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THE QUARTERLY NEWSLETTER FOR SHOBROOKE



Spring 2024



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Cover photos :

Welcome to the Spring issue.

I've seen the snowdrops, crocuses
and the daffodils making a
welcome reappearance - all signs
of lengthening days and the
rebirth of activity in the gardens,
fields and trees.

I'm not sure if it is my
imagination, but I am sure that
the birds have anticipated Spring
this year much earlier than usual.
They all seem to be very active
and building nests.

Is that a sign that the weather will
be particularly clement in the
coming months?

I don't know, but I suspect we
won't have any immediate threat
of water shortages....

With best wishes for the coming
months and a Happy Easter

Malcolm

It is with sadness that I have to
report the passing of Lorraine
Bowsher last December. She was
a long time member of Shobrooke
Writing group and regular
contributor to this magazine.

One of her poems is included in
this edition.

The Village Hall

Enquiries, bookings and keys
please contact

The Secretary: Alison Ayres

01363 775103
alisonjpayres@gmail.com



The Village Hall has enjoyed much activity over the past few months with a very successful pantomime, Christmas parties and a Burn's supper with Ceilidh.

The pantomime brought laughter and merriment to the Village and demonstrated the full potential of the hall despite the lack of parking.

By the time the Brooke goes out the end wall of the hall will have been repaired so thank you to Keith Bevan for that.

There will be more events to look forward to throughout the year.

Shobrooke Village – in the heart of Devon

This is the title of the Facebook page for Shobrooke and it's parish, showcasing all that is beautiful about our village. It is a privilege to live in not only a wonderful village with a great community spirit, but to also be nestled in a rural, peaceful and inspiring setting. Any events, photos, general chit chat and goings on in the village and surrounding area are more than welcome and encouraged to post on here - villagers and visitors alike!

Please follow the page to be kept informed, or better still make your own contribution.

CRAFT GROUP

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

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

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

We meet every fortnight, Thursday 10am to 1pm

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

Shobrooke Photo Gallery 1



Carol singing outside Red Lion



Christingle Service at St Swithuns



Plough Sunday service outside Red Lion

Shobrooke Photo Gallery 2



*Burns Night Supper
at Village Hall*



Ceilidh Fun



More Ceilidh Fun

Shobrooke Photo Gallery 3



Ceilidh Band



*Amazing Afternoon Sky from
Shobrooke Churchyard
Anne Burts*

POP UP CAFE



SAT 6TH APRIL 12PM - 5PM
SHOBROOKE VILLAGE HALL



**TEAS &
COFFEES**



**CAKES &
PASTRIES**



**LIVE
MUSIC**



**PALESTINIAN
SOUP**



**PLANT
STALL**



**RAFFLE
STALL**

RAISING MONEY FOR ...

THE BRITISH RED CROSS ISRAEL &

OCCUPIED PALESTINIAN TERRITORY APPEAL



For additional details or contributions please contact Vivien on 01363 775468

The Shobrooke Pop up Cafe is returning on Saturday 6th April, midday to 5pm in the village hall, raising much needed funds for The British Red Cross Appeal for Israel and the Occupied Palestinian Territories.

Following the success of our Pop up Cafe for Ukraine, the Shobrooke cafe will return with teas, coffees, cakes and cream teas. We will also be selling lovely vegetarian Palestinian soup with freshly baked bread.

This is a non political event where everyone is very welcome. Alongside the cafe there will be a fantastic plant stall, a raffle, a cake stall and live music throughout the afternoon. Please support us if you possibly can, we would love to see you.

The cafe will only be selling home baked goods so we really need the help of home bakers!

If anyone is willing to help us by baking anything at all we'd be incredibly grateful.

Donations can be brought to Clergy Cottage, 8 Shobrooke Village the day before, or brought up to the hall on the morning of Saturday 6th April.

You can contact Vivien about donations on 01363 775468 or email vivienrhampson@gmail.com for more information.

Thank you so much for your support, we're very grateful.

The Pop Up Cafe Team xxx

Big Church Clean

23rd March 9.30am - 12:00

Have you attended services, weddings, funerals, baptisms or needed a quiet contemplatory space?

Then you will appreciate the work that goes into keeping the church clean and polished.

So any help, even just 1/2 hour, to assist with the big clean will be very welcome on this day alongside the regular team.

Thank you.

Sally Foot 01363 775388

07882 786648

Library in church

There are a few pews of books, mainly popular fiction, in front of the kitchen in the church.

Please feel free to borrow, swap, take, any books.

But please do not leave any more.

Thank you

Sally Foot

St Swithun's Church News



All the special Christmas services went well and were well attended, although they seem a very long time ago now! The Christmas tree that first appeared at the Festival in Crediton Church was then positioned for the first time by the main altar in our Church and it looked really lovely there. Many thanks to Lily Pilgrim for decorating it beautifully in both places.

Our Plough Sunday service in January was held in the Red Lion with two tractors and ploughs in the car park there, and following we enjoyed a Bring and Share lunch. Grateful thanks to Jane and the staff at the Red Lion for hosting us. It is lovely to see the snowdrops and crocuses and daffodils blooming in the churchyard. We are grateful to those who planted them and who keep our churchyard in such good order.

The village weekly prayer gathering has been changed to Tuesday afternoons, and during chilly winter months is taking place at 4.00 pm at Bryher, 7 Shobrooke Village. (See Sandra's article for when they will resume in the church and how to contact Sandra for joining the meetings.)

Dates for the Diary:

Sunday 10th March at 11.00am - Mothering Sunday service with posies

Sunday 24th March at 11.00 am - Communion Service

Wednesday 27th March at 7.00 pm- Holy Week Reflective Service

Sunday 31st March at 11.00 am - Easter Communion Service with Easter eggs.

Tuesday 7th May at 7.00pm - Annual Parish Council Meeting at the Red Lion

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

Rosemary Barber, Churchwarden

Tel: 01363 773419 or Email: bryherrose15@gmail.com

Glass vessels and containers in the Churchyard

There have been several problems with the use of glassware in the Churchyard. Storm Cairan caused a problem with an old glass wreath cover being blown some distance, shattering on gravestones, which caused shards of glass to scatter over a larger area. It has been meticulous work to try and find all the little glass shards amongst the grass to safeguard our grasscutters and the paws of dogs. Other glass vessels cracked and broke in the icy weather, which also needed removing.

Please avoid the use of glass in the churchyard which can be hazardous. If there is no alternative, please cover the vessel with paper, cloth or string so the glass is contained, this is a better compromise.

For information a copy of Exeter Diocese church yard regulations is displayed in the Church porch. Your support is much appreciated to help keep the churchyard a beautiful, peaceful and safe space.

Shobrooke PCC

Update from Sandra Collier

For the first 2 weeks in February I had the tremendous privilege of being invited to take part in a Conference at Canterbury for newly ordained clergy from all over the world. Learning about the vast differences faced by ministers worldwide but also celebrating our common ground in the Lord Jesus Christ within the Anglican Communion.

As I return to the village after an absence of some 15 days I see signs of spring, new life springing up everywhere, buds, shoots, snowdrops, daffodils, how blessed we are to live in such a beautiful corner of God's world, during these turbulent times.

Throughout March there are a number of celebrations to be a part of. See Rosemary's church write up for details, but can I just mention the Reflective time on the 27 th March, this will be quiet music and readings, time to pause before the busyness of Easter, do come and join me.

Meeting for prayer will return to church at 4pm on Tuesday 2 nd April. Join us if you feel able or leave prayer requests on the board in church or in the confidential box, or contact me at any time.

It is hoped to hold another Musical Evening during the summer, following the success of the Organ Recital last year. If anyone out there would like to offer their skills, please talk to me. Another event in the Autumn will be a Confirmation Service led by the Bishop of Crediton, on Sunday 20th October, 6pm in our lovely church here in Shobrooke.

Confirmation classes will be held prior, if anyone feels they would like to explore their faith, or find out more, please contact me or Rev. Matthew 01363 894038. I would love to add my thanks to Victoria and her amazing Team for putting on the marvellous Panto, it was brilliant, I feel so honoured to be serving as a minister amongst you all.

Finally thank you to everyone for supporting Steve and I with our fundraising efforts at Christmas. We raised £1,000 which was sent direct to the Jerusalem Diocese for the Al Ahli Hospital, which is totally funded and managed by the Diocese and currently is the only Hospital still functioning in Northern and Central Gaza. Also £1,000 was sent to the Princess Basma Centre. Please see their website to see how money is being spent. www.basma-centre.org

Despite the atrocities we see on our televisions daily, there are people who are being helped considerably. Please ask if you would like any more details of the work being done.

Steve and I have been given a hamper full of wonderful goodies for further fund raising and are selling lucky squares at £1. It will be drawn near Easter.

Please stop me at any time around the Village and say hello, or say if I can help in any way.

As I write this on St Valentine's Day I leave you with this: *'Love is patient, love is kind. It does not envy, it does not boast, it is not proud.'* 1 Corinthians 13:4

Rev Sandra 777013, sandrcollier57@gmail.com

Friends of Shobrooke Church

In the heart of Shobrooke lies our cherished Church – St Swithun’s. Steeped in history and serving as a beacon of our community, our Church stands as a testament and icon for the heritage of Shobrooke and our tight-knit community. Its preservation relies upon the support of residents within the Parish, together with the ongoing work of the Friends of Shobrooke Church - a charity established to ensure the continued upkeep and maintenance of the building and its heritage assets.

It costs approximately £110 per day (on average) to retain the building and preserve the community asset.

In order to help us preserve our special church, we need your help. Your donation, regardless of size, will be greatly appreciated and will play a crucial role in the maintenance and upkeep of the church.

Its preservation relies on us as a community to keep it going.

If you are able and would like to donate, you can scan the QR code below. The QR code will take you direct to our ‘give a little’ website, and as above, any donation, irrespective of the amount, will be very gratefully received.

Thank you for your continued support and please remember to fill in the Gift Aid information.

Alternatively, if you would rather donate via BACS, our bank account details are as follows:

- Account Name: Friends of Shobrooke Church
- Account number: 65005781
- Sort Code: 08-90-27



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Redlands is feeling much better, thank you!

Ann Quon Cordingley

This article was originally published in the Newton Wonder, and is republished here with the kind permission of the author, The Newton Wonder editors and thanks to Dr Jo Harris and Kirsty Conder (both of Redlands Primary care Practice)

The Redlands Primary Care practice in Credenon has had its fair share of criticism over the past year or so. And the two partners who run the place say much of it is well deserved. But they told Ann Quon Cordingley that things are already changing for the better

Long delays for appointments, sitting endlessly on the phone waiting for someone to pick up, never seeing the same doctor twice. That's just a sampling of the things that some people are saying about the Redlands practice since it opened in 2021 with the merger of the old Chiddenbrook and New Valley (Newcombes) practices.

Put those points to the two partners, Dr Jo (Joanna) Harris and Kirsty Conder, and they nod. "We were trying to merge two practices with two different cultures during the Covid lockdown," says Jo, a GP and former partner at the old Newcombes (New Valley) practice. It was also on top of an increase in patient demand and a change in health care nationwide. "It was the perfect storm," adds clinical pharmacist Kirsty Conder, who was also with the old Newcombes practice.

The pair are refreshingly open about criticisms levelled at the practice. Having lived through the fallout of the merger, they are keen to explain how they're addressing problems now that Redlands is under their management. The pair took over the business side in April last year, adding that responsibility to their full-time professional roles as GP and clinical pharmacist.

In a wide-ranging discussion that lasted more than hour, they talked candidly about the problems plaguing the practice when it opened and the changes they have introduced to improve quality of care for the 16,300 patients in the Credenon catchment area.

The biggest development has been the way health care is delivered these days. Simply put, going to the doctor's is not what it used to be. Under changes introduced across the NHS, the shift is away from the old model of seeing your GP for all your needs. Now the emphasis is on consulting with a multi-disciplinary primary care team designed to better support both the GP and patient. It's a shift that, clearly, many disgruntled members of the public aren't aware of or understand.



Kirsty Conder (left) and Dr Jo Harris (right)

Under this new primary care system, patients are still assigned their own GP, but that doesn't mean they will get to see that GP every time they make an appointment unless they fall into the "need for continuity of care" category. And that is one of the complaints from patients who feel they are being shuffled from one doctor to another and not given the attention they need. "We've turned away from a culture where the GP did everything," says Jo. "The GP today is like a consultant in a hospital team, overseeing everything. Now, you don't necessarily have contact with the GP. There is now a team of paramedics, clinical pharmacists, first-contact physiotherapists, technicians, social prescribers and mental-health practitioners to support the GP." Call it multi-disciplinary primary care.

These days if you ring up to see a doctor, the receptionist (now called care navigators) will ask some questions and advise on the best person to see. "If, you have a painful knee, then the receptionist, can say 'I'll book you in with the first-contact physio, because I can get you in this week and they are the best person to advise you,' says Jo. "We don't want patients to feel obstructed but, instead, guided to the right place." And in this case, the right place is not necessarily your assigned GP, although they will be kept informed of your situation.

What happens if you insist on seeing your usual GP because you have a special relationship with him or her? "That's fine," says Kirsty, "but you may have to wait a bit longer. If somebody is acutely unwell, we would encourage you to see the duty doctor or anybody with whom you can get a same-day appointment."

When it comes to making an appointment, the criticism is over how long it takes to secure a spot. Like many practices, Redlands has also suffered from doctor shortages and growing patient demand post-Covid. Under a triage system, the practice is committed to giving patients an appointment either on the day based on their clinical need or within 14 days. A duty doctor assigned to monitor the triage list will advise whether someone needs to be seen that day or if they can wait.

And if someone demands to be seen the same day? "If there is an absolute clinical need that day, they will be seen," assures Jo. "Anybody who needs to be seen that day, we will stay to see them."

Despite the problems, Redlands has its fans. A Louise wrote to the NHS: "I have always struggled with getting through to book a GP appointment [at Redlands] around my working day. I emailed in and the manager was very accommodating with arranging an appointment around my busy work schedule. Brilliant customer service, very grateful."

And a Vivien wrote: "I have received excellent care from the team at Redlands, especially recently when I started to become seriously unwell. Helpful receptionists who are doing their best despite demand being high, and knowledgeable, caring doctors, nurses and paramedics. I am very grateful to this practice for everything they do. Thank you."

The transition to the new system of primary care nationwide has probably been tougher for Redlands than most other practices. Against the backdrop of merging two practices with different cultures, there was Covid. The result: Difficult times. “We couldn’t just close for the move,” says Jo. “We were still seeing patients on the Friday and did the move on the weekend, ready to open in the new premises on Monday. It was all hands-on-deck with staff and family members unpacking and putting stuff away.”

When the new practice opened, it was quickly evident that the two teams did things differently. “In the early days, Covid meant we couldn’t get our teams to meet together face to face,” says Jo. “We couldn’t streamline processes or look at how it was going to work. Literally, people landed next to people they’d never seen before. It was difficult to align the different cultures.”

The chaos resulted in some partners stepping down and staff departures at a time when the practice was, like many nationwide, struggling with staff shortages and increased patient demand. “Three partners stepped down and away from the business side to take salaried positions,” says Jo. “That unsettled some of the salaried doctors working here and some left for various reasons. It left us very short.”

Locums had to be brought in, affecting continuity of care with patients and backlogs developing, with waiting lists as long as 700. “We probably didn’t run as we wanted and were not able to offer what we wanted, says Kirsty. “We knew it was awful.”

For the past year, the practice has worked hard to streamline systems, change its organisational structure and recruit and retain staff, especially GPs. And now Jo and Kirsty feel they have turned a corner. “We had new GPs joining, and in a matter of two weeks in mid-October we went from 700 people waiting for care to just a handful,” says Kirsty. Currently there are about 75 staff working at all levels, including more than a dozen GPs. Jo and Kirsty say they expect to be up to their full staff complement by this spring.

Probably the most common complaint is how long it takes to get through on the phone to make an appointment. “Despite having a team of seven or eight frontline staff manning the reception desk, answering the phones and dealing with prescriptions, Kirsty acknowledges that there have been problems. “We know the phone system causes frustration and we’re trying to work out ways to address that,” says Kirsty. Part of the problem is that telephone receptionists usually burn out after two years because of the stress of dealing with impatient callers who can sometimes be abusive.

Mondays are probably the worst for people calling in to get an appointment. “On a Monday morning there might be 90 to 100 people that the duty doctor is trying to make decisions about,” says Jo.

Another patient concern is the move to online care. For some, having to provide information online through forms and questionnaires can be frustrating or impersonal and can never replace the human contact and continuity of care that is the cornerstone of general practice. Jo denies the new system is meant to replace human contact. “It actually helps us triage,”

she says. "If someone sends an online request for an appointment, we tend to get more information than if we got it over the phone."

These days doctors don't work an old-fashioned week, which some cynics suggest is because they are well salaried. Jo hits back at such a suggestion and says most doctors will do three days a week of hard-core face to face clinic for 10 hours each day. "Then you are having to do two to three hours of paperwork and sometimes you are having to ring people, and all the admin the GP has to process or messages from patients. You can only do that for a certain number of days because it is not sustainable," she says. "We've had a couple of GPs who were doing four days and they dropped down. For us, the day often finishes when you can't do any more, not when you've finished – because you never finish."

The pair has been so busy implementing change and running the practice that they feel communication with the public has suffered. "We now have a patient participation group where people can come and have their say, bring their frustrations and talk to Jo and me and other practice staff members," says Kirsty. "We welcome any feedback, good and bad."

Going forward, the pair have set targets in several areas, including better response times for answering patient calls. "Our aim is to answer 95% of calls. Now it's 77%, which has gone up 20% in the last six months. They also aim to turn around prescriptions within 48 hours from when they leave Redlands and arrive at the chemists ready to be dispensed. For blood test results, the target is for them to be looked at within 48 hours. "We generally hit that," says Kirsty. Jo and Kirsty feel that the changes they have implemented these past several months are working. "People are happy working here. We've got retention of staff and better recruitment. We've been able to fill all our vacancies. A year ago that looked a bit scary," says Kirsty.

As they look to the future, their message to patients? "What we want really to do is to make sure the patient's journey is as smooth as possible, by reducing that frustration of contacting the practice, making sure people end up where they need to be the first time," says Jo.

"But the most important message is to be kind to our team on the telephone because they are working so hard. It's a tough old gig down there," she says.

Foodbank News

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 **with 'Foodbank' in the subject box**

Details of current foodbank requirements can be found as follows:

Website : www.creditonfoodbank.org.uk

email : help@creditonfoodbank.org.uk

or phone the Co-ordinator, Fiona, on 07740 202741.

Please note this email distribution list is for information about foodbank items only (and does not relate to any other village news). This information is sent to Lorraine by the Foodbank via email and then forwarded on to those she has on her list.



Great plans for 2024 - it's time to save the dates!

The Saint Boniface Concert Society is a local charity dedicated to bringing top-flight musicians to play in Crediton. The Society held its AGM on Sunday 28th January, along with a splendid piano recital by the accomplished pianist Robin Stephenson. Robin played Chopin, Rachmaninoff, Medtner and Liszt, playing totally from memory and with great flare, to the delight of those attending.

Attendees received a report on the Society's 2023 Season, a financial report for the year 22-23, and details of our 2024 season of concerts. Luke Tayler, re-elected as Chair, thanked the organisations and individuals who support the society, and encouraged more to sign up as Sponsors or 'Friends' to ensure that we have a viable future.

Our 2024 Season – great dates for your diary:

Sunday 19th May, 3.00pm - The Fibonacci Quartet

A leading young European string quartet plays Mozart, Janáček and Schubert

Thursday 6th June, 7.30pm - Ignas Maknickas

International prize-winning pianist plays Schumann, Vine, Bortkiewicz and Chopin

Sunday 30th June, 3.00pm - Ryan Corbett

Young classical accordionist, a 'rising star' plays transcriptions of Bach, Scarlatti, Mendelssohn and original accordion music.

Sunday 28th July, 3.00pm - The Tuffnell Trio

Prize-winning Early Music specialists perform on violin, viola, cello and viola da gamba

Thursday 12th September, 7.30pm - Flutes & Frets

Beth Stone (flutes and historical flutes) and Daniel Murphy (guitars, lutes, theorbo) take us 'Dancing Through Time'.

All welcome. Concerts take place in Crediton Parish Church, which provides free parking and disabled access. Advance tickets for each concert can be obtained in person from A E Lee Outfitters, Crediton High Street, or on-line from ticket-source.co.uk. Tickets £15 per concert (free to full-time students under 30). Season Ticket £70.

For more detail please see our website: www.bonifaceconcerts.co.uk.

To join our mailing list please write to: concerts@bonifaceconcerts.co.uk

News from Uppincott Farm *by Nick Lee*

You can never be sure what will crop up at Uppincott that will disrupt the daily routine. Everyday is different, sometimes it might be a drama, on other days it can be as bad as a crisis!

During the winter when all the cattle are housed, my first job on most mornings is to feed the breeding bulls, which we keep in the old yard, beside the farmhouse. We have four bulls in all, three South Devons, and an Aberdeen Angus, who in the summer look after their cows while out at grass. The full pedigree name of the Angus bull is Luxtons Pure Class 316,



*18th Century
Elm Post*

which is a bit of a mouthful, so we call him Dudley after his breeder. The young pedigree South Devon “first timers”, the bulling heifers, are looked after by Dudley, for ease of calving, and it’s now these Angus x South Devon cattle, that we sell in selection boxes when they are older. Very tasty and tender we are told! (Orders can be taken!!)

Anyway, back to the original tale of farming excitement! Soon after we had brought all the cattle in for the winter, I was giving Louis (one of the South Devon bulls) his morning ration of meadow hay with a treat of a little rolled barley. Looking across the yard to Dudley’s pen I saw that one of the fourteen foot upright posts had been dislodged and had taken on quite a “jaunty angle”. This had caused the section of roof above to drop alarmingly, with the slates about to succumb to gravity! If we acted quickly we might be able to avoid a really costly repair and a call to the insurance company, something we try to avoid. It was clear that earlier, when Dudley was impatient for his

morning hay, he had used the time to move his surroundings, and pushed the fourteen foot post off of its stone base and in turn, the tallet and roof had dropped alarmingly. Dudley had meant no harm, he's such a big heavy chap if he leans on something it's going to move, and he had probably just walked a little closer to the post than usual. Fortunately Jonathan was nearby with the tele- handler and we were able to lift the whole structure back onto the stone base and bolt it into place with a length of threaded bar, so all was well.

I have worked in the old yard for over fifty years and during that time I have often thought about how it was all constructed and thought also of the men who built it, two or even three hundred years ago. They were real craftsmen and with quite basic tools they were able to build perfectly upright, solid cob walls, and then cut and fit all the timber into the cob, make perfectly level tallet floors and on top of all that, build something that has stood the test of time. The posts are all elm and even after all this time, are as hard as concrete. I wonder where the trees were at Uppincott before they were felled and cut, and how many posts could they make out of one tree. No chainsaws back then, and no electric drills and no scaffolding as we know it, and no tele-handlers to lift everything into place. The old yard asks more questions than it can answer, and we will never really know what went on. But on the morning that Dudley moved a post, for the first time since it was built, we could see what skill had been used in the design and cutting of the joints on top of the posts, to hold the roof timbers in place. There was certainly no room for error, drama or crisis!

I wonder how many farm buildings that are being built today, will be in place in two or three hundred years!

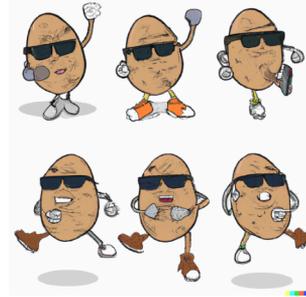
FOOD FOR THOUGHT

“The key to reducing food waste is shifting from a culture of excess to a culture of mindfulness.”

Dana Gunders

THOUGHTS OF FOOD

More recipes to reduce food waste by using left-overs. This time, let's see what we can do with left-over potatoes.



Bombay potatoes omelette

Ingredients

- 1 tbsp vegetable oil
- ½ onion, sliced
- 1 medium cooked potato (leftover boiled or roasted potatoes are fine), cubed
- 1 tsp medium curry powder
- 2 large eggs, whisked
- Chilli powder to taste

Method

1. Heat most of the oil in a pan. Fry the onion gently for 10 mins until they start to caramelize
2. Add the potato and fry for a further 8 mins until the edges are beginning to crisp.
3. Add the curry powder, some seasoning and a splash of water.
4. Whisk and seasoned eggs, then add to your pan.
5. Stir and cook gently until the eggs are done to your taste.

To serve, top with a drizzle of yogurt and some chilli powder, if you like.

Great for lunch served with a salad.

Left-over lamb and potato pie

Ingredients

- leftover lamb, about 200g-300g
- 100g leftover gravy, if you have any, or a splash of lamb stock
- leftover potatoes, about 250g
- 50g cheese, grated

Method

1. Heat oven to 200C/180C fan/gas 6.
2. Carve all leftover lamb off the bone, roughly chop and place in an ovenproof dish, or 2 individual pie dishes.
3. Pour over some gravy, or if there's none left, just a bit of stock to moisten.
4. Crumble the leftover potatoes over, then scatter with cheese and any leftover herb crumbs.
5. Bake in the oven for 30 mins until golden on top and bubbling around the edge.

If you've got any greens leftover, then quickly stir-fry to reheat and serve alongside.

Easy fish cakes

Ingredients

- 300g cold mashed potato
- 6 spring onions, thinly sliced
- 1 tbsp horseradish sauce
- 250g fish (peppered mackerel or similar work well) skinned and flaked
- 2 tbsp plain flour
- 1 egg, beaten
- 85g dried breadcrumbs
- sunflower oil, for frying (optional)



Method

1. In a large bowl, mix together the potato, spring onions, horseradish and mackerel, then shape into 8 even-size cakes.
2. Roll the fishcakes in the flour, shaking off any excess, then dip in the egg, followed by the breadcrumbs.
3. Cover and chill until ready to cook. Can be prepared up to a day ahead, or frozen.

To cook

Gently grill or shallow-fry the fishcakes for 5-6 mins on each side until crunchy, golden brown and hot all the way through.

Serve with salad and lemon wedges

Remembering Lorraine Bowsher

Heather Chadwick

Lorraine moved to Oak Cottage in Shobrooke from London, shortly after marrying her partner Rodney Bowsher in 2003. Here they embraced the dreams and challenges of country life, keeping hens and the first of three dogs in Lorraine's Devon life: Raddon. Lorraine became Secretary to the PCC. She worked unstintingly to support Rodney in performing and publishing his poetry, and both took part in village activities. Lorraine loved singing and the Open Mike. Lorraine brought experience in teaching, careers guidance and adult literacy to her role as a volunteer at the CAB, where she was a formidable advocate of individual rights. After Rod's death Lorraine moved to Meadow Gardens in Crediton. She made many new friends while maintaining contact with Shobrooke people and concerns. She shared her life with two dogs: Lupi, a Parson Jack Russell; and then Holly, a Westie. Lorraine joined a creative writing group in Shobrooke in January 2015, beginning to develop her own literary ambitions and became a regular contributor to the poetry page in *The Brooke*. She also began to explore the legacy of her grandfather, Cormell Price. He was Head Teacher of the United Services School in Westward Ho!, a progressive educationalist, and mentor to many, including Rudyard Kipling. Lorraine was fascinated by family histories but lived firmly in the present, taking an active interest in political issues, from the international to the local.



Lorraine also became the link for the Crediton Food bank in Shobrooke, maintaining an email list of people who were interested in contributing donations and keeping them informed of what was needed each week.

Lorraine struggled with serious chronic health problems in her final months, but continued to see friends and enjoy social outings. Many will remember her presence at the Shobrooke village pantomime in mid December, and her delight at its success.

One Thing Leads to Another

She did not need the small round box she wanted,
standing out from the rest of the bric-a-brac.
Jam or sugar sized (neither much eaten nowadays).
And china that would break or crack
in too hot water or drop from her shaky grasp.
It would fill up fast, she knew, with things needing a refuge,
get put away on a shelf to gather dust.

She paid 50p for the only thing about it
that mattered to her, and brought it home.
She studied the sprays of prunus adorning her box:
white blossom on brown twigs against a blue cross hatched
background,
remembering the poem she'd first read long ago,
two simple lines with just one four-syllabled word
to describe the ghostly effect of white standing out in darkness.

Lorraine Bowsher

The haiku referred to is:

*The apparition of these faces in the crowd;
Petals on a wet, black bough.*

(by Ezra Pound 1885-1972)

Shobrooke Parish Councillors 2023

CLlr. Chris Furse (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 Allan Jones (Vice Chair)	19 School Close, Shobrooke, Crediton, EX17 1AX 01363 777444 Cllr.Jones@shobrookeparishcouncil.co.uk
CLlr (Rev) Sandra Collier	37 Mill Street, Crediton, EX17 1EZ Cllr.Collier@shobrookeparishcouncil.co.uk

DEVON County Councillor

CLlr Margaret Squires	Currently moving 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	htuffin@middevon.gov.uk
Website	www.shobrookeparishcouncil.co.uk
Parish footpath officer	Carol Maher
Playing fields liason officer	Ben Jacobs
Website officer - clerk	Mrs. Clarke, Rosefield, Northlew, Okehampton, Devon EX20 3BN 07886004919 Clerk@shobrookeparishcouncil.co.uk

Shobrooke Parish Council

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

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

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

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

In a response to the environmental challenges faced by our community, the parish council is pleased to announce the reception of a tree from the Devon Wildlife Trust. This commendable initiative aims to replenish the tree population, particularly in light of the unfortunate loss of numerous Ash trees due to disease across Devon.

On a political note, our newly appointed district councillors have been actively engaging in council meetings, diligently researching various concerns raised by the council and the community. Notably, they have delved into critical issues such as the pressing social housing crisis and potential adjustments to property restrictions within our area. While the prospect of increased social housing availability is promising, navigating through the intricate process remains a considerable challenge. Councillor Tuffin has shed light on the gravity of the situation, revealing that there are currently 900 individuals on the waiting list for housing in the Mid Devon District Area.

In a delightful turn of events, our very own councillor Balkwill, took to the stage in the recent pantomime, leaving an indelible mark on the community's entertainment scene! Showcasing not only her dedication to public service but also her creative and theatrical talents.

Looking ahead, we encourage all local parishioners to mark their calendars for upcoming council meetings on the 13th of March, 10th of April and 8th of May (Annual meeting, 7:15pm start for this one). Your attendance and participation are invaluable, as we work together to shape the future of our community. Let's continue fostering a sense of togetherness, embracing positive change, and celebrating the achievements of our dedicated representatives. Your engagement is crucial, and we look forward to welcoming you at our future gatherings.

CINDERELLA'S MAGICAL RETURN: A CELEBRATION OF SUCCESS AND A LETTER OF THANKS!

Victoria Leeming



I am thrilled to address you with a heart full of gratitude and excitement following the tremendous success of our village pantomime, the first in 40 years!

What an incredible journey it was! From the cold, dark nights of rehearsing to the final curtain call, every moment was filled with

magic, laughter, and an undeniable sense of community spirit.



First and foremost, I want to extend my deepest thanks to each and every one of you who contributed to making the production a resounding success. To our wonderful actors who brought the characters to life with such energy and charisma; - it goes without

saying that you exceeded expectations!

To the backstage crew, costume designers, set builders, and musical maestro, your hard work and attention to detail were truly remarkable. You all worked tirelessly to ensure that every aspect of the production ran smoothly, and your efforts have not gone unnoticed.



Of course, none of this would have been possible without the unwavering support of our village community. Your enthusiasm and commitment were instrumental in filling the seats night after night, after night! Your presence in the audience gave us all the encouragement we needed, and for that, we are incredibly grateful.



I must also express my gratitude to the volunteers and sponsors who lent a helping hand in various capacities throughout the production process. Whether it was sewing costumes, building props, or providing refreshments, your generosity and willingness to pitch in made all the difference. A special thanks go to the Red Lion, Mole Avon, Hedgerow Print, Crediton Art Centre, Ladds Guns and A & S Paving – we couldn't have done it without you!

As we reflect on the success of Cinderella, let us not forget the true magic that lies at the heart of our village: our sense of community. In coming together to create something special, we have not only entertained audiences but also strengthened the bonds that unite us as neighbours and friends.



Looking ahead, I am filled with optimism for the future of our village and the countless possibilities that lie ahead. Let us continue to support one another, celebrate our talents, and embrace the spirit of collaboration that made our pantomime a triumph.



Once again, a thank you from me to each and every one of you for your contributions, big and small. Together, we have proven that when we work together, there is no limit to what we can achieve. Here's to the 2024 and the fun that lies ahead!



The new tennis season is fast approaching; our membership year starts in April.

To get your full benefit of your membership, do join from April 1st. There is much tennis to be had. Four club sessions, a ladder for single play, rusty racket sessions, sessions to try out the ball machine and there is a lot of match play.

We have three teams playing league tennis this winter – two mixed and one men’s team. Congratulations to them for their successes so far and good luck for the rest of the season. You can follow their results on the website -

<https://www.newtonstcyrestennisclub.co.uk/league-tennis/>

For the summer season we will be playing three mixed teams, two men’s and one ladies’ team, at different levels of play. The league matches are a chance to play against unknown players. The matches start at 6.30 on weekday evenings.

Fancy joining? See <https://www.newtonstcyrestennisclub.co.uk/membership/>

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Wellness Page

By 'Dr Feelgood'



There are many things in life that can lift our spirits, and singing is one of them. Whether you regard yourself as an accomplished singer, a bit of an occasional crooner or just someone who sings in the bath, there is a huge amount of evidence that singing really is good for us. Opera North, the national Opera Company based in Leeds, have championed singing and music for many years, and now they've identified 10 key reasons why singing is good for us.

1. Singing makes you feel better

When we sing the body releases endorphins, serotonin and dopamine – the chemicals that lift your spirits. Singing is also as an aerobic activity as it introduces more oxygen into the blood which improves circulation and improves our mood.

2. Singing enhances lung function

Most of us don't use all of our lungs day to day. Singing requires you to breathe more effectively, you have to use all of your lungs when you sing as well as the muscles around your ribcage. That's why singing is being used to help people suffering with long Covid and ongoing lung conditions

3. Singing helps manage stress

Singing is very effective for helping us reduce stress and anxiety. It can help us feel more rested and relaxed and restore a sense of inner balance.

4. Singing helps improve memory

Singing is increasingly part of dementia care as it can play a key role in triggering memories and helping increase awareness. When we sing we use different parts of the brain at the same time so it helps with concentration and alertness as well as memory.

5. Singing builds a sense of community

Singing with a group of people brings a sense of connectedness, and research suggests this feeling of togetherness can be achieved on screen as well as in person. Having the chance to chat to others after a good sing is also a very effective way of helping us relate to others and feel a social bond. "The sense of community and belonging when singing in group settings, even over Zoom, can have a huge impact on stress reduction and can even synchronize your heartbeat and regulate your breath, so you're all breathing as one huge lung." – Marie Claire Breen, Opera North Choral Learning Team

6. Singing allows you to express yourself

Singing is a brilliant way to let go, and to express who you are in your own way!

7. Singing can help with pain relief

When we experience the joy of singing it can help us move from having to endure day to day pain, to relating to others and enjoying ourselves.

8. Singing boosts your confidence

Singing is great for your self esteem and confidence. It helps us let go and feel good about ourselves. You have to stand up straight to sing so improving our posture, which helps us feel more confident too.

9. Singing features in Wellbeing Studies

There’s plenty of evidence to demonstrate that singing is a key aspect of research into Wellbeing. Dr Freya Bailes who leads the MA in Music and Wellbeing at Leeds University says: “When we challenge our students to think critically about whether there is really anything special about music for wellbeing, the answer seems to be that music has it all! Singing with others contributes to positive mood, is engaging, promotes relationships with others, is experienced as meaningful, and can afford a strong sense of accomplishment.

10. Singing is for everyone

It doesn’t matter how good a singer you are, we’ve all got a voice and you can experience the benefits whatever your singing ability. Everyone can have a go and that makes it especially positive!

So whether you’re an experienced singer and are already in a choir or group, or if you just occasionally enjoy a sing along to the radio at home, the next time you have a chance to sing don’t hold back. When the mood takes you, let go and enjoy hearing the sound of your own voice. It’s good for you!

Wishing you well Dr Feelgood :)

For more information about Opera North please visit

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

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

Under the Hedge Sally & Vivien



From March onwards hedgehogs may come out hungry from hibernation.

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

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

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

Foodbank News

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:

frederiquec@gmail.com **with 'Foodbank' in the subject box.**

The foodbank can also be contacted directly as follows:

Website : www.creditonfoodbank.org.uk

email : help@creditonfoodbank.org.uk

or phone the Co-ordinator, Fiona, on 07740 202741.

Please note this email distribution list is for information about foodbank items only (and does not relate to any other village news). This information is sent to Frederique by the Foodbank via email and then forwarded on to those she has on her list.

Local food donations can be left in the green bin outside the Red Lion pub.

Remember also that donations can be made at both Morrisons and Tesco, in some cases with readily available bags, prepacked with the current needs.

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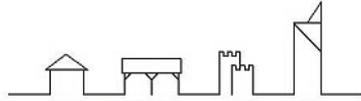
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arriving in Shobrooke at 13:16

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**

USEFUL VILLAGE CONTACTS:

Parish Council:	Anna Clark	see page 25
Village Hall:	Alison Ayres	01363 775103
Churchwardens:	Rosemary Barber	01363 773419
	John Lee	
Red Lion Inn:	Jane	01363 772340
Playing Fields:	Chris Furse	01363 774495
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

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:

Police, Fire, Ambulance dial 999
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 Crimestoppers.....0800 555 111

HEALTH:

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 NHS Direct Helpline 0845 46 47
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 Comm. Mental Health Team 01363 778600

Redlands Primary care 01363 727111

Crediton Hospital 01363 775588
 Tiverton Hospital 01884 235400

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

Citizens' Advice Bureau 01363 778410
 Ring & Ride Comm.Transport 01363 773303

Other:

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 John Groves - Hedgehog Rescue 07966 435147

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LOCAL COUNCIL SERVICES:

Devon County Council 01392 382000
 Mid Devon Dist.Council 01884 255255
 Crediton Office: 01363 773755
 Punchbowl Tip: 01363 84520
 County Councillor:
 Margaret Squires....01363 84337

UTILITIES:

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March

Curry & Quiz Night : *Thursday 7th*
Curry available from 7.30pm & eyes down 8pm. Note price rise to £10.00 per person. *(Normally the 1st Thursday of the month)*

Open Mic night : *Wednesday 13th from 8pm*
(Normally the 2nd Wednesday of the month)

Classic Cars night : *Thursday 21st (Normally 3rd Thursday of the month)*

April

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

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

Classic Cars night : *Thursday 18th*

May

Curry & Quiz Night : *Thursday 2nd*
Curry available from 7.30pm & eyes down 8pm
£10.00 per person.

Open Mic night : *Wednesday 8th from 8.00pm*

Classic Cars night : *Thursday 16th*

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

Shop and Pub Opening Hours : 12-3pm, 6.00pm - close
Except Monday when all Closed

Thank You from all The Red Lion Team

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