

Speke Up



Parish Magazine
of Upton Pyne
& Cowley
and Bramford
Speke

March 2026

Issue 388

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of Upton Pyne
& Cowley
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Speke



Speke Up AGM

Tuesday 1st April

7 pm

*Upton Pyne Village
Hall*

Refreshments

All welcome



We are looking for a treasurer to join the existing nine members of the *Speke Up* team, most of whom are pictured above, **left to right**: Ruth Matthews, editorial & advertising; Bev Lewers, Upton Pyne & Cowley distribution manager; Jenny Deeks, secretary; Linda Findlay, editor; Richard Tillett, advertising manager; Dave Underhay, Bramford Speke distribution manager; Rachel Insoll, chair; Sally Tuckey, artist. Our proof reader, Maggie Cormack, was absent on this occasion.

If you are interested and would like to know more, talk to any of us at the AGM or contact Linda by email lindafindlay99@yahoo.co.uk or phone 07598 753088.

Speke Up Matters

Welcome to the March issue of *Speke Up*.

In this issue we hope you will find plenty to inform and entertain you. The Garden Club is gearing up for the annual **Spring Flower Show** in April, more details and the show schedule on pages 14 and 15 respectively. This year, there are three Homecraft classes – a home-made loaf, flapjacks (own recipe) and a preserve. With this in mind, Sarah Lumley gives two delicious-sounding recipes for **bread** in Sarah's Kitchen on pages 31-32, and we will be publishing the winning flapjack recipe in the May issue. The launch of the **Wondrous Women!** project, celebrating inspirational lives in the Netherexe Parishes, takes place at Thorverton Memorial Hall at 4pm on Sunday 8 March; more details of this hugely exciting project on page 20. Find out what the children of **Brampford Speke school** have been up to on page 23. And on pages 34-35, Nigel Chefferds-Heard reminisces about **growing up in Upton Pyne** in the 1950s. There are suggestions of **gardens** to visit, **books** to read and **events** to go to (including, of course, the *Speke Up* AGM) in this issue. We hope you will enjoy reading it.

cover design: **Sally Tuckey**

from the Speke Up team

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Cover Notes

Spindle (Euonymous Europeaeus)

As I wrote in last month's article, trees are great survivors but not unfortunately when we experience the scale of the three storms we have suffered this January. Tragically, many many trees have been lost, especially in parts of west Cornwall and the Scillies where the winds were strongest at over 99 miles per hour. Tresco gardens on the Scillies is a case in point. Fortunately, the head gardener who was interviewed on Spotlight recently, is attempting to take it in his stride, has a lot of help and support and has an extremely positive outlook on planting for the future.

I was woken by the torrential rain on Sunday 25th January and it began to feel as if it would never stop. However, it was the last day of the RSPB Bird Watch, and I was absolutely amazed at the number of birds who emerged once the rain had started to lessen. Hungry and wet, many went straight for the bird feeders – there were loads of sparrows and tits – great, long-tail, blue and even a coal tit -as well as a dunnock, a wren, a chaffinch, two blackbirds, two robins, a greater spotted woodpecker and the usual woodpigeons and corvids!

There was a group of "marauding" corvids consisting of jackdaws, one or two rooks and a magpie who roost in the silver birch overlooking the garden. They swoop down with a harsh "tchack" "tchack" sound as soon as any food is put onto the bird table and gobble it up. However, they do look quite comic trying to swing on the bird feeders!

I've recently seen a little bird in the garden which looks like a willow warbler, and I do believe it has once or twice nested in a corner of the garden. Sadly, in previous years the young have not been able to survive the road.

See the rosie-berried spindle,
All to sunset colours turning,
Til the thicket seems to kindle,
Just as though the trees were burning.

The Song of the Spindleberry Fairy,
Cicely Mary Barker

I've always been drawn to the spindle tree, partly because of its brightly coloured autumn fruits and leaves and partly for a more personal reason. There was a tea shop called the Spindle Berry in the town where I was at boarding school. It provided a welcome break from the rigors of school as well as dispensing delicious cakes together with waffles and syrup.

Spindle trees are native to Europe. They're small and favour chalk and lime rich soils, often growing on the edges of woodland in hedges and scrubland. They're bushy and can grow up to 9 metres high, living for up to 100 years. The bark is smooth, greenish at first with light brown markings becoming grey to pale brown later.

The winter buds are in opposite pairs, and the leaves are mainly lance shaped with a finely toothed margin and a pointed tip. In June, they have small greenish white flowers that grow in loose clusters. The trees are either male or female, but both sexes can occur on the same tree. In autumn the leaves fade to yellow, rust and crimson and the female flower produces a beautiful four-lobed seed pod which is pale green but changes to a bright pink by October. Within the month, the seed pod splits open to expose the four bright orange seed coats. The hard white seed is highly poisonous to people but attractive to wildlife including various small birds as well as foxes, wood mice and dormice.

Not surprisingly, the whitish dense timber is used for making spindles for spinning and holding wool, toothpicks, pegs and knitting needles. Spindle wood was also used to make high quality charcoal for artists.

At one time, the fruits, baked and powdered were used to treat headlice in people and mange in cattle. The seed coating was used to make yellow, green and pink fabric dyes.

I've read that certain myths talk of the spindle as being an omen of the plague. The Greek translation for Euonymous is "good" and "name" so others therefore consider it to be a lucky tree. I think I prefer the Celtic interpretation of the tree symbolising completing lessons in order to move forward, as well as sweetness and delight.

Caroline Fox

The Gardening Year



Daffodils on display in Newton St Cyres churchyard

As we reach March, there are a few notable dates for the diary. Firstly, Mothering Sunday which this year falls on Sunday 15th March and, secondly, the clock change on Sunday 29th March when we move to British Summer Time and put the clocks forward by one hour. Will the rain have stopped by then, I wonder?

Writing this in February, there are already **Daffodils** in flower in our gardens and when we are out and about. Did you manage to locate any of the specific varieties that the RHS and Plant Heritage were asking us to look out for last year? *Narcissus* Mrs R. O. Backhouse, *Narcissus* Mrs William Copeland and *Narcissus* Sussex Bonfire. The RHS is continuing Daffodil Diaries, where you can log your sightings on the web site: www.rhs.org.uk/science/daffodil-diaries. Even through all of the recent rain, the 'Tête-à-tête' that we planted down by the brook have pushed their way through. A walk around the Arboretum and the churchyard in Newton St Cyres, provides many glorious views of the daffodils which have followed on from the snowdrops, and will be joined by primroses and bluebells.

Jobs to do in March

With longer days and hopefully warming soil, March is the time to prepare for the growing season, so here are just a few jobs to add to your already long list no doubt!

- If you planted green manure, now is the time to cut it down and allow the foliage to wilt before digging it in. Once you have done this,

it is usually best to leave it to decay for around two weeks to get the maximum benefit for the growth of your new crops.

- Woody herbs such as hyssop and sage can be pruned to within ½ - 1" of the previous year's growth
- Snowdrops can be lifted, divided and replanted to increase drifts for next year. Do this before the leaves yellow.
- Lift and divide summer-flowering perennials such as Michaelmas Daisies, Helium and Rudbeckia to maintain healthy growth. Excess plants can be given away at plant swaps.
- Houseplants will also benefit from a health check and, if required, re-potting into a new pot one or two sizes larger with fresh compost.
- If you have a spare area in your garden that you know will get the sun, direct sow hardy cornfield annuals such as Cornflower (*Centaurea cyanus*) and Corn Marigold (*Glebionis segetum*) These will be good for pollinators.

What's On?

Sunday 1st & Sunday 8th March – East Worlington House, Witheridge EX17 4TS "Thousands of purple crocuses feature in this two-acre garden, set in a lovely position with views down the valley to Little Dart river. These spectacular crocuses have spread over many years through the garden and into the neighbouring churchyard. Walks from the garden across the river and into the woods. Dogs on leads please". Admission £6 adult, Children free. Open 1.30pm – 5.00pm with cream teas served in the thatched parish hall next to the house.

Wednesday 4th March – Newton St Cyres Garden Club. Don't miss Saul Walker speaking about orchids. We also hope to have orchids for sale on the evening. NSC Parish Hall 7.30pm start. £3.50 admission to include a hot drink and biscuits.

Saturday 7th March 2026 – 10am – 3pm Early Spring Plant Fair at Kennaway House Coburg Road, Sidmouth, Devon EX10 8NG. The long-awaited return of the popular Sidmouth Daffodil Day, in a new format. Nurseries from across Devon and the Southwest will be there with stands full of bulbs, perennials, shrubs, plus lots of other plants for the garden.

Sunday 8th March – Plant Heritage Plant Fair – South Molton Pannier Market EX36 3AB 10am – 2.00pm

There will be a wide variety of rare and unusual trees, shrubs and perennials from local nurseries for sale, a must for all keen gardeners and plant collectors. The local **Plant Heritage** group will also be selling plants and sharing more information about their work. Everybody welcome. Catering available.

Saturday 14th & Sunday 15th March – Spring Flower Showcase – RHS Rosemoor. Admire beautiful spring blooms grown by competitors from the South West and beyond, focusing on daffodils, camellias, early magnolias and rhododendrons. In addition to the RHS Early Camellia Competition, the show includes classes for ornamental shrubs and the RHS Daffodil Competition. **Please note:** The Garden Room opens at 11.30am on Saturday for judging to take place. Sunday opening times 10am – 4pm.

Tuesday 24th March – Crediton Garden Club - History of Gardening by Stuart Raine. Crediton Library at 7pm

Future Event for which you may wish to start planning! **Saturday April 11th** – Upton Pyne SPRING FLOWER SHOW and PLANT SALE. The schedule is available from Anne Roberts, 01392 851457 and in this magazine.

Happy Gardening - without the need for waterproofs!

Nicola Baker

Brampford Speke Parish Council

Councillor vacancy: we still have a vacancy for a new councillor. It really isn't an onerous task; the council meets formally in alternate months, but is active throughout the year, processing planning applications and dealing with situations as they arise e.g. road closures, potholes, verge clearing etc. Most councillors take on a specific brief (e.g. highways, footpaths, trees, communications etc.). It's a great opportunity to contribute to the community and you don't need previous experience of council work. Please contact the clerk or any of the existing councillors if you might be interested.

Parish precept: (reminder) this is the part of your council tax levied to fund the parish council's work, currently about £58.25 per year for a Band D property. We have agreed to keep this unchanged for 2026-2027 despite continuing inflation, and will review in a year's time.

Affordable housing: we haven't heard anything further about either proposal:

Stonilands: we understand that a tentative agreement has been reached with the landowner and that it is hoped to proceed to a planning application in due course.

Templer's field: the developers have reported that there have been delays with this project. They hope to carry out further site assessments during 2026 with a view to making a formal proposal in 2027.

Telephone box: BT have applied to withdraw the phone connection to the telephone box opposite the school. At the public meeting on 11th December there was a consensus that we should lodge a formal objection to the withdrawal of service, and this has been done. The decision is outside our control however, and it seems likely that we may lose the service.

The box itself is a listed structure, and we will have the option of acquiring it on behalf of the village, though this will mean additional expense to insure and maintain it. Alternative uses might include re-siting the defibrillator from the front of the school building, or use as a mini-library or food bank. Please let us know your views about this, by speaking to or emailing the clerk or any of the councillors (contact details in *Speke Up*).

Trees: East Devon District Council (EDDC) is interested in providing more trees if suitable spaces can be found; details in the February *Speke Up* or from Elaine Hollingsworth, our tree warden. And don't forget, if you live in the conservation area, that any work on trees requires EDDC approval.

Flooding: apart from the flooded roads during the recent storms, we're not aware of any property flooding. We have been asked to report any incidents to the county council. If you have information, please contact the clerk or one of the councillors.

Gritting: we are still awaiting a meeting with Devon County Council about this.

Next PC meeting: these now take place on the first Tuesday of every alternate month.

The next meeting will be on **Tuesday 3rd March 2026, at 7.30pm in the village hall.**

If you have any issue that you want to raise with the PC, please feel free to contact any of the councillors, or the clerk: names and contact details in *Speke Up* or on the website:

<https://www.middevonparish.co.uk/brampfordspeke>

Upton Pyne & Cowley Parish Council

Recent flooding: the Chair will order more sand to add to our current supply. We have a supply of empty sandbags. All stored at Bernaville Nurseries.

Footpaths: Footpath Warden Fabian King reported the recent damage to some footpaths, steps and gates. Replacement finger posts are to be installed for footpaths 4 and 8.

Playground: Cllr Bramston spoke of various grants available to fund this project. The National Lottery has been approached and have asked for the Parish Council's bank details which the Clerk will forward to Cllr Bramston. East Devon District Council will be requested to match fund £15,000. It was pointed out that Devon County Council has funds available from the Locality Budget. Cllr Bramston continues with this project to improve the playground and its equipment.

Highways Notice: work will take place on the A377 at Cowley Bridge. The dates are from March 10th to March 24th and will take place from 20.00 to 06.00. This is to enable resurfacing of the road from Cowley Bridge to just north of the entrance to St Andrews Road. The Highways reference for these works is: TTRO2666823.

The next meeting will be held on 14 April with the Annual Parish Meeting taking place on the same evening from 7pm in the Village Hall, to which everyone is invited, followed immediately by the Parish Council meeting.

Local Government Reorganisation (LGR)

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

What with the floods, potholes and collapsed roadways, many of us are calling on local government to sort things out - *immediately!*

But, meanwhile, your local councils are so underfunded that central government wants to re-organise them to reduce costs. The main goal

is to consolidate them into a few Unitary Councils.

There are several ways of doing this, but are there any downsides for rural areas and villages such as ours?

Remember it is in the built-up, urban areas where demand is rationalised and economies of scale win the day, because the higher concentration of need and the greater efficiency of action is the formula for impressive results – significantly greater than in less populated and sparsely-located rural communities.

Fundamentally, there is less money for local government, and the plan is to reduce costs, but what if our villages and small outlying communities end up with a lower share in the fortunes of local government and less support for the local issues that matter to us, but are quite unknown by towns and cities?

There are four alternative proposals in hand, and they are all open for your input until midnight on 26 March 2026. Each proposal is being promoted with varying degrees of hype by their different sponsors who are Plymouth, Exeter, Devon, plus East Devon and the District Councils.

So, if you are writing to local councils about floods, potholes and collapsed roadways, I suggest for the long term, it is more important to have your say about LGR by going to the official consultation portal at

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

where you can see the alternative local government proposals without the hype.

Please have your say.

It is published by the Ministry of Housing, Communities & Local Government.

Fabian King

10 February 2026

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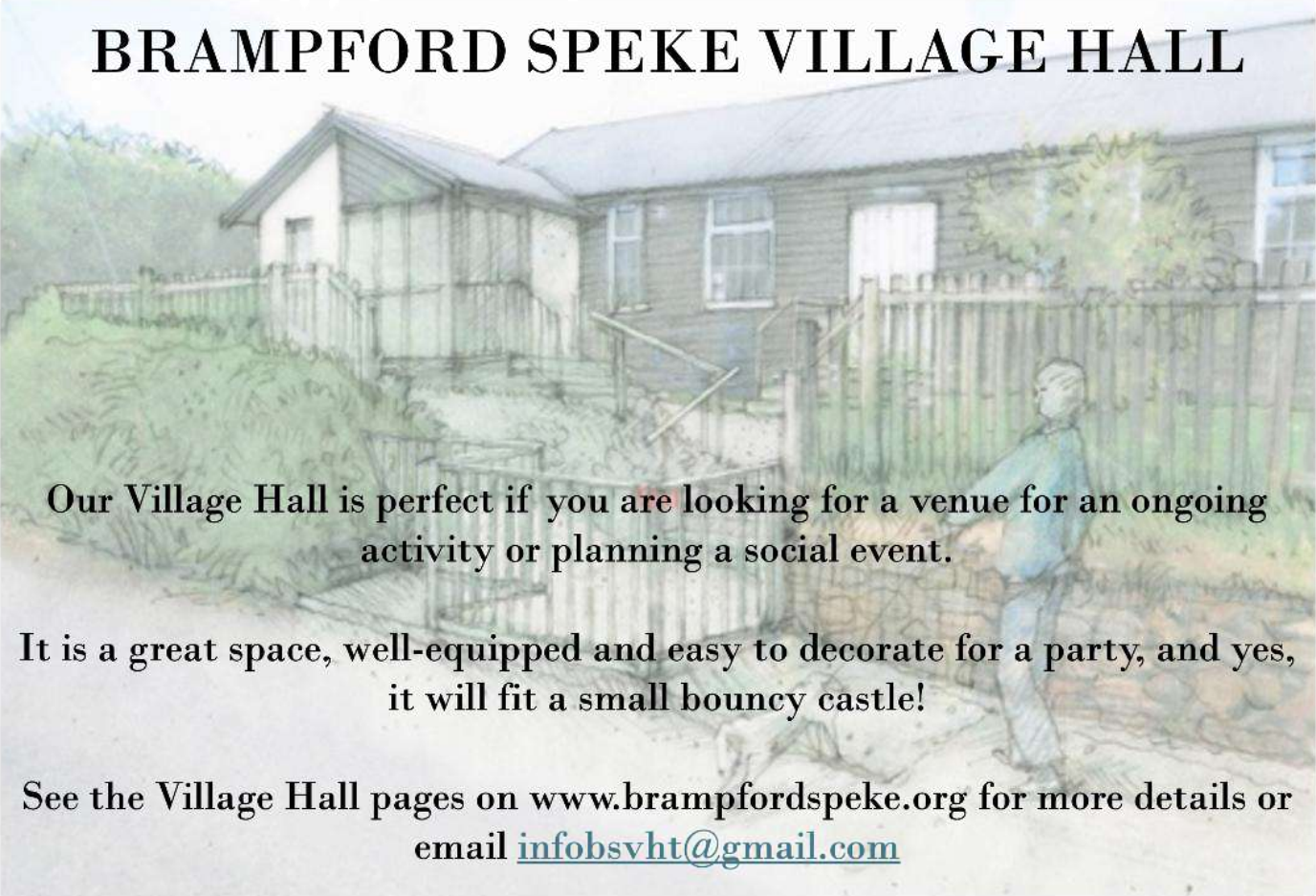
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BRAMPFORD SPEKE VILLAGE HALL



Our Village Hall is perfect if you are looking for a venue for an ongoing activity or planning a social event.

It is a great space, well-equipped and easy to decorate for a party, and yes, it will fit a small bouncy castle!

See the Village Hall pages on www.brampfordspeke.org for more details or email info@brampfvht.org

NEWTON RAMBLERS

Sunday 8th March

Our walk in March will be along the paths of Haldon Forest Park, approximately three miles with no steep hills.

We will meet at Newton St Cyres Parish Hall car park at 10am, to arrange car sharing.

For those wishing to meet at Haldon Forest car park, we will aim to set off from there around 11am. **Sat Nav Postcode:** EX6 7XR Bullers Hill, Kennford, Exeter

What3Words chuck.kicks.ruffling

Car Parking charges apply to all spaces 24 hours a day, 7 days a week. Up to 2 hours £5.50 Up to 4 hours £7.00

NB Card payments accepted Pay with Ringo **No Cash payments**

Lunch has been booked at the Nobody Inn. Please contact Nicola (01392 851985) by Thursday 5th March, if you wish to join us for lunch.

Additionally, there is The Ridge Café at Haldon, should you wish to eat there, (again no cash payments) or there are picnic areas.

This walk will be led by Anne Rice and she has kindly invited those who wish to, to have tea or coffee at her house after lunch with the opportunity to stroll around her garden.

Dogs are welcome at the Forest Park but their Dog Code asks that you keep dogs close and in sight, use a lead if they don't always return when called and prevent your dog from going up to (or chasing) people or animals. Follow signs to avoid injury and protect forest wildlife and farm animals, and take care around other visitors, bikes and horses.

Further details from Nicola on 01392 851985

Please note that anyone joining this walk, does so at their own risk.

Coffee and Cakes

Raising money for Motor Neurone Disease and
Ovarian Cancer Charities



Friday March 20th 10.30-12.30

Home Barn, Homeliving, Brampford Speke EX5 5HE

07766 727668

Pop a tenner in the pot and enjoy a community coffee morning



Friends of St Peter's

We had a very enjoyable **Candlelit Evening** at St Peter's in February (*pictured*); the church looked lovely with many, many twinkling candles and it was actually warm! We were lucky enough to have Andy give a viola performance to kick the evening off. We raised about £450, which was great, but we would have loved it if more people had turned up!

There will be a **Pilgrimage walk** around all the churches in the parish on 21 June and a **Harvest Lunch and Apple Pressing** in September.

If anyone wants to be involved, please email stpeterschurchbs@gmail.com. Our next meeting is on Thursday 12 March, 6.30pm at the Agi, all welcome.



If you live in Bramford Speke please read this:

We started the Friends of St Peters, Bramford Speke, at the beginning of 2025 to support our historic church through community fundraising events, these events have hopefully demonstrated the vital role St Peter's plays in our village life.

Despite this, the Church is in a dire financial situation and is in danger of closing.

Our main income comes from weddings, funerals and fundraising. Basic maintenance, bills and administration to keep the doors open are approx. £10,000 pa. In addition, our biggest single expenditure is the £7,500 pa that we should pay to the Common Fund, (the Common Fund is a system where local parishes contribute money to their diocese to collectively fund shared ministry, clergy stipends/housing/training, diocesan administration)

We were not able to make this payment in full in 2025.

If we are unable to make our contribution in 2026, the position of the Church becomes perilous.

In 2026, there is essential electrical work to be done, the organ needs to be repaired as does the clock. We have had a very generous donation from someone in the Village but this will not pay for all that needs to be done.

Your support is vital to keeping St Peter's open for our community

We need to raise £7,000 this year!

Ways to donate:

- Monthly direct debit, (please email stpeterschurchbs@gmail.com for details)
- Donate using the barcode

Please come to the events supporting the Church, this strengthens our community bonds and is fun!



Nick Baker Local History Prizes

The organisers are delighted to announce that two prizes of £100 have been awarded in this year's Nick Baker Local History Essay Competition: the first to Isobel Hepworth and the second to Sue Attenburrow.

Both essays record the history of important local buildings — Isobel traces the history of Hayne Farm from the fifteenth century, and Sue considers the history of Langford Farm, believed to be the oldest extant house in the parish of Newton St Cyres.

It is intended that the essays will be published online, and consideration is being given as to whether similar studies might be added to provide greater coverage of properties of interest in our area.

Many thanks to the judges: Jilly Baker, Peter Hawksley, Stuart Luxton, Andrew Saunders and Jean Wilkins.

The competition was set up in memory of Nick Baker of Cowley, an avid local historian. Prizes are funded by Nick's family and friends. Entries for this year are warmly invited from anyone in the parishes covered by Focus on Thorverton, Newton Wonder and Speke Up. Brief rules are available from nickbakerprize@gmail.com.

BOOK CLUB

Madly, Deeply by Alan Rickman

Everyone has their favourite Alan Rickman film. For me it's the comedy *Galaxy Quest* where he appears typecast as a grumpy actor playing an alien in a *Star Trek*-type franchise. Other notable films include all of the *Harry Potters*, the first *Die Hard* movie and the



endearing drama/comedy *Truly, Madly Deeply*. He was also an accomplished theatre actor and worked very hard behind the

scenes of many projects without becoming part of the politics of theatre.

His diaries mainly cover the huge portion of his working life after he became internationally famous in his 40s. I found the first few chapters (years) of the diaries hard to relate to and I had to push through. I'm glad I did as the rhythm of the entries soon picks up the pace as he gets involved with the projects with which I am familiar.

Inevitably, there is a lot of name-dropping! He moved in actorly circles, sometimes mainstream films and plays such as Pinter, *Robin Hood* and *Love Actually* though with a pleasing balance of more highbrow projects including some of the more 'difficult' Shakespeares such as *Troilus and Cressida*.

He was a man of principle who put time, effort and money into political, social and humanitarian causes. He directed and edited the stage play *My Name is Rachel Corrie*, which concerns the killing of the 23-year-old by Israeli soldiers in Gaza. There were efforts to scupper this production by those who wished to censor inconvenient truths and he fought valiantly against these, his frustration and commitment clearly evident in his diary entries.

Each entry is brief and the most entertaining ones involve numerous parties with the rich, famous, talented and influential; the way he relates to the people he works with on films and plays and his trademark cynicism in describing various household/building problems and trips to his various properties in London, New York, South Africa and Italy.

The final few months of the final chapter detail his illness and decline to moving effect. He approached his end with humility and humour and the afterword is hugely affecting, highlighting how much he loved the world and was loved in return.

He was as well-loved by his colleagues as by his fans and my favourite story (told by Kate Winslet) concerns him usually paying the bills in restaurants without telling his friends. Whenever he was queried by said friends, he would stare at them and reply calmly: "*Harry Potter*".

I spent about a year reading this book on-and-off and hugely enjoyed getting into the mind and life of this lovely, talented human being.

SP



BOOK CLUB

The Oregon Trail – a New American Journey by Rinker Buck

The Oregon trail was the largest migration in history and over 800,000 people crossed North America in search of a better life. The 2,000-mile journey hadn't been undertaken using wagons and mules for over 100 years until retired journalist Rinker and his brother Nick completed it in 2011.

I downloaded a sample after being impressed by the reviews, and the introduction made me want to buy the paperback, imported from the States.

The book is an account of the brothers' preparation and journey, mixed with some stories of the original pioneers. The history is accessible and critically presented. Movies give an impression of the hardship and romance of a perilous journey through scenic and varied landscapes.

Inevitably, there are attempts here to correct big falsehoods in the accepted narrative.

I enjoyed the explanation of why mules were chosen instead of horses, and the characters of the three mules who pulled the cart across the continent. Each had its own distinct personality: steady Jake, smug Bute and erratic Crazy Beck. Jake manages to keep the other two in check and it is a poignant moment when the author parts with them after the journey. Rinker comes over as a steady chap. His relationship with brother Nick, a down-to-earth, and famously skilled, horse-driver, is deep, poignant at times and often hilarious when they argue. The most enjoyable sections describe overcoming huge problems in incredible landscapes.

A long book but I didn't want it to end...it also has a map!

SP

A Case of Mice and Murder by Sally Smith

This is an absolute joy to read: intelligent, humorous, and with a lovely human feel to it. I suppose it could be classed as 'cosy crime', it's not a bloodcurdling horror, but perhaps a better description would be 'clever crime'.

Sir Gabriel Ward is a middle-aged barrister who lives and works in the Inner Temple in London. He is meticulous in his work and known for his knowledge of the law but doesn't like venturing out of his little world.

One morning in the summer of 1901, he walks out of his rooms and discovers the dead body of the Lord

Chief Justice on the ground, fully clothed, but with bare feet.

The City of London police have no jurisdiction in the Temple, and are only allowed in if asked. As the death seems a little odd, Sir Gabriel is asked to investigate and to try to prevent any scandal that may occur. He is eventually helped by a police constable, PC Wright, who becomes as much a loveable character as Sir Gabriel.

Allied to this death, is his current case, which concerns the authorship of a recent children's book, *Millie the Temple Church Mouse*.

The state of women at the time is briefly covered: unable to be their own person, enduring (or enjoying) a round of social events and with little to do all day.

The author, Sally Smith, was King's Counsel specialising in medical law and clinical negligence, until she gave up to write full time. Her knowledge of the Inner Temple and its ways is very apparent.

Another book featuring Sir Gabriel has been published, *A Case of Life and Limb*, and is every bit as good as the first. Another is due in 2027, I gather. If you're interested, she has also written a biography of that famous Edwardian defence barrister, Sir Edward Marshall Hall – *Marshall Hall, a Law Unto Himself* – which I have on my wish list!

SG

The Girl with the Louding Voice by Abi Dare

I loved this book, the colloquial voice put me off at first (probably because I had to read it carefully), then I began to really enjoy the beauty and lyricism of the language.

Adunni is a 14-year-old Nigerian girl who wants nothing more than to go to school and become a teacher, but after her mother's death her father sells her into marriage as the third wife to a man older than her father. What follows is a heart-breaking story of her resilience, positivity and determination to find her 'louding voice', with which she wants to help other young Nigerian girls.

Each chapter gives a fact about Nigeria. These are true and many are quite shocking but above all Abi Dare highlights the trauma of girls forced into marriage and the blight of domestic slavery.

CL

The Book of Days by Francesca Kay

Set in an old manor house, this is the story of Lady Alice - told in her own words - of her dying husband, Richard, the family who live with them and the changing face of religious beliefs as the church reformation begins at the end of Henry VIII's reign.

Alice is Richard's second wife and has an ambiguous place in the household which is run by her husband's nephew's wife.

Told through diary entries, it gives an insight into how the old religion, with its saints' days and rituals, pervades every walk of life. Richard wishes to have a chantry built as a memorial to himself, his first wife, their daughter and his current wife.

The details of the digging, building, carpentry, stonework and stained glass-making are beautifully conveyed. The first three quarters of the book are marked by the seasons, with the chantry building progressing all the while. But there is a growing tension, and the villagers are confused and upset by the new religious laws.

Just before his death, Richard orders a fence to be put up around some common land to make a deer park, which causes many villagers to turn against him.

After he dies, the book very quickly gathers speed with unrest in the family and the village, climaxes in a senseless tragedy and then life goes on.

It conveys in a very real way what it may have been like to live in those times, to have the comfort of praying to certain saints for favours, for candles and incense, to know that God would punish the wrongdoers, before everything was taken away by law.

There are a lot of Latin prayers quoted in the book, but they are all translated or self-apparent.

SG

The List of Suspicious Things by Jennie Godfrey

The book is set in Yorkshire in 1979, just as Margaret Thatcher has become prime minister and the Yorkshire Ripper is still at large.

Most of the book is written in the first person, through the eyes of an 11-years-old girl, Miv. Miv has her own troubles; her mum has retreated into her own world, sometimes shutting herself in her bedroom, sometimes going away 'for a rest' and doesn't speak.

Aunt Jean has arrived to look after Miv and her dad. There is talk of the family moving down south, to get away from all the troubles, so Miv and her friend Sharon decide that if the Yorkshire Ripper could be found, then maybe the move might not happen. They make the list of suspicious things going on in their neighbourhood, including names of people they think may be the Ripper, and start investigating. The book starts innocently enough but, as it progresses, disturbing subjects and questions arise including racism, bullying, mental health, hate crime and emotional abuse.

The characters are well-drawn, some having their own chapters, and as they are fitted into the plot new

problems come to light, and it's only gradually that these are answered.

It is written with such lightness of touch from Miv's point of view that it's a compelling read.

If it sounds grim, then yes, the subjects it raises are grim, but there is so much love included that the grimness never takes over.

Would I recommend it? Yes, wholeheartedly!

SG

March Quiz

The old nursery rhyme tells us that "March brings breezes loud and shrill, stirs the dancing daffodil".

This month's quiz is based on those breezes and winds.

- 1 Mr Windy Miller, who keeps Colley's Mill, appears in every episode of which 1960s British children's TV series?*
- 2 Which 18th/19th century admiral has a wind scale named after him?*
- 3 What is the four-letter Chinese word for wind?*
- 4 What name is given to the conical textile tube that is used as a basic guide to wind direction and speed?*
- 5 What name is given to the area around the Equator where sailing ships struggled with lack of wind?*
- 6 Windmills are common in which European country?*
- 7 What is the name the cold, strong wind in southern France that blows towards the Mediterranean Sea?*
- 8 What were the names of the three storms we experienced in January?*
- 9 What is a zephyr?*
- 10 What is the literal meaning of kamikaze?*
- 11 John Masefield wrote a poem about a type of wind, what was it called?*
- 12 Which weather man said before the Great Storm of 1987: "Earlier on today, apparently, a woman rang the BBC and said she heard there was a hurricane on the way. Well, if you're watching, don't worry, there isn't!"? **SG***

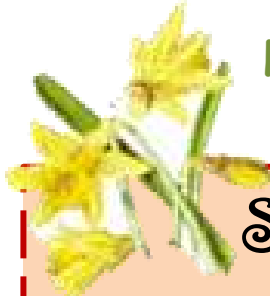
Answers on page 37

UPTON PYNE & DISTRICT GARDEN CLUB 2026

Monday 16th March at 7.30pm



STEPHEN POWLES returns with an illustrated talk on
HORNETS including the **ASIAN HORNET**



Saturday 11th April @ 2.00pm

SPRING FLOWER SHOW & PLANT SALE

Incl. photos, cookery, children's paintings

Organiser: Anne Roberts

Schedule in Spekeup or collect at March meeting



Upton Pyne OPEN GARDENS

Saturday 9 May 2026

2pm - 5pm

A special fundraising event jointly organised by
Upton Pyne & District Garden Club and
The Friends of Upton Pyne

Arts & Crafts stalls

Refreshments, passport & map from
Upton Pyne Village Hall
£5 adults / children free



All events are held in Upton Pyne Village Hall unless stated. Any queries please contact our Chair June Nicks 01392 841272 or Jilly 0776 674 9310

Upton Pyne and District Garden Club

Chairman Mrs June Nicks; Show Secretary Mrs Anne Roberts tel: 851457

ANNUAL FLOWER SHOW

SATURDAY APRIL 11th, 2026

Upton Pyne Village Hall 2.00 to 4.00 pm

Bring your entries in the morning between 10.00 and 12.00

Free entry to the classes and the Show, all welcome!

Tea and cakes! - Raffle! - PLANT SALE!

SCHEDULE OF CLASSES

Anyone can enter, please read the schedule carefully and make sure that your entries match the description. Only one entry in each class. Please use eco-friendly and sustainable materials for any arrangements.

1. Daffodils or narcissi, three cut blooms in a vase, can be mixed.
2. Three tulips in a vase
3. Collection of spring garden flowers in a bowl or vase
4. Wild spring flowers in an unusual container
5. One stem each of three different foliage shrubs, maximum width 18" and height 24"
6. Floating flowerhead/s in a bowl or container
7. Single camellia in a vase
8. Table centre decoration, may include non-plant material, 12" overall.
9. One stem or branch of a flowering shrub or climber
10. Spray or small bunch of flowers to be judged for scent
11. Cactus or succulent
12. Miniature arrangement, maximum overall size 4.5"
13. An arrangement of fresh flowers in a cup and saucer,
14. Any living plant, indoor or outdoor, not already in other classes
15. A crafted object linked in some way to plants or garden
16. **Children** - Mustard and cress head (grow your cress in an eggshell, yogurt pot or something similar). Free seeds and instructions available.
17. **Children** - Paper plate face with eyes, nose, mouth etc. made from fruit or veg
18. **Children** - Two decorated cup cakes

HEMOCRAFT CLASSES

19. Homemade loaf
20. Flapjacks 6 slices/squares (own recipe, winning entry recipe to be shared in Speke Up).
21. A preserve

PHOTOGRAPHY/PICTURE CLASSES

Maximum size of entry for photographs A5 - approx. 6" x 8" including mount. No framed photos please.

22. Photo of "your garden" or "flowers, fruit or vegetables from your garden"
23. **Children** - Painting or drawing of a flower or plant

Friends of Upton Pyne

This year has been a quiet one so far in terms of activities, partly because of the weather which has restricted outside work. However, we did have a successful and enjoyable **Curry and Quiz** which raised £500 for our works. Thanks go to all who helped at the event, to Stu and Debbie for another splendid curry and to Sue who devised the quiz questions. Although these evenings require a lot of work behind the scenes, they are good fund-raisers and provide an interesting night out, punctuating the gloom of the wet winter season.

Following our gardening efforts, we should be seeing **daffodils** in the churchyard soon, thanks to planting by June Nicks and Andrew Gwynne and donations of bulbs from Paul Bowden and June. Look for them by the wall as you enter the churchyard. The leaning of many **tombstones** is going to be tackled year on year by professional masons as it needs a specialist approach. The recent rain has loosened some more stones, so if you detect a wobbly stone do report it to us rather than attempting to deal with it.

On Saturday 9 May, we are combining forces with the Garden Club to have an **Open Gardens** afternoon with a craft marquee and refreshments at the village hall. See our advert for details. There is a wide variety of gardens to view.

Our AGM is on 7 March in the Village Hall at 9.30am. Refreshments will be served and we hope that people will come along to hear more detail of our work and to suggest ways in which we can be more imaginative in raising funds.

Mining

Jane Quicke brought mining to the farm in Newton St Cyres and to Upton Pyne in the 1770s, writes *Mary Quicke*. She knew Cornish tin miners from her marriage to Francis Godolphin, a wealthy Cornishman who had

died young. The Godolphin wealth came not just from land but also from mining in which Cornwall led the way, based on ancient mining knowledge and deposits of copper, tin and arsenic.

Newton St Cyres is now, and was then, a peaceful rural village surrounded by farmland. It must have been a dramatic change to start mining. Back in those days, people did not see the countryside as something to be preserved untouched. Instead, they saw it as their duty to husband the resources bestowed on humans by a beneficent God. The privileged also saw it as their obligation to provide a living for those less fortunate than themselves. *'It is the duty of the wealthy man to provide employment for the artisan'*, the old rhyme goes. The natural world was also a thing to be tamed and brought under human stewardship. Food, fuel, clothing, building materials had to be wrested from nature by the labour of almost the whole of society.

The great resource, the divine gift that Jane spotted, was that Newton St Cyres sits straddled on the Crediton Trough, a fault line that brings minerals up from the depths closer to the surface. A manganese lode was also found in neighbouring Upton Pyne.

Mining wasn't completely new to Newton St Cyres. In the woods, an elevated soil and stone platform may be an Iron Age smelting site. It is sited at the top of a ridge to catch the breeze and burn hotly, to combine iron ore with charcoal and take out oxides and other impurities to make iron.

The miners lived in houses built from stone, cob and thatch. They have mostly disappeared into the earth they came from but some foundations are still visible above Marsh Lane. The remains of vegetable gardens are set in terraces amongst the poplars in Tally Field, below Tinpits Hill.

The miners dug pits that you can still see in the woods at the top of Tinpits Hill. They sorted the rich pieces of ore, leaving spoil heaps. For a brief time, this was the most productive manganese mine in the world until it closed in 1810. It reopened in the 1870s when prices for ore were high, but closed again in 1879.



Spring on the Farm: Soil, Cows and the People Who Make It Happen

The farm comes to life after a wet winter. Green creeps over the landscape, every conceivable shade from larch's pink, oak's olive and wheat's yellow to deep green, depending on how damp it's been over winter and how fertile the soil is. Tree leaves emerge as the days lengthen. How does that origami work, the leaves made in the tight winter buds, ready to unfurl when the time is right? Hedgerows come alive with banks of primroses, lords and ladies and sticky goose grass. The winter flocks of farmland birds disperse from the arable stubble. The dawn chorus builds up.

On the farm, the team has kept busy over winter, keeping animals fed and clean, hedges and ditches cleared, fences mended and water mostly in the right place. Now they start the spring race: spreading manure, ploughing if needed, cultivating, seeding, weeding, tending and monitoring crops and pasture as soon as the ground is fit to travel on. We have large tractors and the soil needs to be firmer to carry the extra weight, however fat the tyres are to spread the load. When the soil is dry enough to shatter, Malcolm, Martin and Tom, tractor kings, will subsoil to break compaction. Better soil structure gets more life in the soil. We aid that by sowing clover and diverse seed mixes, adding manure and sowing grass breaks in crop rotations. Those, in turn, develop soil organic matter and a spongier, less compactable soil with good air and water flow.

The spring herd is now at the peak of calving. The team is on high alert in the calving shed though it's best we

don't assist the cows when they calve. It's safest for cow and calf to let nature take its course. Jonathan, Sarah, Julian and Juan check that no cows, and born or unborn calves, are in distress. However robust our preparations, we must remain alert just in case.

And then there are the calves, up to 15 or so born a day at the peak four weeks. We take them from their mothers as soon as they have had a good fill of colostrum and have had their identifying necklace, made of cut-down inner tube. It's a sad moment, cow, calf and human alike distressed for a few hours. Then the cow is more interested in getting milked to relieve her udder, the calf has bonded with its nine herd mates in the calf pen, and the human has moved on to the next calves, always more until early May. By the time they are 24 hours or so old, calves know that milk comes from people and will, for the rest of their lives, if we continue to retain their trust, come to the cow call.

The team has prepared the calf shed over winter. They cleaned, sterilised and bedded it with wood chip that my brother John provides from the woods. The tractor men keep the pens clean, taking away soiled bedding to dung heaps to compost, ready to fertilise and nourish the soil to grow crops and grass in that wonderful cycle of farming's perpetual motion machine.

The autumn herd led by Matt, assisted by Mark and Sam, and the spring herd team milk the cows in two parlours, three hours or more at the peak twice a day, plus up to an hour walking the cows in from the pasture, and another hour cleaning the milking machine, the parlour and the yard and getting the cows safe and sound into their new pasture. Milking takes extraordinary skill.

As the spring weeks unfold, the farm hums with activity, the calves grow strong, the pastures take shape, and the herd thrives. Behind every task is a dedicated team ensuring that the land, the animals, and the rhythms of the season all work in harmony.

Mary Quicke

Rain, rain, go away

As I am writing this contribution for the parish magazines, it is now the forty-first consecutive day of rain in most (if not all) of Devon. The grey skies and continual rain can be very depressing. January is always a difficult month to contend with: its short days and lack of sunlight summed up in this parody by Brian Bilston of the well-known rhyme:

*Thirty days hath September,
April, June and November.
Unless a leap year is its fate,
February hath twenty-eight.
All the rest hath three days more,
excepting January,
which hath six thousand,
one hundred and eighty-four.*

We long for spring. It's not that we wish our lives away, but we look forward to longer days and brighter weather. Light awakens our minds and bodies. It is how humans are designed – to be awake in the light and sleep when it's dark.

Next week on Wednesday 18 February begins the period of Lent in the Christian calendar. Traditionally a time of self-denial. It coincides with what is a bleak time of year, in our part of the world. Giving up a favourite treat when the rain is pouring down outside seems counter-productive to our well-being. Yet this is exactly the reason for Jesus spending time in the wilderness. He wanted to focus on his relationship with God and to remind himself that the things that might bring him short term pleasure or prosperity even in those tough times, would not help him in the long run.

The rain may be adding to our sense of gloom as we can find little comfort in the news. It is easy to feel dragged down by much of what goes on in the world: by the lack of goodness that one person, that one country, gives to another.

Looking forward to the celebration of Easter, the clocks springing forward and the opportunity of the lengthening days before us reminds us that we have a future; we can reflect that we are blessed to live in this county and when it stops raining, we will be able to marvel, once again, at its beauty.

The celebration of Easter is one of hopefulness: the rising of Jesus from the grave. With God our failures and those we see in the world are not the last word. God offers us forgiveness and a fresh start each day however the previous day has panned out; however much it rained.

Laura Ford

Brampford Baptist Chapel

Is Easter more important than Christmas? If we judge by the length of time that relevant items are in the shops, I guess Christmas would win, though Easter eggs have been around for a while already. Easter is the celebration of Jesus rising from the dead; without that, Christianity would lose its point. The resurrection showed that Jesus was more than 'just another man', but actually the son of God. Christmas celebrates Jesus being born as a baby, and that had to happen before the rest of his life took place. So perhaps we should say that it is a 'chicken and egg' situation: you need Christmas first, but without Easter we would not be that interested in the baby born at Christmas.

At the chapel in Brampford Speke, we have our usual services in March and also an extra one on Good Friday when friends from South Street often come and join us to remember the significance of the death of Jesus on the cross. Everyone is welcome to join us at any of these.

Dates for your diary:

March 1: 3 pm service led by Stephen Lea

March 15: 3pm service led by Revd Simon Taylor

Good Friday April 3: 3pm service with tea to follow



UPTON PYNE CHURCH NEWS

Greetings from The Church of Our Lady in Upton Pyne. There was a wonderful turnout from the wider Netherexe community for our service on Sunday, 8 February, in one of the wettest months on record. Now we move into March, into Lent and hopefully more spring-like days as we look towards Easter in early April.

Our service of Holy Communion will be on Sunday, 8 March at 10.30am followed by refreshments and will be led by Revd. Tim Collins.

On Wednesday, 11 March, there will be a Lent Lunch at The School House in Upton Pyne, kindly hosted by Stewart & Lisa Clapp: this is open to anyone who would like to join together for a simple but delicious home-made lunch, followed by a short reflection for Lent by Tim Collins. There is no charge but donations welcome towards church expenses: book with Lisa.

On Sunday, 15 March, there will be the opportunity to mark Mothering Sunday in church, with bacon butties, tea & coffee at 10am followed by a celebration of Mothering Sunday at 10.30am led by the Clapp family.

There are other events coming up in the next few weeks, organised by The Friends of Upton Pyne, with whom we work closely, as well as occasions in the neighbouring Netherexe parishes: there is plenty to enjoy and support as it becomes easier to get out and about in spring!

And the Parochial Church Council (PCC) is delighted that Lulu Russell-Smith from The Old Rectory, has agreed to join us and to take over the role of PCC secretary from Lisa; she has already proved invaluable. VC

The February draw of the 100 Club took place at the monthly coffee morning.

The winners are:

Lulu Russell-Smith £30

Karina Daly £15

Ian Findlay £8

Bonus ball box of chocolates: Elizabeth O' Connor

VILLAGE HALL NEWS

TEA, CAKE & CHAT ON THURSDAY

The Thursday afternoon tea will be held once a month from now on, taking place in Upton Pyne Village Hall on the first Thursday of the month, 2pm - 4pm.

Anyone who turns up is assured of a warm welcome, tea and a chance to catch up with neighbours and friends. The next tea is on **Thursday 5 March**.

COFFEE MORNING

The village hall committee continues to open Upton Pyne Village Hall on the first Monday of the month and offers a warm welcome, tea, cafetiere coffee, biscuits - and a chance to buy homemade cakes in aid of the Friends of Upton Pyne. The next is on **Monday 2 March**.

Lent Lunch

Wednesday 11 March 12pm

The School House, Upton Pyne

Come and enjoy a delicious bowl of homemade soup with good company and a short talk!

To book: call Lisa Clapp on 841339

Donations welcome on the day.

Park at the village hall.

Wondrous Women!
Celebrating Inspirational Lives in the Netherexe Parishes

Those with a keen eye will have spotted the subtle change in the title of the project. The focus doesn't change, but following some discussions, we have changed the title. And this – **Wondrous Women!** – is what you will see in all our publicity and promotional materials for the events that are coming up. The most immediate of these events is our launch:

4pm Sunday 8th March
Thorverton Memorial Hall
with
Prosecco and Cake!

(other refreshing drinks will be available)

You are very cordially invited to join us as we let you know about some of the exciting events and celebrations that we have got planned for the next year! For those who have been following the updates over the last few months, you will know something of the community collage, the drama: *Wire in the Garden*, the flower festival and *Authentic Voices*. Come along on the 8th to get more details and to find out about some of the other events that are in the pipeline. And there will definitely be a surprise or two during the afternoon, as we shine a light on inspirational women in and across our parishes.

All blessings

Revd Tim Collins, Rector, Netherexe Mission Community 07449 111663/ tim.collins@netherexe.org

NEWTON RAMBLERS PROVISIONAL PROGRAMME OF WALKS 2026

All walks may be subject to change, and are weather dependent. Most walks are circular, between 4 & 4.5 miles and we meet in the Parish Hall car park to arrange car sharing. There is the option for lunch together at the end of the walk. **(This must be booked, in advance, with Nicola on 01392 851985)**

MONTH	DATE	WALK DETAILS	LEADER/S
February <i>Lunch</i>	8	Copplestone Circular <i>Three Little Pigs</i>	Nicola & Michael <i>Nicola</i>
March <i>Lunch</i>	8	Haldon <i>Nobody Inn</i>	Anne Rice <i>Nicola</i>
April <i>Lunch</i>	12	Budleigh & Otterton <i>Kings Arms</i>	Nigel & Rosemary <i>Nicola</i>
May <i>Lunch</i>	10	Exminster Marshes <i>Swan's Nest</i>	Ann Holland <i>Nicola</i>
June <i>Lunch</i>	14	3 Reservoirs Walk <i>Picnic</i>	Nicola & Michael <i>Nicola</i>
July <i>Lunch</i>	12	Sourton <i>TBC</i>	Nicola & Michael <i>Nicola</i>
August <i>Lunch</i>	9	Sandford/Upton Hellions <i>TBC</i>	Nigel & Rosemary <i>Nicola</i>
September <i>Lunch</i>	13	Clyst Hydon <i>TBC</i>	Nicola & Michael <i>Nicola</i>
October <i>Lunch</i>	11	Sidmouth <i>TBC Blue Ball or The Bowd</i>	Anne Rice <i>Nicola</i>
November <i>Lunch</i>	TBC	Exeter tbc <i>TBC</i>	Ian Maxted <i>TBC</i>
December	26	Boxing Day Walk	Nigel & Rosemary
CONTACT DETAILS		Nigel & Rosemary Nicola & Michael	01392 851400 01392 851985



 THORVERTON MEMORIAL HALL

Saturday Market and Big Breakfast

Start your weekend off with a hearty breakfast and a browse of stalls from local sellers. Come along to Thorverton Memorial Hall on Saturday 14th March 9:30 – 11:00am. We hope to see you there!

Film Night

We have had to change the Spring Programme as our distributor has informed us of delays in release dates.

We are now showing *Springsteen: Deliver me from Nowhere* on 20 March, with *The Choral* being shown on 17 April.

Springsteen is a critically mixed but generally admired biopic focussing on the making of the 1983 album *Nebraska*. Jeremy Allen White in the star role has been highly praised for his compelling performance as a vulnerable, anxious Bruce, capturing a dark creative period.

All films start at 7:30pm (doors open from 7pm) - drinks and snacks available. Adults £6/ Under 18s £4.

There is no need to buy tickets in advance – just turn up on the night

NEWTON ST CYRES GARDENING CLUB
IS PLEASED TO WELCOME BACK

SAUL WALKER

Speaking on ORCHIDS

Wednesday 4th March at 7.30pm
Newton St Cyres Parish Hall

£3.50 admission to include tea/coffee & biscuits.

All welcome.

Do come and join us!

Saul is a most interesting speaker with many years of experience and will happily answer any questions that you may have. Saul will also bring plants with him for sale.

Newton St Cyres Tennis Club

Various league matches had to be postponed because of the weather and we hope to finish them before 1 April. The Ladies collected their Winner's Shield at the Exeter & District Lawn Tennis League. We will have our AGM in late March and then, on 1 April, the new membership year will start. Do contact our membership secretary Laura Leigh on 01647 24259 or membership@newtonstcyrestennisclub.co.uk for details. The Rusty Racket Members' Group is thriving and playing a couple of times a week. Contact Sue Bloomfield at rustyrackets@newtonstcyrestennisclub.co.uk

THE LUNCH BUNCH

The Lunch Bunch meets at 12 noon on the second Tuesday of each month; we welcome anyone who would like to join us for a convivial lunch together. We meet at the Exe Valley Farm Shop which has ample parking. **Next meeting of Lunch Bunch Tuesday 10 March, 12 noon, Exe Valley Farm Shop.**

Tel. Pat on 841 599 or Veronica on 841 530 to book a place.

YOGA WITH EMILIE



NOURISH YOUR SOUL

@ Bramford Speke Village hall

◆ **Tues 7.30-8.30pm:**

A welcoming yoga practice to calm the mind & reawaken energy

◆ **Thur 2.15-3.15pm:**

A gentle class combining mindful movement, breathwork & meditation

£10 per session or £45 for a pre-paid 5-class pack

To book email yogawithemilie@hotmail.com



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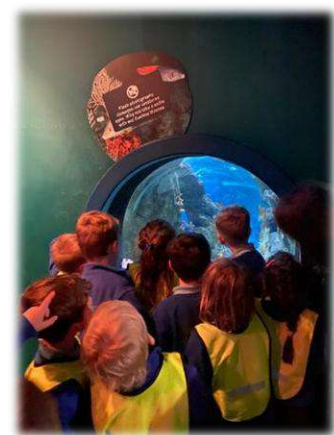
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Bramford C of E Primary School

At the time of writing, our pupils and staff are enjoying a well-earned half-term break after a busy and productive few weeks of learning both in and beyond the classroom.

In Geography, our topic this half term explored bodies of water. In Finch Class, the younger pupils focused on continents and oceans. They took part in fun, hands-on activities to learn about the world around them, finishing their topic with a trip to the Plymouth's National Marine Aquarium. Our sincere thanks go to the wonderful FOBBS team for helping to make this visit possible and also to the staff at the NMA for their inspiring talks.



Finch Class exploring the aquarium and (centre) lessons in the state-of-the-art science lab.

Meanwhile, Skylark Class explored rivers for their Geography topic. With the River Exe just a stone's throw from the school, pupils were lucky enough to study it up close. They followed its journey all the way to the estuary, rounding off their learning with a memorable trip on the Stuart Line cruise line — even spotting a seal along the way! Once again, we are very grateful to FOBBS for their support in helping fund this experience and the amazing Stuart Line cruise team for their inspiring commentary.



Skylark Class pupils exploring the Exe estuary. Above right: A sighting of a grey seal in front of a floating pontoon.

As we look ahead to the spring term, there are plenty more exciting opportunities on the horizon for our small but mighty school. We look forward to sharing more updates with you next month....

AGRICULTURAL

— I N N —

What's on at the Agi



Quiz Night



Next Dates: 8th March, 19th April

The brilliant Adam in the Hat will be at the helm, bringing his sharp wit, musical flair, and plenty of laughs!

Win glory and a £50 drinks tab for the team!

Max team size of 6, £2pp entry, eyes down 7.30pm



Secret Garden Opening



Friday 3rd April from 5pm

The Secret Garden is nearly ready for another season of relaxed days, great food and plenty of fun. With an exciting calendar of events planned over the coming months, there's lots to look forward to – from family favourites to lively summer sessions. More details coming soon...



Easter Family Fun Day



Sunday 5th April from 12 noon

Join us this Easter for a fun-filled family Easter Fun Day.

We've got plenty planned to keep little ones smiling, including a bouncy castle, Easter egg hunt, face painting, and a Disney character meet & greet for a little extra magic.

New Menus

Our new pub menu goes live on 17th March. You can expect beautifully cooked, seasonal dishes made with quality local produce and plenty of comfort and flavour.

The Secret Garden menu has also had a refresh with tasty new dishes including loaded fries, rice bowls & new flavours but still lots of vibrant Asian street food — perfect for relaxed family days, grazing in the sunshine and easy evenings outdoors.

01392 840043

www.agriculturalinn.co.uk



The Mark Leveridge Magic Talk

Discover more about the life of
a professional magician!

Mark Leveridge has been full time in magic for 45 years (he started young!) and in that time has entertained all over the world. As well as performing, Mark is in demand as a lecturer on magic to his magical peers, has created and marketed hundreds of his own exclusive magic ideas, and has published books and online video content.

Now you can go behind the scenes and discover the secrets of Mark's magic life in two special, entertaining talks. These talks are ideal for any group looking to engage a professional quality speaker at a very reasonable cost.

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With the Garden Club's Annual Flower Show scheduled next month in Upton Pyne, I decided to write up some bread recipes, since one of the competition classes will be bread. The Garden Club committee decided to add new food classes with the aim of getting more people to enter and participate in the show. Bread-making is incredibly diverse so you can be as basic or as creative as you wish. I chose these recipes because they are a little bit different. I am hoping these recipes will inspire you to have a go at making bread. There are some incredibly fancy and complicated-sounding recipes out there but they need not be. Whatever you decide, the end result is delicious and often far healthier, without the additives and preservatives you find in commercial loaves. I am looking forward to going along to the event and seeing what is on show.

Rustic Raisin, Walnut + Rosemary bread

Inspired from the variety of loaves you find available in France. This bread goes so well with blue and soft cheeses as well as pate. Naturally, you can switch some of the additional ingredients, so dried apricot, dates and prunes are all delicious. Omit the nuts for those who have allergies.

Warm water (hand hot)	310ml
Runny honey	2 tsp
Dried yeast	1 heaped tsp
Strong white bread flour	260g
White spelt flour	200g
Salt	½ tsp
Extra virgin olive oil	2 tbsp
Raisins	50g
Fresh rosemary leaves	2 tbsp - finely chopped
Walnuts	50g, chopped



1. Add the water to a jug and stir in the honey. Sprinkle in the yeast and set aside to activate the yeast for five minutes.
2. In a large warm bowl, mix the flours with the salt and olive oil.
3. Make a well in the flour and slowly pour about half of the yeasty water into the flour and start mixing vigorously with one hand.
4. Add the remaining liquid to create a sticky dough. Don't squeeze the dough but just keep turning and mixing with your hand.
5. Once the ingredients have combined, add the raisins, chopped rosemary and walnuts.
6. Take out of the bowl and place on a clean surface. Knead for five to seven minutes until smooth and then form into an oblong ball. Place this onto a lined baking sheet. Cover the dough lightly with cling film or a damp tea towel and place somewhere warm to prove for around 75 minutes.
7. Set the oven to 210°C (190° fan oven) whilst the dough is proving.
8. Bake for 32 - 35 minutes.
9. Cool the loaf on a wire rack for 35 minutes before you tuck in.

Some time ago, I was asked to write and present a gluten-free baking day. I wrote and tested dozens of recipes! I think this bread recipe is one of the best and it has proved popular. Don't be put off by the look of the mixture when you make it. It is absolutely nothing like a bread dough, but seems to work its magic in the oven!

Buy psyllium husk from health food stores or online. It is essential in this recipe to bind and thicken the mixture.

Gluten free bread

A dairy and gluten-free recipe, which can be perceived as challenging; this is easy and tastes good too, especially toasted. I tried making it with egg alternatives and it just didn't taste as good. The ground seeds add some texture and healthy fibre but can be omitted and, if so, reduce the plant-based drink by 45ml.

Almond or Oat drink	320ml
Psyllium husk	22g
Honey	2 tbsp
Hot water	30ml (2 tbsp)
Dried yeast	1 round tsp (6g)
Large eggs	2
Olive oil	3 tbsp (+extra for greasing)
Apple cider vinegar	1 tbsp
Pumpkin / sunflower / chia seeds	50g, ground
Gluten free plain flour	440g
Bicarbonate of soda	1 ½ tsp
Sea salt	several grinds



1. Pour the plant-based drink into to a jug and stir in the psyllium husk. Leave for eight minutes. It will look alarmingly stodgy and possibly lumpy; like cold porridge. Don't panic.
 2. Warm the psyllium mixture in a small pan – not boiling – more tepid so that you can put your finger in the mixture comfortably. Take off the heat and fold in the honey and then the hot water. Then fold in the yeast. It may well stay the same lumpy mixture. That's fine!
 3. In a large bowl, food mixer or food processor, add the eggs, olive oil and cider vinegar. Mix for thirty seconds to a minute.
 4. Add the yeasty lumpy mixture and mix on a low setting. It will seem stodgy and nothing like a bread mix! If you're using a food processor, that's fine, the mixture is contained.
 5. Add the ground seeds, flour, bicarbonate of soda and salt. Mix by hand for three minutes or in the mixer for one minute until all ingredients are well incorporated and fairly smooth.
 6. Set the oven to 180°C (fan 160°C).
 7. Grease a 2lb loaf tin and place the mixture into the tin making sure the top is even. Leave somewhere warm for half an hour. Don't expect a change in the shape of the loaf. It does that in the oven.
 8. Bake for 35 - 40 minutes. The top will be a deep golden colour and look crusty on the top.
 9. Remove the loaf and leave to cool in the tin for about ten minutes before tipping the loaf onto a cooling rack. Leave for *at least* two hours or more before slicing. If you don't it will be crumbly.
- ◇ *This will keep well in the fridge for five days. It can be sliced and then frozen too.*

In Season this month:

Cabbage, cauliflower, Jerusalem artichoke, kale, leeks, purple sprouting broccoli, spinach, spring greens and swede. Wild garlic and nettles will start to shoot this month.

Early rhubarb, bananas, blood oranges, kiwi fruit, pineapple and passion fruit.

Brill, clams, gurnard, lemon sole, monkfish, mussels, skate.

Speke Up About Music

Song: Drink to Me Only With Thine Eyes

Suggested by: Pauline Earle

Pauline says: More memorable than favourite. My father sang it at a wedding after too much champagne. He had a good voice but I was 12 and very embarrassed!

Stu and Debbie say: The lyrics of this song are from a Ben Jonson poem published in 1616 and dozens of versions have been recorded. We are listening to the Johnny Cash version. Pleasingly, he sings "But might I of Jove's nectar sup" whereas some people sing "Love" instead of this other word for the Roman god Jupiter.

This is one of the purest love songs we have heard, full of longing.

And now, the Paul Robeson version, surrounded with orchestral instrumentation reminiscent of the "rosy wreath" of the second verse and just as affecting. The melody reminds us of a hymn with its simplicity and repetition, beautifully un-fussy like all songs that stand the test of time.

Many films have featured this lovely song and it is also mentioned in George Eliot's novel *The Mill on the Floss*.

All of the versions we have heard are backed by the prettiest minimal accompaniment to allow the poetry and melody to shine through.

A lovely, old-fashioned classic – thanks for suggesting this, Pauline.

Please email suggestions for favourite songs you would like reviewed in future months to:
noordinaryfish@hotmail.com

Song title:

Artist:

Where were you or what were you doing when you first heard it?

What is it about the song that makes it your favourite?

See also the Spotify playlist which we will add to each month with your suggestions

<http://tinyurl.com/y8ytdeyr>



Days of the week are the clues for the quiz this time.

Q1 Which night of is 'alright for fighting' according to Elton John?

Q2 U2's iconic song containing a particular day of the week was released in March 1983. Can you name it?

Q3 The first line of the chorus, which contains a day of the week and is the name of the song, is missing from these lyrics: 'Who could hang a name on you? When you change with every new day. Still, I'm gonna miss you.' Name the song and the band please!

Q4 On what day of the week are The Cure in love?

Q5 For many people, this is their least favourite day of the week. Name the song and the band!

Q6 Can you name a song from David Bowie's 1973 *Aladdin Sane* album that contains a day of the week?

Q7 'Tuesday's Dead' is a song that features the 1971 album *Teaser and the Firecat*. Who is the singer/songwriter?

Q8 They 'wished it was Sunday' because that was their 'fun day'. These lyrics are from what song by which band?

Q9 Who had a hit with the song *Sunday Girl* in 1978?

Q10 Whigfield went to number 1 in 1994 with this catchy pop song. What was it? **Answers on page 37**

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Upton Pyne Memories



By Nigel Cheffers-Heard

What started as a chance encounter with the editor of Speke Up in a Penzance art gallery has turned unbidden into a reflection of my life in the 1950s, most of which took place in and around Upton Pyne. I have learnt whilst doing this that recording your memoirs is a task not to be undertaken lightly.

My parents, Violet Lyne and John Heard, had been unable to produce a child. They were not regular churchgoers, and as these processes were overseen by the church at the time, they were deemed unsuitable to adopt a child.

Luckily, there was a lady in Exmouth who organised these things off the record, and my parents were soon put in touch with her. My birth mother was called Joy, and lived in Exmouth.

It was very much the practice at that time that unmarried mothers-to-be would move in with a midwife for the actual confinement. In my case the midwife lived in Camperdown Terrace, and so that's where I was born. I was soon taken home, but not for long. Talking more recently to my older sister, she recalled as a small child hearing a baby cry one night, but the following morning, the baby had gone. I believe that was me.

My mother wanted to name me Timothy, but my

grandma, who had a wicked sense of humour, kept calling me 'Timothy Tightass'! My mother eventually capitulated, and I was christened Nigel.

When I was three days old, my adoptive mother and grandmother went by bus to Exmouth. Here they met Joy, and I was handed over. They returned by bus to Exeter, caught another bus to Crediton, and got off at the Upton Pyne turning. They then followed the road over the railway line and up Upton Pyne Hill to Shellands, which was to be our home for the next eight years.

My grandfather on my mother's side of the family had been the butler for the Earl of Iddesleigh, and living at Shellands came with the job. Although he had died a couple of years earlier from cancer, my family continued to live in the house. Shellands is a large house, and it was divided into two. The other half was occupied by Bert Lee, who was the Earl's gamekeeper, and his wife.

Idyllic childhood

My childhood there was idyllic, and I have many happy memories of walking down through the woods to watch the trains from North Devon pass with their clanking locomotives. These Southern Region engines always sounded like they were about to disintegrate, unlike the crisp sound of the GWR Castle Class locos I saw occasionally at Cowley Bridge. Life there was very quiet, punctuated by daily visits from Archie Andrews the milkman, who drove a three-wheeled vehicle with motorbike front wheel and handlebars.

Upton Pyne had its very own biker; a chap called Stevens. You always knew when it was him coming up the hill because of the amount of noise his motorbike made. My grandma used to always say "there goes that mad bugger Stevens". Although this was considered somewhat risqué, one day I risked saying the same. My mother absolutely blew her top, and I was instructed in no uncertain terms that I was not to use such language again. Mr Stevens and his motorbike eventually came to a sticky end with a furniture van at Ebford Hill on the Exmouth Road.

There were no electrical items in the house, except the wireless. This was driven by accumulators, and a

chap used to visit every two weeks to take away the exhausted batteries and replace them with fully charged versions. The wireless had two knobs; one for volume and one for tuning. The tuning scale contained the names of such far off places as Hilversum, and as I grew to read them, I became aware of the much wider world beyond Cowley Bridge. The wireless was used sparingly to listen to *The Archers* and *Three-Way Family Favourites*. I was occasionally allowed on Saturdays to listen to the children's request programme with Uncle Mac.

Looking for Santa

Two memories are fixed indelibly in my mind. The first is that my mum used to cook tripe and onions on Fridays, allegedly because my grandma like it. The mere smell of it never failed to make me sick and I was roundly punished for failing to eat it.

My other very clear memory is of one Christmas Eve, after I had been put to bed, I sneaked into my parents' bedroom to look out the window and see if there was any sign of Santa Claus and his reindeer. Needless to say, I went to bed more than slightly disappointed that night. This was the same window through which my mother had watched the glow of Exeter burning during the Baedeker raids of the Second World War.

A special treat was walking to the village post office with my grandma to collect her pension. I had to stand on tiptoe to see over the counter, but was completely hooked by the double stamping, a quite violent process which left a deep impression on me as well as in my grandma's pension book.

When I was four years old, I caught polio and was immobile for the best part of two years.

Grandma taught me to read and write

My grandma spent a lot of time with me teaching me to read and write. She could play the piano pretty well, and also taught me to sing. I had occasional visits

from Lady Iddesleigh, who was always dressed in black. She initially terrified me, but by bringing books with beautiful reproductions of Renaissance paintings and having sparkling conversation, she soon won me over. Looking back, this was the root of my interest in art which has persisted for the rest of my life.

I ultimately recovered from polio, as did another lad in the village. A service of thanksgiving was organised at Upton Pyne Church, presided over by the Bishop of Crediton. Once again, I was terrified by his cope and mitre, but his gentle and patient chat soon persuaded me that here was a chap I could trust.

One evening, there was a dance in the Village Hall. I was sat on the lap of a very glamorous and fragrant lady whilst my parents danced to Bill Haley and the Comets *Rock around the Clock*. After the dance, I can still hear my Mum saying to me: "Of course, your dad is a lovely dancer."

My Dad wore the trademark wide-legged trousers of the time. He continued to wear such attire for the rest of his life. When I was a teenager, he got me a part-time holiday job at the engineering company where he worked. One day, one of the chaps there said: "I've just realised, you're Baggy's son!"



The family eventually moved to Burnthouse Lane (pictured above in the 1930s), and Nigel's parents never came back to the village. Happily, Nigel now lives in Exeter and he and his partner sometimes cycle out to Upton Pyne and Brampford Speke.

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Answers to the March Quiz

- 1 Windy Miller appeared in *Camberwick Green*
- 2 Admiral John Beaufort gave his name to a wind scale
- 3 Feng is the Chinese word for wind – feng shui means wind water
- 4 A windsock is the textile tube used for detecting wind direction
- 5 The Doldrums are the windless areas around the Equator
- 6 Windmills are common in the Netherlands
- 7 The Mistral is the wind that blows over southern France
- 8 Storms Gorette, Ingrid and Chandra.
- 9 A zephyr is a light breeze
- 10 Kamikaze means divine wind
- 11 John Masefield's poem was called *Trade Winds*
- 12 Michael Fish was that poor weatherman!

Answers to the Music Quiz

A1 Saturday night is "alright for fighting" according to Elton John.

A2 U2's iconic song containing a particular day of the week that was released in March 1983 is *Sunday bloody Sunday*.

A3 The first line of the chorus, which contains a day of the week and is the name of the song, is missing from these lyrics: 'Who could hang a name on you? When you change with every new day. Still, I'm gonna miss you.' The song is *Ruby Tuesday* by the Rolling Stones.

A4 The Cure are in love on a Friday.

A5 For many people, this is their least favourite day of the week: *I don't like Mondays* by The Boomtown Rats.

A6 The song from David Bowie's 1973 *Aladdin Sane* album that contains a day of the week is *Drive in Saturday*.

A7 *Tuesday's Dead* is a song that features the 1971 album *Teaser and the Firecat* by Cat Stevens.

A8 They 'wished it was Sunday' because that was their 'fun day'. These lyrics are from *Manic Monday* by The Bangles.

A9 Blondie had a hit with the song *Sunday Girl* in 1978?

A10 Whigfield went to number 1 in 1994 with her catchy pop song *Saturday Night*.

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Placebos and Nocebos

If a doctor gives you a big red pill and tells you it will help the symptoms that you are suffering from there is a significant chance that these symptoms will improve. This is known as the Placebo effect; it is well established but not fully understood. What we are less aware of is the Nocebo effect. This is when a widely-used medication has adverse publicity about possible side effects. This results in patients being more likely to suffer these side effects than would be expected from the blinded trials where they do not know what medication they are taking.

The Nocebo effect has been clearly demonstrated for statins. These are the drugs we use to reduce your chance of a heart attack or stroke by lowering cholesterol levels. Large numbers of patients decline to take them due to worries about side effects that have been nurtured in the media. However, a recent very large trial has now proved these concerns regarding side effects are unfounded.

Statins are one of the most prescribed medications in the world. Nearly eight million people in the UK take them to lower their cholesterol and in turn reduce the risk of heart attacks and stroke. However, currently up to a fifth of people stop taking them due to side effects such as muscle aches, fatigue, feeling sick and joint pain. We now have two large trials showing that the Nocebo effect may account for almost all of the associated symptoms, as statins only cause significant medical problems in less than 1% of patients.

Cardiovascular disease causes a quarter of all deaths in the UK; controlling blood pressure and lowering cholesterol with statins are the most significant tools we have to reduce risks. The higher your risk, the greater the benefit of taking a statin. Getting older increases your risk of heart disease and stroke. The trials are extremely

reassuring for patients to whom we offer statins as they move into the higher risk group; over 70 years old with raised blood pressure.

Both the Placebo and Nocebo effects are real. It is wonderful that patients can feel better after being given a pill which has nothing in it. However, suffering symptoms when taking a pill that has been shown not to cause them is a disadvantage. We can now counter this by explaining to patients that any initial statin related symptoms are very unlikely to be directly related to the biochemical effects of the statin and will almost certainly resolve given time. There is no harm in stopping and then restarting statins a couple of times as this will often speed up the resolution of the symptoms.

If you are a patient who has previously been prescribed a statin but stopped taking it due to side effects then this research strongly suggests it would be worthwhile trying a statin again. It is now very clear that the benefits of this group of drugs far outweigh any risks. Trusting the scientific proof over the media speculation will make an enormous difference to many patients by preventing a large number of heart attacks and strokes.

Anthony O'Brien

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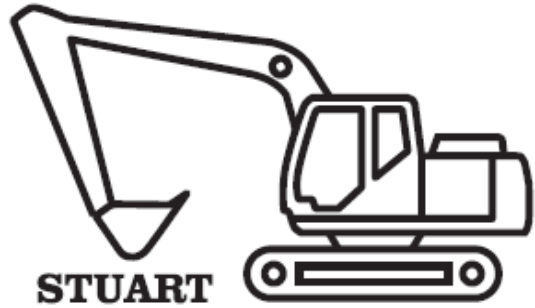
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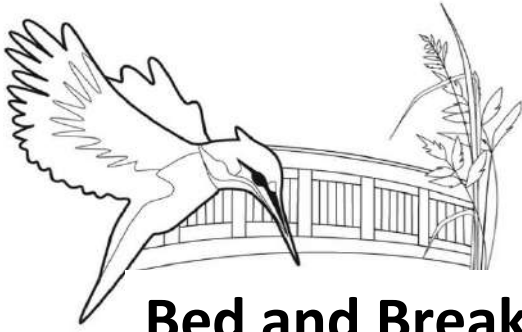
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integrity, giving fair independent advice
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SEASONED LOGS

5m³	3.75m³	2.5m³	1.25m³	o.625m³
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

5m³	3.75m³	2.5m³	1.25m³	o.625m³
DOUBLE LOAD	1 ½ LOAD	FULL LOAD	½ LOAD	BULK BAG
£420	£320	£220	£120	£70
<i>loose tipped</i>	<i>loose tipped</i>	<i>loose tipped</i>	<i>loose tipped</i>	

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



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If you'd like to be considered for an affordable home in future, you need to do three things now:

1. **Register now** with Devon Home Choice: www.devonhomechoice.com
2. **Monitor** the Devon Home Choice website for vacancies
3. **Become a member of the CLT:** We email members when a home is becoming available at Lake's Down, so being a member ensures you are among the first to know.



Check out the CLT website at www.bsucclt.co.uk (or use the QR code on the left) for more information. For information on membership or advice on registering for a tenancy please contact our membership secretary at sallydiscombe@gmail.com.

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Welcome in

Qi (pronounced “chee”)

Qi is the vital life force that flows through all living things. It is often referred to as energy.

There is positive Qi — anything that benefits the home and the health of those living there. This can be represented in many ways, such as smooth lines and curved corners, fresh flowers, lovely scents and people enjoying themselves.

There is also negative Qi. This does the opposite and is less beneficial to your health. It can be created by broken items, clutter or objects that hold a bad experience or memory for you.

In Feng Shui we call the front door the Mouth of Qi. This is where all positive energy enters the home and our aim is to keep that energy balanced so it can flow steadily throughout our homes and ultimately complement our lives.

It's important that our homes name or number is clearly visible and that this area is clean and well cared for. We don't want energy to struggle to find the entrance, nor do we want it collecting negative impressions from peeling paint or dead plants before it even enters the home.

Just as important is the space inside the front door. A pile of dirty shoes, unwanted junk mail or too many coats hanging up can all have a negative impact on the energy entering your home. Aim to keep this area as clutter free and as welcoming as possible.

How mood boosting is it to open the front door and walk into a space that feels calm like a warm embrace?

If you'd like personalised guidance on your home's element, including colour choices, this is something I can help you with.

With compliments,

Emma

emma@withcomplimentsfengshui.com

WITH COMPLIMENTS,

Feng Shui

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SERVICES & INFORMATION MARCH 2026

The Netherexe Parishes - A community of Anglican churches in Devon

Please see our website at www.netherexe.org under "Services" section.

We also have a calendar for services & latest events are under "news".

Sunday 1 March

10:00 am	Communion	Stoke Canon
11:15am	Service	Cadbury

Wednesday 4 March

09:30 am	Mid-week Holy Communion	Thorverton [Exe Valley Farm Shop]
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Sunday 8 March

09:30 am	Communion	Thorverton
10:30 am	Communion	Upton Pyne

Sunday 15 March [Mothering Sunday]

09:30 am	Communion	Brampford Speke
09:30 am	Bubble Church	Thorverton
10:00 am	Family Service/Messy Church	Stoke Canon
10:00 am	Family Service	Upton Pyne
10:00 am	Service	Newton St Cyres
11:15 am	Family Communion	Cadbury
11:15 am	Service	Huxham
11:15 am	Mothering Service	Rewe

Sunday 22 March

09:30 am	Communion	Newton St Cyres
09:30 am	Morning Prayer	Thorverton
10:00 am	Coffee & Chat	Stoke Canon
11:15 am	Communion	Rewe

Sunday 29 March [Palm Sunday]

10:00 am	Mission Community Service & Communion	Stoke Canon
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[Palm Sunday Service starting at Rewe [10am] with a palm procession to Stoke Canon]

Monday 30 March

06:00 pm	Evening Prayer	Thorverton
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Tuesday 31 March

06:00 pm	Evening Prayer	Thorverton
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Every Tuesday at 6:00pm we gather for prayer in Rewe Church

At **Communion** services we share bread and wine: you are welcome to join us for the service and to share communion if you wish. A lay minister occasionally leads this service.

At **Coffee and chat** we enjoy time together in conversation with coffee and cake to hand.

At **Services** we share together in song, prayer and the bible. Special services are noted in the description.

Bubble Church is for young families and **Messy Church** for families who enjoy craft.

If you would like to know who is taking any service, please email administration@netherexe.org

Revd Tim Collins [Rector] Tel: 01392 860767 tim.collins@netherexe.org

For more information about the Netherexe Parishes please see www.netherexe.org or contact:

Juliette Lea [Administrator]
Tuesday & Thursday [09:00 – 15:00]
Tel: 07594 714590
Email: administration@netherexe.org

Peter Shepherd [Administrator]
Monday [09:00 – 11:00] & Wednesday [09:00 – 13:00]
Tel: 07551 844321
Email: administration@netherexe.org

PARISH DIRECTORY

Rector

Revd. Tim Collins
Tel 860767
tim.collins@netherexe.org

Curate

Revd. Deborah Leighton Plom
deborah@netherexe.org

Reader

Laura Ford
Tel 07741 491946
laura.ford@netherexe.org

Netherexe Parishes website: www.netherexe.org

Administrators

administration@netherexe.org

Church Wardens (BS)

Richard May Tel 841448

Dan Downes 07355 497 901

Church Wardens (UP)

Lisa Clapp Tel 841339

PCC Treasurer

Vacancy

Beverley Horton (UP)

Organist

Vacancy

Vacancy

Secretary

Vacancy

Lulu Russell-Smith (UP)

Tower Captain

Ed Sanders (BS)
Tel 841434

Jenny Codling (UP)
Tel 07872 922 202

Bramford Speke Baptist Chapel Revd. Simon Taylor Tel: 279485

Bramford Speke Parish Council

<https://www.middevonparish.co.uk/brampfordspeke/>

Clerk

Tracy Watkins 07811 938614 clerk@brampfordspekeparish.gov.uk

Councillors

Stuart Luxton (chair) 01392 841094 stuart.luxton@brampfordspekeparish.gov.uk

Will Honan (deputy chair) 07946 110976 will.honan@brampfordspekeparish.gov.uk

Elaine Hollingsworth 01392 841434 elaine.hollingsworth@brampfordspekeparish.gov.uk

Lisa Langdon 07515 873324 lisa.langdon@brampfordspekeparish.gov.uk

Richard Tillett 01392 841268 richard.tillett@brampfordspekeparish.gov.uk

Ian Bannister 07714 767422 ian.bannister@brampfordspekeparish.gov.uk

Allan Ferns allan.ferns@brampfordspekeparish.gov.uk

Other Contacts in Bramford Speke:

Village Hall website

www.bramfordspeke.org.uk

School

841414

Friends of BS School (FOBSS)

hellofobss@gmail.com or 841414

Village Hall Bookings

Molly Luxton 841270

Footpath Warden

footpaths.BSPC@gmail.com

Tree Warden, Elaine Hollingsworth

01392 841434

Twinning Association

Kate Cavill 0751 3002 708

Upton Pyne & Cowley Parish Council

Council website www.uptonpyne-pc.org.uk

Clerk Jacqui Ward

01392 851918

parishclerk@uptonpyne-pc.gov.uk

Councillors

Bob Short	UP	bobshort@uptonpyne-pc.gov.uk Chairman
Maggie Cormack	UP	maggiecormack@uptonpyne-pc.gov.uk
Sophie Ward	UP	sophieward@uptonpyne-pc.gov.uk IT & Communications
Mark Hewlett	Cowl	markhewlett@uptonpyne-pc.gov.uk CLT representative for the PC
Mike Leach	UP	mikleach@uptonpyne-pc.gov.uk
Ross Bramston	UP	rossbramston@uptonpyne-pc.gov.uk
Amanda Cullen	UP	amandacullen@uptonpyne-pc.gov.uk
Tony Wright	UP	tonyluluw@gmail.com
Lulu Russell-Smith	UP	tonyluluw@gmail.com

Other Contacts in Upton Pyne

Garden Club	June Nicks (Chairman)	841272
Village Hall Bookings	Annie Rogers	rogelapd@gmail.com
Footpath Warden	Fabian King	07791 093 204
WhatsApp Group	Sue Glanville	07753 605726
	Gerry Farrell Morrish	07974 249466
	Abi Hann	07835 259514

East Devon District Council

Blackdown House, Border Road, Heathpark Industrial Estate, Honiton, EX14 1EJ. Tel: 01404 515616

Councillor: Fabian King 07791 093 204

Dog Warden: 01395 571517

Devon County Council

Councillors: Henry Gent Henry.Gent@devon.gov.uk

Nat Vanstone nat.vanstone@devon.gov.uk

Highways Operations Control Centre 01392 383329 (8am -8pm) or 0345 155 1004 (out of hours) for reporting fallen trees, flooding, potholes etc.

Redlands 01363 727111 (inc. Thorverton Surgery)

SpekeUp www.spekeup.org

Material for publication should be sent by 15th of the preceding month by email to contributions@spekeup.org.uk Advertisements for village events are FREE and should be no more than a **half A4 page**.

Enquiries for commercial advertisements should be sent to advertising@spekeup.org.uk

The committee welcomes contributions of news, views, etc. but reserves the right not to publish any item that it considers inappropriate, or for which there is insufficient space. Opinions expressed in Speke Up are not necessarily those of the committee as a whole or of its members individually. The committee declines to accept collective or individual responsibility for any actions, costs of liabilities resulting from material appearing in our columns.

For further information please contact:

Upton Pyne & Cowley: Linda Findlay 07598 753088

Bramford Speke: Richard Tillett 01392 841268

Distribution: Bev Lewers (UP&C) 07742 927163, Dave Underhay (BS) 07799 693950

March 2026 DIARY

Monday	2 nd March	11am – noon.	Coffee Morning Upton Pyne Village Hall	Veronica Clarke 841 530
Tuesday	3 rd March	7.30pm	Brampford Speke Parish Council Meeting Village Hall	Tracy Watkins 07811 938614
Thursday	5 th March	2pm – 4pm	Tea, Cake & Chat Upton Pyne Village Hall	
Saturday	7 th March	9.30am	Friends of Upton Pyne AGM Refreshments served. Please come along. Upton Pyne Village Hall	
Tuesday	10 th March	12noon	Lunch Bunch Exe Valley Farm Shop	Pat on 841 599 or Veronica 841 530.
Wednesday	11 th March	12noon	Upton Pyne Church – Lent Lunch Soup and good company. The School House, Upton Pyne	To book call Lisa Clapp 841 339.
Sunday	15 th March	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Friday	20 th March	10.30am	Coffee & Cakes Home Barn, Homeliving, Brampford Speke EX5 5HE	07766 727668
			Weekly	
Mondays		9am 10am 6pm 7.30pm	Connected Pilates (term time only) Brampford Speke Village Hall <i>Men's Class @ 6pm</i>	Nicki Stumpf 07838 260290 www.connectedpilates.com
Tuesdays		7.30pm	Yoga with Emilie (term time only) Brampford Speke Village Hall	Emilie Lewis Yogawithemilie@hotmail.com
Wednesdays		10am	Art Class (term time only) Upton Pyne Village Hall	John 07816 846562
Thursdays		6-6:45pm	Zumba Upton Pyne Village Hall	Caroline 07796 950652
Fridays		10.30- 11.30am	Pilates Upton Pyne Village Hall (term time only)	Rebecca Cunningham 01363 866047



Forthcoming dates:

Cream tea and belated Easter egg hunt afternoon - BS Village Hall on Saturday 18th April. 2-5pm.

Table Top Sale - BS Village Hall on Saturday 30th May. 12-5pm. £10 per table.

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Managing Director

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