THE PARISH PAPER

St. Mary the Virgin, Payhembury

Vol 55 No 7 January 2023



Can you tell which is the culprit here? For the full story if not the precise answer, turn to pages 16 and 17. Photo provided by Janet East.

This month's editor:	Christine Thair	01404 841322
Next month's editor:	Christine Thair	01404 841322
Advertising editor:	Ceri Deane	01884 277321
Editorial email:	payhemburypaper@gma	il.com
Advertising email:	parishmagadverts@gmai	I.com

Rectory notes – rooted for the year

We emerge from the haze of Christmas, blinking in the light of reality into the dawn of a New Year. We emerge probably bearing new family memories of Christmas. Shared family time may have strengthened or strained us, family a haven or battle-field, or somewhere in between. Big or small, near or far, living or deceased: family gives us roots, whether by blood, marriage, blending or adoption. We may be grateful for those roots, or forever tug at them, but we have them.

No more so is this true than our parents. Wherever our personal parental experience sits in the vast range, they root our existence. For better or for worse, in richer and in poorer, present or absent, they have shaped us. For those who have been parents themselves, you've experienced this privilege and pressure from the other side.

Parents can incite contradictory responses – witnessed most vividly in the typical teenager! Tugging hard at those roots in rebellious pull for independence, yet with parental reliability assumed (if unacknowledged) – the paradox of the parental bond. Do we ever fully grow out of this?

"Teach us how to pray," Jesus' first followers asked him. And how does he open his response? By rooting us in our parental bond with God: "Our Father, who art in heaven..." He knows this to be the root of our stability, the root of life itself. We tug away, oblivious often to the value of that bond. Certainly He wants for us healthy, free-spirited dependence, not cramped constraint. But however we respond, this Parent's faithfulness will never break.

'Father' – or 'Mother' too? Tradition runs deep, but the patriarchy of ancient culture feels far removed from our 21^{st} Century world. God is surely beyond our gender understanding. Yet He/She seems willing to be understood as either, wishing only to be understood as love.

Through 2023's Rectory Notes, I'll attempt to weave into the season and news successive lines from the Lord's Prayer. Where this will lead I have no idea! As we start this new year, we might have made new resolutions, or be aiming for new goals. We may succeed in our family life, or fail – again. But in all these things, may we each know we are rooted in the unfailing loving parenthood of God. He roots forever for us.

Rev David Carrington

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

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

PARISHES OF FENITON, ESCOT, PAYHEMBURY CHURCH SERVICES IN JANUARY 2033

SUNDAY 8TH JANUARY EPIPHANY

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

SUNDAY 15TH JANUARY SECOND SUNDAY OF EPIPHANY

Church	Time	Service
Escot	11am	Parish Communion (DC)
Feniton	10am	Morning Worship (LL)

SUNDAY 22ND JANUARY

THIRD SUNDAY OF EPIPHANY

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

SUNDAY 29TH JANUARY

FOURTH SUNDAY OF EPIPHANY

Church	Time	Service
Feniton	11am	Parish Communion (DC)

SUNDAY 5TH FEBRUARY THIRD SUNDAY BEFORE LENT

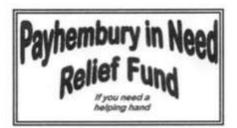
Church	Time	Service
Escot	4pm	Evensong (LC)
Feniton	9.15am	Storytime+ (ST team)
Payhembury	11am	Parish Communion (DC)

	Church wardens in	Escot and Fo	eniton
Feniton:	Cara Sanders(850262)	Escot:	Judy Davis (812739)



Happy Birthday wishes to Babs, for Sunday 8th January

A big birthday wish for a very big birthday from all your friends in church and in the village.



This fund was set up in the village many years ago, to help anyone who might be suffering hardship, where possible.

In these difficult times, sadly people could be struggling to pay the bills and keep warm and we want to help wherever we can.

Please contact me – *in the strictest confidence* – if you have any need of some financial assistance and we will do our best to help.

lan Derbyshire 841103

Hello and a very Happy New Year villagers!

We are hopefully getting back to some normality but to add to this exciting New Year we have a new venue for our coffee



morning, by kind invitation of Leslie and Phillip Elford at their home, Tor View, Higher Cheriton.

Wednesday 15th February 2023.at 11 - 12 noon

So looking forward to that.

If anyone would like to attend and would need some transport or directions, please phone us, Steve or Sandra, on 01404 841 842, and we will be very happy to oblige.

Keep well keep safe.





Payhembury Weather www.payhembury-weather.co.uk

Weather for November 2022

Rainfall: November was a record wet month with almost 3 times the normal rainfall recorded. As a result there were a few short term floods in the local area. This has helped to raise the reservoir levels in Devon to over 50%. It has been much drier so far in December but on 10 December we woke up to significant snowfall, the first since March 2018. I estimated about 5 mm depth here but Broadhembury looked to have 10 mm.

Temperatures: November was a very warm month being 2-3 degC above the norm for both day and night temperatures. By contrast December has started off much colder than normal with daytime temperatures not even reaching freezing on 12 December and night temperatures getting down to -7.4 degC on 16 December resulting in icy roads for a week. As I write, the temperatures have finally started to rise with rain onto frozen surfaces resulting in black ice.

Weather elsewhere: Lisbon is the latest place to be hit by floods with 65mm of rain in 3 hrs on 12/13 December resulting in a red alert for people to stay at home. The weather gods may not have been impressed with some Football World Cup results as a large tornado formed in Ras Laffan, around 50 miles north of Doha, Qatar, on 7 December giving heavy rain and large hail. Destructive tornadoes in the southern U.S. on 12 December have led to fatalities and several people missing.

Payhembury Wea	ather I	Nov 20	22		
Monthly Rainfall	207	mm	+122	mm	from normal
Days of Rain	23	days			
Wettest Day	24.4	mm	22	Nov	
Mean Max Temp	13.1	degC	+2.7	degC	from normal
Mean Min Temp	6.1	degC	+2.1	degC	from normal
Warmest Day	16.7	degC	13	Nov	12:17
Coldest Day	-2.1	degC	19	Nov	05:26
Windiest Day	13.9	m/s	24	Nov	11:13

Current weather in Payhembury can be viewed at <u>www.payhembury-weather.co.uk</u> 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.



As it starts its 30th anniversary year, Honiton u3a is looking forward to welcoming new members to enjoy the range of opportunities if offers. Honiton u3a is for likeminded people in their third age who come together to share creative, leisure and learning activities. As well as a wide range of interest groups, members also enjoy monthly talks held at The Beehive in Honiton.

At 2 p.m. on January 18th, Chris Harper will be talking about the work of Shelterbox. This important charity strives to give hope for the future to victims of natural disasters around the world. Listeners can learn about how the charity has had to make changes to its operations in light of the Covid pandemic.

And then on February 8th, author and lecturer, Todd Gray, will be giving a talk entitled "Devon and Emancipation in 1834". The emancipation of enslaved men, women and children in 1834 created a collection of documents which allows us to understand the extent to which Devon residents were involved in slave ownership. This lecture by one of Honiton u3a's regular and most popular speakers focuses on what the historical evidence can and cannot reveal about this issue.

Visitors are welcome to our talks, in return for a donation of £2. To find out more about Honiton u3a and how to join, go to our website: **u3asites.org.uk/honiton**

Paul's Nature Notes November-December 2022

I enjoy many lively and thought provoking conversations with my friends about climate change. Not everyone agrees on the causes but there are certain inescapable facts: ice caps are melting, sea levels are rising and extreme weather surges have become more commonplace. We now have to learn how to adapt to these changes as many of the old ways are no longer valid.

I have had to relearn how to garden successfully. For half a lifetime I enjoyed gardening on rich Sussex Wealden clay. When we moved to Devon I quickly found matters were different in a milder and much wetter climate and many of my most loved plants simply did not survive.

This year has been exceptional in many respects. A long hot summer was notable for three months of lower minimum average night time temperatures, which trend dramatically reversed in autumn. We were still picking beans until mid-November, something which has never happened before in my lifetime. Finger aubergines grew outside and we enjoyed a large harvest, most of which ended up in home-made curries. This would have been unthinkable in my grandparents' day, as the plants need a lot of heat. Mind you, in their day they had probably never even heard of this vegetable! You are never too old to learn new tricks!

Winters now seem to be milder with fewer serious frosts and snowfalls, springs appear wetter but light levels can be lower, heavier rainfalls now leach out more nutrients from the soil but no two years are the same.

It is not just our gardens which are undergoing dramatic changes. Insect species are expanding their range northwards. Upward pointing radar has recorded clouds of insects arriving over our shores and this year I have recorded unprecedented numbers of new moth species which ordinarily live in Europe and Africa. One of the most beautiful has been the Crimson Speckled, a stunning small white moth with crimson, black and orange speckling. Until this year I had only ever seen it on thorn scrub on the arid Akrotiri Plain in Cyprus. Matthew Oates believes that when nature speaks in this way we should and must listen!



This year lack of berries has driven larger numbers than usual of 'Scandinavian thrushes' to our fields – redwings and fieldfares which will over -winter here before returning to the far north in spring. Our large holly tree had the heaviest crop of berries since we bought the house – that is, until the fieldfares arrived and gobbled them all up in 3 days flat, before moving on to the apples and the rowan. Just how they are going to survive the winter remains to be seen.



& EDUCATION TRUST

TIME TOGETHER



JOIN US MONTHLY

FRIENDS OCOMPANY OF FUN OFOOD

Our programme is designed to get people together in our local community through organised events.

Following a lunch in The Six Bells in November and a cosy Christmas dinner in Tale in December, here are the next events:

20 Jan - Film afternoon with tea and coffee 22 Feb - tbc 24 Mar - Otter Garden Centre visit We look forward to seeing you all soon

If you'd like to join us - Contact Anita on 01404 850 852 or 07777 617 415 or email timetogether@dbetrust.co.uk

EVENTS ORGANISED BY DEVON BUSINESS & EDUCATION TRUST Based at Devon Business & Education Centre Lower Tale, Payhembury, Honiton, Devon, EX14 3HL

New email address for parish magazine editorial : payhemburypaper@gmail.com



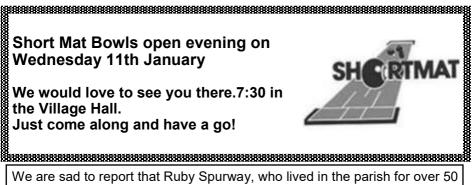
Join the Hospiscare team at the Double Locks, Exeter on Saturday 18 March 2023, or take part 'your way' by choosing your own route and location, to raise vital funds for your local hospice.

Whichever way you join, everything to love about Men's Walk will remain the same. You'll get your own Men's Walk t-shirt, a drink courtesy of Exeter Brewery, a pasty supplied by Chunk of Devon, the rugby, a great day out and the chance to support Hospiscare!

Whether you walk your own route or start at the Double Locks, you will be walking to support local people living with a terminal illness.

11am – 7.30pm

£25 per person or £20 each as part of a group of 6 or 10



We are sad to report that Ruby Spurway, who lived in the parish for over 50 years, passed away on 11th December 2022. Ruby moved about a year ago to live with her daughter in north Devon.

The family will be arranging a service to celebrate her life at St Mary's church at a later date.

We have had fun acting out some bible stories this term to the children of Feniton and Payhembury Primary schools, focusing on the first bible stories in the Old Testament.

We started with a very colourful Creation Story, where lots of the children joined in wearing animal masks or carrying colourful cloth to represent water and land, trees and flowers. We also told the story of 'A



special Promise', which was about Noah building an ark and rescuing animals. The story of 'God's Friend' told about how Abraham loved God and God gave him and Sarah, his wife, child in their old age. They named him Isaac, as the name means laughter, and Sarah laughed at the prospect of having a child when she was so old! The last story was about 'The First Christmas' where we re-told the well-known story of the birth of Jesus.

The children love Open the Book, it's very visual and it is fun having some of them to help us out in telling the story. We are all getting very good with the action songs that we sing.

We look forward to telling more old testament stories in the new year.



Open the Book team Cara, Naomi, Ann, Vicky, Amy, Margaret and Nicola

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

Tea and Bingo

We had a wonderful Christmas Dinner in the 6 Bells for our last Tea and Bingo of 2022 and once again thanks to Carole and team for taking such good care of us.



Wishing everyone a very Happy New Year and if you want to join us, just drop in to say hello and have a bit of cake.

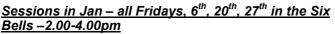
The next meeting will be on Friday 13th Jan, 2pm in the Six Bells

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

Art and Crafts Group

We have had a good turnout recently – despite the cold weather! As usual, the pub folk have been really kind making sure we have somewhere warm to work.

We wish everyone a very Happy New Year – if anyone wants to start a new year's resolution to take up art or crafting, do give us a ring or just turn up.





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

Christmas Charitable Giving

Despite the financial difficulties experienced this year, we are pleased to say that yet again we been able to donate to two charities over the Christmas period.

As usual CR2EE (Christian Response to Eastern Europe) received 90 shoe boxes, bags of clothes and blankets all destined for Moldova and Ukraine, The shoe boxes were filled with gifts for both children and adults. Along with gifts from other organisations the artic lorry was fully loaded at Exmouth on Saturday the 3rd of December.

The other charity our parishes were involved with were Christmas gifts given to young people leaving care. Twenty five large black sack bags were delivered to Devon County Hall on Tuesday the 22 of November by Sue and Ian Tucker. These consisted of new ruck sacks and bags to hold their belongings, hats, gloves, toiletries, food, treats and other items which will mean a lot to those who have so little as they move out into a new world. Thank you all again for your generosity **Sheila Lanning**





I would like to thank everyone who braved the weather, we actually ended up in

church, so nice and dry, and to Don and Carole for their mulled wine and mince pies. I would also like to thank the Silver family at Colestocks who welcomed us all with refreshments, before singing round their Christmas tree.

We raised $\pounds100$ for the village charity, so a massive thanks again to all the carollers.

Lesley

Arts and Culture East Devon (ACED) is a forum connecting the artistic communities of East Devon and providing a central platform to engage, network, promote and talk about arts and culture across the region.



The purpose is to create a public network for East Devon arts and cultural services such as theatres, museums and galleries, programming festivals, delivering workshops and participatory and music events, commissioning public art, working with local social, wellbeing, inclusion and economic development agendas and supporting local arts and culture organisations and creative businesses

For more information, go to www.thelmahulbert.com/aced

Turmeric (Curcuma longa)

Halina's Herb Corner

With winter upon us once more.. medicinal plants are sparse in the garden, so it's time to look at the treasures stored in our cupboards again. Turmeric a member of the ginger family is native to southern Asia with most of the world's production coming from India. In the places where it grows wild, it has a history of use as a medicinal herb going back about 4000 years. Like its cousin ginger, we use the rhizome.

Since turmeric stains pretty much everything it touches, it was key for making magical inks, adding colour to sweetening jars or other potions. Used to dye clothing and thread for centuries this vibrant yellow natural colouring imparts the saffron-hue of Buddhist robes.

Turmeric rhizomes are rich in nutrients, but positively packed with volatile oils (200+ and counting) and it is these volatile oils particularly curcumin which appear to be mainly responsible for the amazing medicinal properties and the target of considerable scientific research.

Perhaps best known for pain control in conditions such as arthritis, headaches, ulcerative colitis and other digestive issues, turmeric achieves this on several levels as it is anti-inflammatory (with properties similar to aspirin and ibuprofen), a circulatory stimulant, promotes sinus drainage and modulates the immune responses particularly lymphocyte production. This action on the immune system can also aid in autoimmune conditions, psoriasis, coughs and colds.

Turmeric's powerful antioxidant advantages have been shown to protect healthy cells, particularly those found in the colon, from cancer-causing agents. It aids the body in destroying mutated cancer cells before they have a chance to spread to other areas. Turmeric also helps to lower cholesterol and prevent heart disease.

I frequently speak to dog owners who swear by turmeric as an effective treatment for their pet's ailments.. yet do not take it themselves even though they may experience similar conditions!

Traditionally turmeric is used in cooking ...heat, fat and black pepper increase the medicinal effectiveness by one thousand times. A simple traditional way of taking turmeric is to make golden paste as follows:

Ingredients

1 cup of water; 1/2 cup of turmeric powder; 4 tablespoons of organic coconut oil; 2 teaspoons of ground black pepper; 1 tablespoon of cinnamon (optional) Instructions

Mix the water and turmeric on low to medium heat. Keep stirring until it forms a nice paste. Add in the coconut oil, black pepper, and cinnamon (optional). Keep stirring until all ingredients are mixed well. Let cool. Transfer paste to a glass jar and store in the refrigerator. To make golden milk: add one teaspoon of paste to some hot milk – great at bedtime.

Caution – As with most herbs with high oil content avoid during pregnancy, also do not use if on blood thinning medication. Please remember because we are all unique, we can have different responses – always ask a qualified health professional.



Yellingham fam is a lovely grassy farm and drains well and that has so many advantages, particularly in these wet wintery times, and particularly for our lovely Aberdeen Angus cross cattle.....in essence we can, in most winters, keep them out so reducing costs and workload......well that's the theory.

The theory went terribly wrong this week with the Christmas festivities all around and everyone in a buoyant mood. This buoyancy changed one early morning as dawn was breaking. Edward had gone to work at 5.30am and I was in charge. No rush, only the stock to check this morning and last-minute preparations for the onslaught of guests.

We have the most beautiful view of the farm from upstairs and this spectacle is my first sight every single morning and every morning it is different, but always spectacular.

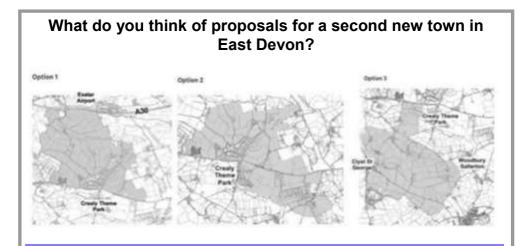
"Oh hell fire" I shouted to myself as the view was certainly different this morning. I literally ran downstairs, scrambled into my wellies, and sprinted outside, down through the barn and out into the back 11 acre field. There are some lovely young cattle out there who have plenty of grazing and also access to large round bales of hay – no shortage of food. Fenced off from this main field by electric fence, is a beautiful tranquil area which leads to my garden, orchard, pond and of course the beautiful decking and café entrance. Once cattle understand electric, they respect it – well that was my experience until now when one gorgeous heifer decided that "the grass was greener", which it certainly was.

The beautiful black heifer was prancing her stuff through my garden and orchard on her way towards the cafe entrance - perhaps she fancied a Cappuccino! I screamed at her "can't you read...the cafe is closed". It was a nightmare (it was 7am - is that called a daymare?) I couldn't understand why she hadn't had a belt of a shock from the electric fence. The priority was to get her back before she was joined by the rest of the herd, but "the Lady was not for turning". Moving one animal is always a lot more difficult than moving a few together and on seeing me, she started to break into a trot towards the pond – once cattle start to run, it's like watching Usain Bolt. but worse, he only has 2 legs, not 4. I went to turn off the fencer so that I didn't blow myself up, and there was the problem......the battery was flat. I was furious to say the least but concentrated on returning madam to her mates. Just imagine the scene which was no longer beautiful - 1 acre, 1 four legged prime heifer, 1 two legged ageing heifer! The biggest threat to my plan was the pond, which is deep and big. She was desperately close and was surely not going to jump in - please no. I did not want a 999 call to the fire brigade. I lowered the 3 strands of electric wire to give her plenty of opportunity to jump back – she was anxious and knew what it was, so it was important it was flat on the ground.

After gentle persuasion, the job was achieved, and the next important job was to dish out the regulatory verbal warning to you know who. (I can hear you all saying poor Edward – well it was his fault!).

New battery installed, checked it was working, and I returned for a well earnt cup of coffee – not the ideal start to the day. Next phone call was to my wonderful neighbour to come and knock in some stakes to strengthen the fencing – he saw the funny side of it and chuckled away, telling me not to be so miserable – he said females are all the same! He nearly got a verbal warning too! Thanks Mike S.

Janet



Share your views on proposals for a second new town, being put forward as part of East Devon's new draft Local Plan.

A ten-week consultation looking for your views on what developments go where for the next 18 years was launched by East Devon District Council (EDDC) on Monday, 7 November.

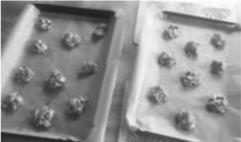
The consultation can be viewed online at:

http://www.eastdevon.gov.uk/local-plan

Florentines are not just for Christmas!

In November 2014, Payhembury Provisions issued a newsletter, which I have kept, as it has a recipe for Florentines and I tend to make these at Christmas. However, if you have leftover chocolate/nuts from the festive season and need a little boost after a physical workout, here is the recipe again:

50g butter 50g demerara sugar 50g golden syrup 50g plain flour 6 glace cherries, chopped 50g mixed nuts, chopped 50g flaked almonds 120g plain chocolate



Heat oven to 180°C/Fan 160°C/

Gas 4. Line 2 baking sheets with non-stick parchment. Melt together butter, sugar and syrup. Remove from the heat and add the flour, cherries and nuts, Stir until well coated. Make into small balls (or heaped teaspoonfuls) and arrange on the baking sheets allowing plenty of space to spread. Bake for 8 to 10 minutes until flattened and golden. Allow to cool and firm then carefully place upside down on a rack. Melt the chocolate and generously coat the back of each Florentine and allow to set.

The newsletter helpfully reminds us that all the ingredients are available in the shop. Enjoy!

Christine



Thinking of getting fit after too much sofa over Christmas and want to flex those muscles? Why not drop in to a circuits class on Wednesdays at 10am? These are held in the barn in the lane between Luton and Poffitt Lane. Sarah Palfrey is in charge (07803 966732) and can give you more information.

Recently Sarah has introduced weights, showing us the correct way to lift and this has really helped my strength and balance. My favourite is getting the boxing gloves on and trying to beat the punch bag into submission. I can't wait to get back there after too much celebrating and too little exercise.



Christine

INFORMATION PAGE

Non urgent police contact 101

Honiton Hospital01404 540540 (Minor Injury Unit 8am-8pm)RD&E Hospital Exeter01392 411611V.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 HallTim Cox (Chair)01404 850005Robert Leach (Vice-Chair)01404 841485Phil Chamberlain01404 841773Susie Durant07792 272460Karen Edwards01404 849186Matt Rance07809 306571Paul Thomas01404 841516

Parish Clerk: Dawn Chamberlain 01404 841 773 Parish Council email address: payhemburypc@payhemburyparishcouncil.org.uk

Useful numbers at the County Council (all 0345)

General Enquiries	155 1015	Registrars	155 1002
Highways	155 1004	Libraries	155 1001
Disability Information	155 1005	Family Info Service	155 1013
Bus passes	01392 383 688		

Emergencies

Social Services	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 1EJEmail:csc@eastdevon.gov.ukIn an emergency outside opening hours, phone 01395 516854Opening hours:Monday to Friday from 8.30am to 5pmThere 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 email info@payhemburyvillagehall.org.uk for details about hiring the hall, charges and to make a booking.

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 JANUARY 2023

Sun 8thAll Ages Service—9.15amMon 9thSoup Lunch, Church, 12 to 2pmWed 11thShort Mat Bowls Open Evening, Village Hall, 7.30pmFri 13thTea & Bingo, The Six Bells, 2pm
Wed 11th Short Mat Bowls Open Evening, Village Hall, 7.30pm
Fri 13th Tea & Bingo, The Six Bells, 2pm
Tue 17th Girls' Night, The Six Bells, 7.30pm
Wed 18th U3A, The Beehive, Honiton, 2pm
Deadline for entries to December Parish Paper
Sun 22nd Café Church—Village Hall, 9.15am
Wed 25th Mobile Library, Village Hall, 11—11.20am
Sat 28th Churchyard and Church Clean-up, 10—12
Sun 29th Café Church, Village Hall, 9.15am

Dates in February

Sun 5th	Holy Communion, 11am
Wed 15th	Coffee Morning, Tor View, 11am
Fri 24th	Bingo with Marty, Village Hall,
6.30pm	





REGULAR WEEKLY ACTIVITIES HELD IN THE VILLAGE

MONDAY TUESDAY WEDNESDAY Apple Pips Pilates Pilates

THURSDAY FRIDAY Short Mat Bowls7.15pmCafé Connect9—11.3Art & Crafts2—4pmTea & Bingo**T&B ex

9.30—11.15am in the Village Hall 6.30pm in the Village Hall 9.15am (Ladies) 10.30am (Men) in the Village Hall 7.15pm 9—11.30am in the Church 2—4pm in The Six Bells *T&B every 2nd Friday of the month