The brooke

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The brooke

Autumn 2026

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St Swithun's Church and
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Please send submissions to:
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Cover Photo : Comma butterfly resting on a dahlia. Malcolm Cooke

Welcome to the Autumn issue.

What a summer we've had!

Still having it, as I write this.

It has certainly been a mixed up year so far with the weather seemingly veering from one extreme to the other, and the last period of intense heat and sunshine has no doubt caused havoc for farmers and gardeners alike. We now find ourselves hoping anxiously for some rain to fall…

We are now moving into Autumn, and as usual the next three months are bookmarked with the Harvest Festival at the beginning of the period and the Village Pantomime at the end of the period. Both events well supported, and fantastic adverts for the community we have.

Wishing everyone an enjoyable Autumn.

Malcolm

SHOBROOKE VILLAGE HALL

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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



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

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- 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



Last month it was just good to chat over a cuppa. In June, Aneta Paneth, gave us a fascinating talk on her home country of Poland, sharing history, traditions, language and Polish food.

On **Wednesday 30th September 2-4pm**, Rosemary Barber and Phil Keen will be giving an unmissable talk on Shobrooke history, from the archives of the Shobrooke History Group.

Anyone in the parish of Shobrooke can attend. The meetings are held in the village hall on the last Wednesday of each month from 2-4pm. A contribution of £3 per person, or couples from the same household get a BOGOF! This is to cover the hire of hall and refreshments.

Lifts available to and from the village hall on request.
For more information or to arrange a lift, please contact Jill Barnard at billjarnard@outlook.com or text Katherine on 07811 613654

Hello Shobrooke and Friends,
Our next **Shobrunch** will be on **Saturday 14th Novembe**r in the Village Hall from 9am to 12.30pm. As always we will be serving teas, coffees, hot bacon rolls, veggie sausage baps, and a wide selection of fantastic homemade cakes.
Look out for more details via the village email nearer the time - we're always very grateful for any help with baking so we'll be putting a call out for cakes a couple of weeks beforehand.

Love. The Shobrunch Team x

Big Church Clean

If anyone can spare half an hour on Saturday, September 19th, between 9:00 AM and 12:00 PM to help clean the areas of the church that are not covered by our regular cleaners, your assistance would be greatly appreciated. **Coffee and cake provided.**
You do not need to be a church goer to want to keep the Church in good order for all of us and future generations.

Sally Foot 07884 786648

ST SWITHUN'S CHURCH

SHOBROOKE

HARVEST FESTIVAL

10AM - 4PM



- LIVE MUSIC
- BAR & POP UP CAFE
- PLANTS & FRESH PRODUCE
- BRIC-A-BRAC STALL
- CAKE STALL
- RAFFLE & AUCTION
- DOG SHOW
- FAMILY FUN

DOG SHOW

SAT 12TH SEPTEMBER

ST SWITHUN'S CHURCH SHOBROOKE, CREDITON, EX17 1AP

Harvest News

Our Shobrooke Harvest Festival is almost upon us and as usual we will have the cafe in the church offering refreshments and light lunches and the fantastic cake stall run by Caroline and Jane.
We would be very grateful for any donations of cakes, muffins, flapjacks, cookies, biscuits & scones, jams & preserves.



In particular we would be especially grateful for scones and larger cakes for the cafe.

Donations can be brought to the church early on Saturday morning (8am onwards). Any queries please call Jan on 01363 899215.

Thank you very much for your help. Cafe & Cake Stall Team

2nd Hand Bookstall

As usual I will be running a 2nd hand bookstall with proceeds divided between the church and a charity.

Please leave any books in the church after Sunday 6th Sept.

Also 2nd hand toys and scarves, so any contributions will be welcome in good condition.

Cookery Competition

Here are the details of what should be entered:

Adults: A loaf of non sweet bread, made by hand, no bread makers please.

Children 12 years and under : A plate of 4 identical biscuits.

Jane from the Red Lion has again kindly agreed to be the judge.

Thank you Sally 07882786648

SHOBROOKE AMATEUR DRAMATIC SOCIETY

Presents

SHOBROOKE Pantomime



COMING SOON

PERFORMANCES

THURSDAY 10TH DECEMBER	7PM
FRIDAY 11TH DECEMBER	7PM
SATURDAY 12TH DECEMBER KIDS MATINEE	12:30PM
SATURDAY 12TH DECEMBER	7PM

BOOK TICKETS

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ticketsource.co.uk/
shobrookevillagepanto

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- WOOD & GLASS CUTTING
- WILD BIRDCARE
- CLEANING
- GLASS

SHOP OPENING TIMES

MONDAY - FRIDAY 7am-6pm | **SATURDAY** 8am-5pm | **SUNDAY** 10am-4pm

CAFE OPENING TIMES

MONDAY - FRIDAY 8am - 4pm | **SATURDAY** 8am - 4pm | **SUNDAY** 10.30am-3.30pm

Lords Meadow Industrial Estate, Marsh Lane, Crediton

01363 775555 | eakers.co.uk

The Crediton Foodbank

A Busy Summer at Crediton Foodbank

We have had a busy few months here at Crediton Foodbank and Support Hub. You may have recently seen us at Crediton Food Festival, where we ran our popular tombola, or at the Lords Meadow Community Day with Involve. It is always wonderful to meet new people, catch up with familiar faces and share more about the work we do.

We raised a fantastic £540 at the Food Festival, all of which will go towards purchasing food and essential items for the people we support. A huge thank you to everyone who visited our stall, bought tickets or donated prizes. Your support really does make a difference.

At Crediton Foodbank we support local individuals and families who are struggling to afford food and other essential items.

As we reach the summer holidays, Crediton Foodbank has launched a new initiative to support local families while children are away from school and no longer receiving their usual school lunches.

Throughout the holidays, we are offering bags of lunchtime foods in addition to our regular food parcels. These are available both to families who already use the Foodbank and to other families in the community who may not usually need our services but would benefit from some extra support during the summer.

The bags include items such as bread, sandwich fillings, cereal bars, biscuits and crisps. Our aim is to help ease some of the additional financial pressure that the school holidays can bring and ensure that families throughout our community feel supported.

Anyone who feels they may benefit from a summer lunch bag is welcome to contact us. There is no need to be an existing Foodbank client, and all enquiries will be treated with kindness, dignity and confidentiality.

You do not need to wait until you are in crisis before asking for help. Many people worry that others may be more in need, or feel embarrassed about contacting a foodbank, but support is available for anyone experiencing financial difficulty.

People can contact the foodbank directly or be referred by a school or another local organisation. A short, confidential conversation will be arranged to understand the household's needs and how the foodbank can best help.

Crediton Foodbank can also help people access support from other organisations, including Church Housing Action Team, Exeter Community Energy and Stop for Life.

For further information or confidential support, please contact:
Telephone: 07740 202721 **Email:** help@creditonfoodbank.org.uk

As always, we are incredibly grateful for the support we receive from the community. We collect donations weekly from 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/

The Rooted

At St Nicholas Priory, Exeter



A two-day immersive creative experience at St Nicholas Priory, Exeter.

Some of the most important change begins beneath the surface.

Like the roots of a tree, the foundations of creativity, resilience and connection are often unseen, yet they sustain everything that follows. This experience invites you to explore those foundations through one of humanity's oldest creative practices: carving wood by hand.

Set within St Nicholas Priory—the oldest building in Exeter—you will spend two days working with simple hand tools, natural materials and fellow participants in a shared process of making. No previous experience is required. Only curiosity, imagination and a willingness to discover.

Woodcarving asks for something increasingly rare in modern life: undivided attention. As your hands engage with the grain of the wood, conversation quietens, thinking becomes clearer and creativity begins to emerge naturally. The act of carving becomes more than making an object; it becomes a way of noticing, reflecting and connecting.

This is not simply a craft workshop. It is a carefully facilitated experience that uses ancient skills as contemporary social tools—creating space for deeper conversations, fresh perspectives and meaningful connection. Whether you come as an individual seeking renewal or as part of a leadership team exploring how to navigate change together, the experience offers an opportunity to slow down, create with intention and rediscover the value of making something by hand.

You will leave with a carved piece of your own, but perhaps more importantly, with a renewed appreciation of what can emerge when people gather with time, attention and purpose.

In a world that asks us constantly to move faster, Rooted invites you to grow differently. More details at **therooted.work** website.

James Bond FRSA is a sculptor, community artist and Fellow of the Royal Society of Arts. He holds a First Class Honours degree in Fine Art (Sculpture) from St Martin's School of Art, London, and has worked as a professional woodcarver and sculptor for over 40 years.

Alongside his artistic practice, James has spent more than 25 years developing innovative community arts projects across the South West through his Community Interest Company, **Carving Community**. His work has focused particularly on engaging young people at risk of social exclusion. One project at Beacon Heath Arena Park was credited in a 2013 police study with contributing to a 98% reduction in antisocial behaviour in the area.

His contribution to community development has received national recognition. He was presented to Her Majesty The Queen during the Jubilee year and represented the UK at the European Crime Prevention Awards in The Hague.

James's career began in forestry, gamekeeping and woodcarving before emigrating at 21 to New Zealand, where he worked in the timber industry, and also as a professional carver, and as a theatre set and prop maker. Following extensive travel, he returned to the UK to complete his Fine Art degre.

He later studied with cultural philosopher James Hillman and served as Artist in Residence at the Esalen Institute in California, experiences that shaped his lifelong commitment to bringing a creative adventure into everyday life.

From 2014 to 2017 James managed Age UK Exeter's **Men in Sheds** project, supporting older men experiencing loneliness, disability and dementia through practical making and shared creative activity.

Alongside his community work, James has created public and private commissions in wood and bronze throughout the UK and internationally, including sculptures in upstate New York.

www.carvingcommunitycic.org

www.carvingcommunity.com

www.facebook.com/carvingcommunity

Nature Notes

Steve Jones

August 2026

As I look out on the Devon Savannah, several things spring to mind.Dipterans or Flies, from Di-two and ptera-wings. A very large group of 7000 species. The one which we painfully noticed very recently this year, was a small dark fly which attacked us on our legs in the garden. A painful bite , which once thwacked turned out to be a Stable fly, found in used animal bedding. We both got bitten after the dung pile north of the village got spread on the OSR fields behind the house. Well, you live and learn. Well we did, but that one didn't.



The ground has been so hard that Blackbirds have had a terrible breeding year. One followed Mandy around the garden when she watered it, so it could actually turn over the ground looking for something to eat. I've seen a few dead juveniles. I think they starved.

Meanwhile, many garden plants simply refused to flower and shrivelled up, whatever you did for them. In the allotment, lettuces sat there, didn't grow and I'm sure I heard them groaning. The runner beans flowered but never set fruit and if the heat gets above 25C, they simply won't set. My red russian kale was obliterated by thousands of flea beetles. The usual cabbage white caterpillar attacks have failed to appear, but there are dozens of wasps hunting for them amongst the leaves. I wonder if their eggs have simply died in the heat?

In late spring, as I walked past Bills Laurel hedge, I could hear loud insect buzzing. Upon closer inspection, I could see honey bees working the underside of the new laurel leaves. I have never seen this before and found out that Laurel produces in the spring what are known as extrafloral nectaries. This attracts bees and wasps and is thought to be a way for the plant to attract insects which would deter herbivores from eating the new growth! How fascinating is that?

We often have the long tailed tits pass through the garden, a short visit of a family group of 8 or more, exploring the leaves for little insects before flitting off, next door, but this year they have been coming down to the sunflower seeds. Something has changed and it must be a lack of suitable small insects. The starlings have been bathing en masse in our drinking bowls. Never have you heard such a feathery chattery splashy rumpus. Simply wonderful.

Meanwhile the moths this year have been numerous and diverse, and might explain why I saw two bats at deep dusk, flying in tandem round and round the May tree in our back yard. I couldn't see them veering off to catch food, so thought they simply might be playing? What a wonderful notion that is.



On the 25th June at 1200hrs, we recorded 34.4 C on our external infernal thermometer. That was THE really hot spell. Our sleep patterns were rewired. Up early, open doors and windows, get house down to 21C, close up house at 0800, siesta at 1200-1400, throw water over body in back yard, forget what we were supposed to be doing, put wrong objects in wrong places and repeat. Lately I have discovered a 4 foot Venetian blind which exactly fits the outside of our front window and on these hot days I fit it on in the morning and it works. We all need blinds, shutters, awnings and more water storage. What a year to be alive!

The Forage maize looks shrivelled, the wheat yields are down and one farmer I spoke to said yields generally down by at least 20%. That sounds truly awful, if you require a profit to run the farm. Is dry land Maize growing even possible in a climate of wet winters and bone dry summers anymore? Good luck growers, I wish I had some sage advice, but I don't.

Is anyone running a book on when the rain might reappear?

I reckon it'll be 1st October.

Over and out, SJ

Swift Update

Sally Foot

Swifts this year have started entering the church to use, hopefully, the 32 nest boxes in the Shobrooke church tower. Hurray! Having raised their young, they are now about to start their migration back to Africa.

Swifts are on the endangered list of birds, so it is wonderful to be helping them.

Swifts fly to the UK from Central and southern Africa, around May, to breed. They usually return to their former nest but sadly many nests are destroyed or built on. They like to nest under the eaves of buildings. Nesting is the only time they land on a surface, which may only be when they are 3 or 4 years old. They eat, sleep, drink and mate on the wing and clock up around 2 million miles.

At nesting time they can be seen and heard above the village busy catching insects to feed their young and themselves, or searching for nest sites to use the following year.

Do consider helping them by providing a nest site or box on your house. These can be homemade or the RSPB sell them. I love catching a black glimpse of a swift swooping in to enter the swift box on my house.

The Devon Swift project, is very successful, having put swift boxes in over 100 Churches, with swift callers to encourage their use, and many sightings of the boxes being used.

Let's do our best to help these amazing birds.

Sally Foot,Swift monitor 07882 786648
info@devonswiftproject.co.uk

St Swithun's Church News



The Autumn comes around once more and I very much look forward to seeing you all at our Harvest celebrations.

Fun and games will ensue on Saturday 12th then at 6pm on the Sunday, 13th, we welcome our Archdeacon of Exeter, Ven. Andrew Beane to our Harvest Songs of Praise, please join us if you can.

Do you have a favourite Harvest hymn? If so please let me know and we can include it. I am always in the Village on a Tuesday, if you would like me to call for a visit or chat, do get in touch. 01363 777031, sandrcollier57@gmail.com.

I continue to feel very privileged to serve the church in Shobrooke amongst you all, always experiencing a very warm welcome every time I step foot into the village, thank you for your kindness and friendship.

Our wonderful churchwardens, John & Victoria continue to support me, as do the many others who do their part for the good of all in the Village. You know who you are 😳 Thank you.

The Summer was very busy, our Lammas celebrations being very special, thanks to Derrick & Kirsty.

Another highlight was the opportunity to receive young Jago Rose for Baptism. On a sad note we said goodbye to David Brock, who had been a stalwart of the church and Village for many, many years.

Can I bring your attention to the info on the People's National Emergency Briefing (page 26) , whatever your thoughts, can I recommend you come along to view this and make up your own mind.

I leave you with this thought from St John's Gospel, Jesus' words to his disciples.

'This is my command: Love each other. John 15:17

Blessings Sandra

From the Churchwarden's Desk

As I sit down to write this, it hardly seems possible that we have journeyed from Rogationtide all the way through the summer and into August. It has been a busy and joyful few months in the life of St Swithun's, with much to be thankful for.

Our Rogation Ramble in May was once again a wonderful occasion. Since then, church life has continued at its usual steady pace, with regular services and pastoral visits providing opportunities to worship together and support one another through both joyful and challenging times. One of the great strengths of our church and village community is the willingness of so many people to contribute in different ways, whether by arranging flowers, reading lessons, maintaining the churchyard, helping with refreshments, cleaning

the church, or simply offering a friendly welcome to visitors and newcomers. None of these things happen by accident, and we remain extremely grateful to everyone who gives their time and talents so generously.

August began with our Lammas Service, a traditional celebration of the first fruits of the harvest season. Lammas is one of those ancient observances that connects us closely with the rhythms of the countryside, reminding us to pause and give thanks for God's abundance. As part of the service, bread was blessed and shared amongst the congregation, recalling the ancient origins of Lammas, derived from the Old English "hlaf-mæsse" or "Loaf Mass". Following the service, we enjoyed a bring-and-share lunch at Shobrooke Barton. Our sincere thanks go to everyone who prepared food, helped organise the event, and joined us for such an enjoyable afternoon.



Today, as we to look towards autumn, preparations are already underway for our Harvest Festival celebrations, another important moment in the church year when we come together to give thanks for all that we have received. This year, our Harvest Festival will take place on Saturday 12 September, from 10am to 4pm, and we warmly invite everyone to come along and join in the festivities. This will be followed by our Harvest Songs of Praise Service on Sunday 13 September at 6pm, when we will gather in church for an evening of hymns, thanksgiving and reflection. We hope as many people as possible will join us for both events as we celebrate the harvest and all the blessings of the year.

Looking further ahead, there are several other important dates for the diary, to include the following:

- **All Souls Service** – Monday 2 November at 7pm
- **Remembrance Sunday Service** – Sunday 8 November at 10.50am (meet at the War Memorial)
- **Christingle Service** – Sunday 13 December at 4pm
- **Carol Service** – Sunday 20 December at 6pm
- **Christmas Day Holy Communion** – Friday 25 December at 10am

We would be delighted to welcome both familiar faces and newcomers to any or all of these services.

In the meantime, may I take this opportunity to thank everyone who continues to support St Swithun's in so many different ways. Whether you attend regularly, help at events, volunteer behind the scenes, or simply take an interest in the life of the church, your support is deeply valued.

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



Wildlife

Sally Foot

This drought we are experiencing is badly effecting not only farmers but also the wildlife around us.

Please leave out water in your gardens to help hedgehogs, birds and insects.

Hedgehogs rely on worms and insects in their diet, which they cannot get now, so please leave them food to help . They can eat cat food, with no fish or gravy or milk, as well as purpose bought hedgehog food. Be careful if you have ponds as hedgehogs can drown if there is no easy exit.

Although, at the moment there is no need to strim or mow, many hedgehogs who take shelter in long grass or undergrowth, get maimed or killed by careless use of these every summer. And remember to check under bonfires before Guy Fawkes

No fires at the moment please! Thank you.

Princess Basma Centre Update

Sandra Collier

Thank you to all the faithful supporters of the Princess Basma Centre, another £500 has been forwarded to this very worthy cause. The Summer newsletter can be viewed at www.basma–centre.org, there is also a hard copy in Shobrooke Church. Please speak to me if you would like more details of the amazing work the Team are doing in Gaza as well as the West Bank. Please also let me know if you would like to go on their mailing list.

Nearer to Christmas Steve and I will once again be holding an Open House to raise more funds.

Celebrations for our Princess Basma teams in East Jerusalem and Gaza.

We were delighted and deeply honoured to welcome not one but two Archbishops to our centre this week! The Archbishop of Canterbury, Sarah Mullally on her pilgimage here, joined our Archbishop in Jerusalem, Hosam Naoum to see faith in action at the Jerusalem Princess Basma Centre.

All nine members of our Gaza team participated via a video call and talked about their work with children and families at our satellite unit in Al Ahli Hospital.

We were much encouraged by the visit and words of Archbishop Sarah: *"Witnessing the Centre's pioneering work with children is to see Christ's healing presence and ministry made real in a suffering and broken world."*

Sandra : 01363 777013 sandracollier57@gmail.com

Fish Loaf

INGREDIENTS (6 servings)



- 600 g of mixed tinned fish (salmon, tuna, sardines etc.) and fresh fish, including smoked fish if desired
- 50 g breadcrumbs
- 1 egg
- 100 g cream cheese
- 100g grated strong hard cheese (cheddar or parmesan)
- parsley or tarragon finely chopped
- 2 garlic cloves minced
- 1 lemon zested
- 1 onion finely chopped
- 100 g tomatoes finely chopped
- salt and pepper
- Olive oil to grease the tin

Served with garlic mayonnaise or creamy mustard sauce

Creamy mustard sauce

- 3 tablespoon greek yoghurt
- 1 tub of mascarpone or full fat cream cheese
- 10 g chives (or parsley or tarragon) finely chopped
- 1 tspoon mustard (or more to taste)

Method

1. Preheat the oven to 190C/375F.
2. In a large bowl, add the fish, breadcrumbs, egg, cheese, herbs, garlic, lemon zest, chopped onion, chopped tomatoes, salt and pepper.
   Combine thoroughly until everything is well broken down and mixed together.
3. Grease a loaf dish/tin with olive oil.
4. Place down some parchment paper in order to remove the fish loaf once cooked.
   Place the mixture into the loaf and press down so the surface is even.
5. Bake in the oven for 35 to 40 minutes, then remove and leave to cool in the dish/tin.

The fish loaf can be served hot, or very cold as a pâté for a picnic or a starter with a salad.

Enjoy !!

Shobrooke Reiki Academy

Bring Balance and Calm Back into Your life

I am delighted to share that I am now offering local Reiki treatments and certified training in Shobrooke.

I have an accessible studio, within a rural and peaceful setting.
I am a professional, certified Reiki Master / Teacher, and fully insured practitioner.

Rediscover your inner peace with a relaxing Reiki session. Reiki is a gentle, non-invasive healing energy technique that promotes deep relaxation and balance, to both mind and body. It helps ease everyday stress, anxiety, overwhelm, grief, promotes sleep and supports your natural well-being. Take an hour just for you, to pause, unwind, and recharge in a calm, welcoming space.
(Free consultation)



Opening offer: mention this advert to receive £10 off your first treatment.

Location:

Shobrooke Reiki Academy @ The Beeches, Shobrooke

How to book:

Send me a message or Text: 07811 613654
email: **shobrookereikiacademy@mail.com**
visit : **www.shobrookereikiacademy.com**
(This is still under development and will be available soon)

UKRF UK REIKI FEDERATION MEMBER

Katherine Coates
Reiki Master/Teacher

Gallery



'We come here every year, the weather's always nice ...' Woundwort shieldbugs on a poppy seed head in our garden- Mandy Jones



Wildlife in allotment - Lesley Browne



Eclipse over Shobrooke - Alison Ayers

News from Uppincott Farm

by Nick Lee

I have an unwritten rule for myself that I mustn't go on about the weather when I'm writing one of these articles, but with the unprecedented heat wave after heat wave; I feel I have to mention it. I have just looked back at the February article and read the last line that I had written, it was "if it ever stops raining", and here we are wondering if it will ever start!

Harvesting in most years starts right at the end of July with winter barley and oilseed rape. During the last decade most of those crops would be combined by early August, but before long, the weather would break before the straw was baled, and the combine wouldn't come out of the barn again to harvest the wheat, until nearly September. Much time effort, and money, would have to be spent on getting the grain dried down to the required moisture content of 15%. Anything above this if the grain is to be sold, a penalty would be applied, and if kept for feeding to the livestock, it would not store well. Then we have this year's harvest! The last noticeable rain we had was around the time of the Cornwall Show, in early June, and that was such a widespread prolonged storm, the last day of the show had to be cancelled. The first heat wave made itself known just after that and the grain crops, instead of ripening, were basically cooked in the sunshine.



Combining oilseed rape before sunrise.



Alistair baling straw

Combining started in early July, instead of the usual last week and although Jonathan tried as much as possible to cut the crops during the slightly cooler evenings, and into the night, the moisture of the grain stood stubbornly at around 11%. We needed to make the grain wetter not drier! The harvested grain needed to be cooled to help with correct storage. After continued heat waves and combining every day, or night, it was all done and dusted (excuse the pun) before we usually start. Straw baled and carried and that was that. Grain harvest 2026 all over.



Combining at sunset

We are now looking at the next crop to be harvested, and that's maize. Usually this crop is two meters or more high, but this year it is really struggling. A lot of the leaves look as though they will soon turn to dust so I am not sure we can depend too much on that to eke out the feed needed to take the cattle through the winter. Like a lot of farmers, we have had to start taking out grass silage, or hay, to the cattle as like everyone's' front lawn, there's not much green grass to be seen.

Anyway, that really has broken my rule about not writing about the weather, so I may as well finish with a plea for everyone to get together for a Rain Dance!

Wellness Page

By 'Dr Feelgood'



When we think about keeping healthy we tend to think of eating a good diet, doing exercise/keeping active, and maybe avoiding activities that we know are bad for us like smoking or drinking excessively. What we don't always think about is the importance of sleep.

Sleep is the cornerstone of our health, it's a time when the body can repair itself and the systems of the body can be brought back into a state of balance. Sleep is a hugely important aspect of our health, we cannot function effectively without it. Children and young adults in particular need it to support their physical and mental development through the overnight release of hormones. To reap the maximum benefits of sleep we also need to sleep for long enough, and experience sleep of a sufficient, quality. Everyone is different when it comes to how much sleep we need, but generally it's 7 to 9 hours a night for adults and anywhere from 10 to 14 hours a night for children and young people.

When we're sleeping our brain is still working hard. In deep stages of sleep, the brain is processing newly learned facts and experiences, and in dreaming sleep, (known as rapid eye movement/REM sleep) our skills and habits are woven into our existing knowledge. Memories are organised by the brain when we sleep at night too, and because the brain also trims away unnecessary neural connections when we sleep, sleep helps the brain work more efficiently so there is space for further learning.

We all know how much better we feel when we've slept well. A well-rested brain works much more efficiently, has sharper attention and is much more able to focus than a sleep-deprived brain. The Mental Health Foundation focuses on preventative measures to support mental health and well being, they offer lots of helpful advice about improving sleep to look after our mental health, here's a taste from www.mentalhealth.org.uk

Establish a regular, relaxing bedtime routine that lets you unwind and sends a signal to your brain that it's time to sleep

Create a restful environment: bedrooms that are dark, cool and quiet are generally easier to fall asleep and stay asleep in

Try to go to sleep and wake up at the same time each day

Exercise regularly but avoid vigorous exercise near bedtime if it affects your sleep

Avoid caffeine and alcohol before bed. They can stop you from falling asleep and prevent deep sleep

Avoid using screens in the evening, including on smartphones and tablets. The light from the screen can have a negative effect on sleep, and social media, news and games can all stimulate your brain and make you feel anxious

Write down your worries if you lie awake worrying about tomorrow. This can help put your mind at rest

If you can't sleep, don't worry about it. Get up and do something relaxing like listening to music or reading until you feel sleepy

Ultimately if sleeping is an issue take some steps to address it, there may be some really simple things you could try like meditation exercises or breathing techniques that will have a positive impact so be persistent. Plus if self help doesn't work don't give up, go to a GP for advice and support, you may be surprised to discover how making some small changes could really help you drift off.

Wishing you well, Dr Feelgood

For more information on sleep please visit:

www.mentalhealth.org.uk

Sleep problems - Every Mind Matters - NHS

Newton St Cyres Tennis Club Update:

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 Club Tournament finals' day on 20th September, one of the social highlights of the year. Lots of members have entered and it is good fun

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



Thursday 10 September at 7:30pm

in the Boniface Centre,Crediton

Free admission and parking

ALL WELCOME!

A second chance to see this powerful new 50-minute film bringing together leading expert insights on the climate and nature crisis. Followed by a short discussion with a panel.

This film combines authoritative scientific content from leading experts with reactions from members of the public and some more familiar faces - designed to help audiences process the information on a more human level. It delivers in a single accessible narrative, the frank facts about the threats, but also the enormous benefits if Government leads genuine emergency action.

The film is intended as a catalyst for a wider public conversation and a stepping stone towards a live televised national briefing, introduced by the Prime Minister and delivered by independent experts, so that the whole country can be fully informed about the risks we face and the solutions available.

Climate and nature breakdown will affect everyone in the country, from health and food systems to infrastructure, security to economic stability. This crisis is more serious and immediate than many understand. There is strong evidence that bold, urgent action will improve lives and livelihoods, but the window of opportunity is narrowing as we delay. Designed for community screening, the film presents the national implications of climate and nature breakdown alongside credible, hopeful responses. It helps viewers to not only understand the scale of the crisis, but to consider beginning conversations about how to respond. Many of those that have seen the film commented that although the facts are alarming, they felt a sense of optimism about confronting the challenge together and seeing a pathway to a better future.

CJ INTERIORS

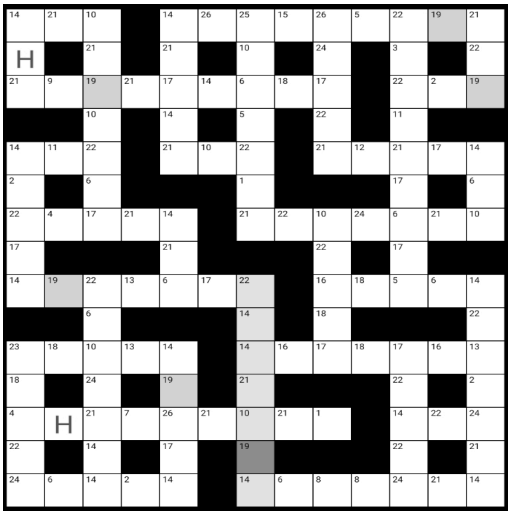
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1		14	
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Answer page 34

YOUR LOCAL LEGAL EXPERTS

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



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in remembrance

Malcolm Cooke

I walked this day
in remembrance.
Not for the first time.
My feet on the earth,
my head in the clouds,
my heart elsewhere
shrouded in mystery.
A choir of birds
sang to the beauty
of a passing cloud.

I walk this day
in remembrance;
Of those who walked a while upon my way,
of those who walk with me still,
of the acts of love and kindness
freely given
and gratefully received.
A stream accepts the rain
to take to the sea.

I walk this day
in remembrance
of those who chose the path of the heart,
had courage to follow where it led,
to do what was needed.
They are forgiven,
not realising
they were giving more
than they took.
A shaft of sunlight
cradles a hill.

I walk this day
in remembrance
of my feet on this earth,
of my head in the heavens,
And of my heart,
shrouded in mystery,
elsewhere.
A breeze rises from the east,
to anoint my journey anew.
I walk this day
ready for what it brings.

Shobrooke Parish Councillors 2026

Cllr Lynsay Balkwill - Chair	01363 775296 Shobrooke, Crediton, EX17 1AU Cllr.Balkwill@shobrookeparishcouncil.co.uk
Cllr. Chris Furse - Vice Chair	01363 774495 Shobrooke, Crediton, EX17 1HP Cllr.Furse@shobrookeparishcouncil.co.uk
Cllr (Rev) Sandra Collier	01363 777013 Crediton, EX17 1EZ Cllr.Collier@shobrookeparishcouncil.co.uk
Cllr Allan Jones	01363 777444. Shobrooke, Crediton, EX17 1AX Cllr.Jones@shobrookeparishcouncil.co.uk
Cllr Joe Leeming	07849 179533 Crediton, EX17 1AT Cllr.Leeming@shobrookeparishcouncil.co.uk
Cllr Ailsa McGregor	07922004906 Shobrooke, Crediton, Devon EX17 1AZ Cllr.McGregor@shobrookeparishcouncil.co.uk
Cllr Derrick Brett	07811967024 Shobrooke, Crediton, Devon EX17 1AP Cllr.Brett@shobrookeparishcouncil.co.uk

Devon County Councillor

Cllr Steve Kebble	07967 655045 Lapford, Crediton EX17 6PZ steve.keable@devon.gov.uk

Mid Devon District Councillors

Cllr Mark Jenkins	01363 773900 / 07580 319314 Sandford, Crediton, EX17 4LY mjenkins@middevon.gov.uk
Cllr Helen Tuffin	Crediton, EX17 2AX htuffin@middevon.gov.uk
Website	www.shobrookeparishcouncil.co.uk
Parish footpath officers	Jo Hamilton
Playing fields liason officer	Ben Jacobs
Neighbourhood Watch	Lesley Browne
Website officer & Parish clerk	Mrs. Clarke, 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

What's been happening at Shobrooke Parish Council?

There has been a warm welcome at Shobrooke Parish Council to our two new councillors, Derrick Brett and Ailsa McGregor, who were formally co-opted at the July meeting. We are delighted to have them joining the team and hope they enjoy getting involved within the parish council. Particularly as new councillors bring new ideas and hopefully, a willingness to discover just how many different things can find their way onto a parish council agenda!

There has certainly been no shortage of village matters to keep everyone occupied. The Council has been looking at speeding traffic, footpaths and drains and overgrown vegetation not only obscuring signs but the perennial problem of vegetation that seems determined to take over anything humans have the temerity to put in its way! The Council is currently investigating whether the Community Speed watch could be restarted.

The play park has also been keeping the Council busy. A recent volunteer maintenance day has made a good start, although, as is often the way with such projects, there is still a little more to do, another day is planned in the autumn. The yearly inspection has identified some equipment that needs to be removed and replaced so the Council are looking into funding possibilities.

Looking ahead, the Council continues to keep an eye on matters that affect the wider village, including housing, planning, roads, footpaths and neighbourhood issues. Concerns raised by residents about antisocial behaviour and vacant properties have been discussed a number of times and continues to be regularly on the agenda, with the Council keen to see if the District Council will change the housing policies so it will help maintain a lively and mixed community, including opportunities for younger families.

So, welcome again to Derrick and Ailsa. We look forward to their contribution and we will continue to work on behalf of everyone in Shobrooke. If you happen to see councillors peering over a hedge, examining a drain or discussing a gate or path you'll know they are probably not just out enjoying the current heatwave, they're working!

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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loose tipped	*loose tipped*	*loose tipped*	*loose tipped*	

PART SEASONED LOGS

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DOUBLE LOAD	1 ½ LOAD	FULL LOAD	½ LOAD	BULK BAG
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loose tipped	*loose tipped*	*loose tipped*	*loose tipped*	

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Codeword Answers

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

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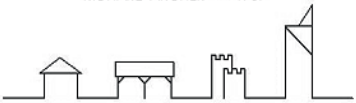
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(This service starts in the morning at Black Dog at 09:15 & arrives in Shobrooke via Kennerleigh, Sandford and Crediton Lloyd's Bank at 09:45 and returns via that route in the afternoon and so can be used for people coming to Shobrooke in the morning or going into Crediton or beyond in the afternoon)

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Bus arrives back in Shobrooke at 1357.

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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:

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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 Clarke	See page 30
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
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: Currently Mid Devon Neighbourhood Team
NON EMERGENCY TELEPHONE NUMBER: 101 EMERGENCY TELEPHONE NUMBER: 999

Crediton Neighbourhood Policing Team (Rural South) Telephone: 101
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EMERGENCY SERVICES:
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Comm. Mental Health Team	01363 778600
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LOCAL COUNCIL SERVICES:

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Friday: 12:00- 14:30, 18:00- 22:00

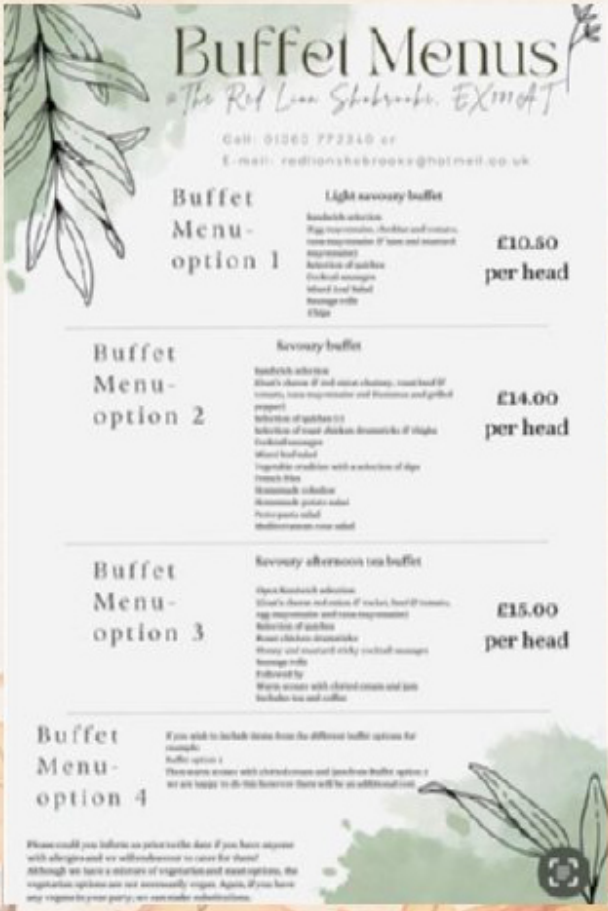
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