

THE PARISH PAPER

St. Mary the Virgin, Payhembury

Vol 55 No 9

March 2023



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Rectory notes – “Shhhhh! Not so loud!”

Nicola Sturgeon resigned a few hours ago as I write this. Love her or hate her, she gave widely acclaimed leadership (particularly during Covid), and reinforced direction and identity in Scotland. She was a subversive force against the United Kingdom – a would-be queen of Scotland perhaps (no longer).

Are all of us called to be subversive, at least a bit? ‘Thy Kingdom come,’ we may pray or have prayed (continuing our monthly glance at the Lord’s Prayer). Might saying this actually be subversive?

“My kingdom for a horse!” Richard III famously exclaimed, at least in Shakespeare’s version of events. Where does King Richard end up? Buried under a Leicester carpark. (I highly recommend the quirky 2022 film “The Lost King” on this subject.)

We’re all kings of our own little kingdoms in a way, as 17th Century judge Sir Edward Coke recognised, coining the phrase “An Englishman’s home is his castle.”

Women didn’t come into the 17th Century equation, sadly. They fare better in the medieval world of castles and knights on a chess board: the swift-footed queen is the monarch with power in the course of the game!

We’ll soon be crowning a new king. Even sooner, we’ll be marking Good Friday, a day of dialogue between two kings: Pilate and Jesus. “My kingdom is not from this world,” says Jesus, and Pilate proceeds to pin “The King of the Jews” above Christ’s cross. An act of subversion by one for whom Caesar was the only permitted king?

So “Shhhhh, Jesus! Not so loud!” the Sermon on the Mount crowd may have reacted nervously, as he exhorted them to pray for the advance of a kingdom other than Caesar’s. This was political subversion. But his was indeed a different sort of kingdom – “Blessed are the poor in spirit, for theirs is the kingdom of heaven” opened that sermon.

“Checkmate!” cried Jesus’ enemies as the nails went in, “Game’s over!” But Jesus was playing a different game, where power is love and death becomes life. A game – a kingdom – that stretches its borders to embrace all in a *uniting* kingdom in a much-divided world. ‘Your Kingdom come.’ It’s Lent, a time to be bold. In choosing to align ourselves with the pursuit of peace and justice, let us all be subversive this Lent, at least a little bit.

Rev David Carrington

Team Vicar of Escot, Feniton and Payhembury

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 March 2023

SUNDAY 5TH MARCH

SECOND SUNDAY OF LENT

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

SUNDAY 12TH MARCH

THIRD SUNDAY OF LENT

Church	Time	Service
Escot	11am	Parish Communion (DC)
Feniton	10am	Morning Worship (LL)
Payhembury	9.15am	All ages service (LL/DC)

SUNDAY 19TH MARCH

MOTHERING SUNDAY

Church	Time	Service
Feniton	11am	Mothering Sunday Family Communion (DC)
Payhembury	9.15am	Mothering Sunday Family Service (DC)

SUNDAY 26TH MARCH

FIFTH SUNDAY OF LENT

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

SUNDAY 2ND APRIL

PALM SUNDAY

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

Dates for your diary!

Church Soup Lunch

Monday 13th March
12 to 2pm



Ladies' Night Out

Tuesday 21st March
from 7.30pm,
The Six Bells

Churchyard Clean-up

Saturday 25th March
10am to noon

Parish Coffee Morning

Brookfield, Wednesday 15th March, 11am

Hello Villagers,

Our next Coffee Morning is at Brookfield on Wednesday 15th March at 11 a.m. by kind invitation of Pat and Clive Fowler.

As usual, if anyone would like to attend and would like a lift or directions, please phone Steve or Sandra on 841842. We would be more than happy to help.



Sandra Ford

Mobile Library

Village Hall Car Park, March 22nd, 11.00–11.20am

Rotary Quiz

Thursday 9th March, 7.45 for 8pm start, the Six Bells

It's time for the Rotary Quiz again! Don't forget this is our pub against others, so no need for teams and all in aid of Rotary charities.

It is suggested £4 per person to play. Not to be missed.

Sue Derbyshire

QUIZ TIME

NEW – Monthly Lunch at the Six Bells

Starting Friday 3rd March, 12 to 2pm

Why not pop into the Six Bells on the first Friday of the month for a lovely lunch for only £6.95 and meet up with friends for a good chat at the same time? The menu will alternate between Carole's Cracking Roast and a selection of pub specials.

First lunch will be on Friday 3rd March, from 12 – 2pm and the menu will be a choice from:

- Ham, egg and chips
- Fish and chips
- Cottage pie

See you there!

Sue Derbyshire

**Do you have an event to publicise, or some news to share?
Email: payhemburypaper@gmail.com by the 18th.**

Art and Crafts Group

Sessions in March – all Fridays
3rd, 10th, 17th, 24th, 31st in the Six Bells, 2 to 4pm

Since there will no longer be a Tea and Bingo session, the Art & Crafts group will be meeting every Friday – we can still meet up after the new lunch sessions. Hope to see you there!



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

Broadhembury Gardening Club

1st March at 7.30pm, Broadhembury Memorial Hall

At our February meeting, we had an excellent talk by Mike Lock, from Musbury, speaking about Wild Flowers in East Devon – a fascinating mix of unusual plants and the very familiar ones such as bluebells. He highly recommended seeing them at Blackbury Camp and it's well worth a visit.

On 1st March at 7.30 in the Memorial Hall, our next guest is Anne Swithenbank, a regular speaker for us, who trained at Kew Gardens and is a gardening broadcaster and panellist on Gardener's Question Time. Her subject this time is 'Making an early start under glass'.



Which reminds me – we have our annual plant sale in May and whilst you are all gearing up for the start of the season, would anyone putting in seeds, please be able to plant a few extra for our sale and also, perhaps, divide those plants that you are thinking of moving. This is our main fundraising event to cover the cost of speakers.

New members and visitors are always most welcome to come and enjoy excellent talks, tea and cake, a raffle and the company of other gardeners. Visitors usually pay £2.

Val Stringer
Broadhembury Gardening Club

Messy Church

Wednesday 15th March, 5.30-6.30pm

We had fun at the last Messy Church looking at ways we can show love and kindness to our neighbours – the idea of being salt in this world. We discussed, for example, how eating chips with no salt can be bland and tasteless – so we encouraged the children to explore ways of how we can be salt in this world through various activities.



One activity was a map of the world, with a discussion around who is our neighbour and practical ways of spreading love and kindness – such as helping people, sharing, giving a friend a kind word or hug etc. The children were invited to write on heart-shaped paper and stick hearts around the map to make a colourful collage of ideas.



Another activity was painting little wooden hearts and then giving them to a friend. Another was dropping hearts into some water and praying for someone. For another activity, children decorated a heart-shaped invitation to an event – such as Messy church – to give to a friend. The children also enjoyed the rainbow prayers followed by hot dogs and yummy cakes!

Thanks to the Messy Church team: Becky, Freddy, Samuel, Kirsten, Izzy, Amy, Anita and Nicola.

The date for the next Messy church is:
Wednesday 15th March 2023 at 5.30-6.30pm.

Annual Parish Meeting and Payhembury Parish Council March Meeting, Wednesday 8th March, 7pm & >7.30pm (Parish Hall & Zoom)

The Annual Parish Meeting (APM) will be held on Wednesday 8th March starting at 7pm. This is an opportunity for members of the public to hear what the Parish Council has done over the last year and for members of the public to have their say on anything they consider important or valuable to people in the parish.

The APM will be followed by the March meeting of Payhembury Parish Council meeting which will start after the end of the APM, but no earlier than 7.30pm. 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).

Both meetings will be run as one hybrid meeting with members of the public able to attend one or both meetings, either in-person in the Parish Hall or via Zoom (Meeting ID = 816 5534 5535; passcode = 988988; **webpage** = www.zoom.us/join) or via telephone (contact the Clerk for details).

Dawn Chamberlain, Parish Clerk



**Fun
Horse
Racing
Evening**

Live jockeys
No video
Fun betting
No cash

Friday 21st April 2023
Payhembury Village Hall
7pm for 7.30pm
£10 (includes light refreshments)
Bring your own drinks

Please book in advance:
Babs Leach
01404 841409

The poster features a central image of a white horse and jockey. Surrounding the horse are several circular icons: a horse head, a horse running, a horse and jockey, a horse and jockey, and a horse and jockey. At the bottom right is a silhouette of a horse and jockey.

Village Show 2nd September

AGM: 15th March, 7.30pm, Six Bells



The Village show is set to return for a 2nd year this September and the committee would love to know what classes the village would like.

If you have any suggestions or would like to get involved, please come to our AGM on Wednesday 15th March at 7.30 in the Six Bells. Everyone will be made very welcome! If you can't make it but have something to add please email me at rozmullin@hotmail.com.

Roz Mullin

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

Hospiscare Men's Walk – 18th March



Vyv Game, Tim Cox, Clive Fowler and Jon Scarle are again stretching their legs for this worthy cause.

Funds are desperately needed to allow Hospiscare to continue its essential work caring for people with a life-limiting illness.

Please join us or sponsor us at:
www.justgiving.com/Tim-Cox21

Coronation weekend: 6th to 8th May 2023

A number of national events are taking place over the Coronation weekend, 6th to 8th May 2023, including The Coronation Big Lunch on **Sunday 7th May** and **The Big Help Out on Monday 8th May** – more information can be found on www.royal.uk/coronation-weekend-plans-announced. In Payhembury, we are planning on joining in with both of these events:

Sunday 7th May:

11am: Coronation Service in the Parish Church;

12.30 onwards: Coronation Big Picnic (bring your own food) in the Parish Hall. Like the Big Jubilee picnic last year, we are hoping to have competitions, a bar etc. More details will be available in next month's Parish Paper and on the Payhembury Parish Facebook page over the next few weeks.

Monday 8th May:

Helping out around the parish, individually or in groups, followed by a cream tea in the Parish Hall. Payhembury already has many, many people who volunteer their time in different ways to help others. This is a way to celebrate what they do, encourage others to help in ways they can (no matter how small) and to make a positive difference on the day. Suggestions so far received for things to do on 8th May include helping a neighbour, a litter pick or helping to clear brambles from around the playing fields. If you have any other suggestions or ideas, especially if you would like to organise a Helping Out event, please let us know.

Dawn Chamberlain, Parish Clerk



The Applepips Committee would like to thank the Parish Council for their kind and generous donation towards the group's funds.

Thank you to all those who kindly donated and attended my December Hospiscare Tea Party. I have just received a lovely letter from Hospiscare thanking us for £60 raised. Keep an eye out for a Spring Tea Party!

Mary Lorimer

Sad farewell

Julie Moore has moved into Pinewood Residential Home in Budleigh Salterton as an interim measure until a permanent place becomes available. Before the move, she sent us this message:

First of all, I should like to say a **very big thank you** to everybody who has sent me cards, best wishes and visited me in hospital, where I have been since the 13th December 2022.

Sadly, I have decided that I cannot return to live on my own as I need assistance with activities of daily living. I will be leaving hospital to live in a residential home – not sure where or when yet! Hopefully, I will be able to keep in touch with my friends and I am sure they will be welcome to visit me in my new home.

In my 26 years as a Payhembury resident, I have walked dogs, made cakes, minded children, baby sat, house sat, fed cats and chickens when people went away, gardened, written poems and submitted plants for the annual bulb show, delivered the Parish paper, helped at the school, attended soup lunches and enjoyed bingo and worked in the Six Bells!

I hope to be the life and soul of my new home, but will miss you all!

My love and very best wishes,
Julie Moore

Calling all singers

We are planning to gather a choir, to sing for the Coronation Service on May 7th at 11.00. If you are interested, please call Babs on 01404841409.

It will involve 3 or 4 rehearsals during April, probably Sunday evenings at 7pm.

Thanks from The Deanes



Thank you so much to everyone for their support, kind words and messages in the last few weeks. It has been a huge comfort for us and really highlights how loved and appreciated Robert was, and the impact he had on so many, both in the community and beyond.

Ceri, Georgia and Hettie

Angus Forbes. 29th October 1935 – 5th January 2023

First, could I thank everyone for their kind letters and cards and also for coming to the Memorial Service at the parish church in Ottery St Mary.

Angus retired from medical general practice in October 1986 after a severe bout of Rheumatoid arthritis. After looking at 45 houses, we bought Cokesputt at auction on the 28th of September 1988. Looking at a diary I kept at the time, I wrote, "we were appalled and elated in equal measures." We lived in the wing of a farmhouse at Kentisbeare for six months and came daily to Cokesputt.

It says something of the stress of general practice that Angus's health began to improve and he was able to undertake medical assessments for the DHSS and the military. This took him all over Devon and gave him unlimited time with patients, which he enjoyed. Meanwhile, the job of restoring Cokesputt continued and was to take us six years to complete.

Two of our daughters were married from Cokesputt and following the weddings, the planting of the cider orchard with heritage varieties including the Payhembury apple took place. We also planted a small woodland.

We joined the Wolsey Lodge scheme, which offers hospitality with the theme that guests are welcomed as friends. Indeed, we welcomed people from all over Britain and indeed the world and did this for 19 years. Angus put his heart and soul into Cokesputt and especially the garden. We opened the garden several times for various charities including the League of Friends for Ottery Hospital and the Help Scheme at the Ottery Surgery.

He loved being part of the Payhembury community and helping to set up the Neighbourhood Watch scheme, and took an active part in compiling The Payhembury Millennium book. This gave us the chance to research the history of Cokesputt with several visits to the Exeter record office.

Angus never wanted to leave Cokesputt and hated the word "downsizing". He was buried in the churchyard of Payhembury Parish church on the 2nd of February 2023.

Caroline Forbes

Local Elections 2023

Voter Photo ID (or Voter Authority Certificate)

From 4th May 2023, voters in England will need to show photo ID at polling stations for local elections, Police and Crime Commissioner elections and for UK parliamentary by-elections. From 5th October 2023, this will also apply to UK general elections. A full list of acceptable photo ID types can be found at <https://eastdevon.gov.uk/elections-and-registering-to-vote/voter-id-2023/accepted-forms-of-photo-id/>. If you do not have suitable photo ID, you can apply for a Voter Authority Certificate (VAC) – the deadline for applications is 5pm on 25th April 2023. The webpage mentioned above gives more information about VACs and provides a link to apply. If you do not have access to the internet, please call East Devon District Council's switchboard (01404 515 616) and ask to speak to Electoral Services.

Nominations to be an EDDC or Parish Councillor

If you want to put yourself forward as a candidate for either East Devon District Council or as a Payhembury Parish Councillor, then the nomination forms will be available from 1st March from either EDDC or from me. EDDC will start accepting completed nomination forms from Monday 27th March and all completed nominations forms need to be returned to EDDC by 4pm on Tuesday 4th April.

Rural cost of living crisis survey (from Devon Communities Together)

The cost of living crisis is affecting everyone, particularly when it comes to keeping homes heated, with high energy costs. Research suggests that rural areas are particularly suffering, with a lack of public transport connectivity and high fuel costs exacerbating the challenging situation.

The Rural Services Network and Citizens Advice Rural Issues Group want to secure more funding to support rural households, and in order to lend weight to the argument they would like as many people as possible to fill out their Rural Cost of Living Household Survey. As the Rural Community Council for Devon, Devon Communities Together (DCT) know how important it is for rural communities to be heard and that all their needs are met, so they are keen to share this information with anyone who lives in rural Devon. The survey, which closes on 31st March, can be found www.surveymonkey.co.uk/r/Rural_Households_Cost-of-Living or by contacting DCT direct: telephone: 01392 248919 or email: info@devoncommunities.org.uk

DCT also have their own cost of living website page, featuring the Big Energy Saving Network and the Devon Oil Collective, both of which aim to tackle heating and fuel insecurities – see www.devoncommunities.org.uk/cost-living-crisis-support for more information or contact DCT.

Dawn Chamberlain, Parish Clerk

Dog fouling – Please pick it up!

Yet again there have been reports of dog poo being left on footpaths, the village green, side of the road and on pavements. It has been reported that children have got it on their shoes and bicycle wheels – a very unpleasant experience! There are three dog poo bins available in which to dispose of dog poo – outside the primary school, at the start of the footpath to Colestocks (opposite Hillside) and at the Colestocks end of the footpath. Alternatively, bagged dog poo can be taken home to be disposed of there. It is also possible to report dog fouling to EDDC via their website: <https://eastdevon.gov.uk/environmental-health-and-wellbeing/dogs/dog-fouling-and-dog-bins/dog-fouling/report-dog-fouling>

Dawn Chamberlain, Parish Clerk

News from East Devon Council and Devon County Council

Recycling

Please note that fuel cans present an explosion and fire risk in our vehicles and separation and baling plant. Whilst we encourage the recycling of household aerosols, fuel cans of any size need to be taken to a household recycling centre for safe handling and recycling/disposal. Please do not put fuel cans in your waste bin, as they present an explosion risk at the Energy from Waste plant and can lead to a plant shutdown.

Energy vouchers left unclaimed

The BBC has reported that £50 million of Government support for energy has gone unclaimed. Homes that pay their energy bill by direct debit have been getting about £66 a month deducted from their bills. But households on traditional pre-payment meters for their gas or electricity have been receiving vouchers in the post or via email. Those vouchers need to be taken to a local PayPoint store or Post Office to be credited onto a meter.

Hundreds of thousands of vouchers have not been redeemed. Although the deadline has passed, it may still be possible for the voucher money to be claimed. A person who has not received their voucher, or has not cashed it in time, needs to contact their energy supplier, check that their contact details are correct, and ask for the voucher to be reissued.

Social broadband tariffs

Did you know that cheaper broadband and phone packages are available for households where at least one person is claiming Universal Credit, Pension Credit or some other benefits?

Visit www.ofcom.org.uk/cheap-broadband to find out more.

Payhembury Weather

www.payhembury-weather.co.uk

Weather for January 2023

Rainfall: The rain in January was all in the first two weeks, which was well above average, but overall the average for the month was about normal after the second two weeks were dry. The start of February has continued the dry trend with almost no rain until the 15th. Overall, Devon reservoirs were 73% full in early February though some are now full.

Temperatures: Like the rainfall, the temperatures in January were in two parts. The first two weeks were warm, well above average. The second half of the month had cold nights down to -5 degC, resulting in icy roads. Overall, daytime temperatures were above average for the month, but the night-time temperatures were below average.

Sunshine: 2022 had the highest sunshine totals over Payhembury since 2014, with March, August and October being months well above the norm.

Weather elsewhere: Ex-tropical cyclone Gabrielle, which lashed New Zealand's North Island on 13th February with high winds and heavy rain, was the worst storm to hit New Zealand this century. It caused fatal landslips, closed highways and resulted in flooding so severe and rapid that hundreds of people awaited rescue on their roofs. Caused by a heat wave and strong winds, widespread fires have been raging through south-central Chile since 2nd February. Over several days, the deadly fires have destroyed more than 1,000 homes and have spread across more than 1,100 square miles.

Payhembury Weather Jan 2023			
Monthly Rainfall	98.8 mm	-5 mm	from normal
Days of Rain	17 days		
Wettest Day	14.6 mm	7 Jan	
Mean Max Temp	9.0 degC	+1.4 degC	from normal
Mean Min Temp	1.7 degC	-0.4 degC	from normal
Warmest Day	13.8 degC	5 Jan	13:53
Coldest Day	-5.3 degC	25 Jan	01:05
Windiest Day	13.9 m/s	16 Jan	01:42

Current weather in Payhembury can be viewed at 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 2023

I was greatly saddened to hear of the death of Angus Forbes in January. The Payhembury Millennium Book tells us that three decades ago he carried out a tree survey, planted a 400-yard thorn hedge, 750 hardwood and 360 cider apple trees at Cokesputt and clearly mourned the loss of ancient hedgerows and trees in the parish. These days everyone knows about the need to plant more trees and hedges – here was someone way ahead of the times who understood the importance of bio-diversity. He was also the first person to bring the Payhembury daffodil to the attention of a wider audience, at the same time preserving those he found on his land. I remember him as a passionate gardener and had the privilege of being shown around his beautiful walled garden on two occasions. Angus will be missed by all who knew him.



Snowdrops started to appear along our lanes again in the last week of January and within two weeks were in their full glory – spring must be just around the corner!

Recently, I have started to delve into the mysterious world of the gall wasps. Most of them are really tiny, many measuring no more than 2mm in length – so you are extremely unlikely to see them. The evidence, however, is there in plain sight. We had noticed clusters of brown marble sized galls, many with small exit holes in them, on some of the native oaks growing in the banks along the lane to Upton.

The oak marble gall wasp *Andricus kollari* lays its eggs in dormant leaf buds and injects a hormone which produces abnormal growth surrounding the developing grub. Oak trees alone are host to around 70 different gall wasps and every gall is unique.

Then the penny dropped! Last year, we had seen quite large galls on one of the mature oaks in the garden and have now realised that these were from *Biorhiza pallida*, the oak apple gall wasp. Then another penny dropped! Last autumn, we noticed some robin's pin cushion near Leyhill. This is an attractive red mossy gall only found on wild roses and is a home for *Diplolepis rosae* or the robin's pin cushion gall wasp.

So, there you have it, three gall wasps, which I am very unlikely ever to see, but there is clear evidence that they are present in the area and where there are three, there might also be many more to discover – the hunt is on.

In the meantime, despite all the heavy frosts have you noticed that many of the birds have been developing their breeding plumage earlier than ever?

Payhembury Provisions

An extract from the minutes of the last committee meeting in January:

Margins – It was noted that at present we add a profit margin of 23% generally onto goods and DC [David Curran – Chair] asked if we need to increase it. The general feeling was that in the present climate we should try to maintain that figure for the time being, but to continue monitoring.

We are very mindful that we are a community shop and not a convenience store, and as such our priority is to the customers and not to the 'bottom line'. The cost of living crisis affects us all, and anything the shop can do to help is paramount in our running of the shop, a major village asset.

As we always harp on about, we are entirely run by volunteers, so our overheads are as low as they can be as we pay no wages and therefore no tax and NI contributions associated with employment.

So as long as we make a small surplus each month to cover the expenses we do incur, we are happy to keep our margins as low as possible.

It's worth noting that 23% is a general margin and some items such as eggs, milk and bread we operate on a much lower margin, say 10% or even cost.



David and Tim went to a Devon Community Shops Network meeting in February to meet other groups who run community shops to share ideas, traumas and wisdom. In the discussion on the cost of living, it came up that the other shops' margins all seemed a little higher than ours as they mostly have paid employees. We came away with some new ideas for suppliers, a neat tax-saving scheme we hadn't heard of and a feeling of camaraderie with fellow community shopkeepers.

With reasonable footfall, we will maintain our turnover and be able to keep prices low. Do use the shop, you'll be surprised how much cheaper some of our lines are in comparison to the big supermarkets and of course, it's on your doorstep.

Tim Woolgar

Lesser Celandine (*Ranunculus ficaria*)

One of the first flowers to appear in our grass in late February / early March – lesser celandine is yet another 'marmite' plant. Its beautiful, shiny, yellow flowers brighten up dull winter days, however others view it as an invasive pest. Indeed, we did not have any lesser celandine in our grass when we moved here eight years ago; however, more is appearing with each passing year.

It is considered a banned 'noxious invasive species' in the USA, which seems a little harsh as it generally only grows in damp or shady positions (yep .. sounds like our beautiful Devon!) The plant dies down after a month or so, allowing the grass and other wonderful herbs to emerge for the remainder of the year.

It has many names, including *Ficaria verna*, figwort, pilewort, fireweed and office plant. The old Latin name '*Ficaria verna*' refers to it being a woodland spring plant, which flowers and dies away before the surrounding plants have even started to emerge and pinch all the space and sunlight. 'Fig' is an old English name for haemorrhoids, so figwort and pilewort both mean the same. 'Wort' was used for plants which had medicinal uses and 'office plant' because the flowers open strictly during office hours i.e., between 9am and 5pm regardless of the weather and conditions.

The tubers (see picture), clearly shows a resemblance to haemorrhoids or piles. Under the ancient 'doctrine of signatures', God was held to have marked each species to indicate its use to humans, so this was a definite sign that pilewort would cure piles.

In this instance, the doctrine is spot-on; I have seen it help long-term haemorrhoid sufferers when nothing else could. Symptoms are frequently reduced shortly after application with massive reduction and even resolution of the condition within a few weeks/months of regular use. It can be applied topically/locally as a compress, or included into creams, ointments, or suppositories.

Protoanemonin, a constituent commonly found in the buttercup family, produces a burning sensation in the mouth, hence the name 'fireweed.' It is present in minute amounts, but it is toxic. This has led to disagreement regarding whether it is safe to ingest as pilewort has been eaten as a green for centuries. Protoanemonin is present in minute amounts and is readily broken down by heating or drying, but one should check with a qualified health professional before consuming internally.

Technically, only the tubers are used medicinally; however they are tiny and most people would use the whole plant as well as the tubers with success.

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

Halina Przydatek



Lift someone out of loneliness – Healthwatch Devon



Loneliness is an issue that can affect us all, young or old, at any point in our lives. We might live in a busy city or a rural location, on our own or with others and still feel isolated.

We all experience feeling lonely in different ways. This means there are a range of ways we can try to overcome loneliness, and we need to identify the help and support that works for us. It's really important to remember that loneliness and difficult feelings can pass.

Know someone who might be feeling lonely?

There are some simple things you can do that could give them a lift. Like inviting them for a walk, catching up over coffee or sending a text. And as over half of us have felt lonely at some point, it may help you feel less lonely too.

If you are feeling lonely, visit www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/ for support.

Marketing Training for East Devon Creatives

Join Flying Geese Consultants for six free online sessions of practical, jargon-free audience development and marketing training, with top tips, practical suggestions, break-out sessions and networking opportunities.

- 2 March: Audience development, marketing and communications
- 16 March: Team approach to brand
- 30 March: Target audiences
- 20 April: Tailoring content and digital marketing
- 4 May: Campaign planning
- 18 May: Measuring, monitoring and evaluation

Suitable for both East Devon culture organisations and individual creators.
Visit <https://bit.ly/eastdevoncreatives>

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

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

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 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 March 2023

- Wed 1st Gardening Club, Broadhembury Memorial hall, 7.30pm
- Fri 3rd Parish Lunch (see page 5), Six Bells, 12-2
 Art and Crafts, Six Bells, 2-4pm
- Sun 5th Parish Communion, 11am
- Wed 8th Annual Parish Meeting and Payhembury Parish Council March Meeting,
 Parish Hall & Zoom, from 7pm
- Thurs 9th Rotary Quiz, Six Bells, 7.45pm
- Fri 10th Art and Crafts, Six Bells, 2-4pm
- Sun 12th All Ages Service, 9.15am
- Mon 13th Soup Lunch, Church, 12-2
- Wed 15th Parish Coffee Morning, Brookfield, 11am
 Messy Church, 5.30-6.30pm
 Village Show AGM, Six Bells, 7.30pm
- Fri 17th Art and Crafts, Six Bells, 2-4pm
- Sat 18th Parish Paper deadline, 4pm
- Sun 19th Mothering Sunday Family Service, 9.15am
- Tues 21st Ladies' Night Out, Six Bells, 7.30pm
- Wed 22nd Mobile Library, Village Hall Car Park, 11.00-11.20am
- Fri 24th Art and Crafts, Six Bells, 2-4pm
- Sat 25th Churchyard clean-up, 10-12
- Sun 26th Café Service, 9.15am
- Fri 31st Art and Crafts, Six Bells, 2-4pm
- Sun 2nd Parish Communion, 11am



REGULAR WEEKLY ACTIVITIES HELD IN THE VILLAGE HALL

MONDAY	Apple Pips	9.30-11.30am
TUESDAY	Pilates	6.30pm
WEDNESDAY	Pilates	9.15am (Ladies only), 10.30am (Men's only)
	Short mat bowls	7.15pm

Editorial Team: Christine Thair (841322), Kate Duggan (01404 841039)