



May Day Celebration

After a long and wet April, it seemed that the sun decided to join us in our May Day celebration and finally show its face. Our own 'Darling Buds of May' Whizzy Wendy and Busy Lizzie spent the morning working hard to put on a now legendary ploughman's lunch.



Running the raffle was Mary Jackson whose winning smile encouraged the party goers to have a flutter. The top prize was donated by Amie and Ellis from the Pyne Arms and was won very fittingly by Brian Smythe meaning that Liz could take a well-earned rest from cooking Sunday lunch.



Although we are a well behaved bunch, Patrick and Ray still decided to take on the role of bouncers guarding any door they could find.



They need not have worried as Lady Lerwill's presence ensured no one stepped out of line ...



.... except for when it came to puddings when desire overcame us all and we descended en masse.





Caught red-handed with a Busy Lizzie style portion, Gaynor and Keith each tried to off-load the evidence to the other. Those desserts were truly mouth-wateringly good.



Ros and Keith put in a valiant effort finishing their puddings but they declined any offer of more instead settling for a coffee from Trolley Dolly Phil.



And finally, you can always rely on the farmer's to know a great pudding when they see one. What a smashing time we had and the smiles just go to prove it.



Our golden girls Lis and Ann had obviously chosen the sherry trifle judging by the giggles. Perhaps Patrick and Ray need to watch out for this pair next time; which door did they get through?



Many thanks to Wendy for organising the whole event. Thanks also to all who helped to make the day a success particularly principal helper Liz and raffle runner Mary.



Taking a break from normal kitchen duties, Jean and friend Pam tucked into their puds.

Finally, thanks to all who donated raffle prizes and to those who joined us on the day, here is to the next one. A final profit of £160 was made towards village hall funds.

June Coffee Morning

The next coffee morning will be held on Thursday 6th June at 10.30 a.m. All welcome.

If you haven't been before, why not pop along 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.

Please note that there will NOT be a coffee morning in July due to the General Election.

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 June Diary

Coffee morning	Thurs 6 th	10.30 a.m.
Nepal Quiz	Saturday 8 th	7.00 p.m.
EDPC	Monday 17 th	7.00 p.m.
VH Library	Thursday 20 th	10.15 a.m.
EDVH trustees	Monday 24 th	6.00 p.m.
Church Tidy up	Saturday 29 th	
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.**

Village Hall Wi-fi

After a successful one-month trial, we will be re-introducing Wi-fi to the Village Hall.

May 100 Club Draw

Well would you believe it, here we go again, Lady Lerwill has only gone and scooped first prize in the 100-club draw for May. Definitely scope for a full judicial enquiry there. Steve Price managed to introduce a semblance of fair play into the proceedings by picking up second place. Congratulations both. 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.

East Down Library Service

We have now established our community library in the Village Hall, with books and DVD's available to borrow. The library can be used by anybody visiting the Village Hall and additionally we are currently opening once a month for a dedicated library morning during which there is a chance for a chat over a cuppa and a biscuit.

The next library morning will be Thursday 20th June at 10.15 a.m., there will be a nominal charge of £1 to cover the use of the hall and refreshments.

We are still collecting books so a huge thank you to people who have so kindly donated books and DVD's.

Muddiford Grass Keep

There are 5.5 acres of grass keep available in Muddiford. For more information, please contact Amanda on 07737703662.

East Down with Arlington church

There will be a Holy Communion service this coming Sunday 2nd June at 3pm in the afternoon at Arlington church. Also, the same service on 14th July 3pm and again on 4th August 3pm, both at Arlington church. All very welcome

East Down church has the Team service with Holy Communion on 30th June at 11am (please note earlier time). This will be followed by a picnic and treasure hunt on the lawn at East Down Manor, weather permitting. If wet the picnic will be in the church. Treasure hunt will still go ahead too. Again, all very welcome

Hope to see you,

Julie Kift
PCC

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](#)

Arlington Court

Rewetting work at School Wood & Home Farm.

This winter at Arlington Court we have been working on enhancing 2500 meters of watercourse, focusing on areas in School Wood and Home Farm.

We've focused on these areas first because it is the top of the catchment for water, and the work we have been doing in these areas will have a positive impact further downstream. These enhancements have included installing nature-based solutions such as leaky dams, beaver dam analogues, notch dams, willow weaving, tree hinging, loggy jumbles, overland low spreaders and riparian planting. These interventions are used to slow the flow of water, catch sediment, and reduce erosion. We have also experimented with creating fascines, which are tightly bound bundles of brush – these have helped to speed up the process of the leaky dams collecting sediment, helping to slow the water in-stream. As well as these low-tech interventions in drainage ditches, narrow streams, we have also experimented with digging up land drains and creating scrapes to hold water on the land. These ephemeral wetlands are hugely beneficial for wildlife and fauna as well as helping with natural flood management, temporarily storing water on the land. We've now planted this area with riparian trees and wet grassland seed, which will further enhance the biodiversity of the area. We have already seen evidence of ducks, herons and small egrets enjoying this space!



See website for all the activities planned at Arlington for June

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.



Summer Service and Communion

St. John the Baptist Church, East Down
 Sunday 30th June, 11 am

All are welcome to bring a picnic, try their luck in the raffle and join the treasure hunt at East Down Manor after the service.

Parking will be available in the Manor field and Village Hall.




Calling all volunteers!

Our next churchyard tidy up day is on:

Saturday 29th June
10 am to 2 pm
East Down churchyard



If you're able to help, we'd be very happy to see you!

Please bring gardening equipment. Things like strimmers, hedge trimmers, hoes, rakes, clippers and wheelbarrows are particularly useful.

Ilfracombe Bioblitz Saturday 8th and Sunday 9th June

The BioBlitz is a unique, hands-on event where volunteers and nature enthusiasts come together to find and identify as many species of plants, animals, and insects as possible within a short period.

Volunteers of all ages are invited to help find and identify local wildlife, no experience necessary and accessible for all ages. You can join guided walks and various activities, recording their observations on paper or through the iNaturalist app on your mobile phone.

The weekend will start off with a guided walk at Hillsborough Nature Reserve on Saturday morning, focusing on spotting bees, butterflies, birds, and bugs. Other exciting events throughout the weekend include bats and moth's observations at Bicclescombe Park, rock pooling at Hele Bay, and dolphin watching along the coast.

On Sunday the BioBlitz hub will be set up at the Landmark Theatre. Numerous environmental organisations will have stalls offering free activities and information for both adults and children. This BioBlitz is part of the Finding Nature's Footprints project, a three-year initiative supported by The National Lottery Heritage Fund, North Devon Council, and Torridge District Council with the aim of involving local communities in surveying, mapping, and taking action to protect North Devon's wildlife.

For more information, visit North Devon Coast National Landscape's BioBlitz page and follow them on Facebook and Instagram (@northdevoncoastlnl).

Organised by the North Devon Coast National Landscape (AONB).



ILFRACOMBE
BIOBLITZ
& FESTIVAL OF NATURE
SATURDAY 8TH JUNE

10:00 Hillsborough
13:00 Cow Green Community Garden
13:00 Hele Bay
15:00 Cairn Nature Reserve
19:00 iNaturalist Freshwater Workshop Bicclescombe
21:30 Bats & Moths Bicclescombe

Scan for more info or head to bit.ly/ilfbb



Finding Nature's Footprints
North Devon Coast National Landscape

The poster features a central illustration of various wildlife including a bee, a kingfisher, a white egret, a grey squirrel, a brown rabbit, and a brown deer. The background is a warm orange color.



ILFRACOMBE
BIOBLITZ
& FESTIVAL OF NATURE
SUNDAY 9TH JUNE

6:00 Dawn Chorus Bicclescombe
10:00 Festival of Nature Hub Opens
11:00 Park Activities
11:00 Capstone Walk & Dolphin Watch
14:00 Torrs Walk National Trust
14:00 Larkstone 'Under the Quay' & Beach Clean
16:00 Hub Closes

Scan for more info or head to bit.ly/ilfbb



Finding Nature's Footprints
North Devon Coast National Landscape

The poster features the same central wildlife illustration as the Saturday poster, set against a warm orange background.

Ilfracombe

North Devon Sports and Classic Car Club Sun 23rd June

Come & see the variety of different cars lined up on the Seafont



Lynmouth

The Lyn Valley Classic 9th June 10.00 a.m. to 4.00 p.m.

The committee are delighted to announce that our show will be welcoming in 2024 our honoured guests, supermodel, racing driver and huge car enthusiast Jodie Kidd (as seen on Top Gear, The Classic Car Show and many more well-loved TV shows) with top British (and Somerset based) fashion designer Alice Temperley, MBE, as seen in Vogue, Harpers and a favourite designer for HRH The Duchess Of Cambridge will be joining us to enjoy the sights and sounds.

Get ready for an unforgettable experience at the 2024 Lyn Valley Classic. Immerse yourself in a day of automotive wonder, set against the breathtaking backdrop of Lynton and Lynmouth, all while supporting worthy causes.



Dulverton

The secret gardens of Dulverton Sun June 23rd 10.00 a.m. to 4.30 p.m.

Come to the beautiful Exmoor town of Dulverton in the summer and discover some of its secret gardens open to the public for just one day.

Tickets are £5 per person in advance (or £7 on the day) to include a map and brief details of each garden. Children under 16 go free. Tickets in advance will be available from Dulverton Post Office and the Tantivy in Dulverton.

On the day, tickets will be available in Dulverton Town Hall – where you'll also be able to enjoy tea, coffee, beer, wine, cake, filled baguettes and ploughman's lunches.

<https://visitdulverton.com/events/secret-gardens-of-dulverton>

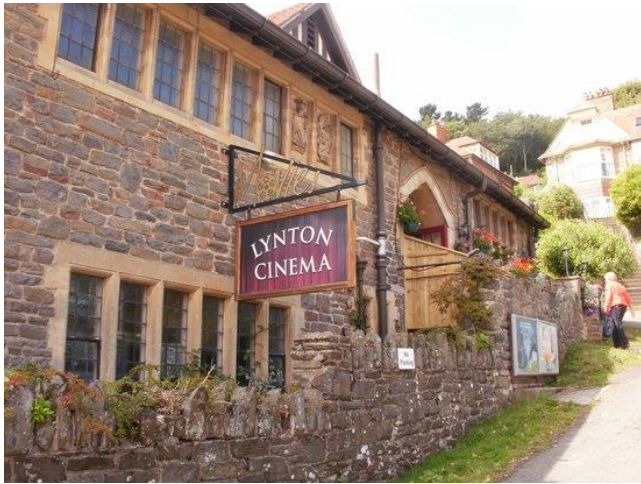
Marwood Gardens Pop Up Pub

Friday 21st June 7.00 p.m. onwards.



See website for more details

Lynton Cinema



**Before Dawn Fri 21st to Thur 27th 8.00 p.m.
daily matinee Mon 2.30 p.m.**

**Treasure (2024) (12A) Fri 28th to Thur 4th
8.00 p.m. daily**

An American journalist Ruth who travels to Poland with her father Edek to visit his childhood places. But Edek, a Holocaust survivor, resists reliving his trauma and sabotages the trip creating unintentionally funny situations.

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

**Kingdom of the Planet of The Apes (12A)
Saturday 1st to Thur 6th 8.00 p.m. and 2.30
p.m. matinees Sat, Sun, Mon**

Director Wes Ball breathes new life into the global, epic franchise set several generations in the future following Caesar's reign, in which apes are the dominant species living harmoniously and humans have been reduced to living in the shadows. As a new tyrannical ape leader builds his empire.

**Challengers (15) Fri 7th to Thur 13th 8.00
p.m. daily, matinee Mon 2.30 p.m.**

From visionary filmmaker Luca Guadagnino, Challengers stars Zendaya as Tashi Duncan, a former tennis prodigy turned coach and a force of nature who makes no apologies for her game on and off the court.

**Furiosa : A Mad Max Saga (15) Fri 14th to
Thur 20th 8.00 p.m. daily matinee Mon 2.30
p.m.**

As the world fell, young Furiosa is snatched from the Green Place of Many Mothers and falls into the hands of a great Biker Horde led by the Warlord Dementus. Sweeping through the Wasteland, they come across the Citadel presided over by The Immortan Joe.



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

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 Saturday from noon.

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

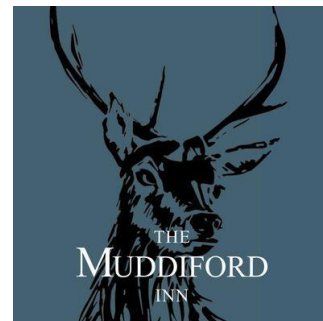
shopinfo@parracombe.org.uk

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.

Muddiford Grass Keep

There are 5.5 acres of grass keep available in Muddiford. For more information, please contact Amanda on 07737703662.