

East Down and Arlington Newsletter



March 2020



Spare Day Celebration

On Saturday the 29th Feb, we held “a bit of a do” in the Village Hall to celebrate the Leap Year.



It was a real first for East Down Village Hall, an evening of food, quizzing and musical bingo. Some may say “what is musical bingo?”, well it’s bingo, but not as you know it with numbers, but with music being played in the main by original artists. This followed an excellent roast dinner, then either apple pie or chocolate torte and a quiz based on local images in the area such as bridges, post boxes and doors.



If you missed it there will another one later in the year around Christmas time at Kentisbury village hall so keep an eye out for that.



I would like to extend a huge thanks to Mike and Sally for the idea, the thought and organisation, it was absolutely brilliant. Also, a thank you to Lesley and her team for the food and Mandy for the bingo. I am sure those who attended will join me in thanking them all. Thank you.

Rod Crossman, Chair of East Down Village Hall.

Events at the Village Hall in March

YFC Meeting Tuesday 3rd March at 7.00 p.m.
Contact Amanda Smyth 850808

Coffee Shop Thursday 5th March 10.30 a.m. to
12.00 noon hosted by Liz Smyth and Julie Kift.

Parish Council Meeting: Monday 16th March at
7.30 p.m. Contact Margaret Done 850432

East Down Parish Emergency Plan Monday
16th March at 7.00 p.m.

February Coffee Morning

For the first time in months we had a clear blue sky and that elusive of all things.....the sun. The bright weather caused a slow start but by 11a.m. we were up and running with another full house enjoying the wide selection of cakes, savouries and hot drinks on offer. It certainly is a great way to raise the spirits following a long grey winter and judging by the level of noise and laughter, a good time was had by all.

In the 100-club draw, first place was scooped by Martin Kemp with Mary Bowden picking up second prize. Just over £50 was raised towards the Village Hall upkeep.



Following January's successful event, it has been decided that all future coffee mornings will be on a "bring and share" basis allowing everybody (including the hosts who will serve teas and coffees) to relax and enjoy the experience.

Just a reminder that April's coffee morning will be our annual charity event, this year in aid of "Over and Above", the North Devon Healthcare Cancer and Wellbeing charity.



Mobile Library Service

Next dates:

Tuesday 10th March, Tuesday 7th April, Tuesday
5th May 10.15 a.m. – 10.40 a.m.,

If you miss the East Down slot, the library moves straight on to Kentisbury Village Hall for half an hour so you can catch it there.

Church Information

Flower and Church Cleaning Rota East Down

L. Watt	1 st and 8 th March
J. Kift	15 th and 22 nd March
T. Crossman	29 th March

Village Hall Cleaning Rota

March – Jean Dunham

Regular Weekly Village Hall Activities

Senior Keep Fit:

Monday 10-11am Carol Thomas 850464

Table Tennis:

Tuesday 7pm Jill Parker 850549

Art Group:

Wednesday 2-4pm Margaret Smith 850727

Intensive Fitness:

Wednesday 6-7pm John Denyer 07402 920720

Short Mat Bowls:

Thursday 2-4pm Rod Crossman 850704

East Down Parish Website

There is a lot of information about the village and its history, Parish Council information, details of footpaths and walks in the Parish, and much more on our website: www.eastdownparish.co.uk

East Down Easter Bingo



Get your dibbers and dabbers at the ready! It's time to get those diaries out and mark down the date for this year's Easter Bingo at the Village Hall.

Saturday 18th April
Eyes down at 7.00 p.m.

Adults £5 a book, children £3 a book.

Raffle

Refreshments included or if you are more adventurous, bring your own tipple.

Proceeds to East Down Village Hall.
For info: Wendy Down 07947 656735.

JOY 2020 WEEKEND 6-8th March

It is rare and possibly has never happened before, for three Bishops from the Exeter Diocese to be visiting North Devon together to conduct a weekend's activities to which everyone whether regular churchgoers or not, is invited. Events within easy reach of East Down and Arlington include: -

- ★ Christian Crafts stalls at RHS Rosemoor (all weekend, FREE ENTRY).
- ★ Gift of Years Workshop (of particular interest to the 60+ generation) with Bishop Robert of Exeter, Bratton Fleming church (3.00 p.m. Friday 6th March).
- ★ Barnstaple Deanery Prayers with Bishop Robert (7.30 p.m. Friday 6th March Bishops Tawton church).
- ★ The Big Sing at the Big Sheep (2.00 p.m. Saturday 7th March) for choirs and singing groups but audience members invited.
- ★ And Joy 2020 final service with all three Bishops together 3.00 -4.00 p.m. Sunday 8th March also at Rosemoor.

Book online for FREE ROSEMOOR ENTRIES tinyurl.com/scfg14e

and to join the audience at the BIG SING the bigsheep.co.uk/events.

You can also meet a Bishop at South Molton market 10.00 -11.30 a.m. Saturday 7th March and there will be a BISHOPS BEACH CLEAN at Putsborough 10.30 - 12 noon Sunday 8th March.

Do come and join in, for more information contact Peter Bunch [01271 373195](tel:01271373195)

Assistance for book purchase



The Sweetings Charity originates from a gift of Property to the parishes of East Down and Arlington by former Vicar Revd Trevelyan Sweeting. It uses grants to assist solely the organisations and residents of these two villages in charitable and religious activities and endeavours.

The Sweetings Charity at the recent AGM decided to offer youngsters from the villages of East Down and Arlington financial assistance to acquire books for study purposes.

Secretary James Stout is the man to contact
Telephone: 0271 850457.

The Newsletter

If you would like to send a photograph or an article for an event you have recently attended or you want to share a message or future event within the parishes of East Down and Arlington and surrounding villages please let us know by the 20th of each month.

Mike or Sally on 01271 889051 or by e-mail

eastdownnews@gmail.com



Village Hall Defibrillator

Did you know that we have a Defibrillator and a First Aid cabinet located on the wall of the Village Hall?

It has now been 3 years since the initiative, headed up by Rod Crossman, commenced a programme in East Down to raise awareness and train residents in both First Aid and use of the Defibrillator.

It was a huge success with over 50 people from East Down and surrounding villages attending a 6-hour training course in the Village Hall.



The Defibrillator is registered with the South West Ambulance Accreditation Scheme which means that in the event of anybody in the area ringing 999, the Ambulance Service will direct them towards the nearest Defibrillator if the emergency demands it.

Thankfully, the unit has not been used in the last 3 years but has been deployed on the advice of the Ambulance Service as a precautionary measure.

In the forthcoming weeks, for those households in the village who did not attend the training, we will be looking to deliver a first aid booklet accompanied by a summary leaflet.



...something for you to watch

Hello. I am a trustee for Beaford. Beaford is a charity that endeavours to explore our land, our lives and future by providing events, usually in village halls, that entertain and inform. You may have seen the free A5 Beaford Season Guide in the village hall.

One of the big focuses for the charity has been **Hidden Histories** which is the archiving of over 10,000 negatives from the work of James Ravilious and Roger Deakins. They are effectively black and white images of North Devon disappearing rural life, a great resource for the future.

Down on the Farm This is a series of six short films that Beaford is promoting commissioned by North Devon Moving Image. These are now available on line and worth 31 mins of your time, you may even know one of the six North Devon farmers involved.

www.northdevonmovingimage.co.uk/down-on-the-farm



Or, you can go online to find out more about Beaford there is sure to be an event happening near you over the next few months. Book tickets at beaford.org

See you there, Mary B Jackson (Trustee)

Editor's note: Keep an eye on events at Parracombe as they often promote Beaford productions at their Village Hall.



Courier Fraud Scam

Further to our messages regarding courier fraud we would like to remind residents to be wary of this type of scam as we have received a recent report in North Devon. The incident involved the offenders purporting to be Police Officers and encouraged the victim to call 999, however, the line was kept open and the offenders have then pretended to be the fraud team and confirmed that the Police Officer the victim had spoken to worked for them. They asked the victim to withdraw a significant quantity of cash as it was believed to be fake and give it to a courier who would come and collect. Thankfully no money was lost on this occasion.

Remember, your bank or police will never

Call to ask for your full PIN or banking password

Ask you to withdraw money to hand over to them

Ask you to transfer money out of your account

We specifically encourage families to speak to elderly relatives about this type of scam. We would encourage people to go on the Think Jessica website www.thinkjessica.com for information of known ongoing scams and useful help and advice.

If you have any concerns or information please phone 101 or email 101@dc.police.uk quoting log 641 03/02/20.

Thank you Linzi Berryman (Police, DC Alert Officer, Devon and Cornwall).



The Village Hall Party times ahead?

The village hall is an excellent venue and people have found it ideal for children's parties and similar events. There is a minimal charge and if it is a charity event that may be waived. Please make any booking requests through Ray Thomas on 02171 850464 or

ray@west-gate.co.uk

Pledge For Nature

'It's Time To Act! Pledge for Nature is a new campaign, launched at the end of January 2020, that aims to support and encourage communities in northern Devon to help nature to flourish.

Actions might include creating flower and insect-rich habitats, planting new woodlands and improving our spaces for wildlife.

Getting involved with the campaign is a great way to get practical tips on what you can do and to find out about many local projects and initiatives you can join.

Pledge for Nature is being coordinated by the North Devon Biosphere, a cross sector partnership that is working to protect north Devon's unique natural environment. It is supported by the National Lottery Heritage Fund, Devon County Council and a successful Crowd funder.

Pledgers are invited to sign up to take action for nature at biosphere.org.uk/pledge-for-nature



March events in other parishes

Kentisbury Big Breakfast Sunday 8th March in the Village Hall

This runs from 9.00 - 11.30 a.m. and is thought to be the envy of all big breakfasts in the region.

Succulent sausages, thick cut bacon, freshly laid eggs, melting mushrooms, sweet as you like tomatoes and beans all soaked up with scrumptious toast and a cup of real ground coffee to wash it all down.

Contact **Viviane (01271 882487)** to reserve a place for you and your extended family and friends. Remember you not only get the most fantastic breakfast which you don't have to cook or wash up, but you are also supporting North Devon Hospice who do sterling work in the area.



KENTISBURY GARDENING GROUP ALL WELCOME

Next session Wednesday 11th March, 2.00 – 4.00 p.m.

Knoll House, Kentisbury, EX31 4NU Getting the Garden Ready for Spring.

A practical session for the group to work with the garden owners advising on what to cut back, how to prune and help identify some plants and shrubs. Dahlias will also be distributed for our dahlia competition and advice given on their propagation.

Our group is a fun, supportive gardening community and provides a place to share gardening enthusiasm, know-how and insights. We give/swap plants and get involved in village plant sales. If you're enthusiastic about gardening why not give us a try? Most of our activities are free and we always round off our gardening afternoons with social time over tea and cake.

Keep an eye out for notices in the parish magazine and on the Kentisbury Village Hall Facebook page.

Loxhore

Bamboo plants: - many available (some are rather large root balls)- please contact Rob and Cheryl at Meadow Park on [07825 041487](tel:07825041487)



It's Pub Night!! Shirwell Village Hall Saturday 7th March: 7:30pm!

Tickets £10

Come and socialize at Shirwell's first Pub night!

We have:

Darts Board; Skittles; Board and Card Games and much more.

Bar

Meat Ploughmen's

Raffle

Please contact Debbie Lewis (01271 850605) or Sally Pine (01271 850405) to book tickets or for information about dietary requirements



MARTINHOE MISCELLANY

Join us for an evening of music and laughter

Saturday March 28th 7pm (doors 6.30pm)

Hannington Hall, Martinhoe, EX31 4QT

£8 includes a glass of wine and food

Tickets from: Ginger-nut (Lynton), Alice, Agnes & Jenny Patrinos alice.newall@me.com
Supporting Devon Air Ambulance & St Martin's Church

Contact: alice.newall@me.com

Future events in other parishes

Kentisbury Gardening Group



Wednesday 29th April 10am-4pm

Willow weaving workshop – make your own plant supports

Kentisbury Village Hall

£37.50 to include all materials.

Tea and coffee provided. Bring a packed lunch.

Numbers are limited so to book your place email alison.mc.smith@gmail.com

Loxhore

PUDDINGS GALORE

Friday 3rd April

7.00 p.m. for 7.30 p.m.,

at the Village Hall in Aid of Send-a-Cow.

Puddings, Cheese & Biscuits, Tea/Coffee,

Raffle Table Quiz BYOB.

£10 per person

Booking Essential- Carole 850316 or Sue 850559

Limited Numbers so book a.s.a.p. to avoid disappointment.

All Monies raised on this evening will be Match funded £ for £ by U.K.Aid, so a wonderful opportunity to make the evening really worthwhile helping even more people in Africa

100 Club

For an outlay of only £12 per year each number goes into a monthly draw. Prizes are £20 and £10 every month, January to November, and £40 and £20 in December. The easiest way to pay is by direct debit. Forms are available in the Village Hall and should be returned to Rod, Alison or one of the trustees. **Contact Rod on 850704**

KENTISBURY VILLAGE HALL

CUSHIONS



In the damp and windy February weather, 13 folk turned out to Kentisbury Village Hall to make new cushions. It was very much a “repair, recycle and re-use” day which involved turning donated velvet, old curtains and fabric into beautiful cushions to add to those already providing colour and comfort around the hall. It proved to be a fun and productive day with the production line being fuelled by a steady supply of tea and coffee.

The day was so successful (fun), the team would like to make this the start of a new crafting club for the autumn and winter months and would welcome ideas of what to make in future.

Thoughts are already moving towards the autumn to make Christmas cards and gifts. If you'd like to get involved, keep an eye out for notices in the magazine, village Facebook page or the newsletter. All will be very welcome to join us.

2020 Scarecrow Competition

Don't forget that we are only just 5 months away from this year's Village scarecrow competition.



If you haven't already, get your thinking caps on and start planning your entry!!



BE A SCHOOL GOVERNOR

Serve with joy as a school governor! A great opportunity to give something back through our fantastic Church of England schools!



"Being a governor offers the opportunity to lead, serve and develop and we know that it can be a deeply rewarding experience which makes a real impact on experiences and outcomes for children and young people."

John Searson
Diocesan Director of Education

We are now recruiting skilful volunteers to serve as governors in primary schools, secondary schools and academy trusts across Devon.

You don't need lots of experience and you don't need to be a parent. All we ask is that you value Church of England education, share our passion for making our schools the best they can be and have the commitment and skills needed as a governor. As a governor, you'll get the opportunity to lead, serve and develop to make a positive difference to the educational experiences and outcomes of children and young people. There is nothing more satisfying and we'll support you every step of the way.



Want to find out more?

Visit the website

(<https://exeter.anglican.org/schools/be-a-governor/>).

To indicate your interest in becoming a governor, please complete and submit our online expression of interest form and we'll be in touch. If you prefer, you can speak to our education team on [01392 294 950](tel:01392294950). We'd love to hear from you!

The Pyne Arms

March Opening Times

Monday Closed all day

Tues – Friday 12.00 noon to 3.00 p.m.
(food served noon to 2.30 p.m.)
5.00 p.m. to close
(food served 6.00 p.m. to 9.00 p.m.)

Saturday 12.00 noon to close
(food served noon to 2.30 p.m.)
(food served 6.00 p.m. to 9.00 p.m.)

Sunday 12.00 noon to 5.00 p.m.
(food served noon to 4.45 p.m.)

To confirm opening times, please call 850055

See Facebook for any special events or changes to times. For further information, including menus, visit www.pynearms.co.uk

Charlie Dixon Counselling & Psychotherapy

Approachable, relaxed counsellor providing reassuring support & solutions to your problems.

Based in Kentisbury, offering flexible appointments, including evenings.

Free introductory appointment.

Please get in touch to discuss how I can help you on:

07870 281356

charliedixoncounselling@hotmail.com

www.charliedixoncounselling.co.uk