

East Down and Arlington Newsletter



2024



March Coffee Morning

A great chance to meet new friends in a very relaxed atmosphere. This is an extremely popular village activity.

Another well attended morning with lots to chat about. Taking a break from newsletter HQ, Mike and Sally made sure the kettles didn't run dry. "A grand day out Grommet" as somebody once said; why not give it a go?

The next coffee morning will be **Thursday 4th April**. If you haven't been before, why not pop along during the Easter holidays (children very welcome) for a chat and bring along a plate of something sweet or savoury to share, all drinks supplied. All we ask is a small donation towards the upkeep of the Village Hall.

March 100 Club Draw

This month's winner was Dennis Lerwill with Liz Smyth scooping second spot. Enquiries are ongoing as to whether Dennis actually got his hands on the prize money since Lady Lerwill was later spotted, envelope in hand, entering Banbury's! Congratulations all.

As ever we are always on the look-out for new members so if you fancy taking part, please contact Rod Crossman 850704 rodcrossman@hotmail.co.uk or Ray Thomas 850464 for more information on joining the draw.



The Newsletter

If you would like to send a photograph or an article or just share a message within the parishes of East Down and Arlington, we would love to hear from you. You can contact us, Mike and Sally at eastdownnews@yahoo.com

May Day

Bank Holiday Celebration



East Down Village Hall

Monday 6th May 2024

11.30 a.m. to 4.30 p.m.



Ploughman's lunch served from 12 noon til 2.00 p.m. followed by dessert.

£7.50 per adult, £2.50 per child.



Tea, coffee, squash or bring your own drinks.



Raffle (Donations very welcome).

Booking essential.

Please contact Wendy Down 07947 656735 or Sally Corfield 889051

If you would like to donate a dessert, please let us know so we can co-ordinate. Many thanks.

All proceeds to help towards the upkeep of the Village Hall.

East Down Library Service



Since the demise of the mobile library service, we have been working to establish a Community Library in East Down Village Hall. We intend to open once a month for a library morning when we will also be putting the kettle on for those who wish to stay for a chat. Following refurbishment of the porch, it is intended that a selection of books will also be available all month through.



A huge thank you to people who have already so kindly donated books and DVD's.

We will hold our first library morning on **Tuesday 16th April 10.15 a.m.** It is intended that in addition to our stock of books, we will be able to access the Devon Library database.

We would still very much appreciate people donating any spare books, DVD's, jigsaws and periodical magazines to allow us to set up a diverse range of books.

We have a storage container in the porch of the Village Hall where items can be dropped off, you can bring them along to any scheduled events or we can arrange collections. If you require collection, please email us on eastdownnews@yahoo.com or ring on 01271 889051 to arrange.

Easter Bingo

East Down Village Hall

Wednesday 10th April

Doors open 6.30 p.m. Eyes down 7.00 p.m.

We are pleased to announce that we are now **FULLY BOOKED**. Thanks everybody for your support, get your dibbers and your dabbers ready, we'll see you there.

Raffle (all donations gratefully received)



Village Hall Activities

We are considering re-starting our popular **short mat bowling** and also considering options to start **Yoga, Pilates** and **Tai Chi** classes. If you would like more information, please contact Rod Crossman 01271 850704 rodcrossman@hotmail.co.uk to register an interest and help us arrange optimum timings.

Village Hall Contacts

The Parochial Church Council (PCC) - Julie Kift 07763 537136

Art Group Margaret Smith 850727

Table Tennis Gill Parker 850549

Young farmers Meg 07947372705

Village Hall April Diary

Coffee Morning	Thursday 4 th	10.30 a.m.
Young Farmers	Thursday 4 th	7.00 p.m.
Easter Bingo	Wednesday 10 th	6.30 p.m.
APCM	Thursday 11 th	7.00 p.m.
ED Parish Council	Monday 15 th	7.00 p.m.
VH Library	Tuesday 16 th	10.15 a.m.
Hall Share Mtg.	Thursday 25 th	7.00 p.m.
Table Tennis	Tuesdays	7.00 p.m.
Art Club	Wednesdays	10.00 a.m.

If you would like to hire the Village Hall, **Please contact Ray Thomas for bookings on 850464.**





East Down Village Hall

Saturday 8th June 7.00 p.m.

Fundraising for IAFN - It's All For Nepal

*£7.50 p.p. includes half time
snacks

*Bring your own drinks

*Raffle

*Entertainment provided by Quiz
Master Tom



*Please bring cash on the night

For a team of 6, or to book some
places to join others, please email

Caroline at:
carolinekelly068@gmail.com

Donations for raffle prizes gratefully
received

UK Charity Reg. No. 1169201



IAFN - IT'S ALL FOR NEPAL

In the aftermath of Nepal's devastating earthquake in 2015, IAFN was born out of a desire to help rebuild shattered lives and communities. Beginning in 2016 with the construction of classrooms, followed by a community centre in 2018, our efforts focused on aiding a village in the Gorkha region.

NEPAL TRIP 2023

Our most recent project, in 2023, focused on distributing menstrual health management packs to schools, clinics, and children's homes in remote mountainous areas of Nepal.

By distributing these reusable packs, which last for two years, we addressed health concerns and also helped tackle social stigmas, empowering women and girls to pursue education and work.

As part of 2023's project, we also provided:

- Vital education on feminine hygiene
- Laptops for remote clinics and schools enabling them to liaise with other professionals and accurately record patient and student information
- Essential medical equipment to improve healthcare access, including digital weighing scales for babies and blood pressure machines
- Sports and stationary equipment to enhance learning environments
- School uniforms for an entire school



Lesson on menstrual health



Baby weighing on the first digital scales in the district



Discussion group during menstrual health workshop

OUR FUNDRAISING FOCUS

Our ongoing fundraising efforts will support initiatives where we can make the biggest impact and create sustainable changes for women and girls with a focus on education and healthcare.

THE SEWING PROJECT

We're partnering with a sewing project to provide marginalised women with work premises, materials and employment opportunities by creating dignity packs, empowering them to support their families and community.



THE CHILDREN'S HOME

Our second focus is supporting the education and vocational training of rescued girls at a children's home. The girls, aged between 9 and 17, have been rescued from the streets, having been trafficked and abandoned. These essential skills enrich their lives and give hope for a brighter future.



A workshop on menstrual health



The home near Pokhara

We're also working with The Nestling Trust, which has two Nepalese Directors, to help monitor and advance our ongoing projects.

If you would like to support IAFN by making a donation to help with our work, please email us at iafnuk@gmail.com or visit fb.com/IAFNUK.

We are very grateful for your support. Thank you.

FED Easter Update



Churchyard Tidy Day

A veritable army of volunteers turned up on 30th March, armed with trimmers, mowers, rakes, hoes, hedge clippers, wheelbarrows (and cakes!)



A huge thank you to everyone who gave up part of their Easter weekend to help out.



The weather was kind and the group managed to get through a massive amount of work, leaving the churchyard looking fantastic and fully ready for the Easter Sunday service.



Thanks also to the village hall committee who kindly provided use of the hall for tired gardeners in search of refreshments.

Easter Sunday Service and Easter Egg Hunt

A very successful Easter service and communion was enjoyed by all at East Down church, where Revd. Rosie Austin was joined by younger members of the congregation to create an Easter garden.

The service was followed by an Easter egg hunt for intrepid egg hunters, both old and young.

Another huge thank you must go to Michael Mant, who had the idea for an Easter egg hunt and generously donated all of the delicious eggs.

Liz Smyth proved to be the most accurate guesser on the day and won the jar of chocolate eggs – well done, Liz!



The next service at East Down Church will be at 11am on 30th June, followed by a bring and share picnic, to be held on the Manor lawn.

(Cleaning rota: Mrs Dunham, 27th April; Mrs Murolo, 25th May and flowers and cleaning by Mrs Parker, 29th June.)

Many thanks to Nic Hardman for this article.

East Down with Arlington Church

The PCC would like to thank all the volunteers who helped to make the churchyard so tidy and especially sort out the footpath that was so green. Also, the ladies who provided refreshments in the village hall during the morning which was so nice and also gave us a chance to meet new helpers, new to the village.

Thank you also, to all those for cleaning the church and for all the beautiful flowers put into the church which made it look lovely for the Easter Day service.

We were thrilled that so many children plus their parents! came to join in the Easter egg hunt after the service.

A lovely day was had by all so a special thanks goes to Nic Hardman for all the work she put into making it so successful and for all those who also helped especially her two children.

Thank you again

Julie Kift
Churchwarden

Arlington Court

Outdoor history tour - starts 1st April, various other dates.

During this free guided walking tour, you will explore the pleasure grounds and formal gardens with volunteer Graham, learning about the history of the estate. From the location of the old 18th-century house to the medieval village there is plenty to discover on this tour.

Meet at visitor reception, normal admission prices apply.

Blossom and Daffodil Celebration 15th to 28th April

Join us for a celebration of all things blossom and daffodils. Take part in walks and trails while learning about the different varieties around the grounds.

See Arlington Court website for more activities taking part through April.

Newsletter

Marwood Gardens

We re-opened fully from 1st March 2024.

Marwood Hill Gardens Plant Nursery is open from March – October 2024,

but you can still buy plants online

at: <https://shop.marwoodhillgarden.co.uk/>

Tea Room Opening Times

2024 Opening Hours – We re-opened fully from 1st March 2024.

Admission

Adults: £10

Concessions: £9

Children (ages 12-16) £5.50. Under 12's go for free

Membership

Free entry to Marwood Hill Gardens. For 2024 annual Season Tickets will be £35.00 single and Joint Membership [2 people living at the same address] for £55.00. Special events for Season Ticket Holders are planned each year. Find out more on our [membership page](#)

Ilfracombe

Ilfracombe Farmers Market - 6th April -
The Lantern, High Street 10.00 a.m. - 12.30 p.m.
Fresh local and organic produce, craft, refreshments and more.

Swan Lake Royal Opera House Screening -
Landmark Ilfracombe Wed 24th April

Tchaikovsky's sensational score combines with the evocative imagination of choreographer Liam Scarlett and designer John Macfarlane to heighten the dramatic pathos of Marius Petipa and Lev Ivanov's quintessential ballet classic. Opening in Spring and returning in Summer, *Swan Lake* remains to this day one of the best-loved works in the classical ballet canon.

Shirwell Pop Up Pub



The next date for your diary will be **Saturday 27th April 7.00 p.m. to 10.30 p.m.** in the Village Hall.

Drinks cost £3 per glass or £2 non-alcoholic. Drinks include lager, a selection of ales, cider, wine, Prosecco, gin, vodka and whisky. We also have non-alcoholic lager, coke, J2O and lemonade.

The bar is cash only.

This time the catering will be pizza.
lesleyaking@protonmail.com

Shirwell EARTHKIND

The next meeting at Shirwell Village Hall will be Monday 8th April (weather willing!) at 7.30pm.

We hope to spend the evening stargazing, hosted by amateur astronomers Mark and Julie Buckingham who will help us pick out constellations and share a wealth of knowledge.

If the weather proves to be overcast this event will be rescheduled towards the end of the year when the skies will be dark at 7.30pm again.

Also, in April (6th) there will be a guided coastal foraging walk at Westward Ho! Earthkind covers a range of topics all centred around living in a way that is in harmony with nature. The aim is to meet with like-minded people, for discussion, sharing, education, outings, hands-on activities and creative makes.

We are a small, friendly group that welcomes new members. The baseline fee per evening is £3 and there are sometimes small, additional costs for materials etc. Please email Lesley at lesleyaking@protonmail.com or ring/text 07522831736 for further information.

Shirwell - Singers Required !

Lesley is putting out an appeal for anyone who would like to join an all-female singing group at Shirwell, starting mid-April.

Lesley is looking to start a group that could work towards singing 2 or 3 songs in October for the organ fundraising evening (information below), with a view to continuing if everyone enjoys it.

The ability to read music is not essential.

Songs would be fun, from a variety of sources - music from the 60s / 70s, some 'world' music, very varied.

Contact Lesley on 07522 831736 (or email)

The church organ is needing extensive repair, resulting in the replacement of all of its internal workings. This is extremely costly and will take a huge bite out of church funds. We are aiming to host a fundraising musical evening at the Village Hall in October. There will be something for everyone, with performances by both amateur and professional musicians, as well as a bar and raffle. Choir members are invited, as well as any other local people who enjoy singing, to come and learn a few light-hearted and enjoyable songs to sing on the evening. Practice will be on Thursdays from 16th April (7.30pm) in the church, before breaking for the summer.

If you would like to give it a go, or find out more, contact lesleyaking@protonmail.com or 07522 831736.

Beaford Arts

One to note for your diaries at the start of May.

For more information, see website.

The Adventures of Don Quixote by Bicycle

Location: Setting off from Fremington Quay and ending on the beach next to Sandhills Car Park, Instow

Performance dates/times:

Saturday 4th May 11am & 3pm

Sunday 5th May 11am & 3pm

Monday 6th May 11am

Duration: Approx 2hrs/3miles (no interval, but many short stops along the way)

Ticket Prices: Adult £10, Child £7.50.

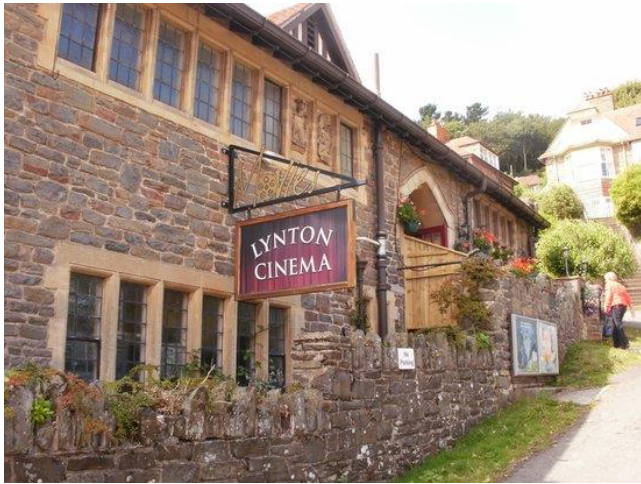
Family of 4 £30 (a family ticket should be made up of a maximum of 2 adults).

Age Suitability: All ages

Additional information: BYOB - Bring Your Own BIKE! (and bottle of water)



Lynton Cinema



Ghostbusters: Frozen Empire Mon 1st to Thur 11th (daily to 7th) 2.30 p.m. and 8.00 p.m.

The Spengler family returns to where it all started - the iconic New York City firehouse - to team up with the original Ghostbusters, who've developed a top-secret research lab to take busting ghosts to the next level.

Migration (U) Mon 8th to Sun 14th 2.30 p.m. daily

The Mallard family is in a bit of rut. While dad Mack is content to keep his family safe paddling around their New England pond forever, mom Pam is eager to shake things up and show their kids - teen son Dax and duckling daughter Gwen - the whole wide world.

Swede Caroline (15) Fri 19th to Thur 25th 8.00 p.m. daily (matinee 2.30 p.m. Mon)

Competitive vegetable growers investigate the theft of prize marrow plants and uncover a tangled conspiracy in this witty, good-natured mockumentary, which features bawdy humour and a moment of gory violence.

Back to Black Fri 26th to Thur 2nd 8.00 p.m. (matinee Mon 2.30 p.m.)

The extraordinary story of Amy Winehouse's early rise to fame from her early days in Camden through the making of her groundbreaking album, Back to Black that catapulted Winehouse to global fame. Told through Amy's eyes and inspired by her deeply personal lyrics.

Check on line for further details and ring 01598 753397 to make reservations.

Ilfracombe

Swan Lake Royal Opera House

Screening - Landmark Ilfracombe Wed 24th April

Tchaikovsky's sensational score combines with the evocative imagination of choreographer Liam Scarlett and designer John Macfarlane to heighten the dramatic pathos of Marius Petipa and Lev Ivanov's quintessential ballet classic. Opening in Spring and returning in Summer, *Swan Lake* remains to this day one of the best-loved works in the classical ballet canon.

Local Businesses

Besshill farm shop

01271 850311. besshillfarmshop.co.uk

Open Monday to Saturday 9.30 a.m. to 5.00 p.m.

Visit Besshill Farm Shop today. All of our meat is free range and comes from within the West Country, as we always want to offer the freshest produce we can. For latest news, please see our Facebook page and website. We look forward to seeing you all,

The Besshill Team.

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

Pyne Arms 01271 850055

Open Wednesday to Saturday 5.00 p.m. until late
(food served 5.30 p.m. to 8.45 p.m.)

Open Sundays 12.00 noon until 4.00 p.m. (food served 12.00 noon to 4.00 p.m.)

For any more information, check the website, Facebook page or ring 01271 850055.

Pavilion stores & café

Opening Times

Mon-Sat 8.30am to 5.30pm

Sun 9am to 1pm

Tel: 01598 763569

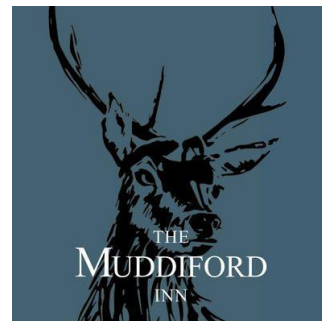
shopinfo@parracombe.org.uk

Parracombe Lane, Parracombe EX31 4QL



Find us on Facebook

Search 'Parracombe Stores'



Open daily 12 noon til late.

Check out the website or Facebook for contact details, opening times and menus.