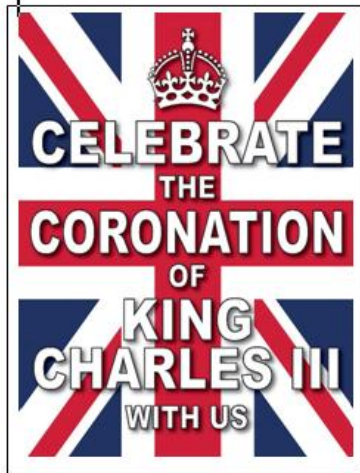


# THE FARRINGTON FLYER



## FARRINGTON VILLAGE HALL CORONATION TEA (FOC)

On

SUNDAY 7<sup>th</sup> MAY 2023      3 – 5 pm.

ALL WELCOME.

### ACTIVITIES FOR CHILDREN:

1. CROWN TREASURE HUNT
2. PIN THE CROWN ON THE KING
3. COLOURING COMPETITION

JOIN TOGETHER AS A VILLAGE TO CELEBRATE THE CORONATION &  
HAVE FUN. FOR ALL THE FAMILY.

(Supported by the Parish Council & Hall Committee)

## MAY 2023

**Dan  
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**ALL OCCASIONS SOUTHWEST**

WE ARE A LOCAL FLORIST WHO CAN CREATE ANY BESPOKE  
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BROOKLAND EVENTS LTD  
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OR CONTACT US ON: 07858 149999



## FARRINGTON 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 : [farrington.ringmaster@hotmail.com](mailto:farrington.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](http://fra.chessck.co.uk)

WOULD YOU LIKE TO ADVERTISE YOUR BUSINESS HERE?

GET IN TOUCH WITH US AT

[thefarringdonflyer@gmail.com](mailto:thefarringdonflyer@gmail.com)

## Welcome to the May 2023 Flyer

We continue to be grateful to Mantracourt Electronics Ltd of The Drive, Farringdon who are printing the magazine each month.

Contributions to the Flyer would be appreciated by **the 22<sup>nd</sup> of the Month** please

Please note the poster on the cover advertising the village event on the day after the coronation to celebrate this event.

This will be an opportunity for the village to get together so please come if you can.

Unfortunately there has been very sad news in the village with two longstanding residents passing away in April. Sincere condolences go out to both their families.

Barbara Pentreath passed away on Good Friday and Simon Bolt two weeks later. Both were very involved in village life for many years. Barbara's funeral was held on 28<sup>th</sup> April and the family tribute read by her son Nick follows on the next page.

**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



Tribute to Barbara Pentreath from her son Nick

Thank you all for travelling to join Diana and myself to celebrate our Mothers' life..She would be very humbled by the large number of you filling all the pews in her Church. But she would recognize you all and know your names and those of your children and grandchildren and maybe your dog as well !

Throughout her life Barbara kept in close contact with her family and friends, travelling often and via written correspondence, then emails and much enjoyed the active family Telegram group.

She wasn't infallible and once wrote to her sisters address using her brothers postcode – as they were both in the same county the clever Wiltshire postman figured it out correctly.

Born in July 1934 in the market town of Masham, Wensleydale the youngest of four having two older brothers and sister Rosamond. In the halcyon days before the outbreak of WW2 she enjoyed village life in a small Yorkshire market town and local village school. During hostilities the children moved out to a more remote family farm, with their very capable Aunt Daphne in charge along with her own somewhat younger family. After the war her older sister went off to school leaving Mum as the youngest one at home with both parents to herself; Her father was already 60 years old when Mum was born, and they enjoyed fishing in the River Ure and walking and bird watching together. A very special time for the two of them.

Mum went on join Rosamond at Queen Ethelburgas school in Ripon and according to her school certificate her best subjects were English, French and Art. She was now beginning to explore the wider world and came to London, and then, with a close friend Suzanne, onto Rome, where both young ladies took positions at FAO (UN).

On returning to London Mum secured work in the Fleet street offices of The Yorkshire Post; Here she met a young parliamentary reporter named Michael Pentreath. They soon became engaged and were married in December 1956 in snowy Yorkshire. Her father had died when she was only 19 and Older brother Dick walked her up the aisle. Petrol rationing was still in force and my future Grandfather Rev Guy Pentreath took the marriage service. They honeymooned in Ireland and set up home in Highgate North London; from where they embarked on regular Sunday trips on the Red London 27 Bus to the far end of the route where the tidal river Thames ends at Teddington Lock, and soon identified a new building development of modern span houses. They were able to secure Number 56 Manor Road and moved in and set up home in time for the arrival of me in Feb 1959. Other neighboring families were at similar stages and all the parents became great friends, with their respective children playing in each others gardens and local park. Diana joined us in February 1963 to complete our family.

Mum had immediately learned to sail and they kept a national 12 clinker built sailing dinghy on the river for some years. I have early memories of the Jib sail being deployed at home as a wigwam for toddlers .. We had many family sailing holidays on our grandparents yachts including memorable voyages on a steel built yacht named 'Brillig' to Holland and 'Seasalter III' up the river Seine to Paris. Mum was a proficient sailor and ran the ships routine and Galley. On longer passages overnight Mum and I would often be on watch together enjoying the starry night sky and dawn at sea; special moments. On some other trips we were both slow to get our sealegs and shared the lee-rail together . There were frequent trips across to the Channel Islands and adjacent coast of France particularly Brittany. In later years in their own boats they toured Ireland, Scotland and The Baltic sea including Poland and Sweden.

When Mum was in her late thirties she embarked upon an Open University degree course which involved huge numbers of books arriving at home and weird TV programmes showing at odd times of the day. She duly graduated with a BA Honours in humanities and social sciences; to support this Endeavour she also

returned to work at the Richmond office of Cruse – the widows charity; where She qualified and practiced as a bereavement counselor for many years.

She was the first in our family to be awarded a degree and when Diana was studying some years later in Yaounde, Cameroon Mum hopped on an aeroflot flight from London via Moscow, Odessa in Ukraine, Tripoli Libya to Douala, the main seaport of Cameroon to meet up together.

In addition to sailing and camping she and Dad flew to Australia twice and also South Africa where they followed in her Fathers footsteps from Boer war days.

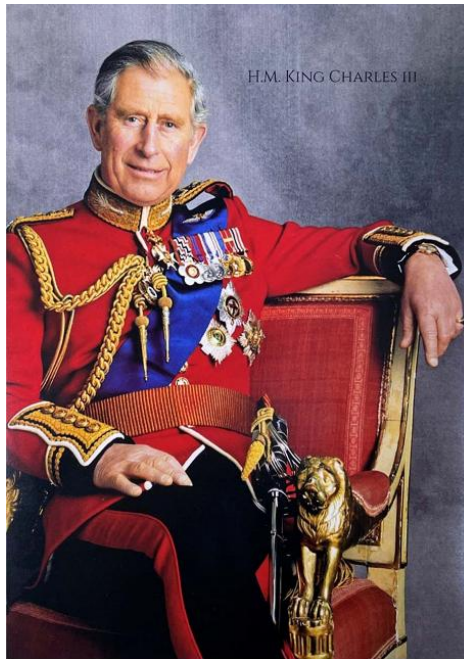
In 1988 having both retired they moved from Tedington directly to Farringdon, Denbow House and enjoyed making new friends, seeing more of family and very much enjoying west country life. Mum was able to grow a new garden from scratch which has flourished in her care; and much enjoyed by family and friends visiting for tea outside.

Their early years of retirement were much blessed by the arrival of five grandchildren which brought great joy to Denbow , especially when they were all onboard at once !

Mum had much planned for this year including a visit to Masham and was much looking forward to the coronation of King Charles 111.

Mum had a long and happy life always interested in and by everyone she met. Diana and I feel very fortunate to have been brought up by such a kind hearted and wise mother. Surely her light will shine on through all of her family and those who knew and loved her.





## CORONATION OF KING CHARLES III

There will be a celebration tea in the Village Hall on Sunday 7<sup>th</sup> May at 3-00pm to mark this historic event

ALL WELCOME.

ACTIVITIES FOR CHILDREN:

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(Supported by the Parish Council & Hall Committee)



## The Polish Memorial Event 24<sup>th</sup> March 2023 Farringdon Village Hall

Despite the problematic weather, the events of the day, both here in Farringdon and later at Higher Cemetery, were very moving. It was wonderful that so many people gathered to commemorate the 80<sup>th</sup> Anniversary of the sad and tragic loss of two Polish Airmen, Wing Commander Jan Michałowski and Flight Lieutenant Stanisław Bohdan Szkop, from the 307 (City of Lwów) Night-fighter Squadron based at RAF Exeter.

We were honoured to have the following guests attend - Michał Mrozek, Jan Michałowski's Grandson, and his wife Kamila from Warsaw, The Right Worshipful the Lord Mayor of Exeter, Councillor Yolanda Henson, Consul Tomasz Balcerowski of the Polish Embassy, Squadron Leader Mike Hasbrig-Hartley of RAF Brize Norton, The Chair of Devon County Council, Councillor Ian Hall and the Leader of East Devon District Council, Councillor Paul Arnott. Various representatives of the Anglo-Polish community and Anglo-Polish Organisations attended, some having travelled from Brighton, London and Southampton, as well others from as close to home, including residents of Polish Community at Ilford Park, Stover.

Also contributing to the ceremonial aspect, The Devon and Dorsets Standard Bearers, Peter Edwards the RBL Standard Bearer, Standard Bearer Marek Wierzbicki, Chairman of the Polish South Coast Charity Trust, Standard Bearer Tomasz J. Kaźmierski, Friends of Polish Veterans Association, Southampton, and Air Training Corps Cadet Corporal Jacob Pollard from 13 Squadron, Exeter, who bore the Standard of the Polish Airmen's Association, UK.

The British based reporter for Polish National Radio recorded the event, and by early afternoon it was news all over Poland. Farringdon is now firmly on the map in Poland it appears. Westcountry Television had their cameraman present, a short news item being broadcast later that day.

Two of the key Farringdon highlights was the unveiling of the memorial by Michał Mrozek, and the specially arranged low-level fly-past tribute by an RAF Airbus A400M Atlas transport aircraft from RAF Brize Norton, which was a total surprise for at least 90% of those gathered.

A mixed crew from LXX and 30 Squadrons, fittingly the second pilot, Flight Lieutenant Paul Kiczma, was of Polish ancestry which added to the occasion. The aircraft commander, Flight Lieutenant Mike Howell, later wrote to me saying:

*“.....it was a pleasure to be able to be there for you. It is days and occasions like yours that we remember in our careers as pilots.....”*

A huge thank you to everyone who attended the event; everyone who contributed towards it and everyone else for bearing with any disruption that it may have caused for those few hours. Very much appreciated.

Particular thanks must go to:

Alex at Home Farm for allowing use of the yard for extra car parking;

The Yard business owners for their patience and bearing with;

Dawn and David Cowler for their numerous contributions before, during and after, but especially for raising the Polish Flag during the ceremony;

The Reverend Bill Lemmey for his prayers and dedication of the memorial, and also for the special Sunday Service thereafter – wonderful;

Nick Pentreath for acting as ceremonial bugler;

Cameron and Daniel Stewart who crafted the oak memorial and set it in place; and

Royal Air Force Brize Norton, particularly the Atlas crew of ‘Griffon 477’, Flight Lieutenant Mike Howell, LXX Squadron, Flight Lieutenant Paul Kiczma, 30 Squadron, Sergeant James Rothwell, 30 Squadron and Flight Sergeant Dave Lennie of Atlas Operations Planning.



Finally, and not least, I have to paid tribute and give my thanks to my co-organisers and great friends from the 307 Squadron Project who enable much of the event to happen and who supported the original idea a year ago - Michael Parrot, Andrzej Michalski, Marcin Piorkowski and Robert Gretzyngier. The excellent photos and videos were taken by other great friends Paulina Majewska, Katarzyna Chrabaszcz and Chris Wiseman who also presented the history of RAF Exeter during the subsequent exhibition inside the Hall.

THANK YOU!

Jerry Bird

The photos and videos can be viewed via the 307 Squadron Project's Facebook page via this link:  
<https://www.facebook.com/307SquadronProject> .

**Saturday the 13th May, at 14.30**

I shall be giving a free talk / presentation all about the event of 21<sup>st</sup> March 1943 at the Village Hall. It'll last for approximately one hour, followed by any questions. It will go through a little background history of the Squadron, more details of who the two Airmen were, as well as what happened in those few minutes of flight from take-off to crash.

All welcome



## MONTHLY RECIPE - SAUSAGE & BEAN CASSEROLE

**This is a simple but tasty supper & could be done in a slow cooker instead if time is limited, it can also easily be altered to a veggie dish by replacing the sausages with extra varied beans.**

4 large potatoes  
8 sausages  
2tbsps olive oil  
1 onion, chopped  
1 garlic clove, crushed  
1 tsp paprika  
400g tin of chopped tomatoes  
400g of chickpeas, kidney beans or butter beans  
1 small pack of diced chorizo  
400mls vegetable stock

### Method:

Heat oven to 180°C/Gas 4.

Peel potatoes & cut them into quarters.

Peel carrots & cut them into chunks.

Heat oil in casserole dish, prick sausages with a fork & fry until golden all over, about 10 mins.

Remove sausages & add chopped onion, cook for about 5mins, until soft & golden. Add garlic & paprika & cook for a further minute.

Add chopped potatoes, carrots & chorizo & stir well so that everything is coated in oil.

Add tomatoes & stock & bring it to a simmer.

Return sausages to casserole & cook in the oven for about 45 mins.

Serve with crusty bread &/or veg, enjoy!

**Summary of Farringdon Parish Council Meeting 11/04/2023**  
**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](http://fra.chessck.co.uk)**

*Chair J H opened meeting at 7.30pm*

1. **Attendees** *Chair J Hutchings, , Cllr B Pearce , Cllr J Chanot Clerk Mrs A Sayers, two members of the public present*
2. **Apologies of absence** *, Vice Chair N Hodges Parish Cllr A Hill.*
3. **Declarations of interest in items on the Agenda** *none*
4. **Questions from the Public-** *(These are not minuted)*
5. **Reports** *Chair advised of report from Cty Cllr S Randall-Johnson which will be emailed round all PC.*
6. **Report from Chair** *none*
7. **To confirm the Minutes of the Farringdon Parish Council Meeting 14/03/2023**

*The PC confirmed the minutes and chair JH signed off.*

### **8. Planning –**

**a. 23/0481/FUL Proposal: new compound for HGV Training Course Land Opposite Greendale Business Park Woodbury Salterton Applicant: F W S Carter & Son** *The PC reviewed the application and unanimously agreed this application should be refused.*

**b. Update on Local Plan Process** *Cllr. J C advised that the NPPF ended on 2 March and that the new NPPF policy is due to come out in the spring. The draft Local Plan is on hold till the policy is out. The current Local Plan is still valid till 2031*

#### **c. Any other planning matters –**

*- Cllr JC and Cllr B P had spoken at the planning committee meeting discussing the 22/0686/MFUL (illegal lorry park application) 28 March. They advised that the application had been refused.*

**- 23/0717/FUL Proposal: Proposed bungalow on existing garden/residential use (C3)site Location: Land Adjacent Clyst Cottage Sidmouth Road Farringdon EX5 2JY Applicant : Mr T Nagy Unit 3 Manhattan Business Park West Gate Ealing London W5 1UP** *(late addition to be ratified at next PC meeting) The PC raised several concerns and unanimously objected to this application. :-The site has extremely awkward and dangerous access onto the A3052 This does not comply with the FPC NP policy Farr 5 or the NPPF or the Local Plan and should be refused*



- 23/0556/FUL Proposal: Change of use of land from agricultural use to storage (within Use Class B8) for the siting of up to 40 storage containers. Location Land North of Martin Gate Sidmouth Road Aylesbeare. Applicant: Mr M Glanvill c/o Agent Bell Cornwell, Mrs A Roberts, Regus Exeter Business Park, 1 Emperor Way Exeter EX1 3QS.

*(late addition to be ratified at next PC meeting) The FPC supported the comment submitted by Aylesbeare PC and unanimously objected to the application. The A3052 is a highly dangerous road with frequent serious accidents. There are already 3 industrial sites in our parish accessing the A3052. This road is the "Gateway to the Jurassic Coast" an important tourist route. The proposed site would be very visible and destroy the rural landscape and environs. This should be refused.*

## 9. Parish Council Matters

### a. Parishioner Concerns

- Clerk confirmed that to date no response had been received from the MOD re the possible munitions dump. PC requested contact be made once again- Clerk to action

- Residents once again reported persons unknown sleeping in lorry vehicle in layby. The lorry had been parked there for several days. Clerk confirmed that DCC Highways advised contacting police as there was little they could do. They affirmed a layby is for short stops only.

- Bright lights at Tarmac are causing concern to Farringdon residents. They appear stronger than before.

- Cllr J C advised that Mr K Chanot had volunteered to fix the Exeter sign section which is in disrepair at Woods Cross. PC agreed to pay for any materials needed and thanked Mr Chanot for undertaking the task...

**b. Proposed footpath project** - clerk advised that TG had responded, and advised that ownership of the land must be confirmed in order to proceed further. The current Public Right of Way is blocked and inaccessible. PC requested that TG is contacted to clear this. Clerk to ask TG how this can be cleared.

### c. Any other Parish Council Matters.

## 10. Matters Arising- - none

## 11. Items at Chairman's Discretion – none

**12. Confirmation of next PC meeting** next PC meeting 16 May. at 7-30pm This is to be the Annual Parish Meeting, The Annual Parish Council Meeting, Farringdon PC Meeting..

Parish Clerk

## 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](mailto: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)

Value	Intensity
0	No detectable odour
1	Very Faint odour - need to stand still, face the wind and inhale to detect
2	Faint odour
3	Distinct odour - detectable when walking & breathing normally
4	Strong odour
5	Very strong odour
6	Extremely strong odour

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.

Coastal Organics (Deep Moor LF Ltd) -  
[reports@coastaluk.co.uk](mailto:reports@coastaluk.co.uk); – 07803 024790

- 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](mailto: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

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

***the Church Admin Officer Jill Dupain [dupain@hotmail.co.uk](mailto:dupain@hotmail.co.uk) or the Church Warden Dawn Cowler on 01395 232249***

***for pastoral help please contact Revd Bill Lemmey***

***01395 232161 or [revbillwhitecross@gmail.com](mailto:revbillwhitecross@gmail.com)***

### **Zoom Services in the White Cross Mission Community**

#### **Morning Prayer**

Mondays, Wednesdays and Fridays @ 9.30

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

### **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 assistance to 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

### **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



## Church Services in the White Cross Mission Community for May

<b>Sunday May 7<sup>th</sup></b>		<b>Easter 5 Coronation</b>	
10.30am	Woodbury	Coronation Service	Rev Bill
11.15am	Aylesbeare	Family Service with teddy zip wire	Christine Grist
6.00pm	Exton	Evening Worship	Rev Bill
<b>Sunday May 14<sup>th</sup></b>		<b>Easter 6 Rogation Sunday</b>	
9.30am	Exton	Holy Communion	Rev Peter
9.30am	Clyst St George	Family Service	Rev Bill
<b>11.15am</b>	<b>Farringdon</b>	<b>Holy Communion, and Short Walk</b>	<b>Rev Bill</b>
11.15am	Woodbury	Holy Communion	Rev Tony Raven
<b>Sunday May 21<sup>st</sup></b>		<b>Easter 7</b>	
9.30am	CSM	Holy Communion	Rev Bill
9.30am	WST	Breakfast Family Service	TBA
9.30am	Exton	Morning Worship	Lay Led
11.15am	Aylesbeare	Family Rogation Service	Rev Bill
6.30pm	Woodbury	Evensong	Christine Grist
<b>Sunday May 28<sup>th</sup></b>		<b>Pentecost</b>	
<b>9.30</b>	<b>Farringdon</b>	<b>Morning Worship</b>	<b>Carolyn Keep</b>
10.30	Woodbury	Café Church	Lay Led
11.15	Clyst St George	Holy Communion	Rev Bill



## ANNUAL PAROCHIAL CHURCH MEETING

The Church of St Petrock and St Barnabas Farringdon

Rearranged date

**Monday 15<sup>th</sup> May at 2-30pm**

(in the Church)

ELECTION OF CHURCH OFFICIALS, TO RECEIVE  
ANNUAL REPORT, ACCOUNTS AND REPORT ON  
CHURCH ACTIVITIES

An opportunity to share an interest in your Parish Church, to  
ensure that it is still there when you need it.

***All are welcome***

## Memories of Barbara

Little did we know when Barbara and Michael moved in to Denbow House, how much of an asset they would become to the village of Farringdon.

They quickly became involved in Village life, taking a genuine interest in everything and everybody.

Barbara in particular became very involved with the Village Hall and the Church, becoming acquainted with the many vicars as they came and went.

She was Church Secretary for many, many years, and kept us on our toes, reminding us of things to sign and yearly forms to fill out!

She was an asset to the Church, and her warm kind personality extended out into the village.

She took an interest in other people's lives, and had an amazing way of making everyone feel important and loved, remembering their hobbies and interests, their children and grandchildren.

Barbara was a warm, caring person, who had an amazing love for her family and friends. This I feel is what we will miss so much – her smile, and her love. She had qualities that are hard to find in today's hustle and bustle

Barbara will be greatly missed.

Dawn

## 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](https://www.exeter.foodbank.org.uk/give-help/donate-food)



### ARC Animal Rescue Centre

Charity No 278696

Chineway Road,  
Ottery St Mary EX11 1PL

We are a small local animal charity who have been taking in and re-homing dogs for 50 years.

If we can be of any help please visit our website at [www.arcrescue.co.uk](http://www.arcrescue.co.uk), or contact us by email at [arcrescue@gmail.com](mailto:arcrescue@gmail.com), or telephone 01404 81 5487.

Crystal Scott  
Center Manager

AF VW camper hire  
Farringdon, Devon,  
EX5 2HY

Tel: 07952 230199  
email: [angela@afvwcamper.co.uk](mailto:angela@afvwcamper.co.uk)  
[www.afvwcamper.co.uk](http://www.afvwcamper.co.uk)



near Crealy,  
Westpoint &  
Exeter airport



### Discounted rates

Living or working in Devon and the Southwest ?

We offer the following discounts off the price listed on our website  
(subject to acceptable proof of being Devon/SW based):

**Dec-Feb 20% off listed price**  
**Mar-May 15% off listed price**  
**Jun-Nov 10% off listed price**

**Supporting businesses and the local community in  
Devon and the South West**



Exquisite Treatments and Products

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### TALK TO US

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[jane@enyajspa.com](mailto:jane@enyajspa.com)

[www.enyajspa.com](http://www.enyajspa.com)

See our website for a full list of treatments and our online shop



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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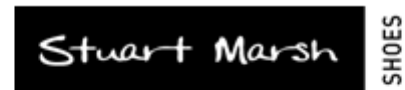
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