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The Parish Paper

St Mary the Virgin, Payhembury
Vol 56 No 8 - February 2024

Rectory Notes - Same-sex Blessings

Change whirrs ever faster in our world. The Church's cogs turn rather more slowly. Sometimes this gives reassuring stability; sometimes it is frustrating. In December blessings of couples in same-sex relationships were finally authorised in the Church of England. Our churches can at last properly embrace LGBT people. This is a first step in a longer journey of inclusion: the prayers can be used in regular services but 'standalone' services of blessing aren't yet possible. Same-sex marriage is some way off.

The Church has had previous pivotal moments in its history. Seven-day Creation was sacrosanct until science suggested otherwise. The sun orbited a static Earth until Copernicus showed it to be the other way round. Slavery was tragically long seen as part of the natural order. Women were seen as inferior to men. All these beliefs were held in good conscience - if sometimes too conveniently - because Scripture appeared to uphold them. But Scripture came to be recognised as painting a bigger picture than selected texts suggested. The LGBT community has been extraordinarily long-suffering in awaiting this similar pivotal moment in the Church. I rejoice in its arrival, including as a parent of an LGBT young adult.

Jesus himself continually called people to see things differently. "The sabbath is made for man, not man for the sabbath" overturned traditional views. He called us to see beyond the superficial to truly see people - people he came to love and to liberate. How slow we can be to understand. The C of E prayers for same-sex blessings are called 'Prayers of Love and Faith'. They are available at www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/prayers-love-and-faith (along with supporting resources). All the PCCs in the Otter Vale Mission Community are discussing the use of the blessings, leading to their coordinated introduction from April. Some people, from good conscience, may not be supportive; I can understand this since I once held the traditional view. If you have questions or wish to contribute to this discussion, please speak to me or a PCC member. Much celebration lies ahead!



Road decorations in central Reading in June last year, Pride month

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 - 01404 841409

Sexton: Mr Jim Kimber, 1 Barrow Road, Payhembury - 01404 841320

Upcoming Church Services for Parishes of Feniton, Escot, Payhembury

SUNDAY 4TH FEBRUARY

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

SECOND SUNDAY BEFORE LENT

SUNDAY 11TH FEBRUARY

Church	Time	Service
Feniton	11am	Parish Communion (JRE)
Payhembury	9.15am	All Ages Service (LL)

SUNDAY NEXT BEFORE LENT

WEDNESDAY 14TH FEBRUARY

Church	Time	Service
Feniton	11.30am	Parish Communion (DC)

ASH WEDNESDAY

SUNDAY 18TH FEBRUARY

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

FIRST SUNDAY OF LENT

SUNDAY 25TH FEBRUARY

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

SECOND SUNDAY OF LENT



Date	Name
January 6 th & 13 th January	Mrs Olwen Eaton
January 20 th & 27 th January	Mrs Gina Cox
February 3 rd & 10 th February	Mrs Babs Leach

Escot Deputy Churchwarden: Janet Welch (850940). Feniton Church Wardens: Cara Sanders (850262), Barbara Hemsley (07790 143193)

Calendar

7th February	Broadhembury Gardening Club Talk (7.30pm, Broadhembury Village Hall)
11th February	Playing Fields Tidy-Up (Playing fields)
12th February	Soup Lunch (12-2pm, Church)
20th February	Girls' Night Out with special guest Janet East (7.30pm, The Six Bells)
21st February	Coffee Morning (11am-12pm, Tor View)



Regular Activities

Monday	9.30-11.30am - Apple Pips, Village Hall
Tuesday	7pm - Pilates, Village Hall 7.30pm Bridge*, The Six Bells
Wednesday	9.30am - Pilates, Village Hall 7.15pm - Short Mat Bowls, Village Hall
Thursday	9-11.30am - Cafe Connect, Church
Friday	2-4pm - Art & Crafts, The Six Bells

*Bridge info: 01404 841322

Payhembury Provisions

What do people have to say about us?

'I love working in the shop. I have met so many people since I have been volunteering.'

'Payhembury Provisions is a little gem.'

'I love coming into the village shop, everyone is so friendly and helpful.'

'You are guaranteed a warm, friendly welcome when you go in the shop.'

'We are so lucky to have such a great shop in Payhembury.'

These are a just a few of the comments we have received over the last few weeks about Payhembury Provisions.

Payhembury is Your Village, Your Community and Payhembury Provisions is Your Community Shop. And **your shop needs YOU!**

As a volunteer... Serving in the shop, ordering stock, checking and stocking shelves, helping with large order deliveries, helping with 'back-room' tasks such as managing stock rotation, processing deliveries... the list is endless, and we are always on the lookout for new people to join our team. It doesn't have to be a huge commitment - every little helps.

As a customer... as the saying goes 'use it or lose it' and we definitely don't want to 'lose' the 'little gem' that is Payhembury Provisions. So, if you live in the village or the surrounding areas and haven't yet visited us, please pop in and see what you have been missing. If you are a regular visitor and there are things you think we could do better, please let us know, so that we can continue to provide a first-class service for you and for your community.

Let's make 2024 the best year yet for Payhembury Provisions!



Dates for your Diary

Soup Lunch... Soup Lunch will be at 12pm to 2pm on 12th of February in the Church. Come along and have a taste!

Girls' Night Out... 7.30pm on 20th February in The Six Bells. Join us for an entertaining talk by Janet East on running a B'n'B!

Coffee Morning... We're invited to Lesley and Phillip Elford for hot drinks at 11am to 12pm on 21st February at Tor View.

Girls Night Out

Tuesday 20th February, 7.30pm in The Six Bells

With a special guest speaker Janet East sharing about "The Trials and Tribulations of running a small rural farm and B&B". At this rescheduled event, we are guaranteed many amusing tales whilst also being educated about country life. For one time only we are extending the invitation to any gentlemen that may like to join us, the more the merrier!



Save the date!

In aid of the Church Roof fund, get ready for some fun later this year...

Friday 18th October - Quiz in the Village Hall with quiz master Max Pipe

Saturday 9th November - Silent Auction, more details soon

If anyone would like to donate or offer a service for the auction (or help out), please let Lesley Elford know so she can start making a list of auction promises: 07443519003.

Payhembury Weather



Weather for December 2023 and Annual weather statistics for 2023

Rainfall: The last month of 2023 continued the very wet trend with 6 cm above normal. The widespread flooding around the country is testament to the exceptional rainfall. Devon reservoirs are now 90% full. For the year as a whole we had 1127 mm which is 248 mm more than normal the wettest year here since my records began. After 4th January 2024 a colder drier period has set in with icy roads to contend with.

Temperatures: Both daytime and night temperatures were well above average in December contributing to an annual mean which was +1.6 degC from normal. 2023 was not the warmest year I have recorded as 2014 at +2.4 degC has that record. Globally 2023 was the warmest year in a series stretching back to 1850 and for the U.K. it was the second warmest year ever according to the Met Office.

Payhembury Weather Dec 2023			
Monthly Rainfall	161.4 mm	+61 mm	from normal
Days of Rain	21 days		
Wettest Day	23.2 mm	4 Dec	
Mean Max Temp	10.8 degC	+2.3 degC	from normal
Mean Min Temp	5.0 degC	+2.3 degC	from normal
Warmest Day	13.5 degC	11 Dec	13:18
Coldest Day	-6.8 degC	2 Dec	07:14
Windyest Day	13.9 m/s	27 Dec	10:30

2023 Annual Statistics for Payhembury

Payhembury Weather 2023			
Rainfall	1127 mm	+248 mm	from normal
Days of Rain	186 days		
Wettest Day	42.8 mm	17 Sept	
Mean Temp	11.5 degC	+1.6 degC	from normal
Warmest Day	30.6 degC	6 Sept	
Coldest Day	-6.8 degC	2 Dec	
Windyest Day	13.9 m/s	16 Jan	

Current weather in Payhembury can be viewed at www.payhembury-weather.co.uk through wunderground. If you want to see the table above a few days after the end of the month it is usually posted on the Payhembury Parish Facebook page.

Roger Saunders

Devon in Winter



Dartmoor in winter - John Hayward



A misty morning on the coast in Devon - Jill Diamond



Winter surfers, Dawlish - Nelly P



Cows in Devon field - George Hiles

All pictures from <https://unsplash.com>

Joys of Spring

Frost-locked all the winter,
Seeds, and roots, and stones of fruits,
What shall make their sap ascend
That they may put forth shoots?
Tips of tender green,
Leaf, or blade, or sheath;
Telling of the hidden life
That breaks forth underneath,
Life nursed in its grave by Death.

Blows the thaw-wind pleasantly,
Drips the soaking rain,
By fits looks down the waking sun;
Young grass springs on the plain;
Young leaves clothe early hedgerow trees;
Seeds, and roots, and stones of fruits,
Swollen with sap put forth their shoots;
Curled-headed ferns sprout in the lane;
Birds sing and pair again.

There is no time like Spring,
When life's alive in everything,
Before new nestlings sing,
Before cleft swallows speed their journey back
Along the trackless track –
God guides their wing,
He spreads their table that they nothing lack, –
Before the daisy grows a common flower
Before the sun has power
To scorch the world up in his noontide hour.

There is no time like Spring,
Like Spring that passes by;
There is no life like Spring-life born to die,
Piercing the sod,
Clothing the uncouth clod,
Hatched in the nest,
Fledged on the windy bough,
Strong on the wing:
There is no time like Spring that passes by,
Now newly born, and now
Hastening to die.

'Spring' by Christina Rossetti (1830 - 1894)

Devon Loves Dogs

Devon Loves Dogs is a free membership scheme for dog owners and dog walkers. Their aim is to protect the countryside while encouraging responsible dog ownership. Here are some great tips they've shared about winter walks with your canine companion...

Top Tips for winter dog walking

1. Be prepared - it sounds obvious, but check the weather forecast and dress appropriately. You know your dog best, make sure they're warm enough out on a walk and have a towel to rub them down with and a cosy bed in the car for the journey home.
2. Be safe, be seen! Remember your torch for finding your way and picking up poo in the dark. Consider some kind of light or reflective coat for your dog too, especially if you're going to be walking near traffic or if you're heading out for an off-lead walk.
3. If your dog likes to swim, remember that rivers and streams will be deeper with faster currents after heavy rain. Don't let your dog into flood waters, there can be hidden dangers under the water.
4. If you're spending more time at home, indoor games with your dog can be great for mental stimulation and can help with ongoing training too.
5. Join a Devon Loves Dogs guided group walk. Waggy Walks are free and we walk all year round, we only cancel walks if the weather forecast is dangerous. Walking in a group is great fun for people and dogs, you might learn a new route and make new friends at the same time.

Find out more via www.devonlovedogs.co.uk.



Paul's Nature Notes

January 2024... Storm Henk wreaked damage dumping massive amounts of rain on already swamped ground and bringing down a Payhembury landmark. We have lost the dead tree which was in our bog garden. It was there before we moved in over 8 years ago and we have no idea what species it was. Many people have asked over the years why I did not simply cut it down but I loved that tree. It was a perch for owls and woodpeckers but has now been sawn up and left to rot further to become home to many more beetles.

New additions to the parish database of flora and fauna continue, albeit at a slower pace, but this year I want to learn more about our trees so I need your help. The late Angus Forbes of Cokesputt wrote an update for the Payhembury Millennium Book in which he mentioned a tree survey carried out in the early 1990s. Does anyone have any idea if a copy of this still exists? I would dearly love to see it and I feel that such a document should not be lost forever.

One of my fondest wintertime memories from when I was young was the haunting call of curlews echoing across the marsh late into the night. They could be heard from several miles away but, alas, I rarely hear them these days. They have become, it is said, a casualty of changing farm practices, land use and, dare I say it, disturbance from a burgeoning human population and where once these birds were common and plentiful, they are now red-listed, or in other words at risk of extinction. We have lost half of our breeding pairs in the past 20 years alone and the UK holds about a quarter of the world's total population.

Last autumn the dynamics on our bird feeders changed dramatically. In past winters goldfinches were in the majority with upwards of a dozen at peak times; most have deserted us for feeders anew and have been replaced by numerous tit families. The goldfinches were always feisty and territorial, seeing off many larger birds which had the temerity to disturb their feeding frenzies and they were greedy little beggars. There were still an odd few turning up but in nowhere near the same numbers and I suppose I should not complain too much because I have saved a small fortune, as in previous winters I had to refill their feeders at least once a day. Then, in early January the word must have got out and back they came, with up to a dozen or more at any one time.



Paul Lister

01404 841696 - paullister175@gmail.com



Coffee Morning

On the **21st of February**, Lesley and Phillip Elford have kindly invited us to their home, Tor View in Higher Cheriton, at 11-12pm.

I wonder if we will get any skating on our bottoms in the kitchen this year (courtesy of Naomi!) needless to say we will be assured of a very warm welcome.

If anyone needs directions or transport, please don't hesitate to phone us (01404 841842) and we will be more than happy to help out. **Sandra Ford**

Art and Crafts Group

Hopefully everyone has had a lovely Christmas and NY and will be turning up refreshed for craft and art!

We look forward to seeing you in the Six Bells. We are there doing our knitting, painting and the rest, all Fridays to come. Why not call in for a drink and a chat between 2pm to 4pm... and maybe join in? Get in touch with Naomi (knitting/crafts) on 07799 380336 or Sue (art) on 01404 841103.

Naomi and Sue



Halina's Herb Corner

Rose Hips (*Rosa canina/gallica*)...

February is a time when our gardens generally look very bare and there is very little to do or harvest. However, there is some joy and brightness in the form of rosehips. Assuming they haven't all been eaten by the birds, February is a great time to pick rosehips, as the winter frosts cause the skins to rupture thereby making them easier to use. Technically speaking we use the hips from dog roses or French roses which are our more traditional roses and have larger fruits.

Those of us of a certain age may remember drinking rosehip syrup as a child. This was a carry over from the second world war when the 'Ministry of Food' substituted this home-grown sustainable source of vitamin C because imports of citrus fruits (along with everything else) were restricted. Vitamin C is only a small part of the story as rosehips are rich in many vitamins and minerals including calcium, iron, thiamine, vitamins B6, vitamin A and many more; interestingly the high concentrations of vitamin C and iron mutually enhance the absorption of both of these important nutrients.

Rosehips have traditionally been used to help us to fight respiratory and digestive infections such as coughs, colds and diarrhoea respectively. We now know that the white blood cells (WBCs) which help us fight infection contain 20 times the amounts of vitamin C than other cells, and that these WBCs combat both bacterial and viral infections. The associated WBCs with antioxidant properties, protecting the body from environmental damage which can lead to cancers and high blood pressure conditions if left unchecked. The high polyphenol content (also found in tea) additionally offers protection against cardiovascular disease and cancers.

Rosehips are rich in pectin, a soluble fibre which functions as a prebiotic, feeding the healthy bacteria in our gut microbiome. These impart several health benefits such as being anti-inflammatory, immunoregulatory and protective of the cardiovascular, liver and nerves respectively. They also help to regulate sugar levels and fat levels in the blood. As mentioned earlier, rosehips can reduce diarrhoea, but pectin is a bulk laxative so can decrease constipation.

Rosehips made the headlines approximately 10 years ago when clinical trials revealed that it could greatly reduce the pain experienced in both rheumatoid and osteoarthritis. This makes perfect sense when you consider the anti-inflammatory and antioxidant properties of these fruits. Rose hips can be used to make several things including syrups, teas, jams, jellies, breads and even wine. They can be dried, boiled, or stewed. There are plenty of recipes available online And finally: Please remember because we are all unique, we can have different responses.

Parish Council News

Notice of Polling Districts and Polling Places Review

Notice is hereby given that in accordance with Section 18C of the Representation of the People Act 1983 East Devon District Council is to carry out a review of its polling districts and polling places. Relevant information regarding the current arrangements and proposals for changes can be found on the Council's website Polling Place Review 2023 - East Devon, or can be inspected at Blackdown House, Border Road, Honiton EX14 1EJ.

The (Acting) Returning Officer (ARO) for the future Parliamentary constituencies of Exmouth & Exeter East and Honiton & Sidmouth will comment on the proposals. Those representations will be published on the Council's website and will be available for inspection at Blackdown House, Border Road, Honiton EX14 1EJ or Exmouth Town Hall, St Andrews Road, Exmouth EX8 1AW.

The consultation period for this review will commence on Monday 15 January 2024 and end on Friday 9 February 2024. Anybody making representations should be aware that, upon completion of the review, all correspondence and representations received must, by law, also be published. Electors within the Council area or within a UK Parliamentary constituency which has any part in the authority may make a representation. We invite comments from all electors regarding the convenience of voting at polling stations currently used for elections and would welcome suggestions for alternative sites.

The Council would also welcome the views of all residents, particularly disabled residents, or any person or body with expertise in access for persons with any type of disability, on the proposals, the Acting Returning Officer's representations, or any other related matters. Anybody making representations should, if possible, give alternative places that may be used as polling places. Comments and representations may be submitted as follows: By post: Polling District Review, Electoral Services, East Devon District Council, Blackdown House, Border Road, Honiton EX14 1EJ. By email: electoralservices@eastdevon.gov.uk

All representations must be made by no later than Friday 9 February 2024.
Melanie J Wellman - Interim Chief Executive (shared) - 15 January 2024

Dawn Chamberlain, Parish Clerk
payhemburypc@payhemburyparishcouncil.org.uk

Parish Council News

EDDC review of Polling Districts and Places 2024

EDDC are undertaking a review of Polling Districts and Places. Please see separate 'Notice' for details, including how to respond to the consultation and dates of deadlines. Payhembury is currently part of the Honiton and Tiverton Parliamentary Constituency, but this will change to Honiton and Sidmouth in the near future. From an EDDC perspective Payhembury is, and will remain, part of the Tale Vale Ward. For all elections the Polling Place will remain Payhembury Parish Hall, opposite Payhembury School, Payhembury, EX14 3HR.

Parish Council grants awarded – January 2024

Each January the Parish Council awards small grants to local groups who have applied for a grant. This year the Parish Council are very pleased to award grants to Applepips, Payhembury Parish Paper and Tale Valley Trust and wish these, and all the other hard-working voluntary groups in the parish, a rewarding and successful 2024.

Telephone Box Library – sometimes too many donations

Our lovely Telephone Box Librarian does a wonderful job looking after the library - tidying, sorting, etc. Recently she has found bags of donated books dumped on top of other bags of donated books, making it hard for people to borrow books and hard for the Librarian to manage. Whilst we really appreciate donated books, please can we ask that, if the Telephone Box looks very full and there are already bags of donated books there waiting to be dealt with, could you hold on to your donation of books until another time. Thank you.

Playing fields tidy up – 9.30am, Sunday 11th February

On Sunday 11th February, the Parish Council will be doing maintenance work on the playing fields, including removing brambles behind the football nets, cleaning play equipment and some minor repainting of equipment, etc. If you would like to help, please can you let the Parish Council know or come to the playing fields at 9.30am on the day.

Dawn Chamberlain, Parish Clerk
payhemburypc@payhemburyparishcouncil.org.uk

Parish Council News

Reporting blocked ditches, flooding etc.

Recently there have been a number of problems with blocked ditches causing localised flooding. Devon County Council have cleared some of these ditches in the past, but they advise that the responsibility for keeping ditches clear lies with the owner of the land, not with them and that they no longer have the budget to clear these ditches.

However, they ask that you still report blocked ditches to them so that they can chase the relevant landowner to clear them - <https://www.devon.gov.uk/roads-and-transport/maintaining-roads/managing-the-network/flooding-and-drainage/report-standing-water-flooding-or-blocked-drains/>.

If you find any issues of blocked drains, flooding etc can you let the relevant landowner know and, if appropriate, help to clear the problem. If you have any difficulty with this then please can you let the Payhembury Parish Road Warden know and he may be able to help – Cllr Paul Thomas, paul.thomas@payhemburyparishcouncil.org.uk. Hopefully, by doing this, we can reduce the number of floods and the inconvenience caused.

Dawn Chamberlain, Parish Clerk
payhemburypc@payhemburyparishcouncil.org.uk



Would you like to share something in the Parish Paper?

The deadline for submissions is 4pm on the 18th of each month, except in December when it falls just after Christmas. Send us your content using the email address on the back cover. Remember to share images as attachments so we can maintain the resolution.

Broadhembury Gardening Club

In January, Megan Gimber gave us a fascinating and enthusiastic talk on 'Life on the (H)edge' giving us an insight into hedgerows and woodlands.

On **Wednesday, 7th February at 7.30pm** we will be having 'Gardeners Question Time' with a panel of expert horticulturalists who have a wide range of knowledge between them and will be providing a fun evening.

Are there questions you've often wondered about, or issues that have bothered you that you're not quite sure what to do about? Some members will already have given questions but the panel say they will also take questions from the floor if you haven't already thought of any.

As usual it will be held in the Memorial Hall at Broadhembury. Visitors are most welcome at a fee of £2. Refreshment are provided. Just a Heads Up that the following meeting will be on Wednesday, 6th March on 'Tropical Style Gardening in Devon'. **Val Stringer**



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

Open Gardens 2024

From April until September, gardeners across Devon will open their gates and share their beautiful green spaces to support our local hospice.

From quaint cottage gardens to sprawling country estates, there is a huge range of gardens to enjoy and, after a record-breaking year in 2023, raising over £51,000, we can't wait to see what our gardeners have lined up for 2024!

If you're interested in opening your garden for Hospiscare in 2024, please contact fundraising@hospiscare.co.uk or call 01392 688020 to find out more.

Eleni Greenwood, Hospiscare



Rotary  **Rotary Club**
of Dawlish Water
present
Charity Quiz Night

HERE on Thursday MARCH 7th at 7.45 pm.

Test your knowledge against other local pubs and clubs!
Help to try and win a prize for your chosen charity!
(further details from the bar)

Team members needed! Support your local pub/club team!
Suggested donation £4 per person – no limit to team size!

Questions on:

- 'HAVE A DRINK ON ME'
- THE YEAR 2023
- GENERAL KNOWLEDGE



The Rotary quiz will be held in the Six Bells Inn, Payhembury.

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 second Wednesday of alternate months (from Jan) 7.30pm in the Village Hall. Email: payhemburypc@payhemburyparishcouncil.org.uk
Dawn Chamberlain (Parish Clerk) - 01404 841773

Tim Cox (Chair) - 01404 850005
Phil Chamberlain - 01404 841773
Karen Edwards - 01404 849186
Paul Thomas - 01404 841516
Robert Leach (Vice-Chair) - 01404 841485
Louise Scott - 07752 158107
Matt Rance - 07809 306571

Useful numbers at the County Council

General Enquiries: 0345 1551015
Highways: 0345 1551004
Disability Information: 0345 1551005
Registrars: 0345 1551002
Libraries: 0345 1551001
Family Info Service: 0345 1551013
Bus passes: 01392 383688

Emergencies

Social Services: 0345 6000388
Highways: 0345 1551008
Animal Welfare, Petrol, Explosives: 01392 499499

Useful contacts at the District Council

There is free parking in the car park in front of the building during opening hours (Monday to Friday from 8.30am to 5pm).
Email: csc@eastdevon.gov.uk
Switchboard: 01404 515616 (Use during office hours)
Out of Hours: 01395 516854 (Use for emergencies)
Address: East Devon District Council, Blackdown House, Border Road, Heathpark Industrial Estate, Honiton, EX14 1EJ
Iain Chubb (County Councillor) - 01297 35468
Richard Jefferies (District Councillor) - richard.jefferies@eastdevon.gov.uk

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
Monday to Friday: 8am-7pm. Saturday: 8am-1pm. Sunday: 8am-12pm. Tel: 01404 841856