeaten on 30 and Mark Hammett 18, Fullsys unleashed a genuine Allstar in the shape of Exeter City FC manager Matt Taylor.

Unfortunately for our own overseas superstar, Fred Brauer, Matt's arrival at the crease coincided with Fred's first bowl of the summer, which was a slight mis match. Needless to say, Fred's short spell went for something over 30 runs with Taylor safely retired in the pavilion, although it says something about the man's character that he then went to assist Fred the Younger in locating the balls he'd smashed into and beyond the River Tale. We lost by 8 wickets.

Due to, firstly, a player shortage in the opposition and secondly, an admin error by our or their fixtures secretary, we then went two and a half weeks of fine weather without a game – the committee are now reviewing the fixtures secretary's position but are a bit scared that they will have to do the job themselves if they sack him.

We resumed with another home game against our friends from Clyst Hydon. A welcome return to form followed for the Millers, after Clyst posted a competitive

131-9, including a – wait for it – TRIPLE WICKET HAT TRICK MAIDEN (at least I think that's what it's called) by Shane Tout, from the top side of the village. Top work Shane! Millers made a bright start to the response with Jon Pengelly biffing three sixes in a quick fire 25 and Sam Franks retiring on 25, before local farmers Ben Peters and Ruaridh Harrison (otherwise known as Rory) finished the game off.

Chef Eduardo served up some superb roast pork baps and roast spuds to bring a warm and pleasant evening's entertainment to a close.

This was quickly followed up by another home win against The Blacksmiths and Artizans – nothing to do with The Blacksmiths Arms just for clarity – with Mark Hammett returning 3 -3 from his two over spell in a Blacksmiths total of 124-7. Also worth noting that debutante Katie Tout made several vital interventions in the field, one unfortunately resulting in a nasty bruise to her thumb, very well played Katie! A nine wicket win ensued.

Sadly, another season will shortly draw to a close, giving time for our ageing squad to nurse their wounds and hopefully return full of vim and vigour next April – we live in hope.

Our End of Season celebration will involve a small sided cricket match and BBQ with awards ceremony at the ground on **Friday 9th September at 6pm**, all are welcome and bar, of course, will be open!

Jon  
Tale Millers CC

# Our Shop

We are extraordinarily lucky to have such a fabulous band of volunteers for our shop, including a very dedicated hard core of people who give their time very generously. However, we urgently need more volunteers, including several to learn the opening procedure for the 7.30-10.00am shifts, and we have lost our volunteers for the 6-7pm and close shift on Monday evenings. We will also soon lose part of our Sunday morning Early Bird team (7.30-10.00am) which involves sorting out the newspapers and baking. This particular shift is shared by six pairs of volunteers, meaning you only take a turn once every six weeks.

The weekly opening shift is a busy time, dealing with deliveries of newspapers, milk and bread etc.

The closing shift means cashing up the till, dealing with the newspapers and locking the shop.

None of this is complicated, and training will obviously be given. On the occasions that you can't make the shift there is always the option to swap with another closer/opener, or I can find cover for you.

Can I urge you to consider helping your community – you have no idea what a difference offering one hour a week makes. There is an assumption that we have plenty of help, but our shop really does need you....now.

Anne Baxter  
01404 841 345  
baxter345@hotmail.co.uk

## **SAVE A LIFE**

If somebody collapses without a pulse or has severe chest pain, this is what you do.

- SHOUT for help.
- Call 999.
- Call VETS (Village Emergency Telephone Scheme) on **01404 565605** to get the defibrillator from outside Payhembury Provisions.
- Start chest compressions as soon as possible if no pulse is felt. Continue until the ambulance arrives.

This is an excellent learning programme:

*CPR skills are 15 minutes away - Learn CPR In Just 15 Minutes. Find out more at: <https://www.bhf.org.uk/>*

Have a go. You cannot do any harm and might save a life. VETS: 01404 565605

## Payhembury Provisions

Thank you Tim for last month's amazing cartoon – were you able to identify everyone? Unfortunately he has passed the baton to me for this month – what an act to follow!!

You may notice some new brands appearing on the shelves lately – from fruit juice to oat milk; biscuits to naan breads and toilet rolls to baby wipes, we are having to search widely to source products that are no longer available from our usual wholesalers. This problem isn't specific to Payhembury Provisions and we are really committed to getting the best products for the best price for you, the customer. If there are items currently not available on the shelves or in the chillers, please be assured we will do our very best to find suitable alternatives as soon as we can. We are on it!!

Your lovely local shop would be nothing without its wonderful band of willing and cheerful volunteers. We cannot thank you enough for all the help and support you give week in week out. It is a fantastic way to get to know people and make new friends – and of course there is the annual supper (our way of saying 'thank you' everyone) to look forward to! We are always needing to recruit new volunteers to join the team, so please think about it ..... I draw your attention to the article by our Volunteer coordinator Anne Baxter in this month's paper and ask you to

maybe consider becoming one of the team.

We have been really saddened of late to find that some mornings the outside chillers, storing the fruit and vegetables, have been raided during the night and the contents discarded around the vicinity of the shop. This is so disappointing and not what we expect from our lovely local community. It might seem like a fun thing to do, but it really isn't much fun having to clear up the mess each morning, and apart from that, it is such a terrible waste of produce. Please, if you know anything about this and can help stop it, we would be most grateful as we would rather not have to take matters further.

Finally just to let you know we have a delivery of delicious Tuck Mill sausages in the freezers under the label of 'The Meat Men'. Delicious for Sunday brunch and fabulous barbecued too.



# Payhembury Weather

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

### Weather for July 2022

**Rainfall:** Very little rainfall with only 11mm falling mainly in the latter half of the month. The first half of August continued with hardly any rain resulting in the Environment Agency declaring a drought on the 12<sup>th</sup> August. The gardens and fields were clearly suffering from lack of water. The rain finally arrived on 15<sup>th</sup> August.

**Temperatures:** There was a heatwave declared in mid-July with the Met Office issuing an amber warning for the heat. The temperature peaked at 32.6 degC on 18<sup>th</sup> July in Payhembury. The overall average maximum temperature for July was also well above normal at +4 degC, although the night-time minimum temperatures were almost 2 degC below average. Another longer heat wave in August gave even higher temperatures here, reaching 33.6 degC on 12<sup>th</sup> August, which is the highest temperature I have recorded here since I started observations in 2007. The night-time temperatures at least stayed relatively cool at 12 degC.

**Weather elsewhere:** July 2022 was the driest July for England since 1935, and the driest July on record for East Anglia, southeast and southern England, according to provisional statistics from the Met Office. The UK's new record-high temperature of 40.3°C was recorded at Coningsby, Lincolnshire on 19<sup>th</sup> July. Wales and Scotland also recorded new maximum temperatures during this heat wave, but Ireland's record of 33.3 degC recorded in 1887 was not broken. In Germany, the water level in the river Rhine is getting so low that the barges are having to reduce their loads to avoid grounding.

Monthly Rainfall	11 mm	-41 mm	from normal
Days of Rain	7 days		
Wettest Day	3.2 mm	2 Jul	
Mean Max Temp	24.4 degC	+4.0 degC	from normal
Mean Min Temp	9.8 degC	-1.9 degC	from normal
Warmest Day	32.6 degC	18 Jul	14:15
Coldest Day	5.2 degC	27 Jul	02:58
Windyest Day	7.2 m/s	14 Jul	15:14

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

July-August 2022

How common do you think common actually is? Many might be forgiven for believing it is something frequently seen or encountered. Clearly entomologists will disagree and tell us that, in the case of moths, common means a species which has been recorded in over 300 10km squares since 1 January 1960 – a definition now clearly in need of an update in my opinion.

I was reminded of this recently when Tim W found an Oak Eggar moth indoors, one of those species considered “common”. This really is a special moth, large and sexy, at least as moths go! He released it outdoors only to see it immediately return inside. Until then I had only recorded it six times since 2009 – and then something quite extraordinary happened - five Oak Eggars turned up one night, two large females with three males clearly following their pheromone trails. All were released safely.

This year, there has been a problem with the non-emergence of certain moth species. Many hatch out in two generations and this year has been notable in that many have missed the early emergence and are now only showing up. I had begun to attribute this to low light levels and unseasonably low overnight temperatures. So, I was really interested to study Roger's weather stats for June and July which show average overnight lows have been almost two degrees lower than normal. Summer moths definitely prefer warmth and will not fly when it is too cold.

My mothing year to date has been a real roller coaster. From the extreme lows at the end of June, we hit an unprecedented high on 18 July, one of the hottest nights of the year, when 115 species were recorded with a total count in the high hundreds. This did not last long, as much cooler nights followed and then just as things were picking up again we had several more really cold nights in early August. In the short term there is probably little to worry about, as insects have a remarkable ability to bounce back from poor breeding years.

One big problem has been rescuing young birds from the greenhouses. They are tempted in by all those insects, rich pickings indeed, and so they certainly resent me ushering them outside. There has been a family of little owls around the garden for several weeks learning how to exist in the wild. Occasionally I am treated to a late night sight of one or two of them, always a great thrill. At least one of them loves sitting in our dead tree.

## **New online mental health support launched across Devon**

A new free and confidential mental health and wellbeing service for adults is now available across Devon, Plymouth and Torbay. It's being delivered by mental health provider, Kooth, and it will ensure that every adult in Devon has access to a choice of online support to manage their own emotional health and wellbeing.

It's called 'Qwell', and it offers a safe online space for people to access therapeutic activities and content including a peer support community. It includes self-help articles, forums, and discussion boards that are moderated by qualified practitioners. It also allows users to keep an online journal and monitor their wellbeing through an interactive goal tracker, accessible 24 hours a day, seven days a week. And there's a one-on-one live chat and messaging counselling service with a team of qualified practitioners.

Anyone in Devon over the age of 18 can access Qwell without a referral from a health professional. There's no criteria to qualify for support. Kooth already deliver emotional wellbeing and mental health support to children and young adults aged 11 to 18 across Devon. Both services are confidential.

To access Quell, visit: [www.qwell.io](http://www.qwell.io) and type in your postcode.

## **Give your views about mental health services in Devon**

On Saturday 15 October, Devon County Council's Devon Youth Council network will be hosting a Youth Voice Saturday on mental health. The event will see young people meet with senior decision makers to have their say about mental wellbeing and the services on offer here in Devon.

Young people have told the council that this is the number one topic that they want to speak out about, so we want to make sure that our Youth Council network are truly representative of Devon's young people.

If you know a young person who would like to share their views on the current support or education available for mental health and wellbeing issues, we would like to hear from them!

Young people can find out more and give their views safely and anonymously at [bit.ly/3AtM9KU](http://bit.ly/3AtM9KU). The questionnaire will close on Friday 30 September.

Any young people who would like to take part in the day itself need to meet with our participation team before the event. To do so, please email [participation@devon.gov.uk](mailto:participation@devon.gov.uk). Alternatively, sign up to the Devon Youth Council network at [bit.ly/3CgFIMC](http://bit.ly/3CgFIMC) well in advance of the event.

# Introducing: Bedroom to Business, 10 weeks of free support for entrepreneurs

You've discovered something you love to do, and it has the potential to grow and support you financially. But what is your next move? How can you take your passion from the kitchen table or bedroom and turn it into a business?

The Business & Intellectual Property Centre (BIPC Devon) is staging a free 10 week 'Bedroom to Business' course (from **8<sup>th</sup> September**) designed to help you make sense of the entrepreneurial journey ahead. You can attend in person or online every week.

Step by step, week by week, we'll cover the key business skills you'll need to launch a successful small business. At the end of the course, you'll have all the tools you need to move your business forward.



BIPC Manager Richard Love said: "The past few years have been tough, and it has pushed many people to find alternative sources of income. If you have started, or are thinking about starting a new business venture, then this is the course for you!"

The free 10 week 'Business to Bedroom' course will be led by Award Winning Coach and founder of Clarity Coaching, Clare Palmer.

At the end of the 10-week program, five lucky participants will receive an additional three months of one-to-one business support from Clare herself. Ensuring that we at BIPC can continue to build ongoing relationships with and deliver investment to Devon's most promising entrepreneurial talent.

Clare is an inspiring coach recognised as outstanding in her field and nominated for a Southwest Women Award in the category "Best Support Act"

Clare's passion lies in helping people break back self-imposed barriers, increase self-belief and become more conscious of their thoughts, emotions and actions to achieve the best possible outcome for them.

The course will run online every Thursday at 10am and also uploaded to the BIPC website <https://bipc.librariesunlimited.org.uk/> to watch again. There will also be additional webinars and workshops alongside this training.

The content will cover everything from negative self-talk, goal setting and time management, to intellectual property, sales, marketing, research and accounting basics.

The course, like everything from the BIPC, is absolutely free and starts on **Thursday 8<sup>th</sup> September**. And if you can't attend, you can watch all of the webinars on the BIPC website.

For more information and to book go to <https://bipc.librariesunlimited.org.uk/>

As I stood over my onion patch yesterday, torn between being responsible or watering them to help them swell up, it got me thinking about how in the world of medicine, this modest bulb plays second fiddle to its much more famous and glamorous relative – garlic.

Most of us have onions in our kitchen cupboards; they have been a staple part of the diet for thousands of years, being referenced by the Sumerians over 4000 years ago. The Egyptians worshiped the onion as the concentric rings formed by the layers were thought to represent the universe and eternity. Onions were probably introduced to Britain by the Romans, being especially key for the poorer people of Europe during the Dark and Middle Ages.

Technically onions are not roots but truncated bulbs, with a papery covering to protect the fleshy internal leaves from damage or drying out. They're surprisingly nutritional ... a medium sized onion provides 44 calories, zero fat, and 8% of the daily requirement for fibre.

Additionally they are a source of many minerals, several B vitamins as well as vitamin C.

Onions contain most of the constituents found in garlic, including the sulphurous compounds responsible for the distinctive aroma – allicin and ajoene, also phenolic acids and flavonoids such as quercetin.

Current research is supporting the traditional uses – for example onions have been a mainstay in treating

respiratory diseases including asthma, bronchitis, the common cold and flu – we now know that allicin inhibits the reproduction of viruses and bacteria by affecting their RNA synthesis. Additionally through anti-inflammatory effects on the liver of the sulphurous compounds, onions have been shown to alter the metabolism of fats so reducing and rebalancing cholesterol levels. The phenolic acids and flavonoids are strongly antioxidant and strengthen the immune system so protect the body's cells from damage which can progress to cancers.

The absorption rate of quercetin from onions is 2x that from tea, and 3x higher than from apples.

Cooking with onions is a great way of utilising the medicinal properties; they may also be juiced and applied to the forehead, as a poultice to soothe headaches, for boils, bruises and wounds. Powdered it can be used for wounds. The liquid extract or tincture is truly foul and I know of no one who uses it! Syrups and oxymels are the traditional and much more palatable formats. Capsules may suit some, but must be the whole extract not standardised constituents.

(By the way regarding my onion patch dilemma – I compromised with my watering can)

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

*Please note that herbal medicine should not be used to replace prescribed medication.*

## INFORMATION PAGE

### Non urgent police contact 101

**Honiton Hospital** 01404 540540 (Minor Injury Unit 8am-8pm)  
**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 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 0345 155 1008  
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 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 01297 35468 District Councillor: Philip Skinner 01404 822855

## PAYHEMBURY VILLAGE HALL HIRE AND CHARGES

Please email [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

# CALENDAR FOR SEPTEMBER

- Fri 2nd Art & Crafts, Six Bells, 2-4pm
- Sun 4th Patronal Festival Communion, 11am  
Concert and Cream Tea, 3-5pm, Village Hall
- Wed 7th Broadhembury and District Gardening Club, Memorial Hall, 7.30pm
- Fri 9th Tea and Bingo, Six Bells, 2pm  
Tale Millers CC End of Season Celebration, 6pm
- Sat 10th Closing date for entries to the Village Show, 1pm
- Sun 11th All Ages Service, 9.15am
- Mon 12th Soup Lunch, Church, 12-2pm
- Wed 14th Parish Council Meeting, Village Hall, 7.30pm
- Fri 16th Art & Crafts, Six Bells, 2-4pm
- Sat 17th Payhembury Village Show, Village Hall, 2.30-4pm
- Sun 18th Reflection with Music, Church, 6pm
- Tues 20th Ladies' Night Out, Six Bells, 7.30pm
- Wed 21st Parish Coffee Morning, The Old Vicarage, 11am-2pm  
Mobile Library, Village Hall Car Park, 11-11.20am
- Fri 23rd Art & Crafts, Six Bells, 2-4pm
- Sat 24th Churchyard Clean-up, 10am-12 noon
- Sun 25th Café Service, 9.15am
- Fri 30th Art & Crafts, Six Bells, 2-4pm
- Sun 2nd Oct Harvest Festival Morning Worship, 11am

Church Flowers: September 3rd and 10th.: S. Ford  
September 17th and 24th: M.Curran

## REGULAR WEEKLY ACTIVITIES HELD 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

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

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