

# East Down and Arlington Newsletter

**March** 2023

## Let's go on a Bear Hunt in North Devon!

People are being invited to 'go on a bear hunt' in North Devon this spring.

A public art trail featuring 25 life-sized bears, all individually painted by local artists, is open until the end of May, with a series of mini art trails in and around Barnstaple, Bideford, Torrington and Ilfracombe.

The Bear Hunt art trail is being held to help raise awareness and funds for Children's Hospice South West (CHSW), which runs the Little Bridge House children's hospice in Fremington.

We managed to stumble across one lurking in the sand dunes at Woolacombe whilst dog walking with Lyn and Andy Norkett and our friends from Yorkshire.



A special mobile app is available to download on Android and Apple phones to help people to track down all the bears, find out more about the artists, and create their very own virtual bear collection! They will also be able to use the app make a donation to CHSW, which provides vital care and support to local children and young people with life-limiting conditions and their families.

CHSW fundraiser and Bear Hunt project coordinator Kate Romo said: "The Bear Hunt art trail will be running until May, and we hope everyone has fun getting out and about and spotting all our beautiful bears.

Lucky Lyn also managed to track down a beefy lumberjack bear at Queen Anne's coffee shop in Barnstaple.



"We can't wait to see everyone's Bear Hunt selfies on social media! Don't forget to use #chswbearhunt so we can see them!"

For more information about the Bear Hunt art trail and to download the Bear Hunt app, visit [www.chswbearhunt.org](http://www.chswbearhunt.org)

Andy Keeble

Senior PR and Media Officer | Children's Hospice South West

**Little Bridge House**, Redlands Road, Fremington, Barnstaple | EX31 2PZ

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### Also, out and about,

We popped in to the Pavilion Stores & Café at Parracombe on the way to Lynton cinema and can highly recommend the very tasty and reasonably priced coffee and cake. The shop itself is very well stocked and the welcome was very warm. The building is situated at the Bodley (Lynton) end of the village.

See advert later in the newsletter.

## East Down Produce Show 2023 Has Been Cancelled.

The committee would like to thank all those who took part and helped with the 2022 show. Unfortunately, following the three notices which were circulated, only three volunteers came forward.

Thank you.

However, we have a meeting planned for November 2023, to consider a show in 2024. If anyone would like to join the committee or is able to help.

Please contact one of the committee.

If anyone has any ideas for something different in the Hall, please let me know.

Thank you, Rod Crossman

**February 100 Club Draw.** The 100-club draw took place at the coffee morning and we are pleased to announce that first place went to Margaret Done and the runners up spot went to Joan Homewood. Congratulations both.

Please contact Rod Crossman 850704 or [rodcrossman@hotmail.co.uk](mailto:rodcrossman@hotmail.co.uk) for more information on joining the draw.

### Village Hall March Diary

Coffee morning	Thursday 2 <sup>nd</sup>	10.30 a.m.
Young Farmers	Thursday 2 <sup>nd</sup>	7.00 p.m.
Fullabrook	Friday 8 <sup>th</sup>	7.30 p.m.
Soundbath	Monday 13 <sup>th</sup>	2.00 p.m.
EPDC	Monday 20 <sup>th</sup>	7.00 p.m.
P.C.C.	Wednesday 29 <sup>th</sup>	7.00 p.m.
Table Tennis	Tuesdays	7.00 p.m.
Art Club	Wednesdays	10.00 a.m.

## February Coffee Morning

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

A big thank you to Ian and Barbara for travelling over from Lynton and “seeing to the kettles”. It was another good turn-out with nearly 20 people there, always nice to catch up and have those optimistic chats about springtime arriving.

We still have a few vacant months for kitchen duties so if you fancy taking a turn, why not put your name on the list.



The next Village Hall coffee morning is planned to take place on **Thursday 2<sup>nd</sup> March starting at 10.30 a.m.**

If you haven't been before, why not pop along for a coffee and a chat. Just bring along a plate of something sweet or savoury, all drinks are supplied. All we ask is a small donation towards the running of the Village Hall.

If you would like to hire the Village Hall, we are now fully back open for business. The Hall has been equipped with hand sanitisers and cleaning wipes. All that we ask is that you take reasonable measures to protect yourself and your visiting party from covid and leave the Hall in a clean and tidy condition. Please take away any litter that you generate; it would also be appreciated if you remove, clean and return any tea towels you may use in the kitchen.

**Please contact Ray Thomas for bookings on 850464.**

### Village Hall Activity Contacts

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

**Art group** Margaret Smith 850727

**Table tennis** Gill Parker 850549

**Young farmers** Meg 07947372705

**Dog training** Immy Snaith 07307212993



### Mobile Library Service

The next visit will take place on **Tuesday 21<sup>st</sup> March**. The library will be in the Pyne Arms car park between 10.30 a.m. and 10.55a.m. If you have any queries, please contact Tiverton Library on 01884 244644 or via email: [tiverton.mobile@librariesunlimited.org.uk](mailto:tiverton.mobile@librariesunlimited.org.uk)

## Bingo Bonanza

A couple of upcoming dates for your diaries if you fancy a game of bingo..... duffers and duffers at the ready!

**East Down with Arlington Church**  
Bingo in aid of the church  
Friday 17th March, St Patrick's day,  
Old Station Inn,  
Blackmoor Gate 8.00 p.m.



Please come along to have a laugh and a chat in between the games.

**Donations of raffle prizes very welcome.**

Also, please book a table, if possible, hope to see you there, Julie Kift.

**Editors comment:** I know he's good with sheep but when did they name a day after him? I guess he's got a few more miracles to perform before his greatness is recognised by the title Saint!

## Parracombe Event

Bingo for improvements and new play equipment for the Coronation Playing Field  
Friday 31<sup>st</sup> March  
Old Station Inn,  
Blackmoor Gate 8.00 p.m.

Booking recommended 01598 763520

## East Down Easter Bingo

Date for your diary, this year's Easter Bingo  
The Village Hall  
Thursday 13th April  
Poster to follow shortly.



**Kentisbury Village Hall.**  
Saturday 25th March 2023

7.00 p.m.

Featuring Tom Gould

North Devon's premier quiz master.



Only £7.50 per person  
(including supper)

Maximum of 6 people per team  
Call Tom on 01271 882305 to book

**PLEASE COME ALONG**  
**ALL WELCOME**



## Kentisbury Gardening Group

Jerry and Jenny have now moved to Dorset so have handed control of the gardening group over to me. For those of you on Facebook, there is lots of information relating to the group on the **Kentisbury Gardening Club** Facebook page.

A date for your diary is **12th March** when Plant Heritage will be holding a Plant Fair at **South Molton Pannier Market**. Unusual plants for sale. No entry fee and free parking. Open 10am - 2pm. Maybe I'll see you there!

Happy gardening

Sian

## Parracombe Events in March

### Sam Green in concert

Parracombe Village Hall is proud to present Sam Green on **Saturday 11th March at 8pm.**

**beaford** exploring our land, lives and future **in Parracombe**



Combining Slide Guitar + Beats + Loops + Voice, Sam Green is a traditional one-man-band with a modern twist. His sound has been dubbed 'Future Blues' and evokes the Mississippi Delta through a cinematic lens.

“One of the hot new acts making the summer swing at Glastonbury Festival”  
The Independent Newspaper

Tickets £10 in advance from Parracombe Pavilion Stores & Café or £12 on the door. You can also book online from [beaford.org](http://beaford.org) (fees apply).

Doors 7.30pm for an 8pm start. Licensed bar available on the night.

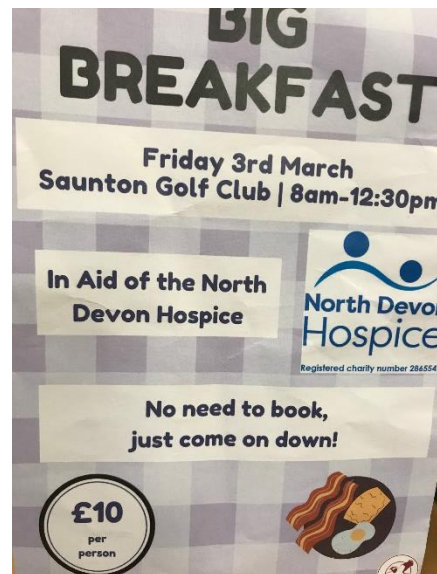
**Wednesday, 29 March: Coffee morning** 11am-12noon at the Village Hall in aid of [WorkAid](http://WorkAid)

**Friday, 31 March: 'The Lundy Marine Nature Reserve'** a talk by Keith Denby 7pm at the Village Hall. Bar available

If you'd like something to be included in the April round-up, please reply to [news@parracombe.org.uk](mailto:news@parracombe.org.uk).

## Saunton Golf Club Big Breakfast

A Big Breakfast is being held at Saunton Golf Club on Friday 3rd March.  
Why not pop along?



## Lynton and Lynmouth

Its “Lyn” Day in Lynton - **Sunday 26th March 2023.**

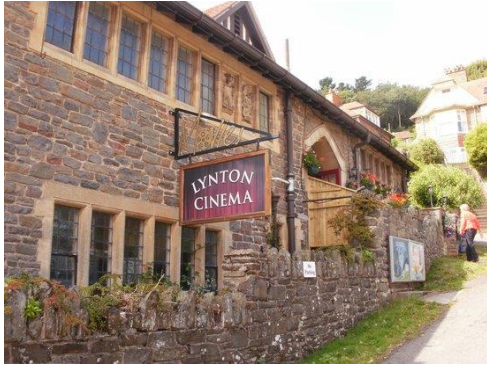


Whilst we can't promise wonderful Wonder Woman Lynda Carter, we can promise that anybody visiting Lynton and Lynmouth named Lyn, Lynne, Lyndon, Carolyn, Lindsey, Linda, Lynda (or something close if you can convince us) travels free up to Lynton or down to Lynmouth on the Cliff Railway as our VIP guest all day.

If you know somebody (first names only) tag them on Facebook and bring them along. How many Lyn's can we get in Lynton; dogs named Lynne are allowed free too, we'll even supply you with a name badge.

Just bring along photo ID to claim your free Lyn travel - absolutely bonkers but yup, we are not joking, it's the real thing.

## Lynton Cinema



Allelujah (12A) Friday 17th to Thursday 23rd at 8.00 p.m. (matinee Monday 2.30 p.m.)

Allelujah is a warm and deeply moving story about old age. The threatened closure of a geriatric ward in a small Yorkshire village stirs an uprising from the local community, who invite a news crew to film preparations for a concert in honour of the hospital's most distinguished nurse. Allelujah celebrates the spirit of humanity among medical staff struggling with limited resources and ever-growing demand, and to the elderly patients involved.

Babylon (18) Wednesday 1<sup>st</sup> to Thursday 2<sup>nd</sup> 8.00 p.m. (matinee Monday 2.30 p.m.)

From Damien Chazelle, BABYLON is an original epic set in 1920s Los Angeles led by Brad Pitt, Margot Robbie and Diego Calva, with an ensemble cast including Jovan Adepo, Li Jun Li and Jean Smart. A tale of outsized ambition and outrageous excess, it traces the rise and fall of multiple characters.

80 For Brady (12A) Friday 24th March to Thursday 30th at 8.00 p.m. (matinee Monday 2.30 p.m.).

Comedy based on a true story of how four friends win tickets to the Superbowl to watch the New England Patriots and Quarterback Tom Brady play in Houston, including one of them having to break out of a retirement home. Great entertainment with four amazing actresses.

What's love got to do with it (12A) Friday 3rd to Thursday 9th 8.00 p.m. (matinee Monday 2.30 p.m.)

A British romantic comedy drama, set between London and Lahore, a filmmaker (Emma Thompson) documents her childhood friend and neighbour's arranged marriage to a bride from Pakistan.

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

Magic Mike's last dance (15) Friday 10th to Thursday 16th 8.00 p.m. (matinee Monday 2.30 p.m.).

American romantic comedy drama, former male stripper Mike Lane, who has lost his furniture company during the pandemic is now working as a barman in Florida is persuaded to come out of retirement to do one last show in London.

### 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](mailto:eastdownnews@yahoo.com)

## Discover Exmoor

If you fancy wandering slightly further afield, we thought we would highlight some of the events across Exmoor in the coming month. Check out everything else that's happening on [www.exmoor-nationalpark.gov.uk](http://www.exmoor-nationalpark.gov.uk).

### 'Luck of the Irish' Murder Mystery

**Date:** 18th Mar 2023 6:00 pm - 10:00 pm

Stay for our popular Murder Mystery Dinner, returning for a thirteenth year, we invite you to a night of deadly dealings with the cast from 'Murder to Measure'. While the detectives amongst you try to solve the murderous tale of the evening, you will be served with a delicious 3 course meal as the tale unfolds before your very eyes. This is a themed night so feel free to dress for the occasion.

More information: [www.simonsbathhouse.co.uk/events/category/exmoor-events/](http://www.simonsbathhouse.co.uk/events/category/exmoor-events/)

This event is brought to you by: Simonsbath House Hotel

Location: Simonsbath House Hotel TA24 7SH

Booking: Booking essential

Charge: £250 Per Couple, Dinner, Bed & Breakfast (event only prices upon request)

Contact: 01643 831259

### Sea Mammal ID Training Day



**Date:** 19th Mar 2023 10:30 am - 3:00 pm

Join the Seawatch Foundation for National Whale and dolphin Watch Week to learn more about identifying dolphins and porpoises (cetaceans) and other marine mammals which visit Exmoor's coast.

The training aims to equip volunteers with skills to conduct their own surveys to help Seawatch contribute to knowledge on Exmoor's marine environment.

The day will consist of a morning indoor session at the Lynmouth Pavilion which will look at species identification and survey methodology, followed by an outdoor practical session at the near-by Lee Abbey in the afternoon.

Please bring lunch, suitable footwear and outdoor clothing. Booking essential. Free event - donations welcome to our CareMoor for Exmoor scheme supporting heritage, nature and access projects on Exmoor.

More information: [www.eventbrite.com/cc/national-parks-uk-look-wild-on-exmoor-1542069](http://www.eventbrite.com/cc/national-parks-uk-look-wild-on-exmoor-1542069)

This event is brought to you by Exmoor National Park.

Location: Lynmouth Pavilion EX35 6EQ

Booking: Booking essential

Charge: Free - donations to CareMoor for Exmoor welcome

Contact: 07970099127



# 18 MILE £18 MENU

We're celebrating sourcing our produce and ingredients from local suppliers, growers and producers within an 18 mile radius.

Available Friday and Saturday lunchtime 12pm to 2pm

**Two courses £18.00 | Three courses £24.00**

## To Start

Roasted Tomato and Courgette Soup with Homemade Bread  
Spiced Goats Cheese Bon Bons with a Beetroot and Chilli Jam  
Treacle Cured Local Trout with a Sea Herb Dressing  
Chicken Liver Parfait with Homemade Chutney and Toast

## Mains

Slow Cooked Spiced Pigs Cheeks with Creamy Mashed Potato  
Breast of Chicken with Wild Mushrooms and Garlic Kale  
Traditional Fish and Chips  
Vegetarian Chilli with Steamed Rice

## Desserts

Chocolate Brownie with Homemade Ice-Cream  
Creme Brulee  
Sticky Toffee Pudding with a Toffee Sauce and Clotted Cream  
Platter of Local Cheeses - £3 supplement

If you are concerned about any food allergies or dietary requirements please speak to a member of the team who would be delighted to assist.

## Local Businesses

### Besshill farm shop

01271 850311. [besshillfarmshop.co.uk](http://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

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**07870 281356**

[charliedixoncounselling@hotmail.com](mailto:charliedixoncounselling@hotmail.com)

[www.charliedixoncounselling.co.uk](http://www.charliedixoncounselling.co.uk)

# Pavilion stores & café

### Opening Times

Mon-Sat 8.30am to 5.30pm

Sun 9am to 1pm

Tel: 01598 763569

[shopinfo@parracombe.org.uk](mailto:shopinfo@parracombe.org.uk)

Parracombe Lane, Parracombe EX31 4QL



Find us on Facebook

Search 'Parracombe Stores'

### 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 late (food served 12.00 noon to 4.00 p.m.)

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

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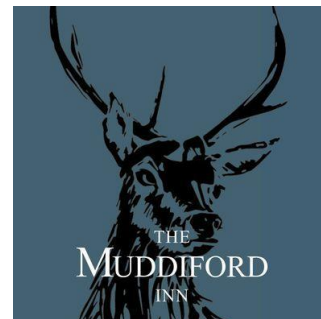
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Open daily 12 noon til late.

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