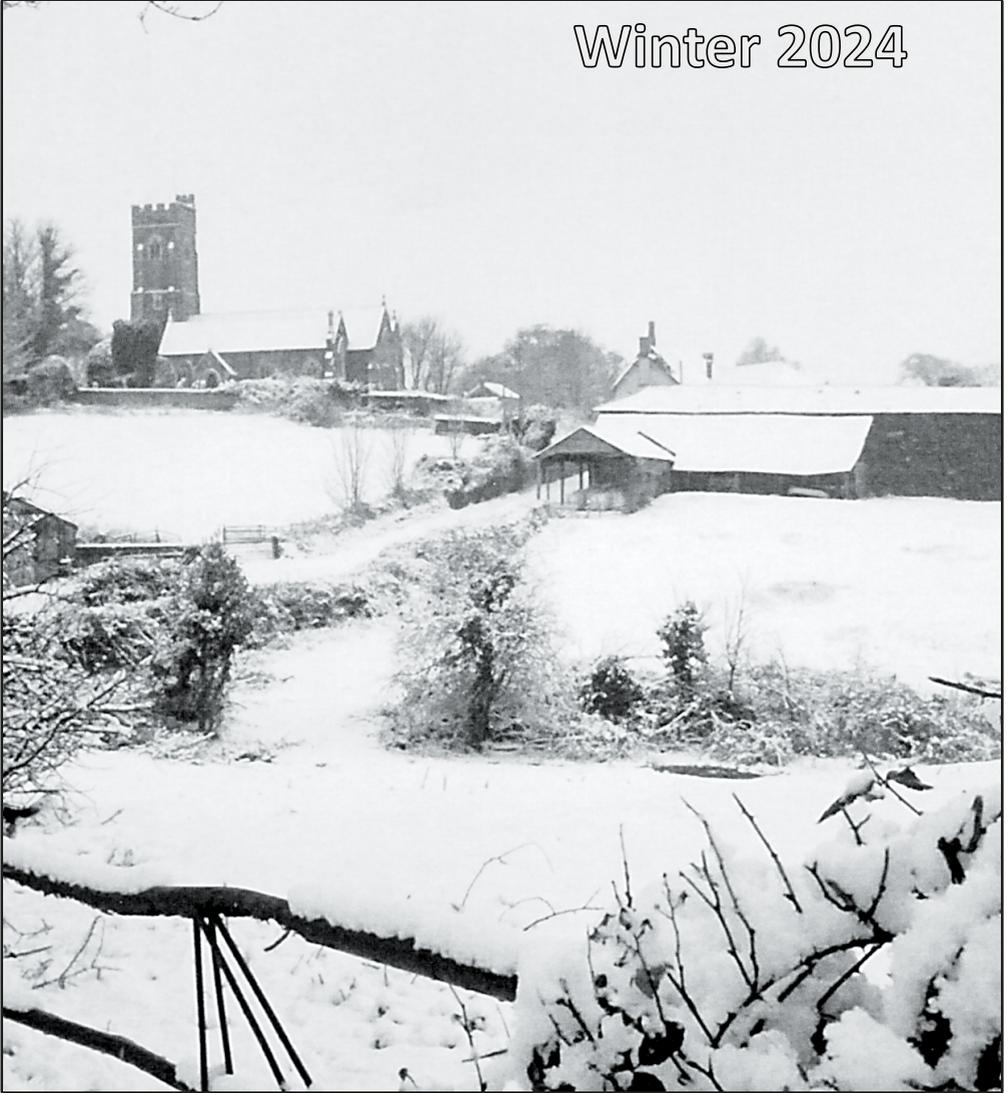


The **brooke** **FREE**

THE QUARTERLY NEWSLETTER FOR SHOBROOKE

Winter 2024





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**Cover photo : Nicola Raffan**

**Taken from the calendar she created for  
2011**

Welcome to the Winter issue.

After the resounding success of  
last year's pantomime -  
Cinderella, there is a new  
production being prepared for  
the middle of December.

This year's pantomime is  
Aladdin and I am sure this will  
be equally entertaining for  
everyone.

The staging of the pantomime,  
driven by the enthusiasm of all  
involved, is a superb  
community event bringing  
many people together - not just  
people in the parish. So a big  
shout out to all of the people  
who are making Aladdin  
happen!!

You will also see inside many  
other community events  
happening in the coming  
months. What better way to  
pass some of the winter than  
joining in with them.

Wishing everyone a healthy  
and happy Christmas

*Malcolm*

Chris Boulton sadly passed away in mid October  
after a long illness. Chris had, over the years,  
been active in many aspects of village life; Parish  
Councillor being just one of the many roles he  
carried out. Our thoughts go to Mel and the rest  
of the Boulton family.

# The Village Hall

Enquiries, bookings and keys please contact

The Secretary: Alison Ayres

**01363 775103**

alisonjpayres@gmail.com



If you have ideas for how you might want to use the hall, please let us know so we can see how we might be able to help.

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](mailto:leslie.hampson@hotmail.co.uk)  
or 07795 818090

*If you enjoy a big breakfast and good company, early planning is underway for a fundraising breakfast in the early Spring to raise funds for our much loved village hall. More details to follow in the new year!*

## CRAFT GROUP

Why don't you come and join our friendly craft group at Shobrooke Village hall...

*It's a great opportunity to meet like-minded people and swap ideas.*

We always look out for different crafts and enjoy trying to learn new skills.



Spring dates: 2<sup>nd</sup>, 16<sup>th</sup> & 20<sup>th</sup> January; 13<sup>th</sup> & 27<sup>th</sup> February; 13<sup>th</sup> March

We meet every fortnight, Thursday 10am to 12:30pm

Contact Jan on 01363 899215 or email [jan.barnyard@gmail.com](mailto:jan.barnyard@gmail.com)

SHOBROOKE AMATEUR DRAMATIC SOCIETY

*Presents*

# ALADDIN

THE PANTOMIME



## DECEMBER DATES

THURSDAY 12th  
7pm

FRIDAY 13th  
7pm

SATURDAY 14th  
2pm & 7pm

## BOOK TICKETS

ADULTS £6  
KIDS £4



Scan me

## CONTACT

EMAIL: [shobrookevillagepanto@outlook.com](mailto:shobrookevillagepanto@outlook.com)  
FACEBOOK: [shobrookevillagepantomime](https://www.facebook.com/shobrookevillagepantomime)  
PHONE: 07850653571

## OR VISIT

[www.ticketsource.co.uk/shobrookevillagepanto](http://www.ticketsource.co.uk/shobrookevillagepanto)

Bar | Refreshments | Raffle

Shobrooke Village Hall | Shobrooke | Crediton | EX17 1AT

# Shobrooke Carols by Candlelight

Wednesday 18th December, 7pm outside The Red Lion.



Please don't miss this special event that has become a wonderful part of the village Christmas celebrations.

**Songs sheets will be provided**

Please bring a lantern if you have one. (If you're in the village, by all means light your lantern and walk to the pub to meet the other carollers.) If not, just bring yourselves!

Jane and The Red Lion team will be providing mulled wine, hot chocolate & mince pies afterwards.

## We wish you a Merry Christmas!



**SUSTAINABLE CREDITON..**

## CLOTHES SWAP!

Saturday Jan 18th

1:00pm - 3:00pm - OPEN TO ALL

Entry £1

(Bring your unwanted clothes ...

11:30am - 1:00 pm)

HOW IT WORKS ..

### Bring

..unwanted clothes, in good clean condition, drop off between 11:30am - 1:00pm (keep your tickets)

### Swapping

.. begins at 1:00pm Take away one item for every one you bring. (exchange ticket) plus buy extra items for just £1 each

### COFFEE & CAKE FOR SALE

Donate to a great cause, while helping the environment - See you there!



Location - Karis Hall, Congregational Church, Crediton EX17 3LB

## Sustainable Crediton News

Please Email us if you'd like to get involved, or like to receive our monthly newsletter, at [info@sustainablecrediton.org.uk](mailto:info@sustainablecrediton.org.uk)

Our next two major events (save the dates!) are:

**Saturday 18<sup>th</sup> January:** Clothes Swap at the Crediton Congregational Church (a great opportunity to swap good (adult) clothing and reduce the shocking climate impact of fast throw-away fashion) – please save your good unwanted garments and bring them along.

**Saturday 22<sup>nd</sup> February:** Our Annual Seed Share at the Boniface Centre – please come along to share any surplus seeds or plants you have, and collect what you'd like to have. A fun event with soup lunches and music....

# Shobrooke Photo Gallery



Robin waiting for his daily cheese

*Sally Foot*



Above 'White Mob' , below 'Evening Magpies' - *Mandy Jones*



Misty Morning overlooking Shobrooke church - *Dan Zillwood*

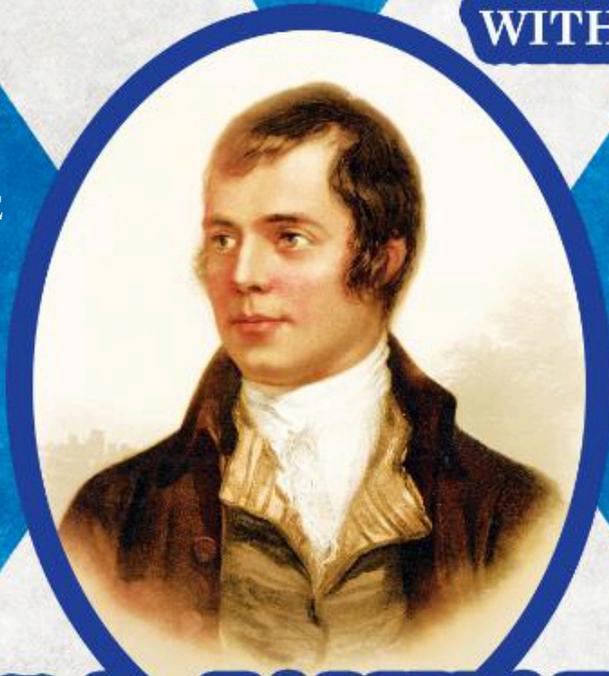
**CELEBRATE**

# **BURNS NIGHT**

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VILLAGE  
HALL**

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**25th JANUARY**

## **DINNER & CEILIDH**

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[victoria.leeming@outlook.com](mailto:victoria.leeming@outlook.com)  
07743 125201

# Redlands Revisited

by Ann Quon Cordingley (kindly supplied by Newton Wonder)

It's been nine months since Dr Jo Harris and her associate Kirsty Conder, the two partners of the Redlands Primary Care medical practice, met with Ann Quon Cordingley to discuss challenges and opportunities. And now? They know they have still not reached the pinnacle they are aiming for, but say they have made great progress in a short time.

"I think we've moved on in leaps and bounds since we spoke to you last," says an upbeat Kirsty Conder. "Jo and I have created the culture we want at Redlands. We have ironed out processes and put standard operating procedures in place."

It's a far cry from the situation back in January, when clinical pharmacist Kirsty and general practitioner Dr Jo Harris first spoke candidly about the challenges they faced after taking over the management of Redlands Primary Care in April 2023.

Different corporate cultures and operating systems following the merger of their old Newcombes (New Valley) practice with Chiddenbrook in 2021. High staff turnover amid staff shortages, increased patient demand and major changes to the health care system imposed by the NHS were some of the formidable challenges they faced. Today, they are confident they have a grip on things and have turned a corner. "One of the challenges was that we had two different systems working alongside each other," says Kirsty. "That takes time to iron out,

but we



Jo Harris (left) Kirsty Conder (right)

Photo by Ann Quon Cordingley

definitely have done that now."

"It's the classic case of 'forming, storming, norming and performing' and we feel like we are definitely performing," says Jo, referring to the four stages that teams go through to become highly effective. "The staff seem really happy, stable and settled compared with the turnover we had before. I can't even remember the last time somebody left," she says. With about 75 staff at all levels, they are pleased that when vacancies come up, there are lots of applicants. So far, so good. But the pair know there's lots still to do – and there are still complaints out there. "We're not resting on our laurels," says Kirsty. "We know there are always improvements to make." says That, in part, is why they are setting up a Patients Participation Group

(PPG) to be made up of a group of volunteer patients, one of the partners, one or more of the practice GPs and other senior staff. The group will meet on a regular basis to exchange ideas and information, discuss the services on offer, and how improvements can be made for the benefit of patients and the practice.

“We want it to be a useful platform to communicate with patients about their experience and work together to make improvements,” says Jo. “This could also be a way to invite patients to come and help steer some of the practice operations,” she adds.

Kirsty stresses that it is meant to be a forum for constructive dialogue and not for airing gripes. “It’s not an opportunity for patients to bring their personal issues or health complaints,” says Kirsty. “It’s about what we can do that might benefit the patient population. It’s about how we make the patient experience better, so it’s very much an interface with our population group. Which is why we are very keen to get a range of ages, and people to participate,” she says.

Jo and Kirsty are issuing an open invitation to Redlands patients to join the group and attend the first face-to-face meeting on 2nd October at the practice. Besides hearing from patients, they also plan to invite experts from various medical professions, such as pharmacies, to talk about issues that the group may raise in their discussions. Jo says that the PPG is not a new concept, but a common feature of many outreach programmes mandated by the NHS. One issue that could be ripe for discussion is the new but apparently

misunderstood system of a waiting list that was introduced in April. Supported by the British Medical Association as a way to help practices prioritise patient appointments based on clinical need, it has attracted criticism from patients who are used to a first-come, first-served system.

Under the new system, patients with routine requests for appointments are put on a waiting list, so that those with an urgent clinical need can be prioritised. “You don’t want somebody with a potential cancer diagnosis joining the back of the queue behind someone who has a non-urgent problem” says Jo. It means that appointments are done on the basis of clinical need rather than first-come, first-served.

So, when a patient calls up to make an appointment, he or she will be asked a series of questions by the receptionist (now called care navigators), such as what do they want the appointment for? Is it an ongoing problem? Is it new? This is to determine whether the patient needs to be seen quickly or whether a routine appointment and advice on the best person to see would be adequate.

If it is urgent, they will be prioritised. If it’s routine, they will be put on a waiting list and triaged, meaning that within 14 days they will be given an appointment date. Appointments could be potentially four to six weeks away, depending on the clinical need. At a time when demand far outstrips capacity, the new system allows the practice to focus its resources on those with the greatest need and to better manage workloads. “Capacity versus demand will never match, so we have to manage our workload in a

safe way,” says Kirsty. “While some might not like it, it does work.”

“We just ask patients to trust the process, and obviously if anything changes (in their condition), they have to let the surgery know and the time frame for their appointment will be reviewed. If they need to be seen sooner, they will be,” says Kirsty.

The system is also about streamlining to make sure the patient gets to see the right person. The days of seeing the GP for all their needs have been replaced by the new primary-care system where there is now a multidisciplinary team that includes paramedics, mental health practitioners, first-contact physiotherapists, a clinical pharmacy team, technicians and nurses who have been upskilled so they can take on more of the work. So a patient calling up asking to see their GP may be directed to one of these, instead – a process that the two partners say saves time and is more efficient.

Both Jo and Kirsty acknowledge the new primary care system is still confusing for patients who are used to the traditional model of seeing their GP for all their needs.

“I think the traditional model is a hangover from when it was just a GP and a receptionist. We are primary care now, we are not general practice. We have a vast array of health professionals and I think for anybody who doesn’t work here, trying to understand is not easy,” says Jo.

“Any change is difficult and it takes a long time for people to get used to it. I think people are used to just ringing up and making an appointment and putting the phone down with that

date in the diary. The more people understand that we just can’t do that any more or if we do, we are risking people who need to be seen urgently not being seen appropriately.”

While both Jo and Kirsty both are pleased with improvements in answering phone calls – a common source of patient irritation – there is still concern over waiting times.

Despite having a team of seven people answering phones, it still isn’t enough. “I don’t know how we get past this really, because we can’t put on enough staff to answer 16,000 patients’ worth of calls,” says Jo.

Monday mornings are still the busiest, with 100 or more calls to deal with. “I think people come out of the weekend thinking ‘I was going to ring the doctors’, so I will just ring them today,” says Jo. Tip: To avoid getting stuck in a long queue of callers, they advise calling on a Wednesday or Thursday, or in the afternoon.

Finally, their message to their patients?

“Come along to our Patient Participation Group if you have any bright ideas or want to be involved in improvements and changes,” says Jo. Kirsty adds: “Trust our processes – and please be kind to our staff. We’re all working hard and we are trying to do the very best for everybody.”

For more on Redlands Patient Participation Group:

<https://www.redlandsprimarycare.nhs.uk/about-us/have-your-say/patient-participation-group/>

# Al Ahli Hospital

*Revd. Sandra*

Many may remember that at this time last year Steve and I held an urgent fund raising event for the victims of the ferocious attacks on Gaza. £1,000 was sent direct, immediately to the Al Ahli Hospital in Northern Gaza, run totally on charity funding by the Diocese of Jerusalem. Money received was used to good effect. The Hospital was bombed twice, 471 people were killed who were taking sanctuary there. Despite the constant attacks on its staff and structure it remained the only hospital in Northern Gaza to remain functioning.

'Al-Ahli Arab Hospital still stands as a beacon of hope despite the obstacles that continue to thwart its ability to care for people in the north of Gaza. In its latest battle to stay open, the hospital was ordered to close on 7th July when the Israel Defence Force ordered Palestinians to evacuate several areas—forcing all patients, staff and vulnerable people to leave. With much relief, four days later the Diocese of Jerusalem reported that despite an increase in military activity in the area, the hospital was able to reopen.

Although most patients have not yet made the hazardous journey back to the hospital, 'our remarkable staff were able to perform eight surgeries in the day.'

I am delighted to report, that \$3.4million is to be received from the UN and the Palestinian Medical Association for a focus on rehabilitation, the intensive care unit and operating rooms.

The other £1,000 we raised last year was sent to the Princess Basma Centre for Disabled children and their families, in East Jerusalem, also run by the Diocese of Jerusalem, who have a Team delivering services at Al Ahli, treating over 500 children and families recently with chronic conditions and trauma related injuries. With personal friends and colleagues in East Jerusalem, which is occupied land, I know that every penny donated is used to good effect. I will continue to raise money for this centre, indeed was doing so, before the awful attacks in October 2023. With that in mind Steve and I will hold another Open House on Tuesday 17th December, 37 Mill Street, Crediton, 10am – 9pm to which everyone is welcome, even if you have no money to give you can join us for festive refreshments and learn a little more of the work that is happening against all the odds. A true light in the darkness.

Thank you for another year of fun, support and friendship from you all in the village of Shobrooke, it is a joy to serve, Revd Sandra

# St Swithun's Church News



## **CELEBRATING COMMUNITY SPIRIT: HIGHLIGHTS FROM ST SWITHUN'S CHURCH**

In recent months, our village church has become a thriving centre of community spirit, faith, and fellowship. With a calendar packed with inspiring services, lively gatherings, and charitable endeavours, it has been a season full of success, joy, and connection. Here's a look back at some of the memorable events that have brought our community together.

### **Harvest Festival: A Joyful Celebration of Gratitude**

Our annual Harvest Festival was a true testament to the power of gratitude and generosity. Parishioners young and old gathered to give thanks for the abundance in our lives. The church was beautifully adorned with vibrant arrangements of fruits, vegetables, and flowers. Volunteers crafted festive displays, transforming the church into a warm, welcoming space filled with the scents and colours of the season.

On the Sunday, our Songs of Praise service featured hymns of gratitude and a sermon highlighting the importance of divine providence in every blessing. It was heartwarming to see families and friends joining together to celebrate. Our Harvest Supper, held in the village hall, was a heartwarming evening of good food and even better company. A delicious spread of seasonal dishes was served, bringing together parishioners and neighbours to celebrate the fruits of the harvest and the blessings of our community.

### **Confirmation Service: A Celebration of Faith and Commitment**

In October, our church had the joy of hosting a Confirmation Service, led by Bishop Jackie, who offered an inspiring message about the importance of faith, community and spirit. The service welcomed several members of our community into full membership of the church. Family, friends and members of the congregation gathered to support them on this significant step in their spiritual journey.

### **All Souls Service: A Time for Remembrance and Healing**

In November, our church hosted a moving All Souls Service, dedicated to remembering loved ones who have passed.

The service was well attended, offering a quiet reflective space where members of the community came together in solidarity and to honour the memories of those who are no longer with us, reminding us of the strength found in community and the importance of cherishing the lives and legacies of those we have lost.

### **Remembrance Service: Honouring Our Heros with Reverence and Respect**

Our Remembrance Service was a solemn and heartfelt occasion, bringing the community together to honour the sacrifices of service men and women who have given their lives in defence of freedom. Held on Remembrance Sunday, the service began at the war memorial, where the congregation observed a moment of silence at 11am.

The Remembrance Service serves as a powerful reminder of the courage and dedication of those whom have served, offering space for quiet reflection and prayer. We are grateful to all who attended and contributed.

### **Looking Forward to Christmas and the New Year**

As we look back on these successful events, we also look forward to the new year with anticipation and excitement. Dates for your diary include:

- Sunday 8<sup>th</sup> December 2024 (4pm) - Christingle Service
- Sunday 22<sup>nd</sup> December 2024 (4pm) - Carol Service
- Wednesday 25<sup>th</sup> December 2024 (10am) - Christmas Day
- Sunday 12<sup>th</sup> January 2025 (11am at Red Lion, tractors welcome) - Plough Sunday Service
- Friday 14<sup>th</sup> February 2025 (TBC) - Valentines Event
- Tuesdays at 4pm - weekly prayers in church.

We are grateful to everyone who has participated, volunteered, and contributed to making these events a success.

Thank you to Sally and all those who turned out for the annual clean, to the marvelous flower ladies and for the ringers, all of whom enhance the Worship.

Together, we have not only strengthened our church but also our community as a whole. Here's to another wonderful season of faith, fellowship, and community spirit!

For more information on upcoming events or to get involved, please contact Revd Sandra Collier ([sandracollier57@gmail.com](mailto:sandracollier57@gmail.com)) or Victoria Leeming ([victoria.leeming@outlook.com](mailto:victoria.leeming@outlook.com)). We look forward to seeing you!

---

### *Some harvest festival photos*



# News from Uppincott Farm

by Nick Lee

It's so easy to breathe a sigh of relief when Jonathan has combined the last of the crops, the combine has been washed off and parked in the shed until next year, but that for us, and many farmers, isn't the end of harvesting, as there are the cider apples to collect, albeit from a modest acreage, for us, and the ever increasing area of maize to harvest. The whole team have been working all hours to get over it all.

Back in the Spring we were asked if we were prepared to host a trial of several maize varieties for Limagrain, a firm that specialises in breeding and developing new varieties of maize. It culminated with an open day in October where farmers from near and far could come and inspect for themselves, which they thought was the best variety.



*Farmers in a maize plot*



*The one and only in UK*

And then each plot was harvested with a strange piece of equipment, of which there is only one in the country. It not only cuts and chops each individual plot, but also analyses the nutritional elements of the maize, on the move.

No doubt, and quite understandably, the word maize conjures up a horror for many of you , with constant tractors and trailers on the road carrying mud everywhere.

Personally, I hate to see our soil carried onto the road, as effectively that's our precious topsoil which we are either paying rent or a mortgage for, so why on earth (excuse the pun please!)would we want to lose any? So whenever possible, we try to have either a hired road sweeper, or at least a telehandler on hand, to put our topsoil back in the field where it belongs.

Anyway, the point of the variety trial, as far as I can see, is to develop better varieties, either higher yielding, or more importantly, those which would reach maturity earlier in the Autumn, before the rains, the storms of which seem to come earlier each year. As I may have mentioned before, a crystal ball would be invaluable, especially if it helped with accurately forecasting how the weather will perform long range, and how it will affect subsequent field conditions.

As I write this in mid November, we are all enjoying one of the longest dry spells this year, and if we had known, then the maize harvest could have been delayed until now. However, many farmers have been able to use this weather window to drill wheat after the harvested maize crop, so in that respect the dry weather has been helpful. It's all a matter of how we can cope with risk, farming has always been a gamble. All crops cost a huge amount to get to the stage where we can, at last, have a product that we can either sell, or feed to our livestock. To see a crop wasted in the field, due to the weather, would be more than a lot of farmers, and their businesses could bear.

On that happy note, our small apple harvest is complete, with the help of the pickers from the well known local cider maker.



*Harvested apples ready to become cider*

A bumper crop this year, with the Yarlington Mill trees that David, our farm student at the time, Stephen Hutchings, my Dad and I planted about forty years ago, yielding particularly well.

If you get some cider from our local maker for Christmas, you could well be drinking cider made from apples grown in our lovely parish of Shobrooke.

Happy Christmas to you all.



*Yarlington Mill Apple Tree*

# Christmas Mushroom Wellington

Well worth the effort for a delicious meat-free Christmas meal.

## Ingredients (to serve 6)

- 7 large mushrooms
- 2–3 tbsp olive oil
- 2 brown onions, finely chopped
- 160g/5¾oz dried apricots
- 400g tin green lentils, drained and rinsed
- 200g/7oz mixed nuts (such as walnuts, pecans and almonds)
- 4 sprigs fresh thyme, leaves picked
- 3 sprigs fresh rosemary, leaves picked
- 2 x 320g packs ready-rolled puff pastry
- 4 garlic cloves, finely chopped
- salt and freshly ground black pepper



## Method

1. Preheat the oven to 220C/200C Fan/Gas 7. Line a baking tray with baking paper.
2. Put the mushrooms in a large roasting tin, season with a pinch of salt and pepper and drizzle with olive oil. Bake for 15 minutes.
3. Heat a frying pan over a medium heat, add a drizzle of olive oil and as soon as it is hot, add the onions and fry for 10 minutes.
4. Meanwhile, put the dried apricots in a food processor, add 100ml/3½fl oz water and blend to a coarse paste with lumps in. Transfer to a large mixing bowl. Put the lentils, nuts, thyme and rosemary in the food processor and process until mostly broken down. Tip the mixture into the bowl with the apricots, then add the fried onion and a pinch of salt and pepper. Stir until fully combined and the stuffing holds together.
5. Unroll the first sheet of pastry onto the lined baking tray and spread a third of the stuffing mixture lengthways down the middle in a strip about 5cm/2in wide, leaving 5cm/2in clear at both ends. Lay four of

the mushrooms, gills facing up, on top of the stuffing and sprinkle over the garlic. Place the remaining three mushrooms on top, gills facing down.

6. Spoon the remaining stuffing mixture over the mushrooms, pressing it down gently to cover them on all sides. Place the second sheet of pastry over the top and press the edges together to seal (if they don't stick, brush the edges with a little water). Use a knife to trim around the pastry, roughly 1cm/½in away from the filling, removing any excess pastry. Gently score three lines across the top. Use a fork to crimp the edges.
7. Brush the pastry with olive oil and bake for 40–50 minutes, or until golden brown and cooked through.

**Serve with roasted vegetables and your favourite sauces and dips.**

---

More photos...



Autumn tree in Shobrooke Park - *Dan Zillwood*

Red Campion Seed Pod  
*Mandy Jones*



Greetings to our keeper of time  
 and the tick tock of that clock  
 as the hands spin us back into the dark.  
 Our guardian of seasons beckons us on  
 to write, scribble, annotate and face the fates  
 as we headlong dash  
 into probably another winter of discontent.

Have you given Persephone her ticket down under yet?

*Steve Jones*

### Scenes from a Garden

*Malc Cooke*

Today I caught a bee.  
 I say bee and what do you see  
 a mix of black and yellow,  
 a buzzing ball of fluff?  
 I can show you what I captured  
 in a photo for all to see  
 of a bee no longer there.

Around the apple tree  
 the ground is dry and cracked  
 where once a galaxy of white stars  
 rode emerald waves.  
 The fissures will fill by and by,  
 the apples fall, and one day  
 the ramsons will come again  
 as if nothing changed.

A rosebud poses in the rain.  
 The dress of tightly furled petals,  
 shimmering with a shy blush  
 hinting at desire within,  
 of a promise of more to come.  
 Then like Marilyn Monroe  
 shine brightly and fade.

The cusp of summer has gone,  
 but heat and hope linger on.  
 A little more of the daily round,  
 bees and butterflies chivvying growth  
 against the slowing clock;  
 each crop, a small victory for faith  
 and optimism.

The beans have slowed now;  
 leaves browning, dry hang limp.  
 Some plots are empty of what  
 was planned and planted.  
 An inrush of weeds as nature,  
 forever patient, reclaims her own,  
 her birthright.

In the shortening days  
 we will surrender  
 to falling leaves.  
 Yet again.

# Wellness Page

By 'Dr Feelgood'



We all want to find enjoyable things to do with our time that are good for our bodies, as well as our minds.

Swimming is one of those rare activities that ticks all of the boxes, so why is swimming so good for us?

One of the huge benefits of swimming is the positive effect on our hearts. Heart disease is a major cause of serious ill health globally. Not everyone is aware that heart disease is actually a disease of the blood vessels.

Scientists have discovered that regular swimming improves the elasticity of the arteries and can therefore play a key role in protecting us against heart disease. As we get older our arteries get stiffer, as swimming helps reduce this stiffness, this then lowers the stress on the

cardiovascular system as it transports blood throughout the body. Given this positive impact on our arteries, experts also believe swimming can actually help extend your life. Scientists at the University of South Carolina followed over 40,000 men, age 20 to 90, for an average of 13 years and discovered that swimmers had a much lower death rate than non-swimmers.

When you look further into the wider effects of swimming you start to discover a whole host of other reasons it's good for us. Swimming can help our mental health because it improves your mood and reduces anxiety, as you exercise your body releases endorphins which can calm the mind and lift your spirits. There's evidence that swimming improves our cognitive function too, Professor Hiro Tanaka from the University of Texas has studied the effects of swimming on the body, he reports:

*There are many research studies showing that water immersion actually increases brain blood flow. Research actually suggests that the cognitive functions are improved when you are in the water. Also swimming is actually done in a supine or prone positions so because of that, the blood flow to the brain is actually facilitated, compared to an upright exercise such as walking or cycling.*

Of course you might feel it's not for you because you're not a confident swimmer. The great news is whether you want to swim at a gentle breaststroke, or try something more strenuous like front crawl or butterfly, swimming will still give you a full body workout. You'll be using lots of different muscle groups however strenuously you swim, and because you're working against the weight of the water, you'll be safely developing muscle strength particularly in the upper body and in your core. In addition, your body works harder if you're exercising in water so you won't have to swim for ages, just 30 minutes of gentle swimming is worth a great deal to your health! Plus swimming is also a better cardiovascular exercise than an activity like running because there is greater resistance in water than in the air. Whilst both are effective forms of aerobic exercise (increasing your heart rate and promoting better cardiovascular health), it takes more effort to kick in water than to take a step while running. This is especially good news for those of us with joint discomfort or arthritis because, by swimming, you can avoid the

problems higher impact activities like running or jogging can have on your joints.

If you're hardy you might even feel up to braving cold water swimming. It's gaining popularity at the moment and some reports suggest cold water swimming can help relieve symptoms of anxiety and long term depression. There is even ongoing research investigating whether or not cold water swimming can help slow down the effects of dementia. Either way, you need to be brave and be feeling physically well before attempting a cold water dip. Whilst it's great to have a go and you may well feel huge benefits, to be safe, don't swim on your own, wear a wetsuit and have plenty of layers and a hot drink to warm you up afterwards.

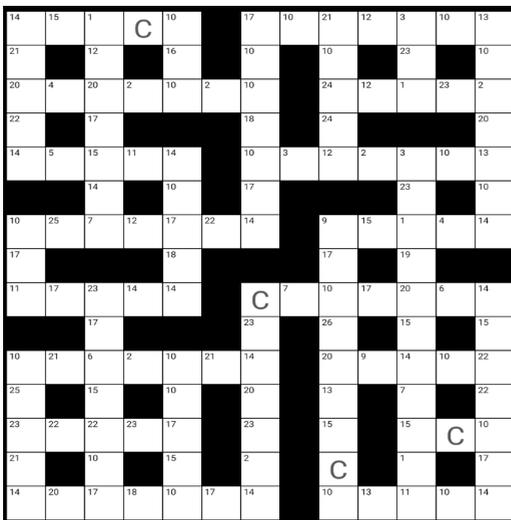
For the less brave the local swimming pool is affordable and on the doorstep for many of us so there's no excuse not to have a dip. Of course, if you can't swim and don't fancy lessons, you may well say the water is not for you, but even this doesn't have to hold you back. Walking in the shallow end of the pool or doing an exercise class when you won't be out of your depth are both great options for enjoying some of the benefits of exercising in water. So why not dust off that costume and take the plunge!

Wishing you well

Dr Feelgood :)

For more information about the benefits of swimming please visit <https://www.swimnow.co.uk/health-and-wellbeing/benefits-of-swimming/>

## Codeword Puzzle



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

Answer page 30



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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	<a href="http://www.shobrookeparishcouncil.co.uk">www.shobrookeparishcouncil.co.uk</a>
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.

## News from the Parish Council

Our current footpath warden is stepping down due to injury and we are lucky enough to have two new wardens, Victoria Leeming and Beth Ditchfield. We hope they will enjoy the wardens duties.

We have had a quote for audio visual equipment for the village hall of £3699.00 from South Point.

The clerk will look into applying for a grant for this as it will have an added benefit of a hearing loop for people with hearing loss.

There was talk at the last meeting about signage and the continuation of work in the playing field with the hope of a grant for fitness equipment. Sadly this has not come to fruition as it appears the National Lottery grants are currently inundated with applications.

Our new Neighbourhood Watch coordinator has ordered stickers and leaflets for people within the village and this has also been advertised in The Brooke. The council thanked Lesley Brown for her continuing involvement with this. **Don't forget you get a discount on your house insurance when you are in a neighbourhood watch area!**

DCC Councillor Squires, discussed meeting with Steve Tucker to discuss highways issues and a request to check the Shute area for speeding.

We did not have an open evening in the summer for parishioners to come and see what the parish council does, however it clashed with the football final, so no one attended.

We will hold another in the new year and welcome parishioners attending any meeting in the interim to see what happens, its not a Jackie Weaver type council!

# Winter Fuel Payments

If any villager thinks they may be entitled to the winter fuel payments please contact Councillor Allan Jones (01363 777444), so he may assist you with your application, particularly if you do not have access to a computer and / or transport.

The Parish Council is contacting Tiverton to try and get a facility for checking your identification etc in CREDITON to save any travelling to Tiverton.

But please do not wait to contact us, we don't want anyone going cold this winter. Allan's phone number is:- 01363 777444 alternatively contact the clerk on 0788 600 4919.

The deadline is in March, however with this current cold snap, it's best to apply early.

We will be carrying out a leaflet drop as well, but there's no harm in giving us a call, we're here to help!



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# Cold Days, Warm Libraries



Libraries Unlimited, the charity that runs 54 libraries in the county, is rolling out its Cold Days, Warm Libraries campaign for the third year running. The initiative is aimed at encouraging people into warm, friendly library spaces this Winter not only to help with their fuel bills and the cost of living but to combat isolation.

1.2 million visits were made to the libraries between 1 October 2023 and 31 March 2024 during the campaign.

Libraries Unlimited's Health and Wellbeing Manager Beth Harris said: *"Everyone deserves to feel warm and connected during the colder times of the year, but sadly we know this isn't always the case. Our libraries across Devon and Torbay will always be a welcome space for people to come in for free, with no obligations and no questions asked. We have comfy chairs, cosy nooks, hot drinks, engaging activities and events, and of course, a whole host of reading materials for the public to enjoy."*

Some libraries are welcoming donations of clean, warm coats, clothing, and accessories for their Coat Rails. Anyone can also take an item of clothing for free, no questions asked.

Community fridges and hygiene banks in a number of libraries are also appealing for tins and non-perishable, in-date food, as well as unopened hygiene products. Libraries will also be working with local food waste groups to stock up, supporting recycling and preventing food going to landfill.

**Activities and services across multiple libraries include (edited to Shobrooke local libraries only):**

- Coat rails of donated clothing in Exeter library
- Community Fridges/Larders in Crediton library
- Free warm drinks in many libraries
- Hygiene banks offering stocks of donated shampoo, toothpaste, tampons and body wash
- School uniform swaps to help families save money and resources
- Gentle exercise classes aimed at keeping visitors warm and healthy
- Weekly clubs from Lego to knitting - there's something for everyone

**Participating libraries and offerings include:**

- Crediton - warm drinks, community fridge
- Exeter - coat rail

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## Hedgehog Support contact details

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Francisco Van Holthoon at Coleford	01363 85394 079296 60112
Elm Wildlife and HH Rescue, Newton Abbot	07971 276658
Boniface Vets Crediton	01363 772 860
Mid Devon Hedgehog Highway Scheme	Facebook group - very active and supportive
Marion from Cheriton Fitzpaine (rescue)	01363 866112

Codeword  
Answers

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



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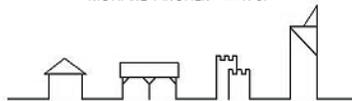


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Returning at 13:05 from The Green and the High Street  
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### **Tuesdays and Fridays**

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

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

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## USEFUL VILLAGE CONTACTS:

Parish Council:	Anna Clark	see page 24
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

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