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THE QUARTERLY NEWSLETTER FOR SHOBROOKE



Summer 2024



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Cover photo :

*Shobrooke Cricket Club
by Dan Zillwood*

Another three months has whizzed by, and so without further ado I welcome you to the Summer edition of The Brooke.

I'm not sure if it is quite safe yet to put the wellies into storage, but the last weekend certainly felt like summer had arrived. I know that the swallows have been sighted so it must be true.

By the time you receive this edition it will be June and no more May will be officially over, which depending on your viewpoint or stamina could be a good or bad thing.

All that is left for me to do is wish you a wonderful summer in the coming months.

Malcolm

Ps I would like to thank everyone who contributes to The Brooke.

Please feel free to provide whatever you would like to see in The Brooke, and I will do my best to include it.

The Village Hall

Enquiries, bookings and keys please contact

The Secretary: Alison Ayres

01363 775103

alisonjpayres@gmail.com



Shobrooke Village Hall Committee - Events and Activities Programme

"Alone, we can do so little; together, we can do so much" – Helen Keller

As you know, the Village Hall has been a key part of village life in Shobrooke since the 19th century. It hosts and facilitates all sorts of social events and activities that, combined, form such an important part of our community. We have seen significant improvements to the Hall over the last few years and we want to continue to develop it as a resource for the village and community in the future.

The Village Hall Committee is a group of volunteers who give their time for free to manage the Hall and to ensure that there are sufficient funds generated to maintain it. Obviously, there are some practical limitations to what can be accommodated in the hall but most things can be worked around!

So, we'd like ideas from you that, potentially, as a Committee, we can help to facilitate.

It may be simply that you have a suggestion for something that you'd like to see happen at the Hall.

You might have a fundraising event that you'd like to put on and you need help with.

It may be that you'd like to form a group to run regular events at the Hall.

Whatever it is, please feel free to share your idea with us – and we'll explore it with you if we can.

Please contact Leslie on leslie.hampson@hotmail.co.uk
or 07795 818090

with your suggestions or ideas in the first instance.

Thank you.

Shobrooke Photo Gallery 1



Shobrooke 1982

Photo supplied by *Steve Jones*



Sunset from Pencott - Photo by *Sally Foot*

Shobrooke Photo Gallery 2



Wild flowers
on the bank
near the bus
stop, looking
wonderful.

Photo by
*Mandy
Jones*

Helping with the digging...

Photo by *Malc Cooke*



Nature Notes

Steve Jones

Every year I wait to see when the Swifts first appear, as this event signals for me the real start of summer.

For at least 20 years I have logged their first appearance, racing round our skies above the housing, and although there are exceptions to their exceptional timing, most years they arrive in the morning of May 10th, and so it is today.



*This is a swallow not a swift,
but it looks good (Malcolm)*

This morning at 07:30hrs, I opened the back door and there was a pair whirling above my head in the fresh morning air.

A wonderful sight that lifts my spirits as I celebrate the return of these wonderful birds.

The BTO, British Trust for Ornithology, has tracked some birds and have shown how they can fly 5000 km in 5 days, to reach the UK from West Africa.

Incredibly they will only be here for approx 12 weeks, leaving us in first week of August, when upon opening the back door to greet the day, the skies have fallen mysteriously silent. They were flying around the village skies en masse the previous evening, only to have completely disappeared the following morning.

I still don't know whether they leave that previous night, or very early the next morning.

Anyway, I thought this would cheer us all up, so happy days Shobrooke crew and enjoy those birds.

Shobrooke Litter Pick

Lesley Browne



As part of the Keep Britain Tidy campaign regular walkers Lesley , Carole , Lynne and Maisie took on a litter pick on an area in the parish that is often littered but difficult to tackle – yes it was the Tiverton road!

Working with Mid Devon district council who supplied high vis vests, litter pickers and bags. A risk assessment was completed and we set off. In just under one hour 5 full bin bags of rubbish was collected – a great result.

Most of us are saddened to see litter in our beautiful parish and most of us pick it up as we walk our dogs. Large stretches of road like this are hazardous which is why organising it through Mid Devon council is helpful and then all the bags of litter will be collected. If you are interested in running a litter pick do contact Mid Devon council



<https://www.middevon.gov.uk/residents/environment/street-care/community-litter-picking/>

or

phone **01884 255255** and ask to speak to the **street scene team**.

Music at Shobrooke Church



**Music for flute, voice,
organ and piano duet**

**with Tina and Nigel Guthrie
and Peter Gilks**

**Wednesday 5th June, 7pm
followed by drinks and nibbles**

**Donations in aid of Shobrooke Church
'Pennies from Heaven' Appeal**

St Swithun's Church News



Our Special Church services continue to be very well supported, Harvest, All Souls, Remembrance Sunday, Christingle, Christmas, Plough Sunday, Easter, Rogation etc. The venue of the Red Lion for the more unusual services and for our AGMs is always very much enjoyed and supported, and the singing there is rather better sadly than it often is in church!!

We are always very grateful indeed to Maggie Jellis and Geoff Sparling who are our usual organists. We are also very grateful to Revd Sandra, Matthew and Lewis and the so called "retired" clergy who take our regular fortnightly services, a Family Service on the second Sunday and a Communion Service on the fourth Sunday of each month. All are always very welcome.

The Bible Study group that started as a Lent Group at Shobrooke Park, hosted by Clare and Jack Shelley, has continued on a fortnightly basis and is very much enjoyed. About 10 of us study different books, and discussions on all kinds of subjects range widely. We have really all got to know and trust each other.

The Shobrooke weekly prayer group is small, usually about 4, but faithful, and makes us much more aware of the folk in the village with problems who ask for prayer, as well as the many world wide concerns.

We were very sad to hear of the death of David Lee from Uppincott after a long illness, and our sympathy and thoughts and prayers are with his wife Jacque and their family.

Congratulations to our Churchwarden, John Lee, who bravely, alongside a number of others, abseiled down from the Tower of the Cathedral, an event that raised a vast sum for the Cathedral. John, despite acknowledging not having a head for heights, declared that he had actually enjoyed the exciting experience! I look forward to seeing if he will zoom down the zip wire with the teddies at this year's Harvest Celebration in September, date to be confirmed.

Rosemary Barber, Churchwarden Emeriti
Tel: 01363 773419 or Email: bryherrose15@gmail.com

And so to the future...

At the APCM, Rosemary was awarded Emeriti status for her sterling work as Church Warden and Friend to the Church and village for some 16 years. Her knowledge and experience will continue to be drawn upon.

Victoria Leeming was proposed as the new Warden and will be sworn in at Holy Cross, Crediton on Thursday 4 th July, 7pm, all are welcome. We are delighted that John Lee has agreed to carry on as Warden and that Victoria has risen to the challenge.

Having now obtained a faculty, a group of volunteers got together to start work on upgrading the handwashing facilities, including the burying of a water pipe from the mains supply so that we might get our Church loo in operation again and avoid the use of wet wipes containing plastic.

We hope to have the loo in operation for the summer. We are extremely grateful to John for organising this.

Do join us at 7.00pm on Wednesday 5th June for a splendid concert given by Peter Gilks along with Nigel and Tina Guthrie. Donations will be welcome for our "Pennies from Heaven" fund to improve our church loo facilities.

On October 20th we will welcome Bishop Jackie to Shobrooke Church for a service of confirmation at 6pm. Confirmation preparation will commence at the end of the Summer, if you would like to find out more speak to Revd Matthew or Revd Sandra.

It is hoped to stage a live Nativity around the Village this year, so watch this space. If you are interested speak to Maisie or Revd Sandra.

Finally a Proverb to ponder, 'The path of life lead upward for the wise.'
Proverbs 15:24.

Rev Sandra 777013, sandrcollier57@gmail.com

St Swithun's Churchyard

Recently I was asked by a parishioner if the Church would be adopting "No mow May"? As a means of providing more food for pollinating insects – a sentiment we support. If the weather had been more clement in April all the grass would have received its first cut and we would have observed a no mow May as the central section of older graves is only cut every 6 – 8 weeks. Failure to cut the grass in the first week of May as we did would have resulted in grass of such length it would be case of

"Oh no – Hay"! (as; it was already of considerable length).

There are simply not enough volunteers to manage all aspects of maintaining the Churchyard to all exacting standards – but we do have a management plan detailing how the areas are managed and the number of grass cuts which is available to view in the black folder in the church porch.

There are lots of other jobs other than grass cutting which are also being completed by our few volunteers so if there is one thing that you feel you could commit to which would help ease the burden I would be very pleased to hear from you . Works include:

- Emptying the bin and sorting the recycling
- Managing the compost bins
- Keeping drain gulley's clear
- Clearing weeds and vegetation from the church building wall base
- Sweeping paths and steps
- Removing litter and decayed grave flowers.
- Gutter clearance
- Thistle removal
- Tidying the older graves
- Strimming around gravestones and the cob wall banks.
- Ivy removal from walls
- Remove moss and weeds from steps.
- Watering plant pots

The grounds have been divided into sections and each volunteer grass cutter manages a specific section , but the list above are all extra things that also need to be done so please consider committing to just one thing to help spread the load. I eagerly await your call!

Lesley Browne 01363 772343

News from Uppincott Farm

A tribute to David Lee

by Nick Lee

This article, News from Uppincott Farm, is probably the most difficult that I have had to write, over all the years that I have put “pen to paper”, as I have to report that David, who has worked at Uppincott all his life, has passed away. We offer our sincerest condolences to his wife Jaquie, and all of their family.

David’s parents moved over to Uppincott from Stockleigh Pomeroy when David was a little boy, and he took an immediate interest in the farm. When he was only five he was so keen to drive that my father tied a block of wood on the clutch pedal of the tractor so that David could safely reach it. (I must point out that allowing a five year old to drive a tractor is not something that we would condone these days, but this was from an entirely different age, in the early 1950’s, and with supervision it was, no doubt, thought to be quite safe). David’s first job was to drive a tractor



David Lee

towing a wagon beside the rows of sheaves, while the men loaded the sheaves onto the wagons, ready to be taken to the rick to be stacked. The following year David had promotion and was elevated to driving the tractor and, what we call, a rowcropper, or in dialect a “hosshoe”. This implement was carefully driven very slowly between the rows of swedes, turnips or mangolds. It had a seat at the back where the “passenger” would steer the rowcropper blades through the crop to either loosen the soil or take out any weeds. An intricate job for a six year old but this early driving at such a young age stood David in good stead, as by the time he left school he was already an accomplished tractor driver and experienced in most, if not all, driving jobs.

David knew every square inch of Uppincott: he knew the size of every field, he knew the varying soil types across the farm, he knew when “working down ground” what implement would create the required tilth for a particular crop, he knew where all the land drains were. He knew where

every tree stood, although he was no great fan of trees in roadside hedgerows: when trimming it slowed the job down too much as he would have to stop, adjust the trimmer and then drive around the tree. David was an excellent ploughman, although we were never successful in encouraging him to enter the local ploughing match. His response was always "If I'm ploughing all week why on earth would I want to plough at weekends!" We must also remember that this was in an age with no tractor cabs. To keep warm when winter ploughing David's trick was to remove his boots so that he could warm his feet on the transmission. And there were no fitted radios for company. He loved his transistor radio, in the summer it would always be tuned in to the cricket channel, and when we were hoeing mangolds it was used as a marker to show how far we had reached. If the cricket wasn't on David liked to listen to the "Home Programme", later to become BBC Radio 4. One of his favourites was "Afternoon Theatre" which we would discuss when we were next working together. The radio was also used as a marker when we were cleaning swedes (hand topping and tailing with a long sharp knife), or bagging them in nets, out in the swede field, during the winter. It would take about thirty swedes to fill a net and a lorry load was five hundred nets. We would race this job up through the rows of cleaned swedes and David would always win, being capable of filling 120 nets per hour. That would be handling about one swede per second including tying the nets! I managed to fill 110 per hour once, but the two a minute record was held by David for several years. A very time consuming job back in the day was drilling roots of any kind and every driver took a pride in how straight he could make the rows. David didn't need satellite guidance to keep the rows straight, he would throw his coat in the hedge at the opposite end of the field and just drive straight at it, and it would be perfectly straight.

That worked every time and he took great pride in driving in a straight line, whatever the job. As time went on tractors improved with quiet cabs and heating, air conditioning and fitted radios, and were generally more comfortable to drive. Strangely this was not always to David's liking. I think he liked the smell of the damp soil when ploughing, or the cut grass when mowing, or even the "aroma" of muck when spreading. If we purchased a new implement David's usual comment was "It'll be all right when I get used to it I suppose"! Funnily enough he got to grips with new things, and grasped new techniques, very quickly, but if something broke while David was using it he would point to the two halves, which should have been joined together, and say "if you look closely, you can see it was half broke

before” as though to say that he wasn’t entirely responsible for the breakage, and it must have been someone else who “half broke it before”! David worked here at Uppincott for over fifty years full time, before cutting down to two days a week, and then two mornings. He was awarded two long Service Awards at the Devon County Show, the second one in which he was the longest serving Agricultural Worker on the same farm, no mean achievement. This he accepted with quiet dignity as he didn’t “want to make a fuss”! I think he and Jaquie quite enjoyed the tea with the Show President after the ceremony though!

Everyone here at Uppincott Farm will miss David; after all he would have known four generations of our family, although he once told me that he only vaguely remembers my grandfather, who sadly I didn’t meet at all. David spent a lot of time with my father, I was very often told tales of the blizzard in 1962, where they could walk on the snow from one end of the farm to the other, without seeing a hedge. Their ferreting exploits were legendary. He was part of James, Katie and Jonathan’s childhoods, and in more recent years he worked alongside both James and Jonathan, and no doubt regaled them with tales of yesteryear!

I will always remember David, we worked together for more than fifty years and he was really the last connection to the “good old days”, and all the labour intensive jobs that you can think of. We were either sweating buckets or freezing! I had never really thought about it before now, but I think we had our own special language when



communicating. A sort of Devonshire dialect mixed with a bit of Uppincottish! We knew exactly what the other meant but I’m not sure anyone else would have understood a word of what we were on about!

It is unlikely that phrases such as these will be heard again at Uppincott... “Better turn th’eadland down thees time an’ fill een th’ol’ vore!” Or “There’s a yaw out to Centrys id’n very vitty, shall I take the box out vor’er, I spec I can kitch ‘er?” (That was never a good sign!) And now we would say “Us’ve broken the back and done the biggest part, us’ll leave it to that, the rest o’t won’t ‘urt ‘till the mornin’”!

Rest in peace, David.

Pop Up Cafe for Gaza on 6th April

Many of you will remember 2 years ago we organised a very successful Pop Up Café in Shobrooke to raise money for Ukraine. As the full scale of the tragedy in Israel and Gaza unfolded, the Pop Up Café team was keen to bring Shobrooke together again to raise money for The British Red Cross Israel and Occupied Palestinian Territories Appeal.

We also wanted to offer something authentic, so decided we would make Shorbat Adas for the event, a traditional vegan Palestinian Soup (*Recipe found on page 18*). Given the number of people we were expecting it was quite an undertaking so we were delighted that 2 other friends came forward to help make the soup with us which meant on the day we had enough soup for 140 people.

It is no exaggeration to say we were completely overwhelmed by the support we received for this event. People from in and around Shobrooke baked fabulous cakes, biscuits and buns for the café and the cake stall, one villager stocked and managed the wonderful plant stall (having



grown plants for months just for us!), a friend in the village designed the flyers and Mole Avon printed them for free, fantastic local musicians came and played throughout the day, one baker alone made 280 bread rolls to go with the soup, Crediton Arts Centre provided free technical support for the performers, 23 local businesses supported us by donating fabulous raffle prizes, the Village Hall Committee provided the hall for free, a local caterer came and provided a salad bar serving Palestinian salads, Shobrooke Craft Group made decorated jam jar vases for the posies on



Jessie Hampson

all the tables, a local WI lent us their matching tablecloths, and The Beer Engine provided catering supplies and lent us their soup kettle.

In particular we were really privileged to be joined by International Storyteller David Heathfield, who told stories he'd learnt from young storytellers in Gaza, and ended with the poem 'If I Must Die' by the Poet and Academic Refaat Alareer. Refaat Alareer who himself was killed in Gaza, along with members of his family, in December last year.

Plus so many people came to support us on the day! It was absolutely brilliant to see so many people buying plants, cakes, chatting and laughing over tea, soup, cake and salads! We were also very grateful to the people who couldn't come but sent us donations anyway, and to people who came along on the day to help wash up, run stalls, and clear up afterwards.



*David Heathfield
Storyteller*



Cakes galore provided...

We ended up raising an incredible £2020.14 for The British Red Cross Israel and Occupied Palestinian Territories Appeal.



We Three Men

Thank you so very much Shobrooke and friends, it is incredibly special to live in such a kind, supportive community, and we really could not have done it without you.

Love,
Vivien and The Pop up Café Team x

Shorbat Adas – Traditional Palestinian Soup

Serves 6 - 8

Ingredients

- 900g Butternut Squash (peeled and deseeded)
- Olive oil
- 4 medium onions
- 8 crushed garlic cloves
- 1.5 tsp cumin
- Handful of chopped coriander (or 1.5tsp dried)
- 1tsp cinnamon
- 300g dried red lentils
- 750ml vegetable stock
- Juice of 1.5 lemons
- Handful of chopped curly parsley



Method

1. Preheat oven to 200C
2. Peel and chop butternut squash into 1 inch cubes
3. Drizzle generously with olive oil and place on 2 baking trays in the oven. Roast for approximately 35 mins until soft (Check at 20 mins and give them a good stir).
4. Fry onions in 5 tablespoons of olive oil over a medium heat for 10mins, add garlic and cook for 5 more minutes
5. Add cumin, coriander and cinnamon, fry for a couple of minutes
6. Add the lentils and 2 litres of just boiled water, cover and simmer for 10 minutes on a medium heat
7. After 10 minutes/when the lentils have softened, add the butternut squash and the oil from the baking trays, 750ml vegetable stock, the lemon juice, 2tsps salt and 1 tsp ground black pepper
8. Leave to simmer for approx 15 – 20 minutes
9. When cooked, add the chopped parsley and check the seasoning (you may need to add more salt at this point).
10. Blend the soup either till smooth, or leave chunky if preferred.

IF I MUST DIE

by Refaat Alareer

If I must die,
you must live
to tell my story
to sell my things
to buy a piece of cloth
and some strings,
(make it white with a long tail)
so that a child, somewhere in Gaza
while looking heaven in the eye
awaiting his dad who left in a blaze—
and bid no one farewell
not even to his flesh
not even to himself—
sees the kite, my kite you made, flying up above
and thinks for a moment an angel is there
bringing back love
If I must die
let it bring hope
let it be a tale

Staying Safe From Scammers

Recent statistics about the amount of money lost to scammers in the UK make depressing reading. Approximately 10% of people lost money to scams or identity theft in the 12 months to September 2023 with the total amount across all scams being something like £1.17 billion.

It seems with every advance in technology, the scammers open up new avenues to extract money from us. Furthermore they rapidly exploit anything happening in society which might mean your defences are lowered eg Covid crisis, Taylor Swift tickets etc.

Not all scams rely on technology though - romance scams for instance, can be particularly nasty.

So how can you protect yourself?

The first rule is to protect your personal information as much as possible. Be wary of how and where you provide personal details. Over the phone to an unsolicited caller, some too good to be true offer you discover in social media, an email or text message seemingly from a friend - these are just some of the places where you have to be extremely careful. I was going to say if in doubt then don't, but perhaps it should be first doubt everything and then double check everything in an independent way. Don't assume that because something is plausible that it is true.

The second way of protecting yourself is to learn about the different



Scammer taking money
(Image vecteezy.com)

scams going round, and how they will try to get at your money. The scammers are highly organised gangs and once they have the relevant details they can move very quickly.

The consumer group, Which, provides a free scam alerts newsletter you can sign up for, and they also have free articles identifying the different types of scam, and articles about how you can enhance the protection of your phones, computers etc. You can sign up for the alerts here:

<https://act.which.co.uk/page/103781/data/1?locale=en-GB>

Thirdly if you think you have been a victim of a scam you need to act fast - to notify your bank, the police and maybe warn your friends that your details may have been compromised so that they don't get taken in by someone using your information.

If you think you may have been a victim of fraud or cyber crime, you should report this to Action Fraud at www.actionfraud.police.uk or by calling 0300 123 2040.

Once Read

By Joy Moore

Once Read is a second hand book shop in Crediton High Street opposite the street to the Market Square. I first got to know the owner, Jim Thatcher when I needed to dispose of dozens of Law Books from Exeter University, considered out of date that had been left in my Garden shed. Jim kindly agreed to take them. *Once Read* has a wonderful and diverse range of books and a treasure trove for book lovers. Jim has also contributed to the Crediton community by supporting local youth groups. I recently dropped by the shop and was glad that *Once Read* continues to survive despite the 'hard times' of the covid years and Crediton High street shops that have closed. I purchased four books and was only charged five pounds though Jim offered to give them for less.



One of the books was by a Doctor who volunteered for *Médecins Sans Frontières* for over twenty-five years. MSF is an international humanitarian organization that provides health care throughout the world where war, famine and conflict have resulted in the urgent need for medical services. Dr David Nott, vascular and general surgeon with the NHS is the author of *'War Doctor' Surgery on the Front Line'* published in 2019. He describes his experience over some years in a range of war torn situations including Afghanistan, Sierra Leone, Gaza and Syria and the siege and bombing of Aleppo. His book was serialised by BBC radio 4 in 2019. His powerful descriptive narrative resonated in relation to the refugee crisis as a result of the wars in Syria, Ukraine and Gaza over recent years and the response of the Shobrooke community to support the refugees and health issues of the civilian population that resulted. The conflict in Syria was the result of the brutal repression by the autocratic leader Bashar- al-Assad in response to demonstrations in support of democracy. *'Words Without Walls'* was published by the Shobrooke and Stockley Pomeroy writing group in support of **Refugee Support Devon** in 2016 and the *'Bus stop Bakery'* in support of Refugee Devon was initiated on several occasions in 2016 and 2017 and provided bread and baked goods by Shobrooke villagers. Syrian refugees were welcomed and given sanctuary by the Crediton and Devon community. In 2022 the invasion by Russia of Ukraine resulted in the relentless bombing of civilian towns and vital infrastructure. There was a major exodus of women and children and Europe and

Britain among other countries provided refugee assistance. The Shobrooke community responded and in 2022 a fund raiser **'Pop up cafe'** was organized to raise money for the Red Cross. In April of this year the Shobrooke community rallied again in response to the catastrophic conflict in Gaza and raised money for the Red Cross with an event in the Village Hall with the sale of baked goods, a cafe providing Palestinian soup and a plant sale as well as musical performances. David Heathfield, Story Teller, shared stories from Palestinians living in Gaza: a powerful and moving presentation that gave voice to those who participated in his on line workshop.

Though we are privileged to live in a beautiful and inspiring rural environment there is a recognition that we share this planet with people experiencing war, conflict, famine and environmental catastrophe not just in other countries but poverty and lack of basic resources is the reality of those throughout this country. The Crediton food bank with the help of volunteers provides groceries and support to those in our community.

Joy Moore, May, 2024

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Shobrooke Parish Councillors 2023

Cllr Allan Jones (Chair)	19 School Close, Shobrooke, Crediton, EX17 1AX 01363 777444 Cllr.Jones@shobrookeparishcouncil.co.uk
Cllr. Chris Furse (Vice Chair)	14 Silver Way, Shobrooke, Crediton, EX17 1HP 01363 774495 Cllr.Furse@shobrookeparishcouncil.co.uk
Cllr Lynsay Balkwill	14 The Village, Shobrooke, Crediton, EX17 1AU 01363 775296 Cllr.Balkwill@shobrookeparishcouncil.co.uk
Cllr (Rev) Sandra Collier	37 Mill Street, Crediton, EX17 1EZ Cllr.Collier@shobrookeparishcouncil.co.uk

DEVON County Councillor

Cllr Margaret Squires	Frostland Farm, Copplestone, Crediton EX17 5NY 01363 84337 margaret.squires@devon.gov.uk
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Mid Devon District Councillors

Cllr Mark Jenkins	6 St Swithins Gardens, Sandford, Crediton, EX17 4LY 01363 773900 07580 319314 mjenkins@middevon.gov.uk
Cllr Helen Tuffin Shongweni	Buller Road, Crediton, EX17 2AX htuffin@middevon.gov.uk
Website	www.shobrookeparishcouncil.co.uk
Parish footpath officer	Carol Maher
Playing fields liason officer	Ben Jacobs
Neighbourhood Watch Officer	Lesley Browne
Website officer - clerk	Mrs. Clarke, Rosefield, Northlew, Okehampton, Devon EX20 3BN 07886004919 Clerk@shobrookeparishcouncil.co.uk

Shobrooke Parish Council

A full copy of the most recent agreed minutes is posted on the Parish Council noticeboard in the bus shelter each month, and the minutes for all recent meetings can be found on the parish council website:

<https://www.shobrookeparishcouncil.co.uk>

Parish Council meetings take place on the second Wednesday every month where everyone is welcome to attend.

A public participation session is held at the start of each meeting.

At the recent annual general meeting of the Shobrooke Parish Council, Cllr Jones was elected Chairman, and Cllr Furse as Vice Chairwoman. Their long standing dedication to the council ensures continuity in leadership.

Among the key highlights of the meeting was meeting the parishioners and listening to their concerns and aspirations for the community. Discussions centred around crucial topics such as housing and the potential for a neighbourhood plan to safeguard cherished aspects of the parish. Despite the challenges posed by Shobrooke's size, which means a neighbourhood plan is not possible the council remains committed to exploring avenues to address the concerns raised.

Cllr. Squires, our esteemed Devon County Councillor, provided insights into the forthcoming devolution process, which is due to happen by September pending government approval. This initiative promises to inject a significant £16 million in additional funds, empowering councils to better serve their constituents. Additionally, Cllr Squires indicated that they bid farewell to Cllr Hart, a stalwart figure whose contributions to Devon County Council earned him widespread respect and admiration.

In commemoration of D Day, a flag of peace will be ceremoniously raised in Tiverton on June 6th, underscoring the community's enduring commitment to honour the sacrifices of the past. Parishioners are invited to pay their respects, by placing flags at the Shobrooke war memorial, as a symbol of remembrance and gratitude.

The council is pleased to announce the appointment of Lesley Browne as the new Neighbourhood Watch representative for Shobrooke. This initiative not only enhances community safety but also offers potential benefits, including reductions in home insurance premiums for residents upon renewal.

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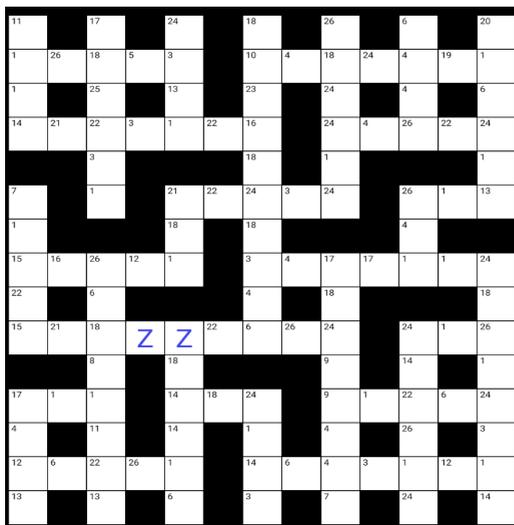
A poignant moment during the meeting was the announcement of a memorial bench installation, honouring the legacy of a dearly departed parishioner, John Hills. John's invaluable contributions to the parish will forever be cherished and remembered.

Looking ahead, the council extends an open invitation to all parishioners to join them prior to the start of their meeting on July 9th at 19:00 for an informative session on the role of a parish councillor. This forum will provide an opportunity for individuals to gain insights, ask questions, and explore potential avenues for community involvement as a parish councillor. All are encouraged to attend and connect with council members in a welcoming and inclusive setting.

For any issues relating to properties in School Close it is MDDC that should be notified.

**The Neighbourhood Housing officer is Anthony Keller.
Email : Housing Tenancy at htenancy@middevon.gov.uk**

Codeword Puzzle



1		14	
2	Z	15	
3		16	
4		17	
5		18	
6		19	
7		20	
8		21	
9		22	
10		23	
11		24	
12		25	
13		26	

Answer page 28

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Wellness Page

By 'Dr Feelgood'



We all know that fresh air is good for us! At this time of year when nature is powering ahead with new growth, it's a timely reminder that gardening and growing things is good for us too. The impact of gardening on our mental health is an area that's been well researched, and the evidence speaks for itself, gardening is good for you! Whether you've got a sizeable garden at home, an allotment, a public outdoor space you help manage or just a window box, having our hands in the earth and helping something grow is positive for us. The act of growing something, and nurturing it over time, can be very powerful, it takes us away from the complexities of every day life and connects us to something fundamentally very simple, but seemingly much bigger than us.

It is increasingly recognised that green spaces improve our physical and mental health. British physician Sir Muir Gray famously said that everyone needs a 'Natural Health Service' as National Health Service. Since 2019 the NHS has included social prescribing in its long term plan so, as healthcare costs continue to spiral with our ageing population, preventative measures have an increasing importance in our society. In 2021 the RHS released research that indicated that those who garden every day have less stress and more improved emotional well being than those who don't. Their research, which surveyed more than 6000 people, showed a significant link between gardening more frequently and improvements in overall wellbeing and physical activity.

Many people find gardening helps manage more complex mental health challenges too. Gardener and TV Presenter Monty Don, has talked extensively about the role gardening has played in helping him cope with serious depression, *'I always see gardening as escape, as peace really. If you are angry or troubled, nothing provides the same solace as nurturing the soil'*. Monty Don

For anyone who gardens regularly, you'll be aware how it can keep you fit too. The wide range of gardening tasks we can tackle can improve our strength, co-ordination, stamina and mobility. Of course it's important to be careful too, heavy lifting, digging with back and joint issues and committing to too many gardening tasks at one go are all things to be avoided. Whatever your age or physical strength, be sure to look after yourself, break down your gardening stints into more regular chunks if needs be, and bring in extra help when necessary.

The really good news is if you're not a gardener it's also widely understood that just being in and around green spaces is good for your mental health too.

In 2018 and 2019 the RHS donated gardens from the RHS Chelsea Flower Show to Highgate Mental Health Centre and Dewnans in Devon.

Studies have found that patients with rooms overlooking nature recover quicker than those who face buildings.

So if picking up your trowel and secateurs puts a spring in your step you're probably already planning when you can next get outside to use them. If not, if you sit out in your garden as much as you can, or visit the green spaces around you, you can let nature give your mental health a well deserved boost.

For more information on the RHS please visit www.rhs.org.uk

Wishing you well :)

Dr Feelgood

Under the Hedge Sally & Vivien



If you see any hedgehogs that are poorly and out in daylight, there are several rescue centres which can be contacted see details below.

If they have injuries or bad wounds then they need to see a vet. The Boniface vets are experienced with hedgehogs.

Please supervise your dogs out in the garden in the evening, especially if they bark, as this may mean they have found a hedgehog which they can turn over and kill or maim.

John Groves, Hedgehog Rescue at East Village	07966 435147
Francisco Van Holthoorn at Coleford	01363 85394 079296 60112
Elm Wildlife and HH Rescue, Newton Abbot	07971 276658
Boniface Vets Crediton	01363 772 860

Codeword
Answers

A	B	C	D	E	F	G	H	I	J	K	L	M
22	15	5	26	1	17	12	9	18	20	7	21	19
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
10	4	14	23	6	24	3	16	8	11	25	13	2

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As evenings start lengthening, tennis must be uppermost on our minds.

The Club Tournament has started again and a record number of members have entered. You could have been one of them; be part of this tournament next year.

The summer league has started and we entered ladies', men's and mixed teams of various levels and members are enjoying their matches around Devon

There will be plenty more opportunity to play competitive tennis in the summer.

The Rusty Racket sessions are running well, often on Saturdays (contact Sue Bloomfield, sueblmflid03@gmail.com, if you would like to try a session) and the other Club sessions are well attended. We have quite a few new members and it is great to see them so involved.

Coach Jon Wills runs our Junior coaching sessions on Wednesday afternoons. There are some places available in the intermediate groups. Jon Wills is also available for individual or doubles coaching for adult members.

The new Membership Year has just started so this is a good time to think about joining as you will get a full year for your subscription.

We are very reasonably priced compared to some of the larger clubs.

For all information about the club please see our website:

www.newtonstcyrestennisclub.co.uk or

contact our membership secretary **Laura Leigh** on **01647 24259**



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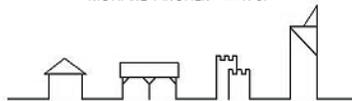


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Tuesdays and Fridays

Departing Shobrooke Red Lion at 09:51 arriving Crediton 10:02

Returning at 14:05 from The Green and the High Street
arriving in Shobrooke at 14:16

Service 679 to Exeter via Raddon Cross and Shute operated by Dartline

Wednesdays only, departs from the Red Lion at 09:58 arriving in Exeter Bus Station at 10:30

(This service starts in the morning at Black Dog at 09:15 & arrives in Shobrooke via Kennerleigh, Sandford and Crediton Lloyd's Bank at 09:45 and returns via that route in the afternoon and so can be used for people coming to Shobrooke in the morning or going into Crediton or beyond in the afternoon)

Returning to Shobrooke from Exeter at 13:24, Paris Street, Exeter Stop 16
Bus arrives back in Shobrooke at 13:57.

Service 870 to Tiverton via Cheriton Fitzpaine, Poughill, Pennymoor, Cadeleigh & Bickleigh and operated by Country Bus.

Tuesdays only, departing Shobrooke Red Lion at 09:30 arriving Tiverton Bus Station 10:50.

Returning to Shobrooke from Tiverton Bus Station 13:50, *(We haven't been able to confirm the stand number in Tiverton - it used to be stand 6)*

Bus arrives back in Shobrooke at 15:00.

(In the morning this service starts at Crediton Green at 09:10 and arrives back there in the afternoon at 15:20, so can also be used by people coming to Shobrooke or going into Crediton on Tuesday afternoon: if returning from Shobrooke in the afternoon it would be best to tell the driver on the morning journey!)

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<https://www.travelinesw.com>

Phone numbers: Dartline : 01392 872900 Country Bus : 01626 833664

If you need travel information for other bus and train services in Devon or the South West of England you can contact Traveline on **0871 200 22 33**, but be aware that calls cost 12p per minute.

USEFUL VILLAGE CONTACTS:

Parish Council:	Anna Clark	see page 23
Village Hall:	Alison Ayres	01363 775103
Churchwardens:	Victoria Leeming	01363 775765
	John Lee	
Red Lion Inn:	Jane Johnson	01363 772340
Playing Fields:	Ben Jacobs	
Yoga Group:	Vivien Hampson	01363 775468
History Group:	Rosemary Barber	01363 773419
Parish Mag. Distr. :	Sally Foot	01363 775388
Allotments:	Lesley Browne	01363 772343
Crafts Group:	Jan Miller	01363 899215
Neighbourhood watch	Lesley Browne	01363 772343

YOUR LOCAL POLICE OFFICER: PCSO 30030 NICOLA PAYNE

NON EMERGENCY TELEPHONE NUMBER: 101 EMERGENCY TELEPHONE NUMBER: 999

Crediton Neighbourhood Policing Team (Rural South) Telephone: 101

Email: nicola.payne@devonandcornwall.pnn.police.uk

EMERGENCY SERVICES:

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 County Councillor:
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June

Curry & Quiz Night : *Thursday 6th*
Curry available from 7.30pm & eyes down 8pm. Note price rise to £10.00 per person. *(Normally the 1st Thursday of the month)*

Open Mic night : *Wednesday 12th from 8pm*
(Normally the 2nd Wednesday of the month)

Classic Cars night : *Thursday 27th (Normally last Thursday of the month)*

July

Curry & Quiz Night : *Thursday 4th*
Curry available from 7.30pm & eyes down 8pm
£10.00 per person.

Open Mic night : *Wednesday 10th from 8.00pm*

Classic Cars night : *Thursday 25th*

August

Curry & Quiz Night : *Thursday 1st*
Curry available from 7.30pm & eyes down 8pm
£10.00 per person.

Open Mic night : *Wednesday 14th from 8.00pm*

Classic Cars night : *Thursday 29th*

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