

Dunkeswell & Sheldon News

Volume 604
November 2023

For all your Parish News & Views

Parishes of Dunkeswell & Sheldon

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Rev. Nigel Candelent
Dunkeswell Mission Community
01404 891306

revnigel@dunkeswell.org.uk

Rev. Jane Penn (Associate Priest)
01404 841523

revjane@dunkeswell.org.uk

Lest we forget...

Remembrance Sunday
12th November



DUNKESWELL & SHELDON PARISH NEWS

Editor:

Janine Deane-Dinnis

0787 9873718 / 01404 890085

dunkeswellmagazine@gmail.com

Advertising:

Gordon Lewis,

12 Kennedy Way, Dunkeswell,

EX14 4XG **01404 891872**

johnlewis583@btinternet.com

Distribution Manager:

Mrs Ann Stevens,

Connetts Farm, Dunkeswell

EX14 4QZ **01404 891684**

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Sheldon St. James the Greater:

Dr. Keith McEwan: Trederwen,
Sheldon EX14 4QU. 01404 841511

SECRETARIES TO PCC:

Church Administrators:

Sara Gordon— 07717222404

sara@dunkeswell.org.uk

Dunkeswell: Barbara Simmonds —

Old Wolford Farm, Dunkeswell.

bjpsimmonds@gmail.com

01404 549107

Sheldon Parish Council Secretary:

Claudia Napier 01404 841482

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WELCOME TO DUNKESWELL LEAFLETS

A Dunkeswell PCC production, available
through our printer & distributor.

DUNKESWELL & SHELDON ORGANISATIONS

Dunkeswell Parish Council: Mr. John Barrow (Chairman)	01404 891676
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Footpaths & Tree Warden: Mr. John Barrow	01404 891676
Dunkeswell Surgery:	01823 681720
Blackdown Practice Manager: TBA	01823 680555
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Blackdown Hills Repair Café: Stephen Lehner	07715460783
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MP: Mr. Richard Foord - Lib Dem.	richard.foord.mp@parliament.uk
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PCSO Darren England	darren.england@devonandcornwall.pnn.police.uk

Editor's Note:

Guy Fawkes & Remembrance Sunday, are both events we can expect in November.

Perhaps this year, the weather will be good for Bonfire Night!

Winter also brings the Nora Virus (vomiting bug) with it! The incidence is on the increase apparently, so find out what precautions to take, and how to avoid being infected on Page 50

An apology is once again needed for the error in the date I printed for the September, Blackdown Support Group coffee morning. Hopefully, this did not cause too much chaos! Did I mention I have Dyscalculia! Which means I often have a problem with dates?

If there is anyone out there who would like to volunteer as a proof-reader for the magazine, that would be most appreciated. Might help prevent anything further falling through the cracks! Give me a call if you are interested. **07879873718**

Here's a reminder about the **Charity Christmas Fair** taking place at the Dunkeswell old village hall on **Saturday 25th November**. More information can be found on Page 42

December/ January are combined months for the Parish Magazine, so send in your entries for both months by **12th Nov**.

Janine

All copy for the Parish News should be with the Editor by the 12th of each month. A5 in size and in either Word or in a PDF Format.

Thank you. dunkeswellmagazine@gmail.com

Calendar dates should cover: - 1st Nov - 7th December

Janine Deane-Dinnis—07879873718 / 01404 890085

dunkeswellmagazine@gmail.com



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SUNDAY 12TH NOVEMBER

ST. NICHOLAS CHURCH

10.50 am



"We will remember them"



St Nicholas Church

Church Services

11.00 am

(unless otherwise stated)

NOVEMBER:

Nov 05: Baptism Service	Rev'd Nigel Candelent
Nov 05: 3.00 pm Loved Ones Service at Throgmorton Hall	Rev'd Nigel Candelent
Nov 12: 10.50 Remembrance Sunday	Rev'd Nigel Candelent
Nov 19 11.00 Songs & Worship at Throgmorton Hall	Rev'd Nigel Candelent
Nov 26: Holy Communion	Rev'd Peter Robinson

DECEMBER:

Dec 03: Holy Communion	Rev'd Jane Penn
Dec 10: Morning Worship	Rev'd Jane Penn

St. James the Greater, Sheldon - November:

Sun. 5 th	9:30 AM	Family Service	Lay Led
Sun. 12 th	10:50 AM	Remembrance Sunday	Lay Led
Sun. 19 th	9:30 AM	Holy Communion	Rev. Jane Penn
Sun. 22nd	9:30 AM	Holy Communion	Rev. Jane Penn

FROM THE PARISH REGISTER

On Sunday 1st October Charlotte Isabell Phillips was baptised at St. Nicholas Church

Sunday 5th November at 3 pm
Throgmorton Community Hall, Dunkeswell

‘LOVED ONES’ SERVICE

With Rev’d Nigel Candelent



A special day to remember family and friends who have passed on from their earthly life. Whether they died recently or many years ago they are forever remembered in our hearts.

Sometimes it feels as though our loved ones have been forgotten, as others never mention them, but it could just be that they keep silent for fear of causing pain.

THIS INFORMAL SERVICE OF REMEMBRANCE WILL BE FOLLOWED BY REFRESHMENTS AND A TIME TO OPENLY SHARE FOND MEMORIES WITH ONE ANOTHER.

If you would like a candle lit in memory of your loved ones, please contact Carol (details below), before the 1st November if possible – but last minute names can be included on the day.

Carol: 01404 613567

(email: carol.fouracre@btinternet.com)

HAVE YOU HEARD?

The Prayer Chair

A man's daughter had asked the local minister to come and pray with her father. When the minister arrived, he found the man lying in bed with his head propped up on two pillows. An empty chair sat beside his bed.

The minister assumed that the old fellow had been informed of his visit. "I guess you were expecting me," he said. "No, who are you?" said the father. "I'm the new minister at your church," he replied. "When I saw the empty chair, I figured you knew I was going to show up." "Oh yeah, the chair," said the bedridden man. "Would you mind closing the door?"

Puzzled, the minister shut the door. "I have never told anyone this, not even my daughter," said the man. "But all of my life I have never known how to pray. At church I used to hear the pastor talk about prayer, but it went right over my head. I abandoned any attempt at prayer," the old man continued, "until one day, about four years ago, my best friend said to me, 'Joe, prayer is just a simple matter of having a conversation with Jesus.

Here is what I suggest. Sit down in a chair; place an empty chair in front of you, and in faith see Jesus on the chair. It's not spooky because He promised, "I'll be with you always." Then, just speak to Him in the same way you're doing with me right now.'

So, I tried it, and I've liked it so much that I do it a couple of hours every day. I'm careful though. If my daughter saw me talking to an empty chair, she'd either have a nervous breakdown or send me off to the funny farm."

"Did he die in peace?" he asked. "Yes, when I left the house about two o' clock, he called me over to his bedside, told me he loved me and kissed me on the cheek. When I got back from the store an hour later, I found him dead. But there was something strange about his death. Apparently, just before Dad died, he leaned over and rested his head on the chair beside the bed. What do you make of that?"

The minister wiped a tear from his eye and said, "I wish we could all go like that."

If you have difficulty praying, why not try what Joe did – and rest your head on Jesus' breast. it works!

Carol Fouracre



Rev. Nigel writes....

Lest we forget.....

Pictures have a wonderful way of transporting us to the exact moment that it was taken. I want to share some photographs of two trips I have been on recently, both profound in different ways.



The first image is taken a few years ago whilst on a trip to Belgium to visit various sites, museums and monuments in remembrance of the First World War. The first picture was taken just outside the village of Ypres in the province of Flanders, in one of many thousands of war cemeteries. A stark reminder of countless lives lost during that war.



The whole trip was an extremely moving experience. This poignant image of the mighty oak with its deep roots making it so resilient and strong, standing tall there in the middle of the graves of all those brave soldiers who sacrificed their lives for their countries so we might have freedom and peace.



The second image is from my trip with my colleagues from Exeter Diocese to Israel in January of this year.

This was taken whilst experiencing the peace and serenity of Lake Galilee on a boat trip. It was not only a pilgrimage as we visited the Holy Land, tracing the footsteps of Jesus, but also a study trip, as we explored the tensions that exist between the Israelis and the Palestinians.

As Remembrance Day approaches, many of us will wear a poppy which has become the symbol of remembrance. When in Belgium, we had the privilege of visiting Flanders Fields War Museum, which commemorates Lieutenant Colonel John McCrae, who wrote the famous poem, 'In Flanders Fields'. Shortly after losing a friend in battle, he was inspired to write it as he saw Poppies growing in the battle scarred fields. Something so beautiful springing up in the midst of something so awful.



There will be Remembrance services held at all of our churches. Please do join us at one of them if you are able to, as we stand alongside many millions across the nation in the act of remembrance on Sunday 12th November at 11am.

Some will lay wreaths, others will place a cross with a poppy on it, which symbolically brings together the sacrifice made by the soldiers in all of the conflicts and wars and the ultimate sacrificial act of love made by Jesus on the cross. ***“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life”.*** John 3:16

As we remember, this November, all those who have lost their lives in war and conflict over the years, let those countries such as Ukraine and Israel and other countries that lay heavy on our hearts, where war rages on, remain in our thoughts. Let us unite to pray for an end to the fighting and pray for peace.



Rev Nigel Candelent
Dunkeswell Mission Community

A WORD FOR TODAY FROM
UNITED CHRISTIAN BROADCASTERS FOR NOVEMBER 2023
PETER HORDER 01404 890 094

1st. Philippians 3 V 13: 'Forgetting those things which are behind – reach forward to those which are ahead.' In doing this, God will give you the grace and peace to move on – after leaving behind any guilt, condemnation, shame or regret – for which God has forgiven you & set you free.

2nd. Psalm 100 V 2: 'Serve the Lord with gladness.' To grow your relationship with God, it is desirable to move from the 'Should' to the 'Want to' state of mind, enabling you to enjoy spending time with God – being honest with him & giving you the joy & enthusiasm to serve him faithfully.

3rd. Hebrews 12 V 1-2: 'Let us run – keeping our eyes on Jesus,' He who initiates & perfects our faith. For us to endure the race that is set before us, knowing that Jesus endured the cross for us, to attain the joy of being seated with the Father, & We to join him in his Kingdom.

4th. 2 Corinthians 10 V 12: 'By measuring themselves & comparing with others they were unwise. Aim NOT to lift yourself up by putting someone else down. We don't get to heaven based on our performance, but on Christ's performance on the Cross. We have no right to judge the character, heart, motives or spirituality – of others.

5th. Exodus 33 V 14: God reassured Moses 'My presence will go with you and I will give you rest.' When stress overwhelms you, delegate tasks to qualified people you can trust to do them. Draw on God's strength rather than your own – He will give you the inner peace, well-being & confidence.

6th. Isaiah 30 V 21: 'Your ears shall hear a word behind you, saying" This is the way, walk in it." ' God has a strategic plan for each of our lives & through waiting on him, reading HIS word, listening to him not others, God will reveal it to you – just as he had a plan for Jesus' life to redeem mankind. Seek to know God's will through prayer, trust & guidance.

7th. Matthew 18 V 3: 'Unless you change & become like little children, you will never enter the Kingdom of Heaven.' To do great things for God, you should approach Him with a childlike attitude. Jesus teaches us to have a simple & trusting faith- to pray simple prayers – to be quick to repent & to forgive – to reach regularly for God's help - & so to grow spiritually.

8th. Exodus 18 V 23: Moses followed his father – in – law’s advice, ‘You will then be able to endure the pressures.’ Before you devote time, energy & emotion to an issue – consider how important it is – how much effort is needed – focus on what really matters, & decide to avoid stress & strain.

9th. Psalms 107 V 9: ‘He satisfies the--- hungry with good things.’ Society teaches us that it is impossible to succeed without going through adversity. The acid test of character is determined by what it takes to persevere in God’s service & so find success, rather than getting discouraged & quitting.

10th. Proverbs 12 V 11: ‘A hard worker has plenty of food, but one who chases fantasies has no sense.’ Hard work & integrity – two qualities go together, & are the essence of a life well lived. When you practise them to the best of your ability, you can expect to experience the highest level of joy & fulfilment in life.

11th. Nehemiah 6 V 3: ‘I am carrying on a great project & cannot go down’ said he to his enemies, vowing to stay focussed on what mattered, & refused to be distracted. A lesson for us to decide what are our biggest priorities for each day – to settle on those & pursue our God-given assignments.

12th. 2 Kings 3 V 8: The king said, ‘which way shall we go up? Jehoram answered – The way through the wilderness. ‘In our life experiences the things that cause us to stumble in our walk with God are permitted to die. It is where we learn to stand in faith, & where God tries to get our attention, & talk to us about His calling on our life.

13th. 1 Thessalonians 5 V 18: ‘In everything give thanks – for this is the Will of God for you. ‘Gratitude does not always come naturally to us, but grumbling does. Recall what God has done in your life. In spite of obstacles & disappointments, be thankful for his abundant blessings & grace.

14th. John 15 V 12: Jesus said ‘This is my commandment : Love each other in the same way I have loved you. ‘This is challenging – which demands us growing & maturing in order to keep it. God created people with different temperaments & personalities, some of whom can cause us frustration & annoyance. May God help us to love them.

15th. Romans 15 V 13: May the God of hope fill you with all joy & peace as you trust in Him. 'Do you doubt His promises, His call on your life, your ability to hear from him, His pleasure in you?—if so regain your trust in God – stop doubting your salvation, yourself or God.

16th. Psalms 119 V 166: 'I do your commandments,' but it is easy to find reasons to delay our obedience – I will go, when---I will give,---after – I will act & obey---but first. Pray for the courage to step out in faith – be doers of God's Word, NOT hearers only, = James 1 V 22.

17th. John 5 V 6: Jesus asked a sick man 'Do you want to get well? 'For us – in the sense of having suffered hurt from someone & how we react. Forgiveness is key. Make amends, turn bitterness into a forgiving attitude – as Jesus has forgiven us for our sins,=Mark 11 V 25.

18th. Matthew 25 v 21: 'Well done, thou good and faithful servant.' We get to choose what our legacy will be – what we will be remembered for. If our life's sole focus is self-interest we may not be missed! Aim to follow a lifestyle, and cause, greater than ourselves, one that will outlive us.

19th. Genesis 1 v 31: 'God saw everything that he had made, and behold it was good,' – including ourselves, and since then He hasn't changed His mind. We should be patient, because He is not through with His creative work in our lives, and wants us to see ourselves as He sees us.

20th. Acts 4 v 31: 'When they had prayed, the place was shaken.' The disciples were threatened by the religious authorities – If we are in an intimidating situation: Bring God into the picture; pray for greater faith; call God and expect Him to intervene, and be strengthened by God's power.

21st. Joshua 3 v 5: 'Consecrate yourselves, for tomorrow the Lord will do amazing things among you,' as His people were on the threshold of the promised land. Consecration is an ever-deepening love for Jesus, a child-like trust in our Heavenly Father, and a steadfast obedience to the Holy Spirit.

22nd. Acts 26 v 17: God promises Paul to deliver him from the people to whom He now sends him.' For ourselves to be freed from the fear of people and pleasing them, but to be determined to do God's Will, sharing with them the Gospel – whether or not they accept or reject it.

23rd. Mark 11 v 23: 'Jesus says, whoever says to this mountain be removed – in faith believe, and things will happen.' Aim to stand on God's promise that 'mountains' in your life will move and come down, even as you do not know how or when – but in faith it WILL happen.

24th. 1 John 2 v 27: 'The anointing which you have received from Him abides in you.' In other words we are containers for God's Spirit, who affects every area of our lives:- in our relationships, careers, decisions and struggles, when we are under stress and handling problems. Furthermore, the anointing abiding in us is transferable to others.

25th. Luke 6 v 28: 'Pray for those who spitefully use you,' implying that you did nothing to cause or deserve being hurt, and for reasons you may never understand. When you decide to forgive someone and pray for them, you take back your power and reclaim your life.

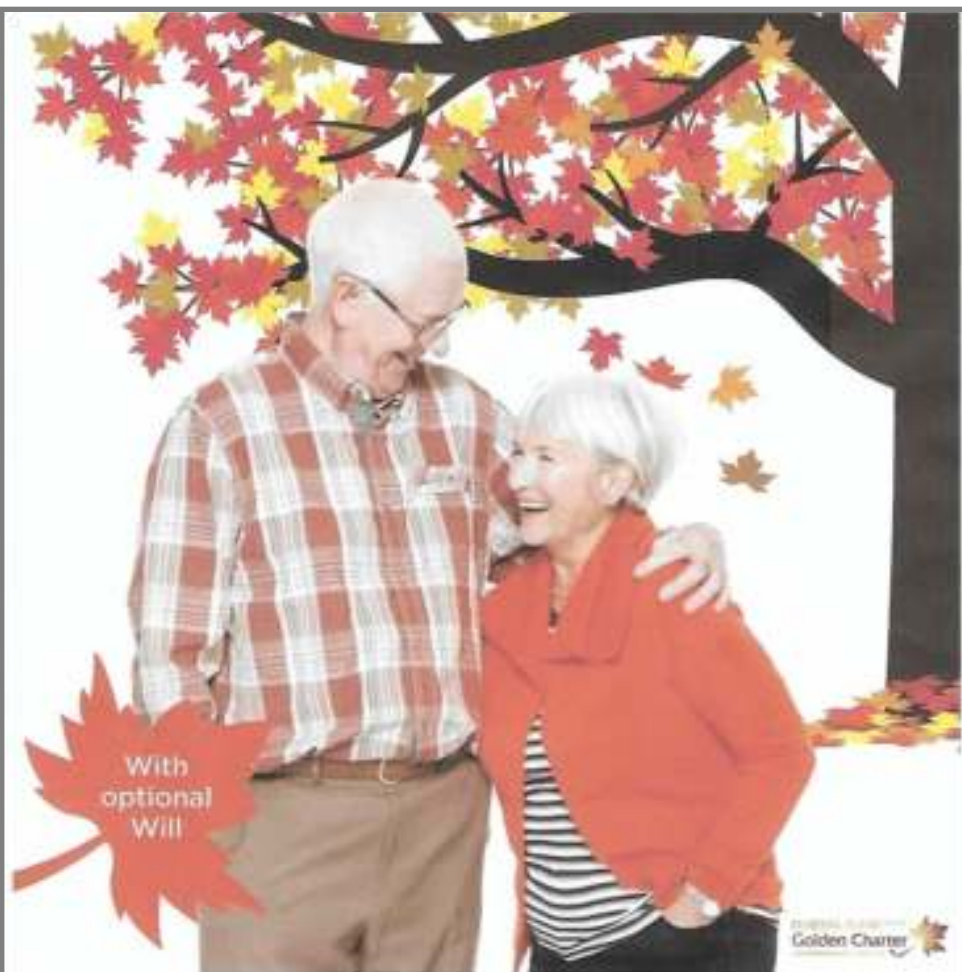
26th. Luke 17 v 10: 'Jesus to his disciples that they should say 'We have done what was our duty.' When we don't receive appreciation, we can succumb to self-pity and complain how the world is treating us - give way to resentment, or adopt Jesus' teaching to say "I am only doing what God expects of me". May we remember WHO we are serving and where our real reward comes from.

27th. Joshua 4 v 21: saying to the Israelites in Gilgal 'What do these stones from the Jordan mean?' which their children will ask – expecting an answer. It will be a teaching moment about God's love and faithfulness. We ask God to help us recognise moments to teach others.

28th. Ephesians 4 v 26: 'Don't sin by letting anger control you.' Hostility and anger can harm others as well as ourselves – often leading to fatal consequences. The word ANGER is one letter short of the word DANGER.

29th. James 4 v 7: 'Submit..... to God. Resist the devil, and he will flee from you.' When we are filled with the Spirit, He will fight in us, through us and for us – stopping satan on that front, but he will attack on another. With enough resistance training, we can experience the joy and victory of overcoming our adversary.

30th. Luke 15 v 20: 'When the Prodigal Son was still a long way off'..... his father ran to him showing compassion, welcoming him back to the family. For those who have walked away from God, He does not see them in their weakness, but clothed in the righteousness of Christ, who took their shame upon Himself – making them and us right with God.



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NOVEMBER

Sun. 5th	Mrs. R Hartley	Holy Communion
Sun. 12th	Mrs D Nadim	Remembrance Sunday
Sun. 19th	Rev. Nick Lakin	
Sun. 26th	Mr. R Allington	





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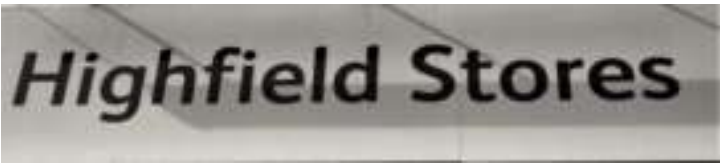
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Saturday

11th November

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- ††† **Pies & cakes**
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MONEY MATTERS:

PayPal Rate Increase

From September 2023 PayPal has begun charging more interest to those who use its PayPal Credit service. PayPal Credit works a bit like a credit card, in that you have a certain limit available and you have to pay off a minimum payment each month.

Amazon adding extra charge for Prime members

Amazon is to start charging Prime members for same-day delivery for orders under £20.

If your order is under this amount, you'll be charged £1.99 for same-day delivery.

At the moment, all items eligible for Prime qualify for free delivery – if same-day delivery is available, you normally need to place your order before midday to get your package by 10pm. Amazon Prime costs £8.99 a month or £95 a year.

Student loans shake-up – For those who started university in September

There are three huge changes

coming to student loans for anyone who started university in England from September. First of all, new students will start repaying their student loans when they earn above £25,000 under the Plan 5 loan. At the moment, you only start repaying when you earn above £27,295 on a Plan 2 loan.

Next, new students will see their loan wiped after 40 years, instead of 30 years, unless they pay it all off before this time. This means most students will spend an extra ten years paying off their loan. The final change will see the interest charged at just the rate of Retail Price Index (RPI) inflation, instead of inflation plus 3%.

November DWP cost of living payment

The Department for Work and Pensions will be paying more than 8 million eligible people £300 this November. The cash will automatically be paid into the bank accounts of those who qualify from the end of the month.

Some sobering statistics from Sept 2022:

- The population of the UK grew by an estimated 777 people a day between 2019 and 2020.
- On average, a UK household spends £4.12 a day on water, gas and electricity.
- 313 people a day were declared insolvent or bankrupt in England in September 2022. This was equivalent to one person every 4 minutes and 36 seconds.
- Citizens Advice Bureau in England dealt with 2,031 debt issues every day in the year to September 2022.
- 6.9 properties were repossessed every day in April to June 2022 in the UK, or one every 3 hours and 28 minutes.
- The number of UK mortgages with arrears of over 2.5% of the remaining balance fell by 21.5 a day in the year to June 2022.
- The number of people unemployed in the UK fell by 625 per day in the twelve months to August 2022.
- Net lending to individuals and housing associations in the UK grew by £317.9 million a day in September 2022.
- Government debt increased by £466 million a day in the three months to October 2022.

- Borrowers paid £139 million a day in interest in September 2022.
- It costs an average of £24.44 per day for a couple to raise a child from birth to age of 18.
- For a lone parent family, the cost of raising a child comes to £29.50 per day.

Consumer Credit Debt

At the end of September 2022, outstanding consumer credit lending was £205.8 billion, rising by £482 million on the revised total for the previous month and £7.0 billion more than in September 2021. Within the total, outstanding credit card debt came to £62.4 billion, an increase of 7.76% (£4.5 billion) in the year to September 2022. Credit card debt averaged £2,245 per household and £1,180 per adult.

Payment of a credit card on the average interest rate would take 25 years and 8 months to repay, if making only the legal minimum repayments (interest plus 1% of the outstanding balance) each month.

The minimum repayment in the first month would be £60 but would reduce each month.

If £60 were paid every month, the debt would be cleared in 5 years and 1 month

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Dunkeswell Community Centre - Saturday 10.00 - 12.15

Nov. 25th None in Dec.

Wednesday 10.00 - 10.30

Nov. 8th Dec.6th

NB: *The discontinuation of this service has been put on hold*

info@librariesunlimited.org.uk Call: 0345 155 1001

Highfield Sports & Social Club

Unit 2, Culme Way, Dunkeswell EX14 4JP

07519869896



Opening Hours

Monday: 7pm-11pm

Tuesday: Closed

Wednesday: 5pm-11pm

Thursday 5pm-12am

Friday 5pm-12am

Saturday 2pm-12am

Sunday 2pm-11pm



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Presents

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Friday December 8th | 7pm

Saturday December 9th | 3pm

Sunday December 10th | 3pm

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Addendum to the prize winners of the Dunkeswell Garden Society Summer Show

The Chairman's Cup for the overall winner – John Partridge

Best Exhibit in Show – Flowers – John Partridge

Best Exhibit in Show – Vegetables – Nic Andrews

And not forgetting Ava Doidge who won the Children's Shield for most points overall.

We will be holding the **Spring Show**, on **Saturday, April 6th 2024**, so now is the time to get planting those flowering bulbs and practising your baking.

We hope to see you there...





<https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/scams>

<https://www.actionfraud.police.uk/>

What to do if you've been scammed:

Below is a need-to-know checklist of what you should do:

If you've already responded to a scam, **end all further communication** immediately.

Call your bank directly and cancel any payments that haven't yet been made – for speed and ease, you can [call the 159 hotline](#) to contact the fraud departments of big banks.

Report the scam to Action Fraud on 0300 123 2040 or via the [Action Fraud website](#) - <https://www.actionfraud.police.uk/>

Another option (UK-wide), if it's an online scam, is to report it to the [Advertising Standards Authority](#). <https://www.asa.org.uk/make-a-complaint/report-an-online-scam-ad.html>

Do this in addition to reporting it to Action Fraud

If you wish to seek further help, contact [Citizens Advice](#) . <https://www.citizensadvice.org.uk/consumer/scams/get-help-with-online-scams/>

Alternatively, you can contact the **Financial Conduct Authority's helpline on 0800 111 6768 (UK-wide).**

Hijacking headlines: how scammers exploit the news agenda:

Fraudsters are quick to exploit major news events to deceive unsuspecting victims.

Scammers can easily set up copycat websites or social media profiles in just a matter of minutes, posing as an organisation currently in the headlines and using these platforms to trick people into various scams.

One example involves scammers impersonating Ofgem to offer an 'energy bill rebate scheme' to families struggling to meet their payments.

Action Fraud warns of electricity scam emails

Action Fraud has removed 242,000 malicious & dodgy websites, whose scam emails promise free electricity to recipients.

Fraudsters target Halifax customers:

Multiple reports have been received about unsolicited emails from scammers posing as Halifax.

These messages appear to come from Halifax, but the true sender addresses are hijacked TalkTalk and Tiscali accounts.

The scammers used convincing Halifax branding and claimed to be asking customers to '**refresh their contact details**' as an extra security measure, inviting them to click a link that redirects to a fake Halifax website.

Legitimate banks will never ask for sensitive information such as your PIN or full password via email.

Anyone who clicks on one of these links will be redirected to a copycat Halifax website created on 20 September 2023 [hlfx-online.com].

Although this fake website may look identical to the genuine Halifax website, the real Halifax domain is [halifax-online.co.uk] not [hlfx-online.com].

Always approach unsolicited calls with caution.

Scammers can be persuasive, so don't trust calls that come out of the blue.

Sign up for scam alerts:

Our emails will alert you to scams doing the rounds, and provide practical advice to keep you one step ahead of fraudsters.

- Stay ahead of the latest scams
- spot scams and protect yourself
- take steps if you've been scammed
- understand the way scams work.

This service is free from WHICH:

<https://www.which.co.uk/consumer-rights/scams>

Emotional support after a scam:

Being scammed can take a huge toll on your mental health. You might find it helpful to talk to someone about what you're going through.

It's not your fault, and there are plenty of non-judgemental advice lines you can call who will understand.

08081689111 - 24 hr Victim Support / Mind - 0300 123 3393

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Regular Events

Wednesdays	12.00md - 1.00pm	Tumi's Keep Fit	Throgmorton Comm. Hall
NB: Every 4th Wednesday	10.30 am - 11.30 am	Blackdown Support Group Coffee Morning	Throgmorton Comm. Hall
Monday's & Thursdays	9.30 am - 03.00 pm	Riverside Club Hemyock	Blackdown Healthy Living & Activity Centre
2nd Friday 4th Tuesday	03.00 pm - 07.00 pm 03.00 pm	Film Club Members only	Throgmorton Comm. Hall
Mondays exc. Bank holidays	07.00pm	AndysMansClub RFC - Honiton	All Hallows playing field
Mondays	08.00 pm	Bingo Night	Highfield Sports & Social Club
Every 2nd Tues	12.30 - 2.30 pm	Blackdown Support Group Lunch Club	Throgmorton Comm. Hall
Alternate Tuesdays	2 - 4 pm All welcome	Dunkeswell Art Group	Old Village Hall Dunkeswell
Fri Oct 13th /27th Fortnightly	2 - 4 pm All welcome	Knit & Natter £2 per session	Highfield Social Club
Every 2nd Thursday	2.30pm	The Ladybirds	Throgmorton Comm. Hall



Dates for your diary



NOVEMBER 2023

Sun .5th	3.00 pm	Loved Ones Service	Community Hall
Wed. 8th	10.00 -10.30	Mobile Library	Community Hall
Thur. 9th	2.30 pm	Ladybirds Meeting	Community Hall
Sat. 11th	9.00 - 12.00	Farmers Market	Community Hall
Sun. 12th	10.50 am	Remembrance Service	St. Nicholas
		Remembrance Service	St James - Sheldon
Sun . 19th	11 .00 am	Songs & Worship	Community Hall
Wed. 22nd	10.30 am	BSG Coffee morning	Community Hall
Sat. 25th	10 - 12.15	Mobile Library	Community Hall
	10 - 12.30	Sheldon Christmas Fair	Sheldon Village Hall
	11.00 - 4.00	Charity Christmas Fair	Dunkeswell Village Hall
Sat. 2nd Dec	10.00 - 12.00	Christmas Bazaar	Dunkeswell Pre-School



Devon's mobile library services have been given a reprieve.

The cabinet of Devon County Council voted to axe the service in July but they have been told to think again before taking the books-on-wheels service off the road for good.

Stephen Fry, Michael Rosen, and Michael Morpurgo are among the high-profile writers

who backed a campaign to save the service with nearly 9,000 people signing a petition.

Now members of a Devon County Council scrutiny committee have voted to send the decision back for a re-think.

What's Happening

Community Events News & Notices



*Everyone's
Welcome*

COFFEE MORNING

10-12am
Highfield sports & social club

11th November

Helping to raise funds to get local lads Barnaby Rowland & James White to the WBC World Games in Thailand to compete for Team GB

Book & Board
Game swap,
welcome

Helping to raise funds to get local lads Barnaby Rowland & James White to the WBC World Games in Thailand to compete for Team GB

Quiz night

and HOT SUPPER

Highfield Sports & Social Club
10th December 7pm

£10 Per Person
max 6 people per team

CASH PRIZE



DISCO PARTY

Kids Disco - 11th Nov

- ★ 5-7pm - under 10 year olds
- ★ 7.30 - 10.30 for under 18's

Highfield sports & social Club

£5 per child

Helping to raise funds to get local lads Barnaby Rowland & James White to the WBC World Games in Thailand, to compete for Team GB

Lunch and a Laugh

11th Nov, 12 - 2pm
Highfield sports & social club



Come and enjoy a light lunch whilst listening to comedic poetry by Devon's own Pam Aynes. (sponsored)

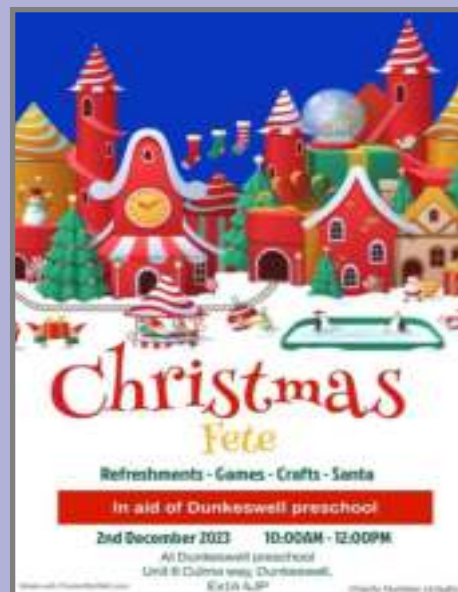
£5 per person, includes free tea or coffee

Helping to raise funds to get local lads Barnaby Rowland & James White to the WBC World Games in Thailand to compete for Team GB



**Send Good News
and Great Joy!**





(OLD) DUNKESWELL VILLAGE HALL – CHARITY CHRISTMAS FAIR:

The Committee of the Dunkeswell Village Hall, have organised this Charity Christmas Fair and invited several charities to attend, thus allowing them the chance to talk to residents of the Blackdown Hills, about their mission, vision and values.

There will also be the opportunity for them to sell Christmas cards or gifts during the day.

The charities that have accepted our invitation to attend, include:

- ☺ TRIP & TRIP BEFRIENDING
- ☺ HOSPISCARE
- ☺ CATS PROTECTION
- ☺ AIR AMBULANCE
- ☺ EAST DEVON RIDING FOR THE DISABLED
- ☺ HONITON FOOD BANK & COMMUNITY CHURCH
- ☺ REPAIR CAFÉ
- ☺ DUNKESWELL PRE-SCHOOL
- ☺ BLACKDOWN SUPPORT GROUP
- ☺ THE CO-OP (*although not a charity per se, the Co-op would like to tell you about the amazing work they regularly carry out for local communities*)

TRIP has agreed to provide an hourly free return ferry service from the Throgmorton Community Centre to the Dunkeswell Village Hall.

Your TRIP driver is Andy Muckle who has kindly given up his Saturday to provide this service, so do look out for him in the TRIP bus parked at the hall.

There will also be a variety of delicious refreshments available during the day provided by the Village Hall committee. So, why not take some time out of your Saturday to attend this worthy event and learn more about the tireless work carried out by these wonderful charities.

Thank you

***Janine*, for the Dunkeswell Village Hall Committee**



Sat. 25th Nov.
11 am to 4 pm
Dunkeswell
(old) Village Hall
EX14 4XQ



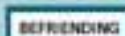
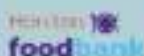
**Return lifts to the village hall provided by TRIP every hour on the hour from Throgmorton Hall*



Come along and meet our local charities, learn more about what they do, and take the opportunity to buy their Christmas cards & gifts etc.

Need more info? - call
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Helping to raise funds to get two local kids to
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We are thrilled to announce that these two local lads, Barnaby **Rowland** (15) (Dunkeswell), and **Jamie White** (16) (Sidmouth), coached by Paul Quick and Scott Lory at Twin Tigers Muay Thai in Honiton Devon; have been selected by the World Boxing Council to represent Great Britain in the prestigious Muay Thai World Games to be held in Thailand in February 2024.

We are immensely proud of these two boys, and this is an amazing opportunity for them both.

We are asking people to get behind these hugely talented local Devon boys so we can get them to Thailand to compete against the best fighters in the world at the famous Lumpini stadium in Bangkok. and show the world what they are made off.

Please have a read of the fundraiser, donate if you can, and share as much as possible. **See list of fundraising events on Page 44/45**

<https://www.crowdfunder.co.uk/p/jamie-and-barnaby-to-compete-for-team-gb>



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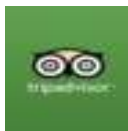
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Norovirus: what to know about this bug

Winter is on it's way and it's possible there may be a sharp rise in cases of **Norovirus**, sometimes called the **winter vomiting bug**, in the UK. According to the UK Health Security Agency, cases in England were 66% higher than the average last winter, and at their highest level in more than a decade. Surveillance data shows norovirus outbreaks have increased in hospitals, schools, and particularly in care homes. The majority of reported cases are in people over 65.

So what do you need to know about norovirus?

Norovirus was first identified in 1968 as the cause of an outbreak of gastroenteritis in Norwalk, Ohio.

The virus is the most common cause of gastrointestinal symptoms, responsible for about one in five cases of gastroenteritis globally.

Norovirus generally causes nausea, vomiting, diarrhoea and stomach pain. Although in most cases the infection clears in a couple of days, it can take longer. The symptoms can lead to dehydration, sometimes requiring hospitalisation, especially in people with weakened immune systems, older adults and children.

Norovirus is highly contagious

People with norovirus are most contagious when they have symptoms, and **even during the first few days after they recover.**

Norovirus spreads via the faecal-oral route. This means you catch it by accidentally getting tiny particles from the vomit or faeces of an infected person in your mouth. This might happen, for example, if the virus particles land on surfaces you touch, contaminate the food you eat, or if you have direct contact with someone who is infected.

Norovirus can also contaminate food if the food is grown or harvested with contaminated water, for example if fruit and vegetable crops are irrigated with contaminated water or if shellfish are harvested from contaminated water (shellfish can accumulate norovirus in their bodies).

Noroviruses are relatively resistant in the environment and can survive for long periods on different surfaces, and at high temperatures.

How can you protect yourself against norovirus?

Unfortunately, there are no approved vaccines or antivirals to combat norovirus, despite significant research efforts. Notably, there are many different strains of norovirus, and its genetic diversity makes the development of effective solutions more difficult.

That said, there are some preventive measures you can take to reduce norovirus transmission.

1. Wash your hands with soap and water for at least 20 seconds before preparing food, eating and after going to the toilet. Hand sanitisers can be used in addition to hand washing, but **hand sanitiser doesn't work well against norovirus**, so hand sanitiser is not a substitute for washing hands with soap and water.
2. Wash fruit and vegetables well. And thoroughly cook shellfish to an internal temperature of at least 62°C (steam cooking may not heat it enough to kill norovirus).
3. If possible, people who are infected should **isolate from others until at least 48 hours after their symptoms have passed**. They should not be involved in any food preparation.
4. If someone in the household has gastrointestinal symptoms, routinely clean surfaces and any objects that are touched, such as kitchen counters, doorknobs and remote controls. Gloves should be worn when cleaning and disinfecting. It's also advisable to wear a mask if cleaning an infected person's vomit.
5. Thoroughly wash clothes or linen that may be soiled with vomit or faeces of someone who has been infected. Hot water and detergent should be used for washing at the maximum available cycle length, before machine drying at the highest heat setting.



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THE LADYBIRDS

Hello everyone.

Well Autumn is upon us and our thoughts turn to what we have to look forward to now that days by the sea and pottering in the garden are behind us - or nearly.

With this in mind we are thinking of what we, as Ladybirds, can add to our programme or, at least, vary it, in order to attract more ladies in our area to come along and join us.

The ethos of Ladybirds is friendship and fun. Our meetings are a chance to get together once a month and have a chat, meet new people, enjoy whatever entertainment has been organised, go on outings and be part of the community.

We have nearly 30 members but want to encourage more ladies to come along and enjoy the connection we have with the community. If you have thought it doesn't sound like 'your cup of tea' perhaps you can let us know and put forward suggestions that may help us to encourage more ladies and also help us to organise a programme for the coming year based on the needs of everyone.

In October we spent the afternoon enjoying cheese and wine with a fun quiz to keep our brains active.

Our **9th November** meeting is a talk by an Exeter tour guide which we feel sure will be very interesting. The afternoon will start at **2.30 in the Throgmorton Hall** and we would like to see as many people as possible there.

You can be assured of a warm welcome. Bring any ideas with you or, if you feel happier, call Joyce on 01404 891845 or Carol on 01643 709949. We look forward to hearing and seeing you.

For more information call **Joyce on 01404 891845.**

Bye for now!



Send Good News
and Great Joy!



OPERATION CHRISTMAS CHILD

Yes it's shoebox time again! (Anne Stevens - 891684)

We will be collecting filled shoeboxes again this year to be delivered to children worldwide, who are suffering through war, poverty, disease, and natural disasters etc.

Find an empty medium sized shoebox, and wrap the box and lid in colourful wrapping paper. The boxes can then be filled with pencils, crayons, exercise books, pencil cases, flannels, soap, toothbrushes, puzzles, small toys, tennis balls, hats, gloves etc.

(NB: No toothpaste, sweets, lotions or liquids are allowed)

Knitted items for children are also most welcome.

An explanatory leaflet can be obtained from Highfield Stores.

Drop off the boxes at the Highfield Store Dunkeswell or Connetts Farm (or they can be collected from you), before 12th November.

OUT OF FOCUS - Honiton Community Theatre Company

Thu 2nd - Sat 4th Nov, 7.30pm. Tickets: £11

A series of over-bookings have led to a great mix of characters from the local community, descending upon the church hall, becoming aggravated with each other, but eventually they put together for a single purpose: to stage the next church pantomime.



THE TRIALS OF CATO - Folk Band

Fri 10 Nov - 7.30pm. Tickets: £16

BBC Radio 2's award winning trio fly the flag of folk music, paying clear homage to the tradition whilst twisting old bones into something modern, with stomping tunes and captivating stories. On the night the band shall be supported by Annie Driesnell.



ROYAL BALLET: DON QUIXOTE (U)

Sat 11 Nov - 7pm. Tickets: Adults £17, Students £11

Teaming with comedy, wit and an abundance of bravura choreography, Carlos Acosta's production brings the Spanish heat and romance of Cervantes' classic novel to life.



THE BEEHIVE'S FOLK CAFE

Wed 15 Nov - 7.30pm - Free Entry!

Come along to sing or listen in the Beehive bar with our lovely folkie host, Sue King. No prior booking required. Doors open at 7.15pm.



TRACK DOGS - Folk, Americana, Bluegrass Band

Thu 16 Nov - 8pm. Tickets: £16

The quartet serve up sun-shiny songs thriving on dark themes behind irresistible rhythms. "Their lively, melodic music has a strong American/ain sentiment, a strong sense of fun and an abundance of sunshine." FRUK.



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CLASSICAL CONCERT BY EAST DEVON MUSIC

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Fri 17 Nov - 7.30pm. Tickets: Adult £18, U16's £12
Featuring: Robert Platts, Gábor László, Violin, Benjamin Frith, Piano. The concert will include works by Debussy, Fauré and Pamela Harrison, who was Tim's mother.



THE ALTER EAGLES

Sat 18 Nov - 7.30pm. Tickets: £20

One of the country's top tribute acts, playing a mix of old and new Eagles' songs including all the classics - Hotel California, Take It Easy, One Of These Nights and many more! Expect plenty of sweet country harmonies and rocking twin guitars.



THE MIRACLE CLUB (12A)

Thu 23 Nov - 7.30pm. Tickets: Adult £7.50, U16 £6.50.

There's just one dream for the women of Ballgar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. Sharing Maggie Smith, Kathy Bates and Laura Linney.



HISTORY OF ROCK

Fri 24 Nov - 7.30pm. Tickets: £25

A celebration of rock music through the decades. A jaw dropping night transporting you through the golden ages of rock! Featuring the music of artists such as Led Zeppelin, Cream, Guns 'n Roses, AC/DC, Queen and many more!



NATIONAL THEATRE LIVE: SKYLIGHT

Thu 30 Nov - 7pm. Adults £16, Students £13

On a cold London evening, school teacher Kyra Hollis receives an unexpected visit from former lover, Tom Sergeant (Bill Nighty), a successful restaurateur whose wife has recently died.



CHRISTMAS IS COMING...! Take a look at our upcoming Christmas events on our website. Events include: our Christmas craft & shopping fayre, live music, theatre, festive interactive activities for kids, films and a magical Christmas variety show!

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"I didn't notice I was going so fast!"

"Everyone else is doing it so why can't I?"

"A few miles an hour won't make much difference will it?"

But every time we driver faster than the speed limit, or too fast for the road conditions, we increase the risk of a crash – and we increase the chance that someone we love will be killed or hurt on a road.

Whoever you are, however you travel, We need to talk about SPEED.

Road Safety Week is Brake's biggest road safety campaign. Every year, thousands of schools, organisations and communities get involved to share important road safety messages, remember people affected by road death and injury, and raise funds to help Brake care for more road victims and campaign for safe roads for everyone.

<https://www.brake.org.uk/>



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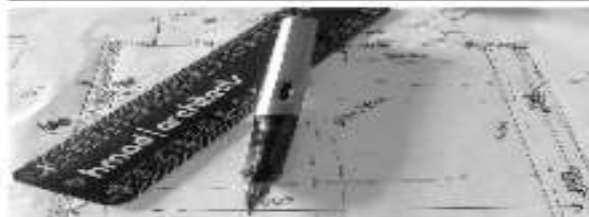
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Dear all,

As always, we would like to thank our community for their support.

Every penny helps our children on their learning journey.

We recently held our AGM and would like to thank Sharon Collins for everything she has done for the pre-school and warmly welcome Laurence Quinn who has now changed roles from being vice treasurer to treasurer.

As Autumn sets in, the children have been enjoying walks in the park, crunching the leaves and picking up acorns, conkers, and hazelnuts which we are hoping will produce some saplings by next spring. We look forward to updating you on our progress. We are currently growing leeks down at our allotment and have just planted some Sweet Williams, which were kindly given to us.

Its also the time of year when we start thinking about Christmas. The children will very soon be busy making cards and tea towels for their families. We also have our **Christmas Bazaar on 2nd December** so please save the date and pop along for some festive cheer.

Don't forget to attend the **Dunkeswell Village Hall Charity Christmas Fair on November 25th.**

We will be there to answer any questions you may have, and to tell you all about the Pre School's plans for the year ahead



Christmas Fete

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2nd December 2023 10:00AM - 12:00PM

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Contact & Booking enquiries:

dunkeswellvillagehall@gmail.com

Tel: **01404 891564**

Info & photos: <https://dunkeswell.net/dunkeswell-village-hall/>

DUNKESWELL VILLAGE HALL EVENTS:

Why not join us and your fellow villagers for sociable get-togethers in a relaxed and friendly atmosphere. You will always be guaranteed a warm welcome; so do come and support us and join in the fun.

Dates for your Diary & Future Events:

The hall is putting together a **Charity Christmas Fair on November 25th.**

This will give people a chance to meet and chat to the various charities, find out what they do, their mission and values and even purchase Christmas cards and gifts. Please do come and enjoy the day, and make it worth their while to be there. Refreshments will be available all day.

The village hall committee are also organising the **Childrens**

Christmas party to take place on **Saturday 16th December at 4pm.**

This is our favourite **FREE** annual event, and we hope you will bring your children along to meet Santa and have a great day.

Lots of good things to eat both for the kids and their parents!

More info can be found in the Parish magazine, Parish Council notice boards, bus stops, on social media web sites: Facebook 'Everything Dunkeswell' and Nextdoor

NEED A VENUE FOR AN EVENT? The Dunkeswell Village Hall is perfect for: *Children's parties / family get-togethers – large dinner parties / buffets / wedding receptions / training sessions / coffee mornings / etc.*

The Hall is fully equipped including a stage, media equipment, kitchen & disabled facilities, plus an outdoor terrace with seating, gas BBQ, etc.

TO BOOK: Contact Ceinwen Conroy (Bookings Secretary) for information & hire fees. Tel: **01404 891564** or email: dunkeswellvillagehall@gmail.com

Charges for hire: £7ph (for regular customers e.g. weekly/monthly clubs).
£10ph for one-off hire.

NB: Dunkeswell Village Hall is a Charity and all proceeds are used for the upkeep and maintenance of the hall.

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16th Dec.
from 4.00**



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Coming together in remembrance and celebration

Hospiscare's Light Up a Life remembrance and celebration events will be returning to Honiton, Cullompton and Exeter this festive season. The annual events offer a place to honour and remember lost loved ones and feature a selection of hand-picked readings, poems, music and carols.

The festive season is a special time of year when many people come together with family and friends to celebrate. At Hospiscare, we know that for those adjusting to life without a loved one, it can be a bitter-sweet time.

Light Up a Life is our annual celebration of the lives of lost loved ones. We hope you will join us for one of our in-person celebrations this December – in Exeter, Honiton or Cullompton – for hand-picked readings, poems, music and carols in honour and remembrance of all those people we hold dear.

Our Tree of Light will also shine in memory of our loved ones in front of Exeter Cathedral for you to visit throughout December.





Carols at the Deer Park Honiton 2023

Event Date—Sunday 3 December 2023

Event Time— 3.00pm

Hosted by Hospiscare

Price Free, but please reserve your place in advance

Location **Deer Park Country House, Buckerell, Honiton, EX14 3PG**

Book now

Join us for a special evening of music, poetry and readings to remember someone special this Christmas.

This festive season, Hospiscare invites you to join our *Light Up A Life* celebration in honour and memory of loved ones we have lost.

In addition to our memorial *Book of Memories*, which will be displayed in local churches and community centres, the online *Gallery of Memories*, and the Hospiscare Tree of Lights, which will stand on Exeter's Cathedral Green throughout December, we are also holding three in-person events where we can come together in celebration and remembrance of those we love.

To support Hospiscare in memory of your loved ones at Deer Park Country House, please reserve your place. Places are free, but limited, so please be sure to book in advance.





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ian.wederell@talktalk.net
www.manorantiquesrestorations.co.uk