

East Down and Arlington Newsletter



2025



Celebration of James Stout - Saturday 5th April 2025

The family will be holding a celebration of James following his passing on the 22nd February.

The 5th April would have been his birthday so Patricia and family are having a gathering at East Down Village Hall on the 5th April between 12 noon and 4.00 p.m.

There will be food and refreshments and the family hope that local people they have known for the 37 years they have lived and worked in the East Down and Arlington parishes will pop in and join them.

Event : Celebration of James Stout

Date : Saturday 5th April

Time : 12.00 noon to 4.00 p.m.

Venue : East Down Village Hall

RSVP Contact : Patricia Stout 07977 601219.



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

East Down with Arlington Church

East Down church was nearly full for the Mothering Sunday Service which made it so much more enjoyable.

Thank you to Rosie and Katie for such a lovely worded service and to Liz, Alison and Sally for making such pretty posies to give out during the service. Also, many thanks to Sophie and her daughters for providing such lovely refreshments especially the little cakes which were hard to ignore! and to Liz and Sally for making the teas/coffee.

Thank you to everyone who came. Our next service will be on July 6th followed by a picnic on the East Down Manor lawns.

Julie Kift

March Coffee Morning



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

This month's coffee morning was hosted by first timers, Keith and Gaynor. They took to it like ducks to water and a very appreciative group of happy punters enjoyed a continuous flow of drinks.

The next coffee morning will be Thursday 3rd April at 10.30 a.m.

Why not come along and enjoy a morning of coffee, cake and friendly chat.

If you haven't been before, just bring a plate of something sweet or savoury to share, all drinks supplied.

All we ask is a small donation towards the upkeep of the Village Hall. "Last orders" are usually called between 12.00 noon and 12.30 p.m.

Easter Bingo



East Down Village Hall

Thursday 10th April

Doors open 6.30 p.m. Eyes down 7.00 p.m.

Adults £5.00 a book, children £3.00 a book.

Raffle (all donations gratefully received)

Tea, coffee, squash and cake included or for those so inclined, bring your own tittle.

Booking essential. Contact Wendy 07947 656735 or 01271 850548

March 100 Club Draw

Last month's winner of the 100 club was Margaret Done. A stewards enquiry took place following this month's coffee morning host, Keith, pulling out his own number for the runners up spot. Following a lengthy VAR review, the award stood. Congratulations both.

As ever we are always on the look-out for new members so if you fancy taking part, please contact Rod Crossman 850704 rodcrossman@hotmail.co.uk or Ray Thomas 850464 for more information on joining the draw.



VE Day

80th Anniversary



East Down Village Hall

Monday 5th May 2025

11.30 a.m. to 4.30 p.m.



Ploughman's lunch served from 12 noon til 2.00 p.m. followed by dessert.

£8.00 per adult, £3.00 per child.



Tea, coffee, squash or bring your own drinks.



Raffle (Donations very welcome).

Booking essential.



Fancy dress optional.

Please contact Wendy Down

07947 656735 or Sally Corfield 889051

Games for children if parents are willing to help supervise.

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.

East Down First Aid Training

We have now held two First Aid Training sessions at the Village Hall. The events were arranged by the Village Hall committee and funded by Sweetings Charity; making them free to attend and were well attended with 23 people taking part.

Chaz, from First Aid at Hand, provided instruction on how to use the defibrillator and first responder kit; dealing with choking, bleeding, burns and scolds. Her delivery was very down to earth, light hearted and effective.

Attendees commented that “Chaz was very knowledgeable and helpful” and “Chaz was a great trainer and really helped to reinforce the training that we received several years ago”, “a really good and informative session, I really enjoyed it”.



Both sessions were full of useful information, giving confidence and reassurance to enable local residents to deal with an emergency, something everyone hopes they will never need to use but may, one day, need to.

Another session is being planned for April and there are people already signed up to attend. If you are interested in joining this session, please contact Rod Crossman, a Hall trustee, 07866 825314 or rod rossman@hotmail.co.uk.



A big thank you to all those who attended the training. Events like these contribute to maintenance of the Hall and sustain its upkeep. Your continued support and attendance are both essential and much appreciated.

Village Hall April Diary

Coffee morning	Thursday 3 rd	10.30 a.m.
Celebration of James Stout	Saturday 5 th	noon
Easter Bingo	Thursday 10 th	7.00 p.m.
VH Library	Thursday 17 th	10.15 a.m.
Private Function	Saturday 19 th	
Parish Council	Monday 21 st	7.00 p.m.
Table Tennis	Tuesdays	7.00 p.m.
Art/craft group	Wednesdays	10.00 a.m.

If you would like to hire the Village Hall, **Please contact Ray Thomas for bookings on 850464.**

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

East Down Library Service



The next library morning will be held in the Hall at 10.15 a.m. on Thursday 17th April. It is a great chance to browse our selection of books and DVD's whilst enjoying a slice of cake and a cuppa.

If you would like to order material from Barnstaple Library, don't forget to bring your library card so that we can order on line.

There will be a nominal charge of £1 to cover the use of the hall and refreshments.

Please remember that you can borrow fiction books from the library outside of library morning opening, as the porch is accessible 24 hours a day every day.

Muddiford Grass Keep

There are up to 20 acres (including 3.5 acre meadow) of grass keep available in Muddiford. For more information, please contact Amanda on 07737703662.

Arlington Court

Guided Wider Estate Walk

Tue 1st and Sat 5th 11.00 a.m. to 12.30.

Join one of our knowledgeable walk leaders for a walk across the estate (approx.. 3 miles) exploring life on the estate as winter fades and spring energy returns.

Learn more about spring symbolism through the centuries and across the British Isles.

Please wear sensible footwear and suitable clothing as well as water/refreshments. Look out for our walking guides in red at the meeting point near the tearoom.

Dogs on leads welcome, this event is free.

Easter Adventures at Arlington Court - 10.00 a.m. to 4.00 p.m. from the 3rd April

Pick your trail from Visitors reception and journey around the grounds to discover this egg-citing trail. Are you team Easter Bunny or Team Chocolate Egg ? Choose your side and face off with friends or family at 10 fun activity points.

Try your hand at Welly wanging, hula hoop, hopping, egg spotting or scrambled egg sling shotting. Don't forget to keep score, we are keeping tally.

The trail costs £3.50 per child, including a trail map, bunny ears or egg-cellent badge, a take home activity sheet, and a chocolate egg or free from alternative.

[See website for other events.](#)

Marwood Gardens

Open fully again from the 5th March, Wednesday to Sunday 10.00 to 4.30 p.m.

[See website for more information.](#)

Free Talk on Exmoor Ponies - Lynmouth Pavilion - Tue 8th April 2.00 p.m. to 4.00 p.m.

Pyne Arms

The Pyne have made the finals for the “muddy stilettos” awards for 2025.

Absolutely overwhelmed by the support of everyone. Please could you spare a moment to vote for the pub in the “Best destination pub” category for Devon. We cannot thank you enough, go

to devon.muddystilettos.co.uk/awards/vote.

Thank you,



Lynton

Shanty Songs at the Ancient Mariner -
Thur 3rd April 8.00 to 10.00 p.m.



Spring Quiz Night @ The Cottage Inn
Lynbridge - Sat 5th 8.00 p.m. to 10.00 p.m.



MURDER AT THE MUDDI

MENU

HUGO APERITIF ON ARRIVAL

(non-alcoholic version available)

TO START:

Prawn and Smoked Salmon Cocktail with Crusty Roll (GF on request)

OR

Spicy Sausage and Mozzarella Arancini on a Rich Tomato Sauce

OR

Tomato and Onion Bruschetta, Mixed Leaves & Balsamic (VG)(GF on request)

MAIN:

Traditional Beef Bourguignon (GF)

OR

Chicken, Ham Hock & Leek Pie

OR

Rich Chestnut Mushroom Bourguignon (GF) (V)(VG on request)

All served with Mash Potato & Roasted Rainbow Carrots and Tenderstem in a
Lemon Butter with a pinenut and Sourdough Crumb

TO FINISH:

Black Forest Trifle (GF)

OR

Lemon Meringue Pie with Strawberry Ice-cream

Pre booking/ pre ordering Essential **£50 PP**

MURDER AT THE MUDDIFORD

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**BOOKING
ESSENTIAL**
Tickets available
at the Bar or call
01271 649890

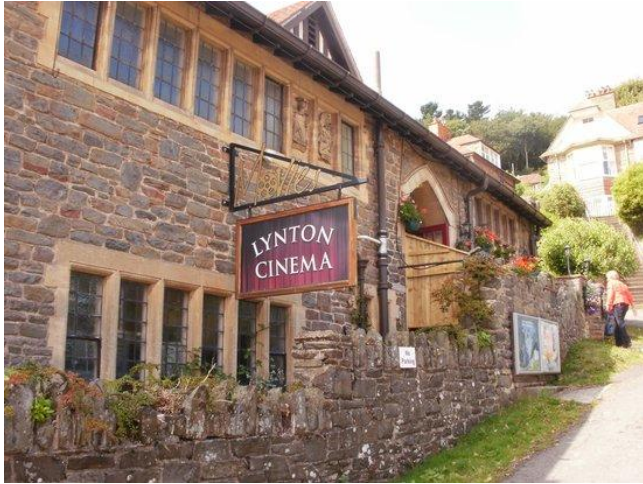
25th April 2025 - 7pm

"BEST MURDER MYSTERY EVER"
Jack Whitehall - Travels with my father

**AN ENTERTAINING EVENING PROVIDED
BY 1ST CALL MURDER MYSTERY**

£50 PER TICKET
Includes a three-course meal and a drink on arrival

Lynton Cinema



Oh My Goodness (12A) - Fri 28th to Mon 31st 8.00 p.m. daily, matinee Sun 2.30 p.m.

Five nuns set their sights on winning the cash prize in a major cycling race to raise money to renovate a dilapidated hospice. The only hitch is that none of them can ride a bicycle.

Mr Burton (12A) - Fri 4th - Thur 10th - 8.00 p.m. daily, 2.30 p.m. matinee Mon and Wed.

Biopic of the early life of Welsh actor Richard Burton.

Four Mothers (15) - Fri 11th to Thur 17th - 8.00 p.m. daily, 2.30 p.m. matinee Monday.

A struggling novelist who is forced to take care of three eccentric older women - and his own mother - over the course of one chaotic weekend in Dublin.

Walt Disney's Snow White (PG) - Fri 18th to Thur 24th - 8.00 p.m. and 2.30 p.m. daily

A live action remake of Walt Disney's famous classic.

Time Travel is Dangerous (15) - Fri 25th for 7 days, 8.00 p.m. daily.

Best friends Ruth and Megan run a vintage shop in Muswell Hill. Stumbling across a time machine they embark on trips to the past to stock their shop with no idea of the irreparable damage they are causing to the fabric of the universe.

Dog Man the Movie (PG) - Fri 25th for 7 days - 2.30 p.m. daily.

Animated feature for the family.

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

Parracombe

**The Kahunas, Parracombe Village Hall, Fri
25th 7.00 p.m.**

Durgy folk rock duo, The Kahunas bring hypnotic waa waa driven violin riffs on top of driving dance beats. Expect medollic harmonies and vocals, original lyrical content and tribal didgeridoo loops.

Doors open 7.00 p.m., starts at 7.30 p.m.
Advance £10/ £7.50, on the day
£12.50/£10.

Tickets available Pavilion Store or online.



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. 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.

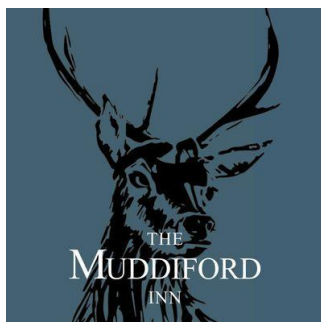
Free introductory appointment.

Please get in touch to discuss how I can help you on:

07870 281356

charliedixoncounselling@hotmail.com

www.charliedixoncounselling.co.uk



Muddiford Inn - Now Open again.

#LOVETHEMUDDI
FB: MUDDIFORDINN
07971628546

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

You can book a table via our website
<https://book.e-res.net/page/ThePyneArms>

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'