

The **brooke** **FREE**

THE QUARTERLY NEWSLETTER FOR SHOBROOKE



Summer 2026



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The Brooke is published quarterly :
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and is delivered **free** to residents of
Shobrooke parish.

It is also available from:

St Swithun's Church and
The Red Lion Inn.

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the views of the writers and should not be read otherwise*

Please send submissions to:

thebrookenews@gmail.com

Cover Photo : Mandy Jones

*An Orange Tip was resting on my
Camassia for several days in April.*

*This butterfly lays its eggs on Lady's
Smock (Cuckoo Flower) and Jack By
the Hedge (Mustard Garlic) which
provide food for the caterpillars*

Welcome to the Summer issue.

Reading through the contributions
for this edition I am happy to see
so many which reflect the sense
of community within Shobrooke.

Examples include semi-regular
events like Shobrunch to help
fund the village hall, or the newly
formed Shobrooke Social Club
(taking on the space left by the
old Friendly Club) - providing a
monthly focus for people to get
together, share tea and cake and
participate in various activities or
events they have planned.

These things take effort to come
into existence, created by people
who see the value in building
community.

I urge you to make the most of all
the community related events
that take place within Shobrooke,
they are a treasure.

They are what makes Shobrooke a
desirable place to live.

Enjoy the Summer!!

Malcolm



SHOBROOKE VILLAGE HALL

AVAILABLE FOR HIRE!



Suitable for children's parties, sport/wellbeing activities, crafts, meetings, dog training, social events and much more!

Facilities include: - Main Hall with stage, Equipped kitchen, WC's, Disabled access & Parking

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YOU!

**We're raising funds to repair the roof!
Every donation helps keep our hall open
and thriving for the whole community.**

Donate now:

- **Account no. 04506596**
- **Sort code. 52-30-06**

THANK YOU FOR YOUR SUPPORT!

**For enquiries and bookings, please contact Alison Ayres:
07732 564433 or alisonjpayres@gmail.com**



Shobrooke Social Club

Where: Shobrooke Village Hall. 2- 4pm

How often: Monthly on the last Wednesday of the month.
24th June, 29th July and 26th August

Who: Anyone 55 years and over in Shobrooke Parish

We are a friendly bunch and like to chat. It's been great to get together over the last couple of months, to enjoy each other's company and eat cake!

In March we had the pleasure of welcoming Malcolm and Frédérique Cooke, who explained the benefits, origins and demonstrated Tai Chi, which we all had the opportunity to try out and feel the calming benefits of this beautiful practice. Thank you Malcolm and Frédérique!

Lifts can be offered if you have transport difficulties and car sharing is encouraged.

For more information or to arrange a lift, please contact Jill Barnard at billjarnard@outlook.com or text Katherine on 07811 613654

The Boniface Bash - Saturday 6th June



You're invited to the Big Boniface Bash!

A day to celebrate CREDITON, St Boniface, Devon and everything that unites us.

It's an event that blends the festival

with the summer fete.

Featuring family fun, arts, local music, crafts, food and drink, silent disco (thanks to The Ship Inn, Crediton) and more.

Free entry from 11 am
at Newcombes Meadow

(please note the silent disco is a ticketed event).



CREDITON STRUMMERS - See us at approx 12:50 pm



The Big Boniface Bash Saturday 6th June

A great mix of songs promising a fun time for everyone.

The Strummers meet weekly on a Tuesday evening at CREDITON Arts Centre for a fun time playing and sharing music.

Everyone welcome : musicians (any instrument) , singers , both!!

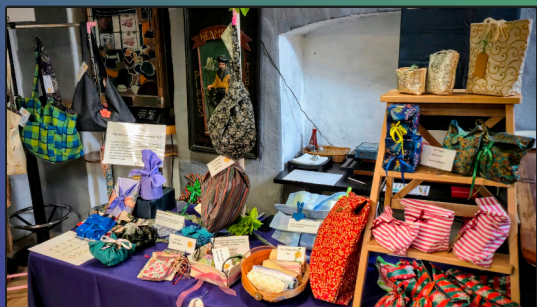
For more information about joining **The Strummers** contact
Ed Finch : **07810861917** or **Edfinch@edfinch.org**

Lacewing

Hand crafted by Frédérique

**Handmade bags from up-cycled fabric
Furoshiki, Japanese style gift bags**

Find me at the Boniface Bash



**Saturday 6th June
Newcombe Meadows
From 10am**



CMC MAKERS

EXPERT ADVICE ■ QUALITY SUPPLIES

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- DIY
- PLUMBING
- HARDWARE
- PAINTING & DECORATING
- TIMBER
- ELECTRICAL
- TOOLS
- GARDENING
- WILD BIRDCARE
- CLEANING
- GLASS



Lords Meadow Industrial Estate, Marsh Lane, CREDITON

OPEN Monday - Friday 7:00am - 6:00pm
Saturday - 8am-5pm | Sunday - 10am-4pm

Yoga 15th Birthday Party

This April was a very special month for Yoga in Shobrooke – 15 years ago in April the first Yoga evening class started in Shobrooke Village Hall. It was all very new for



the village, but as a Yoga teacher who had moved into Shobrooke a few months before I decided we had to see if there were any budding Yogis out there who would like to come. And come they did! Over the years there have been lots of people of all ages, backgrounds and faiths coming into Shobrooke Village Hall, rolling out their mats, and practising yoga, often for the first time. After all those years it was only right that we had a birthday party (and some yoga, balloons and cake!) to mark our 15th birthday. Yogis who have been coming to classes with me

for 10 years or more were all invited (there were 17 in all) and I'm delighted that 4 of those yogis live in Shobrooke! Alison Ayres has been coming for 15 years (she started on day 1), Heather Harsant and Malcolm Cooke for 14 and a half years, and Jan Miller for 13 years. There are other Shobrooke yogis too now (you know who you are!), some of whom have also been coming for many years. Friendships have been



made and much laughter has been shared in amongst the stretching and breathing. It's been an absolute pleasure to teach in Shobrooke over the last 15 years, here's to many more years practising together.

Namaste, Vivien

Ps. If anyone is interested in coming to yoga for more information see my website www.yogaforlife.org.uk or call me on 07766 562025

Email Lists

Brooke News

An email list is maintained for The Brooke News in order to send out requests for contributions, and to send out an electronic pdf version of The Brooke after publication. If you wish to be added to this list or removed from it then please email thebrookenews@gmail.com. **Malcolm**

Village News

Email to use for all village communication - shobrookevillage@outlook.com
Please send anything for circulation around the village to this account.
If you would like to be added to the list, please email the above address and I will update the records. On the other hand, please also get in touch should you wish to be removed.

Victoria

The CREDITON Foodbank



As May rolls in, the weather is beginning to warm up, and the lighter evenings have certainly been a welcome sight. We hope you have been able to enjoy the few days of good weather we have had.

One of our main focuses at CREDITON Foodbank this year is ensuring that we are reaching younger families and older people who may need our support but, for one reason or another, are not currently accessing our services. Linked to this is our desire to spread the

message throughout the community that a referral from a professional body is not required — the Foodbank can be accessed through self-referral by email, text, or phone call. Our coordinator meets with all new clients to welcome them and gather the information needed to set up food parcel support and use of The Pantry, as well as to signpost or refer people to other organisations that may be able to help further. These include agencies such as CHAT (Churches Housing Action Team), which supports people with housing, debt, and money advice; ECOE (Exeter Community Energy), which offers help with energy bills, white goods replacement, and other energy-related support; Stop For Life, which provides help with stopping smoking; and the Employment and Youth Hub, which supports people returning to work or education.

As supermarket prices, fuel costs, and energy bills continue to rise, many people are struggling to make their money last through the month. Especially when unexpected bills come in or life events create uncertainty. We want people to know that they are not alone and that we are here to help. We understand that asking for support can feel difficult and that reaching out to unfamiliar people can be daunting. However, we are a friendly team of staff, volunteers, and trustees, all committed to offering help and support without judgement.

We are also pleased to share that CREDITON Foodbank is now the recipient of the donations box at the front of Lidl in CREDITON. This means we now have collection boxes at all the supermarkets in CREDITON, so you can support us wherever you do your food shop. For those who prefer online, we have the option to donate financially on our website: <https://creditonfoodbank.org.uk/donate/>

Finally, thank you to everyone who supported us at COD's recent performances of Joseph and the Technicolour Dreamcoat. It has been a wonderful opportunity to be chosen as COD's Charity of the Year. Please contact us for support or for more information on 07740202721 or help@creditonfoodbank.org.uk

I thought of you today
 But that was nothing new
 I thought of you yesterday
 And will tomorrow too

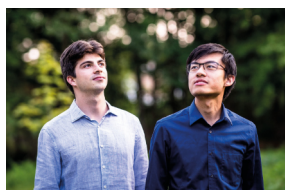
I think of you in silence
 And make no outward show
 For what it meant to lose you
 Only those who love you know

Remembering you is easy
 I do it every day
 It's the heartache of losing you
 That will never go away

Jacque Lee



www.bonifaceconcerts.co.uk



Gerard Flotats & Julian Chan Cello & piano

Returning, after their triumphant 2025 recital to
 play works by Beethoven, Janáček and Barber

Thursday 11th June 7.30 pm
 Crediton Parish Church



The Delphine Trio

Clarinet • Cello • Piano

Works by Beethoven, Leighton, Fröling and John Psathas,

Sunday 21st June 3.00pm
 Crediton Parish Church

Tickets

£18 | full-time students (under 30) FREE Available from : A.E. Lee Outfitters, Crediton High Street
 Disabled access, parking and refreshments. www.ticketsource.co.uk | on the door

Photo Gallery I



*The Paul's Scarlet Hawthorn
Tree in its Maytime glory
Steve Jones*



*Friendly deer visiting our garden
Victoria Leeming*



'Nature Amazes Me' Jill Barnard



Monday 31 August 2026, Parish Hall

Sandford Summer Show planning is hotting up – it's all that sunny weather!

We need lots of produce entries from both novice growers and seasoned professionals. Whether its fruit, flowers, tomatoes, beetroot, onions, herbs, the longest runner bean or the freakiest vegetable, there is something for everyone. Get your copy of the entry form to see the many categories you can choose to enter.

If you have some spare plants, garden or house varieties, we would love to have those to sell on our plant stall. Just bring them along on the day.

Crafters, artists, photographers and cooks can join the competition with their best efforts. Age is no bar – there are categories for everyone!

Competition entry forms available at Sandford Community Stores or via email sandfordsummershow@gmail.com

Growers – may the weather be with you!

Nature Notes

Steve Jones

This is the time of year to see the juvenile Starlings. The parent birds arrive with their offspring to feed on the soldier fly larvae we put out for them in our yard. The adults march quickly to the food, followed by a little grey gaggle of bumbling fluffed-up chicks. Juveniles are easy to spot, due to their grey-brown feathers and dark beak, with no sign of the iridescent greens and purples they will go on to develop. It's amusing to watch the parents run around followed by their hungry babies, all shouting for attention and food. They screech and flutter their wings before opening their beaks to reveal bright orange throats, in the expectation that some food will be popped in. After a while, the parents appear exasperated, as the fledglings are clearly capable of feeding themselves.



Starlings in the plunge pool

Today the parents flew off leaving their young staring into space. Initially they pestered any passing adult, but eventually looked at the food on the ground as if they were thinking 'that grub is so close, perhaps I could bend down and eat it myself'. Gathering in little groups, one by one they gave it a go and before long they were off, scoffing away.

The RSPB reports that nationally Starling numbers are 57% down since the mid 90's due to us humans. However, here in Shobrooke I reckon we're doing our bit to bolster the population!

Every Spring I listen out for the first Swifts in the village, and for many years they have arrived on or close to 10th May, which one pair did this year. At the time of writing, no more have arrived.

<https://www.swiftmapper.org.uk/info> is a link to report sightings to assist the RSPB research.

Last week I was lucky enough to visit the river Exe country park by Marsh Barton. The city has done a great job in rewilding the land between the canal and the river. Following the footpath, I noticed the river had carved out high banks in some places and just a few feet below me, lots of Sand Martins were flying low across the water and then back to their nests in the bank. I have never been so close to them. Reeds and sedges have taken over the damp ground along the margins and you can see and hear Reed Warblers as they proclaim their territories from the tallest reeds.

At home, while discussing the cost of living crisis, I came across the expression 'pull in your horns'. I was curious to know its origins. How could a large horned beast retract its horns? Well, you'll have to trust me on this, but the expression comes from the action of snails when facing danger. Their eyes are on the end of two 'horns' and when faced with danger they are retracted. This behaviour was used by writers from the 14th century onwards to describe human behaviour responding to threats.

Finally the weather continues to be unsettled, with some late frost. Bring it on. I wish our farmers a mix of showers, bright sun and light airs!

Swift Diary

For the 2nd year the Swift Monitoring Project is in motion.

The Swift Caller on Shobrooke Church Tower is operating from 7-8.30 am and from 7-8.30 pm over the summer to encourage newcomers to the nest sites in the Church tower.

From early May to Mid August : The 1st wave of returning adults will return to their previous nest sites.

From end of May - mid August : The 2nd wave of 2 to 3 year old birds will return to look and bond without laying, for 1st time.

End of June to end July : The 3rd wave of 1 year old prospectors, known as screaming party, zip about noisily to prospect nest sites for following year.

Please let me know if you see any swifts in the vicinity of the Church.

I shall be monitoring and reporting on some summer's evenings in the Churchyard.

Hopefully Swift boxes in the village will also soon have occupants apart from the sparrows!

Happy Birdwatching!

Sally Foot 07882 786648

St Swithun's Church News



At the Annual Parish Church Meeting, once again John & Victoria received a unanimous vote of confidence to continue as Church Wardens for the coming year, thank you both for your support and commitment. We are delighted to welcome Leigh Bridger as our new Treasurer, huge thanks go to Clare for all her hard work over the years.

It is a joy and privilege to be serving in the village as an ambassador for Christ. Week after week whenever I step foot into the Village I feel at home, thank you to all for making me so welcome. With the Summer months almost here I look forward to being out and about more and more. It was great to attend my first meeting of the Social Club, where Malcolm & Frédérique shared their Thai Chi expertise with us. I am delighted to see how the Group has taken off.

How wonderful to celebrate Rogation Sunday with the Shobrooke Ramble, seeing 26 adults and 13 dogs taking advantage of a beautiful morning to stroll around parts of the Parish, offering thanks for God's amazing world and praying for parishioners in various locations.

Prayer Group, 4pm Tuesdays, prayers can be left on the board, or in the confidential box in church.

Summer services: all 11am unless stated:-

June 14th Family Worship

28th Holy Communion

July 12th Family Worship with Baptism

26th Holy Communion

Aug. 9th Family Worship

Aug. 23rd Holy Communion

Do get in touch, Sandra, 01363 777013, sandracollier57@gmail.com I am generally available on Sundays, Mondays & Tuesdays.

From the Churchwarden's Desk

It has been a wonderfully cheerful and uplifting period at St Swithun's in recent months, with a series of services that have brought our community together in meaningful and enjoyable ways.

Mothering Sunday was a particularly warm occasion, as we gathered to give thanks for all those who care for others in our community. The simple act of

passing a strand of wool through the congregation during *Bind Us Together* was a memorable moment, offering a gentle and visual reminder of the connections we share. Posies were distributed, adding to the sense of kindness and appreciation that marked the service.

Palm Sunday brought plenty of energy as we kicked off Holy Week with a joyful procession. It was encouraging to see so many people taking part, creating a real sense of shared purpose as we marked the start of this important time in the church calendar. Even a few four-legged companions joined in, adding a sense of joy, fun and togetherness.



Our Easter Day service followed and was filled with colour, hope and celebration. The church looked particularly welcoming, adorned with flowers, and the atmosphere was one of shared joy. The Easter egg hunt afterwards was a huge hit (not just with the children!), with laughter echoing around the church as hidden treasures were discovered. A perfect way to round off a very happy morning



And finally, our first Rogation Ramble was a great success. With good weather on our side, we set out into the countryside to enjoy the fresh air, some good company and the wonderful views. It was a relaxed and sociable occasion, with plenty of chat, a few laughs, and a shared appreciation for our beautiful surroundings—proof that church life can be just as lively outdoors as it is inside! It was wonderful to see so

many four-legged friends, all clearly enjoying the chance to dash about, with the added delight of a splash in the brook along the way.

Together, these occasions remind us just how special our village community is - full of warmth, generosity and fun. It is the people, and the spirit in which everyone takes part, that make Shobrooke such a wonderful and enjoyable place to be.

With warm wishes,
Victoria Leeming
Churchwarden

Gardening & House Maintenance work offered

(incl gutter clearance and window cleaning)

Fully equipped with good selection of tools
e.g. PowerWasher, Chain Saw etc

I have been working in Shobrooke for several
years, and can provide many references.

Please contact me for availability, rates from £18ph

Adrian Iles

Tel : 07855 055 002

Email : adrianiles@yahoo.co.uk

SHOBRUNCH NEWS

In April we had another fantastic Shobrunch! With hot bacon rolls and veggie sausage baps, a huge array of cakes and biscuits and lots of very happy people enjoying some time together, we had a fabulous morning in the village hall.

We had so much fun, and we raised an absolutely incredible **£650** for the village hall! Thank you so much to everyone who came to support us on the day, and to those very kind people who couldn't make it but gave us a donation anyway.



As ever it was so great to see everyone supporting us, and to catch up and laugh with neighbours and friends. Thank you Shobrooke - we're really looking forward to the next one in October!

Love, The Shobrunch Team x

Tamarix Tree

Joy Moore

The Tamarix tree produces a mass of pink flowers in April and is a dramatic addition to the spring garden with its visual beauty. In the Shobrooke garden it is particularly special in relation to the falling white cherry blossoms juxtaposed against the pink foliage. The tree is native to the drier areas in Asia, the middle east and Africa and its 'generic name originated in Latin and may refer to the Tamaris River in Spain.' It is also referred to as salt cedar as it thrives in dry and desert like conditions and is resilient and efficient in obtaining water from the soil in drought conditions.



The Tamarix tree also has spiritual significance in relation to the material and spiritual world. It is referred to in the Old Testament, Genesis 21:33 when Abraham is recorded to have planted a tamarix at Beer-sheba where he had built a well there earlier. 'In Samuel 22:6 Saul is sitting under a tamarix tree when he learns that David has returned to Judah and on his death Saul is buried under a tamarix tree'.

The Tamarix tree is associated with themes of perseverance, hope, new beginnings and spiritual growth; a metaphor for resilience, hospitality and refuge for future generations with its ability to survive and transcend harsh and hostile conditions. It is a source of inspiration and rejuvenation.

Princess Basma Centre Update

Sandra Collier

Steve and I continue to raise money for the Princess Basma Centre, here is an extract from their latest correspondence to me.

Hope is being able to see that there is light despite all of the darkness
Archbishop Desmond Tutu

At a time of unprecedented distress for all peoples in this region, the Princess Basma teams in Jerusalem and Gaza shine on. Applying valuable lessons and skills learnt through COVID, and with steadfast faith, the critical ministry of healing and educating continues. In Gaza and in Bethlehem, we are looking to extend our rehabilitation and psychosocial work to local schools who are supporting orphaned children; our staff in Gaza and Jerusalem are currently being trained online to better support children with trauma-related issues. Meanwhile at our base at Al Ahli Hospital in Gaza City, our team of nine continues to provide valuable services to children with post-acute injuries and chronic conditions, with an average of 81 children every week treated in March.

Sandra : 01363 777013 sandracollier57@gmail.com

Bean Stew with Peppers and Feta

INGREDIENTS (4 servings)

- Olive oil
- 1 large sliced onion
- 3 crushed garlic cloves
- 3 large chopped tomatoes (or a can or carton of tomato)
- 300ml vegetable stock
- 1 tsp of dried mixed herbs
- 3 chopped mixed sweet peppers
- 400g tin of drained and rinsed beans
- 90g sliced black olives
- Splash of vinegar
- 1 tbs roughly chopped parsley
- Chill powder to taste (if desired)
- 100g crumbled feta cheese



Method

1. Heat 1 tbsp olive oil in a large pan over a medium heat and fry the onion for 8 minutes until beginning to turn golden.
2. Add the garlic, dried herbs and tomatoes, then simmer for 5 minutes.
3. Pour in the vegetable stock, stir in the peppers, bring back to a simmer, then cook for 15 minutes.
4. Stir in the beans, chilli powder (if used), black olives and a splash of vinegar, then simmer for 15 minutes.
5. Season with salt and pepper.
6. Sprinkle over the chopped parsley, top with the feta cheese, then add a drizzle of olive oil.

Serve with toasted pitta breads, or rice for a complete meal

Make up to 3 days ahead, keep covered in the fridge and reheat until piping hot.

Enjoy !!

News from Uppincott Farm

by Nick Lee

In the old cob barn at Uppincott Farm, up above where the cider press used to be and dividing the area from where the cider was stored in big barrels, a brick wall had been built above the cob, many years ago. This wall divided, on the upper floor, and kept secure, the area where Grandfather stored the feed for the working horses. We



The Oat Chamber

still refer to this “room” as the oat chamber, although oats haven’t been stored there for many a long year.

The door to the oat chamber would have been kept locked, as most farmers wished to give their horses what they thought was a proper ration, no more and no less.

My father told me that all sorts of crops

would have been grown to feed the working horses; hay, oats beans, flaked maize if they could get it, and a particular favourite: boiled linseed.

Grandfather’s horsemen, or carters as they were known, would go to great lengths to get extra feed for the horse that they worked with, and looked after. They were very proud of how their horse was turned out, so if they could get hold of, particularly, more linseed, which would make the horses coat more glossy, the happier they were. So Grandfather nailed chicken wire above the brick wall, to stop his carters from climbing over the wall to get more feed for “their” horse. This was known as stealing for your horse even though the horses belonged to grandfather! Funny old times, and the chicken wire is still there to prove it!

Now, where is all this going, I hear you say, other than a cosy old tale of yesteryear? Well, the number of horses working the land in the uk, prior to tractors becoming affordable, was somewhere around 1 million, and even up to 1959 it is thought there were still around 90,000. The land required to grow the hay and fodder crops for the working horse population alone must have been thousands and

thousands of acres across the country. Working horses of all types “back in the day” were the power source, or as we would say today, the energy, that kept much of the country going. Of course, as time went on and things progressed, steam engines, trains, motor cars and tractors gradually took over from those gentle giants and trusty beasts, and the men climbing over grandfather’s wall and cutting through the chicken wire to get extra food for the horses, were no longer.

This brings me to “renewable energy” the evolutionary next step in where we get power from. Sometimes this is viewed as contentious and I must admit I do feel uneasy when I see acres of solar panels in fields. Why not cover the roofs of buildings on industrial estates first? Wind turbines seem to be springing up everywhere and some people will say they are graceful, but it’s not always windy and we all like to have electricity to be able to boil a kettle just whenever we want, not just when it’s windy.

Possibly the more reliable sources of energy are anaerobic digesters, which basically take all sorts of organic material and turn it into methane gas, which fires turbines and converts it all into electricity. The downside is that these digesters have an enormous appetite to keep going, and need not only waste, such as chicken and pig muck, but crops of grass and maize and even wheat to keep the whole process going.

I used to think that it was a huge disgrace to be taking crops to make, in effect, energy and not food, but actually is it so dreadful? Are we not just turning the clock back to the days when horses produced energy and needed thousands of acres of land to grow their hay and beans and linseed? And no brick walls and chicken wire in sight. Which brings to mind another tale of yesteryear, but I’ll leave that for another time!



Jonathan drilling maize

Wellness Page

By 'Dr Feelgood'



Balancing is something we all did as children. Children love a chance to see how long they can balance before they fall over, and they're often very good at it. Of course as adults we're not often in situations where we have to balance – and this means we're not practising balancing. What's wrong with that you might say (not many of us relish the prospect of standing on one leg!) but unfortunately if we don't practise balancing we start to lose the skills to do it at all.

Balance is the ability to distribute your weight in a way that lets you stand or move without falling, or recover if you trip. Good balance requires the coordination of several parts of the body: the central nervous system, inner ear, eyes, muscles, bones, and joints. Problems with any one of these can affect balance. Medical conditions can also affect our balance, as can some medications and of course alcohol.

Throughout our muscles, joints, and tendons, nerves called proprioceptors tell the brain about the changes we are experiencing that call for adjustments, such as when you step onto a slippery pavement. Suddenly the brain sends instructions about how to react. That's all very helpful when our body is strong and youthful, but as we get older our muscles and tendons are weaker and stiffer, and this makes it much harder to balance and avoid falling. Of course if you suddenly have a new balance issues, increased dizziness, or vertigo, make sure you get in touch with the GP as this is something that needs investigating.

Although it is natural to notice a decrease in your sense of balance as you get older, we shouldn't have to accept that a severe loss of balance is an inevitable consequence of aging. A good test of your balance is to see how long you can stand on one leg, first with your eyes open and then closed. Take your shoes off, put your hands on your hips and stand on one leg. See how long you last. The test is over as soon as you shift your planted foot or put your raised foot down on the ground.

Dr Michael Moseley talked about the significance of this balance test in the BBC Science Focus Magazine in March 22

Why is this balance test so important? It's because it is so taxing. Your brain normally uses three different types of information to keep you upright: your eyes, your vestibular system (a sort of spirit level you have in your inner ear), and proprioceptors in your limbs that send signals to your brain,

telling it what is going on. When you remove your eyesight, the brain has to work much harder to keep you steady. Michael Moseley

He went on to discover how medical researchers had tracked people over time who could balance on one leg with their eyes closed and realised that people had a longer life expectancy if they could do it for more than 2 seconds than those who couldn't, being able to balance really is that crucial! The good news is you can improve your balance with practise, activities such as yoga or tai chi are excellent for improving your balance skills. Plus you can practice doing the one leg balance test at home too! The next time you brush your teeth tune in to that inner child, stand on one leg, and see what happens. If you keep practising in time you could build up to closing your eyes too! It's definitely worth it!

Wishing you well.

Dr Feelgood.

Newton St Cyres Tennis Club June Update:

The summer is around the corner and so is Wimbledon!

Just the time to get into tennis again. The weather has been absolutely perfect for tennis! After all the rain this winter it has been very dry and perfect for tennis

RUSTY RACKETS!!

There are regular sessions for rusty rackets on Saturdays. The person to contact is Sue Bloomfield at sueblmfld03@gmail.com for details of session times.

Come and join the other club sessions: they are well attended and apart from exercise provide lots of fun and banter. The sessions cover a wide range of abilities and ages so there is something for everybody. So try the club for a couple of sessions and then you can decide to join. Just contact our membership secretary Laura Leigh on 01647 24259.

The summer league has started. The Rusty Rackets, not so rusty any more, have entered a team! There are mixed teams, ladies' and men's team: something to suit everybody.

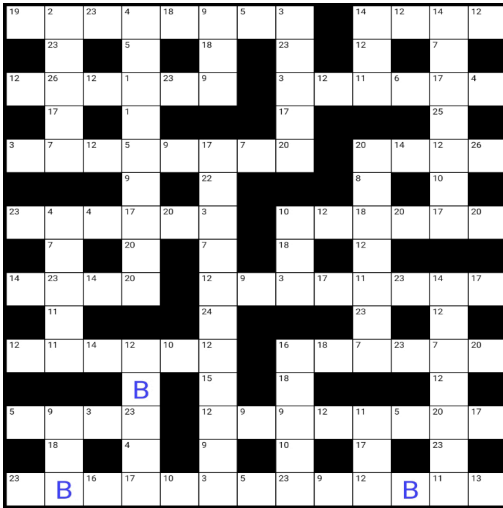
Junior coaching, run by our club coach James Temple, takes place on Wednesdays after school during term time, and started 3 weeks ago. There are currently a few places available in some of the groups. Please email juniors@newtonstcyrestennisclub.co.uk for further information and to check availability.

Jon Wills offers adult coaching both individually and for small groups, so if you feel you need to brush up your skills just get in touch via our website.

www.newtonstcyrestennisclub.co.uk.

The Tennis Club Website has a new booking system so booking a court is more streamlined and easier. And don't forget our super duper ball machine which means you can brush up your skills all by yourself. If you want to try it out please contact Frederiek at frederiekmaddock@gmail.com

Codeword Puzzle



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

Answer page 30

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Shobrooke Parish Councillors 2025

Cllr Allan Jones (Chair)	19 School Close, Shobrooke, Crediton, EX17 1AX 01363 777444 Cllr.Jones@shobrookeparishcouncil.co.uk
Cllr. Chris Furse (Vice Chair)	14 Silver Way, Shobrooke, Crediton, EX17 1HP 01363 774495 Cllr.Furse@shobrookeparishcouncil.co.uk
Cllr Lynsay Balkwill	14 The Village, Shobrooke, Crediton, EX17 1AU 01363 775296 Cllr.Balkwill@shobrookeparishcouncil.co.uk
Cllr Joe Leeming	10 Shobrooke Village, Crediton, EX17 1AT 07849 179533 Cllr.Leeming@shobrookeparishcouncil.co.uk
Cllr (Rev) Sandra Collier	37 Mill Street, Crediton, EX17 1EZ Cllr.Collier@shobrookeparishcouncil.co.uk

DEVON County Councillor

Cllr Steve Kebble	Bromstone Cottage, Lapford, Crediton EX17 6PZ 07967 655045 steve.keable@devon.gov.uk
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Mid Devon District Councillors

Cllr Mark Jenkins	6 St Swithins Gardens, Sandford, Crediton, EX17 4LY 01363 773900 / 07580 319314 mjenkins@middevon.gov.uk
Cllr Helen Tuffin	Buller Road, Crediton, EX17 2AX htuffin@middevon.gov.uk
Website	www.shobrookeparishcouncil.co.uk
Parish footpath officers	Bethan Ditchfield and Victoria Leeming
Playing fields liason officer	Ben Jacobs
Neighbourhood Watch Officer	Lesley Browne
Website officer - clerk	Mrs. Clarke, Rosefield, Northlew, Okehampton, Devon EX20 3BN 07886004919 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 – Get Involved

Parish Council – we have a new footpath warden!

We are delighted to welcome Jo Hamilton as the parish's new Footpath Warden. The role involves helping monitor and report issues affecting local public footpaths, including overgrown paths, damaged stiles, signage problems, and other access concerns. Jo is a keen walker and enjoys the local countryside and looks forward to supporting the upkeep and enjoyment of our parish footpath network.

Local Updates from DCC Keable

The restoration of library funding and a £500,000 capital fund for new books. Wildlife, swift nest boxes have been installed at County Hall in Exeter and at Tiverton on the Grand Western Canal, the aim being to increase their numbers as they have fallen dramatically.

Mention was made of roadworks which will start on the 29th June on the Tesco's roundabout on the A377. Discussions have been ongoing to improve and modernise the Tarka Line, a formal case will be presented to central Government. MDDC Jenkins indicated that two new schemes to help with the cost of living they are the Crisis and Resilience Fund (CRF), and the Oil Support Scheme. Contact Customer First on 01884 255 255 for assistance with this.

We Need You - volunteer day on Saturday 5th July 2026.

We are looking for volunteers who can spare either half a day or a full day to help with some much-needed maintenance work in the play park and surrounding nature area. Jobs will include cutting back brambles, tidying pathways and the nature area, helping to keep the area safe, tidy and enjoyable for everyone in the village.

No special skills are needed and all help will be greatly appreciated. Refreshments will be provided throughout the day and....there may even be pasties on offer!

It's a great chance to support the local community, meet neighbours and help care for our important village space.

We look forward to meeting as many people as possible at either the volunteer day or one of our council meetings, we are a friendly group, so come along and meet us. The next parish council meeting is on Wednesday 8th July at 7.30pm

Foodbank News

Frédérique Cooke

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.**

Please note this email distribution list is used **ONLY** for Foodbank related news received by Frédérique from the Foodbank via email, and then forwarded to those on her list.

Donations for the Foodbank

These can be left in the box outside The Red Lion, where they are then collected and delivered to the Foodbank in Crediton.

Should a physical copy of The Brooke be required then it can be obtained for a fee covering the individual print of a copy and postage. Contact the Editor.



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£460	£350	£240	£130	£75
<i>loose tipped</i>	<i>loose tipped</i>	<i>loose tipped</i>	<i>loose tipped</i>	

PART SEASONED LOGS

5m³	3.75m³	2.5m³	1.25m³	0.625m³
DOUBLE LOAD	1 ½ LOAD	FULL LOAD	½ LOAD	BULK BAG
£420	£320	£220	£120	£70
<i>loose tipped</i>	<i>loose tipped</i>	<i>loose tipped</i>	<i>loose tipped</i>	

Part seasoned logs will be ready to burn from autumn onwards if bought in spring/early summer and stored off the ground in airy conditions, e.g. log store.



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We meet every fortnight, Thursday 10am to 1pm
 Contact Jan on 01363 899215 or email jan.barnyard@gmail.com

Codeword
 Answers

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



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Returning at 13:05 from The Green and the High Street
arriving in Shobrooke at 13:16

Tuesdays

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 13:24, Paris Street, Exeter Stop 16
Bus arrives back in Shobrooke at 13:57.

Service 870 to Tiverton via Cheriton Fitzpaine, Poughill, Pennymoor, Cadeleigh & Bickleigh and operated by Country Bus.

Tuesdays only, departing Shobrooke Red Lion at 09:30 arriving Tiverton Bus Station 10:50.

Returning to Shobrooke from Tiverton Bus Station 13:50, *(We haven't been able to confirm the stand number in Tiverton - it used to be stand 6)*
Bus arrives back in Shobrooke at 15:00.

(In the morning this service starts at Crediton Green at 09:10 and arrives back there in the afternoon at 15:20, so can also be used by people coming to Shobrooke or going into Crediton on Tuesday afternoon: if returning from Shobrooke in the afternoon it would be best to tell the driver on the morning journey!)

To plan your journey using latest timetable information use:

<https://www.travelinesw.com>

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

If you need travel information for other bus and train services in Devon or the South West of England you can contact Traveline on **0871 200 22 33**, but be aware that calls cost 12p per minute.

USEFUL VILLAGE CONTACTS:

Parish Council:	Anna Clark	see page 26
Village Hall:	Alison Ayres	07732 564433
Churchwardens:	Victoria Leeming	01363 775765
	John Lee	
Red Lion Inn:	Jane Johnson	01363 772340
Playing Fields:	Ben Jacobs	
Yoga Group:	Vivien Hampson	01363 775468
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Parish Mag. Distr. :	Sally Foot	01363 775388
Allotments:	Lesley Browne	01363 772343
Crafts Group:	Jan Miller	01363 899215
Neighbourhood watch	Lesley Browne	01363 772343

YOUR LOCAL POLICE OFFICER: Currently Mid Devon Neighbourhood Team

NON EMERGENCY TELEPHONE NUMBER: 101 EMERGENCY TELEPHONE NUMBER: 999

Crediton Neighbourhood Policing Team (Rural South) Telephone: 101

Email: NPS-MidDevon@devonandcornwall.police.uk

EMERGENCY SERVICES:

Police, Fire, Ambulance dial 999
 Police non-emergency/enquiries...dial 101
 Crimestoppers.....0800 555 111

HEALTH:

NHS non-emergency medical needs...dial 111
 NHS Direct Helpline 0845 46 47
 Dental Access Service 01392 207544
 Comm. Mental Health Team 01363 778600

Redlands Primary care 01363 727111

Crediton Hospital 01363 775588
 Tiverton Hospital 01884 235400

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 Lloyds, Chiddenbrook Surgery 772841
 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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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

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Buffet Menus

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Buffet Menu-option 1

Light savoury buffet

Sandwich selection (Egg mayonnaise, cheddar and tomato, tuna mayonnaise & ham and mustard mayonnaise)
Selection of quiches
Cocktail sausage
Mini Leaf salad
Sausage rolls
Chips

£10.50 per head

Buffet Menu-option 2

Savoury buffet

Sandwich selection (Dad's cheese & red onion chutney, roast beef & tomato, tuna mayonnaise and Heston and gribble peppers)
Selection of quiches (+)
Selection of roast chicken drumsticks & thighs
Cocktail sausage
Mini Leaf salad
Vegetable crudités with a selection of dips
French fries
Homemade chicken
Homemade potato salad
Pesto pasta salad
Mediterranean mini salad

£14.00 per head

Buffet Menu-option 3

Savoury afternoon tea buffet

Open sandwich selection (Dad's cheese red onion & rocket, beef & tomato, egg mayonnaise and tuna mayonnaise)
Selection of quiches
Roast chicken drumsticks
Hot and mustard sticky cocktail sausage
Sausage rolls
Followed by Warm scones with chutney cream and jam Includes tea and coffee

£15.00 per head

Buffet Menu-option 4

If you wish to include items from the different buffet options for example:
buffet option 1
Then warm scones with chutney cream and jam from buffet option 3 we are happy to do this however there will be an additional cost.

Please could you inform us prior to the date if you have anyone with allergies and we will endeavour to cater for them!
Although we have a mixture of vegetarian and meat options, the vegetarian options are not necessarily vegan. Again if you have any vegans in your party, we can make substitutions.

