

# THE PARISH PAPER

## St. Mary the Virgin, Payhembury

Vol 54 No 10

April 2022



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## Rectory Notes – I'm a Celebrity...!'

"Vladimir Putin knows the power of stories. With a better one, we can beat him," reads a newspaper article headline today. With propaganda and fake news, the Russian president has woven a powerful false story about Ukraine for the Russian people. The Ukrainian people are experiencing an entirely different story.

So against a backdrop of world events and our own conflicted lives, a topical story for Lent through which we currently travel.

"Welcome!" rasped the Devil. "Welcome to the Wilderness Trial of 'I'm a Celebrity!' And a special, special welcome today to you, Jesus. What a trial we have lined up for you. Hunger, thirst, heat, mental despair. Oh yes, you will be crying out 'I'm a Son of God... Get me out of here!'

"So... first off, help yourself to bread. It's like Bread week on Bake Off – only you're making it from stones – haha! But you've got the powers. So look after yourself. What do I hear you whisper, Jesus? You're here to love? You're focused on training to feed others not yourself? Hah! You'll be the one eaten up.

"Help yourself to these nations, Jesus. All free – Special Edition offer. Because you're special! Help yourself to the power. What do I hear you say? Speak up, man, I can't hear. You'd prefer to serve? Mmm, Lord-of-All or Servant-of-All – a no-brainer. You'll be crushed.

"Help yourself to fame, Jesus. Fast-track yourself with a devilish stunt: a bungee-jump but without the bungee. Because God'll catch you! What are you whispering now? It's not about you? About love again? Oh dear, Jesus, you're starting to sound like a scratched record. You really haven't sussed this Wilderness Trial, have you?

"Haven't you spotted you're not even a celebrity yet? And you really think loving everyone is going to make you one?"

And so began a conversation which would last three years. A conversation which climaxed on a cross. A conversation which continues today.

I frequently puzzle how love can really be the weapon that overcomes evil. Yet we see it time and again. In the compassionate responses to the suffering of the people of Ukraine (and from other countries in conflict). In those who build peace. In those who give themselves for others. For love is subversive. It infiltrates the enemy camp and dismantles it from within.

We do indeed have a better story.

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: David Lanning (850699) or Cara Sanders(850262)  
Escot: Judy Davis (812739)

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

### **SUNDAY 3<sup>RD</sup> APRIL**

### ***FIFTH SUNDAY OF LENT***

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

### **SUNDAY 10<sup>TH</sup> APRIL**

### ***PALM SUNDAY***

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

MAUNDY THURSDAY 14<sup>TH</sup> APRIL FENITON 7PM  
SHARED SUPPER WITH INFORMAL COMMUNION

### **GOOD FRIDAY 15<sup>TH</sup> APRIL**

ESCOT, 5PM: REFLECTION (DC)  
FENITON, 3PM: REFLECTION (DC)  
PAYHEMBURY, 9.30 – 11.30: CHILDREN'S ACTIVITY  
12 NOON: REFLECTION (STU)

### **SUNDAY 17<sup>TH</sup> APRIL**

### ***EASTER DAY***

Church	Time	Service
Escot	9am	Parish Communion (DC)
Feniton	6am 11am	Sunrise service (DC) Parish Communion (JH)
Payhembury	11am	All ages communion (DC)

### **SUNDAY 24<sup>TH</sup> APRIL**

### ***SECOND SUNDAY OF EASTER***

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

### **SUNDAY 1<sup>ST</sup> MAY**

### ***ST PHILIP & ST JAMES***

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

## Dates for your diary!

### **Church Soup Lunch**

11th April  
12-2

### **Churchyard Cleanup**

Saturday 30th April  
10-12

### **Mobile Library**

**April 6th**

**11.00–11.20am**

**Village Hall Car Park**

### **Ladies' Night Out**

**Tuesday 19th April,  
from 7.30pm,  
The Six Bells**

Calling all event organisers! There are a few new people in the parish, so we want to include an article about all the regular clubs and activities that are available here.

If you organise a regular event, please email a short (1-2 sentence description) about it, along with details of when and where it's held and a contact name and number to: [payhemburypaper@yahoo.co.uk](mailto:payhemburypaper@yahoo.co.uk)

### **Coffee Morning 20th April, 11-12, Cokesput**



Hello villagers.....Hurrah! We can hopefully make a gentle start to normality as Caroline and Angus Forbes have kindly invited us to their lovely home , COKESPUT on Wednesday 20th April at 11-12 for our April Coffee Morning, where we can be assured of a very warm welcome. If you are new to the village, it will be a lovely way to meet new friends.

If anyone would like to go but needs transport, please phone either Steve or Sandra on 841842 and we will happily pick you up.

### **Exciting News!**

Payhembury has been chosen as one of the filming locations for a new romantic comedy starring Scarlett Johansson and Dwayne 'The Rock' Johnson. More details on page 16.

# Culm Valley u3a

The Culm Valley u3a is part of a UK wide collection of 1000+ locally run interest groups providing opportunities for those no longer in full time work, to learn, stay active and have fun.

Culm Valley u3a is a vibrant, welcoming, and friendly organisation with many activity groups to choose from with more becoming active on a regular basis. Speakers are booked for our regular monthly meetings at Willand Village Hall, EX15 2PL on the first Thursday between 2pm and 4pm. These will include talks about Walking the North Downs Way, the Work of the Plymouth RNLI, the Climate and Ecological Crisis, the Puzzling Aztecs of Mexico, Dartmoor Myths and Legends, and how non-native garden flowers and weeds arrived in this country. Something for everyone!

We have a stall at The Walronds Springfest on **Saturday April 9th** to showcase our activities. We will also be selling crafts, including the pictured cute bunnies, and plants. Do please come along between 9.30am and 2.30pm to meet some of our members and to find out more.



On Thursday June 2nd, we will celebrate The Queen's Platinum Jubilee with a 1950s indoor tea party with bunting, flags, music, food, dance, and some surprises too!

Keep a look out for more Culm Valley u3a celebrations when we join in with the National u3a's 40th anniversary during September this year.

Meanwhile, we hope to see you at The Waldrons on the 9th of April! For more information, please contact [Cvu3achair@gmail.com](mailto:Cvu3achair@gmail.com)

## Tea and Bingo

Friday 8th April, 2pm, the Six Bells

Sadly, there were very few of us at the last session. We were very sorry to hear that Maggie has lost her husband and Lilian has also passed away. Our deepest sympathies to all concerned.

The next meeting will be on Friday 8th April, 2pm in the Six Bells. Why not pop in to see what we get up to? You might even be offered tea and home-made cake!

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

Feniton Bowling Club are taking part in  
**the Big Bowls Weekend**  
on Sunday 29th May, 11am -4pm

We hope to have the bar open and  
refreshments available.

Sign up and find out more on  
the Bowls England website  
[www.bowlsengland.com/bowls-big-weekend-2022](http://www.bowlsengland.com/bowls-big-weekend-2022)

Or contact Di Phillips on 07814 820358



## *Easter Market & Mingle*

Payhembury Village Hall  
Saturday 9<sup>th</sup> April 2-4pm

An opportunity to shop from local small businesses  
and talented crafters, whilst you mingle with friends  
and enjoy tea, coffee & cake!

- Crafts & Gifts
- Raffle
- Refreshments

*In aid of the Village Hall*



## **Open Gardens**

Hospiscare's Open Gardens is running again this year, starting in April, with lots of lovely gardens opening across Exeter, Mid and East Devon to visit (including some in Payhembury in July).

For more details, visit [www.hospiscare.co.uk/opengardens](http://www.hospiscare.co.uk/opengardens).

## **Art and Crafts Group**

Fridays 1st, 15th, 22nd, 29th April, 2-4pm, the Six Bells

We had quite a crowd at our last session, plenty of chat as well as what we were supposed to be doing! Anyone is welcome, so don't be afraid to come and see what we get up to:

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



## About “Talaton – A War-Time Refuge”

“Talaton – A War-Time Refuge” tells the true story of six of the 23 Polish Jewish children who were evacuated from Poland on the Kindertransport, just before the outbreak of World War Two, who were ‘homed’ in Talaton. The play, written by Tom Samson the company’s director, is based upon extensive research, family archives and first-hand interviews with some of those whose stories are retold through the drama.

The story is obviously set against the backdrop of war-torn Europe but shows how, in a small Devon community, young lives could be transformed through understanding, care and, ultimately, love. In the words of one of the children homed in Talaton and recently interviewed for this production, “All of our lives were touched and changed forever by the kindness of poor, simple country folk who had little money for themselves but opened their homes to give us shelter, care, love and hope for the future.”

COMMUNITY THEATRE 4ALL PRESENTS

# Talaton A War-Time Refuge

Colley Farm Barn, Woodhayes Lane, Whimble, EX5 2GR

Tickets from [www.ticketsource.co.uk/communitytheatre4all](http://www.ticketsource.co.uk/communitytheatre4all)

Telephone Bookings 0333 666 3366 (booking fees apply)

25th, 26th, 28th, 29th & 30th April 2022 at 8pm - Adults £12, Children (under 16) £6

## UKRAINE BENEFIT CONCERT

### Songs for our PLANET

A donation from takings will go to supporting people affected by the war in Ukraine.

**Saturday 2nd April, 7pm**  
**Kentisbeare Village Hall**

Doors: 6.30pm - Licensed Bar

Inspiring rock, pop, classical and folk from three fantastic local choirs!

**Voice Worx Bel Canto**

TICKETS: £10 adults £5 children 17 or under  
[www.ticketsource.co.uk/voiceworz](http://www.ticketsource.co.uk/voiceworz)  
[www.velcaworz.org.uk](http://www.velcaworz.org.uk)

Come and join us for a relaxing

# DAY OF CRAFTING

IN AID OF FETTERBURY CHURCH  
**AT PAYHEMBURY VILLAGE HALL**

**Saturday 2nd April 2022**  
**10:00 – 15:00**    **£25**

*Booking essential\**

Choose 2 from the following crafts to try:

- Iris paper folding
- Needle punch felting
- Indian wood block printing
- Fabric hearts hand stitching

All materials provided and suitable for beginners.

\*Contact Naomi on 02795 801136 or [naomidorew@btinternet.com](mailto:naomidorew@btinternet.com)

Blair 1008? Dan from C.E.C. Sharpening will be working in the village hall on the day (no pre-booking required). Find them on social media. @cecsharpening



## Pop up Girls Gourmet Night

Thank you, thank you, thank you to all those who made the evening of 11th March such a success.

The 46 parishioners, neighbours and friends who made the evening such a special event and braved the 'Pop Up Girls' first attempt at producing something edible. We've been delighted and overwhelmed by your kind and fulsome feedback!

To Kate and Liz for walking many miles serving and clearing up – we couldn't have survived without you. To Barbara, Cassie, Vicki, Fiona and Gerry for the providing lights and props that helped turn the Memorial Hall into a candlelit fairy land.

To Fordmore Farm Shop for providing the local lamb at a vastly reduced rate. To the Memorial Hall for being such a brilliant facility. As you all agreed on the night we will send the money raised to a Ukraine based charity.....we hope to finalise which charity shortly (after appropriate due diligence). Through your generosity, we raised £1,000 on the night and more donations have been made since.

### What now for the Pop up Girls?

We are planning to run a '**Sunday Brunch at the Memorial Hall**' in April.....look out for posters in Broadhembury and Payhembury Shops for more details (you won't have to book for this one)! And then, fingers crossed, a Thai Street Market themed evening in May!

Sara Clarke

## Broadhembury and District Gardening Club

Wednesday 6th April, 7.30, Broadhembury Memorial Hall

Having had such a difficult last two years, our meetings have once again resumed. Our March meeting was attended by over 40 people and we had an insightful talk by Val Bone, speaking on ideal plants for (mostly honey) bees and how they are attracted to particular colours and single blooms, and which plants to grow during the lean months of May and June.

For our April Meeting, Alan French will once again be speaking on "Springtime in the Garden", and will be bringing an impressive range of plants to buy, so please bring plenty of cash. In mid-May, we will have our Annual Plant Sale and any spare plants you may have to donate would be welcome.

New members and visitors are always most welcome. Visitors usually £2 and annual Membership of £10 is due this month. Please pay by cash if possible.

**Do you have an event to publicise, or some news to share?  
Email: [payhemburypaper@yahoo.co.uk](mailto:payhemburypaper@yahoo.co.uk) by the 18th.**

## News from Payhembury Provisions

April is here, with longer days, lighter evenings and warmer spring sunshine. Springtime in Payhembury is particularly beautiful with glorious displays of daffodils and primroses in gardens and hedgerows, soon to be followed with bluebells, cow parsley and hedges full of blossom producing a riot of colour to cheer us all. In Payhembury Provisions, we are embracing springtime too with colourful tulips, delicious hot cross buns and special Easter treats available in the shop. In the chiller, you will find this season's rhubarb – pink and delicious. Imagine ..... homemade rhubarb crumble with double cream or custard, or roasted rhubarb with a dollop of Tim's Dairy Greek Yogurt or Baboo Madagascan Vanilla ice cream and a drizzle of East Devon honey ..... delicious and all available in your local village shop!

A reminder that from April 1<sup>st</sup> you will be able to purchase a square to enter our special Easter raffle with a chance to win £25.00 and £15.00 to spend in the shop.

A special notice to all our valued account holders – unfortunately we are no longer able to accept credit cards to settle accounts at the end of each month. Debit cards, cheques or cash are all accepted. Credit cards can of course be used to purchase items. We are sorry for any inconvenience this may cause.

Finally, we are very aware of the rising cost of living at the present time, we too are faced with wholesale price increases. However, be assured that we will always do our best to ensure that our prices are as competitive as possible and with rising fuel prices it may be cheaper to buy from your local shop than drive to a supermarket. Payhembury Provisions is local, run by volunteers and open from 8am every day of the week, closing at 7pm on weekdays, 1pm on Saturdays and noon on Sundays, and you can be sure of a friendly welcome. We look forward to seeing you.

## Tale Millers Cricket

As we come out of winter hibernation, or a lambing shed, spring is allegedly just around the corner and it will soon be time to work out where you left your kit at the end of the 2021 season and stick it through the washing machine, pressing the cycle marked "annual". For those keen types, you might even fit a new multi-coloured rubber to your bat handle.

As I type, we are in mid March and have spent many recent days getting buffeted (not in the Yellingham sense) by wind and rain. The tree loss count is by far the highest we have known in our few years here, fortunately all avoided man, beast and building, although had the ash that fell across the river gone the other way then the Millers' club house would have been somewhat rearranged! No doubt by the time you read this in early April, we will be experiencing kinder weather, the lambs will be out, the calves will be born safely and the sun will be beating down. It will also be

just three weeks until our first game of the season, traditionally away at Clyst Hydon. In order to give plenty of time for pitch prep we don't have a home game until 20<sup>th</sup> May.

We are always on the look out for new players and even if you don't fancy playing, Social Membership is just £10 for the summer, giving access to our excellent bar facilities and, dare I say, some cricket of a standard you're unlikely to have witnessed anywhere else. All fixtures are advertised on the village website and if anyone wants to get in touch, you can email [stay@tuckmill.co.uk](mailto:stay@tuckmill.co.uk)

**Ground Force Evening to get the field de-sheeped is on 13<sup>th</sup> April, starting at 5.30pm.**

Here's to a good season of cricket and laughter.

Jon  
Tale Millers Cricket

## The Queen sends birthday wishes to Betty on her 100th birthday on 15 February 2022

Betty was born at Tuck Mill and then in retirement moved to Blue Anchor. For the last ten years, her home has been Hill House, Combe Raleigh.

Betty with Trevor Charnley, the vicar at the time, founded the Payhembury Parish Paper in the 1960s. Betty and Ken Whitaker at Lower Milton were editors. A committee met to go through the submitted articles to decide what should go in.

A committed Christian, Betty was a stalwart of the church and the mothers' union. She and Kathleen Lawrence set up the annual bulb show as an off shoot of the WI. Betty, assisted by Joy Morgan, Di Somers and many others, continued with this annual spring show for many years after the WI in Payhembury had closed. As an active WI member, Betty was on the stand at Honiton Show every year with a display of their handicrafts and home made produce.

Betty is a devoted mother, grandmother and great grandmother, with three sons, eight grandchildren and 14 great grandchildren.

Betty's father, Donald, died at only 42 years old. Betty and her mother then had to work hard to keep the farm afloat. Edwin Johns moved in as a 20-year-old workman. He had been born one of six children in the thatched cottage which used to stand at the top of Poffit (or Poor Foot) Lane. Betty married Edwin on 3 October 1945. Betty's mother, known to all as Auntie Flo, died in September 1968.

Betty developed a poultry business, fattening ducks and chickens throughout the year, with additional turkeys and geese at Christmas. She entered the



fatstock show at Honiton market every year, competing against her great rival, Kate Daniels from Tale. One or other of them would usually bring home first prize. Evacuees, who had stayed here during the war, still wanted their Christmas poultry from Tuck Mill. A bird would be wrapped in brown paper, string and sealing wax and posted off from the Fairmile post office on the last day of posting before Christmas. All but one was received in time for Christmas. The missing one was found on a train in a siding in early January and, when opened, it was still fine. It was probably cold weather. Betty would put an onion in the cavity of each bird, with the instruction to remove it straight away upon receipt. This kept the produce fresh.

Thanks to Louise Granger, Derek and Donald Johns for helping with this piece.

Christine Thair



Pictured: Betty, far left, and the WI Keep Britain Tidy initiative. Photo, taken outside the old village hall, was provided by Shirley Evans, long time neighbour of Betty. Fifth from left in the photo is Betty's Mum, on her right is Kathleen Lawrence and on her right is Betty Clarke.

## Some messages/memories from a few of Betty's friends:

In my days delivering post in the Payhembury area, people were always asking me "How do you know so much about Payhembury?" Well that's down to one lady, Betty. I used to visit her every day at BLUE ANCHOR and, if I missed a day, it was a telling off the next day! It was always a good chat including looking at old photos and the history of the village, and her pickles (from her own garden) were lovely!

Marty, Postman Retired.

Congratulations on celebrating your 100th Birthday, Betty. You can look back with pride on your successful time as leader of Payhembury Mothers' Union. It was a privilege for me to act as Secretary to such a hard-working and caring church member. I will remember the time you spent each year preparing the old village hall for our special Christmas December meetings. Also the time we acted as hosts to our wonderful Melanesian guests. Thank you for many happy memories, your Christian guidance and love over many years.

Marjorie Wright

When Vic and I retired and moved to Broadhembury 36 years ago, Betty visited us the next day, welcoming us to Payhembury, with a large bunch of daffodils, a copy of the parish paper, and an information sheet of everything a newcomer to the area needs to know. We were puzzled – we were in Broadhembury, where was Payhembury? We soon found out! Betty had us involved in everything. We loved it all and loved Betty very much.

Joy Morgan

**Welcome to the village Fred and Anne Jennings! We hope you enjoy your new home with Vicky, Terry and Lola in Hillside.**

This is a reminder that if you are struggling financially and therefore facing food crisis, we can provide help.

For information on how we can support you, please contact the Food Bank on 07907 232076

The King's Centre  
**Food Bank**

## Village Emergency Telephone System – VETS

If somebody collapses or has chest pain, CALL 999 then 01404 565911 to summon help from a volunteer in the village, who will fetch the defibrillator and assist with resuscitation.

Over 30 people attended the resuscitation training session on 7th March and hopefully found it well worthwhile. There is an excellent free app called Lifesaver. This takes you through several scenarios. Remember you can not make the situation worse and can do no harm. You might save a life.

# Payhembury Weather

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

## Weather for February 2022

**Wind:** Storm Eunice brought damaging winds peaking at 12.5 m/s on 18<sup>th</sup> February, but Storm Franklin exceeded that on 21<sup>st</sup> with 13 m/s. These winds were exceptional for Devon as is evidenced by the many fallen trees.

**Rainfall:** February was drier than average. The three storms didn't dump a lot of rain and no significant snow observed in all three winter months this year. The roads were drying up for a while, but March has been a bit wetter so far.

**Temperatures:** Temperatures were well above average for February with 14.2 degC recorded on 16 February, close to a record. We did have a few days of night frosts around the 11 February which hopefully killed some bugs in the garden. March has continued warm as I write this.

**Weather elsewhere:** The triple whammy of storms Dudley, Eunice and Franklin in mid February brought down trees, sheds, lifted trampolines and other debris aloft and closed the Paddington to Penzance line. Further afield serious flooding on the east coast of Australia has resulted in many homes destroyed and roads impassable north of Sydney. A massive wildfire in South Korea's eastern coastal area threatened the Hanul Nuclear Power Plant on 4<sup>th</sup> March.

Payhembury Weather Feb 2022			
Monthly Rainfall	56 mm	-21 mm	from normal
Days of Rain	23 days		
Wettest Day	16.6 mm	13 Feb	
Mean Max Temp	11.1 degC	+3.6 degC	from normal
Mean Min Temp	3.3 degC	+1.6 degC	from normal
Warmest Day	14.2 degC	16 Feb	14:18
Coldest Day	-3.6 degC	11 Feb	03:40
Windiest Day	13 m/s	21 Feb	09:39

Current weather in Payhembury and a forecast can be viewed at [www.payhembury-weather.co.uk](http://www.payhembury-weather.co.uk). If you want to see the table above a few days after the end of each month, it is posted on the Payhembury Parish Facebook page.

Roger Saunders

## Paul's Nature Notes February-March 2022

After the drama of the February storms, we were left to clear up the debris – felt needed replacing on sheds, but despite the battering the trees took thankfully none were uprooted. It was an incredible sight to watch massive tree trunks swaying about in the stronger gusts. A few branches did come down and once dried out will make excellent kindling.

Whilst on the subject of trees, we have been offsetting our carbon footprint by planting crack willow and alder along the stream, hoping that they will help stabilise the banks but also provide a new source of pollen and nectar for insects and attract even more species of moths. Andrew and Cherry at Mousehole Farm have also been planting trees, as have Rob & Roger Leach who, I hear, hope to establish wildflower margins along some of their field margins. Our parish council have also been busy planting Jubilee Trees, including native and red oaks, whilst another very exciting local initiative is the Poffit Lane Rewilding Project. Wider field margins will definitely help hedgehogs and perhaps counter the massive decline in rural numbers since 2000 as well as greatly improving our local flora and fauna. This is such good news, so well done indeed.

I read recently that 60% of nectar sugar comes from trees and shrubs with herbaceous plants making up the difference. This surprised me as I thought it would have been the other way around. Butterfly Conservation also believe that the next five years will be crucial in the fight for our natural world as biodiversity loss and climate change continue to take their toll and their three goals are to halve the number of threatened butterfly and moth species in the UK, double our impact on landscape restoration, and galvanise thousands of people to create new wild spaces for nature. We live in interesting times indeed.

These days we are hearing how many plants are appearing up to a month earlier than usual and so it was reassuring that our frogs laid the first of their spawn on Valentine's Day, bang on schedule.

The day before, a large adult hedgehog emerged from hibernation and soon polished off the food we left out for it, whilst two others remain buried deep inside great mounds of leaves.



A seldom seen Yellowhammer was spotted and heard on the back lane to Upton in early March, a most welcome surprise.

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

One of the first herbs to appear in spring, this familiar garden weed with its long sticky stems scrambles and twines its way through hedgerows and garden shrubs alike. It has many names including Clivers, Goose Grass, Catchweed, Sweet Woodruff, Sticky William; which describe its sticky nature, and the wonderful scent of freshly mown grass when cut.

Cleavers has a long history of use in herbal medicine, taken as a 'blood purifier' in early spring. Culpepper stated 'It is a good herb to be taken in spring, to be eaten, chopped small and boiled in gruel to cleanse the blood and strengthen the liver, thereby keeping the body in health, and fitting it for that change of season that is coming' also that 'It is familiarly taken in broth to keep those lean and lank who are apt to grow fat'. Its sticky nature has been said to 'stick to lumps and toxins' in the body. It is often referred to as the 'Velcro of the plant kingdom'.

Cleavers moves toxins into the lymphatic system, whilst the powerful diuretic action safely removes the toxins with the urine. This combination reduces the risk of a healing crisis which can happen when the toxins which have been pulled out of tissue become trapped in other parts of the body, resulting in skin eruption, headaches etc.

It is used both internally and externally in the treatment of a wide range of ailments. Cleavers has a strong affinity with the skin, and has a long tradition in the treatment of

eczema, psoriasis, acne, boils and abscesses. Being such an effective eliminator, it also improves conditions involving e.g. prostate conditions and infections in glandular fever and tonsillitis. Its strong detoxifying properties can help in speeding up recovery after chemotherapy.

It is best to use young (before flowering), fresh stems, juicing is ideal taken at doses of 5-10ml 3 times a day. Infusions should be made using fresh stems, wrestled and chopped into a tea-pot then covered in just boiled-water and left to infuse for at least 10 minutes. The infusion and fresh juice can be drunk, or used to make an external compress by soaking a pad and applying to burns, grazes, ulcers, blisters, nettle stings and other skin inflammations; soothing and cooling these hot conditions. The infusion is also helpful with dandruff and scaling scalp problems. The best tinctures are made from the fresh plant.

Although unpalatable raw, it makes a good addition when cooked in stews or soups. The roots were used as a red dye, indeed if they are eaten by birds it will tinge their bones red.

*Please remember because we are all unique, we can have different responses – do not replace medication with herbal remedies and always ask a qualified health professional if you are unsure.*

Halina Przydatek

## **Hospiscare Men's Walk on 12th March**

Vyv Game, Jon Scarle, Clive Fowler and myself completed this event. We did the 8 miles and an extra 4 thanks to Jon. We have raised £900 so far. Very many thanks to those who donated. If anybody would still like to donate please go to [www.justgiving.com/Tim-Cox19](http://www.justgiving.com/Tim-Cox19).

Hospiscare is £ONE MILLION short this year thanks to Covid restricting fundraising. If this money is not raised some services will have to be axed.

Tim Cox

## **Jubilee trees in the playing field**

In addition to more than 40 Jubilee trees already planted around the parish, a large oak tree was planted in the top left corner of the playing fields, between the tennis court and the churchyard, on Friday 18<sup>th</sup> March. This tree is a gift from EDDC to the parish to help celebrate Her Majesty's Platinum Jubilee. Thanks to donations from parishioners, the Parish Council were also able to plant two apple trees in the same area. There are a few more trees still to be planted this spring and potentially more in the autumn. If you have any suggestions or offers of locations for more trees or if you would like to donate towards more trees, please let the Parish Council know. A map showing the location of all the Jubilee Trees will be available soon.



## **Bunting for the Jubilee Celebrations 2nd – 5th June**

Do you have any bunting that you won't be using over the long bank holiday weekend in June? The Parish Council would like to decorate the parish for Her Majesty The Queen's Platinum Jubilee celebrations and are looking to borrow any suitable bunting you may not be using. Alternatively, would you be able and willing to make bunting for the event? Or do you have any ideas or suggestions about alternative decorations? Please let the Parish Council know – contact information is on the back page of the Parish Paper.

## **Bridge over the River Tale – damage and repairs**

Back in February, during Storm Eunice, a large oak tree came down damaging the footbridge that crosses the River Tale at the bottom of Poffit Lane. The damage to the footbridge was not as bad as initially thought and only required some handrails to be replaced. However, the nearby stile was badly damaged and was no longer useable. Many, many thanks to Nick Millman and the team from Berry Farm who were very quick to repair the bridge and to install a new hedge crossing slightly along the hedge from its original site. This new crossing is so much easier to use, making the footpath more accessible to lots of people.

## **Devon Climate Emergency Partnership Devon Carbon Plan Consultation (17th March – 14th April)**

The Devon Climate Emergency Partnership have produced a plan on how to respond to the climate emergency. The final version of the plan is now available for consultation and they would like as many people as possible to review the plan and provide feedback. The consultation period runs from 17th March to the 14th April. The report, more information and somewhere to submit your thoughts can all be found at:  
[www.devonclimateemergency.org.uk/response-to-devon-climate-assembly/](http://www.devonclimateemergency.org.uk/response-to-devon-climate-assembly/)

## **Toddler swings**

The toddler swings have been removed from the playground for safety reasons. The Parish Council is currently assessing whether they can be repaired or whether they need replacing.

Dawn Chamberlain, Parish Clerk



## Handy Phone Numbers for East Devon

### **Do you need FREE help with your fuel bills?**

Exeter (and East Devon) Community Energy 0800 7723617

### **Do you need short term financial aid for heating or food?**

EDDC Financial Resilience Team 01404 515616

### **Do you need any other information and advice?**

Citizens Advice East Devon 01395 265070

### **Are you or a loved one struggling with your mental health?**

Talkworks Mental Health 0300 5553344

Parental Minds signpost anyone struggling with mental health to the most suitable community or statutory service

Parental Minds 07907 614516

### **Do you need information or support services for older adults?**

Care Direct 0345 1551007

Honiton TRIP 01404 46529

## **Home SafeGuard – Be Confident and Safe at Home**

Home SafeGuard from East Devon Council provides round-the-clock support including pendant & wristband alerts and unobtrusive equipment to use around the home. You can be automatically connected to one of Home SafeGuard's skilled team within seconds.

Find out more on 0330 678 2381 or [Devon.DigitalHomeCare.co.uk](http://Devon.DigitalHomeCare.co.uk)

### **Free 24 hour phone numbers:**

Emergency services 999

NHS (non emergencies) 111

Samaritans 116 121

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Did we 'fool' you?

## INFORMATION PAGE

### Non urgent police contact 101

**Honiton Hospital** 01404 540540 (Minor Injury Unit 8am-10pm)  
**RD&E Hospital Exeter** 01392 411611  
**V.E.T.S. (Village Emergency Telephone System)** 01404 565605

### Your Parish Council

Meetings held 2nd Wed of alternate months (starting January) 7.30pm in the Village Hall  
Tim Cox (Chair) 01404 850005 Robert Leach (Vice-Chair) 01404 841408  
Phil Chamberlain 01404 841773 Karen Edwards 01404 849186  
Matt Rance 07809 306571 Paul Thomas 01404 841516

Parish Clerk: Dawn Chamberlain, 01404 841 773  
Parish Council email address: [payhemburypc@payhemburyparishcouncil.org.uk](mailto:payhemburypc@payhemburyparishcouncil.org.uk)

### Useful numbers at the County Council (all 0345 or 0845)

General Enquiries	155 1015	Registrars	155 1002
Roads and Transport	155 1004	Libraries	155 1001
Disability Information	155 1005	Children/Families	155 1013
Bus passes	01392 383 688		

### Emergencies

Social Care 0345 600 0388  
Highways 01392 383329  
Animal Welfare, Petrol, Explosives 01392 499499

### Useful numbers at the District Council

Switchboard: 01404 515616 (Use for all enquiries during office hours)  
Address: East Devon District Council, Blackdown House, Border Road,  
Heathpark Industrial Estate, Honiton, EX14 1EJ  
Email: [csc@eastdevon.gov.uk](mailto:csc@eastdevon.gov.uk)

*In an emergency outside opening hours phone us 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 07932 459595 District Councillor: Philip Skinner 01404 822855

## PAYHEMBURY VILLAGE HALL HIRE AND CHARGES

Please email [info@payhemburyvillagehall.org.uk](mailto:info@payhemburyvillagehall.org.uk) for details about hiring the hall and to book.

## PAYHEMBURY PROVISIONS

### Opening hours and contact details

Monday to Friday 8am to 7pm

Saturday 8am to 1pm

Sunday 8am to 12pm

Tel: 01404 841856

## Calendar for April

(Please see the rest of the paper for activities in Broadhembury, Talaton etc.)

- Fri 1st Art & Crafts, Six Bells, 2-4pm
- Sat 2nd A Day of Crafting. Village Hall, 10am-3pm
- Sun 3rd Parish Communion, 11am
- Wed 6th Mobile Library, Village Hall Car Park, 11.00-11.20am
- Fri 8th Tea and Bingo, Six Bells, 2pm  
Parish Council APM followed by Wildlife Talk, Village Hall, 7.30pm
- Sat 9th Market & Mingle, Village Hall, 2-4pm
- Sun 10th All ages service, 9.15am
- Mon 11th Soup lunch, Church, 12-2pm
- Wed 13th Ground Force evening to prepare cricket pitch, from 5.30pm
- Fri 15th Good Friday Children's Activities, Church, 9.30-11.30am followed by reflection at noon  
Art & Crafts, Six Bells, 2-4pm
- Sun 17th All ages communion, 11am
- Mon 18th Parish Paper deadline, 4pm
- Tues 19th Ladies' Night Out, Six Bells, 7.30pm
- Wed 20th Parish Coffee morning, Cokesput, 11-12
- Fri 22nd Art & Crafts, Six Bells, 2-4pm
- Sun 24th Café Service, 9.15am
- Fri 29th Art & Crafts, Six Bells, 2-4pm
- Sat 30th Churchyard cleanup, 10-12

Church Flowers: April 16th and 23rd: Sandra Ford  
April 30th: Sue Derbyshire

### **REGULAR WEEKLY ACTIVITIES HELD IN THE VILLAGE HALL**

<b>MONDAY</b>	Apple Pips	9.30-11.15am
<b>TUESDAY</b>	Pilates	6.30pm
<b>WEDNESDAY</b>	Pilates	9.15am (Ladies only), 10.30am (Men's only)
	Short mat bowls	7.15pm

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**Editorial Team:** Christine Thair (841322), Kate Duggan (01404 841039),  
Victoria Lincoln (07967 313035)

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