

THE PARISH PAPER

St. Mary the Virgin, Payhembury

Vol 55 No 10

April 2023



Nell, the sheepdog, showing a motherly interest and taking care of proceedings at Yellingham Farm. See page 12 for more lambing news.

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Rectory notes – Garden tales

Isn't it wonderful how our gardens come alive in April! New buds, new green, new life. So a tale of two gardens, with two trees, and two choices.

The first garden? Mythical Eden, the perfect paradise – until the tears, that is. The tree? Befitting paradise, it bears its enticing knowledge-of-good-and-evil fruit. But the golden fruit, it turns out, complicates life more than we can handle. The choice? We opt to take our life in our own hands – what could possibly go wrong?

The second garden? Gethsemane, late one foreboding Middle Eastern night – the garden of God's tears. The tree? An ancient gnarled olive where a man kneels beneath, weeping. The choice? He offers his life into the hands of Another – “thy will be done,” he cries into the darkness. But what could conceivably go right, in the face of such crushing odds?

The story twists, and there's a third garden, on the third day. No tree but a tomb. And the tomb does this garden proud! For from ground watered with the tears of God and of humankind bursts forth miraculous new life. The man steps out from the tomb, and the garden blooms with joy.

“An Englishman's home is his castle,” we quoted last month – but an Englishman's castle is not complete without its English garden. Stately-home or Barratt-home, how we need our gardens. They mark our seasons, and watch our coming and going. They take our hopeful plant-growing efforts, and reward us with colour and delight (and a sprinkle of weeds for company).

“Thy will be done,” we ask of Nature as we plant those seeds, “...but please help them grow well!” “Thy will be done,” we pray on automatic, “...but I don't truly mean it, for you know what I really want is my nearest to be well again” “Thy will be done?” we stutter, angry and confused at a world where evil's will appears to prevail.

But then we stop, and breathe. We breathe, and remember – and relax a little. For we've remembered what can happen when life is held in the hands of Another, even against the worst of odds. We remember which garden guides our story now – that garden of resurrection. Tears may have watered the ground, but new life has a miraculous habit of walking out of the tomb.

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 APRIL 2023

SUNDAY 2ND APRIL

PALM SUNDAY

Church	Time	Service
Escot	4pm	'From Hosanna to Crucify' (LC)
Feniton	9.15am	Storytime+ (ST team)
Payhembury	11am	Parish Communion (DC)

Good Friday 7th April

Escot 5pm Reflection (DC)

Feniton 3pm Reflection (DC)

Payhembury 9.30 – 11.30 Children's activity

SUNDAY 9TH APRIL

EASTER DAY

Church	Time	Service
Escot	9am	Easter Communion (DC)
Feniton	Meet 6.30am 11am	Sunrise service (DC) Easter Communion (JH)
Payhembury	11am	Easter Family Communion (DC)

SUNDAY 16TH APRIL

FIRST SUNDAY AFTER EASTER

Church	Time	Service
Escot	11am	Parish Communion (DC)
Feniton	10am	Morning Worship (LL)
Payhembury	6pm	Reflection with music (LL)

SUNDAY 23RD APRIL

SECOND SUNDAY AFTER EASTER

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

SUNDAY 30TH APRIL

ST PHILIP & ST JAMES

Church	Time	Service
Escot	11am	Patronal Festival Communion (DC)

SUNDAY 7TH MAY

FOURTH SUNDAY AFTER EASTER

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

Church wardens in Escot and Feniton

Feniton: Cara Sanders(850262)

Escot: Judy Davis (812739)

Invitation to all Parishioners
to the
Annual Meeting of Parishioners and the Annual Parochial Church Meeting
To be held in church at 7pm on Wednesday 12 April

**Payhembury Village Hall –
Your Hall
Strategy Meeting Open to All
Wednesday 26 April, doors open at
6.45pm for a 7.00pm presentation and
discussion**



One of our community's greatest assets is our Village Hall. Since it was moved from its old site and the new building went up next to the school it has been used for parties, weddings, village events, movie nights, and music evenings. Memorable events such as Party in the Park, Burns' nights, the Spring Bulb Show used the Hall for precisely its purpose – to bring people together and have fun.

Plus, of course, the regular Hall groups and clubs, amongst them: Payhembury School, Apple Pips, Short Mat Bowls Club, Pilates, Yoga, the Badminton Club and the Tractor Club. Not all of these are still going – obviously regular events were curtailed by Covid lockdown – but the potential for many more uses is still there.

Payhembury Village Hall is run as a registered charity by a committee of volunteers, whose job it is to maintain the finances, building and facilities of the Hall towards being actively used by the community across the Parish. We, the Committee, want to reach out to the whole community to have a discussion about the opportunities and challenges of the future, so that its fantastic potential can be fully realised.

On Wednesday 26th April the Hall doors will be open at 6.45pm for the inevitable tea and cakes (of course :), and a presentation by the Committee which will start at 7.00pm start. Everyone is welcome, and we encourage all ages to come and participate – bring your ideas and please share them during the discussion at the end of the presentation.

This will be a great opportunity to come and look at the Hall with fresh eyes and help shape its future, as well as to discuss and share ideas on financing the improvement of this amazing facility.

Please come, you are more than welcome – it will be great to see you on the 26th. Remember, it's your Hall !



Kevin Wooff, Chair, Payhembury Village Hall, on behalf of the Committee: Martin Wilkinson (Treasurer and Deputy Chair), Rick Jones (Buildings & Facilities Manager), Louise Granger (Book Keeping), Monica Frantisek (Bookings Manager), Dan Wadsworth (Technical Buildings Advisor), Mark Millett (Renewables Advisor), Di Somers (Secretary)

Hello Villagers

A big 'thank you' to Leslie and Phillip Elford for hosting our March Coffee morning and for looking after us so well. The entertainment in the form of Pat LePage's grandsons polishing Leslie's kitchen floor with the aid of their bottoms was very funny and the floor looked pretty good too !

*Our next lovely host will be Pat LePage on **Wednesday, 26th April, 11 - 12pm.**, at her home, Parklands. You never know there may be more entertainment !...*

If any one needs transport or directions please phone Steve or Sandra on 841842 and we will be more than happy to help out

Sandra Ford

Time Together - A trip down memory lane

Wednesday 26th April 12:30pm-3:00pm

Devon Business & Education Centre in Lower Tale.

With the King's coronation just around the corner, we started thinking about how much has changed since the last coronation. We decided that a trip down memory lane was in order, so please come along and join us as we chat about the 'good old days' while looking through old photographs of our lovely village. For this event we will be providing an afternoon tea during our time together. We hope you can make it.

Time Together is an initiative set up to organise events for people, primarily over the age of 65, who would like the opportunity to meet other people in the local area. We are able to arrange transport to collect and take you home if you do not have a car. The events are provided free of charge. If you would like to join us or would like more information about either Time Together or this particular event then we would love to hear from you. **Please contact Anita Elsom 01404 850 852/07777 617 415**

A few weeks ago I spent a considerable amount of time picking up litter from the far side of Feniton down to Patteson's Cross, the big verge where the man with his horse and caravan used to park up for a few weeks, the slip road coming off the A30 at the Iron Bridge and other stretches of the old A30. The increase in litter is fast becoming a blight on our countryside, not only is it an eyesore but has a detrimental effect on wildlife. In total I filled 12 big sacks and took it to the council offices in Honiton where I had a lengthy conversation with a lady about the state of the countryside. I left the rubbish with them as a reminder of how much rubbish was out there. I was advised in future to contact Street Scene via the EDDC App. Please, if you see litter lying around, and you can't fail not to, please report it along with anyone you see dropping or throwing litter out of a vehicle.

Rob MacRae.



Or go to this webpage, which includes an inter-active map and comment boxes to describe the location and type of litter, to request clearance:

https://eddc-self.achieveservice.com/service/Request_street_cleaning



Soup Lunches in Church

Dates for April and May are different due to bank holidays. New dates are:

Monday 17th April and Monday 15th May

12—2pm

Choose from a range of home make soups, cake, tea, coffee

All welcome

Churchyard Clean-up

Saturday 29 April
10am to noon

Everyone is welcome!

Girls' night out 7.30pm

Tuesday 18th April



**The Six Bells
7.30pm**

**Deadline for receiving copy for the
March magazine is**

4pm Tuesday 18th April

**New email address for articles is:
payhemburypaper@gmail.com**

We are always looking for photos or artwork for our front/back covers, which are now in full colour

If you would like to try your hand at editing the parish magazine, please let us know. We are now down to two editors so a few more would be great, therefore spreading the load and bringing in some new editing ideas.

Mobile Library



Village Hall car park

**Wednesday 19th
April
11 to 11.30am**

Payhembury Weather Weather for February 2023

www.payhembury-weather.co.uk

Rainfall: February was a record dry month with only 13% of the normal rainfall. The few days of limited rain were on 21-23 February. On 8-9 March we finally had some significant rain of 30 mm which filled the rivers once more. Some of this fell as snow on the Blackdown Hills but Payhembury just escaped it.

Temperatures: The first half of February experienced some cold nights down to -5 degC but with warm days and the second half was very mild resulting in a near +3 degC anomalously warm month.

Weather elsewhere: In the U.K. snow caused disruption on 10 March with travel across the Pennines being difficult. Further afield Cyclone Freddy which formed off the west coast of Australia on 5 February travelled across the Indian Ocean becoming the longest lasting cyclone of up to 40 days after causing devastation in Madagascar and Mozambique by ping-ponging between them. It is being called a 'zombie storm' and is still active as I write this.

Payhembury Weather Feb 2023			
Monthly Rainfall	10.4 mm	-67 mm	from normal
Days of Rain	6 days		
Wettest Day	3.4 mm	21 Feb	
Mean Max Temp	10.4 degC	+2.9 degC	from normal
Mean Min Temp	2.4 degC	+0.7 degC	from normal
Warmest Day	13.6 degC	16 Feb	11:22
Coldest Day	-5.3 degC	7 Feb	06:55
Windyest Day	11.2 m/s	28 Feb	16:35

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

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

THE DEVON ARCHAEOLOGICAL SOCIETY SECURES OWNERSHIP OF PREHISTORIC HILLFORT WITH FUNDING FROM HISTORIC ENGLAND

The Devon Archaeological Society is delighted to announce their purchase of Hembury Hillfort near Honiton after almost a century of involvement with the site. The hilltop has been acquired to conserve its important archaeology and nature. The site was home to some of Devon's earliest prehistoric farming communities and, later, the Roman army. Historic England supported with a grant of £73,047 and will also help fund the management of the monument for the next three years

The Devon Archaeological Society is the new owner of Hembury Hillfort, an outstanding prehistoric monument near Honiton in Devon, having purchased the site with some of its own funds, alongside substantial donations from some of its Trustees and members, and with a £73,047 grant from Historic England. Hembury Hillfort survives in an exceptionally good condition. Its massive defences are well-defined and form a complete circuit. It offers valuable evidence about the lives, economy and landscape of Neolithic and Iron Age communities and the Roman military occupation of the South West. The purchase is the culmination of nearly 100 years of the DAS's close association with the hillfort, from early excavation to ongoing survey and site management.

Next steps

The DAS hopes to manage the site for its nature conservation as well as for its archaeological significance, and to this end has recently signed a Memorandum of Understanding with the Devon Wildlife Trust with a view to securing joint management. The DAS will work with Devon County Council, the Devon Wildlife Trust and the Blackdown Hills AONB Partnership to achieve this. Hembury Hillfort is open to visitors using public rights of way, as long as they respect its archaeological and nature conservation importance.

Managing the site

Historic England and the DAS, along with many partners and dedicated volunteers, have been involved in the management of Hembury Hillfort for many years. In 2008 Hembury was in poor condition with limited access, and it was added to Historic England's Heritage at Risk register. Following this, a Countryside Stewardship Scheme was agreed for the site, which secured funding from Natural England to support management works at the hillfort. Historic England also funded conservation works and other improvements, including new signage. Following years of careful conservation, Hembury Hillfort was removed from the Heritage at Risk register in 2018. The Society continues to organise working parties to control scrub growth as well as carrying out archaeological fieldwork.

For more information, please visit <http://www.devonarchaeologicalsociety.org.uk/>

Paul's Nature Notes - March 2023

Clearly my optimism last month that spring might be just around the corner was misplaced. Instead we have suffered more than our fair share of cold nights, many of them icy. This has not had as much impact on the frogs mating as I would have thought, with the first spawn appearing on February 19th, only five days later than last year. On the other hand, and far more worrying, we have only had two frogs in our pond. In previous years there have normally been around twenty. A disease causing mass deaths has arrived in this country and so it is to be hoped that this is not the cause.

Cold it might have been, but this brings many more visitors to our bird feeders and it has been really interesting to watch the different behaviours. In the past we have occasionally seen bramblings and serins when the weather turns really cold, but this year they have been absent. Rulers of the feeders are the numerous goldfinches – considering their small size they are really quite feisty. They will tolerate greenfinches, which after all are a lot larger and, to a certain degree, siskins but will quickly see off any chaffinches and tits. These birds are left lingering in the background until the goldfinches eventually decide that they have had their fill and move on to the next location. In the meantime, all the tits have learnt to only go the feeders when nothing else is there. Our long-tailed tits appear to be nest building and they have developed a taste for peanuts, which most other birds now shun, preferring the higher energy sunflower seeds.

For us though, the real stars this winter have been a pair of bullfinches. We have seen bullfinches most years but only ever very fleetingly about once or twice and not that close to the house. This year has been different and we have watched how their approach to the feeders has changed over the last month.

Initially they were very nervous of all the other birds and kept their distance. They did not even take any food at all from the feeders for the first couple of weeks after they first appeared on the scene. Slowly they have gained their nerve and whilst still not that happy about close contact with other birds, they have developed a liking for sunflower hearts appearing at random intervals throughout the day. We can now almost set our watch for their first appearance at breakfast time.

On the other hand, the pecking order means nothing at all when our resident male sparrowhawk appears on the scene....



Paul Lister
(paullister175@gmail.com or 01404 841696)

Calling all singers!

We are planning to sing for the coronation service on Sunday 7th at 11am.

There will be three rehearsals for this on:

- Sunday 16th April at Babs' house
- Sunday 23rd April “ “ “
- Sunday 30th April in Church

Please join in and have some fun, singing with others.

Contact me on 01404841409. Thank you **Babs**



Payhembury Annual Show

Save the Date : Saturday 23rd September 2-4pm

For anyone interested in growing produce, we will be judging on:

- biggest onion
- longest runner bean
- 5 raspberries
- 3 cooking apples
- wonkiest vegetable



Any volunteers willing to help us set up/judge will be warmly welcome!

Happy growing!

Show committee; Di Somers, Roz, Victoria, Lucy, Sue and Nicola

Payhembury Tennis Club

We are looking forward to Families and Friends of Payhembury enjoying the use of the tennis court again this year!

We are working to keep the court in good usable condition this year, with the aim to build up some funds and potential grants to have the court resurfaced in the future. Having not increased the fees for a number of years, the committee feels we should increase these now to help achieve the above.

Annual fees are due in April:

Family £40

Couple £30

Single £20

Junior/Student/OAP £15

Hardship/Refugee status please contact the committee

See the Payhembury website for the backs information, and email address to forward confirmation of your membership payment so we can forward you the new code. <http://www.payhembury.org.uk/tennis-club/>

If you happen to have skills in grant applications, please let us know as we would love your help!

See you on the court!

Izzy and Ryan Eaton, Sue Holmes, Lisa Weekes, Peter Fawcus.



Baaaaaad news for the sheep: it's nearly time for us to dust off our kit and start the pre season stretch; some of the squad can still touch their toes. We have ground preparation evenings on **Wednesday 5th and 12th April** starting at 5pm, playing and social members are very welcome to come along and lend a hand with mowing, rolling, cleaning, strimming etc, its also a good time for any new members interested to come down and say hello, we are always on the lookout for fresh blood, whether

playing, umpiring, scoring or just sitting watching with a pint.

Our season starts with a traditional trek up Tale Lane to Clyst Hydon CC on Wednesday 19th April, before a longer trip to Killerton on 26th for a 6pm start. We then start our home games on 3rd May with a visit from the University of Exeter, hopefully their social team, and on Sunday 7th May a 40 over game against Cornish giants, Perranporth, 2pm start at Tuck Mill. This is our first attempt at entering the Village Knock Out Cup so it'll be interesting to see how our team of athletes adjusts to a 40 over game against some proper league players. Up The Millers!

Jon

Art and Crafts Group

We continue to have a regular art session – even after the monthly lunch in the pub this month – and would love to see anyone interested. You can just come for a chat, if you don't want to do art or crafts at first.

Sessions in April – all Fridays – 7th, 14th,
21st, 28th, in the Six Bells –2.00-4.00pm



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



The Wyndham Singers are singing :

- **15th April** a concert in St John's Church, Wellington with The Wyndham Singers and Wellington Silver Band @ 7pm in aid of Turkey/Syria appeal
- **22nd April** Three Choirs Concert in St David's Church Exeter with The Wyndham Singers, DyNaMix & St David's Church Choir @ 7pm in aid of Hospiscare

Yellingham Farm

I have literally just walked in from the lambing yard having seen yet another beautiful pair of twin Jacob lambs being born. Even after 40 years of lambing, that moment of new life, never dulls. If I was lambing 2000 each year, maybe my feelings might be different.... for me, it's still magical. At this time, it always provokes memories of moments when lambing wasn't always quite straight forward, emotional, or just hilarious.

Here are a few examples:

A Doctor, her family and another colleague, also a Doctor, were staying during lambing and one evening after we had served their dinner, they willingly suggested that I looked very tired and they would keep an eye on proceedings for the next hour or so I could enjoy my dinner. I couldn't have wished for better qualified replacements. I knew one ewe was likely to lamb soon as she hadn't eaten her evening ration and was showing "nesting" signs. A good hour passed and no call from the medics, so I decided to stroll down and check. Sure enough they told me that a ewe was lambing and all was proceeding well. I must admit it was a bit dimpsy down the yard, but my eyes soon focused, and it was patently clear that things were proceeding, but blinkin' backwards. The perfect presentation is 2 front feet and a nose..... what was before my eyes was a long tail. in other words a breach birth. I jumped over the hurdle into the pen, asked one of my doctors to come quickly and hold the ewe whilst I lambed it. All was well and we did laugh when I commented that before tonight, I would have trusted them both with my life – not quite so sure now!

Another couple from the big city booked a couple of nights specifically to experience lambing. Neither had been on a farm before and were super excited. When I saw the big shining BMW arrive at the farm gates, my heart sank. They bounced out of the car, clad in white jeans, matching Barbour's and sunglasses. This was not going to work. Before I said hello, my beautiful sheepdog, Kit, welcomed this immaculate couple with all 4 paws and a lick! On no. Back came a hasty, giggling reply: "Don't worry, these are only our old clothes!" I don't think they even knew what old clothes were. "Hi, I'm Jane and this is Derek, and we are so excited – our friends think we are daft coming all this way to get muddy!"

Keen was an understatement. I've never seen my pens and yard so clean. But not one lamb was born. My guests were disappointed, but still smiling as they packed their car. I felt awful. One ewe must have also felt sorry for them, so she decided to produce a wonderful water bag. Thank Heavens! I rushed back to the yard where my guests were packing their car. Excitement was an understatement. The welly boots got unpacked, the smelly clothes back on. Said ewe, got up, laid, down, pushed a bit, shoved her head high in the air, showed her teeth, before a lovely black nose and a pair of front feet appeared. I sensed something wonderful was happening. Derek's head was bowed, he was quietly crying. I just walked away. Lambing is a very special time, but for Jane and Derek maybe this tiny act of birth meant something more to them. I offered a lamb to each of them to hold. I will never forget the genuine joy this brought to a truly wonderful pair of guests. Jane and Derek were childless.

To finish, I must of course mention my poor husband Edward, who is very supportive during lambing. (I know I am running out of words and the Editor of the PM will ask me to edit so I'll make this one quick!) When we have a ewe who produces a single, I always take advantage of the spare teat and milk off that beautiful first important milk called colostrum – liquid gold for new born lambs. I hastily put the thick creamy colostrum in the fridge for emergencies, should we unfortunately have a ewe with no milk, or just one teat working. To my horror, the following morning, my bottle of gold was missing and I asked Edward, had he used it in the night for a problem..... total silence. With a swift movement nearer to a sprint, he rushed up to the dining room just in time before the B and B guests came for breakfast and removed said “liquid gold” from the breakfast table. Disaster averted – perhaps I should have left it and seen if anyone noticed Ha!

Janet East



Exciting projects planned for improving your local shop.....

In a few weeks time we plan to begin work on exciting and much needed improvements to the area outside the shop. We are having a new roof on the existing building and securing the area with rather lovely glass doors. The new room will still contain fruit and vegetables, but rather than them being stored in the chiller, they will be displayed in boxes. The shop and Studio will remain open while the work is going on, so temporarily we will be directing customers and all clients for the Studio round to the side entrance in the courtyard and you will find all our usual array of fruit and veg in the hallway. We apologise for any inconvenience this may cause, but for safety reasons we will not be able to use the usual entrance. Hopefully it will not be for too long and the new area will prove to be a more attractive and secure entrance to the shop. In the near future we are also planning to install solar panels on the shop roof, which should dramatically reduce the current astronomical electricity bills we are receiving!! This will of course entail erecting scaffolding for the duration and once again we apologise for any inconvenience this may cause. David has plans to take advantage of having scaffolding there and sprucing up the exterior wall with a lick of paint. So.... If anyone would like to help with this please let him know – or leave a message in the shop and I'm sure he will bite your hand off!!!!

Meanwhile, things will continue as normal..... Easter will be here before you know it, so remember to place your order for meat from our excellent local supplier, Veyseys of Cullompton. Please place your order by Tuesday 4th April – just give it to whoever is manning the shop and they will put it in the diary for Toni to collect - it's as simple as that. Joints, steaks, sausages, venison, chicken all available to order. We have a selection of delicious desserts in the freezer and a wide range of fantastic wines and chocolates to compliment your Easter feast too!

Oh, and don't forget to enter our Easter Raffle – first prize £25, second prize £15 to spend in the shop. Pop your name in a square and £1 in the sweet jar on the counter – and you could be this year's Easter winner – it couldn't be easier!

You may have already read that arrangements for the Coronation Weekend in May are well underway, including plans for a Big Picnic on Sunday May 7th. Apple Pips, our wonderful play group for parents (and grandparents) and tots, will be holding a raffle for much needed funds to purchase new equipment. There is currently a collection box for donations of prizes in the shop. Please support them if you can, by donating a prize. Help them make it a 'Bumper' raffle.

Willow Bark (*Salix alba*)

Willow is a much-valued tree that has been used for centuries throughout Europe for making baskets, fences, cricket bats, lattice work and burnt to make high quality artist charcoal.

However, Willow shot to fame in the 1760's when Reverend Edmund Stone began using Willow bark to treat his parishioners when they were suffering from any form of pain. Little did he know at the time that his discovery would pave the way for the development of Aspirin! Aspirin is now one of the most widely used pain relieving drugs in the world today, the chemical makeup of which is produced from components found in Willow bark!

Willow bark contains very high levels of salicylic acid which is clinically proven to block the production of a variety of chemicals in the body that produce inflammation and pain. Modern day Aspirin works in the same way as Willow bark.

To harvest; once you have found and accurately identified the Willow tree, cut off branches around finger thickness. Score a cut down the length of your harvested branches with a sharp knife, then slowly and gently peel off the inner and outer bark (this peels off incredibly easily). Cut the bark into 10cm pieces, then dry them in a warm, airy room until the bark snaps like kindling (this can take up to two weeks). Once dry, store the bark in airtight jars in a dry dark place.

This dried Willow bark is a great and very effective herbal remedy to have in your home dispensary. Whenever you develop a headache, pain, muscle aches, period pain, nerve pain, fevers, or rheumatism, instead of reaching for the Aspirin, Ibuprofen, or Paracetamol, why not try sipping on strong hot decoctions of Willow bark first; you'll be surprised at how effective it is and it spares us from the many side effects and risks that come with using over-the-counter pain killers.

Simply add 1-2 teaspoons of dried bark into a saucepan, pour over one and a half cups of cold water and bring the water to the boil. Once it is boiling, cover with a lid and simmer for 10-minutes. Then simply strain out the bark, pour the tea into a cup. Once the tea has cooled to drinking temperature add a little raw honey to sweeten as some may find it slightly bitter. Drink as needed to a maximum of 4 cups per day.

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

Caution: Willow should not be used if you are taking blood thinning medication, if you have sensitivity to sulphates, by children under 18 or during pregnancy or breastfeeding.

Coronation bank holiday weekend 6th-8th May 2023 - update

Sunday 7th May: Coronation Service, followed by the Coronation Big Picnic

11am - Coronation Service in the Parish Church;

12.30 onwards - The Coronation Big Picnic (bring your own food) in the Parish Hall, including:

- Free Bouncy Castle for younger children (to be confirmed)
- Best Dressed Royal competition – any royal, any era, any age – 1st prize £50, 2nd prize £20, 3rd prize £10
- Decorated Fairy Cakes competition – up to 6 fairy cakes decorated with a royal or coronation theme. Age groups 0-8 years, 9-12 years and 13 years plus. Chocolate prizes.
- Bar (Parish Hall committee)
- Teas & Coffees (FoPS)
- Raffle (Applepips) – donations of raffle prizes can be left in the box in the shop
- BBQ – beefburgers (locally sourced beef), £2.50 each with funds raised going towards The Nature Trail project (cash please)

Monday 8th May: 'The Big Help Out' events, followed by a cream tea in the Parish Hall

On Monday 8th May people are being encouraged to 'Help Out' in their communities as part of the Coronation celebrations. Events can be any size, from one person volunteering to help a neighbour to bigger group events like litter picks. The Parish Council are organising three 'Big Help Out' events for people to get involved with, or you can organise your own:

- Clearing brambles at the back of the playing fields (please bring protective clothing, secateurs, loppers, etc)
- Repainting the Hillside bus shelter (paint, brushes, etc will be provided)
- Clearing road sides on Barrow Road to reduce blocking of the drains (please bring shovels, brushes, etc)

If you are interested in taking part in any of these three, please meet on the village green at 2pm on Monday 8th May. Anyone who 'Helps Out' in **any way** on the day is invited to a cream tea afterwards in the Parish Hall from 3-5pm, which is being provided by the Church. Please can you let us know if you think you might be coming to the cream tea, to help give an idea of how many to cater for – there is a form in the shop or you can email me.

For more information about national events taking place over the Coronation weekend, 6th-8th May 2023, please see <https://www.royal.uk/coronation-weekend-plans-announced>.

Dawn Chamberlain, Parish Clerk

Annual Parish Meeting – Parish Council Chairman’s report

The Annual Parish Meeting was held at 7pm on Wednesday 8th March in the Parish Hall. Cllr Tim Cox, Chairman of Payhembury Parish Council, gave a report on things that have happened over the last year, which have included:

- Installation of a new toddler area in the playground
- Tree planting - the last few Jubilee trees have been planted together with extra fruit trees in the Community Orchard
- Potholes & ditch clearing - some potholes have been repaired by DCC Highways and some ditches cleared, but more work is still needed
- Paytherden Solar Farm at Tale / Clyst Hydon - approved by EDDC Planning July 2022
- EDDC Local Plan development - currently on hold awaiting guidance from central Government
- Litter bins - the missing litter bin at the bottom of Hillside is still being chased, without much success
- River Tale pollution incidents - there have been numerous incidents of sewage overflow on the River Tale. SWW are aware and are working on a long-term plan to address the issue
- Leat to Tuckmill Farm - concerns were raised with the Environment Agency regarding the impact of the new leat on the wildlife in the River Tale
- Village War Memorial - Grade II listing was confirmed on 13th May 2022
- Hembury Hillfort - now owned by Devon Archaeological Society who are keen to preserve public access to the historic monument
- Blackdown Hills Parish Network – Payhembury parish is now a member. The BHPN represents all the parishes wholly or partly in the Blackdown Hills AONB.
- Christmas Tree on the village green (thanks to a number of donations from businesses and individuals in the parish) - this will now be an annual event
- Jubilee celebrations last June, death of Her Majesty in September and upcoming Coronation in May
- Defibrillator - relocated onto the outer wall of Payhembury Provisions, making it more visible and easier to access
- Planning applications - a quieter year with only 24 planning applications, ten less than the previous year

And projects for the coming year, which include:

- A new picnic bench for the playing fields
- New goalposts for the football pitch
- Fund-raising for an aerial runway in the playing fields
- Replacement of some or all of the parish noticeboards with better weatherproof ones
- A nature trail along the Colestocks to Payhembury footpath

Thanks were also given to Andrew Renshaw (Snow Warden), Tina Humby (Telephone Box Librarian) and Bill & Olwen Eaton (Payhembury village sign gardeners) for all they have done over the last year.

Dawn Chamberlain, Parish Clerk

Road Closure – Crowders Cross to Sherwood – 18th & 19th April 2023

The road from Crowders Cross to Sherwood will be closed on 18th & 19th April 2023. A diversion will be in place, which will go through Colestocks. The most up to date information for this, and other road closures, can be found on <https://one.network/>

Dawn Chamberlain, Parish Clerk

Local Elections 2023 – Thursday 4th May

Nominations to be an EDDC or Parish Councillor

Completed nomination forms, to stand as an EDDC Councillor or as a Parish Councillor, need to be returned to EDDC in person by 4pm on Tuesday 4th April. Forms are available on www.payhemburyparishcouncil.org.uk/default.aspx. Candidate lists should be issued on 5th April and will be displayed on the Parish Council noticeboard and website.

Important dates – see www.eastdevon.gov.uk/elections-and-registering-to-vote/electoral-services/ for more information and select the relevant link (see below).

- 17th April - last day for **registering to vote** at the May election – select ‘Register to Vote’ from the above webpage.
- 18th April - last day for **registering to vote by post** at the May election – select ‘Voting by Post’ from the above webpage.
- 25th April - last day for **registering to vote by proxy** at the May election – select ‘Voting by Proxy’ from the above webpage.
- 25th April - last day for applying for a Voter Authority Certificate (only required if an elector does not have other suitable photo ID). To apply go to www.gov.uk/apply-for-photo-id-voter-authority-certificate. A full list of acceptable photo ID types can be found www.eastdevon.gov.uk/elections-and-registering-to-vote/voter-id-2023/accepted-forms-of-photo-id/.

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.

Dawn Chamberlain, Parish Clerk



The Government has introduced new rules meaning you need to show photographic identification (photo ID) when voting in person at a polling station. This is a national change implemented as part of the [Elections Act 2022](#).

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

BROADHEMBURY GARDENING CLUB

The talk at the beginning of March was by Anne Swithinbank, an excellent speaker well known to the club, and she gave a talk on "Gardening under Glass". Over 50 members attended. Anne gave plenty of advice particularly on seed sowing and propagation and, with our annual plant sale coming up in May, it was a great help.

On 5th April at 7.30 pm in the Memorial Hall Michael Gee will talk on Devon Orchards and how they became established and nearly disappeared.

Just a reminder that our plant sale is on **Saturday 13th May** and if you have any spare plants, perhaps those sown of your favourite flowers, vegetables and herbs, softwood cuttings or divided perennials, then we would be very grateful for any donations.

New Members and visitors are always most welcome to come and enjoy the excellent talks with refreshments and raffle. Subscriptions are now due and they remain at £10 for the year. Visitors are usually £2.

Val Stringer



We have had fun acting out some bible stories this term to the children of Feniton and Payhembury schools, focusing on the story of Moses. We started with him, as a baby, being found in a basket by the Egyptian princess. The basket hidden in the bulrushes was overlooked by his sister as she was watching out for him. Although only a little baby, God had special plans for Moses. God has a special plan for everyone. We also told the story of Moses, older now, leading his people out of Egypt, escaping their harsh treatment by

crossing the Red Sea as it parted, once several plagues had made the Pharaoh change his mind. Give wisdom and courage to the world's leaders of today to change things so that everyone today can also be treated fairly.

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.

Open the Book team: Cara, Ann, Valerie and Graham, Vicky, Amy and Nicola



April sees the start of a new season of illustrated talks at The Beehive organised by Honiton u3a. There is a wide variety of subjects to appeal to all tastes, and visitors are very welcome to attend. Dates are:

April 19th ; May 17th; June 21st ; July 19th

All talks take place at **The Beehive, starting at 2 pm**. Doors open at 1.30 p.m. Visitors are welcome in return for a donation of £2. Honiton u3a is for like-minded people in their third age who come together to share creative, leisure and learning activities. As it celebrates its 30th Anniversary year, Honiton u3a is looking forward to welcoming new members to enjoy the range of opportunities it offers. To find out more about Honiton u3a and how to join, go to the website: u3asites.org.uk/honiton

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 841485
Phil Chamberlain	01404 841773	Susie Durant	07792 272460
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)

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 1EJ
Email: csc@eastdevon.gov.uk

In an emergency outside opening hours, phone 01395 516854

Opening hours: Monday to Friday from 8.30am to 5pm

There is free parking in the car park in front of the building during opening hours

County Councillor: Iain Chubb 01297 35468 District Councillor: Philip Skinner 01404 822855

PAYHEMBURY VILLAGE HALL HIRE AND CHARGES

Please 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 APRIL 2023

Fridays 7,14,21,28 Arts & Crafts (p.11)
 Wednesdays 5,12 Cricket field preparations (p.11)
 Sundays 16,23,30 Coronation Singing (p.10)

Sun 2 11am Communion
 Wed 5 Gardening Club (p.18)
 Fri 7 9.30am Children's activities in church
 Sun 9 11am Family Communion
 Wed 12 7pm Annual Parishioners' Meeting (p.4)
 Sun 16 6pm Reflection in church with music
 Mon 17 Soup Lunch
 Tue 18 Parish paper deadline
 7.30pm Girls' Night Out
 Wed 19 Mobile Library
 2pm, U3A Beehive, Honiton
 Fri 21 Horse Race Evening (see right)
 Sun 23 9.15 Café church in the village hall
 Wed 26 11am Coffee Morning, Parklands
 6.45 Village Hall meeting (p.4)
 Time Together (p.5)
 Fri 28,Sat 29 Pirates of Penzance Concert
 (see poster below right)
 Sat 29 Churchyard clean-up
 Sun 30 11am Escot Patronal + Communion
 Thu 4 May Local Elections

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

Save the Date

Payhembury's Party in the Park is back!!

Live Music, Food, Licensed Bar

24 June 2023

ALL PROCEEDS TO CHARITY

THE MUSIC OF...

PIRATES OF PENZANCE

ORIGINAL VERSION
W.S. GILBERT AND R. SILLIEN

ST MARY'S CHURCH WHIMPLE

FRIDAY 6TH APRIL 7.30PM
 SATURDAY 29TH APRIL 2.00PM

TOGETHRE £6 (ACCOMPANIED BY THE LOCAL SINGERS)
 FROM WHIMPLE STORES AND TALENT SHOW

RESERVED SEATS AVAILABLE

REGULAR WEEKLY ACTIVITIES HELD IN THE VILLAGE

MON	Apple Pips, Village Hall	9.30—11.30am
TUES	Pilates, Village Hall	6.30pm
	Bridge, The Six Bells	7.30 (info:841322)
WED	Pilates, Village Hall	9.15am (Ladies) 10.30am (Men)
	Circuits	10am (info: 07803 966732)
	Short Mat Bowls, Village Hall	7.15pm
THUR	Café Connect, Church	9—11.30am
FRI	Art & Crafts, The Six Bells	2—4pm

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