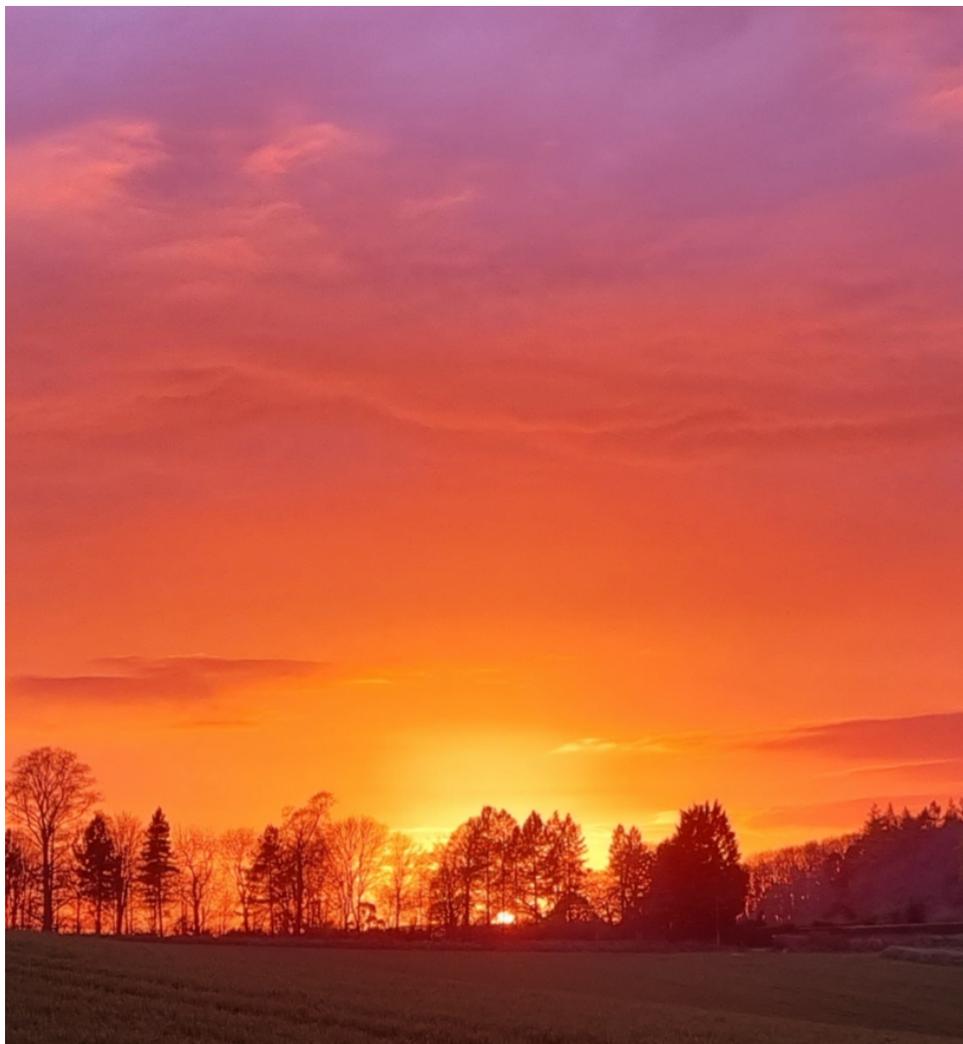


The **brooke** **FREE**

THE QUARTERLY NEWSLETTER FOR SHOBROOKE



Spring 2023



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The Brooke is published quarterly :
March, June, September, December
and is delivered **free** to residents of
Shobrooke.

It is also available from:

St Swithun's Church and
The Red Lion Inn.

Contacts for Editorial and Advertising:

Malcolm Cooke Tel: 01363 776302

Anne Birts Tel: 01363 773677

thebrookenews@gmail.com

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Full page: 188x128mm	£40	£120

Please supply copy by the 15th of the
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Cheques to "Shobrooke Newsletter"

The present circulation is 300 copies

*Please note we are unable to guarantee the services
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*All articles and correspondence in this publication reflect
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Please send submissions to:

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Cover photo : Dan Zillwood

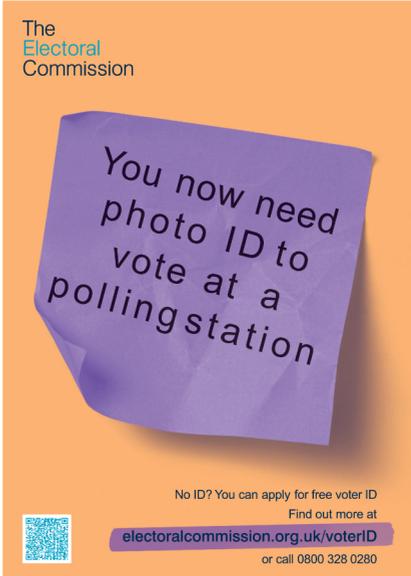
Welcome,

Spring is definitely on the way.

The days are getting noticeably longer and the wildlife, especially the birds, are acting as if Spring is already here. We too are probably equally tempted to think we have thrown the shackles of winter off and starting to venture out and about, thinking of gardening etc. Just have a coat handy for when it is needed...

Malcolm

It is with much sadness that I have to report the passing of Fred Harper, a long time contributor to The Brooke and well known figure in Shobrooke. He will be much missed and our thoughts are with his family and friends.



The Electoral Commission

You now need photo ID to vote at a polling station

No ID? You can apply for free voter ID
Find out more at
electoralcommission.org.uk/voterID
or call 0800 328 0280

See Page 18 for details of voting and registration requirements

The Village Hall

Enquiries, bookings and keys please contact

The Secretary: Alison Ayres

01363 775103

alisonjpayres@gmail.com



Shobrooke Village hall is available for booking throughout the year.

By the time you read this edition of The Brooke, Shobrooke Village Hall will be showing off it's new windows and entrance door. These will improve the hall's insulation and security.

In time we hope to get a new roof but we will have to work hard at fundraising before this can happen.

Hall usage has declined since the pandemic but things are picking up and the committee have quite a few good ideas for fundraising events in the future so watch this space.

CRAFT GROUP

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

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

In the future we hope to get local people to give talks and demonstrations.



We meet every fortnight, Thursdays, 10am to 12noon.

Contact Jan on 01363 899215 or email jan.barnyard@gmail.com

St Swithun's Church News



It is so encouraging to see that the spring bulbs planted in the churchyard as well as in our gardens are breaking though either frozen or soggy soil!

In the church itself our organ has been dismantled and is currently undergoing a major operation. I had no idea there were so many bits and pieces inside our comparatively small organ! Meanwhile we are fortunate to have a piano on permanent loan so we aren't dependent on the church iPad to provide the music for our hymn- singing!

Unfortunately for the first time in 13 years we have had a real problem with our church compostable green loo which is also out of action and the PCC is debating the best way to raise funds to replace or mend it.

We were very sad to hear the news of the death of Fred Harper who has had major health problems which he has contended with courageously over recent years. May he rest in peace, and our love and sympathy are with Lesley, Fred's partner, and Fred's daughters Maisie and Susan and her family. We will miss Fred both in our village and church life.

Dates for your diary:

- Sunday 12th March at 11.00 am Family Service in Shobrooke Church.
- Sunday 19th March at 11.00 am Mothering Sunday Communion Service in Shobrooke Church.
- (NB This service will replace the usual Communion Service on the fourth Sunday of the month).
- Sunday 9th April at 11.00 am on Easter Sunday Family Communion Service.
- Sunday 23rd April at 11.00am Church Service.
- Tuesday 16th May Annual Parochial Church Service at the Red Lion. 6.30 pm for light refreshments. Meeting to start at 7.00 pm.

Special services will continue to be held and advertised on other occasions.

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

Update from Sandra Collier

During the past week I have been delighted to see snow drops in abundance whilst driving around. In addition there are daffodils appearing day by day. It causes me to stop and ponder the amazing cycle of nature. Despite all else that is happening in the world, the beauty of creation continues to delight us. What a privilege for us to live in such a fantastic area where we can enjoy peace with an array of plant and wildlife on our doorstep.

Thank you to everyone who came along to the Red Lion on the 4th February to listen to the talk on my trip to The Holy Land, I do hope you found it interesting. The plight of the Palestinian people at this time is very oppressive. Whilst not a fund raising event, during the evening £175 was given in donations for the Jerusalem Princess Basma Centre for disabled children from the West Bank. My thanks go to Natalie, Jane and all at The Red Lion for hosting this event.

My training for Ordination continues and all being well my Ordination will be at the Cathedral in Exeter on Saturday 1st July, after which I very much look forward to spending a lot more time in the Village. With love and blessings, Sandra Collier

Wanted - can you help?

I am looking for a lock up store or garage in Shobrooke/Crediton area to rent.

Contact – Leslie Hampson on 07795 818090
or email leslie.hampson@hotmail.co.uk

Thank you.

Delivery of The Brooke magazine.

I am looking for volunteers to replace people who can no longer help with 2 delivery rounds.

Please get in touch if you can help with a few of the 325 magazines that are delivered quarterly.

Thank you Sally Foot (01363 775388)

Cosmic and Business Information Point have partnered to provide free business, digital and technology support for farming communities as part of the Future Farming Resilience programme funded by DEFRA.

Discover more about this exciting project!

Fully-funded digital and technology support for farming communities

The Agricultural Transition means farmers and land managers face big changes and challenges over the coming years. In recognition of this, the Future Farming Resilience (FFR) project has been specifically designed and funded by DEFRA to support farmers through this transition period.



The new project can help farmers and land managers within the South West region to improve their digital skills, enabling them to have the confidence and ability to not only navigate the transition but to thrive.

The project offers free information and specialist workshops, as well as 1:1 advice, support, and training to help build digital confidence and enable farmers to better manage the day-to-day running of their farms; whether it be making applications and requesting payments for Sustainable Farming Incentive agreements, submitting tax online to HMRC, or promoting a diversified farm using social media, Google, or paid online advertising.

Codeword Puzzle Answer page 35

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DEVON & CORNWALL POLICE COMMUNITY SPEED WATCH

Site authorization has now been given by Devon and Cornwall police to set up two monitoring locations in Shobrooke Village. The locations can be seen in red on the pictures below. More volunteers are required to do the monitoring, and there is also a need to to

raise money to buy our own equipment which is about £650. Volunteers need to be registered, trained and approved.

For details of becoming a volunteer or information about raising the funds for the equipment contact :

Chris Boulton on **01363 777975** or **chrisboulton777@outlook.com**



Site 1 - Steps to Silverway :

Will be used to monitor traffic in both directions

View – Monitoring/Standing Location



Site 2 - Steps to School Close :

Will be used to monitor traffic travelling towards Thorverton only

View – Monitoring/Standing Location



Prior to each monitoring session an assessment must be carried out to ensure it is safe to carry out the monitoring, and that there are no significant changes to the site layout eg roadworks etc. that might mean the site location needs to be re-assessed. Also need to ensure that the volunteers are suitably trained, equipment is functioning etc. In particular the monitoring should not be carried out in adverse weather conditions.

At least one member of the monitoring group of volunteers must have access to a phone (landline or mobile) able to dial 999 in an emergency. For safety reasons they are not be seated whilst monitoring traffic, and if there only two operators present during the monitoring they must take any breaks together at the same time.

Finally volunteers must not engage with abusive members of the public, any unprofessional or unsafe behaviour could result in the loss of their volunteer status.

Detail of the Community Speed Watch organisation can be found here:
<https://communityspeedwatch.org/>

Village People - John and Elsie Gooding

by Joy Moore

John and Elsie Gooding recently arrived in Shobrooke and expressed what a welcome and friendly reception they received. John's son Steve and his wife Becks are long time residents and active in the community with participation in Harvest Festival, singing at Open Mic and Crediton Cods performances.

John and Elsie Gooding in their late eighties and early nineties have lived and worked in Crediton all their life and are parents, grandparents and great grandparents of a loving and closely knit family.

John attended Haywards school as a child and demonstrated an exceptional musical ability, singing in the school choir from age 10 years. His choir teacher also participated in Holy Cross Church Crediton and recruited John as a boy chorister and he continued to participate with the choir in his teens. Following graduation from School he completed his National Service and was posted to serve in Egypt, and the Suez canal in 1953 – a dangerous mission at the time and later served three years with the territorial army.

Both John and Elsie worked from an early age to help support their families. They initially met when employed at the Bristol Sweet factory in Crediton. John said he was drawn to Elsie after two weeks from starting work – it was a love match and the couple married in July 1957 at the High Street Chapel in Crediton. Elsie had served there as a Sunday school teacher and throughout their marriage John participated in the choir with a gospel song repertoire and was in demand to sing at weddings, funerals and other key events. John has an exceptionally fine singing voice which initially blew me away when I heard him perform at Open Mic singing 'Amazing Grace'. He was also a lay preacher for the Chapel evangelical community throughout Devon and in much demand. John and Elsie's two sons, Steve and Dave have continued the family musical tradition and are accomplished folk singers, along with their wives – regular performers at the Red Lion Open Mic (originally initiated by Pete Mason)

During his marriage John worked for a family fruit and vegetable firm from 1960 which was bought out in 1968 by Fyffes Bananas an international organization which sold fruit and vegetables to shops throughout Devon and for nineteen years John was the driver delivering produce. When he retired aged 65 he and Elsie continued to live in their family home in Crediton until they moved to Shobrooke. John and Elsie epitomise the love, commitment and caring both in their relationship over many years and in the nurturing of extended family – now several generations of Goodings with five grandchildren and four great grandchildren.



Shobrooke Photo Gallery



Christmas Carol singing outside The Red Lion, led by Steve and Becks (sadly hidden by the crowd on the right)



Raddon Top by Alison Ayres



Shobrooke Church by Alison Ayres

Early Purple Orchid in Shobrooke
By Ben Jacob
See Ben's article on Page 31



Gilbert Stephens Solicitors have moved!



The Crediton branch of Gilbert Stephens Solicitors have moved to a fabulous new location! The firm has been located in the centre of town for many, many years and the move will see them now occupy a prominent position on the outskirts of

Crediton with easy access and lots of parking.

Vicky Thompson, CEO said “Following our merger with Veitch Penny we had 2 offices in Crediton, it was the perfect opportunity to bring them all together in one modernised office, with improved facilities and parking for our clients. We're really excited about the opportunity this new space will provide, allowing our teams to work more closely together. We can now bring all of their amazing and different skills & expertise under one roof!”

Gilbert Stephens provides a comprehensive legal service to the people of Crediton and the surrounding area including Agricultural Law, Family Law, Conveyancing, Wills, Civil Litigation and Business Law. See the website for a full list of services www.gilbertstephens.co.uk. They also have offices in Exeter, Okehampton, Ottery St Mary, Budleigh Salterton and Sidmouth.

The new office at 1, Westward Business Centre, Mill Street, Crediton, EX17 1HB will be open from 9am to 5pm Monday to Friday.

For more information, please contact:

Tel: 01363 775566

E-mail: law@gilbertstephens.co.uk

Foodbank News

Lorraine Bowsher

If you are new to the village and would like to be added to the email distribution list to receive regular updates concerning Crediton Foodbank shortages and other Foodbank news, please email me: lorraine.bowsher@gmail.com, please put “Foodbank” in the subject.

In the meantime, you can also visit the new Crediton Foodbank website: www.creditonfoodbank.org.uk or email them direct help@creditonfoodbank.org.uk

News from Uppincott Farm *by Nick Lee*

We have recently been reading a lot about rewilding in the press. The subject is either in newspaper magazines, on Countryfile on the TV or, as Steve Wright used to call it when he was on Radio 2, the “meedja!” Everyone is talking about rewilding. It certainly seems to have grabbed the imagination of those who view the countryside as somewhere other than where our food is produced. Don’t get me wrong, you know how much, as a farming family, we like to provide various habitats for all wildlife, and I know we are lucky at Uppincott to have quiet isolated areas, small plots of woodland, a lot of very well established trees in hedges, and field corners and hedgerows which are more suitable for wildlife than actual food production. I am sure the two can go hand in hand. What the “powers that be” appear to be aiming for are huge, whole scale, once really productive farms either being flooded, planted to trees, or worse still, as I see it, just left to grow scrub. It’s what my father would have called “letting it all go to rack and ruin!”

Of course, the issues surrounding rewilding are not straightforward. On the one hand we, as a human race, have got the planet into a proper pickle, and something does need to be done. The issues surrounding carbon footprints and the consumer society are certainly complex but if we’re not careful we are going to make it worse by launching into policies without looking at the full picture, and the future consequences. If rewilding really got out of hand it mustn’t be forgotten that we do need to eat. Surely as a nation, or even closer to home, as a county, it is far better to have as few food miles as possible and to “buy local”? I realise that the NFU speak on behalf of farmers but their comment “allowing agricultural land to revert to wild areas may lead to having to transport and import food from abroad, and so will be more damaging to the Earth’s climate” does appear to be a logical scenario.

Anyway, this is all rather heavy, and not my usual light hearted look at things to do with farming, but I will just mention the recent Farmland Bird Count. We are lucky to have help with this as Miriam, who visits the farm from time to

time, is employed by the British Trust for Ornithology, so it is great to have her professional help.

In just a short walk around the farm Miriam saw flocks of fieldfare and redwing, linnet and chaffinch. Although not strictly speaking accountable for the official bird count Miriam was pleased to see four hares, two of which decided to put on a boxing match, and a group of Roe Deer. Further on about fourteen snipe flew off and thankfully skylarks still like the field called Rabbit Singit.

Miriam finished her report with “Uppincott Farm has such a very good balance of modern and traditional and has those unexpected, uncultivated “secret” parts, which are so appealing to wildlife. It’s conservation in action.....without any need to jump on the rewilding band wagon!

I only hope Miriam didn’t mean that it’s all going to “rack and ruin”!!



Sponsored by 

GWCT Big Farmland Bird Count Record Sheet

Record your bird sightings during your 30 minute count. Please upload them at bfbc.org.uk

Name:
Uppincott

Count time:
e.g. 10.30am 10.05 am

County:

Weather on record date:
(please tick all that apply)

Clear and sunny

Frost

Sleet/snow

Rain

Overcast

Snow cover

Other *(please specify)*

Which of the following features are near to or in your survey areas? *(please tick all that apply)*

Hedgerows

Woodland

Ponds

Grass margins

River/stream

Ditch

Scrub

Field trees

Other *(please specify)*

Bird sightings

<p><small>Count Bird</small></p> <p><input type="checkbox"/> Barn owl</p> <p><input checked="" type="checkbox"/> Blackbird</p> <p><input checked="" type="checkbox"/> Blue tit</p> <p><input type="checkbox"/> Bullfinch</p> <p><input type="checkbox"/> Buzzard</p> <p><input type="checkbox"/> Canada goose</p> <p><input checked="" type="checkbox"/> Carrion crow</p> <p><input checked="" type="checkbox"/> Chaffinch</p> <p><input checked="" type="checkbox"/> Coal tit</p> <p><input type="checkbox"/> Collared dove</p> <p><input type="checkbox"/> Common gull</p> <p><input type="checkbox"/> Coot</p> <p><input type="checkbox"/> Corn bunting</p> <p><input checked="" type="checkbox"/> Dunnock</p> <p><input type="checkbox"/> Egret (Little)</p> <p><input checked="" type="checkbox"/> Fieldfare</p> <p><input type="checkbox"/> Goldfinch</p> <p><input type="checkbox"/> Great spotted woodpecker</p> <p><input checked="" type="checkbox"/> Great tit</p> <p><input type="checkbox"/> Green woodpecker</p> <p><input type="checkbox"/> Greenfinch</p> <p><input type="checkbox"/> Grey partridge</p>	<p><small>Count Bird</small></p> <p><input type="checkbox"/> Grey wagtail</p> <p><input type="checkbox"/> Heron</p> <p><input checked="" type="checkbox"/> Herring gull</p> <p><input checked="" type="checkbox"/> House sparrow</p> <p><input type="checkbox"/> Jackdaw</p> <p><input type="checkbox"/> Jay</p> <p><input type="checkbox"/> Kestrel</p> <p><input type="checkbox"/> Lapwing</p> <p><input checked="" type="checkbox"/> Linnet</p> <p><input type="checkbox"/> Long tail tit</p> <p><input checked="" type="checkbox"/> Magpie</p> <p><input type="checkbox"/> Mallard</p> <p><input type="checkbox"/> Meadow pipit</p> <p><input type="checkbox"/> Mistle thrush</p> <p><input type="checkbox"/> Moorhen</p> <p><input type="checkbox"/> Mute swan</p> <p><input type="checkbox"/> Nuthatch</p> <p><input type="checkbox"/> Pheasant</p> <p><input type="checkbox"/> Pied wagtail</p> <p><input checked="" type="checkbox"/> Raven</p> <p><input type="checkbox"/> Red kite</p> <p><input type="checkbox"/> Red-legged partridge</p>	<p><small>Count Bird</small></p> <p><input checked="" type="checkbox"/> Redwing</p> <p><input type="checkbox"/> Reed bunting</p> <p><input checked="" type="checkbox"/> Robin</p> <p><input type="checkbox"/> Rook</p> <p><input checked="" type="checkbox"/> Skylark</p> <p><input checked="" type="checkbox"/> Snipe</p> <p><input type="checkbox"/> Song thrush</p> <p><input type="checkbox"/> Sparrowhawk</p> <p><input type="checkbox"/> Starling</p> <p><input type="checkbox"/> Stock dove</p> <p><input type="checkbox"/> Teal</p> <p><input type="checkbox"/> Tree sparrow</p> <p><input checked="" type="checkbox"/> Woodpigeon</p> <p><input type="checkbox"/> Wren</p> <p><input type="checkbox"/> Yellowhammer</p> <p><small>Other (please specify)</small></p> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>6 Roe Deer</p> <p>4 hares.</p> </div>
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Illustrated talk on the Holy Land

Sandra Collier

During the past week I have been delighted to see snow drops in abundance whilst driving around. In addition there are daffodils appearing day by day. It causes me to stop and ponder the amazing cycle of nature. Despite all else that is happening in the world, the beauty of creation continues to delight us. What a privilege for us to live in such a fantastic area where we can enjoy peace with an array of plant and wildlife on our doorstep.

Thank you to everyone who came along to the Red Lion on the 4th February to listen to the talk on my trip to The holy Land, I do hope you found it interesting. The plight of the Palestinian people at this time is very oppressive. Whilst not a fund raising event, during the evening £175 was given in donations for the Jerusalem Princess Basma Centre for disabled children from the West Bank. My thanks go to Natalie, Jane and all at The Red Lion for hosting this event.

My training for Ordination continues and all being well my Ordination will be at the Cathedral in Exeter on Saturday 1st July, after which I very much look forward to spending a lot more time in the Village.

With love and blessings, Sandra



Volunteers needed

Help for the village church.

The following are required to assist the stalwart few who keep the village church in tip top condition:

- **Cleaners**
- **Brass polishers (once a year)**
- **Grass-cutters**
- **Flower-arrangers**

You do not have to be a church goer to want to help spruce up and protect this lovely building, an essential part of the village's history.

Please join us if you can.

Thank you

Sally Foot 01363 775388

FOOD FOR THOUGHT

“You can’t just eat good food. You’ve got to talk about it too. And you’ve got to talk about it to somebody who understands that kind of food.” *Kurt Vonnegut*

THOUGHTS OF FOOD

Jessi’s Ginger Cake!

Ingredients

- 125g softened butter
- 125g dark muscovado sugar
- 112g tin black treacle
- 187g plain flour
- 3 tsp ground ginger
- 2 tsp ground cinnamon
- 1 egg, beaten
- 2 pieces stem ginger (crystallised/ from a jar) - optional
- 150ml milk (unsweetened soya milk if lactose-free)
- 1 tsp bicarbonate of soda



Instructions

1. This mix makes enough to fill 1 standard 7inch Victoria sandwich tin or 1 x 10inch diameter tin.
2. Grease and base line your tin(s) with baking paper; preheat the oven to 160C/ 325F/Gas 3.
3. Gently heat the butter, sugar and treacle together in a pan, stirring until smooth. Allow to cool a little.
4. In a large mixing bowl, stir together the flour and ground spices.
5. Pour in the treacle mix and stir thoroughly to combine.
6. Mince the stem ginger finely and stir with the eggs into the mix.
7. Warm the milk gently in a saucepan, stirring gently to avoid it burning at the base of the pan.
8. Add the bicarb of soda and let it foam a little. Stir into the gingerbread mixture until well blended.
9. Pour into the prepared tin(s).
10. Baking time: for 1 x 7 inch cakes is 45/50 mins.
11. For 1x 10inch cake bake for approx 1 hour or until a skewer inserted into the centre of the cake comes out clean.

Get Ready for Your Local Elections

Town/Parish and District Council Elections will take place across Mid Devon on 4 May 2023 and we are encouraging voters to get ready now.

For the first time all voters will need to bring a valid form of photo ID with them to the polling station, following the introduction of voter ID by the Government.

All 42 seats in the district and all 435 seats in the towns/parishes are up for election and if you wish to vote you must bring photo ID with you. Following a review of boundaries some of the wards in the district may have different names or boundary lines to previous elections, but this will be made clear on your polling card (delivered in March) and is also available to view on an [interactive map](#) now.

If you don't have a valid form of photo ID (see list below) you can apply for a free Voter Authority Certificate (VAC). If you do not want to vote in person remember you can also apply for a postal vote or in some cases a proxy vote.

Returning Officer at Mid Devon District Council, Jill May, said: "We want to ensure every person in our community who is eligible to cast their vote has a chance to do so. These elections take place every four years so this really is your chance to have your say on who will represent you and your community at a very local level."

The forms of ID you can use to vote are:

- UK passport
- A passport issued by an EEA (European Economic Area) state or a Commonwealth country
- EEA identity card
- Driving license (including provisional licence)
- A biometric immigration document
- Older person's bus pass
- Disabled person's bus pass
- A blue badge
- A PASS identity card
- Ministry of Defence Form 90 (Defence Identity Card)

If you have one of the above which is out of date, you can use this at the polling station if it still looks like you. If you don't already have a form of photo ID, or you are not sure whether your photo still looks like you, you can apply for a free Voter Authority Certificate (VAC). You can apply for a [VAC online](#) or contact the Elections team for a paper copy elections@midddevon.gov.uk

Remember in order to vote you must also be registered. Please take note of the important deadlines in order to ensure you can cast your vote this May.

Important deadlines:

Last date to register as an elector for the election **Monday 17 April 2023**

Deadline for submission of a postal vote application form **5pm, Tuesday 18 April 2023**

Deadline for submission of a proxy vote application form **5pm, Tuesday 25 April 2023**

Deadline to apply for a Voter Authority Certificate **5pm, Tuesday 25 April 2023**

For more information please contact:

Communications

Mid Devon District Council

Tel: **01884 234232**

Email: communications@middevon.gov.uk

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2019/2020**

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Cllr Chris Furse 14 Silver Way, Shobrooke, Crediton, EX17 1HP
(Chairman) Tel: 01363 774495 - chrisfurse@live.co.uk

Cllr Lynsay Balkwill 14 The Village, Shobrooke, Crediton, EX17 1AU
Tel: 01363775296 - lynsaybalkwill@gmail.com

Cllr Graeme Barnell Hales, Newton St Cyres, EX5 5BS
01392 851308 – gbarnell@middevon.gov.uk

Cllr Allan Jones 19 School Close, Shobrooke, Crediton, EX17 1AX
Tel: 01363 777444 - ellie.jim@sky.com

Cllr Lilian Pilgrim 31 School Close, Shobrooke, Crediton, EX17 1AX
lilianpilgrim@outlook.com

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

Devon County Councillor

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

Mid Devon District Councillor

Cllr Graeme Barnell Hales, Newton St Cyres, EX5 5BS
01392 851308 – gbarnell@middevon.gov.uk

Parish Clerk

Cllr Lyndsay Balkwill Temporarily until vacancy filled
01363 775296 – shobrookepc@outlook.com

PARISH WEBSITE: <https://parish.middevon.gov.uk/shobrooke>

Shobrooke Parish Council

Shobrooke Parish Council

A brief summary of the November and December Parish Council meetings is given below. A full copy of the agreed minutes is posted on the Parish Council noticeboard in the bus shelter each month and on the website (<https://parish.middevon.gov.uk/shobrooke>)

Parish Council meeting held Wednesday 16 November 2022

Four councillors attended the meeting

Mid Devon -A meeting has been arranged for 5 December 2022 with the developers of Libbets Grange, Crediton - Bellway Homes, to discuss issues related to the provision of a school, impact on existing schools, health services, rail, road, infrastructure and design standards. Cllr A Jones will attend on behalf of the PC. The Mid-Devon Planning Officer has requested revised plans for the development.

Local community housing – item outstanding from previous meeting will be revisited in new year with meeting arranged to discuss options for existing housing stock.

Outstanding Road and Footpath issues: Repairs had been carried out to the wooden bridge on the footpath to The Mill. Pot Hole by Shobrooke Park corner still outstanding

Defibrillator battery indicating it is low - Cllr A Jones to follow up

Playing Fields- try to contact previous public attendee who had an interest in play park to see if they may be willing to help with upkeep

Cllr C Furse to follow up as no recent inspection reports received

New Play Equipment - Cllr A Jones has spoken with Wicksteed, the equipment suppliers. They say the new play equipment will be installed before end of November 2022

Parish Council meeting held Wednesday 21 December 2022

Four councillors attended the meeting

Mid Devon - consideration of grant to Mid Devon Mobility and Citizens Advice carried over to January meeting as dependent on queries over invoice from Wicksteed for new play park equipment

Cllrs agreed to increase precept for 2022/23 to £1500. Clerk to complete forms and return to MDDC by 25th January 2023

Outstanding Road and Footpath issues: Potholes near Creedy Centre and from village to Raddon Cross to be reported online, and increased traffic due to A3072 closure noted.

Mid-Devon have launched a wildlife scheme for parish wildlife wardens. The Parish Council will take forward if we have volunteers

Battery low in Shobrooke defibrillator flagged as not urgent – will keep under review at each meeting.

Cllr A Jones showed a report from a meeting held with Bellway Homes re: Libbets Grange Development and there is a further meeting on 11 January to continue pursuing issues raised, e.g design standards, provision of infrastructure and schools places.

Play equipment has been installed, and old equipment removed. The invoice received from Wicksteed will be checked against the quote.

An e-mail to be sent to Councillors not present at meeting to see if PC meetings could be changed to 2nd Wednesday of each month as potential new Clerk can't do 3rd Wednesday's.

Vacancy for Parish Clerk and Responsible Finance Officer

Shobrooke Parish Council are looking for a new Parish Clerk.

The Clerk will manage the day-to-day business of the council, prepare agendas, take minutes and keep financial records, as well as providing advice and ensuring decisions are followed through.

The Clerk will work from home except for attending monthly evening meetings. Salary will be dependent on qualifications and experience and will be between £10.63 and £11.50. Hours of work are 20 per month. A working from home allowance is payable as are expenses. Computer literacy is essential as is some financial experience. There is the opportunity to undertake the CiLCA qualification for which support will be given.

For more information, please contact:

Cllr Chris Furse – 01363 774495
or email shobrookepc@outlook.com

Gardening Talk



Photo by Annie Spratt on Unsplash

March

It is a very busy time as Spring starts to settle in more firmly, when you should be preparing seedbeds, sowing seeds, cutting back winter shrubs and generally tidying up the garden.

- Protect new spring growth from slug damage
- Plant shallots, onion sets and early potatoes
- Plant summer-flowering bulbs
- Mow the lawn on dry days
- Cut back *Cornus* (dogwood) and *Salix* (willow) for colourful winter stems
- Hoe and mulch weeds if it is dry and breezy
- Prune bush and climbing roses
- Sow sweet peas outdoors in pots
- Cut back ornamental grasses
- This is the best month to plant roses.

April

Even though Spring has finally arrived, there is still the risk of frosts, and gardeners face a delicate balancing act when dealing with seeds started indoors.

- keep weeds under control
- protect fruit blossom from late frosts
- tie in climbing and rambling roses
- sow hardy annuals, herbs and wildflower seeds outdoors
- feed hungry shrubs and roses
- sow new lawns or lay turf
- mulch rose and shrub beds
- cut back lavenders to avoid 'leggy' growth

May

Sowing and planting out bedding plants can probably begin, the vegetable plot should be showing growth now. Any frost-sensitive plants may still need from late frosts.

- earth up potatoes and plant any still remaining
- open greenhouse vents on warm days (the sun can now be surprisingly effective in the greenhouse)
- lift and divide overcrowded clumps of daffodils
- plant up canna lilies and dahlias
- divide primulas
- remove any out-of-date garden chemicals from sheds and dispose of safely.

Hedgehog News

Vivien, Lesley and Sally



At the time of writing this it's still Winter when our prickly friends should be hibernating but a number of you in the village have found hedgehogs out and about in the day since our last edition of The Brooke and have wondered what to do. Even if it's Spring when hibernation is over, hedgehogs are nocturnal so a hedgehog out in the day will probably need help. There are a number of things in particular that will indicate the hedgehog is in trouble.

- The hedgehog is obviously sick or injured, or in immediate danger
- The weather is cold - regular ground frost, snow, or temperatures are at or below freezing for several days
- The hedgehog is staggering, wobbly, walking around in circles or lethargic
- You can see a large number of flies or ticks on the hedgehog
- You can see any maggots or fly eggs on the hedgehog
- It's a young hoglet which weighs less than 300g (about the size of an apple)
- The hedgehog doesn't roll up or try to roll up when you approach or touch it

If you need to help a hedgehog here's a quick reminder about what to do next.

If it's safe to catch and handle the hedgehog then, wearing thick gloves or using a folded towel, gently pick it up (sometimes throwing a towel over the hedgehog causes it to curl up, making it easier to catch). Place the hedgehog in a high-sided cardboard box, lined with a towel so you can keep it warm. It's important not to handle the hedgehog any more than you need to because contact with humans will be very stressful for them. If you can, wear gloves when handling a hedgehog as they can carry diseases like ringworm or salmonella bacteria which can be passed to humans, and wash your hands thoroughly afterwards. Keep the hedgehog somewhere warm and quiet indoors, offer them a small amount of water and only a little bit of food (remember eating when the hedgehog is already ill can make it much more poorly) and take it to a rescue centre as quickly as possible. The longer you leave it the less likely the hedgehog will survive so keep it warm and don't delay. Rescue centres are equipped to help but are run by volunteers so please consider making a small donation to them if you use their services, they will appreciate it!

Rescue Centres:

Hedgehog Rescue East Village – John Groves, tel 07966 435147
groves564@btinternet.com

Hedgehog Rescue Coleford - Francisca Van Holthoon, tel 01363 85394, Riverbank, Coleford, EX175DB Whatsapp 07929660112

ELM Wildlife Hedgehog Rescue and Rehabilitation, Newton Abbot – tel 07971 276658, www.elmwildlife.org

Wellness Page

By 'Dr Feelgood'



Life can often feel busy and being purposeful seems like a positive thing, we all like to have things to do. But balancing being busy with restful times is also very important for us, being on the go all the time isn't healthy for anyone, regardless of how much energy you think you might have. Maybe you think you don't need to rest, you've got too much to do, or maybe you're looking for things to do and resting is not what you think you need. Either way, we are often resistant to the idea of rest.

Radio presenter and author of 'The Art of Rest', Claudia Hammond, was a recent guest on Radio 4

to talk about rest and to explain why it's so important. "My friends thought it was very funny when I said I was writing a book on rest, because they were saying: 'But, you never rest. You're always working and you're always doing things.' But people have very, very different views and different ways of seeing rest", says Claudia.

Claudia was involved in the world's largest ever study on rest, The Rest Test, conducted in 2016. It was launched on All in the Mind on BBC Radio 4 in collaboration with the Wellcome Collection, Hubbub and Durham University. They developed a questionnaire asking people what rest meant to them, how they rested and whether they would like more of it.

According to Claudia Hammond, rest doesn't have to mean doing nothing. Rest is something that relaxes you, something that's intentional, that's restorative, and that leaves you feeling refreshed afterwards. But the key thing is, it doesn't mean doing nothing at all because most of us find it very hard to sit and do nothing, and that isn't restful!

You might also find when you start to think about it, that you could have more rest than you think is possible, if you find cooking restful for example that can count, or maybe exercise, or reading, or gardening. It all depends on what you find restful. Crucially the most restful activities are those that distract you from your worries and give you a break from other people.

Apparently in The Rest Test, more women than men said that they felt guilty whenever they rested because there is always something else they felt they should be doing so they couldn't justify resting. This is interesting because we probably wouldn't feel guilty going for a run because we know that's good for us physically and mentally, but people do feel guilty about resting. We need to remind ourselves that rest has

huge benefits for our mental health and our cognitive function, and this is just as important as our physical health.

Adding in small restful moments to your day is a good way to start, especially if you feel you haven't got time to rest, or you feel guilty about resting. Sitting and closing your eyes for 2 minutes, stepping outside to take in some fresh air, stopping to make a cup of tea are all things that can help us feel more rested. Try to feel proud of yourself when you've had a rest, it's an achievement in a world where being busy is promoted as better! If you can timetable in 15 minutes a day to do whatever you find restful even better, maybe a bath, a rest on the sofa, reading a book, listening to music, pottering in the garden, a short walk, whatever you can do on your own that makes you feel better.

There's no doubt that resting is a very effective prescription for your mind, so maybe it's time to give it a rest!

Wishing you well :)

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Shobrooke's Early Orchids

By Ben Jacob



As spring becomes summer you might spot some elegant steeples of purple flowers peeking out from the hedgerows around Shobrooke. They are one of Britain's native orchids and we are lucky to have them.

For most people "orchid" conjures images of exotic tropical species. Many people don't realise that Britain has fifty-one orchid species of its own. Some are smaller than your thumb, others can grow a metre tall; some smell of goat, or honey, others mix hundreds of chemicals to smell just like female bees; unlike other flowering plants, they all spend years – sometimes their entire lives – growing underground living off fungi, not sunlight.

All this makes our native orchids an intriguing family of plants.

Shobrooke's populations of Early Purple Orchids are no exception. The flowers of the Early Purple look a bit like regal purple-pink hyacinths. Their broad, strappy leaves are blotched with dark patches. In centuries past this gave them the name "Flowers of Gethsemane" for those madder blotches were evidence (some thought) that those plants had grown at the foot of the cross where Jesus Christ was sacrificed. When his blood fell on their leaves it stained them forever.

Shakespeare too has been said to refer to Early Purples. In *Hamlet*, Shakespeare describes "Long purples" adorning Ophelia's garland. This reference might be a nod to the centuries-long associations which Early Purple tubers had (many British orchids grow from small round tubers a bit like little potatoes) – apothecaries prescribed them as aphrodisiacs. (Just in case you're wondering there is no modern medical evidence that orchid tubers really *are* natural Viagra). What's more, prior to the wide

availability of tea and coffee, Early Purple tubers were the key ingredient in one of the nation's most popular hot drinks, salep, which used to be sold from carts in every city.

Early Purples don't only have interesting dramatic, medicinal, and nutritional associations: while the importance of Galapagos finches is widely recognised as playing a role in Charles Darwin's theory of evolution, in fact the Early Purple orchid was the key which unlocked the puzzle of co-evolution of species.

One day, while walking, Darwin came across some Early Purples in bloom. Curious, he pulled out a well-sharpened pencil and stuck it into one of the flowers like an insect might use its proboscis to search for nectar. When he drew out the nib he found two small yellow blobs on stalks stuck to it like tiny antlers. As he watched, those stalks moved of their own volition through 90 degrees from standing upright to pointing straight forwards. Darwin could hardly believe his eyes: he had discovered an adaptation made by the Early Purple to ensure its pollen safely reaches another flower. This could only occur if it was carried there by an insect – proof that insects and flowers had co-evolved over millions of years.

Sadly, since Darwin made this discovery British orchids have experienced a startling decline. Habitat loss, pesticides, chemical pollution, and climate breakdown have forced many species close to extinction. In the past few decades, the Early Purple, while still present in some lanes around Shobrooke, has, country-wide, suffered a range loss of over thirty per cent. So, if you're lucky enough to spot one of these fascinating plants, spare a thought for the fact that you're looking at a living bit of threatened, often-forgotten, cultural and natural history.

For more information about Britain's forgotten orchids look out for my book *The Orchid Outlaw* published by John Murray in May 2023.

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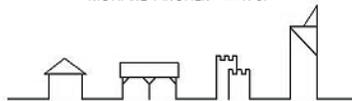


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Tuesdays and Fridays

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 13:20, No current details on exactly where in Exeter this is

Bus arrives back in Shobrooke at 13:52.

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!)

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. You can, however, obtain information without charge on-line at www.travelinesw.com

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Churchwardens:	Rosemary Barber	01363 773419
	John Lee	
Red Lion Inn:	Natalie Dyson	01363 772340
Playing Fields:	Chris Furse	01363 774495
Yoga Group:	Vivien Hampson	01363 775468
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March

Curry & Quiz Night : *Thursday 2nd*

Curry available from 7.30pm & eyes down 8pm
£8.00 per person. (Normally the 1st Thursday of the month)

Open Mike night : *Wednesday 8th* from 7.30pm

(Normally the 2nd Wednesday of the month)

Sunday 19th - Mothering Sunday: Our menu will be on our Website & Facebook page from the beginning of March

April

Curry & Quiz Night : *Thursday 6th*

Curry available from 7.30pm & eyes down 8pm
£8.00 per person.

Open Mike night : *Wednesday 12th* from 7.30pm

Easter Sunday - Sunday 9th : Our menu will be on our Website & Facebook page from the Middle of March

May

Curry & Quiz Night : *Thursday 4th*

Curry available from 7.30pm & eyes down 8pm
£8.00 per person.

Coronation King Charles - Sunday 6th : Village Bring and Share at the Pub from 12pm.

Celebrating the Coronation as a village with garden games

Open Mike night : *Wednesday 12th* from 7.30pm

Takeaways available : Tuesday - Saturday 12-2pm 6-9pm, Sunday 12-3pm
see our website for more detail

Shop Opening Hours :

- Monday : Closed
- Tuesday : 12-3pm, 5.30-6.30pm
- Wednesday : 12-3pm, 5.30-6.30pm
- Thursday : 12-3pm, 5.30-6.30pm
- Friday : 12-3pm, 5.30-6.30pm
- Saturday : 12-3pm, 5.30- 6.30pm
- Sunday :- 12-5.30pm non manned just ask at the bar.

Thank You from all The Red Lion Team

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