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THE QUARTERLY NEWSLETTER FOR SHOBROOKE



Summer 2025



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### Contacts for Editorial and Advertising:

**Malcolm Cooke** Tel: 01363 776302

[thebrookenews@gmail.com](mailto:thebrookenews@gmail.com)

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***thebrookenews@gmail.com***

***Cover photo : The oilseed rape fields at  
Uppincott Farm this Spring - Aerial photo  
taken from drone by Warren Radmore.  
See page 20 for the full article***

Welcome to the Summer issue.

A recurring theme through every  
issue of The Brooke is that of  
Community.

We tend to think of the obvious ie  
events that are organised in  
Shobrooke, by and for the people  
in Shobrooke.

Less obvious maybe is how this  
magazine exists - freely available  
to everyone in Shobrooke Parish.

We are supported by advertisers  
but that would count for nothing  
if it weren't for two other factors,  
without which this magazine  
wouldn't exist. Namely your  
ongoing contributions, and the  
ongoing volunteer effort to  
distribute the magazine  
throughout the parish (*see page  
11 for a request for help*).

We also see that the vision of  
community we hold, the ideas of  
caring and nurturing extend  
beyond Shobrooke Village -  
whether that is supporting a  
hospital in Gaza (*page 15*),  
offering financial help via  
LendWithCare (*page 13*) or giving  
a home to a rain soaked swarm of  
bees (*page 20*).

Have a wonderful Summer!!!

Malcolm



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01363 775103 or [alisonjpayres@gmail.com](mailto:alisonjpayres@gmail.com)**



# THE STRENGTH OF COMMUNITY SPIRIT

*Victoria Leeming*

There's something special about the simple act of coming together—and over the past few months, our village has done just that. The village hall has been a backdrop for connection, laughter, shared meals, and heartfelt remembrance. From a spirited Quiz & Games Night to a cosy Brunch, and a poignant VE Day gathering, there's been something for everyone to enjoy, reminding us of the value of community. The comfort of familiar faces, the welcome of new ones, and the joy of being part of something shared.

## **Quiz & Games Night: Laughter, Learning, and a Little Healthy Competition**

Our latest quiz night, hosted by Sandra Collier, saw a fantastic turnout from across the village. Teams of friends, neighbours, and families gathered for an evening of fun and friendly rivalry. With a mix of trivia, themed rounds, and even a surprise nursery rhyme sing-a-long, there was something for everyone to enjoy.

Whilst the questions tested our knowledge (and sparked some good-natured debate), the real success of the night lay in the atmosphere: laughter echoed around the hall, friends connected, and new friendships were formed across team tables.



Thanks to all who participated and supported, especially to our brilliant quizmaster, whose quick wit kept the energy high. It was a true team effort—and a perfect reminder of how shared experiences, no matter how simple, can bring people closer.

An extended and heartfelt thank you must also go to the Red Lion, Mole Avon, Morrisons and Sandford Orchards, who generously supported the event.

## **Shobrunch: A Morning of Good Food and Great Company**

The following week, the hall was transformed into a warm and welcoming café space for our Village Brunch – Shobrunch. With the aroma of fresh coffee and sizzling bacon filling the air, villagers gathered to enjoy a hearty breakfast and each other's company. From homemade cakes to bacon butties, there was plenty to



enjoy. But more than just food, Shobrunch offered a space for connection. A space for the young and old to come together, relax and catch up.

At events like this, we are all reminded how important these moments are - not just for nourishment, but for building the bonds that make a village feel like home. A big thank you goes to Vivien Hampson and the Shobrunch team who worked tirelessly throughout.

### **VE Day Bring and Share Lunch: Honouring the Past, Celebrating the Present**



On May 5th, the community gathered once again to mark VE Day with a Bring and Share Lunch, combining reflection with togetherness. The village hall was adorned with bunting and tables were laden with homemade dishes.

Before the meal, we paused for a short moment, not only to honour those who served, but to commit to the values that victory represented i.e. unity, resilience and hope.

In a world that still faces challenges, these lessons are more important than ever.

The meal that followed was not just delicious - it was symbolic of everything that makes our community strong: generosity, care, and a shared sense of belonging. People lingered long after the plates were cleared - chatting, laughing, and simply enjoying time with one and other.



### **A Community That Gathers, Grows**

These events - each different in tone and style - shared a common thread: they brought people together. In a time when life can feel busy and fragmented, here in Shobrooke, we've rediscovered what makes village life so meaningful: not just the place, but the people.

Thank you to everyone who organised, volunteered, brought food, washed up, or simply joined in. It's your presence that turns these events into something special.

Here's to more shared moments ahead.



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# Memories of the lead up to the actual VE Day!

*Rosemary Barber*

Many thanks to Victoria for organising a most enjoyable Bring and Share lunch in the sunshine outside the Village Hall on Bank Holiday Monday, the 5th May to commemorate the 80th anniversary of VE Day.

I was one of a very few of us there who remembered the actual VE Day and aspects of the 2nd World War leading up to it.

I was born in the middle of the 2nd World War. My mother always said that I arrived with the doodlebugs!

I was born in an Anderson air-raid shelter that my father had built under the floorboards in one of our two down - stair rooms in a very small terrace house. He had originally built it at the bottom of the garden but it got flooded and had to be brought into the house. I slept in this shelter for the first four years of my life and apparently cried the first time I was taken upstairs to sleep as this had never happened before!

My mother had three children under four once I arrived and there was no way she could gather us all up and take us to the public shelter just up the road when the siren went off during the day or night. My father worked in an aircraft factory at night, and even in those days her mobility was restricted.

I remember hating the man who was responsible for the public shelter as he had made my mother cry by shouting at her one night as apparently there was a glimpse of light through our black out curtains. I also remember glimpsing aircraft zooming low down over our houses through a glass window over the front door. Like most others I still hate hearing a siren. The sight of a house down the road obliterated by a bomb, and hearing that the man who lived there came home from work one day to find that his wife and children and home had all been lost. We lived in North Cheam between London and Croydon so it was a vulnerable area. My brother David was nearly 7, my sister Gill nearly 5 and I was 3 so not yet at school. The older two were evacuated with the school to somewhere in Lincolnshire. It must have been shattering for parents waving off their little ones clutching small gas masks and a bag with not much in it on a train to they knew not where for security reasons. My brother vividly remembers being told by my Mum that he must look after and not be separated from his younger sister. As soon as they arrived they were immediately separated and boarded out in different homes. He still feels really bad about that.

My mother decided she would go and see where they were living and try to get them put together. I remember her taking me with her, and for a while we stayed in the house where my sister was living. The house belonged to a Mrs Brown and an adult daughter lived with her. One night Gill and I were turning head over heels on the bed we shared and my dignity was badly

upset when Mrs Brown pulled up our nighties and slapped our bottoms! I strongly remember thinking she had no right to do this!

I always believed my mother had left me up there with my sister, but much later when discussing it with her as an adult she said she never had. She had taken me back home, and then she and my father decided to fetch the older two home, saying if we were all going to be killed we should all go together. David said he did not want to come home as the reason for evacuation had been explained to him that he would be bombed if he stayed at home.

Interestingly Gill had no recall of any of these times. I can only think that it was probably more traumatic for her as she really had been separated from our mother, but I hadn't. I do remember my tiny gas mask.

I also remember vividly Mum returning to Tooting Broadway where I was staying with the other two in a pea-souper fog one night, making sure I would still be awake when they got back and exclaiming " I kissed everybody, even David!" I also managed to get a spoonful of Mum's boiled egg, although I had already had my tea!

All this is a lead up eventually to VE Day.

VE Day was celebrated in North Cheam by a long row of tables and chairs down the middle of our long street, and great excitement.

I can't remember what we ate, but it was still rationing of course and food was scarce. I rather suspect it was jelly and blancmange which I have never much liked because it was always given to us as a "treat" for a Sunday tea! My parents got excited when bananas were



*A typical street party VE day 1945, happening in North Cheam*

eventually obtainable and gave all three of us one and then watched to see what we did with them. Of course we put them straight in our mouths, having no idea that you were meant to peel them first!

At the beginning of our delicious Shobrooke lunch Victoria reminded us of the huge significance of VE Day, and we held a few minutes silence in grateful memory of those who had given their lives so that we could live the lives of freedom we lead today.

# The Oak Tree

Joy Moore

One of the joys of Shobrooke is the magic of spring and beauty of the countryside.

**'O to be in England now that April is here'** the poet said.

The fields of red earth, planted but beginning to show life with green shoots, lambs enjoying the friendship of others and the nurturing of their mothers, the horizon of distant fields and Dartmoor, and a changing landscape that metamorphoses from the grey of winter and the sky is a Turner masterpiece.

In particular I marvel at the majesty and resilience of one lone oak tree that stands out, hundreds of years old that reaches to the sky with elegant and intertwined branches bearing witness to the changing history of this countryside. I worry that its bare branches show no signs of life but one day I note the beginnings of green buds. The tree is coming to life.

*April 2025*



## Big Church Clean

A big thank you to everybody who helped with the big clean of the Church on 12th April.

We had a good turnout of both Churchgoers and non Church goers, showing how special our Church is to everyone for many different reasons. I'm sorry I forgot to take a photo of you all!

*Sally Foot*

# How The Brooke gets to your letter box

*Malcolm Cooke*

## **Have you ever wondered how The Brooke manages to make its way from being printed to being delivered through your letter box?**

I do the relatively easy bit of collecting your articles and then getting the document printed.

We receive 300 copies from the printers which now have to be distributed across Shobrooke parish, to advertisers in Crediton and reference copies to the Red Lion, St Swithuns church and Crediton Library.

This distribution is organised and managed by Sally Foot, who acts as a central sorting office, passing on small numbers of magazines to other volunteers who distribute locally in their area - their patch. This process is a quarterly task for The Brooke and she also performs a similar role for the monthly Parish Magazine with much smaller circulation numbers. When the publication dates for the two coincide then the delivery of The Brooke and the Parish Magazine are co-ordinated together

Sally has been doing this for a number of years without fail (longer than I've been editor) and at the moment she is the only one with the knowledge of all the moving parts that make up this wonderful community effort.

Sally gets The Brooke dropped off at her house by me, and she collects The Parish magazine from Holy Cross church Crediton.

She then groups the publications into rounds ready for delivery by herself or the other volunteer deliverers. A few go to the bus stop and the pub.

Then by car she delivers to Raddon, Efford, Shute, Wyke, Shobrooke Church, Wybray, Shobrooke Park Lodges, houses down to crossroads, Combe Lane cottages, Little Gutton houses and Great Gutton on Tiverton Road, Pennycot, The Mill, Crediton, Vicars at Holy Cross, Advertisers in Crediton, Museum and several others which are in her head! It probably takes her a day and a bit when The Brooke is involved.

From the above you can see that Sally's role is pivotal and we would like to have a backup in place just in case Sally is unable to do all of the above. Without a backup, and without Sally - there would be no Brooke.

We would like someone to act as Sally's backup for the above, and the best way of understanding what happens would be for someone to shadow Sally on her next Brooke delivery run for the September issue.

**If you'd like to help in the Brooke distribution and act as a backup for Sally then please contact Sally directly:**

**01363 775388**

**sallyjfoot@aol.com**

# Photo Gallery



*Rainbow over Nomansland - Sally Foot*

## World of Bees



Incoming Bee Fly about to insert its proboscis into a forget-me-not flower in my garden. This charming, fluffy little insect moves at a pace between flowers, often hovering mid-air, and resting on the ground between feeding sessions. **MJ**



Common Mourning Bee feeding on a dandelion in my garden. This solitary bee lays its eggs in the nests of the Hairy-footed Flower Bee, where its larvae consume both the food store and the host's larvae. Parasitism is part of nature's way of balancing populations and an example of how species are interconnected. **MJ**



Bee in Cosmos Flower

**DZ**

### Credits:

MJ : Mandy Jones

DZ : Dan Zillwood

# Give it Away and It will Come back To You

Leslie Hampson

Ever feel that the world is short on hope and you can't do much to change it?

## **Try Lend With Care.**

I heard about Lend With Care several years ago and I've been providing financial support to people around the world ever since. And it hasn't cost me a penny.

We are blessed in Shobrooke to live among people who look out for each other and create a supportive, welcoming community. But we can often feel helpless in the face of wider social, political or economic issues and it can be difficult to imagine ways in which we can connect with and support people elsewhere in the world. Lend With Care enables us to do that.

## **How It Works**

LWC connects 'entrepreneurs' in low-income countries with people that have the ability to help them. That's you and me. Run by CARE International UK, one of the world's leading anti-poverty charities, LWC is a ground breaking way to help people work their way out of poverty with dignity. It's simple:

1. The LWC website profiles people who need support for small scale business development
2. Each individual has an income target and, through the website, you make a loan as a contribution to their overall objective
3. When the full amount is committed, they get the money
4. They develop their business and, as their business grows, you get your money back

As a result, they know there are people in the world who care. And you know you've made a difference.

The loans can be anything from £15. It will often take many lenders to provide the full amount. I have made small scale loans to individuals in around 15 different countries and there is a focus on certain countries at any given time; currently it's Zambia, Malawi, The Philippines, Ecuador and Colombia.

My loans have always been repaid. Repayments are credited to your account which you can lend on again, or you can take your money back. This morning I realised I had credit in my account so I used it to make a loan to a woman called Leslie in The Philippines to buy 6 pigs for fattening. Why not?!

You can also provide loans as gift vouchers for birthdays, Christmas, weddings, etc. The recipient of the voucher can make a loan, the loan is then repaid to them and they can take the money or lend it again. You can also choose to make additional donations to the charity of course. I do that occasionally, but you don't have to and there is no pressure to. You can lend money and get it back without it costing you anything.

It's a simple, brilliant idea. And I think it's an idea that works regardless of political beliefs: if you want to help because you have a leaning to wealth distribution, it works; If you want to support entrepreneurial and business growth, it works for that too.

Give some money away and it will come back to you. Along with a little bit of hope.



Summer 2025



Sustainable Crediton presents

[info@sustainablecrediton.org.uk](mailto:info@sustainablecrediton.org.uk)

# Our BIG GREEN FAIR IN THE SQUARE 2025

Saturday September 27<sup>th</sup>

*Save the date!*

Planning is now underway... Let us know if you'd like to help or hold a stall.

It's always a great event!

Write to us at : [info@sustainablecrediton.org.uk](mailto:info@sustainablecrediton.org.uk)

Or contact us to get involved with our Pollinator Group, with our campaigns, or with our events (first Saturday of the month) at the Sustainabubble in the Town Square

And don't forget – 4<sup>th</sup> Saturday of the month – come and try out our Repair Café, 10am to 12noon at the Elephant on the Green



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# St Swithun's Church News



It has been a busy Spring, on Mothering Sunday afternoon an informal gathering in church saw 19 of us thinking about those special people in our lives who have nurtured and helped us along the way in life and looked at the origin of the Mother church tradition. Music was provided by Bec & Steve, afterwards we all enjoyed refreshments together including a delicious simnel cake made by Lesley, depicting the 11 disciples in balls of marzipan.

Easter brought a joyous Day, complete with the famous egg hunt. The week prior saw the traditional Palm Sunday procession complete with Blazey, the pony from The Old Mill, posing as a donkey, accompanied by Lucky, the sheep. Harry again rode to church reminding us of Jesus' entry into Jerusalem. In church we were able to watch a YouTube clip of the joyful Palm Sunday procession from Jerusalem, the route Jesus took, which I have had the privilege of walking also. It was filmed in 2018. Sadly this was overshadowed, as early that very morning, (13.4.25) the Al Ahli Hospital in Gaza, run by the Diocese of Jerusalem, which Steve & I, plus many other generous people in the area, have been supporting since the war began, was bombed for the 5<sup>th</sup> time. My first instinct was not to show the clip, but luckily I was able to contact Dean Richard in Jerusalem, I quote from him:

*"I understand your reluctance. Many Christians in Jerusalem will still process today, but in grief more than joy. Showing it would be a reason to talk about the situation. All of our liturgies now are acts of defiance"*  
We did show the video and it did give perspective and an opportunity for awareness and discussion.

At the Annual meeting in May, once again, Victoria Leeming & John Lee were proposed to be the churchwardens for the coming year, we are delighted and they were thanked for their hard work and commitment. Many other church members were thanked for their hard work in helping to make the church alive and assessable to all

And so to the Summer.

Sunday 8<sup>th</sup> June am, watch village email for the start time, but more likely, 10.30am, we are joining the congregation of the Crediton Congregational Church for an Open Air Service, in Shobrooke Park.

People are encouraged to stay on afterwards with their own picnics.

13<sup>th</sup> July, 6pm there will be a joint Songs of Praise service with Sandford congregation at which where an Icon of St Swithun's will be dedicated. The Icon was gifted to St Swithun's, Shobrooke on Christmas Day, having been painted by Anna Mazur, a Ukrainian Artist who came to Crediton as a refugee in March 2022. Anna will be with us for the evening and it is hoped there will be a couple of songs by some Ukrainian singers. If you would like a favourite hymn sung at the service contact Sandra,777013, [sandracollier57@gmail.com](mailto:sandracollier57@gmail.com)

In August we shall celebrate the farming festival of Lammas, derived from the Old English term "hlaf-mas," meaning "loaf mass." At this time communities would offer the first loaves of bread made from the newly harvested wheat as a token of gratitude. Watch out for more details.

Once again can I express my joy to be part of the caring and loving community that Shobrooke is. The hedgerows are bursting with colour, new life is evident, everything is greening up nicely, so let us give thanks for our amazing surroundings, knowing that it is not the case in many parts of the world.

I leave you with this blessing written by John O'Donohue

**Now is the time to free the heart,  
Let all intentions and worries stop,  
Free the joy inside the self,  
Awaken to the wonder of your life.**

**Open your eyes and see the friends  
whose hearts recognise your face as kin,  
Those whose kindness is watchful and near,  
Encouraging you to live everything here.**

**See the gifts the years have given,  
Things your effort could never earn,  
The health to enjoy who you want to be  
And the mind to mirror mystery.**

Do get in contact any time you want a chat. I am normally in the village every Tuesday.

Blessings, Sandra

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)).

# The Swift Project

*Sally Foot*

One auspicious summer's day last year, whilst gardening in my front patch, a gentleman on a bicycle came past, and noticing the swift nesting box on my house, he engaged in conversation and told me about a Jerry Horn who was running a project to install swift boxes in Churches in Devon to help their declining numbers. He gave me Jerry's contact details.

Getting in touch with Jerry, meeting at Church and seeing it was suitable, permission was sought and granted from the PCC and the Archdeacon. Plans then went ahead for installation in St Swithun's.

Swift boxes are bespoke for each Church so measurements etc were made and on 4th April the amazing swift boxes were installed and a swift caller turned on for 1st May to encourage the visitors.

This caller is on from 7.00am - 8.30am and 7.00pm- 8.30pm.

We were the 44th Church in Devon to have them installed. No charge is made but donations to this project are always welcome to enable it to continue.

As Swift Champion for Shobrooke, I now monitor for any activity, and ask if anyone sees swifts around the Church to please alert me.

Jerry Horn has received the Outstanding Individual Award from the Wild Devon Award scheme.

For further information please go to [info@devonswiftproject.co.uk](mailto:info@devonswiftproject.co.uk)



# HAVE YOUR FOOD AND EAT IT!

*Did you know that, in this country, we throw away about a third of the food we buy?*

Fruit and vegetables, bread, dairy products...

6.4 million tonnes of this lovely food are wasted every year.

If you are concerned about Food waste, you may like the excellent book 'Have Your Food And Eat It' published by Recycle Devon.

It is not only a mine of information, it also contains many useful recipes showing how we can use leftovers easily and safely. See contents page shown here.

The book is available as pdf download only (See link below)

Content reproduced by kind permission of Recycle Devon

## HOW TO USE THIS BOOK

The first half of this book focuses on ways to help you avoid food waste and save money, from smarter shopping to meal prepping for the week ahead. You can dip in and out of different sections depending on what you're interested in reading.

The second half provides a selection of recipes suited to using up ingredients in the fridge or leftovers from previous meals. Have a look through to see what catches your eye... and tempts your taste buds!

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Recycle  
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[www.recycledevon.org/love-food-hate-waste](http://www.recycledevon.org/love-food-hate-waste)



## BAKED BEAN BURGER

Prep 40 mins, cook time 15 mins. Makes 6.

### Ingredients

- 2 tins baked beans in tomato sauce
- 80g breadcrumbs
- 1tsp dried coriander
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 1tbsp olive oil
- ½tsp cinnamon
- 1tsp paprika
- ½tsp cumin
- ½tsp salt
- 1 red chilli, deseeded and finely chopped
- ¼ cup oil, for frying
- 2tbsp ketchup
- Lime juice
- 150ml sour cream
- Mayonnaise
- Lettuce, for the buns

### Method

Fry the onion and garlic in 1tbsp olive oil until translucent and leave to cool in a bowl. Drain beans using a small colander and reserve the juice. Add beans, coriander, spices, breadcrumbs and salt to the bowl. Mix well with a wooden spoon until combined, leaving some texture in the mix – a few whole beans is good. Form the mix into 6 patties, then chill for 30 mins to an hour.

Fry the patties over medium heat – you want to dehydrate the exterior of the patties for a bit of a crunch but watch it doesn't burn. Add the drained juice to a small saucepan and reduce over medium heat until thick.

Stir through ketchup and set aside to cool. Mix the mayonnaise with the sour cream and lime juice. These are your 2 sauces.

**Build your burger** – bottom toasted bun, ketchup sauce, lettuce, burger, sour cream, top bun. Enjoy!

*Recipe taken from the book 'Have your food and eat it'*

# News from Uppincott Farm

by Nick Lee

Back in April, some of you may have noticed the flowering fields of oilseed rape, an expanse of beautiful yellow flowers all across our fields on the Raddon Hill. It was quite a sight if you were returning to the village via Shute and Efford. From the field on the boundary to cousin John's, at Coombe Barton, all across to the top field at The Sanctuary was last September, planted to oilseed rape (or to save ink, *osr*). It was just how the rotation worked out, but it was quite a picture. *[The fields can be seen in the photo on the cover]*

One creature on the farm that was particularly pleased with all the pollen and nectar from the oilseed rape, were our two colonies of bees. Now that I am able to have more time to follow other interests I have finally got into beekeeping. It is something that I have been interested in for some time, childhood memories of my father tending to his bees, and the delicious taste of honey on the comb was probably what started it!

It started for me about four years ago when a bedraggled swarm arrived in a thunderstorm, and settled on the (very) old horse drawn plough close to the farm entrance. A hive was hastily purchased to give the bees a home as they were obviously lost and very wet, and I felt sorry for them! They were quite happy to take up residence in a new hive as they were so worn out and as far from being busy bees as could be imagined. Knowing very little about the various needs of bees, a few months later this original colony was not strong enough to defend themselves from a constant onslaught from wasps, and soon we were back to no bees!

The following year, with the help of my brother Christopher, we caught a strong swarm which stayed with us for more than

twelve months but while I was concentrating on recovering from a knee op, this colony decided to part company with us, and swarmed off to set up home somewhere else! (I like to think that they were missing me!) So, still suffering from a determination to be a beekeeper, having bought some bees from a “beek” in Exeter last year, I thought it was about time I went back to school, so I signed up to do a course of lessons in beekeeping. I soon found that the help and guidance from other beekeepers is so much better than just reading about it or watching Youtube videos.

So back to the oilseed rape! One of the subjects covered at “Bee School” was how to extract honey from the hive. I learnt that the nectar and pollen gathered from the osr flowers creates “set” honey. This is very popular and a very different texture to “runny” honey but if the honey frames are not removed as soon as the osr ends flowering, and the bees cap the cells with wax, the honey will turn solid in the hive and impossible to remove. We managed to harvest thirty six jars from our two hives and leave enough to thank the bees for their time and trouble.



*Ruth, one of the Bee School teachers, helping to search for the queen bee*

It is said that mankind could only survive for four years without the pollinating effect of bees, so we have a lot to thank them for.

I hope that by keeping bees on the farm I am doing something to help and improve both the natural and farmed environment.

# Wellness Page

By 'Dr Feelgood'



We're living in a time when we can spend literally hours watching TV box sets or surfing the net, there's never a shortage of a good narrative we can tune into. We all love a good story, be it fictional or real life. If we're fortunate, stories will have been part of our lives since we were very small when we were either read to from a book, or told a story from memory. There's no doubt if you hear about a story online or through your TV rather than reading it, there's a huge difference. When we see the images on a screen we're being directed as to how we will 'see' the narrative, but when you read a book you alone engage in the world of that book out of your own imagination, you

recreate the story for yourself in a way that's entirely personal to you. This isn't just true of stories, reading non fiction or poetry can have the same impact, you can literally create how you picture a book for yourself.

Reading has so many positives, there's a vast choice of what you can choose to read, we can do it by ourselves or read be aloud to by others, and it's pretty much free!

Picking up a book does us the world of good, Victor Hugo famously wrote in *Les Miserables*, 'To learn to read is to light a fire'. He was right! The National Literacy Trust (<https://literacytrust.org.uk/>) has published research about the many benefits of reading which include:

- Reading for pleasure helps grow empathy – we start to develop new perspectives and expand our awareness of different viewpoints and experiences
- Reading builds confidence – in National Literacy Trust Research involving children, 26% of children and young people who read in their spare time had an increase in their self confidence
- Reading for enjoyment sparks our imagination – reading can amaze and inspire us, it can help us think about who we are and our place in the world
- Reading helps us keep learning – the options to learn are limitless, reading increases our knowledge and understanding
- Reading for pleasure is relaxing – reading helps us have quiet time where we can escape and unwind.

Many of us remember having a story read to us at bedtime when we were children. The incredible value of bedtime reading for children has been well documented, it provides a special, quiet time that is soothing and builds intimacy, being read to develops children's creative thinking and imaginative skills, it improves language development and educates children about the world around them. The good news is reading at bedtime is also extremely helpful for adults! Evidence demonstrates that reading in bed for just 6 minutes before you go to sleep is highly effective at slowing

down the heart and relaxing the brain, which in turn helps us fall asleep and sleep more soundly.

*In 2009 the University of Sussex conducted research that found reading a book in bed **reduced stress levels by 68%**, outperforming other activities like going for a walk or having a cup of tea. Researcher and cognitive neuropsychologist Dr David Lewis explained that this is because sustained reading is more than a distraction and instead offers the chance to be engrossed in the author's imagination and enter an altered state of consciousness that relaxes the brain.* Maddie Thomas, The Guardian

Of course some people say they don't enjoy reading, or you may experience challenges because of a visual impairment. The great news is libraires are on hand and have friendly, knowledgeable staff who can talk to you about your interests and suggest books you might enjoy, including audio books, so there's really no excuse not to give it a go. With so many brilliant books for you to discover, the only question left to ask is what will you read first? Maybe a bit of Plato?!

*Books give a soul to the universe, wings to the mind, flight to the imagination, and life to everything.* Plato

Wishing you well :)



**Children across Devon are going to be able to take a Deep Sea Adventure at their local library this summer as Libraries Unlimited launch their very own reading challenge.**

Based on the charity's popular reading challenge for five to twelve-year-olds 'The Secret Book Quest', The Summer Book Quest sees beloved characters Pip, Zena and Libro head off on a new adventure. The theme for the first year is The Deep Sea Adventure, based on the Underwater Zone in The Secret Book Quest.

The aim with creating this unique quest, is to engage as many children as possible in reading over the summer holidays and making it fun and engaging. To complete the quest, children are challenged to do three things: visit the library, read what they love and complete one or more of The Summer Book Quest activities. Each completed task gives them a sticker and once they have them all they get a finisher sticker, keyring and certificate.

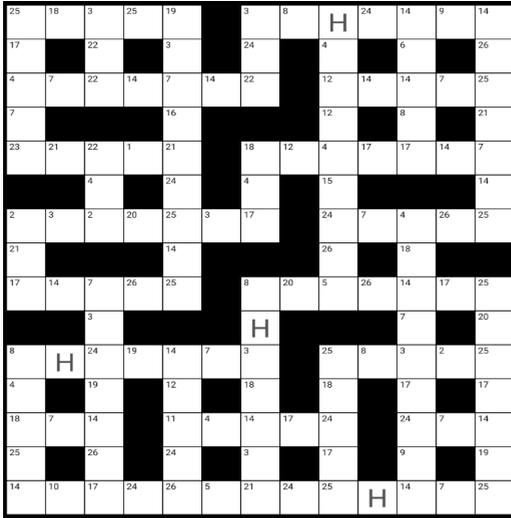
Activities are tied into the theme of The Deep Sea Adventure and offer lots of choices including 'draw a sea creature, real or imagined', 'try a water activity like swimming or rock pooling' and 'tell a member of staff an underwater fact. To be more inclusive, children can now count how often they read for ten minutes or more or count how many books they read - they choose.

Devon children's author Dan Metcalf was commissioned to create the story. And Emily Fox, who created the illustrations for The Secret Book Quest and Libros Friends, has done the illustrations.

**The Summer Book Quest starts 12th July and is available until 6th September.** It's completely free to join the library and take on the quest, just head down to your local library and they will give you a pack to get you started on The Deep Sea Adventure!



# Codeword Puzzle



1		14	
2		15	
3		16	
4		17	
5		18	
6		19	
7		20	
8		21	
9		22	
10		23	
11		24	
12		25	
13	H	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	Buller Road, Crediton, EX17 2AX htuffin@middevon.gov.uk
Website	<a href="http://www.shobrookeparishcouncil.co.uk">www.shobrookeparishcouncil.co.uk</a>
Parish footpath officers	Bethan Ditchfield and Victoria Leeming
Playing fields liason officer	Ben Jacobs
Neighbourhood Watch Officer	Lesley Browne
Website officer - clerk	Mrs. Clarke, Rosefield, Northlew, Okehampton, Devon EX20 3BN 07886004919 shobrookepc@gmail.com,

# 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>

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

## **News from the Parish Council**

Parish Council Updates – Traffic, Lighting, and Meeting Schedule

### **Holy Lane / School Close Access**

Residents may have noticed recent improvements near the School Close area, where a new sign has been installed and overgrowth cut back to improve visibility. Despite this, some individuals continue to use this route inappropriately. The Parish Council would like to remind everyone that this area is not for public through-access. In one instance, a parishioner's request to refrain from using the route was ignored. We ask all residents and visitors to respect local access restrictions and signage.

### **Shute and Efford – Traffic Management and Speed Reduction Measures**

The issue of traffic speed and safety through Shute and Efford remains ongoing. At a previous meeting, Cllr Squires advised that a SCARF (Speed Compliance Action Review Forum) report would be necessary to support any long-term solution. The Clerk has since submitted a formal request to initiate this process.

In the interim, and in light of the recent theft of several "20 is Plenty" signs, the Council is looking to purchase a more tamper-resistant design. Additionally, it was agreed that a number of existing signs could be temporarily relocated to key locations within the area to reinforce the message. The signs serve a critical purpose: encouraging drivers to reduce their speed to prevent potential accidents involving vehicles, pedestrians, and local families. Devon County Councillor Squires continues to liaise with Highways on the next steps, including testing and further evaluation.

### **Parish Council Meetings – Frequency Change**

Following a proposal by Cllr Collier and seconded by Cllr Balkwill, the Council has agreed to trial a new meeting schedule, moving from monthly to bi-monthly sessions.

Urgent matters, such as planning applications, will be handled via extraordinary meetings or remote platforms such as Zoom or Teams, as appropriate.

## Policy and Governance Updates

Revised Standing Orders, updated by NALC, along with the FOI (Freedom of Information) policy, have been circulated to councillors. No further amendments have been requested, and both documents will be formally adopted at the Annual Meeting in May.

The updated Financial Regulations are still awaited and will be reviewed once available.

We are always after new councillors, if you would like to join us contact the clerk on [shobrookepc@gmail.com](mailto:shobrookepc@gmail.com), we're a friendly group trying to serve our community as best we can.

## Concerts in June and July 2025 at Crediton Parish Church

£15 per concert / full-time students (under 30) FREE  
from A. E. Lee Outfitters, Crediton High Street  
or [www.ticketsource.co.uk](http://www.ticketsource.co.uk) or on the door.  
*Disabled access, parking, refreshments*



[www.bonifaceconcerts.co.uk](http://www.bonifaceconcerts.co.uk)



Thursday 12<sup>th</sup> June, 7:30 pm:  
Gerard Flotats,  
Prize-winning Catalan Cellist,  
with Julian Chan, Piano

*Concert supported by the Countess of  
Munster Musical Trust*



Sunday 29<sup>th</sup> June, 3.00pm:  
The Portrait Players,  
Baroque Trio presenting  
17<sup>th</sup> Century Italian songs

*Concert supported by the Philip and  
Dorothy Green Young Artists Trust*

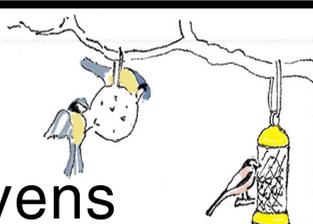


Sunday 13<sup>th</sup> July, 3:00 pm:  
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A Newton Environmental Wellbeing group event



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## Hedgehog Support contact details

John Groves, Hedgehog Rescue at East Village	07966 435147
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
3	2	8	22	14	11	5	13	24	6	23	12	19
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
26	4	18	16	7	25	17	21	9	15	10	20	1



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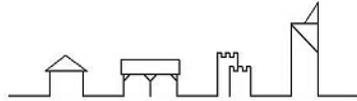
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### **Tuesdays**

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!)*

**To plan your journey using latest timetable information use:**

**<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 25
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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#### Redlands Primary care 01363 727111

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 Tesco 0117240 3898  
 RD&E Hospital (Wonford) 01392 411611

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#### LOCAL COUNCIL SERVICES:

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 Mid Devon Dist.Council 01884 255255  
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 Margaret Squires... .01363 84337

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Come and enjoy our new  
menu:

Please let the server know if you have any allergies or food intolerances and we will endeavour to meet your needs. However all items are made in the same environment so we cannot guarantee this.

## MENU

@The Red Lion

### Starters

Homemade Soup	£7.50
Served with warm sourdough bread	
Crab cakes	£7.50
Served with salad leaves and sweet chilli mayo	
Pig and goats cheese pasta	£7.50
Served with salad leaves and a caramelised balsamic red onion chutney	
Soft shell pepper squid	£7.50
Served with salad leaves and sweet chilli mayo	
Sticky pork belly bites	£7.50
Served with salad leaves	
Seared portobello mushrooms	£7.50
Served with salad leaves and sweet chilli mayo	

### Classics

Chilli and rice	£11.50
Served with a beef or veggie chilli and garlic bread	
Homemade beef and Ale Pie	£14.95
Served with seasonal veg, gravy and mash potato	
Hunters Chicken	£15.50
Served with chips and salad	
Homemade curry	£14.50
Served with rice and a poppadum.	
Please ask for today's selection of curries.	
Add a roast bread £2.50	
Creamy Mushroom tagliatelle	£12.50
Served with garlic bread	
Add bacon or ham £1.50	
Chubby chili nachos	£9.95
Served with a beef or veggie chili, sour cream and salsa	

### Fish

Beer battered haddock	£15.50
Served with a choice of chips and peas	
Haddock and Mozzarella Fishcakes	£15.50
Served with a choice of chips and peas	
Salmon	£15.50
Served with a choice of chips and peas	
Homemade fish pie	£14.00
Served with seasonal veg	

### Burgers

Homemade beef burger	£14.95
Served with chips and homemade coleslaw	
Chicken burger	£14.95
Served with chips and homemade coleslaw	
Vegan spiced vegetable burger	£14.95
Served with chips and a side salad	
Fish burger	£14.95
Served with chips and homemade coleslaw	
Portobello mushroom and halloumi burger	£14.95
Served with chips and homemade coleslaw	

### Sides

French fries	£3.00
French fries with Cheese	£4.00
Chubby chips	£3.50
Chubby chips with Cheese	£4.50
Homemade coleslaw	£1.50
Garlic bread	£3.50
Garlic bread with cheese	£4.50

If you want more information  
please follow our social media  
pages: Instagram and Facebook  
Come and visit our beautiful Beer  
garden!



Call us: 01363772340

Website: [www.redlionshobrooke.co.uk](http://www.redlionshobrooke.co.uk)