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THE QUARTERLY NEWSLETTER FOR SHOBROOKE



Summer 2023



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Shobrooke.

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Cover photos : Shobrooke Village

Welcome to the Summer issue.

The cover shows three views of Shobrooke Village, spanning a period of just over 100 years, all from approximately the same vantage point. I'm guessing that if we had an image from 100 years earlier still, then on the surface there would still be many similarities.

Joy's article about the history of The Red Lion (P 15) mentions some of the changes that have taken place in Shobrooke which wouldn't be evident on photos but would have had an important impact on village life eg the introduction of mains water, the coming of electricity.

In this issue there is also news of a concert held to celebrate Pete Mason's posthumous album release.

Pete, contributed to village life, by using music as a force for bringing people together. The concert showed that the power of music still holds. Open mic sessions are still held at the Red Lion

Malcolm

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.

Have you noticed the new windows and entrance doors on our hall?

The new windows have improved the insulation and security of the hall as well as enhancing the general appearance.

Building work to repair the end wall will commence late summer so by autumn we should be ready to celebrate all the work which has been done over the past year.

Keep supporting your Village Hall and the committee who take time out of their busy lives to keep it all going.



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



We have enjoyed a number of services with a difference over the past three months, Mothering Sunday, Easter, the Coronation Celebration in the Red Lion and Rogation Sunday where we walked from the Church to the Holy Well, to the Barton and to the top of the churchyard and then to the Church Porch. Thanks to the people who led those services and to those who provided very welcome refreshments!

Dates for your diary:

- Sunday 11th June at 11.00am - Family Service
- Sunday 25th June at 11.00am - Communion Service.
- Wednesday 28th June - AGM for the Friends of Shobrooke Church Red Lion - 7pm light refreshments, 7:30 pm meeting
- Sunday 2nd July at 9.30 am - Communion Service at Holy Cross, Crediton, with Sandra who will have been ordained the previous day in Exeter Cathedral.
- Saturday 15th July - St Swithun's Sandford 's Heritage Day from 11.00am - 4.00 pm.
- Sunday 16th July - St Swithun's Service for Sandford and Shobrooke at Sandford Church at 11.00 am with Bishop Jackie..

All welcome to everything!

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

Rosemary Barber, Churchwarden

Tel: 01363 773419.

Email: bryherose15@gmail.com

Update from Sandra Collier

I write this shortly after the Coronation Celebrations, and it is with real joy in my heart to say how wonderful it was to see so many people from the Village gathered at The Red Lion, for the Act of Worship, bring and share lunch and of course the fun games in the garden, enjoyed by young and old alike.

My thanks go to all those who helped make it such a super afternoon, especially Jane and all at The Red Lion, for hosting.

On Saturday 1st July at 3pm in Exeter Cathedral I have the honour and privilege of being ordained as a Distinctive Deacon, to serve the people of

Shobrooke as a Curate, under the watchful eye and guidance of Rev'd Matthew.

Sadly, the service at the Cathedral will be limited to attendance, due to works happening in the Cathedral, therefore there will be no public admittance, it will however be live streamed. Should anyone wish to watch, please ask me for a link. I would truly have loved any who wished, to attend.

There is however, on the Sunday morning, 2nd July, at 9.30am, an opportunity to come along to Holy Cross, Crediton, to share in the morning worship where I shall be assisting as Deacon, and sharing God's word. There will then be a Bring N Share lunch in the Boniface Centre, to which all are welcome.

If not sooner, I look forward to seeing some of you at the Recital in church on Tuesday 25 July. When we shall have the fantastic opportunity to listen to Peter Gilks, on the newly refurbished organ, who is kindly offering his services. *Please see further details on page 7.*

I very much look forward to serving the Village in the months ahead. Please get in touch if I can be of assistance.

My normal working days will be Mondays, Tuesdays and Wednesdays, plus Sundays.

Sandra Collier 01363 777013
sandracollier57@gmail.com

With love and prayers for you all, Sandra Collier

Wanted - can you help?

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)

Evening Recital on the newly refurbished organ

It is good to have the organ back fully functioning after the refurbishment earlier in the year by Michael Farley, our organ builder and tuner. While the work was in progress it was interesting to see all the pipes and bits and pieces laid out in the church. You may have wondered how it all fitted back together!

On Tuesday 25th July at 7pm Peter Gilks will give us a recital on the organ, playing some lighter pieces from the organ repertoire and explaining to us a little about how these fascinating instruments work and how the sound is made. There may be some audience participation!

Light refreshments will be served after the recital.

St Swithun's Church Shobrooke



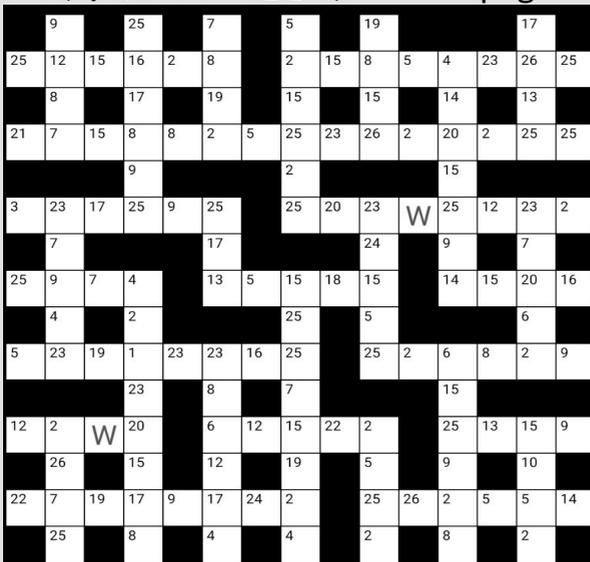
EVENING RECITAL *on the newly restored Organ* **by Peter Gilks**

TUESDAY 25TH JULY
7.00 pm

A variety of light classical
pieces from Bach to Pietro
Yon (*who?*)

Admission free
Light refreshments

Codeword Puzzle Answer page 27



1		14	
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Pete Mason's: 'Uncertain Times'

A celebration concert

When Pete Mason died he left two 'musical' legacies.

One was the creation of Pete Mason's Music fund to support musicians in the Crediton area. Money has been raised from personal donations, collections at Busk It! and Open Mics and sale of Pete's instruments and kit. Grants made so far have been to a 12 year old from Coleford to purchase a full size keyboard; Crediton Methodist Church Youth project for purchase of DJ equipment; Share in the Square for new mixer; and Jessie Hampson to get a new amp and professional microphone. We still have money in the fund for anyone who wants to apply. It is intended to help musicians and singers who need a boost to make a step on in their musical journey (Contact Jack Robson at Crediton Arts Centre for more information).

The second legacy that Pete left behind was a treasure trove of songs and music that he had written, played at open mics etc. He had started to record some of his songs in preparation for a new album but never had chance to complete the recordings. Alastair Toms (with the help of other musician friends) took on the task of using Pete's existing recordings as a starting point, adding backing music, rhythm etc where necessary in order to finish the album that Pete had started - now called '*Uncertain Times*'.

To celebrate the release of this album a concert was held in The Crediton Arts Centre, where friends of Pete (many who played at the Open Mic sessions Pete inaugurated at The Red Lion, Shobrooke) came to perform. In between performances we were treated to hearing tracks from the new album.

The album can be found on spotify here:



<https://open.spotify.com/album/4YEssj5iABWE29h9x5FGLJ>

Evening finale - everyone on stage playing Pete's favourite song "Wagon Wheel"

A celebration concert



Jessie with new band



Jack and Beth



Stewart and John



Caroline and Dave



Leslie and Rob

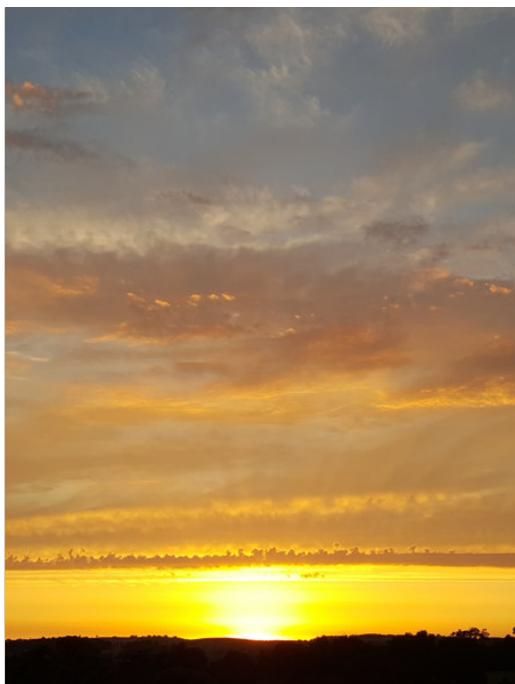
Open mic dates can be found on the back page

Shobrooke Photo Gallery

The coming months should provide many wonderful opportunities for taking great photos of your gardens and/or favourite plant. I would like to feature some in the next edition. Please let me your photo by 7th August.

*View of Shobrooke
Village*

Alison Ayres



*Sunset taken from
Shobrooke Park*

Dan Zillwood



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I curate the shop with thoughtful products am lucky to work alongside, some fabulous artists.

One of these is Naomi from A Dozen Octopus – a lino print artist from Bridport, Dorset (my hometown) who makes stunning artwork, drawing inspiration from her surroundings.

We met at the end of 2022, when I commissioned her to create a piece from a photograph Oli (my partner) had taken of a birch tree on Raddon Hill near our home.

As you can see here the original photo and lino print are exceptional and am very proud to have these on sale in the shop (online) alongside some of her other pieces.

Do please have a browse and get in touch zoe@gingerzebra.shop if you have any questions. If you're local, please drop me an email before ordering as I may be able to hand deliver if I'm passing!

Zoe



Original photo



News from Uppincott Farm *by Nick Lee*

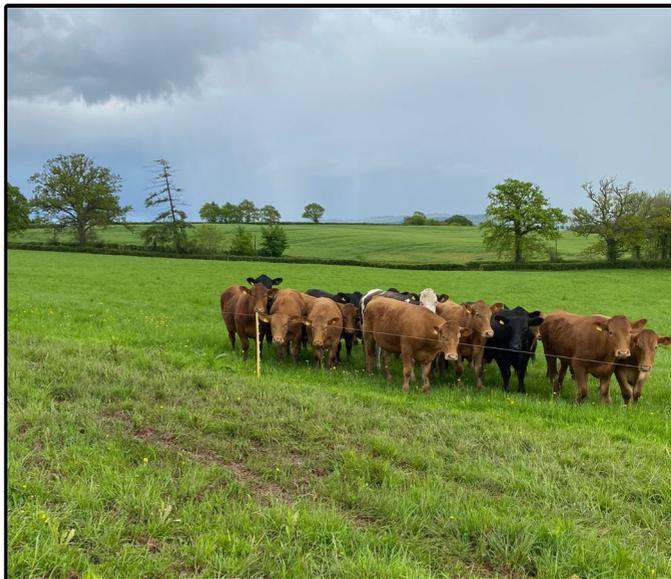
Looking back over previous articles about farming at Uppincott reminds me what a variety of subjects have been covered over the years. Starting these contributions ten years ago in 2013 I wrote about the varying times that different oak trees come out in leaf. In 2021 we had been sorting out ancient broken land drains on the hill, and last year we were happily getting the silage crop harvested making the most of an early heat wave. In May 2017 I was reminiscing about growing mangolds and “cleaning swedes” in the 1970’s and the previous year, 2016, covered the late spring and the subject of “turnout”. This brings me on to the current month. Again we are experiencing a late spring. Not only cold as I write this on May 9th but also very wet, having measured over an inch of rain in the last twenty four hours, and a further half an inch overnight. Many spring cropping plans have had to be adjusted as planting barley during much of March and April was pretty much a non starter, and now time is marching on to get maize crops established.

Fortunately James, Jonathan and Alistair went ahead and drilled most of the spring barley in February whilst I was thinking it was too early in the year, and it would be better to wait until the soil had warmed up a bit more. Thankfully they took little notice of me and went ahead before the continuous rain put a stop to all field work!!

Whenever there has been a brief respite in the weather the South Devon cows have been turned out with their calves to enjoy grazing grass, which is in abundance. Once accustomed to being out in the fresh air the calves quietly follow their mums around the field. The hand reared, dairy bred, bought in calves, which are now heading towards eight months old, are a little more head strong, and behave like particularly badly behaved adolescents. Before turning them out to grass from their winter accommodation it is crucial to get them used to an electric fence.

Word soon spreads through the group that its better not to go too near the fence and it's surprising how sensible they become, and will graze right up to, and just under the fence, but without touching it. Jonathan has put this method of keeping beef animals where we want them by setting up rotational grazing paddocks. This is a new idea for us, and having

experimented last year in the Front Meadow it has proved to be very successful, as the cattle have a continual supply of tasty fresh grass. This year the Front Meadow, Garden Meadow, Long Meadow, Oak Meadow and Bottomsclose have all been fenced into paddocks of between



A group of mainly South Devons grazing a paddock in the Front Meadow.

one and two acres, each with a water trough available.

The groups of about fifteen to twenty weaned calves and yearlings graze a paddock for about four days and then move onto the next one, so by the time they come back to the first paddock the grass has had about twenty one days to re-grow. It works a treat and leads to satisfied and happy animals, and this is what we all aim for.

Like us, they just need some sunshine on their backs.

Let's hope the summer improves!

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Red Lion Pub Shobrooke: history and community contribution

by Joy Moore

The Red Lion Pub dates back to the 1580's and is one of the oldest buildings in Shobrooke. The cellar was originally used for the storing of cider. The Pub has evolved over the years and adapted to the changing needs of the local community. Originally the courtyard catered to horse drawn carriages. The Slade family owned the Pub for three generations and a photo taken in 1908 shows owner Richard Slade, his wife and three children standing in front of the Red Lion with horses on either side of the family. Richard's grandfather, William Slade owned the Pub but died in 1888 and his wife, Jane continued to run the Pub until her death in 1905. Her son Richard was landlord for twelve years until his sudden death in 1914. 'He was also a member of the Royal First Devon Yeomanry and on the day of his funeral in respect it was recorded that "practically every blind in the village was drawn". The Slade family continued to run the Pub until they finally sold in 1933. (**Brooke 2013, article by Phil Keen**). William Slade who was born in the Pub emigrated to Western Australia.



In 2013 his son, Dick a retired farmer, visited the Red Lion with daughter Mandy and son in law. They stayed at the Pub (now owned by Jane and Steve Johnson).



Jack Fey long time resident of Shobrooke showed them around the church yard where several of the Slade headstones exist.

With the introduction of cars, petrol pumps were installed in 1950 but were eventually removed. In 1952. Hubert Fernbank, a resident of Shobrooke and his wife Muriel were requested by Muriel's father, Walter Finning to establish a partnership and buy the Red Lion. Following the purchase the family moved to live in the Pub. (**Brooke article, August 2017**) Hubert described how cider was sold at 6d a pint, and was delivered in a hogshead containing 102 gallons which had to be rolled into the bar on steel rollers. A deep well at the back of the Pub provided water until mains water was installed in 1954. Prior to houses being built on Silver Way there was an allotment opposite the Red Lion that provided produce for the Pub.

The Red Lion has been an important social resource for the village and local community over many years. Jack Fey, who grew up in Shobrooke, described his participation in a skittle team where he met his wife at one of the dances hosted by local pubs. Apart from skittles, which is still played, a range of social activities including dances, receptions for marriages and funerals as well as other significant celebrations were provided by village pubs. Today, the tradition continues with the Red Lion hosting wedding receptions, gatherings following funerals at Shobrooke Church and other social events. Over recent years the

Red Lion hosts monthly Open Mic sessions, Classic Car events, curry and quiz nights and a pool table and darts are available for those wishing to participate. An important recent community event was the Queen's Jubilee, as is the planned coming celebration for the Coronation of King Charles with the Village 'bring and share' gathering with garden games for the children.

It goes without saying that local village pubs are an essential community resource and venue for people to get together, and socialise. Significantly in former years when the majority of the community residents worked in agriculture, there were no cars or local bus service and the Pub was an important meeting place after work. Prior to WW2 the Shobrooke population was primarily families who were employed by local farming landowners. During WW1 many Shobrooke families lost their sons to the war and the War Memorial identifies twenty-five young men with twenty-three under the age of 30 years. The Brooke magazine featured several articles on the Shobrooke men and families who lost their lives in WW1 and WW2. (**Brooke November 2014**)

Over the past nine years, Jane and Steve Johnson together with their daughter Natalie Dyson have owned and managed the Pub. Steve has done a marvellous job, in maintaining the Beer garden (with a wonderful view of the Raddon Hills) and other essential building needs. Jane and Natalie continue to work seven days a week from ordering food and alcohol supplies, cooking and catering management, as well as providing bed and breakfast for three available rooms; in addition to maintaining the shop.

A special mention should be made of the adaptation of the Pub during the pandemic with the addition of a shop which provided essential groceries, such as milk, eggs and other goods. Bread was available daily according to order and baked by Frederique Cooke. The flour was provided by the Red Lion. I personally benefited from the availability of the shop when confined to my cottage during a quarantine period and was able to order needed food supplies which Jane personally delivered to my home – on one occasion when it was pouring with rain. In 2014, 'Shobrooke Good Parish scheme' was established to provide support to all members of the Parish: 'it involved keeping an eye out for each other, listening to each other and extending a helping hand'. Natalie Dyson kindly volunteered to be central coordinator from the Red Lion. The Pub has also played a significant role in meeting the needs of frail elderly residents in Shobrooke by providing take out food and delivering meals in addition to keeping an eye on those who are vulnerable and lack family or social supports.

The Pub sources all its products from local suppliers thus supporting other food, farm, beer and wine businesses in particular at a time when economic conditions are difficult, cost of all consumer goods are rising and it is especially challenging for the small individual and family entrepreneur.

Thank you to the Red Lion, Jane and Steve Johnson and Natalie Dyson for your important contribution to the Shobrooke community over the past years.

Information for this article was obtained from Brooke publications from 2013 and I highly recommend to those interested in the history and people of Shobrooke.

FOOD FOR THOUGHT

“A thriving household depends on the use of seasonal produce and the application of common sense.”

Olivier de Serres (1539-1619)

THOUGHTS OF FOOD

An easy but delicious starter: Little savoury pots (makes 4)

Ingredients

- 250ml double cream
- 1 egg, beaten
- large handful of chives, finely chopped
- 100g smoked salmon, chopped (see other fillings, below)
- 60g mature cheddar (or 40g parmesan) grated
- 1/2 tsp nutmeg, grated

Instructions

1. Mix the double cream, egg and chives together in a medium bowl, add the nutmeg, salt and black pepper.
2. Divide the salmon pieces (or other fillings) pieces between four ramekins, then top up with the egg and cream mixture. This can be kept in the fridge for up to 2 days.
3. Heat the oven to 180C/160C fan/gas 4. Sprinkle over the grated cheese, then transfer the ramekins to a baking tray.
4. Bake for 15-17 mins until golden and set with a slight wobble in the middle.



Try other fillings such as asparagus, peppers, mushrooms, smoked tofu, broccoli, or ham or bacon if you prefer.

THURSDAY 22ND JUNE

'STRICTLY HALLROOM'

PARISH HALL

JAZZ DECO PERFORMANCE

PARISH HALL

WATCH THIS SPACE

BEER ENGINE

FRIDAY 23RD JUNE

'HONKY TONKS' LINE DANCING

PARISH HALL

'SWUNK' EXETERSCHOOL JAZZ GROUP

NSC SCHOOL

'SWUNK' EXETER SCHOOL JAZZ GROUP

BELLUNO'S

EXETER CHAMBER CHOIR 'SING JOYFULLY'

NSC CHURCH

RED DIRT BAND

BEER ENGINE

'SWUNK' EXETER SCHOOL JAZZ GROUP

BEER ENGINE

SATURDAY 24TH JUNE

UKELELE BAND CONCERT AND HAVE A GO?

BEER ENGINE

LA LA CHOIR WORKSHOP

NSC CHURCH

LA LA CHOIR CONCERT

NSC CHURCH

SUNDAY 25TH JUNE

BELL-RINGING TASTER SESSION

NSC CHURCH

EXETER COMMUNITY FOLK ORCHESTRA CONCERT

PARISH HALL

EXETER COMMUNITY FOLK ORCHESTRA WORKSHOP

PARISH HALL

TAIKO DRUMMING

RECREATION GROUND

For more information on every event go to

www.newtonwander.net and click on the Music Festival link on the first page or in the menu

You will find all the information you need including the posters and how to book your space on each event

Events in the Church can be over 2 hours sitting down on wooden church pews.

It might be advisable to bring a cushion!

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Music Festival

2023

22nd to 25th June



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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**

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- Cllr Lynsay Balkwill 14 The Village, Shobrooke, Crediton, EX17 1AU
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- Cllr Graeme Barnell Hales, Newton St Cyres, EX5 5BS
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- Cllr Allan Jones 19 School Close, Shobrooke, Crediton, EX17 1AX
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- Cllr Lilian Pilgrim 31 School Close, Shobrooke, Crediton, EX17 1AX
lilianpilgrim@outlook.com
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Parish Clerk

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07886 004 919 – shobrookepc@outlook.com

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

Shobrooke Parish Council

Shobrooke Parish Council

A brief summary of the March and April 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 meetings take place on the second Tuesday every month – everyone is welcome to attend. A public participation session is held at the start of each meeting.

March

Cllr Jones indicated Highways have been around sorting out some of the pot holes. Mention was made of a number of pot holes that need reporting.

Speeding and speed watch, the council discussed the best way forward and decided that a potential consultation should be made to Crediton with a view to hiring their equipment as and when it was needed. The clerk will contact Crediton PC about this.

Village hall audit, Cllr Jones indicated the audit was for potential warm spaces.

Great British Spring clean, Chair mentioned putting this in the bus shelter to see if anyone wanted to participate.

Voter Id Cllr Balkwill indicated Malcolm has been informed.

Councillors Reports - two quotes obtained for the Battery for the Defibrillator, Mr. Warden, a parishioner has made a generous offer to help pay for the battery for the defibrillator.

Mention of School Close by Cllr Balkwill. To change the allocation of them to allow families in and/or extend some of the properties. The aim is to explore the situation. The housing officer will receive the proposal in due course.

The bungalows were originally for the elderly but the location is caused problems.

The Website needs amending and altering to bring it up to date. The clerk will investigate how to resolve this in due course.

Playing fields, Cllr Jones has been in contact with Wickstead who want photographs of the site and an address regarding the swings. Valencia stage one has been filled in and is in process for the grant, stage 2 will need documents.

April

The application for play park swings - Cllr Jones will provide the details to the clerk to proceed to stage 2 of the application. May require a survey, photographs have been provided, two quotes have also been obtained.

Date for collection of gritter - Cllr Jones has arranged to pick it up this Saturday 15th April and he will pick up some salt bags.

Defibrillator battery update and donation – receipts obtained, the clerk will contact the parishioner who volunteered to pay for these.

A discussion was held over s106 funds. Cllr Squires provided an update on the library situation as the mobile vehicles are ageing and they are seeking a consultation on the issue

To All Dog Owners

Several Shobrooke lambs have recently had to be put down because they had come into contact with dog faeces that had not been picked up and had not been treated for worms.

Tapeworm that infect sheep can cause neurological and visual symptoms. Untreated dog faeces are a danger to children, farm animals and wildlife. Worm eggs can stay on the ground for 3 years.

I saw a distressing sight in a field adjoining the village, of an infected lamb mistakenly huddled up to a hay rack instead of it's mother. This lamb had to be put down, leaving distress to it's mother and a loss to the farmer as the meat cannot be used.

So please pick up your dog's faeces wherever it is and deworm your dog regularly for everyone's safety.





Gardening Talk

Photo by Annie Spratt on Unsplash

What a start to Summer! We recently had an announcement of a new hosepipe ban affecting more parts of Devon (not Shobrooke at the moment) as there has been insufficient rain to replenish the reservoirs. Then we have had seemingly non stop rain and flooding, with the result that the soil is very difficult to work with. However, I think the key message is that we still have to be prudent with our use of water as we head towards the early summer months. Watering, especially of container based plants and vegetables will be an ongoing task, more so in dry sunny weather. Ideally use a mulch to help retain moisture in the soil. The next three months are going to be busy in the garden - but you knew that didn't you...

June

The risk of frosts should be gone but watch out for pests (slugs, aphids) and diseases which might nullify your efforts.

- Enjoy the last of your asparagus before leaving the plants to grow over the summer
- Continue to sow salad crops including beetroot
- Plant our runner beans if you haven't already done so and sow dwarf beans direct
- Plant out all frost sensitive plants such as sweetcorn, cucumbers and squashes
- Plant out young plants of winter greens such as broccoli and Brussels sprouts
- Protect developing or ripening fruits with netting or fleece to protect from birds. If you wait for them to be almost ripe to do that you will be too late!
- Thin the young fruits of pears, plums, peaches and nectarines
- Pinch out the tops of broad beans to stop the attack of black aphids - the black army
- Ward off carrot fly by covering the rows with a fine mesh fabric
- Peas need staking to support growth
- Water tomatoes and peppers regularly.
- Greenhouse may need additional shading and/or ventilation on long hot sunny days

July

- Sow spring cabbage, turnips and oriental vegetables such as pak choi
- Plant out leeks and brassicas for winter supply
- Harvest soft fruit as it ripens and look out for bird damage
- Summer prune gooseberries and red and white currants
- Check plants regularly for aphid attack and take the necessary action
- Sow a late batch of runner beans
- Keep on top of weeds and hoe regularly in dry weather
- Earth up potatoes and celery
- Regularly feed plants in containers or hanging baskets
- Check that climbing vegetables are securely tied to supports.
- Cut down broad beans after harvesting, but leave the roots in the soil to release nitrogen as they decompose
- Thin out heavy crops of apples, pears and plums
- Damp down the greenhouse floor each morning on hot days to increase humidity

August

- Plant out rooted strawberry runners
- You can still sow some salad crops such as summer lettuce, radish d rocket
- Look out for potato and tomato blight and deal with it quickly; it will spread quickly in warm and moist conditions
- Sweetcorn may be ready for harvest towards the end of the month
- Watch out for wasps on fruit. However they are beneficial insects and eat the larvae of many harmful moths and butterflies
- Watch out for red spider mites, aphids, mealy bugs and scale insects on plants in greenhouses and tunnels. Take preventative and curative action as necessary
- Make sure that harvested onions and shallots are sound and stored in a dry airy place
- Keep harvesting vegetable and fruit crops.

Remember that a garden is not meant to be all work.

Take time out to enjoy your garden - think of basking there on a long warm summer evening with refreshments. You've probably earned it!!!

Hedgehog News

Vivien, Lesley and Sally



Spring has sprung and many of you in the village will have seen the return of hedgehogs in and around your garden. It's an exciting time for us to keep an eye out and provide plenty of food and fresh water overnight to keep the hedgehogs in around Shobrooke fit and healthy.

This time of year is when hedgehogs are ready to breed, this night time mating involves grunting and snuffling noises which can be quite loud! The male hedgehog (known as a boar) circles around the female (a sow) sometimes for hours to persuade her to mate with him, but unfortunately after mating he's off, leaving her to rear her young on her own. The female makes a maternity nest (of leaves and grass) and after about 32 days 3 to 5 hoglets will be born. Baby hedgehogs are blind and pink, but they soon grow soft white spines, their eyes will open at about 14 days and they continue to grow more and more brown spines. Mothers suckle their young until the hoglets can hunt for themselves, and she will take them foraging for the first time at approximately 4 weeks old, and just 10 days later these young hedgehogs will be out in the world on their own.

Although they will have had some experience of finding food, these young hedgehogs will need all the help they can get to ensure they survive the challenges of daily hedgehog life. There's not just the threats us humans present in the form of our cars, strimmers, pesticides and dogs, there's also hedgehogs' natural predators such as foxes and badgers who can be very ingenious when faced with the prospect of a hedgehog meal – unfortunately foxes are notorious for pushing a curled up hedgehog into a nearby pond so they have to uncurl and can then be caught.

There's fantastic support for hedgehogs here in Shobrooke and as a village we can be proud of all we are doing to support these lovely creatures. Hedgehogs are protected under UK law, and are now classified as vulnerable to extinction so if we can continue with the excellent efforts we are making we can keep hedgehogs thriving here for younger generations to enjoy.

PS – at the time of writing we are still awaiting our official hedgehog signs from the local council, we are chasing this up and hope to have some more news very soon!

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'



There's been a huge surge in cooking over the last couple of decades, many of us will remember the arrival of Delia Smith on television was quite a revolution back in the day! We've moved on tremendously since then with highly successful celebrity chefs and cooking programmes such as Masterchef and The Great British Bake Off boasting devoted, mass followings.

Admittedly not everyone loves to cook, some argue why do it when you can go to the supermarket and buy cheaper prepackaged, readymade food? The reality is heavily processed food is a cheap, easy choice to make, and at this time when we're all facing the cost of living crisis it's very tempting to buy cheaper, easier solutions. However it's helpful to remember what we all know, highly processed food is bad for us, it has much more salt and more sugar, and it will have far less nutritional value. Whilst it may be 'cheap' there is still a price to pay for it!

Cooking can also be an easy, effective way to look after your mental health. The novelist Marian Keyes has written very poignantly in her brilliant cookery book 'Saved by Cake' about her struggles with severe depression and how discovering baking has helped her cope. *'Baking hasn't cured me but it gets me through...it makes me concentrate on what's right in front of my nose, I have to focus...I find it calming and rewarding because, in fairness, it's a sort of magic. I was a total beginner and I had to learn everything, I've made tons of mistakes along with tons and tons of cakes!*

As Marian Keyes says, baking doesn't have to be complicated. It takes you out of yourself for a short time and gives you a break from other things that might be worrying you. If you live by yourself, it's easy to think why bother, but good quality food is really beneficial to everyone and if you're alone you definitely deserve it too! Plus if you feel like having a go, baking for someone else can really help us feel positive, it could be family members or maybe a neighbour or a friend you think could do with a boost, a local organisation you value who you just want to say thank you to, or a local charity who might have fundraising events you could support. It doesn't have to be grand, it can be very simple. If the cost concerns you, organisations like schools often have systems in place where busy parents donate ingredients so others with more time can do the baking so it's worth getting in touch and seeing what's possible. At the end of the day, it's the 'having a go' that counts.

There's plenty of evidence to indicate that cooking boosts our confidence and our self esteem too, it's creative, it can help you relax and make you feel more positive, and give you a sense of achievement. It might take time and you might make some mistakes along the way, but ultimately, you'll be learning new skills and eating much better, quality food than you'd buy readymade in the supermarket so there's huge benefits to your physical health too, even if you're baking treats.

At the end of the day if cooking is not a pleasurable activity for you, we can still cook simple, quick meals at home and enjoy nutritionally better meals than the processed alternatives. I once heard the gardener Monty Don describe an omelette as his version of 'fast food'. If all else fails and you're not convinced by the cooking revolution, with the number of cooking programmes on TV you can always enjoy watching others do the cooking. I defy anyone to watch Junior Bake Off and not feel better about the world.

Wishing you well :)

Dr Feelgood

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

Codeword

Answers

A	B	C	D	E	F	G	H	I	J	K	L	M
15	1	6	4	2	22	19	12	17	3	16	5	26
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Aid for Ukraine - an update

Joe Bussell

Three successful journeys to Ukraine have been made.

Together with friends, Dave and Nick, we acquired a Transit van, to also be donated to the Kormarno Unity group, in Ukraine itself, for their ongoing local Aid distribution.

The van was loaded with all the aid remaining from my previous 3 journeys to Ukraine, plus 2000 portions of Knorr dry soups.

Another colleague, Simon from Love Bristol charity, drove the van to Ukraine and safely handed it over along with the aid.



I will be seeking to repeat this venture, so if anybody has a old van to donate please let me know.

The funding previously raised is now fully spent, so I will reopen my Just Giving page for any financial help that can be made available

Thanks to everybody involved, especially Nick for completing repairs / service free of charge, and to Heather who tirelessly walks around Crediton in all weathers collecting Medicines / Medical items which otherwise would end up being destroyed.

All info and photos can be found on my Facebook page:
<https://www.facebook.com/joe.bussell.397>

Please note that the path through the allotments is a

Permissive Path and not a right of way.



Please ensure dogs are kept on a lead.



Thank you for your co-operation

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NON EMERGENCY TELEPHONE NUMBER: 101 EMERGENCY TELEPHONE NUMBER: 999

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

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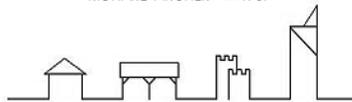
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SATURDAY 24TH JUNE

UKELELE BAND CONCERT AND HAVE A GO? BEER ENGINE	LA LA CHOIR WORKSHOP NSC CHURCH	LA LA CHOIR CONCERT NSC CHURCH
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SUNDAY 25TH JUNE

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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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Open Mike night : Wednesday 14th from 7.30pm

(Normally the 2nd Wednesday of the month)

July

Curry & Quiz Night : Thursday 6th

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Open Mike night : Wednesday 12th from 7.30pm

August

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