

THE FARRINGDON FLYER



JULY 2024

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FARRINGDON RINGMASTER and FACEBOOK

For those of you not aware who have computers, the ringmaster is a way of informing residents of important events. To be added to the circulation list please send an email to Nigel Dutt at the following address : farringdon.ringmaster@hotmail.com

There is also a **Farringdon Parish** Facebook group for Parish Residents The Flyer will be posted on the Facebook Group page and website fra.chessck.co.uk

WOULD YOU LIKE TO ADVERTISE YOUR BUSINESS HERE?

GET IN TOUCH WITH US AT

thefarringdonflyer@gmail.com

Welcome to the July 2024 Flyer

Welcome to the July Flyer. I know that we can purchase strawberries a lot of the time nowadays but traditionally this has been the time to have them, especially with Wimbledon approaching.

Thomas Wolsey, who was King Henry VIII's right-hand man, first served strawberries & cream as a simple banquet dessert in 1509. It was a quick recipe as the ingredients were easy to find and the steps were straight-forward.

As well as delivering printed copies of the Flyer, I will continue to email copies to those who have requested them and the online version will continue to be published on the village facebook page and web site.. If you would like a copy or know of a neighbour in the same position please let me know, at thefarringdonflyer@gmail.com or 01395 232459

Contributions to the Flyer would be appreciated by the **18th of the Month** please.

Coffee Morning



MONTHLY COFFEE MORNING

**Do join us for coffee and cake in the Village Hall
on Saturday July 6th between 10-30am and 12 noon**

Any contributions will go to The Church Roof Fund

JULY GARDENING TIPS:



- At the risk of sounding like a stuck record, continue to sow salad crops such as lettuce for continual harvesting.
- Keep birdbaths clean & topped up. Place a stone in the middle for the little birds to perch on if they cant walk in from the edge.
- Likewise, keep ponds topped up if water levels drop, collected rainwater is ideal for this.
- Cut down & thin out bearded iris once they've flowered: cut each fan down to about 6 inches.
- Prune early summer flowering shrubs, such as Weigela & Philadelphus once they have flowered. Prune the oldest woody stems back to ground level, prune newer stems less. You can be quite brutal with Weigela if they are becoming too big or unruly.
- Pick sweet peas regularly for continuous flowering & feed them weekly with tomato food or a general feed.

SUMMARY OF FARRINGDON PARISH COUNCIL ANNUAL PARISH MEETING

Held on Thursday 30 May 2024 7.30pm at Farringdon Village Hall (This will be followed by the Annual PC meeting and Farringdon PC meeting) The purpose of calling an Annual Parish meeting is so that the Council can explain what it has been doing over the last year and it enables the electors to have their say on anything which they consider is important to the people of Farringdon parish. An elector may also make suggestions and comment on anything pertinent to the people of Farringdon. This will be welcomed and is the whole purpose of the meeting.

1. Chair opens meeting- Chair J Hutchings opened meeting at 7.30pm

2. Attendees : Chair J Hutchings, Parish Cllr. B Pearce, Parish Cllr. J Bird, Parish Cllr J Chanot , Parish Cllr A Fletcher. District Cllr. P Faithfull (prospective parliamentary candidate), several members of the public present.

3. Apologies of absence none

The Chair invited the public to participate but no members of the public were forthcoming. The Annual Parish Meeting was closed at 7.40pm.

SUMMARY OF FARRINGDON PARISH COUNCIL ANNUAL PARISH COUNCIL MEETING

Thursday 30 May 2024 at Farringdon Village Hall (followed on after Annual Parish Meeting)

Chair J Hutchings opened meeting at 7.40 pm attendees as before. Chair J Hutchings, , Parish Cllr. B Pearce, Parish Cllr. J Bird, Parish Cllr J Chanot, , Parish Cllr A Fletcher. , District Cllr. P Faithfull (prospective parliamentary candidate), several members of the public present.

- 1. Election of Chair** Cllr. J Chanot proposed Cllr J Hutchings as Chair and Cllr J Bird seconded the motion. Motion carried unanimously
- 2. Election of Vice Chair** Cllr J Bird nominated Cllr J Chanot as Vice Chair and Cllr B Pearce seconded the motion. Motion carried unanimously
 - Election of representatives to committees (Airport/Crealy/HB).**
 - Airport Committee – Cllr A Fletcher
 - Crealy Liason Meeting- Cllr A Fletcher
 - Hill Barton Liason Meeting- Vice Chair J Chanot
 - Bishops Clyst Traffic Group – Cllr. B PearceAll representatives unanimously approved by the PC.
- 3. Report from Chair-** Chair J Hutchings read out his Annual Report. He advised that during the year the parish council had lost two longstanding parish councillors. Cllr N Hodges and Cllr A Hill. The Chair gave a note of thanks to the two new councillors Cllr J Bird and Cllr A Fletcher for joining Farringdon Parish Council in their place. The condition of the roads in Farringdon continue to be a concern. Spain Lane has just been repaired

- after a concerted effort to persuade Highways to accelerate the repairs. Pot holes are a continual problem, as they are for every parish. Even our clerk on her way to a recent meeting hit a large pothole which shows these are a major problem. The A3052 restriction on the speed limit to 40mph to the Cat and Fiddle was welcomed. However, despite the request of the parish council it was disappointing it went no further to include Farringdon. The PC still hopes that an extension of the speed restriction through planning applications, might in due course be enacted and we will continue to lobby for this when we can. There are still far too many Road Traffic Collisions on the A3052 with serious injuries due to speeding.
- 5. Village Hall Report** Chair J H read out Farringdon Village Hall Report submitted by D Cowler.

“ Farringdon Village Hall Report to Annual Parish Meeting 30th May 2024. The hall finances remain in a healthy state, still due to the Covid grant received in 2020. The account has gone down from £8746 reported last year to £4606 at present due to the work that has taken place over the last 12 months. I would like to thank Jerry Bird for organising this work which has been carried out to high standard by local resident Stephen Fricker. This has so far involved repair work and decoration to the two visible faces of the hall and repairs to the library/storage shed. Replastering and painting will be carried out on the other two faces during the summer. The hall continues to be hired regularly by several organisations , including this year now 2 elections. The hall AGM will be held this year on Monday 10th June at 7.30pm and has been advertised in the June Farringdon Flyer. David Cowler Chairman Management Committee “

Chair closed Annual Parish Council Meeting at 8.05pm

SUMMARY OF FARRINGDON PARISH COUNCIL MEETING Thursday 30 May 2024 at Farringdon Village Hall (followed on after Annual Parish Council Meeting)

Chair J. Hutchings opened meeting at 8.05pm

- 1. Attendees** Chair J Hutchings, Vice Chair J Chanot, Parish Cllr. B Pearce, Parish Cllr. J Bird, Parish Cllr J Chanot, , Parish Cllr A Fletcher. , District Cllr. P Faithfull (prospective parliamentary candidate), several members of the public present.
- 2. Apologies of absence** none
- 3. Declarations of interest in items on the Agenda** none
- 4. Questions from the Public** (not minuted)
- 5. PC to approve the minutes of the PC meeting 23/04/2024** PC unanimously approved minutes of PC meeting 23/04/24 .Chair J Hutchings signed off.
- 6. Reports** none

7. Planning –

a) (Late Planning Application to Agenda) 24/1051/FUL Proposal: Construction of a synchronous gas powered standby of a generation facility and associated infrastructure. Location: Unit 10 Mushroom road, Hill Barton Business Park, Clyst St Mary. The PC agreed more time and information was needed on this and that it should be discussed fully at next PC meeting in June. Clerk to contact EDDC for target date and extension of time

b) Update on Local Plan Consultation Clerk advised EDDC consultation closes on Sunday 27 June 2024. The PC agreed to formulate a response and finalise submission prior to this date . At next PC meeting. 18 June

c) Any other planning matters Clerk advised that the Illegal Lorry Park hearing had been set for 30 July 2024. PC agreed that Vice Chair J Chanot will represent the PC

8. Parish Council Matters

a. Parishioner Concerns

- Although the PC was pleased that Spain Lane had been repaired by Highways so quickly

PC raised concerns as to with such heavy vehicle use the deterioration would continue unless an alternative route was found to access the Lagoon etc.
- Residents advised that they have reported fly tipping on Spain Lane for the second time this year to EDDC.

- On the positive side Residents also report the monitoring of smells by Deepmoor/Coastal

Organics is helping contain the odour issues. Whomever from FPC is attending the next

HB liason meeting, if this could please be mentioned that their efforts are much

appreciated.

b. Any other Parish Council Matters

-Chair advised that he had contacted a local business for a quote to clean the bus

shelters. Clerk had contacted Clear Channel .

9. Any other business none

10. Items at Chairman's discretion none

11. Confirmation of next PC meeting PC confirmed next meeting as Tuesday 18 June 2024 7.30pm

Chair closed meeting at 8.40pm
Parish Clerk

Summary of Parish Council Meeting held 18/06/24 Tuesday 7.30pm
Farringdon Village Hall (Note these are NOT approved minutes)
Full PC minutes once approved will be available on the PC page of the village website: fra.chessck.co.uk

Chair J H opened meeting at 7.30pm

1. Attendees Chair J Hutchings, , Cllr J Chanot Cllr. B Pearce, Cllr J Bird, Clerk Mrs A Sayers, District Cllr E Rylance several members of the public

2. Apologies of absence , District Cllr P Fernley, Cty Cllr S Randall- Johnson

3. Declarations of interest in items on the Agenda none

4. Questions from the Public - (max time 15mins not minuted)

5. To confirm the Minutes of the Annual Parish Meeting, The Annual Parish Council Meeting, Farringdon Parish Council Meeting all held on 30/05/2024

Unanimous approval. Chair signed off

6. Reports none

7. Planning –

a) Planning Application 24/1051/FUL Proposal: Construction of a synchronous gas powered standby generation facility and associated infrastructure. Location: Unit 10 Mushroom road, Hill Barton Business Park, Clyst St Mary

PC raised several queries and concerns, these included:- query associated noise/emissions/particulates/culmulative noise/ the need for this/does this go back to the grid/ who controls the turning on etc Clerk to liase with councillors and send full response raising these concerns

b) Update on Local Plan Consultation – Local Plan Consultation closes on 27 June 2024. PC submission via commonplace. Clerk to check with PC and submit PC response

c) Any other planning matters Illegal Lorry Park hearing confirmed 30 July . Vice Chair J Chanot attending on behalf of FPC..

Cllr J Bird discussed with the PC sending all prospective parliamentary candidates a letter outlining proposals in Local Plan for Farringdon and asking each for their response. PC agreed -Cllr JB to liase with clerk to send out.

8. Parish Council Matters

a. Parishioner Concerns Highways to be contacted re signs not collected from work done at Spain Lane.

Mirror needed at junction with Garden Cottage wall & B3184 –clerk to action Clerk advised that Helen Selby had now left Highways and that a note of thanks to Helen on behalf of the FPC had been sent to her.

b. Any other Parish Council Matters- Chair advised that a quotation had been submitted from a small local window cleaning company , for quarterly cleaning of the bus shelters at £60 a clean. This is substantially cheaper than other quotes. PC unanimously agreed to proceed with this. Clerk to action. PC requested Chair contact new BT box owner to come and collect.- Chair JH to action

9. Finance

a. HSBC bank statement and receipts received & payments made– PC to review and approve (sheet no 428) PC reviewed and approved

b. Payments to be made against invoices received- clerk advised that online payment had been made to S Fricker for work implementing new replacement signpost. The PC thanked Cllr B Pearce & Cllr J Bird for their work and effort in organizing and implementing this. The sign is in its original place and the PC agreed it looks very good.

c. Annual Return i) Section 1- PC approved Chair signed off
ii) Section 2 PC approved Chair signed off
iii) Section 3- PC approved Chair signed off

d. Financial Regulations - PC approved Chair signed off

e. Risk Management - PC approved Chair signed off

10. Any other business none

11. Items at Chairman's discretion none

12. Confirmation of next PC meeting PC agreed 16 July 2024
Chair JH closed meeting at 8.40pm

POTHoles, ROAD OBSTRUCTIONS AND ANY OTHER MATTERS RELATING TO ROAD CONDITIONS.

Please do not contact the Parish Clerk regarding the above. The correct contact number is Devon Highways on

<https://www.devon.gov.uk/roadsandtransport/report-a-problem/>

Tel 0345 155 1004

Roads and transport | Devon County Council

REPORTING NOISE, BAD SMELLS AND ODOURS

If you are concerned about noise, or a bad smell or odour you should contact both the Environment Agency and the EDDC Environmental Health (who have a 24 hour reporting service)
Environment Agency Hotline 0800807060
EDDC Environmental Health – During working hours 01395517457
_ During out of hours 01395 516854

Please call at the time you are experiencing this

In addition ics@environment-agency.gov.uk

- 1) name, address, or post code or phone contact#
- 2) where suspected noise or smell is coming from
- 3) when noise or smell first noticed
- 4) rate noise or smell 1 (low) - 6 (high)
- 5) weather conditions (if known)
- 6) if residence, can you smell odour or hear the noise from inside the house with windows opened, with Windows closed.

The following operators have agreed their details can be published in The Flyer so that any issues that parishioners can be raised direct as well as reported to EA/EDDC etc.

Farringdon Parish Councillor Jane Chanot is the PC Representative on the Hill Barton Liason Committee. Her mobile number is 07783 004688 parishioners may contact her with any concerns

Operator Contact Details:

Coastal Organics (Deep Moor LF Ltd) - reports@coastaluk.co.uk;

• Glyn Brooke (Brooke Energy) - Office: 01823 242555 & Mobile: 07971280360;

• Jack Stuart (EMS) – 07814 731526;

• Tom Stuart (Wash Plant) – 07811 190710;

• Troy Stuart – 07976 700555;

Tarmac - Weekday telephone number 01395 232739 - Evening/ Weekend number 07483 955871 (Plant normal operating hours are Monday to Friday 0530 – 1500)

WHAT TO DO IN THE EVENT OF A FLOOD

In the event of a flood, there are many authorities available to help. Below outlines who should be contacted for the various types of flooding incidents and emergencies that occur. The local authorities rely on information reported to them to inform any investigations and prioritization of investment. If it is an emergency and there is danger to life as a result of flooding, you should not hesitate to call 999

To report flooding of the highway and blocked drains contact Devon County Council's Highway Customer Service Centre on 0345 155 1004 or visit the Roads and Transport webpage. Office hours are Monday to Friday 8am – 8pm and Saturdays 9am – 1pm. For emergencies outside of these hours call 01392 383329

For any flooding on major trunk roads (the M5, A30, A38, A35 and A303) contact the Highways Agency on 0300 123 5000 (24 hour service)

To report flooding from sewers and water pipes contact South West Water on 0344 346 2020 (24 hour service)

For enquiries about flood warnings contact the Environment Agency's Floodline on 0345 988 1188 (24 hour service)

For general enquiries about Main River or flooding from the sea contact the Environment Agency on 03708 506 506

For all other flooding enquiries contact the Devon County Council Flood Risk Management Team on 0345 155 1015 or email floodrisk@devon.gov.uk

Preparing for a flood

Please refer to Devon County Council and Environment Agency web pages for advice on what to do before, during and after a flood. In the first instance of flooding and sandbag requests contact your local District or Parish Council to be directed to any local sandbag supplies that may be available.

Sign up to flood warnings: <https://www.gov.uk/sign-up-for-flood-warnings>

Flood Alert: Flooding is possible. Be prepared.

Flood Warning: Flooding is expected. Immediate action required.

Severe Flood Warning: Severe flooding. Danger to life

Warnings no longer in force: No further flooding is currently expected

July Church Services in the White Cross Mission Community

Sunday July 7 th			
9.30am	Woodbury Salterton	Holy Communion	Rev Karen Spray
9.30am	Clyst St Mary	Family Service	Rev Stuart Huntley
11.15am	Aylesbeare	Holy Communion	Rev Sid Humphries
11.15	Woodbury	Holy Communion	Rev Margaret Scrivener
6.00pm	Exton	Evening Worship	Rev Roz Harrison
Sunday July 14 th			
9.30am	Exton	Holy Communion	Rev Tony Raven
9.30am	Clyst St George	Breakfast Family Service	TBA
11.15am	Farringdon	Holy Communion	Rev Margaret Scrivener
11.15am	Woodbury	Holy Communion	Rev Sid
Sunday July 21 st			
9.30am	Clyst St Mary	Holy Communion	Rev Karen Spray
9.30am	Woodbury Salterton	Breakfast Family Service	Rev Stuart Huntley
9.30am-11.00am	Aylesbeare	Family warm space	Lay Led
6.30pm	Woodbury	Evensong	Lay Led
Sunday July 28 th			
9.30am	Farringdon	Morning Worship	Rev Chris Cant
10.30	Woodbury	Family Service	Lay Led
11.15	Clyst St George	Holy Communion and Baptism	Rev Tony Raven

WELCOME

We are delighted to welcome Rev Lewis Eden and his wife Catherine to our Mission Community as our new full time vicar.

Rev Lewis's licencing service will be held at Woodbury on Monday 23rd September at 7.30pm. Everyone is invited.

His first service will be Holy Communion at Clyst St George on Sunday 29th September followed by a shared lunch.



Hello from Lewis and Catherine Eden

We are both excited to be moving to the Vicarage in Woodbury in September and for Lewis to be taking up the role of Vicar of the White Cross Mission Community. It won't be long until we arrive in the mission community and can start getting to know all of you, to help you get to know us a little bit here is a little bit about us.

A little bit about Lewis.

I'm from Aberdeen and lived in Aberdeen until I moved to Salcombe in 2016. It was here that I started exploring becoming a priest. I moved to

Durham in 2018 to train for ministry before moving to Crediton to serve as Curate within the Crediton Benefice Mission Community in 2021.

Before I moved to Salcombe, I studied Forensic and Analytical Science at Robert Gordon University, and I was hoping to become a scientist in the water industry. However, various events happened, and I needed a break from education, so I moved to Salcombe, following an invite from my Godparents who live there to join the church internship scheme they were setting up.

A little bit about Catherine.

I've lived in Devon all my life and thoroughly enjoyed living in the countryside on my family's farm, 5 miles outside of Crediton. I am a country girl at heart and love spending time looking after my herd of Pygmy Goats, regularly showing them at shows around the county.

As well as being a country girl, I am a musician. I began singing in church choirs as a teenager and I am looking forward to singing with the choirs in the Mission Community. As well as a singer, I am a trained flautist, pianist and organist. I studied Musical Performance at the University of Chichester Conservatoire between 2018 and 2022. In Chichester, I spent 4 years honing my skills on the flute, regularly playing in orchestras and at different events.

Since returning to Devon I have played in various orchestras, the church band in Crediton and the organ for my local church in Stockleigh English.

A little bit about us.

We met after Catherine returned from university in July 2022 and started singing again in the church choir in Crediton. We started going out soon after that. We got engaged a few months later while out hiking in the Cairngorms during the midst of a typical autumnal day.

We got married in April 2024 and like spending time on the farm and going out for adventures on the moors and along the coast, whether on foot or by bike. We can't wait to join you and see where God will lead all of us.

See you in September.

Lewis and Catherine

Any baptisms, marriages, funeral services or hospital visits may be arranged by contacting

**the Church Admin Officer Jill Dupain dupain@hotmail.co.uk or
the Church Warden Dawn Cowler on 01395 232249**

Zoom Services in the White Cross Mission Community

Morning Prayer Mondays, Wednesdays and Fridays @ 9.30

Please email Jill at Dupain@hotmail.co.uk for the zoom address (It is the usual Jacque zoom address for those who have been on zoom before)

YOUR CHURCHYARD NEEDS YOU

If anyone could spend an hour or so to help out with the maintenance of the churchyard, this would be most appreciated.

This could be mowing, strimming or keeping the graves and hedges tidy.

If you could spare a little time to help please contact David on 01395 232459

TO ALL RESIDENTS OF FARRINGDON

**Please note there is no requirement to be a member of the
Church congregation**

**DO YOU NEED ASSISTANCE WITH THE COST OF YOUR CHILD'S
EDUCATION?**

**ARE YOU STRUGGLING WITH UNIVERSITY FEES, THE COST OF
SCHOOL TRIPS, MUSICAL TUITION etc?**

If so, the church may be able to help you. There is a charitable trust called the Challice Educational Foundation which is able to offer financial assistance to any children under the age of 25 years of age who live in Farringdon.

If you think we may be able to help, do telephone me for a chat to discuss your needs. Dawn – 01395 232249



Celebrating 20 years of community arts in the village

Farringdon Society of Arts | www.fsadevon.chessck.co.uk

Janet Sawyer MBE BEM, FSA Director

Back in 2004, few people in Farringdon used email. Not everyone owned a mobile phone. I had neither.

When I first had the idea of setting up an arts society in Farringdon, I reached out to find all the talented folk in the village. In time, we formed a committee that would meet once-a-month in my dining room.

On that committee was Barnaby Edwards – an actor, writer, arts presenter, audiobook entrepreneur and so much more, the one person among us who had been on an arts society committee previously, and the designer of the FSA logo that we still use to this day; Alex Thompson, a fantastic cook and engineer, and a milliner with her own hat label, who was studying at the Chelsea College of Art; Alana Sayers, a talented textile artist who had studied at Camberwell College of Arts; Vivien Barnes, an architectural landscape designer, who ran her own business; and me, a former primary school teacher, who would go on to found LittlePod, right here in Farringdon.

Looking back now, 20 years later, I find it quite hard to believe that I managed to gather such a creative bunch of people from such a tiny village in East Devon!

Right from the beginning, the FSA had a professional air about it. We created our first poster, in black and white, and we reached out to others in the village and asked them to share their passions with us. We produced a programme of events, which we posted through every door in Farringdon. There were art talks and exhibitions, plays, concerts and other musical events. Once-a-month for five years, we hosted an acoustic café in the village hall. There were dinners and lots of one-off events, as well as classes in painting, dancing, felt-making and more. Once, we had an artist-in-residence for a year, and a children's artist-in-residence too. We even held our own two-day festival across the village.

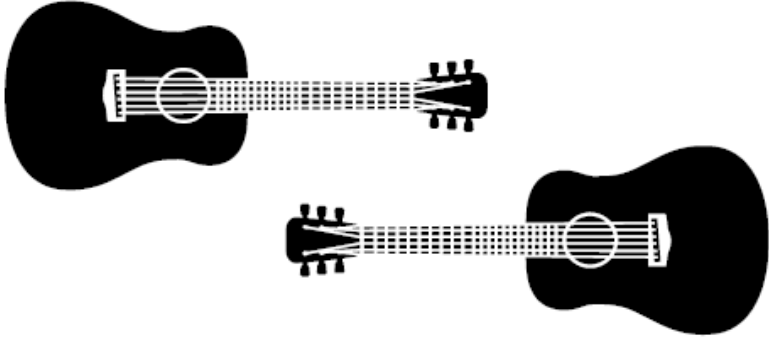
As someone said on the film that was produced to celebrate the FSA's second anniversary, 'There are things going on in Farringdon that you would go to London for!'

In 2010, Arts & Health South West commissioned an important report on arts in the community. The results were interesting, finding that in communities that had a cultural centre, people lived longer and experienced fewer mental health problems. The most astonishing thing about this finding was that these benefits applied to all – regardless of attendance or participation in events. The mere fact of the existence of the arts is enough.

I'm so pleased to announce that – as part of our 20th anniversary celebrations – a special exhibition that tells the story of the FSA will take place in the Village Hall between September 16th and 22nd. The FSA's artists (Allie Giles, Imogen Hallam and Dave Robinson) will showcase their work at the Springs Gallery (at the Village Hall) during this time, which will coincide with the return of Devon Open Studios to Farringdon. Furthermore, I have reached out to those who have performed and exhibited during the FSA's two decades and I'm delighted that many will return to the village to help us celebrate. We have a fantastic programme, with music from the prize-winning classical guitarist Tom McLauchlan, drama from Philip Kingslan John and the Four of Swords theatre group, an animated screening from filmmaker Daniel Loveday, and a talk from artist Sarah Gillard, who will be telling the story of her wonderful Liberty quilt. For one night only, our acoustic café will return – with our former resident pianist Simon Bastone preparing to perform the village with one of his groups once more. You can bring your own musical talent to share, on what promises to be a memorable evening. Our programme of events will come to a close on Sunday, September 22nd with a Tittle Tattle Teatime – an audience with the hilarious Sally Sedgman, an acclaimed after-dinner speaker and long-time FSA friend, with a sumptuous tea provided by Vivien Barnes, ably assisted by Sheila Ogilvie.

Like to get involved and help us to celebrate 20 years of community arts in Farringdon? Please visit the FSA's website – fsadevon.chessck.co.uk – to find out more.

Happy memories!
Janet



Classical Guitar with Tom McLauchlan

Tom McLauchlan is a prize-winning classical guitarist and graduate of the Royal College of Music. Performing as part of a series of events to celebrate 20 years of the Farringdon Society of Arts, Tom's recital will include works by JS Bach, Rodrigo and Piazzolla, as well as the popular Cavatina from The Deer Hunter. Tom has performed all over the world, establishing himself as one of the most dynamic and versatile guitarists of his generation. Tickets are £5 and are available in advance or on the door (space permitting). Proceeds will be donated to the village church roof fund. Please visit the FSA's website or telephone 01395 232022.

- **21st September 2024, 7:30pm**
- **St Petrock & St Barnabas Church, Farringdon, Exeter EX5 2HY**
- **Event organised by: The Farringdon Society of Arts**



<https://fsadevon.chessck.co.uk/>

Locals Day – Free Entry

Free entry for residents to A la Ronde, your local National Trust property, on Monday 15 July and Monday 16 September. Please bring proof of an EX-postcode.

Anyone with an EX-postcode will be welcome to A la Ronde to see first-hand the conservation work we have been doing over the last two years, and to enjoy our new exhibitions. We will be welcoming you from 10.30 with last entry to the house at 4.00. Free parking on site or easy access for walkers, cyclists or public transport users. Up to 4 free Bargain Books if travelling without a vehicle

We are easy to find in Summer Lane, Exmouth EX8 5BD.

<https://www.goodjourney.org.uk/a-la-ronde/>



www.nationaltrust.org.uk/alaronde

SEACHANGE

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East Budleigh Road, Budleigh Salterton, Devon, EX9 6HF

Looking to connect with others in a welcoming and friendly space? Join the SeaConnections Cafe, run by Seachange, a local charity.

Enjoy complimentary drinks and conversation in a relaxed setting. Feeling peckish? A delicious lunch menu is available to purchase from Launchpad, or feel free to bring your own refreshments. Transportation can be arranged for a subsidised rate, subject to availability. Simply book your spot a week in advance. There's no charge to attend, but donations are always gratefully received.

Monday's 11am – 1pm.





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EXETER FOODBANK

Would you like to support Exeter Foodbank and help those who are struggling to feed their families. If so, please drop in anything from the following priority list to the Church.

There is a collection box just inside the door. The Church is generally open between 9.30am and 6pm but if it should be locked please leave any items in the porch.

PRIORITY ITEMS

FRUIT SQUASH
 FRUIT JUICE
 TINNED MEAT
 TINNED POTATOES
 BISCUITS
 NOODLE SNACKS
 JAMS AND SPREADS
 CUSTARD
 SPONGE PUDDING
 COFFEE (100G)

HOUSEHOLD ITEMS (WASHING UP LIQUID, WASHING CAPSULES ETC)

see exeter.foodbank.org.uk/give-help/donate-food



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East Clyst, The Drive, Farringdon, EX5 2JD

walk 4 life

"Walk This Way" is an accredited scheme that was introduced in East Devon to encourage people of all ages, including those with health and mobility problems, and those recovering from illness to walk for their health.

The health walks are led by qualified volunteer walk leaders who have undergone the national 'Walking the Way to Health' training, as well as training in first aid and resuscitation. Health walks are available in your area on Tuesdays, Wednesdays and Saturdays. For more information please contact Andrew Dare on 01404 814317



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