

The brooke

FREE

THE QUARTERLY NEWSLETTER FOR SHOBROOKE



Spring 2026



Beautiful kitchens and much more

Ashgrove Kitchens have been helping customers create beautiful rooms since 1987. From design and manufacturing to complete project management, building works and final installation, you can rely on our expertise.

Please contact us for a free, no-obligation home visit with one of our expert designers.



ASHGROVE
KITCHENS LIMITED

Call 01363 773533 | www.ashgrovekitchens.co.uk

KITCHENS, BEDROOMS, BATHROOMS & HOME STUDIES



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

It is also available from:

St Swithun's Church and
The Red Lion Inn.

Contacts for Editorial and Advertising:

Malcolm Cooke Tel: 07765 242530
thebrookenews@gmail.com

ADVERTISING RATES :

Small classifieds (max 25 words) **FREE**

	3 months	Year
Sixth page: 62x62mm	£15	£45
Quarter page: 90x62mm	£20	£60
Third page: 128x62mm	£25	£75
Half page: 128x92mm	£30	£90
Full page: 188x128mm	£40	£120

Please supply copy by the 15th of the
month prior to the month of publication.

The present circulation is 300 copies

*Please note we are unable to guarantee the services
provided by any of our advertisers.*

*All articles and correspondence in this publication reflect
the views of the writers and should not be read otherwise*

Please send submissions to:

thebrookenews@gmail.com

Cover Photo :

Oli Lovell

oliver.m.lovell@gmail.com

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.

*Welcome to the Spring
issue.*

There has been a song
running through my head
these past weeks - 'Have
you ever seen the rain' and
I'm sure most of you would
join me by shouting a
resounding YES!!!

I see that the Parish council
are looking for a new
footpath warden - not sure
if a pre-requisite is to come
fully equipped with
wellies...

We can only hope that as
we move further into
Spring, the jet stream re-
aligns itself and we can
welcome drier sunny days.

Wishing everyone a Happy
Easter.

Malcolm

Victoria



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

YOUR VILLAGE HALL



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:
01363 775103 or alisonjpayres@gmail.com**



Shobrooke Friendly Club

When: 2pm on Wednesday 23rd March 2026
Where: Shobrooke Village Hall.
How often: Monthly on the last Wednesday of the month.
Who: Anyone 55 years and over in Shobrooke Parish

This friendly club is for anyone over the age of 55 years, interested in making local friends. We will have an opportunity to arrange outings, activities in the hall and as a club we are open to any suggestions.

Lifts can be offered if you have transport difficulties and car sharing is encouraged. Really hope you can come along, we're very friendly and welcoming and we would love this group to get going again.



Obviously tea / coffee and cakes provided!!

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

SHOBRUNCH NEWS

Hello Shobrooke and Friends,

As Spring approaches our next Shobrunch will be in the village hall on
Saturday 11th April, 9am to 12.30pm .

We will be serving teas, coffees, hot bacon rolls, veggie sausage baps, and a wide selection of fantastic homemade cakes. Board games and newspapers will be available too and all profits raised will be going to our much loved Village Hall.

As always there's a small group of us baking for the event (whole cakes will be available to buy too!) but if anyone else is happy to help by baking a cake for us we'd be incredibly grateful. You can bake whatever takes your fancy! Cakes can be delivered to the hall on the Friday afternoon before between 3pm and 5pm, or early on the Saturday morning.
Any queries, please call Vivien on 01363 775468.

Look out for the flyers and posters appearing around the village nearer the time. We really look forward to seeing you there!

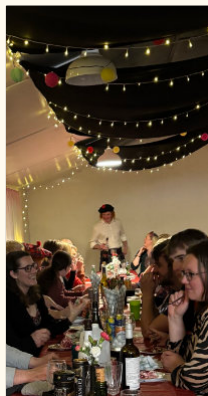
Love, The Shobrunch Team. x

Burns Night & Ceilidh: A Village Evening to Remember



On a chilly January night, our village hall came alive with the warmth, spirit, and unmistakable chaos of a proper Burns Night celebration - paired, of course, with a ceilidh that no one will forget (no matter how much they might want to forget their footwork).

From the moment guests arrived, it was clear this was going to be a special evening. Families, friends, neighbours, and newcomers filled the hall, representing every age and stage of village life. Long tables were set, chatter echoed around the room, and the unmistakable aroma of hearty Scottish fare drifted temptingly from the kitchen.



The evening began with a shared meal that brought everyone together. Plates were filled, stories were swapped, and laughter rolled. In true village spirit, there was no shortage of good company - or second helpings.

Then came the dancing....

What unfolded on the dancefloor can only be described as *spirited*, with a generous helping of enthusiasm and a rather more modest helping of accuracy. Reels were attempted, dosies were do'ed (in a fashion), and several brave souls threw themselves onto the dancefloor with absolute commitment and wildly varying interpretations of timing. Even those who claimed they'd only come to watch found themselves being hauled up for "just one more" dance.

And that was the magic of the night. It didn't matter whether you had two left feet, knee-high enthusiasm, or decades of ceilidh experience - the joy was in joining in. Generations mixed, strangers became friends, and the hall rang with laughter as loud as the music.

As the evening wound down, rosy-cheeked and well-fed revellers left with tired legs and full hearts. It was, in every sense, a celebration of community: fun, laughter, and some truly godawful dancing bringing us all together.

Here's to next year - when we'll no doubt do it all again, slightly better rehearsed... or perhaps not!

Victoria Leeming





CMC MAKERS

EXPERT ADVICE ■ QUALITY SUPPLIES

Your local DIY store in CREDITON, serves Exeter and beyond with a wide range of tools, materials, and accessories.

- 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

Another Giant Success for our Village Pantomime!



If you heard the sound of laughter rumbling through the village in December, don't worry - it wasn't a giant, it was simply the echo of yet another hugely successful village pantomime!

Our production of Jack and the Beanstalk proved, once again, that there's nothing quite like panto season to bring our wonderful community together. From the moment the curtain rose to the moment

Jack triumphantly returned with his magical spoils, our village hall was filled with cheers, giggles, boos, and the kind of joy that only a good "Oh no it isn't!" can deliver.

Every year we marvel at the creativity and skill hidden within our quiet lanes and cosy cottages—and this year was no exception.

Whether it was a brilliantly bellowing giant, a wonderfully wicked villain, or a cow that was larger than life, our cast delivered a performance worthy of a West End standing ovation.



And the magic didn't stop on stage - our behind-the-scenes stars stitched, built, brewed and organised with extraordinary creativity and good humour. From late-night costume-makers to the team who conjured the magical beanstalk and all the helpers in between, every contribution helped the show climb just as high as Jack!

What makes our pantomime truly special goes far beyond the performance. It's the way it brings people together - neighbours becoming teammates, friendships blossoming, newcomers joining in, and laughter shared long before opening night. It reminds us that when our village comes together, something quietly magical grows...

To our audience: thank you for packing the hall, for booing with enthusiasm, for cheering our heroes, and for supporting this much-loved event.



To our volunteers and performers: thank you for your time, your energy, your creativity, and your unstoppable humour and enthusiasm. And to everyone involved, on stage or off: you helped create a show that we can all be incredibly proud of.

Here's to another year of laughter, community spirit, and giant-sized fun. Until next time—Fee-fi-fo-fum, we can't wait for next year's one!

Victoria Leeming

The CREDITON Foodbank



Spring Update

At the time of writing this the weather is cold, wet and rather miserable. Hopefully at the time of reading, spring will have sprung and the sun will be cheering us on.

Thank you to everyone who supported Crediton Foodbank and Support Hub at Tesco during our three donation days. Thanks to your generosity, we brought back an incredible 79 crates of food, meaning our shelves were very well stocked going into the Christmas period.

Christmas is always one of our busiest times of year, and we simply could not do what we do without the continued support of our local community. Over the festive period, 60 households received an emergency food parcel to help them through. In addition, each household received a Christmas hamper containing everything needed to cook a Christmas meal, festive treats, and a present for every member. It was heart-warming to see the difference this made at what can be a particularly difficult time of year.

We continue to have food donation points at Tesco Extra, Tesco Metro, Morrisons and Spar. Please note that we do not collect donations from Lidl. Our current food needs are updated weekly on the free BanktheFood app. You can scan the QR code to register and select Crediton Foodbank as your local Foodbank, making it easy to donate exactly what is most needed.

We would also like to say a big thank you to everyone who donated after watching the wonderful CODS panto Robin Hood and the Babes in the Wood. We are delighted to share that we will again be collecting donations at CODS performances of Joseph and the Amazing Technicolor Dreamcoat, running from 13–18 April 2026 at QE Lower School.

Our Pantry continues to go from strength to strength, with clients benefitting from being able to choose the items that go into their food parcels, helping to meet dietary needs and reduce waste. We are also excited to have recently started building works in our food storage area, which will make the space more welcoming, accessible and practical. We look forward to sharing the finished results with you soon.

As always, thank you for your continued kindness and support.



Scan the QR Code to download Bankthefood app.

Advance Warning - No Mow May is coming....!!!!

What is No Mow May?

No Mow May is Plantlife's annual campaign urging everyone to pack away the lawnmower, let wildflowers grow freely and help nature. Whether you're in a city, town or the countryside, it's super easy to take part.

No lawn is too small! Even the smallest wild patch can provide vital food needed by bees and butterflies, connecting us with nature and giving nature the best start to summer.

Why do we Need No Mow May?

Approximately 97% of flower-rich meadows have been lost since the 1930s, and with them, vital food and habitat needed by wildlife.

But your garden can help! A healthy lawn with some longer grass and wildflowers helps to tackle pollution, benefits wildlife and can even lock away carbon below the ground. There are more than 20 million gardens in the UK, so even the smallest grassy patches can add up and deliver enormous gains for nature, people and the climate.

No Mow May is the perfect starting point for summer and leaving a mix of grass lengths in your lawn from #NoMowMay and beyond means you're giving nature the boost it deserves. Leading on to Let it Bloom June and beyond, this is the perfect time to join the No Mow Movement and manage your garden for nature all year round.

That's why we're calling on everyone to give power to the flowers in 2025 and take part in the No Mow Movement!

We think of May as a starting point, it's all about mowing our lawns less for longer – and we would love to see lawns managed for nature all year round!

Head to our calendar for top tips throughout the year.

<https://www.plantlife.org.uk/campaigns/the-no-mow-movement-calendar/>

Photo Gallery I



Woodpecker abandons the hanging suet in favour of sunflower seeds. Sparrow looks on as if to say 'Erm, excuse me, I think you might be at the wrong table ...'

Mandy Jones



Snowdrops - Sally Foot

Photo Gallery 2

No surprise to see pics of rainbows....



Photo by Oli Lovell



*Double rainbow over Shobrooke
Mandy Jones*

Morning Campers

Here's a report on some goings on around our rain soaked Parish.

As I trudged, waded and scrambled my way through the squelch and squish of our extensive path network, I admired the snowdrops that have managed to poke their heads through the sodden ground. Named *Galanthus* after the Greek for milk (gala) and flower (anthus), hence the word galaxy for the Milky Way.

These are non-native plants, thought to have first been brought over from mainland Europe in the 16th century as ornamental plants.



They flower so early that most of their reproduction is not through pollination, as the bees are still sleeping it off, but through the growth of bulb offsets. The bulbs are poisonous, which is presumably why bunnies don't eat them as a tasty spring salad crop. They do contain a compound used in the treatment of Alzheimer's called Galantamine.

During the Second World War, British citizens nicknamed American soldiers 'snowdrops' due to their green uniforms with a white cap or helmet.

They are also the brightest and most loved symbol of hope that Spring really might be just around the corner after all! Standing in the churchyard a few days ago, I heard a raven 'cronk' from the orchard over the wall and looking over, I

noticed one swoop down onto a magpie, which saw the threat and shot off, before rapidly changing course as a second raven swooped in from a different direction. It escaped, but it really is a jungle out there!

I assume ravens see magpies as competition for food and working as a team, must be a formidable challenge.

Later I stood quietly by a hedge in the field that runs across to the church from the village hall. It is worth taking the time to do this for a few minutes, as you'll always be rewarded by good views of wildlife. That day I heard the twitter of two blue tits inside the hedge, less than a metre from me, hopping from branch to branch, in a curious little courtship ritual, involving soft calls and fluttering of wings. They seemed quite oblivious to my presence. As I moved off, two wrens flew past at knee height into the hedge and I squelched away, enchanted and reassured that the birds knew Spring was just around that soggy corner after all.

Cheer up everyone, those symbols of hope will fulfil their milky promise (I promise!).

A message from Sandra

Firstly, can I say a huge thank you for the messages of kind words and thoughts at what has been a tricky time for Steve and I, resulting in me not being around very much. I look forward to normal service being resumed by the middle/end of March.

For me, there were many highlights in December: Dear little Freddie playing the star role of Jesus in the Carol Service nativity, the joy of faces by candle light in the darkness at Christingle and the privilege of being with you all on Christmas Day.

Steve and I were able to send £2,000 to the Princess Basma Centre for children with disabilities from Gaza and the West Bank. Thank you to all who supported our Open House. Since then more donations have been received. If you have not already done so, do look at their Winter Newsletter at, www.basma-centre.org where you can read about what the money is spent on.

Enjoy the Spring, I look forward to seeing you all and leave you with this thought from St Paul's letter to the Corinthian church some 1,965 years ago, 'Love is patient, love is kind. It does not envy, it does not boast, it is not proud.'

Blessings Fairy Evergreen, aka Sandra

St Swithun's Church News



From the Churchwarden's Desk

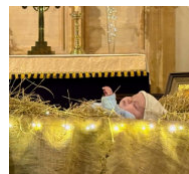
As we find ourselves well into a new year, it's a lovely moment to pause and look back on the blessings of the Christmas season just gone—while also turning our eyes toward the journey of Lent and the hope of Easter ahead.

Christmas: A Season of Light and Togetherness



December brought with it all the familiar joy, bustle, and deep warmth that make Christmas in our village so special. Our Carol service was, once again, a highlight of the season. The church glowed with soft light as voices young and old joined to sing the carols that have carried generations through Christmas. It was wonderful to see the pews full, neighbours greeting one another, and families gathering to share in the timeless story of Christ's birth.

Our Christingle Service was equally heart-warming - the church glowed with soft light. The sight of children holding their bright, glowing Christingles - each candle a reminder of Jesus, the Light of the World—never fails to lift the spirits. Thank you to all who helped prepare oranges, sweets, and ribbons, and to the families who came along in festive cheer. These simple symbols have a beautiful way of bringing us back to the heart of the season: love, light, and hope.



A New Year and New Beginnings

As the calendar turned, we celebrated not only the passing of time but the promise of renewal. The start of a new year always carries a quiet invitation to reflect, to reset, and to step forward with fresh purpose. In the life of the church, this sense of renewal was marked beautifully by Plough Sunday at the Red Lion.



Gathering to give thanks for the land, the labour, and the year ahead is a tradition that grounds us in our rural heritage. The blessing of the plough is a reminder of our reliance on God's provision and our shared stewardship of creation. It was encouraging to see the farming community and wider village come together in prayer for a fruitful year.

Looking Ahead: Lent and Easter

Now, as winter gradually loosens its grip, our thoughts turn toward Lent, a season of reflection and preparation. Lent invites us to slow down, to look inward, and to journey more intentionally with God. Whether you choose to give something up, take something on, or simply make space for quiet moments, I hope this season offers you peace and purpose.

And of course, Lent leads us toward the heart of the Christian faith: Easter. Before long we will gather to remember the events of Holy Week, to wait at the foot of the cross, and to rejoice together in the promise of resurrection. Easter reminds us that even in the darkest moments, new life breaks through.

As always, thank you for your support, your presence, and the many ways you help keep our church at the heart of village life. I look forward to seeing many of you at our upcoming services and events as we continue through this season together.

Upcoming services include:

- 15th March (11am) – Mothering Sunday Family Service
- 29th March (11am) – Holy Communion
- 5th April (11am) – Easter Day Family Service
- 19th April (11am) – Holy Communion
- Finally, I would like to take this opportunity to invite you to join us for our APCM on Tuesday 21st April (7pm) at the Red Lion Inn. This is an important moment in the life of our church, offering a chance to look back over the past year, share our hopes for the future, and celebrate the many people who give their time and talents so generously. Whether you are a regular worshipper or simply someone who values the presence of the church in our village, you will be most welcome.

With warm wishes,
Victoria Leeming
Churchwarden

Big Church Clean *Sally Foot*

If you have half an hour to spare between 9-12 on Saturday 21st March to join the regular cleaning team to give the Church a Spring Clean, you would be very welcome..coffee and cake provided.

Thank you

Sally Foot

07882 786648

01363 775388



Shobrooke Park Garden

will be open for the National
Garden Scheme

on Saturday 18th April
from 10.30 to 5.00.

Admission adults £5, children free.

Come and enjoy the blue bells.

Bring a picnic lunch.

www.shobrookepark.com

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

SHOBROOKE VILLAGE ROGATION RAMBLE

Saturday 10th May 2026

11am Start at St Swithun's Church, Shobrooke



**Please join us for a gentle stroll through
Devon countryside as we mark
Rogation Sunday**

Predominantly level - approximately 2 miles

All ages, abilities and dogs welcome

For further details, please contact [victoria leeming@outlocorn](mailto:victoria.leeming@outlocorn)

Spicy Chickpea Stew

INGREDIENTS (4 servings)

- 1 tbsp oil
- 2 onions, chopped
- 2 green peppers, deseeded and cut into cubes
- 300g carrots or sweet potatoes, cut into cubes
- 1 tbsp ground coriander
- 1 tsp ground cumin
- 500ml carton passata
- 2 x 400g cans chickpeas
- 1 vegetable cube, dissolved or crumbled
- hot chilli powder (to taste)
- ½ lemon juice and zest finely (you'll need 2 tsp)



Couscous

- 350g couscous
- 40g toasted flaked almonds

Method

1. Heat the oil in a large lidded pan over a medium heat and fry the onions for 10 mins, stirring often until golden. Stir in the peppers, carrots or sweet potatoes and cook for 5 mins more.
2. Add the chilli powder (if used), coriander and cumin, stir briefly, then tip in the passata and chickpeas along with the liquid from the cans and the vegetable cube.
3. Cover tightly and simmer over a medium heat for 15-20 mins until the vegetables are tender.
4. Meanwhile, put the couscous in a heatproof bowl and pour over 175ml boiling water from the kettle. Stir in the lemon juice, then cover and let stand for about 10 mins until the couscous has absorbed the liquid and is tender. Stir in the toasted flaked almonds.

The chickpeas and vegetable stew will keep covered and chilled for up to three days and will taste great when reheated.

Enjoy !!

News from Uppincott Farm

by Nick Lee

The things we get up to at Uppincott Farm, like most farms, are many and varied. Sometimes the results of the task in hand are seen immediately, such as ploughing. The soil is turned over and the tractor driver can see straightaway what he has done. In the arable field other jobs take longer to see any result, such as drilling (the name given to the task of planting seed, not drilling a hole in a bit of wood!) It might take a couple of weeks to see the green shoots of germination. Back in the day, as I call reminiscing of farming “years ago”, it could be a worrying time.

Had I driven in a wobbly line which would leave crooked rows of emerging seed, or worse still, had I run out of seed leaving an enormous gap in the emerging crop? Typically, if this was to happen, it wouldn't be in an out of sight part of the field. It would be right by the road where everyone could see it, especially neighbours, or worse still, friends you might see in the pub, who liked nothing more than pulling your leg! “Oh, what's gone on there then? Leaving a big gap in the wheat I see, I didn't know there was a footpath there!”

Nowadays, with the development of GPS and self steering tractors, and alarms in the cab to warn the



driver of seed getting low in the tank, the element of the “driving straight skill” and running out of seed is no longer. Please don't misunderstand me, the driver's of today need to be a different sort of expert, certainly an understanding of computers helps. I actually

struggle, on the rare occasions that I need to drive a modern tractor, to even start it!

If we take this a step further from the time the grain crop is planted in October (weather permitting) to the time of harvest when it goes through the combine, we could be looking at ten months. In a time of poor weather it could be twelve months, but by that time it's almost like a rescue mission and anything harvested after the Harvest Festival when "All should be safely gathered in" doesn't seem quite right. Let's hope that after all the rain we've recently experienced we can look forward to a proper summer.

Anyway, if we're looking at farm jobs that take a long time to see a result we need to look at the hedge planting at Bradley. Those of you that travel into Crediton can finally get an idea of what the hedge will be like when you glance to your right. This hedge was planted five years ago and it's still taking shape. All being well it will soon be providing berries for songbirds and as it develops into a low, dense hedge, it will hopefully provide safe nesting sites, providing the County Council don't give it another beating by the "bend in the road" sign.



Following on from hedge planting I was lucky to help a good friend and neighbour who was planting a new woodland. Now this task really puts into perspective the "beginning to end" sort of job. Along the way it will provide a lovely wildlife habitat, it will greatly improve the carbon footprint of the area and it will be a contribution to combating climate change.

If it stops raining we'll know why!

Wellness Page

By 'Dr Feelgood'



After another fantastic Ceilidh in Shobrooke this year, many of us celebrated Burns Night dancing around the village hall with friends and neighbours and much fun was had by all!

What the Shobrooke Ceilidh proves is that dancing is accessible to everyone, regardless of age or ability. Dance obviously has plenty of physical benefits too. Dancing is great for our cardio vascular health, our respiratory system, and because it can help maintain strength and flexibility, it's good for our musculoskeletal system as well. Engaging in a physical activity like dancing also helps regulate your

body's internal clock, known as the circadian rhythm. Dancing reduces stress hormones like cortisol, which can interfere with sleep, so regular dancing (especially in the evening), can not only be great fun but it can help you fall asleep faster and enjoy deeper, more restful sleep.

What's maybe less obvious is the powerful effect dance can have on our mental wellbeing too. Dance is an outlet for self-expression, it encourages emotional storytelling and creative improvisation. This type of creative engagement has been linked to improved mental health and a more positive outlook on life. When we dance our bodies automatically communicate our personal feelings and experiences through movement, and this can be extremely therapeutic. As we dance the music and the movement releases endorphins which lift our mood, literally helping us feel happy as we move, whilst also alleviating the physical effects of stress as we release tension held in the body. In addition to this, dance is a mindful activity too because when we're dancing we focus on the present, allowing us to forget about worries and immerse ourselves in the joy of the moment so the mind feels more rested.

The memorisation of sequences, and coordination required in dance routines challenges our brain and enhances cognitive abilities such as memory, concentration, and problem-solving skills. This is good for everyone but has been proven to be particularly helpful for people living with dementia. In recent years research has focused on the positive effects of dance on people with dementia and mild cognitive impairment (MCI). In response to the increasing body of evidence about the hugely valuable impact dance can have on cognitive function, more national dance companies such as Rambert Dance, Scottish Ballet and English National Ballet are offering classes for people living with dementia:

Dancing encourages freedom and expression, whilst positively increasing strength, mobility, and wellbeing. Studies have shown that dance can be an effective practice to mitigate some of the negative effects of dementia, and out of all of the performing arts practices, dance has emerged as one of the most impactful to people's lives, with many feeling the benefits of the classes, for days after. English National Ballet

So we can all benefit from a good boogie. Whether it's the annual Ceilidh in Shobrooke, a local dance class, or dancing round your kitchen, dance is a full-body, full-mind workout with lasting health benefits. Plus as a powerful tool for promoting positive mental health too, as you feel the beat and find your rhythm, those dance moves are looking after your mental wellbeing too. So the next time some music gets your toes tapping you know what to do – and as the inimitable Fred Astaire once said: Do it big, do it right, & do it with style!'

Wishing you well :)

Dr Feelgood.

For more information on the benefits of dance for dementia please visit:
<https://www.news-medical.net/health/Dancing-Through-Dementia-How-Movement-Aids-Memory-and-Mood.aspx>

Getting Ready for Spring

As the weather starts to warm up in April, hedgehogs will start to emerge from their hibernation. They will be hungry, seeking beetles and earthworms and other insects and be on the move to find a mate. They can travel 1-2 miles in a night.

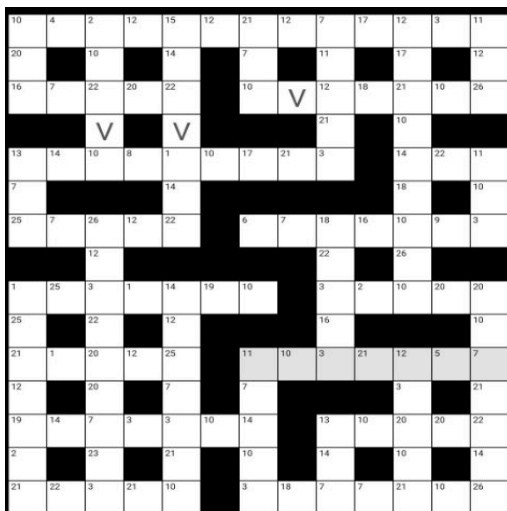
Look out for any out in the day as this is usually a sign of illness or injury and they will be in danger of fly strike. They will need specialist treatment.

Birds have been hungry over the winter and now face the breeding season.

If you feed the birds please keep feeders regularly cleaned as birds that gather together spread diseases in your garden and other people's.

Sally

Codeword Puzzle



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

Answer page 30

YOUR LOCAL LEGAL EXPERTS

- Moving Home
- Family Law
- Wills & Probate
- Lasting Powers of Attorney
- Agricultural
- Landlord & Tenant
- Accountancy & Tax Planning
- Commercial Property & Leases



QualitySolicitors
Charlesworth Nicholl



Changing the way you see lawyers.

☎ 01363 774706 ✉ mail@charlesworthnicholl.co.uk 🌐 www.qualitysolicitors.com/charlesworthnicholl

31 High Street, Crediton, Devon, EX17 3AJ

CJ INTERIORS

KITCHENS

BATHROOMS

BEDROOMS



We are a family run, independent business offering fitted kitchens,
bathrooms and bedrooms tailored to you.

We design them with you, for you.

10 HIGH STREET CREDITON EX17 3AE

01363 720377

WWW.CJINTERIORSCREDITON.CO.UK

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 Keable	Bromstone Cottage, Lapford, Crediton EX17 6PZ 07967 655045 steve.keable@devon.gov.uk
-------------------	--

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

Shobrooke Parish Council meets every other month on the second Wednesday. Our next meetings are on the **11th March and 13th May (AGM)**

If you have ever wondered what the Parish Council actually does now is the time to find out. We would particularly welcome residents to attend the March meeting. It is constructive, and open to all. Although we take our responsibilities seriously, we are also approachable and yes, we usually continue the conversation at the pub afterwards!

This is your parish. Decisions about planning, footpaths, local facilities and spending are discussed at these meetings. If you care about how Shobrooke develops over the coming years, your voice matters.

A Big Thank You

The Play Park was temporarily closed while new equipment was installed, and the new swings have been very well received. This project was one of Cllr Jones' key aims during his time as Chairman. He has now stepped down as he starts to prepare to leave the area. His commitment, steady leadership and practical support have been greatly valued, and we thank him for the time and energy he has given to the parish. He will be greatly missed.

Local Updates

DCC Steve Keable recently provided updates on the Boniface Trail and proposed improvements to the A377. These projects will influence local transport and connectivity in the years ahead. Further detail can be found in the published minutes online and displayed in the bus shelter.

We Need You!

Footpath Warden

If you enjoy walking and know the parish well, this role may suit you. It involves keeping an eye on the condition of local paths and reporting issues. It is not time intensive, but it is important as good paths keep the parish connected and safe.

Parish Councillors

We also have vacancies for new councillors. This is a practical way to contribute to the future of the village. You do not need prior experience just common sense, a willingness to listen, and an interest in your community.

If you would like to know more, come along on 11th March at 7.30pm. No pressure. Just a chance to see how it works and decide if you would like to be involved.

Shobrooke only works well when residents step forward. If that might be you, we would be pleased to meet you.

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.



CREDITON & SURROUNDING AREAS

HANDY HELP WHEN
YOU NEED IT -
NO JOB TOO SMALL!

HANDYMAN SERVICES



General Repairs



Furniture Assembly



Garden Services



Home Improvements

E: paulmorganhandyman@gmail.com

T: 07957413216



GET IN TOUCH FOR A FREE QUOTE

SEASONED LOGS

5m ³	3.75m ³	2.5m ³	1.25m ³	0.625m ³
DOUBLE LOAD	1 ½ LOAD	FULL LOAD	½ LOAD	BULK BAG
£460	£350	£240	£130	£75
<i>loose tipped</i>	<i>loose tipped</i>	<i>loose tipped</i>	<i>loose tipped</i>	

PART SEASONED LOGS

5m ³	3.75m ³	2.5m ³	1.25m ³	0.625m ³
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.



To place your order, contact **Martin Newbery**



07967 219559



martinjohnnewbery@hotmail.co.uk



newberyfirewood.co.uk



ALL PRICES INCLUDE VAT@5% & DELIVERY

CREDITON STRUMMERS - Christmas Concert



Christmas Tree Festival Crediton Parish Church 4th December, 7pm

A great mix of songs promising a fun time for everyone including a number of Christmas favourites.

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

Codeword
Answers

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



Roberts & Co
Electrical Ltd



01395 274858
01392 770270
01363 760076

House Rewires
Electrical Vehicles
Domestic Services
Commercial Services
PAT Testing
Fire Alarm Services



24 HOUR EMERGENCY CALLOUT



01392 860004



MOT



TYRES



BRAKES



WASH



SERVICES



A/C



RECOVERY



COURTESY



CARS



WE HAVE EXPANDED!

Our capacity and services have now increased to meet the varying needs of our customers. We now have a **NEW Body Workshop & Ultra Powerful Jet Car-Wash**



Call us TODAY
01392 860004

**C&R REPAIRS LTD, THORVERTON MILL,
EXETER EX5 5LX**



BUYING A CAR?



C&R SALES SW LTD

View our current selection at C&R or online

www.candrsalesw.com

Tel: 01392 860808

**We do
more than
just
repairs!**

NEED STORAGE?



CONTACT US FOR MORE DETAILS

Tel: 01392 860808

K.S.BEVAN LTD

BUILDING CONTRACTOR

TELEPHONE:

07816 139402
01626 927875

Barn conversions, New builds, Extensions.
All aspects of building work undertaken by
professional tradesmen to a very high standard.

Over 30 years experience in the building trade

ksbevanltd@hotmail.co.uk

 **gilbertstephens** LLP
SOLICITORS

When you need advice we have the solution

Call our Crediton
office 01363 77 55 66

Manor Office, North Street
EX17 2BR

Call our Exeter
office 01392 42 42 42

15-17 Southernhay East
EX1 1QE

Call our Okehampton
office 01837 51 21 00

Rosemary House, Market Street
EX20 1HN

Other offices at Budleigh Salterton, Ottery St Mary and Sidmouth.

Visit gilbertstephens.co.uk for more information

Gilbert Stephens LLP is authorised and regulated by the Solicitors Regulation Authority (no: 536070)



F. J. STEVENS & SON Ltd

MONUMENTAL MASONS

Crediton: 01363 776816

Barnstaple: 01271 861624

Email: fjsmemorials@outlook.com

Website: www.fjsmemorialsandheadstones.co.uk



**GREAT
GUTTON FARM**

www.greatgutton.co.uk

Luxurious self catering cottages on the outskirts
of Crediton, with indoor heated pool.

Escape, relax and unwind

Great Gutton, Shobrooke, Crediton EX17 1DJ

Telephone: 01363 776073

A.E. Lee
Est 1915 **outfitters**

**Comfortable Clothes at
comfortable prices**



**17 High Street, Crediton
01363 774131**



SIMON NUTHALL

All types of
Tree and Fence Work
Firewood Supplied
Fully Insured
Free Quotations
Debris Removal

For a friendly reliable service telephone:

01363 866355

Mobile: 07980 592266

Computer Support and Supply Services

Local, friendly, professional, unbiased.

- For home or business users.
- Desktops and laptops supplied, upgraded, mended or prepared for disposal.
- Hardware and software provided, set up and demonstrated.
- Changeover service including moving data from and old to a new computer
- Printers, scanners, local and broadband networking set up or modified.
- "How to" topics demonstrated, with personalised notes.



Remote support sessions and home visits a speciality, including evenings or weekends, to suit you.



Contact **Ian Gunter** on

01392 851841

ARCHITECTURAL SERVICES

RICHARD ARCHER Bt 1987



PLANNING DRAWINGS for
EXTENSIONS CONVERSIONS NEW BUILDS

PLANNING & BUILDING REGULATION APPLICATIONS

SIMON ARCHER M: 07966 347 957

E: simon@architectural-services.org

Visit the website: architectural-services.org

Copplestone Devon

DESIGN

SURVEYS

DRAWINGS

ADVICE

QUALITY INSURANCE THAT'S ON YOUR DOORSTEP

Contact NFU Mutual Crediton on **01363 775511**



NFU Mutual
INSURANCE | PENSIONS | INVESTMENTS

The National Farmers Union Mutual Insurance Society Limited (No. 111982).

Mel Spiller

Registered Foot Health Practitioner
S.A.C Dip RFHP

Phone 07375 980 028

Are your feet in need of some professional help? I offer treatments in the comfort of your own home

My treatments include
Nail cutting & filing (fingers & toes)
Removal of Corns and Callus
Cracked heels
Thickened & Fungal nails
Verrucas

And many other foot related complaints
I am fully insured

✉ Melanie.spillerfhp@outlook.com

📞 Melspillerfoothealth

🌐 www.melspiller.co.uk

ALLAN M. GIBB
PAINTER & DECORATOR

CITY & GUILDS +

CITB QUALIFIED

OVER 25 YEARS of EXPERIENCE
WORKING IN YOUR LOCAL AREA

CSCS REGISTERED

TELEPHONE: 01363 773515

MOBILE: 07840 963920

NO VAT + FULLY INSURED



The Little Lodge Company

Simply Designed, Beautifully Realised

Bespoke timber cabins and garden rooms



Based in Shobrooke, we design and build a wide range of timber buildings, working with our clients through all stages of a project to create bespoke, fully insulated garden buildings, cabins, offices and studios.

We offer highly competitive pricing and quality workmanship and are always happy to discuss projects, share ideas and offer estimates with no obligation.

Please contact Leslie for more information.

www.thelittlelodgecompany.co.uk

Tel. 07795 818090



ENERGY SYSTEMS Est. 1984
(SW LTD)

OIL & GAS FIRED HEATING SPECIALISTS



info@energy-systems-sw.co.uk

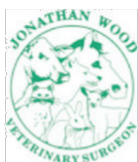
www.energy-systems-sw.co.uk

OIL & GAS FIRED HEATING SPECIALISTS
BOILER AND SYSTEM MAINTENANCE
AGA & RAYBURN SERVICE ENGINEERS
OIL STORAGE TANKS & HEATING CONTROLS



Tel: (01392) 860558





Jonathan Wood Veterinary Surgeons.

Mixed animal veterinary practice, with our heart in the community.

We treat your animals as we would our own.

RCVS practice standards accredited

Cat Friendly accredited clinic

www.jwoodvet.co.uk

hospital@jwoodvet.co.uk

01363 772319

24hr emergency service



Est 1831

TUCKERS

COUNTRY STORES

Seedsman • Agricultural Merchants • Maltsters

- Huge Selection of Pet Food
- Pet Beds, Toys & Other Accessories
- Composts & Fertilisers
- Plants & Shrubs
- Own Range of Vegetable & Flower Seeds
- Horse Feed & Supplements
- Saddlery & Tack
- Clothing for Horse & Rider
- Leisure & Work Wear
- Fencing & Gates
- Homebrew
- Cards & Garden Gift Voucher
- Tools & Hardware
- Coal & Bottled Gas

Commercial Road, Lord's Meadow
CREDITON, EX17 1ER (01363) 772202

www.edwintucker.com
crediton@edwintucker.com

**PET
EQUINE
GARDEN
AND
FARM SUPPLIES**

**OPEN 6 DAYS
A WEEK
MON - SAT
8.30am - 5pm**

.....and much much more

SHOBROOKE BUS TIMES

Service 347 to Crediton operated by Dartline

Monday & Thursday

Departing Shobrooke Red Lion at 10:46 arriving Crediton 10:57

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 1520, 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	01363 775103
Churchwardens:	Victoria Leeming	01363 775765
	John Lee	
Red Lion Inn:	Jane Johnson	01363 772340
Playing Fields:	Ben Jacobs	
Yoga Group:	Vivien Hampson	01363 775468
History Group:	Rosemary Barber	01363 773419
Parish Mag. Distr. :	Sally Foot	01363 775388
Allotments:	Lesley Browne	01363 772343
Crafts Group:	Jan Miller	01363 899215
Neighbourhood watch	Lesley Browne	01363 772343

YOUR LOCAL POLICE OFFICER: PCSO 30030 NICOLA PAYNE

NON EMERGENCY TELEPHONE NUMBER: 101 EMERGENCY TELEPHONE NUMBER: 999

Crediton Neighbourhood Policing Team (Rural South) Telephone: 101

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

EMERGENCY SERVICES:

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

Chemists:

Boots 126 High Street Crediton 772062
 Crediton Pharmacy 19a High St 773030
 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:

British Red Cross (Crediton) 01363 776348

Vets etc

Jonathan Wood 01363 772319
 Boniface Vets 01363 772860
 John Groves - Hedgehog Rescue 07966 435147

Taxi Services:

Crediton Cars 01363 777714
White Swan 01363 777786

Age Concern Crediton 01363 775008
 Alcoholics Anonymous 0845 7697555
 Asthma Help-line 0845 7010203
 Bereavement Support 01363 774652
 Childline 0800 1111
 Relate 01392 275681
 Samaritans 0845 7909090

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:

ELECTRICITY:
 Western Power 0800 365 900
 GAS: 0800 111999
 BT Customer Services 0800 800 150

WATER:

South West Water 0800 230 0561
 Floodline: 0845 988 1188

HOME FROM HOME

With our fantastic online immersive 3D
virtual tours at least **ten times more**
buyers will view your property!

**A virtual tour is more
important than ever.**



HELMORES
SINCE 1699

For a free demo get in touch
helmores.com | 01363 777999

The Red Lion Shobrooke Village

Opening Hours

Monday: Closed
 Tuesday: 6-10
 Wednesday: 12-3 6-10
 Thursday: 12-3 6-10
 Friday: 12-3 6-10
 Saturday: 12-3 6-10
 Sunday: 2-5

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

MENU

@The Red Lion

Starters

Homemade Soup	£7.50
Served with warm sourdough bread	
Crab cakes	£7.50
Served with salad leaves and sweet chili mayo	
Fig and goats cheese parcels	£7.50
Served with salad leaves and a caramelised balsamic red onion chutney	
Salt and pepper squid	£7.50
Served with salad leaves and sweet chili mayo	
Sticky pork belly bites	£7.50
Served with salad leaves	
Sweet potato falafel bites	£7.50
Served with salad leaves and sweet chili mayo	

Classics

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

Fish

Beer battered haddock	£15.50
Served with a choice of chips and peas	
Haddock and mozzarella fishcakes	£15.50
Served with a choice of chips and peas	
Scampi	£15.50
Served with a choice of chips and peas	
Homemade fish pie	£14.00
Served with seasonal veg	

Burgers

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

Sides

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

Contact us :

01363 772340

redlionshobrooke@hotmail.co.uk

Follow us:



The Red Lion at Shobrooke



Red lion at Shobrooke

Do you have a special event coming up?

If so please come in to discuss renting the room or us catering the event.

We have a variety of different games which can be set up for your own private use from table tennis to mini golf to skittles!!

www.redlionshobrooke.co.uk