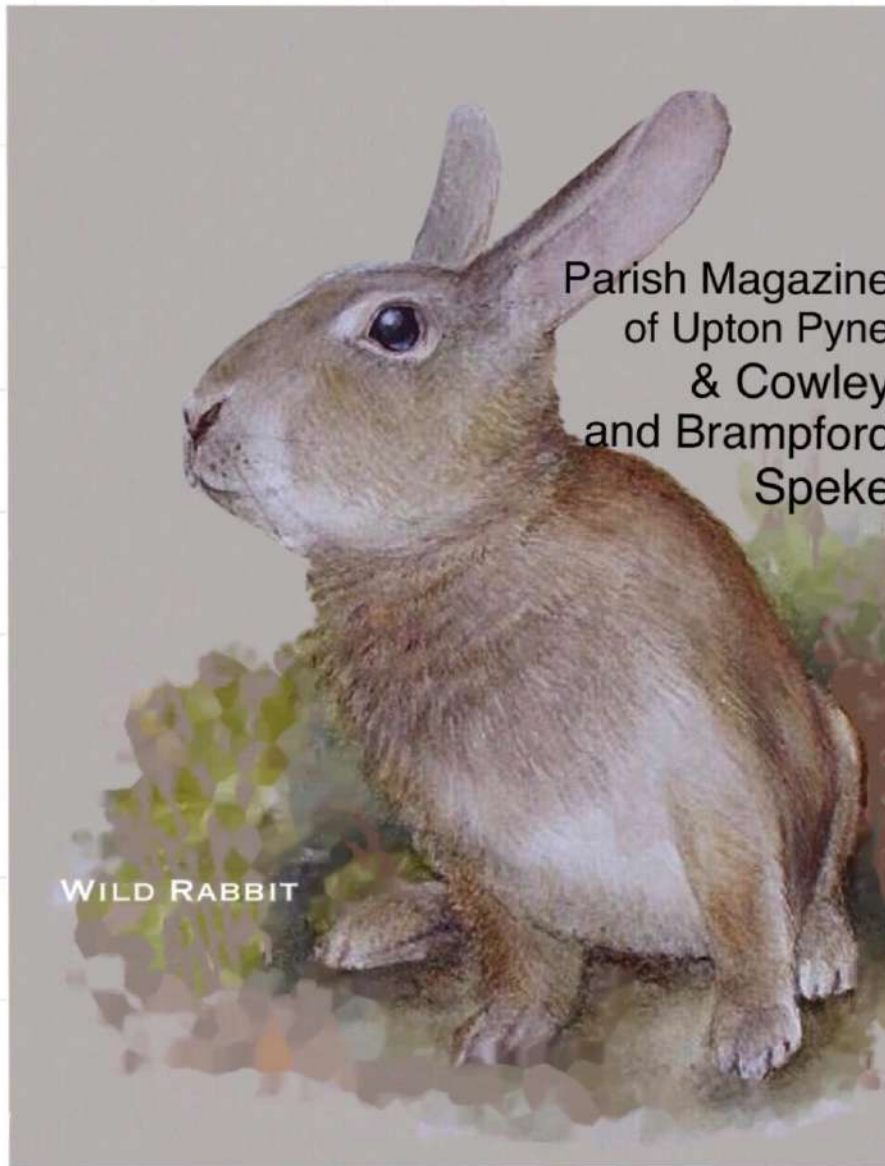


Speke Up



Parish Magazine
of Upton Pyne
& Cowley
and Brampford
Speke

WILD RABBIT

February 2025

Issue 377

AGRICULTURAL

— I N N —

What's on at the Agi

Quiz Night at the 'Agi'

First Sunday of the month

Quiz night is back and now hosted by the amazing Adam in the hat!

Quiz starts at 7:30, max team size of 6,

book on 01392840043 or reservations@agriculturalinn.co.uk

Next quiz dates, Sunday 2nd Feb, 2nd March, 6th April, 4th May

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Speke Up Matters

Welcome to our first *Speke Up* of the new year. In this issue, we are celebrating new beginnings and signs of spring peeping in at the windows.

On page 33, Mary Quicke notices the changes heralding a new season on the farm and on page 30 Sarah Lumley gives a recipe for a gloriously pretty cake to celebrate the arrival of spring. In *The Gardening Year*, Nicola Baker's thoughts turn to crocuses and snowdrops and she gives some places nearby where you can see these lovely early-spring flowers. If you want to have a spring in your step, you must look after your feet. Claire Norton tells you how on page 36.

There is plenty to entertain and inform you in this edition – we hope you enjoy reading it.

And finally, CONGRATULATIONS to Professor Tim Insoll who was awarded an OBE in the New Year's Honours (page 27).

from the Speke Up team

Cover design: Sally Tuckey

STOP PRESS

The Friends of Upton Pyne AGM will be held in the Village Hall at 9.30am on Saturday 22 March. All are welcome.

ANNUAL ADVERTISING RATES FOR 2025

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“ “ (colour)	£220 (£300 with guaranteed cover placement)
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The only PDFs we can accept for publication are full page ads. Artwork must be received by the **15th** of the month before publication. Material received after that is likely to be held over to the next issue.

Colour artwork will be reproduced in the print version of the magazine in black and white (unless space on a colour page has been booked); it will, however, appear in colour in the on-line version at www.spekeup.org.

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Cover Notes

The Rabbit (Leporidae)

*Bye, baby bunting,
Daddy's gone a-hunting,
Got to get a rabbit skin,
To wrap the baby bunting in.*

Gammer Gurton's Garland - 1784

The wild rabbit (*Oryctolagus cuniculus*) is described as a long-eared burrowing mammal. Adults have mainly greyish brown fur with a rufous patch of reddish-brown on the nape and pale greyish underparts. The ears are long with rounded tips and the tail is dark above and white below. The location of the eyes gives the rabbit all-round vision. As a prey animal, rabbits have to live on constant watch and when they are threatened, they thump one of their back legs on the ground.

They were brought to this country about 900 years ago by the Normans and were kept in well-protected warrens for their meat and fur. Gradually, some escaped and formed the wild population, which became widespread by the end of the 18th century. At the same time, the rise of game shooting encouraged gamekeepers to destroy the rabbit's main predators, such as foxes, stoats and birds of prey. The rabbits themselves "bred like rabbits", producing up to seven litters a year, with about six or seven in each litter. This led to a vast population explosion by the early 20th century, despite the fact that, for many rural poor, rabbits were a staple food.

In 1954, myxomatosis was introduced to reduce the population, which it did by 99% from 100 million to 1 million. It is a particularly horrible disease and many must have seen these miserable creatures huddled, blind and half rotting, easy prey for any predator. My greyhound caught one while on the lead! Some rabbits developed an immunity to the disease and the population has fluctuated over the years, profoundly affecting their main predators such as buzzards, foxes and stoats. Monty Don writes that since 2010, the rabbits in his garden have been getting bolder and attacking everything from crocuses to mature apple trees. And indeed, rabbits can do massive damage to crops and gardens. I have only had wild rabbits in my garden once and they didn't have much chance to do damage with a greyhound about.

Monty well expresses one's ambiguity with regard to rabbits. He writes that as a gardener he loathes rabbits but as a country man and a naturalist, he is charmed and accepts them as part of the food chain that make the British countryside go round.

*Once upon a time, there were four little
rabbits and their names were Flopsy, Mopsy,
Cotton Tail and Peter.*

Beatrix Potter

Children's literature abounds in stories about rabbits, from *Peter Rabbit* and *Benjamin Bunny* to *The Velveteen Rabbit* and *Watership Down*. Gervase Phinn writes amusingly about his time as an inspector of English in schools in the Yorkshire Dales. As a townie, he is shocked when he tries to encourage the local children to write poetry about rabbits. He is quickly told that their parents generally shoot or gas rabbits. Mr Macgregor is admired as a hero while Peter Rabbit gets a very short shrift.

Pet rabbits are quite another story however. I had no idea there was quite such a remarkable array of attractive rabbits bred in all shapes and sizes and originating from all over the world. Rabbits were first domesticated by the Romans. They are kept as pets but also raised as livestock for their meat and fur (such as in Angora breeds). They are used in laboratories for both medical and cosmetic research and testing although it became illegal in the UK to test cosmetics on rabbits in 1998.

One of my favourite stories is *The Velveteen Rabbit*. Written in 1921 by Margery Williams, it is a moving tale about a toy rabbit's journey to becoming real. When the rabbit cries, his teardrop turns into the toy fairy who then turns him into a real rabbit. Towards the end of the story, the boy, while walking in the woods, spots a rabbit. "Why, he looks just like my old Bunny that was lost when I had scarlet fever." But he never knew that it really was his own Bunny, come back to look at the child who had first made him real!

Caroline Fox

Local history prize awarded for first time



Left to right: Peter Hawksley, Jilly Baker, Midge Kelly and the fifth Earl of Iddesleigh.

Photo: Ann Quon Cordingley

The inaugural Nick Baker Local History Prize, sponsored by the *Newton Wonder*, has been won by a former botanical researcher and environmental policy expert who never 'got' history as a young student, **writes Ann Quon Cordingley.**

Newton St Cyres resident Midge Kelly was awarded the prize at a ceremony at Pynes House, the former residence of Sir Stafford Henry Northcote, a Conservative politician who served as Chancellor of the Exchequer and Foreign Secretary in the 19th century and who, some say, could in other circumstances have become prime minister.

Midge Kelly's essay on the distinguished and colourful Sir Stafford, the first Earl of Iddesleigh and 8th Baronet, of Pynes, won praise from his great, great grandson, the current Lord Iddesleigh as "an absolutely brilliant piece of work." He said: "I would give Midge absolutely top marks. It gives me such pride that the first prize goes to [the biographer of] one of my ancestors."

It was therefore fitting that the award ceremony took place at Pynes House, Upton Pyne, the original Northcote family home, where the First Earl of Iddesleigh lived when he wasn't in Westminster attending to parliamentary duties.

In accepting her £100 prize award from the *Newton Wonder's* Peter Hawksley, Midge said: "I am absolutely delighted to receive this award and think it is an amazing initiative. When I moved to Newton St Cyres in 2010, I really didn't have any interest in local history at all. I didn't see the point of history at school but gradually have come to realise that arguably the main value of local history is that it helps people become more rooted in their local community, to value it more and to see a different side of where they live."

The prize was established in honour of the late Nick Baker, a Cowley resident and avid historian who was keen to share his detailed knowledge and expertise of local history with others.

"Nick more than anyone else explored the history of this area and recorded it in a really professional and rigorous way," says close friend Peter Tyldesley. "If he told you something about the local history, the chances are you would find it was spot on."

In Nick Baker's memory, the competition asked entrants to write about the history of one of four local areas – Newton St Cyres, Cowley, Upton Pyne or Brampford Speke.

Taking up the challenge, winner Midge said she decided to write about Sir Stafford after reading about him at the Northcote Memorial in the church at Newton St Cyres during a Heritage Open Day tour. "I wasn't aware that such an eminent politician had lived in the area."

"Reading his biography led me to online research about his parliamentary career, and a forage through [digitised] newspapers of his time. I became quite hooked, and wanted to re-introduce this kind and clever man to people," she said.

Although the present Lord lives in the area, Midge said she didn't contact him or his family during her research. "I didn't involve them because I had never met them, and my superficial scratchings at the history of their family felt too trivial to bother them with," she said. "Having since met Lord and Lady Iddesleigh at the award ceremony, I now realise it would be fun and interesting to discuss other aspects, including some enigmas that didn't make it into the essay."

Growing up in Barnstaple, Midge said she never really 'got' history at school. "I was always curious about how and why things are, and embarked on a career of botanical research lasting several years and then to environmental policy roles in the public sector – in Merseyside, Lancashire and Devon – on recycling, aspects of biodiversity, energy and climate change.

"Decades ago, I did win the Thomas Woodcock Prize at Sheffield University for an essay on *Polyphosphate – the Manipulatory Molecule*. I have to say that writing about Lord Northcote was far more fun!"

The judges for the competition were Peter Hawksley, Jean Wilkins and Jilly Baker. "For the next competition, we may add a category for younger entrants to encourage them to have a go," said Peter Hawksley.

THORVERTON HISTORY SOCIETY

The Merchant's Houses in St Martin's Island, Exeter

Richard Parker has been recording the growth and development of this 'island', as the parish of St Martin has become known, and shared his knowledge at a recent THS talk.

The parish boundaries and infrastructure of the parish of St Martin were in place even before the Exeter parish divisions were mapped in the 900s. By 1180, the boundary was essentially an enclosure bounded by Broad Gate, St Stephen's Close and St Martin's. Today, St Martin's church can still be found next to the black-and-white building of Mol's Coffee House on a corner of Exeter's historic Cathedral Close. It is one of the oldest buildings in the city, consecrated a year before the Norman Conquest, and was once one of six churches clustered in the cathedral's shadow.

Early land allocations were in strips, so no one interest dominated. They were narrow and tight, so that eventually the buildings encroached onto public space.

Architectural reconstruction drawings by Richard allowed us to follow the development of many of the individual properties. By learning to 'read the

buildings', we can continue to catch glimpses of ghostly roof levels, retained lines of chimneys and, internally, glorious roof beams, illustrating great halls which became rooms with fireplaces and staircases. Many of the buildings followed a typical format: a gatehouse, a great chamber and kitchens, butteries and pantries.

On the High Street the origins of the Laura Ashley building, which dates from 1564, reflected an architectural style called 'Exeter pairs'. The Georgians removed and updated many frontages, although many facades survived within the fabric of these renovations.

The devastating effect and course of the Clarence fire in 2016 was discussed.

The Exeter Bank building at the corner of Martin's Lane was originally a Vicars' Choral property, but was rebuilt as an early 18th-century house. The large semi-circular window in the attic storey survived through numerous later refurbishments. The original brick front was covered in plaster in about 1820 and grilled windows were added at the same time for the bank. In about 1900, the building became a branch of Deller's Café. This had a superb Art Nouveau interior for about ten years, but this was sadly removed after 1919, when the building became part of the hotel and Deller's moved to Bedford Street.

The hotel asked the stained glass-artist Maurice Drake to install one of the greatest treasures of the site; a collection of 27 Flemish stained-glass roundels dating from the 16th and 17th centuries. One of these roundels shows the beheading of Goliath and is extremely rare, the only one known in Europe. The collection is of great importance; it was fortunately recorded and published by David Cook in 2008-9. These roundels are a major treasure and, though some have certainly been lost, it is hoped that most may have survived the fire.

Richard Parker's range of knowledge and understanding of these buildings and their significance were communicated in great thoroughness and we are extremely grateful to him to give us of his time yet again!

K A Marshall

UPTON PYNE

—SOCIAL CLUB—

Community spirit at the New Years Eve Party

Revellers saw the New Year in with a bang at the Upton Pyne Social Club (UPSC) party, with fireworks at midnight to welcome in 2025.

Tony Jackson, UPSC Chairman, said: "First and foremost, a heartfelt 'thank you' to everyone who attended. We had a great time celebrating with the wonderful Upton Pyne community. Well done to all the kids who dressed up and to the parents who joined in too!"

The UPSC is a well-established community space where you can play darts, watch sport and socialise in a relaxed and friendly atmosphere. For the cost of £5 per family, or £3 individual entrance fee, on New Year's Eve, partygoers can enjoy a year's worth of club membership and enjoy the space for the rest of 2025. With this membership, attendees have access to a variety of events and activities hosted by the club throughout the year, making it a fantastic deal for both families and individuals. The New Year's party was just the beginning, as the club plans to host themed nights, quiz evenings, and community gatherings that foster a sense of belonging and fun.

Local resident Dennis Bradnock said: "It's amazing how the social club has become a cornerstone of our community. The New Year's event perfectly showcased the spirit of unity and joy that Upton Pyne is known for."

With more events on the horizon, the UPSC looks forward to another year of creating memories and strengthening community bonds. Whether it's through sports, social events, or just a casual evening with friends, the club remains committed to offering something for everyone in the village.

For more information on future events, please visit the Upton Pyne Social Club Facebook page.



Photo: Rosie Cooper



Saturday, 12th April
2.30pm
Holy Cross, Crediton

Thorverton Memorial Hall

Saturday 8 February: *Saturday Market and Big Breakfast* – have a hearty breakfast and a browse of stalls from local sellers at the hall, from 09:30AM – 11:30AM.

RECITAL with Sarah Quashie, soprano, accompanied by Jonathan Rawles. Followed by tea and cake in the Boniface Centre, included in £10 ticket on door entry - cash or card. In aid of the Crediton Church Music Endowment Fund.

NEWTON ST CYRES HISTORY GROUP

Wednesday 12 February

Gill Mclean **Topsham Canal**

Meetings are at 7.30pm unless otherwise stated. They are held in the Parish Hall and the charge is £3, drinks and biscuits are provided free.

Friday 21 February: *Cinema Night* – we'll be showing THELMA, the 2024 comedy starring June Squibb. When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her. Tickets are £5 (under 18s £4) and can be bought on the door or at thorvertonmemorialhall.co.uk

New Players Wanted For Tiverton Concert Band

Can you play a brass or woodwind instrument - or perhaps percussion?



Tiverton Concert Band is a friendly wind band which welcomes new players of Grade 5 and above.

We meet on Wednesday evenings (7.30pm-9pm) and play light classical as well as a variety of music from films and musicals.

Our venue is just half an hour drive from Upton Pyne, Cowley and Brampford Speke, and lift sharing may be possible.

For further information contact

Ros Leveridge on rosleveridge@gmail.com or call **01392 438369**

Newton St Cyres Tennis Club

We celebrated the New Year with poems and songs written by members as an ode to the tennis club.

There were wonderful entries and vocal performances.

The Rusty Racket Members' Group is playing a couple of times a week. If your New Year's resolution is to play tennis again, do contact Sue Bloomfield

at rustyrackets@newtonstcyrestennisclub.co.uk

The new membership year starts in April. Contact membership secretary Laura Leigh on 01647 24259.

Winter League matches are nearly finished and new teams are being arranged for the summer.

Junior coaching takes place on Wednesdays after school during term time. If you would like to enroll for the spring term please

email: juniors@newtonstcyrestennisclub.co.uk

Jon Wills offers adult coaching both individually and for small groups. He can be contacted via our website.

NEWTON ST CYRES GARDENING CLUB

welcomes the return visit of Stephen Powles

'Otters – Coming to a River Near You'

Stephen will give an insight into the secretive lives of otters, the signs to look out for, their decline and subsequent recovery. He will also introduce Hammer Scar, a



female otter that lived on the stream below his home. He observed, filmed and photographed her life in remarkable detail over five years and will share some of the highlights.

Wednesday 5th February starting at 7.30pm

Newton St Cyres Parish Hall EX5 5BW

Membership not required – all welcome

£3.00 to include a hot drink & biscuits.

NEWTON RAMBLERS

Sunday 16 February

We will do a circular walk of about four miles from the New Inn at Coleford. We shall head to Copplestone, and then take in the hamlets of Elstone and Knowle before returning to Coleford. The walk has a few hills but is on lanes and footpaths through pleasant countryside. It features a number of interesting buildings with historical links. The walk is based on Walk 4 described in the *More Tarka Line Walks* booklet.

After the walk we plan to book for lunch at the New Inn for those who would like to stay – please contact Rosemary to reserve a place.

We will meet in the Newton St Cyres Parish Hall Car Park at 9.30am to share lifts. Alternatively, you can meet us at 10am at the New Inn. All welcome. Any queries to Nigel or Rosemary Chambers on 851400.

Please note that anyone joining us on these walks obviously does so at their own risk.

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If you'd like to be considered for an affordable home in future, you need to do three things now:

1. **Register now** with Devon Home Choice: www.devonhomechoice.com
2. **Monitor** the Devon Home Choice website for vacancies
3. **Become a member of the CLT:** We email members when a home is becoming available at Lake's Down, so being a member ensures you are among the first to know.



Check out the CLT website at www.bsupcclt.co.uk (or use the QR code on the left) for more information. For information on membership or advice on registering for a tenancy please contact our membership secretary at sallydiscombe@gmail.com.

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Upton Pyne and Cowley Parish Council

Footpath report: our Footpath Warden, Fabian King, reported that at Lake's Down a footpath is blocked for about 50 metres by seven or eight fallen tree trunks. Cllr Cormack will arrange for their removal and advise Fabian who the landowner is.

Precept: required for 2025/26. The amount for last year was £10,539.97 and Councillors agreed to stay with the precept of 2024/25.

Small Grants initiative: Cllr Hewlett explained the scheme, which gave residents the chance to have a say on how the money was spent. The initiative provides funding to community organisations to support projects and to bring people together. Information will be available on the Parish Council's website and, we hope, in other community forums.

Contractor/Parish Lengthsman: the Parish Council is looking to employ someone for ditch and hedge clearing duties.

Storm drains at Cowley: the Chair is waiting to hear from Highways, and it was suggested that the two Cowley residents present at the meeting could also report this matter to Highways.

20's Plenty signs: the Parish Council will purchase signs to be put up legally around the village.

Mail drop: the Parish Council is looking to recruit councillors. The Clerk will consult with Royal Mail and, along with another Councillor, design leaflets for a mail drop to every home in Upton Pyne and Cowley.

So, expect to see one of these in the next few weeks drop through your letter box! Please do not throw them away! Have a read and see how rewarding it is to be a councillor and get involved in how to serve the community to make it a vibrant and a lovely place in which to live and work. We would love to hear from you, even if you are not keen to become a councillor. Please do come along to some of our meetings with your ideas and suggestions as to how you see the future of your parish and community and to help your Parish Council thrive! **Thank you in advance!**

Notice Boards: a new notice board has been situated just outside Bernaville Nurseries. Our carpenter is in the process of repairing the Five Oaks notice board and has repaired the door on the Glebe Close one. This notice board will in due course be replaced with a replica of the one at Bernaville Nurseries.

The next meeting of the Parish Council will be on Monday 10th February at 7.30pm in the Village Hall.

Brampford Speke Parish Council

The Parish Council is happy to report no significant updates following the January meeting. **The next meeting will be held in the Brampford Speke Village Hall on 12 March at 7.30pm;** all are welcome to attend.

Carer Required

We are seeking someone to join our experienced care team looking after a personable mature lady with a learning disability in her own home locally.

Current availability is for Sunday evening 4/5-8.30pm with a possibility of other shifts and occasional holiday cover/overnights.

No personal care required, just companionship, enabling and activities.

We offer a competitive hourly rate and applicants would be self employed.

**For further information contact
Ros Leveridge on rosleveridge@gmail.com
or call 01392 438369**

Walking the Parishes

with *Amanda Ryles*

Like many people, a Christmas with festive edible goodies had been followed by several weeks with an unusually full treat tin, but tighter trousers meant it was time to start walking again. It is harder to get moving outside when daylight appears late and sunset falls early, so it was a treat to have a sunny Sunday free of rain and a great opportunity to test the stamina of our puppy trying his biggest walk to date. Although a relatively modest three miles, this walk around Netherexe can be easily added to a walk from Brampford Speke over the River Exe.



We started at **Burrow Cross** (What3words [///overcomes.nicknames.wants](#)) in the parish of Stoke Canon, South of Netherexe, West of Rewe, at the junction to Burrow Farm, on the grass triangle. We intended to walk a figure of eight past the farm, but despite the blue skies there was still a lot of standing water. Curious cream cows looked out from the barn, and dozens of sparrows cheeped and chirruped from the front gardens of the farm cottages. Leggy teasels moved lazily and the bare branches from the hedge on the raised bank were interspersed with the greens of ivy and brambles. Burrow Road becomes a track which at first seemed easily passable, dodging the

puddles and sticking to the ridge down the middle of the path. Where a footpath continues straight on beyond a gate, we instead followed round to the right and immediately felt the warmth of the sun on our backs. With no livestock about, Hector enjoyed his first off-lead adventure, staying close to us both but enjoying the chance to splash in the puddles.

Too deep for shoes

The sound from the river grew from a background rumble to a loud splashing as the path heads toward the water, but this was where our circular route hit a dead-end. The standing water on the flood plain was no longer contained by the path-edge ditches, but covered the track from one side to the other. I had wellingtons, but it was too deep for Kevin's shoes, and deeper than Hector is tall. Frustrating as it is to be forced to turn back, it meant we were walking directly into the sun and able to look back down the valley and up to St Peters church to the South-West and Stoke Woods to the South-East. Either side of the track, the deep ditches were overflowing with crystal-clear water, full of dock and water starwort. In fact, the water was so clear, Hector jumped in expecting it to just be vegetation. An unexpected bracing dunk in the ice-cold stream was not only an interesting introduction to water, but helped to wash off some of the mud he was covered in.

A curious robin

With him back on his lead we retraced our steps to the wayside cross and headed North along Green Lane. It was nice to have hard ground beneath our feet on a road almost free of traffic. At the first right-hand bend, Burrow Corner, our route headed sharp left along a track marked 'Unsuitable for motors'. The high-pitched whistles of a little wren prompted us to stop and we soon saw him flitting amongst the under-branches of the hedge. A curious robin watched our progress, a chaffinch sang from on top of a tall branch and a pair of blackbirds followed us along the track. If walking with a dog deters the bird-life we certainly didn't notice it!

To the right was a field of sheep with a congregation of rooks circling above them, occasionally landing in the middle of the flock. Before the end of Green Lane, we took the track to the right and noticed that the next field of sheep between us and the River Exe had half a dozen swans sitting amongst them in the longer grass, as well as several lambs. There was a beautiful view across to Latchmoor, whilst the few scant clouds cast flitting shade on the hills beyond. In the standing

water of an adjacent field a pair of pied wagtails splashed, then we walked between Devon banks with ferns, ivy and a small yew adding to the mossy emerald patchwork; the track here flanked again by clear water in both ditches. If it hadn't still been so very wet underfoot, we would have walked to the church but there was too much standing water to risk it, so we headed right onto Kitt's Lane, pigsties nestled under the trees in the orchard above us. The listed farmhouse is stunning, but no less impressive are the huge red brick barns opposite with their thin slit windows.

Stunning 19th century houses

Past the postbox at Netherexe House, the sheep and lambs in the fields either side were pink from the Devon clay. Netherexe has several late 19th century houses, but I was intrigued by the letters 'CHRHILL' carved into the stone on several. A quick internet search found a Christopher Hill of Netherexe being granted a game licence in 1834, and the history of St John the Baptist Church records Hill as largely responsible for its restoration in the late 1800s. Curiosity sated, we continued straight on the road to the junction marked 'Rewe ½ mile' and headed back South, walking straight into the sunshine in the direction of Stoke Canon to our start point. Hector had exhausted himself. When we got home, he ate a big meal, drank some water and proceeded to fall asleep for three hours, only waking at the smell of roast potatoes and apple crumble!

GEOFF SALTMARSH 21 May 1941 - 19 December 2024



The community was saddened to hear of the death of Geoff Saltmarsh. He had been frail for some time and died peacefully at home with his family around him.

Geoff was educated at Shrewsbury School

and from there went to St. John's College, Cambridge, where he studied Mathematics; he was sponsored by GEC and for a short while after graduating he worked for them. He then decided to use his abilities in teaching. He did a post-graduate certificate in education in Bristol and arrived in Devon to teach

Mathematics at Queen Elizabeth's School, Crediton, where he stayed for 20 years. By then the world of computers was opening up and Geoff moved from teaching into the world of business, joining the American company CSC and taking on the installation of computer systems across the country for big firms such as the Gas Board. He enjoyed this challenging work, visiting different parts of the country from his home in Upton Pyne, where he and Ruth had settled in 1986.

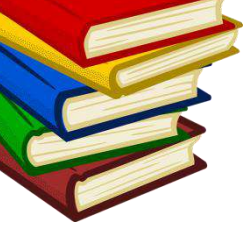
When he retired, Geoff used his considerable skills for the benefit of the community that he and Ruth had become part of; in particular, the church benefitted from his expertise and his willingness to help. He became treasurer of Upton Pyne Parochial Church Council and then developed a computer package that has been adopted throughout the Netherexe Mission Community and beyond, to help volunteers who may have no accountancy expertise to manage parish finances efficiently.

Apart from his help with finance, Geoff assisted the church in many other ways. With a large Mission Community and fewer clergy, the lay members of the congregation were being asked to take on a wider role in order to keep churches open. Geoff played a key role in leading and contributing to services for many years, including the popular Tea, Hymns & Cake sessions in the Village Hall which took place for some years on occasional Sunday afternoons. He always put time, thought and effort into any contribution and left people feeling the better for having listened to him.

Geoff loved his home at Jackmoor, where he was devotedly supported by Ruth; to her and to her the family we extend our sympathy.

Geoff's funeral was held at the church in Upton Pyne on 10 January, 2025, led by the Rev. Tim Collins. The church was full, as his extended family, friends from Upton Pyne and other Netherexe parishes, former colleagues and many others learned more of his long and interesting life from the family tributes, and bade farewell to a much-respected member of the community.





BOOK CLUB

Raising Hare by *Chloe Dalton*

This is the wonderfully-written account of what happens when a city-dwelling political adviser and foreign policy expert encounters what she thinks is an abandoned leveret.

Chloe had retired to her newish barn conversion in the countryside (we never find out where it is) for the Covid lockdown, and during a walk comes across the tiny animal. With no sign of the mother, Chloe picks it up and takes it home.

She asks her sister, who lives on a farm nearby, what to feed it. The sister comes up with the idea of powdered calves' milk in a bottle, later changed to powdered kitten milk, and surprisingly the leveret survives and does well.

Chloe starts reading all she can about hares in captivity, finding that mostly they do not last long. She decides that she will not touch it, apart from holding it to feed, she won't give it a name and she opens her home so that it can leave and go outside when it wants.

The information on hares she does find seems to bear little in common with what she discovers about her rescue, but the joy the little animal gives her is tremendous. She finds herself changing her habits to suit the baby, and when it ventures outside, she becomes very aware of the dangers it faces from foxes, buzzards, stoats and the farm machinery in nearby fields.

She becomes more attuned to the natural world, learning what grasses the hares like, where they lay during the day, what they eat and how they move. She starts noticing the seasons changing and how the hare's coat changes colour to match spring, autumn, winter.

Her leveret grows into an adult hare. Chloe discovers the hare is female when it has a litter of leverets and although it goes off into the wild during the night, and sometimes for days at a time, it's obvious that she regards the house and garden as a home.

My hardback copy, given to me for Christmas, has delightful little sketches of hares by Denise Nestor at the beginning of every chapter.

SG

The Faraway Drums by *Jon Cleary*

This is set in India in 1911, just before and during the coronation of George V as Emperor of India.

Clive Farnol, a major in the Indian regiment of Farnol's Horse but seconded as an officer in the Intelligence Unit, learns of a plot to assassinate the King during a durbar in Delhi.

He joins people going from Simla to Delhi by train - English, Europeans and Indians - suspecting that some are involved in the plot. He's helped by Bridie O'Brady, an American newspaper reporter.

The journey is dangerous. The train is stopped by a deliberate landfall and they have to continue by elephant, carriage and horseback. People are killed on the way and it's only when they arrive in Delhi that the plotters are eventually found out.

Jon Cleary was Australian, but he gives a vivid, and to my mind, accurate idea of India at the time.

Throughout the book, there is a feeling that the end of the Empire may arrive soon.

This is a good, old-fashioned adventure novel written with wry humour and with some wonderful one-liners.

SG

Birdcage Walk by *Helen Dunmore*

I seem to have read a lot of Helen Dunmore novels and I have enjoyed them all. This was her last book.

It is set in 1792 in Bristol and explores women's lives in Georgian England. Lizzie Fawkes has grown up in Radical circles where each step of the French Revolution is followed with eager idealism. She has recently married John Diner Tredevant, a property developer who is heavily invested in Bristol's housing boom, and he has everything to lose from social upheaval and the prospect of war.

It is beautifully written and researched and a joy to read.

CL

Born to Drum by *Tony Barrell*

Playing the drums is one of the most enjoyable of activities! For me, it combines musical listening/playing challenges with a gym workout and mindful attention on the other instruments, tempo, dynamics, the mathematical permutations, limb independence, fine-motor skills and proprioception (knowing where your limbs are and avoiding hitting your hands/face!)

This book by a *Times* music journalist explores several aspects of drummers, chapter by chapter, rather than drumming techniques. The early chapters explore why people drum, whether the 'mad animal drummer' archetype has any basis in reality and links to 'working-classness'.

The section on female drummers was a revelation as it seems that things are slowly changing for the better in terms of gender balance. Studio drumming and the live drumming chapter 'The Worst Job in the World' hammer home the professionalism required for this instrument.

I particularly enjoyed and learnt from a late chapter on the history of drumming which explores the invention of human rhythm back in the age of early man, through the centuries to the modern kit drums. It is only very recently that a percussionist has had the capacity to play several percussion instruments simultaneously, and this innovation has turbo-boostered the possibilities of complexity within a track.

SP

The Place of Tides by James Rebanks

This is the fourth, non-fiction, book by James Rebanks, writer and Cumbrian sheep farmer, but the first to take him away from the landscape he is hefted to, like his own Herdwick sheep.

For reasons never fully explained, he is troubled and anxious. He escapes to a tiny, remote Norwegian isle just below the Arctic Circle to help Anna, an elderly, other-worldly 'duck woman', care for and harvest the down of Eider ducks. This will be Anna's last annual visit to the rocky outcrop that revitalises her spirit and helps to keep alive a strange tradition stretching back to Viking times.

The atmosphere on the isle mirrors James' mood. It is cold, rainy and boring and Anna, and her elderly helper Ingrid, seem to resent his presence on the island where they are the only other inhabitants.

Eventually, the work begins. They have to clear away the old, mouldy seaweed nests, air the huts and nest boxes and make more than 300 new nests before the ducks come in from the open sea. Anna is frail and tired and cannot help. She seems defeated.

But she rallies as the time for the coming of the ducks draws nearer. The days lengthen, the sun shines and the two women warm to the Englishman.

The ducks are shy of coming ashore, needing a period of silence called *varntid*, enshrined in old Norwegian laws. But come they do. They lay their eggs, hatch their ducklings and take them back to the open sea, leaving empty nests full of downy Eider feathers, plucked from their own breasts. The process of cleaning the down is time-consuming and extensive, preparing it for buyers who demand perfection.

Ostensibly, this is a book where very little happens. The wind blows, the rain falls, the sun shines. The ducks come and go. But I felt privileged to see this ethereal landscape through the author's eyes; meet some of the people who inhabit this rare UNESCO World Heritage site and share their timeless wisdom.

LF

Anything & Everything Quiz

- 1 What is the capital of the state of Alaska?
 - 2 What name is given to the interval of colder weather that lasted from the early 14th Century to mid-19th Century?
 - 3 What name connects Thomas Hardy's name for Salisbury, and the team with which Roy of the Rovers spent most of his career?
 - 4 Which National Trust property contains the Fox Talbot museum, concerning the story of photography?
 - 5 Which American University is abbreviated as MIT?
 - 6 What is the northernmost town on the British mainland?
 - 7 What is the minimum age for a juror in the UK?
 - 8 The religious sect known as the Shakers, was founded in 1747 as an offshoot of which other sect?
 - 9 Complete the title of this 1974 book by Robert M Pirsig : *Zen and the Art of.....?*
 - 10 Which singer-songwriter duo originally performed as Tom & Jerry?
- SG**

Answers for this quiz and the music quiz (page 16) are on page 37

Speke Up About Music

Song: **Why Don't We Start From Here?** by Nancy Spraggan.

Suggested by: **Linda Findlay** (Linda gets a bonus song review here as she does so much to keep this publication running, and readers and contributors are grateful for her time, effort... and patience!)

Linda says: The song is very much associated in my mind with the final shots in the Bristol-based BBC comedy series, *The Outlaws*, when Rani is running joyously along the beach at Weston-super-Mare, escaping. You just know she's going to be seriously bad in the future but she's incorrigible, and there's no stopping her.

I like the sentiment, and this song always cheers me up.

Stu says: This is a catchy piece of summery pop! A folky strummed guitar riff starts the song before the vocals come in: boy/girl an octave apart plus a choral swell at the end of the phrases. The verse is as catchy as many choruses, so when the chorus comes in it is so simple and stripped back, repetitive and insistent that it infects the brain (in a good way!). The production is rich, for such a simple arrangement, with lots of reverb which gives it a cinematic, triumphant feel.

I love straightforwardly memorable pop songs when they are done as well as this. The lyrics concern the beginnings of an escape from a situation, though not one that is well-planned. The repeated line in the chorus "Why don't we start from here?" reminds me of the Chinese aphorism "A journey of a thousand miles begins with a single step" which is attributed to Lao Tzu - I have been reading about Taoism lately and a lot of the *Tao Te Ching* really resonates with me. Thanks for this Linda – it will be going round my head all day!

Please email suggestions for favourite songs you would like reviewed in a future issue to noordinaryfish@hotmail.com

Song title:

Artist:

Where were you or what were you doing when you first heard it?

What is it about the song that makes it your favourite?

See also the Spotify playlist which we will add to each month with your suggestions



<http://tinyurl.com/y8ytdeyr>



Time to test your Britpop knowledge!

Q1 'It's all over the front page' is a line from this band's top ten hit in May 1998. Can you name the song and the band (or the singer's name)?

Q2 Now a famous purveyor of cheese, what is the name of Blur's bassist?

Q3 Radiohead released three seminal albums in the 1990s starting with their first album *Pablo Honey* in 1993. Can you name one of the other two?

Q4 *Disco 2000* and *Help the Aged* are two of their late 90s singles. Name that band!

Q5 'And so, Sally can wait, she knows it's too late as we're walking on by' is a line from an Oasis song that reached number one in the UK charts in 1996. What song?

Q6 Name at least one of the UK top five singles from the Manic Street Preachers between the years 1996 and 2000.

Q7 The guitarist Steve Cradock from Ocean Colour Scene went on to play with another famous Britpop artist. Who?

Q8 Can you name the 1993 album that preceded Blur's 1994 album *Parklife*?

Q9 Originally formed in 1989 by Brett Anderson, Justine Frischmann and Mat Osman, and then joined by Bernard Butler, this band is called ...?

Q10 And can you name the band formed in 1992 by Justine Frischmann and Justin Welch (who also briefly drummed for the above band)?

FRIENDS OF UPTON PYNE

A Happy New Year to all in the village and elsewhere who support the Friends.

Our Carol Evening at Pynes House was a wonderful event, enjoyed immensely by the audience who joined in the singing with gusto. The choir was enhanced by the singers from the *a cappella* group 'Ad Hoc'. Readings were performed by Stewart and Helen Clapp who brought to life the stories they told. Stewart wrote some of the pieces and continued a theme from last year. Sue Reynolds and Sue Glanville provided delicious refreshments which were much appreciated in the splendid surroundings of Pynes House. All in all, it was a great success and a special evening, heralding the start of the festive season and adding £430 to our funds for repairs.

March 14 will see the return of the ever-popular Curry and Quiz in the village hall. See the advert for details and phone to book your place. This year, Debbie and Stuart Pearce are trying out a new recipe for the curry and Sue Glanville, our imaginative quiz compiler, will provide another brain-challenging selection of questions.

The churchyard continues to look good. The grass has been kept mown through its growing season and now the hedges are being tackled. Over the years, the hedges have grown far higher than originally intended and are now in the throes of being restored to their former size. Many thanks go to our behind-the-scenes helpers who work hard to maintain the area.

We have concluded the scheduled repairs to the church for 2024 and are working on arranging the 2025 renovations. In order for these to progress, we shall be applying for grants, as we did last year, and using funds we have already raised. Generous donations last year made a huge difference to our ability to cover the costs and we would hope that people might rise to the occasion this year. We have income from regular planned-giving and would welcome donations from anyone who felt that this was something they would like to do. Forms can be obtained from Maggie Cormack (841198).



Curry & quiz

Fri. 14 March

7 for 7.30 pm

Upton Pyne Village Hall

£12 booking essential, call 07753 605726.

Bring your own drinks (free drink on arrival)

Friends of Upton Pyne



UPTON PYNE CHURCH NEWS

Greetings to all
parishioners in chilly

winter time! At least the weather in December was relatively kind and we did not have to cancel events as has happened in other years.

The church was beautifully decorated for Christmas and, on Christmas Eve, it was full with families and young children for an imaginative pageant, when the Clapp family told the Christmas story with the aid of puppets made earlier by children of the village. The puppets stayed in a nativity scene (*pictured right*) until the end of December and were there when we welcomed friends from all the Netherexe churches to Upton Pyne for a Mission Community service on 29 December.

Now we look forward to welcoming all comers to our services held on the second Sunday of each month at 10.30am followed by refreshments. In this new year, we thank all those who help to keep this ancient church open and welcoming: those who arrange flowers; serve on the Parochial Church Council; our treasurer; those who unlock and lock again daily; help



with the maintenance of the building and the churchyard and support The Friends of Upton Pyne. We are truly grateful to those who give their time, energy and skills to enable the church in the centre of the village to keep going.

VC

TEA, CAKE & CHAT ON THURSDAYS

The Thursday teas take place in Upton Pyne Village Hall. The hall is open every Thursday 2pm - 4pm and anyone who turns up is assured of a warm welcome, tea and a chance to catch up with neighbours and friends. Our grateful thanks to the hall committee for making it available and to Adrienne, Lyn and Rose for hosting this community event.

THE LUNCH BUNCH

We next meet on Tuesday 11 February at 12 noon at The Thorverton Arms for a good lunch and good company. Anyone is welcome to join this friendly group: to book a place call Pat on 841 599 or Veronica on 841 530.

VILLAGE COFFEE MORNING

We continue to open Upton Pyne Village Hall on the first Monday of the month and offer a warm welcome, tea, cafetiere coffee, biscuits and a chance to buy homemade cakes and to browse for bargains at the Bring & Buy stall. Do come along and support this community event. The next is on Monday 3 February at 11am.

Mel Spiller

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Looking Ahead

One of the joys (and challenges) of putting this magazine article together, is that it forces me to look some way ahead; to think about not what has just happened (Christmas and the New Year with all its wonder and splendour and joy), not what is happening just now (in middle of January as I write this, there have been days of de-icing the car and trying to stay warm and safe), but what will be happening in the weeks and even months ahead. And we certainly have a wonderful mix of the mundane, the challenging, the wonderful and the spectacular in and across our churches this year. Let me give you a little flavour of what will be happening.

First, on a purely practical level - and perhaps a little obscure for those not deeply involved in the church - we have a new **Electoral Roll** being compiled this year. Every parish church in the Church of England has an Electoral Roll. Simply put, it is a list of people who are connected with, or a part of, the local parish church, perhaps by attending worship or living nearby. It is a helpful record of who and how many people are involved with each parish church. And every six years the Church of England requires us to re-establish a new Roll. So, we tear up the old one, and start again. For those of you who would like to be closely involved in your church, please do complete the short form that will be available by the time you read this.

And now for those things that might have a much wider appeal! In the months to come, please look out for, amongst many other things:

- In March, an event and exhibition celebrating **80 Years of Thomas the Tank Engine** at Newton St Cyres Church
- Also in March, on Friday 7th, the World Day of Prayer, with this year's theme of *I made you wonderful*. (church to be confirmed)
- We are planning a number of pilgrimages during Lent and Holy Week, some virtual, others taking in the spirituality and beauty of the wonderful walks to our churches
- After Easter, an art exhibition titled **Jesus: Laughing and Loving**, incorporating art from around the world exploring the joy and love of Jesus and making good use of our new exhibition space at Newton St Cyres church
- On May 8th there will be a number of services to commemorate the **80th anniversary of VE Day** - the ending of the war in Europe; and likewise on August 15th to commemorate the **80th anniversary of VJ Day** – the signing of the

surrender by Japan, effectively ending the Second World War.

- August 9th will be our amazing all-day celebration of all things rural with our **Tractor Jamboree and Country Fair**

All these are in addition to the plethora of regular events and activities across our churches – coffee mornings, lunches, discussions etc. And, of course, there will be celebrations and services to mark the feasts and special days in the church's calendar: Pentecost, Mothering Sunday (30th March), Holy Week and Easter – when we will look to have a range of activities for all ages.

As I look ahead, at the seemingly endless possibilities and opportunities that lie before us, there will definitely be something for everyone in the weeks and months ahead. I very much look forward to meeting you at some or all these events.

All blessings

Tim

Revd Tim Collins

Priest-in-Charge, Netherexe Mission Community

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A Ring of Seven production...

The Netherexe

TRACTOR JAMBOREE

Saturday 9th August 2025

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The day will include: children's competitions and activities, bread-making competition, food & drink, beers and ciders, burgers and hog roast, your favourite village fair stalls and activities.

**A great day out for the whole family
Save the date NOW!!**

A share of the proceeds will go to



SERVICES & INFORMATION FEBRUARY 2025

The Netherexe Parishes - A community of Anglican churches in Devon

Please see our website at www.netherexe.org under “Services” section.
We also have a calendar for services & latest events are under “news”.

Sunday 2 February

10:00 am	Communion	Stoke Canon
11:15 am	Communion	Cadbury
05:00 pm	Candlemas Service	Thorverton

Wednesday 5 February

09:30 am	Mid-week Holy Communion	Thorverton [Exe Valley Farm Shop]
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Sunday 9 February

09:30 am	Communion [BCP]	Thorverton
10:00 am	Messy Church	Stoke Canon
10:30 am	Communion	Upton Pyne

Sunday 16 February

09:30 am	Communion	Brampford Speke
09:30 am	Bubble Church	Thorverton
10:00 am	Service	Stoke Canon
11:15 am	Service [with The Bishop of Exeter, blessing the new heating system]	Cadbury

Sunday 23 February

09:30 am	Communion	Newton St Cyres
09:30 am	Choral Service	Thorverton
11:15 am	Communion	Rewe
05:00 pm	Taize Service	Upton Pyne

Every Tuesday at 6:00pm we gather for prayer in Rewe Church

At **Communion** services we share bread and wine: you are welcome to join us for the service and to share communion if you wish. A lay minister occasionally leads this service.

At **Coffee and chat** we enjoy time together in conversation with coffee and cake to hand.

At **Services** we share together in song, prayer and the bible. Special services are noted in the description.

Bubble church is for young families and **Messy Church** for families who enjoy craft.

If you would like to know who is taking any service, please email administration@netherexe.org

Revd Tim Collins [Priest in charge] Tel: 01392 860767 tim.collins@netherexe.org

For more information about the Netherexe Parishes please see www.netherexe.org or contact:

Juliette Lea [Administrator]
Tuesday & Thursday [09:00 – 15:00]
Tel: 07594 714590
Email: administration@netherexe.org

Peter Shepherd [Administrator]
Monday & Wednesday [09:00 – 13:00]
Tel: 07551 844321
Email: administration@netherexe.org

UPTON PYNE & DISTRICT GARDENING CLUB



Events are held in the village hall - Contact June Nicks 01392 841272

Annual membership £15 Non-members welcome at all events (£4 per talk)

MON 17TH FEB 7.30 pm - A talk by **DAN VIDLER** author

'THE WONDERS of CROP CIRCLES'



MON 17th MARCH 7.30pm a talk by **JEREMY WILSON**

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SAT 12TH APRIL 2.00pm



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Afternoon teas - raffle

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The schedule will be available at the March meeting

Or contact Anne on 01392 851457

Upton Pyne and District Garden Club

Chairman Mrs June Nicks; Show secretary Mrs Anne Roberts tel: 851457

FLOWER SHOW

SATURDAY APRIL 12th 2025

Upton Pyne Village Hall 2.00 to 4.00 pm

Bring your entries in the morning between 10.00 and 12.00

Free entry to the classes and the Show, all welcome!

Tea and cakes - Raffle - Plant Sale!

SCHEDULE OF CLASSES

Anyone can enter, please read the schedule carefully and make sure that your entries match the description. Only one entry in each class.

1. Daffodils or narcissi, three cut blooms in a vase, can be mixed.
2. Three tulips in a vase
3. Collection of spring garden flowers in a bowl or vase
4. Wild spring flowers in a container
5. One stem each of three different foliage shrubs, maximum width 18" and height 24"
6. One flowering head of a rhododendron in a container
7. Single camellia in a container
8. Table-centre decoration, may include non-plant material, 12" overall
9. One stem or branch of a flowering shrub or climber
10. Spray or small bunch of flowers to be judged for scent
11. Cactus or succulent
13. Miniature arrangement, maximum overall size 4.5"
14. An arrangement of fresh flowers in an unusual container
15. Any living plant, indoor or outdoor, not already in other classes
16. A crafted object linked in some way to plants
17. **Children** - Miniature garden
18. **Children** - Easter bonnet

HECRAFT CLASSES

18. Apple pie (own recipe)
19. Boiled fruit cake (own recipe)
20. **Children** - 2 decorated fairy cakes

PHOTOGRAPHY/PICTURE CLASSES

Maximum size of entry for photographs A5 - approx. 6" x 8" including mount. No framed photos please.

21. "Your favourite garden photo" or "Wildlife in the countryside or your garden"
22. **Children** - Painting or drawing of a flower or plant



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Moose at large

Popular Devon illustrator and cartoonist Moose Allain, whose cartoons regularly appear in *Private Eye*, has produced an artwork (extract above) illustrating some of the quirkier names of villages and towns in the South West – and Upton Pyne is one of them.

Moose says: “There are so many brilliant double-barrelled names of towns and villages in this part of the world that sound like characters.”

He hopes to also produce a jigsaw puzzle featuring all 36 imaginary creatures.

We’ll be talking to Moose in the next issue of *Speke Up*. Meanwhile, you can enjoy more of his work at www.worldofmoose.com.



OBE awarded to Professor Tim Insoll

Professor Tim Insoll, a University of Exeter archaeologist who lives in Upton Pyne, was awarded an OBE in the New Year’s Honours 2025 Overseas and International List for services to archaeology in Bahrain and UK/Bahrain relations.

Tim is an expert in the archaeology of rituals and religions with particular specialism in sub-Saharan Africa, the Arabian Gulf and Arabian Peninsula. He is the Honorary Archaeological Advisor to the Crown Prince and Prime Minister of Bahrain, Shaikh Salman bin Hamad Al-Khalifa.

He said: “I am delighted to be honoured in this way which I also see as recognition for all the effort of my friends and colleagues who have worked with me in Bahrain.”

He, Bahraini colleagues, and his research team recently uncovered one of the earliest Christian buildings in Bahrain – the first physical evidence of a community there who were followers of the Church of the East, which survived in the region until conversion to Islam began after the religion was established in 610 CE. A museum to preserve the site is due to open in 2026.

Tim is Al-Qasimi Professor of African and Islamic Archaeology and founder and director of the university’s Centre for Islamic Archaeology in the Institute of Arab and Islamic Studies.



French trip in May

This year, it is the turn of the English members to cross the Channel to France for the twinning association visit, which takes place from Thursday 29 May to Sunday 1 June.

As always, we will be staying with our French friends in and around the village of Commes in Normandy. This is a lovely area, situated between the D-day landing beaches and the historic town of Bayeux. The pretty fishing village of Port-en-Bessin is near to Commes and its Sunday morning market on the quay is not to be missed.

Membership is available. Please contact Kate Cavill on 07513 002 708.

The Gardening Year



May I start by wishing you all a belated Happy New Year, & I hope that you had an enjoyable & peaceful Christmas. At the time of writing (mid-January) the cold weather has arrived - but hopefully we will avoid the worst of it here in the South West.

I hope that many of you will have taken part in the **RSPB Garden Birdwatch** at the end of January. I will include the results in an article later this year. Recent visitors to our garden have been a sparrowhawk, who regularly settles in the damson tree whilst looking for a take-away meal from the bird feeders, a grey wagtail investigating the pond and another, less welcome, visitor - a grey heron who managed to discover the fish in our pond.

It is that wonderful time of the year when **snowdrops, crocuses, hellebores, aconites and daffodils** make a welcome appearance. Details of gardens open to visitors are listed under 'What's On'



This month, I thought I would highlight the **crocus**. These are dwarf perennials which grow from an underground corm and are members of the Iris family. They can be grown in sunny beds, borders or rock gardens with good drainage, or under deciduous trees. You can buy them as corms or as growing

plants when they are coming into flower. Due to the brightness of the colours, spring-flowering crocus provide early nectar and pollen for bees emerging from hibernation on warm spring days. Some bumblebee queens will even sleep in the flowers overnight, before they find a nest site. There are around 80 varieties and good ones to start with include *C. angustifolius*, the Cloth of Gold crocus which has scented bright, deep yellow flowers feathered with dark mahogany on the outside, *C. bifloris* Blue Pearl, a smaller variety which usually produces up to four fragrant pale lavender-blue flowers per corm and *C. Snow Bunting* with fragrant white flowers with a greenish yellow centre. In addition to the spring-flowering varieties there are also autumn-flowering varieties so, if you have missed planting for spring, why not try for autumn? These corms are sold in garden centres from late summer for planting in September. [*C. speciosus* Alba](#), known as the White Bieberstein's crocus, is good for naturalising outdoors in sparse short grass in an open site. They have large pure white flowers with orange stigma.

Some Jobs for February

- Browse seed catalogues and get your orders in – maybe try something that you have not grown before.
- Prune autumn-fruiting raspberries down to ground level
- Prune late-flowering clematis to just above a low pair of healthy buds. This will then produce lots of vigorous new stem growth leading to lots of flowers.
- Prune deciduous hedges while they are still dormant and before the bird-nesting season starts
- Trim winter heathers to just below the flowered stems, ensuring you do not cut into the old wood.
- Pre-warm vegetable beds with cloches, re-useable plastic sheeting or fleece until you are ready to sow.
- Along with Easter Eggs, seed potatoes are readily available from January – do you plan trying a different variety this year? Dundee-based Potato House www.potatohouse.co.uk offers a wide range of heritage varieties from pre-1950, as well as blight-resistant varieties. Once delivered, chit prior to planting.
- Plant out forced hyacinths that have finished flowering into a sunny area of your garden for flowers next year
- Clean out guttering to allow water to flow into your water butts

- If you grow mint, digging up a clump from the garden and planting in a pot in the greenhouse now will give earlier young shoots for use in cooking

[A-Z of Rose Growing \(continued\) from Peter Beales Roses](#)

S – Standard roses: With their tall stems topped by a sphere of foliage and flowers, standard roses bring elegance and formality to gardens. Their classic lollipop-shaped appearance works a treat when grown in containers as a focal point either side of a doorway or path or to frame a dramatic view. Browse a selection of superb standard roses

here: <https://www.classicroses.co.uk/roses/standards.html>

T – Top dressing: While many roses grow happily in containers, compost can become depleted of nutrients over the years, leading to lacklustre displays. To give plants a boost, scrape away the top 5cm of compost every couple of years and replace it with fresh John Innes No.3 or specialist rose compost – it'll help to replenish nutrient levels which encourage healthy growth and a profusion of flowers.

U – Underplanting: Keen to stop animals using your borders as their toilet? Underplanting with very low-growing roses or perennials holds the key to carpeting ground beneath shrubs with a profusion of blooms. The Flower Carpet series is a brilliant, spreading, low-growing rose, with varieties available that bloom in a host of hues, from yellow to white, red, coral and pink. These low-maintenance superstars boast superb disease-resistance, too, and are perfect for underplanting tall standards and tall shrubs.

[WHAT'S ON?](#)

- **Wednesday 5th February** NSC Parish Hall at 7.30pm **Stephen Powles 'Otters – Coming to a River Near You'** Membership not required. £3 to include a hot drink & biscuits.
- **Saturday 1st – Friday 14th February** RHS Rosemoor – **Celebration of Snowdrops** 10am – 4pm with guided walks at 12 noon each day. Normal admission applies.
- 10th Jan – 16th March **Snowdrops at The Garden House Festival**. Buckland Monochorum nr Yelverton PL 20 7LQ. 10.30am – 3.30pm every Friday, Saturday & Sunday. Admission Adult **(+16yrs)** £11 with Gift Aid. (£10 standard) **Child (+6yrs)** £5.50 with Gift Aid. (£5 standard) **Child (0-5)** Free. RHS Member 1, free

admission on Fridays, Saturdays and Sundays until **31st March**

- **7th, 14th & 23rd February – Higher Cherubeer, Dolton, Winkleigh EX19 8PP** – woodland paths lined with around 400 named snowdrops, cyclamen species, hellebores and winter-flowering shrubs, 2pm– 5pm NGS adult £6, child free
- **23rd February & 2nd March East Worlington, Witheridge EX17 4TS** Thousands of purple crocuses in this 2-acre garden, set in a lovely position with views down the valley to Little Dart river. Walks from the garden across the river and into the woods. Dogs on leads please. 1.30 – 5pm. Cream teas in the thatched parish hall next to house, in aid of parish hall. Adult £6, child free

Saturday 25th January - Sunday 23rd February, Snowdrop Valley will be open. This is a privately-owned remote valley in a hidden part of Exmoor close to **Wheddon Cross**. The Badgworthy Land Company kindly allows access to the valley while the beautiful carpet of snowdrops is in bloom. There are various walking routes for visitors to enjoy, the most popular being the shorter walks, which are approximately 1 mile down to the valley and looping back uphill for a further mile. Maps of the walks will be available from the parking kiosk, staffed from 9am – 4pm each day. **Parking is available at Cutcombe Cattle Market (TA24 7DT)**, at a charge of £5 per car. In the past we have been fortunate to see the beautiful **Scarlet Elf Cups** *Sarcoscypha austriaca* (**below**) growing alongside the snowdrops.



Happy Gardening!

Nicola Baker



As February marks the celebration of Valentine's Day, I thought it was the perfect excuse to create this cake recipe. Whether you choose to celebrate the day, or just fancy something a bit different, this cake is quick and easy to make.

If you want to cover the cake entirely with the topping then I suggest you double the quantities. In the photograph I used edible flowers. I was amazed to see you can buy edible flowers online and even at supermarkets. Otherwise, select your own and wash them well.



Lime and Coconut Cake

Coconut yogurt	100g
Runny honey	3 tbsp
Soft butter	100g
Golden caster sugar	100g
Ground almonds	80g
Organic eggs	2 large or 3 medium
Desiccated coconut	70g
Self-raising flour	160g
Baking powder	½ tsp
Lime	1, zest and juice

Well-known favourites include borage, calendula, camomile, chive, dandelion, daisy, fuchsia, lavender, lilac, nasturtium, pansy, primrose, rose, rosemary (quite pungent), sorrel and violet. This is not a definitive list but I have included those you are likely to find in your garden at various times of the year.

An alternative to the cake frosting could be a simple dusting of icing sugar with some lime zest and a sprinkle of coconut.

Topping:

Coconut yogurt	20g
Full fat cream cheese	160g
Lime	½, zest + juice
Icing Sugar	80g

Grease and line a 20cm / 8" spring form cake tin.

1. Whisk the coconut yogurt with the honey and set aside. Set the oven to fan 180°C / Gas mark 4.
2. Combine the butter and sugar in a mixer and then add the ground almonds and eggs, one at a time with the desiccated coconut.
3. Finally, add the flour with the baking powder along with the coconut yogurt and honey mixture; and then the lime zest. Combine until mixed.
4. Pour into the greased cake tin. Bake for 35 minutes or so. Test the cake is cooked using a skewer.
5. Leave the cake to cool in the tin for at least 45 minutes and then remove onto a wire rack. When cool, use a skewer to make a dozen or so holes into the cake. Drizzle the lime juice into the sponge.
6. Make the topping by combining all the topping ingredients. Spread over the top of the cake.

- ✓ To get the most juice from your limes. Makes sure they are at room temperature. Roll them firmly on the kitchen counter five or six times. This softens the flesh and helps extract more juice from the fruit.

Now is the time to enjoy:

Beetroot, carrots, cauliflower, celeriac, chicory, Jerusalem artichokes, kale, kohlrabi, leeks, parsnips, purple sprouting broccoli, savoy cabbage, swede, turnip.

Blood oranges, clementines, oranges, pineapple, pomegranate, early rhubarb.

Guinea fowl, partridge, venison.

Gurnard, haddock, halibut, hake, mackerel, mussels, oysters, skate, turbot.

Sarah Lumley



News from St Peter's

Christmas Festival

The annual Christmas Festival took place in the church at the end of November in rain, gales and sub-zero temperatures. In spite of Storm Bert, the event was a great success and the perfect way to begin the festive season.

Thank you to everyone who made this community event such a success: making and assisting with wreaths, displays, decorations, trees, cakes, lights, loo rolls and conversation.

It takes place through the assistance, creativity and generosity of people from our villages. The following deserve special mention:

Molly Luxton who went above and beyond the call of duty;

Karen Sanders who brings innovative ideas, wisdom and guidance to the entire process, along with a seemingly endless supply of useful materials and resources;

Douglas Ford, vintner, purveyor of mince pies and captain of morale extraordinaire;

Helen Jones for the lovely Memory Tree, muscle power and being there when no-one else could be;

Richard & Karen May who brought the most beautiful (and heaviest) table display as well as freshly-baked cakes;

Rupert and Caroline who made the stylish information signs;

the Matthews family who ordered the trees, collected and lifted tables and baked Christmas flapjacks - the famous ginger ones!

the Risdon family who supported the event from the first meeting at The Agricultural Inn to lifting the last table onto their truck despite suffering from seasonal malaise;

Sue Satchell who baked and worked at the cafe selling her own delicious fare;

Pat Leach and Lucy & Tilly Bannister who supplied the most beautiful wreaths;

Rory Bannister who loaned and set up the music;

Claire Harper for the wonderful idea to make Christmas stars out of loo rolls;

Rosie Hill for baking enough cake to ensure that everybody was well-fed.

We look forward to welcoming you to the Christmas Festival 2025 which will take place in November.

Church Pub

What: Church Pub (aka The St Peter's Tavern)

Where: St Peter's Church, Brampford Speke

When: Friday 7 February 6-9pm.

Why: Celebrate the end of 'Dry January' by raising a glass with friends and neighbours to raise much-needed funds for the maintenance of our much-loved church.

Details: A fully-licensed temporary bar will be at the church serving wine, beer and cider. Bringing your own glass would be very helpful. Don't forget - cash only!

Stand by and see you there!

Upton Pyne Village Hall



Annual General Meeting

Saturday 22 February, 2025

Join us for coffee/tea from 10.30 a.m. Meeting starts 11.00

Everyone welcome! Support our community, make new friends – and help to keep this vital village asset thriving. Why not join our committee?

For more information:

Adrienne Howells (Chair) tudorthreads@hotmail.com, Tel 07791 609068;
Rose Edgington (Secretary) eroseme@aol.com, Tel 07891 703393

Brampford Speke Village Hall



Our Village Hall is perfect if you are looking for a venue for an ongoing activity or planning a social event.

It is a great space, well-equipped and easy to decorate for a party, and yes, it will fit a small bouncy castle!

See the Village Hall pages on www.brampfordspeke.org for more details or email infobsvht@gmail.com

Many thanks to Nick Gilbert Scott for allowing us to use his drawing of the Village Hall



A New Year

Is that a splash of light just a little earlier in the morning sky? The shoots of the wild daffodils and the hazel catkins starting to lengthen, tell me it is.

The dusk holds just a bit longer in the evening, light behind the clouds in the western sky over the hills. The dawn chorus builds from the almost-silence of midwinter. Old stories have it that the birds pair up on St. Valentine's Day, and the sweetest, loudest singers win the best brides.

The wheat starts sending up tillers, the secondary shoots that will each send up an ear. Too many, and the ears will be small and the grains puny. Too few, and the grains will be bold, the ears long but too few across the field. We are growing less grain this year. Our soil and damp weather better suits grass and clover. They cloak our soils and shield our slopes all year from soil washing into the river. We are also learning that ultraviolet rays hurt soil life, another reason to keep a nurturing coat of growth over the soil for as long as possible. Clover adds protein and also feeds and structures the soil. The other herbs provide deeper rooting, good for soil structure and also are natural wormers, a tonic for grazing animals.

This year we are growing beans to feed cows, to grow more of our own protein. We'll grow the beans as a main crop to feed the cows from our own resources, and the crop will feed our soils along the way with its bacterial nodules. Mostly, cows eat a lot of leftovers from human food. They usefully reuse what's left over from white flour, white rice, crushing oranges for orange juice, oilseed rape meal from crushing seed for vegetable oil, brewers' and distillers' grains leftover from making beer and whisky, and pulp leftover from sugar beet.

The young cows, heifers, will join the milking herd when they calve at the end of the month. They've been grazing on tired pastures that have become less species-rich with age. We supplement the pasture with bales that we made on the pastures. The cattle scuffle up the pasture ready to grow spring

wheat. The crop uses the animals' self-spread manure. Once we harvest the wheat (probably as a whole crop, fed as a silage to the cows), we will have a good start for a grass clover and herbal mix we will sow in August.

The spring cows are starting to calve at the end of the month. They got in calf well last May and the calves pour out, up to 15 a day at the end of the month. We go round with little collars made of old inner tube with numbers scrawled on to keep a track of whose calf is whose. They must have the right amounts of colostrum, that miraculous first milk mammals produce, that hands over the encyclopaedia of the mother's immune system to their newborn. Have colostrum and the calves will thrive. No colostrum and they won't.

In the cheese dairy, it feels warm compared with cold outside. All the skill and judgment of our cheesemakers creates the right firmness in the calcium and protein net of the cheese for it to hold the right amount of fat and moisture to make cheese that will mature beautifully for next Christmas and beyond. We carefully see how the milk sets to junket, how finely to cut the junket, how the starter bacteria are acidifying the milk, and how the temperature balances everything out. Our expert cheesemaking team, use their depth of experience (101 years in total) to make the most beautiful cheese we can out of each vat.

The heart of our farming is to feed our cows with the right balance of protein, fibre and energy to produce the best milk for our cheese. Interestingly, it is the energy in the cows' diet that makes the protein in the milk (the protein in the feed nourishes the cows' bodies). The protein in milk provides the core structure of cheese, with the calcium acting as a glue, in a net which holds the right amount of fat, moisture and vitamins. The right amount of fat provides the lusciousness we all treasure in cheese without it becoming greasy and over-acid.

That good balance of nutrients makes cheese the perfect food for nourishing us, building bone and muscle, and for the bliss that is a hallmark of cheese-eating. That arises from the main cheese protein, casein, which makes an opiate-like peptide (protein fragment) called casomorphin. The fat gives satiety, that feeling you've had enough. Though it contains fat, the research appears to show that people who eat dairy are leaner and have less heart disease than people who don't. Joy and pleasure, legal and good for you: that's cheese for you!

Mary Quicke



Brampford C of E Primary School

News from the Head of school

Happy New Year!

It has certainly been a challenging start for us all with the weather conditions, however that has not stopped Brampford from enjoying the outdoors as much as possible. We will be resuming our Outdoor Learning sessions, which will involve a Haldon Woods trip for Skylark class. We will be continuing work we started in the autumn with Devon Wildlife Trust, looking at how we can support biodiversity on our school grounds. There is the promise of some swift boxes on their way too, so it's an exciting term ahead.

What's been happening in our classes this month?

Finch Class

During their music lessons this term, Finch class is learning about, and working on, the topic of Tempo and Pitch using clapping to explore rhythm and singing with musical notion.



*We have learnt about using our voices to make high and low sounds. **Freddie – Year 2***

*We have listened to music and heard the patterns with higher and lower pitch. **Hugh – Year 2***



Nursery and Reception Class

In their Science topic, the children are learning about animals, insects and their classifications - sorting them into the correct groups.

During outdoor learning, the children had the opportunity to discover insects up close, discovering their habitats, using magnifying glasses and binoculars to see the creatures in detail and learning about the importance of insects to our world. Music was also made outside using different objects to make different sounds!



I do hope you have enjoyed finding out what we have been getting up to in our lovely little school. If you would like to know any more, or are interested in a place for your child in **any year group**, don't hesitate to get in touch via the school office:

brampfordadmin@exevalleyfederation.org.uk

01392 841414

We look forward to hearing from you!

Charlotte Tofts

Our feet, our foundation

by Claire Norton

As one of my clients said: "Our feet are our foundation so why wouldn't I look after them?"

He's right - our feet play a pivotal part in our overall health and wellbeing and we often take them for granted. Looking after your feet is very important. Regular foot care can help prevent common problems that may make you unsteady on your feet, can help reduce pain and discomfort, and can improve your mobility and posture and thus your confidence and independence.

There are a few simple ways you can look after your own feet at home:

- Washing and drying them each day, taking care to dry between your toes thoroughly;
- checking your feet daily for cracks or breaks in the skin, wounds or signs of infection to pick up any problems quickly (you can use a mirror);
- moisturising any dry skin on your feet, avoiding the area between your toes;
- regularly clipping and filing your toenails to a length which feels comfortable;
- smoothing dry or hard skin with a pumice stone or foot file;
- keeping your feet comfortable and warm;
- wearing supportive, comfortable footwear.

If you find it challenging to look after your own feet, or if you have an underlying health condition like diabetes or peripheral neuropathy, then you should have your feet and nails checked regularly and looked after by a foot health professional (FHP), podiatrist or chiropodist.

FHPs can cut toenails and fingernails, reduce thickened nails, remove corns and callus (hard skin), treat cracked heels, ingrown toenails etc. They can also offer advice and implement treatment plans for various problems such as fungal nails and verrucae. Some also offer nail reconstruction and other more cosmetic services.

In a first appointment, an FHP will take a medical history and discuss any concerns you may have. Many will also check sensation and blood flow in your feet. While some FHPs work exclusively from clinics, others offer home visits. Some FHPs provide their services in nursing homes, hospitals or hospices.

Occasionally, FHPs may encounter cases that are beyond their scope of practice and will then recommend a referral to another medical professional such as a podiatrist, dermatologist, or the diabetes or district nursing teams. This is often done through a GP.

It's critical to get assistance if you experience any foot problems. Healthy feet are vital to a healthy body!

Claire Norton is a fully-qualified Foot Health Professional



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The Coach Hall (tea-room) can be hired as a venue for a wide variety of events. It is an atmospheric space for a variety of occasions, from birthdays and tea-parties to lunches, dinners, coffee mornings, meetings and more. Use of the kitchen, cobbled courtyard and adjoining barn is also included.

BESPOKE GROUP TOURS 2025

Calling local WI and U3A groups, garden clubs, special interest local groups and more!

Fursdon is one of Devon's oldest family homes.

Enjoy a fascinating house tour, take a leisurely stroll in the grounds and lovely walled garden and sample our delicious home baking, served in the Coach Hall tea-room!

From April to September 2025, for groups of 20 people or more, we can arrange a special opening.

Please contact us - we are friendly and accommodating and love having groups come to visit!

Answers to the Anything and Everything Quiz

- 1 Juneau is the capital of Alaska
- 2 The Little Ice Age lasted between 14th C to mid-19th C
- 3 Melchester
- 4 Lacock Abbey in Wiltshire is the home to the Fox Talbot museum
- 5 MIT – Massachusetts Institute of Technology
- 6 Thurso is the British mainland's most northern town
- 7 18 is the minimum age to be a juror in the UK
- 8 The Shakers were an offshoot of the Quakers
- 9 *Zen and the Art of Motorcycle Maintenance*
- 10 Simon and Garfunkel originally performed as Tom and Jerry

Answers to the Music Quiz

A1 'It's all over the front page' is a line from **Road Rage** by **Catatonia** (**Cerys Matthews** is the singer's name).

A2 **Alex James** is now a famous purveyor of cheese, and Blur's bassist.

A3 Radiohead released three seminal albums in the 1990s starting with their first album **Pablo Honey** in 1993. The other two were **The Bends** (1995) and **OK Computer** (1997).

A4 *Disco 2000* and *Help the Aged* are two of **Pulp's** late 90s singles.

A5 'And so, Sally can wait, she knows it's too late as we're walking on by' is a line from Oasis' 1996 number one song **Don't Look Back in Anger**.

A6 The Manic Street Preachers' UK top five singles between the years 1996 and 2000 are: **A Design for Life** (No. 2 in 1996), **Everything Must Go** (No. 5 in 1996), **If You Tolerate This Your Children Will be Next** (No. 1 in 1998), **You Stole the Sun from My Heart** (No. 5 in 1999), **The Masses Against the Classes** (No.1 in 2000)

A7 The guitarist Steve Cradock from Ocean Colour Scene went on to play with **Paul Weller**.

A8 The 1993 album that preceded Blur's 1994 album *Parklife* is **Modern Life is Rubbish**.

A9 Originally formed in 1989 by Brett Anderson, Justine Frischmann and Mat Osman, and then joined by Bernard Butler, this band is called **Suede**.

A10 And the band formed in 1992 by Justine Frischmann and Justin Welch (who also briefly drummed for Suede) is **Elastica**.

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Necessary but not sexy

The Government is looking for innovative ways of tackling problems with health and social care. They are proposing more scanning, more appointments, more apps. However, the evidence suggests that for an ageing population, loneliness and isolation are the major problems that need to be addressed and simpler interventions would be more helpful to more people.

Being sociable – even in small ways – has big benefits for your health. It lifts your mood, and lowers your stress levels. It is good for your heart, your sleep, and can influence how well you recover from illness. In a Swedish study, which followed 1,200 older people, it was found that those living alone or without close social ties, were at greater risk of developing dementia. Even occasional visits with friends kept the risk of the disease down.

Scientists who deliberately infected healthy volunteers with a cold virus found that those with a rich diversity of social ties were four times less likely to develop a cold than those who were less outgoing. And if they did get a cold, it wasn't as bad. This turns on its head the excuse of not going out or mixing with others because "you do not want to pick something up".

It's not just about having close relationships. You also benefit if you have a wide range of social contacts, including neighbours and others in the wider community. The 2025 SCENE (Senior Citizens of the Exe Valley News & Events) magazine was published in January and is available at the surgery. It contains a multitude of different groups that meet regularly in Silverton and surrounding villages. The other, very easily accessible and extremely welcoming, weekly event is the Memory Café on Thursday afternoons. This is the pinnacle of community activity to tackle the on-going pressures of caring for patients with dementia but also for others to come and socialise. This is a role that is both giving and taking; those who need the support appreciate it, those providing it will be benefiting from the social activity in all the ways described above.

However, when age affects your ability to get out, seeing people in person becomes harder, then

meeting virtually can really help. This is one of the reasons we encourage all our patients who are not currently on-line to make that step with the help of Joan Povey our Digital Social prescriber. Joan runs classes at Room4U and is also happy to visit patients at home to set up new devices so they can discover how easy it is to contact and communicate with friends and family from your armchair. When a grandparent FaceTimes their grand-children it gives a feel-good factor for both young and old. Joan can be contacted via the surgery reception or ring her directly on 07958 190554.

If the scans and appointments result in increased life expectancy it will not be worth it if the social structures, social care and necessary living environments are not in place to support the ageing population. Health, social care and community are all connected and we are fortunate that in our area there are plenty of opportunities to make this happen.

Dr Anthony O'Brien
Wyndham House Surgery



Wyndham House Surgery

Wyndham Road, Silverton, EX5 4HZ

Telephone: 01392 860034

www.wyndhamhousesurgery.co.uk

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Tuesday		09:00 – 11:30 14:00 – 17:30	09:00 – 11:30 15:00 – 17:30	
Wednesday	09:00 – 11:30 15:00 – 17:30	09:00 – 11:30 15:00 – 17:30		
Thursday	09:00 – 11:30 14:00 – 16:00		09:00 – 11:30	09:00 – 11:30 15:00 – 17:30
Friday		09:00 – 11:30	09:00 – 11:30 14:30 – 16:00	

Please note: Consultations are all currently initially by phone. It is frequently more convenient to use e-Consult to let the surgery know your medical issue – this is available on the front page of our website.

Surgery hours: Monday - Thurs. 08:30 - 18:00
Friday 08:30 - 17:00

Dispensary hours: Monday - Thurs. 08.30 - 18:00 There is no closure for lunch and prescriptions may be
Friday 08.30 - 17:00 collected all through the day.

Repeat prescriptions can be ordered online via our website.
We also operate a home delivery service for housebound registered patients.
Please contact our reception or dispensary for more information.

Flexible appointments at beginning and end of day if required - just ask

Silverton Link Up

(Incorporated with The Friends of Wyndham House Surgery Charity no. 1048253)

A voluntary car service for Wyndham House Surgery patients.

If you have problems getting to / from Health Appointments ...surgery, hospital opticians or dentist, Link Up may be able to help.

To book transport please contact Link Up as below.

There is no charge for the service, however, any donations to our charity appreciated. Donations can be given to the driver who issues a receipt.

Link Up is always looking for additional volunteer drivers. If you are interested, or for further information, please contact Link Up.

Link Up 07821718672 or [silvertonlinkup@ gmail.com](mailto:silvertonlinkup@gmail.com)



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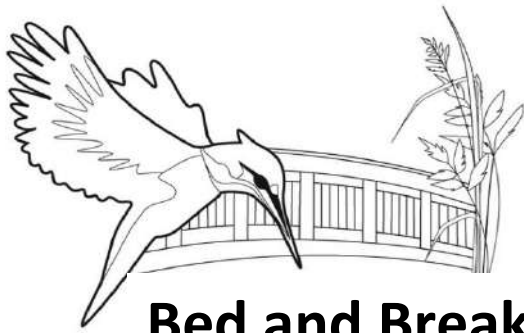
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Curate

Deborah Leighton Plom
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Reader

Laura Ford
Tel 07741 491946
laura.ford@netherexe.org

Netherexe Parishes website: www.netherexe.org

Administrators

administration@netherexe.org

Church Wardens (BS)

Richard May Tel 841448
Douglas Ford Tel 841753

Church Wardens (UP)

Lisa Clapp Tel 841339

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Lisa Clapp (UP)

Tower Captain

Ed Sanders (BS)
Tel 841434

Jenny Codling (UP)
Tel 07872 922 202

Brampford Speke Baptist Chapel Revd. Simon Taylor Tel: 279485

Brampford Speke Parish Council

<https://www.middevonparish.co.uk/brampfordspeke/>

Clerk

Tracy Watkins 07811 938614 clerkbspcc@gmail.com

Councillors

Brad Hillson (Chair)	07870 865231	brad.hillson.bspc@gmail.com
Elaine Hollingsworth	01392 841434	elaine.hollingsworth.bspc@gmail.com
Will Honan	07946 110976	will.honan.bspc@gmail.com
Lisa Langdon	07515 873324	lisa.langdon.bspc@gmail.com
Stuart Luxton	01392 841094	stuart.luxton.bspc@gmail.com
Richard Tillett	01392 841268	richard.tillett.bspc@gmail.com
Jo Wayne	07494323917	joanne.wayne.bspc@gmail.com

Other Contacts in Brampford Speke:

Village Hall website	www.brampfordspeke.org.uk
School	841414
Brampford Area Baby and Toddler Group	Catherine Bending 07964 967278
Friends of BS School (FOBSS)	hellofobss@gmail.com or 841414
Village Hall Bookings	Molly Luxton 841270
Footpath warden	footpaths.BSPC@gmail.com
Tree Warden, Elaine Hollingsworth	01392 841434
Twinning Association	Kate Cavill 0751 3002 708

Upton Pyne & Cowley Parish Council

Council website www.uptonpyne-pc.org.uk

Clerk Jacqui Ward

01392 851918

parishclerk@uptonpyne-pc.gov.uk

Councillors

Bob Short	UP	bobshort@uptonpyne-pc.gov.uk	Chairman
Jessica Dalton	UP	jessicadalton@uptonpyne-pc.gov.uk	
Amanda Ryles	Cowl	amandaryles@uptonpyne-pc.gov.uk	
Maggie Cormack	UP	maggiecormack@uptonpyne-pc.gov.uk	
Sophie Ward	UP	sophieward@uptonpyne-pc.gov.uk	IT & Communications
Mark Hewlett	Cowl	markhewlett@uptonpyne-pc.gov.uk	CLT representative for the PC
Mike Leach	UP	mikeleach@uptonpyne-pc.gov.uk	

Other Contacts in Upton Pyne

Garden Club	June Nicks (Chairman)	841272
Village Hall Bookings	Ian Findlay	iankfindlay@outlook.com
Footpath Warden	Fabian King	
Whatsapp Group	Sue Glanville	07753 605726
	Gerry Farrell Morrish	07974 249466
	Abi Hann	07835 259514

East Devon District Council

Blackdown House, Border Road, Heathpark Industrial Estate, Honiton, EX14 1EJ. Tel: 01404 515616

Councillor: Jamie Kemp 07538 570551 jkemp@eastdevon.gov.uk

EDDC Dog Warden: 01395 571517

Devon County Council

Councillors: Henry Gent Henry.Gent@devon.gov.uk

Sara Randall Johnson 01404 822524 sara.randalljohnson@devon.gov.uk

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Please use 11 pt Calibri in doc or docx format, with accompanying PDF if you wish. Advertisements for village events should be no more than a **half A4 page** and are free. Enquiries for commercial advertisements should be sent to advertising@spekeup.org.uk. The committee welcomes contributions of news, views, etc. but reserves the right not to publish any item that it considers inappropriate, or for which there is insufficient space. Opinions expressed in Speke Up are not necessarily those of the committee as a whole or of its members individually. The committee declines to accept collective or individual responsibility for any actions, costs of liabilities resulting from material appearing in our columns. For further information please contact:

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Brampford Speke: Richard Tillett 01392 841268

Distribution: Bev Lewers (UP&C) 07742 927163 Karen Sanders (BS) 07870382481

February 2025 DIARY

Monday	3 rd February	11am	Upton Pyne Village Coffee Morning Upton Pyne Village Hall All welcome.	Veronica Clarke 841 530
Sunday	9 th February	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Monday	10 th February	7.30pm	Upton Pyne and Cowley Parish Council Meeting Upton Pyne Village Hall	Jacqui Ward 01392 851 918
Tuesday	11 th February	12 noon	Lunch Bunch Thorverton Arms	Pat 841 599 or Veronica 841 530
Monday	17 th February	7.30pm	Upton Pyne & District Garden Club Talk by Dan Vidler – Crop Circles, Fact & Fiction Upton Pyne Village Hall	June Nicks 01392 841272
Saturday	22 nd February	10.30am meet for 11am start	Upton Pyne Village Hall Annual General Meeting Upton Pyne Village Hall	Adrienne Howells (chair) – 07791 609068 Rose Edgington (secretary) – 07891 703393
			Weekly	
Monday		10.30 am	Pilates Brampford Speke Village Hall (Term Time only)	Nicki Stumpf 07838 260290
Wednesday		10am	Art Class Upton Pyne Village Hall	John 07816 846562
Wednesday		7pm – 8pm	Pilates Upton Pyne Village Hall www.ivegotyourback.co.uk	Rebecca 07392 480974
Thursday		9.15am – 11am 9.30am (term time) 2-4pm	Toddler Group Brampford Speke Village Hall (Term time only) Zumba Upton Pyne Village Hall Tea Upton Pyne Village Hall	Emily 07511 623314 Caroline Anstead 07796 950652, canstead4@gmail.com Adrienne 07791 609068
Friday		10.30-11.30am	Pilates Upton Pyne Village Hall	Rebecca Cunningham 01363 866047



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