

# East Budleigh with Bickton Parish News June 2020



Grey & Pied wagtails on East Budleigh brook, & deer in a field in the village. Photos by David White

Please send articles to:

[ebmag.as@rmcommunity.co.uk](mailto:ebmag.as@rmcommunity.co.uk)

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[www.raleighmissioncommunity.org.uk/east-budleigh-parish-magazine](http://www.raleighmissioncommunity.org.uk/east-budleigh-parish-magazine)



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**The information in this June edition is correct at the time of printing  
but for the latest updates please visit**

**<https://www.raleighmissioncommunity.org.uk/>**

## **June view from The Vicarage...**

Dear friends

A bird has built a nest in the clematis bush on our patio and another is building one in our bamboo “forest” that shields our patio from the road.

Sitting in the early evening, the peace of the countryside we now realise is far from peaceful. There is actually a cacophony of birdsong and it is lovely because it reminds us that life goes on unabated and unbound all around us.

And who would have thought that a trip to the garden centre, once a mundane task, is now the sign and symbol of human life tottering slowly back to normality. Weighed down with growbags, compost, tomato plants, marigolds, fuchsias, and geraniums we set about trying to cooperate with nature as best we can – which included replenishing our depleted stocks of bird seed.

Some will know that my mother died recently, and my Dad is in hospital with pneumonia and has just tested positive for covid-19 (evidently picked up in hospital). This is stark reality but the beauty and unbridled life, death and re-birth of the natural world around us is also reality.

Saint Francis is the best-known Christian saint with a special concern for and insight into the natural world. He knew instinctively that through appreciating and being connected to the natural world one was experiencing the glory of God first-hand.

The depth, beauty and variety of the natural world, from the stars in the heavens to the birds nesting in my garden, and yes, to my dad in hospital is testimony to the fact that everything bears the mysterious mark of the creative wisdom and will of God - The mystery of life itself.

We cannot understand the mystery. All we can do is marvel at and luxuriate in the marvellous interlocking complexity of it all. We really are all in this together. And by all, I mean every solitary created thing in the universe.

Martin

**If you or anyone you know needs some pastoral care and support, please contact Rev'd Karen Young - 01395 488121  
or Rev'd Martin Jacques - 01395 443473.**

## **The Church Matters...**

**All Churches in the RMC are closed until further notice.**

**The latest update from the Church of England is that:**

Subject to stringent requirements and checks, only Clergy and Licensed Lay Leaders are currently permitted to enter church buildings.

We have put up the CoE notices in the Church's noticeboards to explain that the Church is closed and why.

**The RMC website** contains all the latest news, activities/events and information relating to our Church, visit the website: [www.raleighmissioncommunity.org.uk](http://www.raleighmissioncommunity.org.uk)  
The "Latest News" is towards the bottom of the Home page.

Rev'd Martin continues to record and post his sermons on YouTube.

Also Rev'd Martin has a weekly blog "Soul Food" ... these may include: a reflection on life, scripture readings and a commentary, links to inspirational music, particular thoughts, some humour, and a prayer for the day – if you would like to receive this please contact him by e-mail: [vicar@rmcommunity.co.uk](mailto:vicar@rmcommunity.co.uk) or [revmartinjacques@gmail.com](mailto:revmartinjacques@gmail.com).

**There are also central CoE resources** available, eg, "Time to Pray" at [www.chpublishing.co.uk/apps/time-to-pray](http://www.chpublishing.co.uk/apps/time-to-pray) and the weekly services broadcast live on the CoE's Facebook page at [www.facebook.com/thechurchofengland](http://www.facebook.com/thechurchofengland).

The Archbishop of Canterbury has launched "Daily Hope", which includes music, prayers, reflections and full worship services at the end of a telephone line. It is

free and available 24 hours a day on 0800 804 8044 and has been set up to reach people unable to join online church services. It is also great if you just want to hear something comforting at any time of day or night.

### **PCC**

As our Prayer Box by the High Street gates needs refurbishing/replacing, the gates are being used for prayers and messages.

Such prayers and messages will be included in Tuesday's Zoom Prayer Group meeting led by Margaret Scrivener. If you would like to join this meeting for quiet prayer, readings and reflection, please let me know and I will forward the link to you.

The current PCC members are:

Vicar and Chair: Rev'd Martin Jacques

Associate Priest: Rev'd Karen Young

Churchwardens(ex officio): Marilyn Hobbs & Paul Kurowski

Secretary: Penny Kurowski

Treasurer: Maria Malinowska

Deanery Synod Rep: Margaret Briggs

Safeguarding Rep: (vacant)

Electoral Roll Officer and Lay Chair:

Richard Bunting

Members: Jane Buckland-Wright, Christine

Newall, John Robertson Member, Jenny

Hill (Cashier)

We continue to support the Parish

Council's and Community Shop's initiatives to help people during the pandemic.

### **Safeguarding**

If you see something that's not right relating to children and/or vulnerable adults, please contact Paul Kurowski (013957 742942) our interim-Safeguarding Representative for East Budleigh.

Paul Kurowski, Churchwarden



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We are now open Wednesday - Sunday 11am until 5pm  
until further notice.

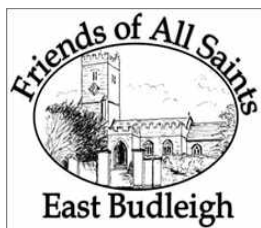
Currently, we can ONLY open the Gardens for exercise  
use for our members. We are looking forward to welcoming  
you all back but the safety of our staff and public is our  
priority, therefore opening each area of the gardens will  
need to be gradual and phased to meet with government  
guidelines, we regret that visitors' experience is likely to be  
different from usual.

We will need the support of everyone to enable us to keep  
Bicton Park Botanical Gardens open and safely open.  
For the foreseeable future, currently, we can only accept  
members as visitors.

We ask that members always adhere to the strict social  
distancing guidelines, we encourage visitors to wash their  
hands regularly and stay in their household groups only.  
Members MUST bring their membership card and should  
scan themselves at the self-serve desk, the only additional  
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## **Friends of All Saints' Church**

This article was written on Friday 15th May so does not contain the absolute latest information about the Friends' (in) activities... The Friends' Committee will meet on Monday 18th May using Zoom due to the Coronavirus pandemic, restrictions on gatherings etc.

Scarecrow Festival 2021: Saturday 12th and Sunday 13th June – dates for next year's diary!!

### Parish News

We took the decision to go back to the hard copy version to ensure that we reach everyone in the Parish.

The Parish News is always available on the RMC website:

[www.raleighmissioncommunity.org.uk/east-budleigh-parish-magazine](http://www.raleighmissioncommunity.org.uk/east-budleigh-parish-magazine)

### Future Events

As mentioned in the previous Parish News, we hope to be able to hold the following events later in the year:

- East Budleigh's Got Talent:
- A talk about Bishop Lacy
- A talk about All Saints' Church
- Christmas Concert - Friday 11th December - University of Exeter Chapel Choir

If there is anything that you would like the Friends to do / try, please let us know by e-mail: [friendsofall saintschurch.as@rmcommunity.co.uk](mailto:friendsofall saintschurch.as@rmcommunity.co.uk).

### Friends' Committee

The Friends' Committee members are: Angie Canning, Elizabeth Smith, Jenny Hill, Christine Newall, Kate Ponting, Claire Duffield, Jess Hill, Maria Malinowska, Christina (Tiggy) Dickinson, Elliott Hamilton, Charles Abram, Martin Jacques and Paul Kurowski.

### Friends' Information

Information about the Friends, events and brief updates are on the All Saints Church website - see: [www.raleighmissioncommunity.org.uk/friends-of-all-saints](http://www.raleighmissioncommunity.org.uk/friends-of-all-saints)

Parish News e-mail address The Parish News e-mail address is [ebmag.as@rmcommunity.co.uk](mailto:ebmag.as@rmcommunity.co.uk).

Paul Kurowski, Chair

## **EAST BUDLEIGH GARAGE - CORONAVIRUS UPDATE**

As we begin to come out of lockdown we have made the decision, that as from Monday 18th May we will start to reopen the Garage.

Opening hours will be, Monday, Wednesday and Friday, from 9.00 a.m. to 5.00 p.m. Staffing levels are going to be reduced to enable us to work safely and the office will not be manned all of the time. If you should ring and are not able to speak to a member of staff, please leave a message on the answerphone, 01395 445595, and we will call you back as soon as possible.

Please do not come to the office in person.

As always, should you require urgent assistance you can phone our Emergency Number 07709413323.

Our priority is the safety of our families, staff and you the customer.

THANK YOU FOR YOUR UNDERSTANDING AND STAY SAFE DURING  
THESE DIFFICULT TIMES.

### **EAST BUDLEIGH WITH BICTON PARISH COUNCIL**

The Parish Council has sought ways to keep up everyone's spirits in these unusual times. Volunteers turned out on VE day to bake cakes and biscuits.

These were delivered to residents living alone, and included a small album of historical photos. This was co-ordinated by Councillor Mike Walters, with the aid of a Prompt Action Grant from East Devon District Council . A group of 8 sewing ladies have been busy making scrubs for care homes, supported by a similar grant and donations. To date over 50 sets of scrubs have been delivered to Care Homes in Otterton and Budleigh. Meanwhile, the Parish Council has come right up to date, and launched its first Video Council Meeting on 26th May. A report on this will be made in a forthcoming magazine.

Parish Clerk, Judith Venning. Phone 01395 489155

1 Chichester Way, East Budleigh, Devon, EX9 7ER

Tel: 01395 489155

clerk@eastbudleigh-pc.gov.uk

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## Who pays the vicar?

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All Saints is a place of succour and solace inside, and outside a peaceful place of wellbeing. All Saints does not have a whole vicar but 20% of a vicar, and 20% of the associate priest who works three days a week for the three churches. They take the 9.30am service each Sunday in All Saints plus baptisms, weddings and funerals, and support the Churchwardens, Parochial Church Council (PCC), the pastoral team and 150 volunteers.

The Church of England has a Common Fund to which all its churches contribute. This covers clergy salaries, housing and pension costs etc. All Saints pays into the Fund based on the number of people who participate in services at least once a month, currently 36 people.

All Saints contributes £1,674 each month, paid 100% by personal donations. No funds are received from the government or central church. This secures a vicar for All Saints and keeps the church alive rather than a forgotten museum, so good value.

The vicar and associate priest play their part in leading the services, including baptisms, weddings and funerals. The fees for weddings and funerals are set by statute. Last year, All Saints received £11,675 in fees for weddings and funerals. These fees and fundraising events pay the church running costs (£4,962 in 2019) and the upkeep of the churchyard (£5,779) for all to enjoy.

The Friends of All Saints raises funds from the Scarecrow Festival and events towards the upkeep of the Grade 1 listed church building. None of these funds are used to pay the vicar.

Today, in the middle of an extraordinary pandemic, the church doors remain closed as directed in order to stop the spread of the virus. All weddings have been postponed. There is no income from weddings and the heart breaking but necessary restrictions on funerals are taking their toll.

Today, just 25 people donate monthly by standing order or the Parish Giving Scheme, and there is a £424 per month shortfall. There are no schemes available to furlough the vicar. So if you are a member of the congregation, please keep filling your envelopes and bring with you when the church doors open again.

To help fund the shortfall, anyone can make a donation by cheque payable to "PCC All Saints East Budleigh" or by bank transfer or standing order to PCC All Saints East Budleigh at sort code 30 94 36 account number 0060 1276. If you are a tax payer and would like to join the Parish Giving Scheme, please call 0333 002 1271 and quote reference 150 615 005 (see page 10). Thank you.

We very much look forward to being able to arrange and participate in events again when it is safe to do so. Meanwhile All Saints needs you, so please give generously if you are able. Thank you from All Saints. Maria Malinowska Treasurer, All Saints

# LAUNCH OF NEW TELEPHONE SERVICE



The PGS is delighted to announce the launch of a new telephone service, designed to enable prospective donors to set up a regular Direct Debit donation to your parish **over the phone**.

## How will it work?

The service will go live on **Monday 27<sup>th</sup> April 2020** and will operate weekdays between 9 - 5pm.

Please encourage prospective donors to set up a regular gift to your parish by calling our dedicated telephone line:

**0333 002 1271**

One of our administrators will take them through the sign up process – this normally takes around 15 minutes. They will need to have the following information to hand:

- Personal bank account details
- The name of the parish they wish to donate to
- They will need to confirm if they want to increase their gift in line with inflation each year
- Confirm if they are eligible for Gift Aid
- The PGS code for All Saints East Budleigh is 150 615 005

## What happens next?

Donors will receive written confirmation (by email or post) of their Direct Debit, including details of the parish they are supporting, the amount of their gift and the date of their first donation.

Please note that if they currently give to the church via standing order, we advise them to wait until receiving the confirmation letter from PGS before attempting to cancel it.

## How will our parish be notified of the donation?

The parish's Planned Giving representative will receive a monthly statement, detailing the names of those who have donated (unless they choose to remain anonymous) and all the gifts given through the PGS.

## What if they need to change their donation?

If donors wish to make any changes to their Direct Debit, they should notify a member of the PGS team by phone 0333 002 1260, email [info@parishgiving.org.uk](mailto:info@parishgiving.org.uk) or in writing to the address below.

Praise for the new service:

*"I found the ease of using the new telephone service very satisfactory. The whole process was efficient and only took 15 minutes. The staff were very helpful and I would thoroughly recommend this service."*

**Dr Simon Thorp, Eastbourne St Saviour**



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## East Budleigh in Bloom

We hope to have completed the summer planting by the time you read this in early June.

New Leaf fulfilled our order placed last autumn as best they could given the circumstances they found themselves in as part of the NHS Trust. We therefore were not able to have the colour/planting scheme that we originally chose. Hopefully, everyone will enjoy the colours that were available.

As individuals, adhering to social distancing, we have been able to plant all beds and planters. To plant the hanging baskets on the brook has not been possible this year as that would require the full team working together.

Thank you, New Leaf and all our wonderful helpers, planters and waterers.

We were extremely disappointed that our plant sale planned for 16 May was not possible. We would like to say a very big thank you to everyone who has made such generous donations to help us with our finances.

If you have any queries, please do not hesitate to contact our Secretary, Jon Roseway on 01395 488739.

Happy  
gardening -  
Rosie  
Conner



**[ebmag.as@rmcommunity.co.uk](mailto:ebmag.as@rmcommunity.co.uk)**

**Next edition of the Parish News -**

items for the July issue of the magazine to be sent to

**[ebmag.as@rmcommunity.co.uk](mailto:ebmag.as@rmcommunity.co.uk)**

by **Sunday 14th June at 6pm** please.

## Our Churchyards

As a result of the coronavirus lockdown and the guidance from the Diocese of Exeter and Church of England, we have not held **Churchyard Working Parties** in April and May – we hope to have one in June (Friday 19th), keep an eye on the church noticeboard in the High Street for updates.

**When we can re-start**, there will be lots to do and you will be very welcome to come and join us for a couple of hours of “green gym” - there will be jobs for all ...

As part of our exercise, we have been visiting the Churchyards and they are wonderful – full of flowers, grasses, sedges and other wildlife. We have been trying to identify the various plants and believe that there are many ‘new’ species compared to the list dating from 1997! We do struggle with a number of the yellow flowering plants – many look the same or have minor differences according to the books / references.

**If you visit the Churchyard** and know a bit about plants, why not let us know what you have found?

Please visit and enjoy the Churchyards – they are wonderfully peaceful places for quiet contemplation and a haven for wildlife, eg, ox-eyed daisies, vetches, stitch-worts, buttercups ... nature is fantastic!

### Records of the Memorials in the Churchyards;

In 2004, Lewis Trump (one of Paul’s distant relations) documented all the memorials in the Churchyards including names, dates and some other information – the Lever Arch file in the Church contains these records.

Some of us thought that it would be good to record the complete inscriptions on the memorials before they weather away. Consequently, during lockdown, we have been updating the records using

Orchards’ photographs of the memorials from when they did the Safety Test in 2016. We have also been able to check some of Lewis’ uncertain dates using the Burial Records on FindMyPast.

This exercise will take some time to complete but will help genealogists in their research; it will also provide an interesting overview of social changes, eg, the lettering styles and wording on the memorials, as well as highlighting some of the important people who had an influence not only in East Budleigh and Budleigh Salterton but England and the world and other fascinating people buried in our Churchyards. If anyone would like to help with the task, which is computer based, please let us know – there are over 1000 memorial records to go through.

### The Charity Caring for God’s Acre

2020 is the 20th Anniversary of Caring for God’s Acre and the organisation planned to celebrate with a “Year of the Burial Ground” by organising various events this year and also has a monthly photographic celebration to celebrate the treasures to be found in burial grounds and a database for recording wildlife sightings.

**“Love Your Burial Ground Week”** was supposed to have been from Saturday 6th – Sunday 14th June as a special week to celebrate churchyards, chapel yards and burial grounds of all types. From the website, you can find out more about this here: [www.caringforgodsacre.org.uk/our-work/love-your-burial-ground-week/](http://www.caringforgodsacre.org.uk/our-work/love-your-burial-ground-week/).

This would have been an ideal follow-on to our planned BioBlitz on 2nd June. However, given the current guidelines from the Government and the CoE, the BioBlitz will not be happening as planned, and our plans to share the heritage stories of the churchyards with the wider community also have to be put on hold.

Penny and Paul Kurowski. Tel: 01395 742942; [pandp@kurowski.me.uk](mailto:pandp@kurowski.me.uk)



# East Budleigh Community Shop

Newsletter Number 123 - June 2020

## SERVING THE COMMUNITY

Thanks to the hard work of our management team, the shop is working well under the new system of taking telephone orders with card payment between 9 am and 2 pm Monday to Friday for collection from outside the shop at an arranged time, or for delivery in the afternoon if needed.

We are happy to take orders of any size, even just one or two items. We have chosen greetings cards for a number of customers as people struggle to get hold of them without visiting the busy supermarkets. We do understand that at times the phone line can get very busy – but please keep trying!

We are still getting deliveries from Arthur's butchers twice a week, and keep a good stock of their freshly frozen meat. Our local suppliers are providing regular deliveries of eggs, fresh bread and fruit and vegetables. We are also still getting the lovely Chunk of Devon pies in every week as well as our Delphi salad pots, and our popular packs of olives.

We are now getting fresh fish and smoked mackerel and salmon from Gibson's Plaice every Wednesday. Orders can be placed the Friday beforehand.

We have a good supply of all of our standard stock items such as toilet rolls, cleaning agents and other household items and are steadily bringing back our stock levels of canned goods and baking items.

We offer a wide range of confectionery, crisps and snacks, biscuits, cooking sauces and frozen foods (including our popular range of ready meals from Heat and Eat Exmoor Kitchen). We are keeping up a good stock of alcoholic and soft drinks!

So – if you need us, we are here – waiting by the phone (or sometimes running around trying to remember where we put it!) for your call. If you or anyone you know is struggling to manage during the lockdown, please let us know as we may well be able to help.

**To order from the shop, phone 01395 445550**

**MONDAY to FRIDAY 09.00 am to 2.00 pm**

## Around the village -



Orchard Close VE  
Day street party...  
from a safe  
distance.  
See page 24 for  
another picture.  
Diane White

A triptych of  
East Budleigh  
garden flowers  
by Peter Bowler



Churchyard visitors by David White

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**Dorothy & David, Exmouth**

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**P.W Frewn- Smith, Exmouth**

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Orchard Close VE Day street party... from a safe distance. Music of Vera Lynn and Glenn Miller played whilst neighbours got together for a chat and a drink in the glorious sunshine. A nice relaxing and fun afternoon. Information and photos supplied by Diane White



Late afternoon in May, East Budleigh by Diane White



"It is during our darkest moments that we must focus on the light."  
– Aristotle Onassis

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## CLINTON DEVON ESTATES

### Natural connections

A glorious spring has helped those who have been able to go out, to take a break from work or confinement, to exercise or find solace by spending time in the natural world. For over six weeks many of us rediscovered the simple pleasure of walking from our front doors, taking time to notice individual birdsongs; the blackbird, the skylark or the cuckoo and, in time for VE Day, the patriotic display of wildflowers; 'red' Campion, 'white' cow parsley and stitchwort plus bluebells, growing in the hedgerows.

With many appreciating the countryside, as an incredibly important resource for our recreation, health, and well-being and those less familiar, might need a gentle reminder that it is not just a playground for our 'down time' but a living, working landscape which is there to be enjoyed but needs respect. Explaining the serious impact to livestock health if dogs stray into fields or that cyclists ought not to take shortcuts on footpaths, should be straightforward and by the public having better understanding of these issues, visitors can help farmers to produce our food and everyone can share countryside spaces safely.

A harder task is to impress such messages on those who feel they are entitled to build dangerous and

damaging jumps and pits, in woodlands, open to all. And it is almost impossible to engage with the small minority, so keen to improve their own environment but also happy to dump garden and household waste on a nature reserve for someone else to deal with. Thankfully, although fly tipping has been a time-consuming frustration, most visitors to the Pebblebed Heaths have been extremely respectful. Perhaps the increased appreciation during lockdown or having time to explore further, means many seem keener to understand more about the site and how it is managed.

With passers-by increasingly keen to stop, chat and find out what the conservation team are doing and why, work can sometimes take longer than anticipated. However, after some very quiet weeks the rangers have enjoyed the interest and taken the opportunity to explain and to remind visitors of their responsibilities to special sites like heathland with ground nesting wildlife, and grazing stock.

Adders are now active and inquisitive dogs can sometimes pay the price. On sunny days, these native, venomous snakes can be found across the heaths as well as on the coast path and other countryside areas. Keeping dogs close to heel on paths is the best way to prevent a snake bite and will also reduce disturbance to ground nesting birds and to livestock too.

The connection with nature may be welcome but the disconnection from

other people may be harder to reconcile for those normally used to attending school, employment, or a myriad of social interactions each week. We have recognised the importance of staying in-touch with our volunteers, who normally work on the Pebblebeds or other parts of the Estate every week. We catch-up on our regular work-party day, at coffee time by video link. Taking time to check in more regularly and maintain the small, simple connection with others we see regularly is key to their wellbeing too, especially if they have been kept away from the spaces they love. We are all looking ahead to the time when we can be outside in our special places, working together and appreciating both.

As I write, the most stringent restrictions are finally loosening. The challenge will be to maintain these connections as life slowly moves back to full speed again.

Stay safe | stay connected

**Kate Ponting BEd (Hons)** Countryside and Communities Officer  
Tel: 01395 443881 Email [kate.ponting@clintondevon.com](mailto:kate.ponting@clintondevon.com)

### **The East Budleigh with Bicton WI Committee...** The East Budleigh with

Bicton WI is following the lead of the WI at National and County level, and so meetings are on hold until September at the earliest. The committee are staying in our posts until the situation improves. We are maintaining contact with members through a monthly newsletter email. We are also continuing to hold our "Flower of the Month" competition, but instead of bringing a flower to the meeting, members are emailing in a photograph of one special flower from their garden, and then, by email, everyone can vote for their favourite.

The winner for April was Judith Venning's photo of a beautiful tree peony.



To find out more about our WI please contact our President Pam Terry on 01395 742015.

### **News from Salem Chapel**

Sadly we have to inform you that the Chapel and Schoolroom are closed for the duration of the Covid 19 emergency.





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## Look after your mental health and wellbeing

The Mental Health Foundation is part of the national mental health response during the Coronavirus outbreak. Government advice designed to keep us safe is under constant review and will be different depending on where you live: [more details and up to date information here](#).

### 1. Plan your day

We are all adjusting to a new, rather strange, way of life. This can be a risk to our mental wellbeing. As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose. Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

### 2. Move more every day

Being active reduces stress, increases energy levels, can make us more alert and help us sleep better. Explore different ways of adding physical movement and activity to your day and find some that work best for you. Even at home, there will be lots of ways to exercise and keep your body moving. Read our guide on [keeping active](#) and visit [Every Mind Matters](#) for some ideas to get you started.

### 3. Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings. Try some different meditation or breathing exercises to see what helps. For example, sometimes we can be so tense that we do not even remember

what being relaxed feels like. Progressive muscle relaxation teaches you to recognise when you are starting to get tense and how to relax.

A range of [relaxation techniques, including progressive muscle relaxation](#) are available from the NHS

### 4. Take time to reflect and practice self-compassion

Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small. Consider keeping a gratitude journal each day where you could write two or three of these things every night before you go to bed.

Mindfulness techniques may also help you focus on the present rather than dwelling on unhelpful thoughts (though they may not be helpful for those experiencing more severe depression). We have a number of [relaxation and other digital exercises](#) on our website.

### 5. Improve your sleep

Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping. There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better.

Wind down before bed by avoiding using your phone, tablet, computer or TV for an hour before bedtime.

A range of [tips for improving sleep](#) can be found on our website and from [Every Mind Matters](#)

## **200 Club**

**To make our 200 club  
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The 'Friends of East Budleigh Church' run a monthly raffle throughout the year to help raise funds for the upkeep of the church and churchyard.

Three winning numbers are drawn at the shop at the end of each month with three cash prizes of £40, £20 and £10

April winners were:-

1st Oscar Maslen

2nd Mr R M Ferguson

3rd Mr A Rainford

If you would like to subscribe for the 200 Club for 2020, please send your name, address, telephone number and email together with a cheque for £7.00 per number (£1 per month until the end of

2020) made payable to 'All Saints East Budleigh PCC' c/o Jenny Hill, The Old Vicarage, Vicarage Road, East Budleigh, Devon, EX9 7EF

If you would prefer to pay by annual direct debit - please phone Jenny on 01395 442140 to arrange.

## **Who's who in East Budleigh & Bickton**

**Vicar - Rev'd Martin Jacques**

01395 443473 / 07795 025 016

[vicar@rmcommunity.co.uk](mailto:vicar@rmcommunity.co.uk)

**Associate Priest – Rev'd Karen Young**

01395 488121

[associatepriest@rmcommunity.co.uk](mailto:associatepriest@rmcommunity.co.uk)

**Churchwardens -**

Marilyn Hobbs 01395 488739

Paul Kurowski 01395 742942

[churchwarden.as@rmcommunity.co.uk](mailto:churchwarden.as@rmcommunity.co.uk)

**Deputy Churchwarden**

Christopher Buckland-Wright

01395 446781

**RMC Administrator**

Fran Mills - 01395 443397

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The office at St Peters church is open;  
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**Parochial Church Council -**

**Secretary -**

Penny Kurowski 01395 742942

**Treasurer -**

Maria Malinowska 07773 218582

**Cashier - Jenny Hill 01395 442140**

**Bellringers Captain -**

Alan Murdoch 01395 445230

**Organist - Geoff Aplin 01395 442951**

**Church Hall bookings – 01395 443609**  
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**Parish News Editor-Jess Hill**

[ebmag.as@rmcommunity.co.uk](mailto:ebmag.as@rmcommunity.co.uk)

## Services in the Raleigh Mission Community – June 2020

Services are currently cancelled, the Exeter Diocese has a range of resources to help you stay connected and able to 'do church differently':

[exeter.anglican.org/resources/coronavirus-guidance/coronavirus-resources/](https://exeter.anglican.org/resources/coronavirus-guidance/coronavirus-resources/)

**For the latest information about All Saints please check;  
[www.raleighmissioncommunity.org.uk](http://www.raleighmissioncommunity.org.uk)**

## Coronavirus advice in Devon

Stay alert | Control the virus | Save lives

### Budleigh Support is here for you

If you live in Budleigh Salterton, East Budleigh or the surrounding villages, there is support for you during the Coronavirus pandemic.

Volunteer groups are here to provide support for you if you can not leave your house to collect shopping or prescriptions.

Please note: we can only do a weekly shop for essential items only.

If you are a family or individual who would benefit from this help, please call the Budleigh Wellbeing Hub on 01395 446896.

The government has initiated a scheme for those classed as "clinically vulnerable". Those eligible will be contacted by the NHS by letter or text. Register yourself, or someone else, here: <https://www.gov.uk/coronavirus-extremely-vulnerable>

The Budleigh Town Council is constantly updating their page with information including a list of businesses who are open and details if they are offering deliveries- [www.budleighsaltertontowncouncil.gov.uk](http://www.budleighsaltertontowncouncil.gov.uk)

### Disclaimer:

These services are being provided free of charge and on a voluntary basis. Using these services is at your own risk. Please reduce the risk of infection by following all guidance here: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

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