

East Down and Arlington Newsletter



2024



East Down Easter Bingo

A great night of fun, festivities and Wendy's baking was led by the dazzling Ruby Lerwill on the microphone calling the numbers.



There were lots of families in attendance at this table particularly had a very lucky night with lots of shouts of Bingo!

Her assistant Whizzy Wendy close at hand to repeat any unheard numbers as we experienced the odd Norman Collier moment on the microphone (for those of you old enough to remember him).



We managed to bag a seat at the top table with Lady Lerwill and comments of 'the gruesome twosome' and 'beauty and the beast' seemed more than appropriate.



Trolley Dolly Phil spent the night dabbing next to Patrick who following the success of his scary halloween mask decided to wear it again. 🧡

Wendy and Phil had set the Hall up and decorated it in a lovely Easter theme whilst the raffle prize table groaned under the weight of prize donations.





Taking a night off from kitchen and church duties, Busy Lizzie and Julie brought the glamour to the night.



Rivalling the Lerwill/Bowden table for noise these young folk are also stalwarts who are eager to be the first to shout for a line or a full house.



Meanwhile, the Lerwill and the Bowden clans added the cheekiness and the noise.



Proud mum Emma was joined by Ruby during the half time break and she assures us that there is just coke in that bottle despite the raucous laughter.



Sadly, we don't know the names of all who attended but these are people who support us each time we run a bingo night and it is always lovely to see you adding some decorum to the proceedings. Names next time ladies please!



Our final table of the night included the lovely Harriet and friends with their delightful children, probably the evening's youngest bingo players.



The girls had had their eyes on the raffle prizes and the biggest smiles of the night came when the longed-for prizes of handbag and a dolly were plucked from the table and proudly shown off to the respective mums.



It was, as usual a really great night and we would like to say a big thank you to Ruby for taking on the caller duties and doing so well. Thank you also to Wendy and Phil for making the Hall look so lovely and also to Debbie King for her help with the refreshments.



And lastly, a big thank you to all 63 people who attended, generously donated raffle prizes and made it such a fun night. We managed to raise an amazing £324 towards the running of the Hall ...well done Wendy and Ruby!

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.



April Coffee Morning

A big thank you to Trolley Dolly Phil and Whizzy Wendy for keeping the brews flowing and to everybody who turned up for another morning of pleasant conversation.

There will not be a coffee morning in May as Elections will be held in the Village Hall that day. Instead, we will be holding a May Day Celebration on bank holiday Monday. **If you would like to attend and have not already let us know then please contact Wendy by Thursday 2nd May latest to ensure a space.**

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 May Diary

Police Comm. Election All Day	Thursday 2 nd	
May Day Celebration	Monday 6 th	11.30 a.m.
Friends of the Church	Thurs 9 th	7.00 p.m.
Sweetings	Monday 13 th	7.00 p.m.
VH Library	Thursday 16 th	10.15 a.m.
EDPC	Monday 20 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.**

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 850704 rodcrossman@hotmail.co.uk to register an interest and help us arrange optimum timings.

Local Elections Thursday 2nd May

Just a reminder that the local elections will be taking place on the 2nd May. Please remember the new Government rule that voters must have a valid form of photographic identification (photo ID) to show at the polling station, otherwise you will not be able to vote.

April 100 Club Draw

This month's winner was Mark King with Lyn and Andy Norkett scooping second spot. 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.

CFED
Our next meeting is on
Thursday 9th May
7pm East Down Village Hall

Agenda:

- Summer service and social events
- Churchyard projects
- Coffee mornings (August and October)

ST THOMAS' CHURCH, KENTISBURY

SOME SUMMER DATES FOR 2024

Pentecost Sunday 19 May
– Family Service
Lammas Day Sunday 21 July – Holy Communion
ALL WELCOME!



Coffee Mornings in church

Second Wednesday of each month with table-top sale:
8th May,
12th June,
10th July,
14th August,
11th September

BINGO!

At Old Station Inn, Blackmoor Gate

FRIDAY 17 MAY at 7.30 pm



Village Hall Defibrillator and First Aid Kit



Can you believe that it has been 7 years since we installed the Defibrillator at the Village Hall and conducted the first batches of First Aid Training.

In way of a reminder, the Defibrillator is registered with the National “Circuit” scheme which means that the Emergency Services are aware of its location when attending incidents or providing telephone support.

The Defib is located in the porch at the Village Hall along with a well-stocked general purpose first aid kit which is available for use by anybody in the community; the key for the first aid box is stored in the defib case.

We thought we would share a photo from the Defib launch evening. It’s probably our favourite snap taken at the Hall; it really was one of those “you had to be there” moments. A big thank you to Rev Rosie for taking the picture. You may want to enlarge this on your screen to get the full impact.



Not so much ‘What the butler saw’, as What the vicar heard.

East Down Library Service



We have now established our community library in the Village Hall, with books and DVD’s available to borrow. A huge thank you to everybody who has kindly made donations of books so far. The library can be used by anybody visiting the Village Hall and 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.

Our first morning was held on the 16th April and we successfully tested the on-line ordering service so, providing you bring your library card, we can order books from Devon Libraries in addition to our own stock of books.



The next Library morning will be held on Thursday 16th May at 10.15 a.m. and a nominal charge of £1 will be made to cover use of the hall and refreshments.

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.

Kentisbury Plant Sale



Saturday 4th May,

Doors open 10.00 a.m. to 12.00 noon.
Donations and volunteers welcomed from
9.00 a.m.

Doors will open at 10.00 a.m.
prompt.

Teas and cake available.

Contact Nerys
at nerys@cadvanjones.co.uk

Always a special event and definitely not
one to miss. Make sure you are nice and
early to avoid disappointment.

Shirwell Village Hall



Plant Sale + Cream Tea

Entry: £3.00 per person

Includes Cream Tea & Raffle Ticket

Please bring plants for donation with
you or leave in the porch beforehand.



Sunday 5th May 2:30 - 4pm

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](#)

Devon County Show 16th - 18th May 2024

Love animals, tractors, heavy horses, food,
music, dog shows scurry racing, funfairs, crafts,
gardens, shopping as well as anything and
everything associated with country life in
Devon? Then you will **LOVE** the Devon County
Show.

A fantastic day out for all ages, the Devon
County Show is **THE** place to be on Thursday
16th, Friday 17th and Saturday 18th May 2024 at
the Devon County Show, Westpoint, Clyst St
Mary, Exeter, EX5 1DJ

Muddiford Grass Keep

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



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.

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)



Arlington Courts Wildflower trail and Rosalie Chichester's Historic Illustrations

Join us from May 4th to June 30th for a Wildflower-themed trail at Arlington.

Explore the gardens and grounds while participating in family-friendly activities that highlight the importance of wildflowers and pollinators.

With 97% of wildflower-rich grasslands disappearing in the UK, the North Devon National trust is following a sustainable approach. We are creating wildflower-abundant meadows as donor sites. These sites provide seed to establish further wildflower meadows across Arlington and North Devon.

In 2023, 8 hectares of seed were spread at Arlington, with another 8 hectares planned for 2024. We are excited to see the flowers which will start appearing due to this hard work over the coming years between May and July, for everyone to enjoy.

As well as the trail, visitors can head into the house to find a display of detailed watercolours by Rosalie Chichester (1865 – 1949). Painted between 1914-18, Rosalie's illustrations capture the abundant wildflowers once found around her home. Handcrafted pop-up flower books, made from copies of Rosalie's illustrations, will also be on display, representing the species that used to flourish at Arlington, what can now be seen, and the future vision for the estate.

For more information on Arlington's Wildflower Trail and Rosalie's illustrations, visit:

<https://bit.ly/wildflowertrailarlingtoncourt>



Ilfracombe BeerFest

Ilfracombe Beer Fest is back this May Spring Bank Holiday after a successful debut last that raised £10,000 for charity.

This year the event for real ale and cider aficionados will once again take place on the green in front of Ilfracombe's Landmark Theatre, running from Friday, May 24 to Monday, May 27.

Ilfracombe Beer Fest is run by Ilfracombe Round Table and has a brand-new headline sponsor for this year, after teaming up with local holiday park North Devon Resort and its Monkey Puzzle restaurant and events venue.

The festival will once again combine the winning formula of free entry, dozens of real ales and ciders plus tasty street food and live music throughout the weekend, under the canvas tipis pitched by World Inspired Tents on the green.



Dulverton Sounds Music Festival 25th May 3.00 p.m. to 10.00 p.m.

Come to Dulverton to enjoy a fun filled day of music of all genres.

In marquees on the beautiful Exmoor Lawns in the heart of the town, beside the River Barle.

Enjoy classical music, the big band sound, swing, jazz and a shanty band; sing along to tunes from the pop divas, country & western; and choose from a great mixture of refreshment stalls too.

There'll even be a chill out tent where you can play your own folk music with friends.



Parracombe Arts and Literary Festival 3rd to 25th May

The inaugural Festival has walks and talks, music and books, dance and theatre, art and gardening. Profits from the events is going to the Parracombe Community Trust, Christ Church and Churches Conservation Trust, which has the unenviable task of keeping St Petroc's Church upright.

Browse the website for further detailed information on events and activities.

Lynmouth Railway Steampunk Day

DRESS TO IMPRESS
FREE CLIFF RAILWAY TRAVEL
FOR ALL STEAMPUNK TRAVELLERS,
VISITING VICTORIANS & PASTIME PIRATES

LYNTON & LYNMOUTH
CLIFF RAILWAY DAY 2024
STEAMPUNK
and
VICTORIAN GATHERING

SATURDAY 11TH MAY 10AM-5PM
Music • Entertainment • Revelry

MADAM MISFIT | DUKE BOX | DYNAMIX STEAMPUNK CHOIR
SWITCHFRAME DANCE COMPANY | STEEL DIMENSIONS DAN
ATLANTIC SPIRIT GIN BAR | STEAMPUNK DOG SHOW

TRACTION ENGINES | LYN LINE DANCERS
SEA SHANTY SINGERS | VISITING VICTORIANS
PROFESSOR CHALLENGERS | THE TEAPOT TRAIL
MUSICAL WONDERS | CRAFT & STEAMPUNK MARKET
MAJOR BLUNDER | TEAPOT RACING
AMY'S FACEPAINTING | TEA DUELLING

CLIFFRAILWAYLYNTON.CO.UK

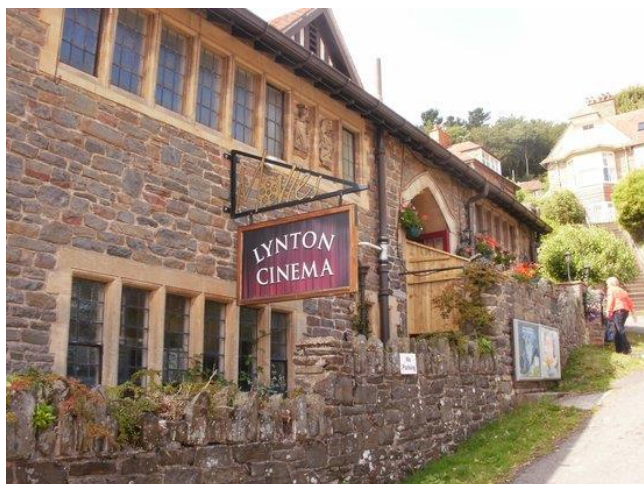
SCAN FOR DETAILS AND ITINERARY



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

Lynton Cinema



Back to Black Wed 1st 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.

Seize Them (15) Fri 3rd to Thur 9th 8.00 p.m. daily (matinee Mon 2.30 p.m.)

Dark Ages Britain where Queen Dagan is toppled by a revolution led by Humble Joan. The Queen becomes a fugitive in her own land, and must face hardship and danger as she embarks on a voyage to win back her throne.

Mother's Instinct (15) Fri 10th to Thur 16th 8.00 p.m. daily (matinee Mon 2.30 p.m.)

Alice and Celine live a traditional lifestyle with successful husbands and sons of the same age. Life's perfect harmony is suddenly shattered after a tragic accident. Guilt, suspicion and paranoia combine to unravel their sisterly bond.

The Fall Guy (12A) Fri 17th to Thur 23rd 8.00 p.m. daily (matinee Mon 2.30 p.m.)

He's a stuntman, and like everyone in the stunt community, he gets blown up, shot, crashed, thrown through windows and dropped from the highest of heights, all for our entertainment. And now, fresh off an almost career-ending accident,

this working-class hero has to track down a missing movie star.

The Nettle Dress (12A) Sat 18th and Sun 19th 2.30 p.m.

Textile artist Allan Brown spends seven years making a dress by hand just from the fibre of locally foraged stinging nettles. This is 'hedgerow couture', the greenest of slow fashion but also his medicine. It's how Allan survives the passing of his wife, leaving him and their four children bereft.

The Polish Explorer (U) Sat 18th and Sun 19th 2.30 p.m.

Two short documentaries by the North Devon based film maker The Polish Explorer, showing Hollerday Hill and some of the area around Lee Bay, Lynton

The Kingdom of the Planet of the Apes Fri 24th into June 8.00 p.m. daily

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.

Little Eggs: A Frozen Rescue (U) Fri 24th to Thur 30th 2.30 p.m. daily

When an orphaned Polar Bear cub escapes a travelling circus, Toto makes a promise to return him to its natural habitat. If only he knew that meant travelling to the South Pole! With the help of the Little Eggs team, they will have to overcome unimaginable dangers like freezing temperatures.

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

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.)

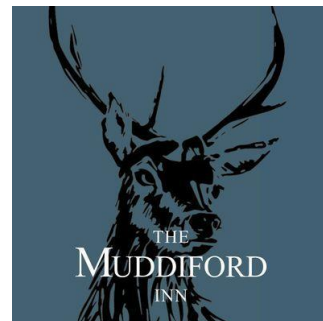
For any more information, check the website, Facebook page or ring 01271 850055.

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.