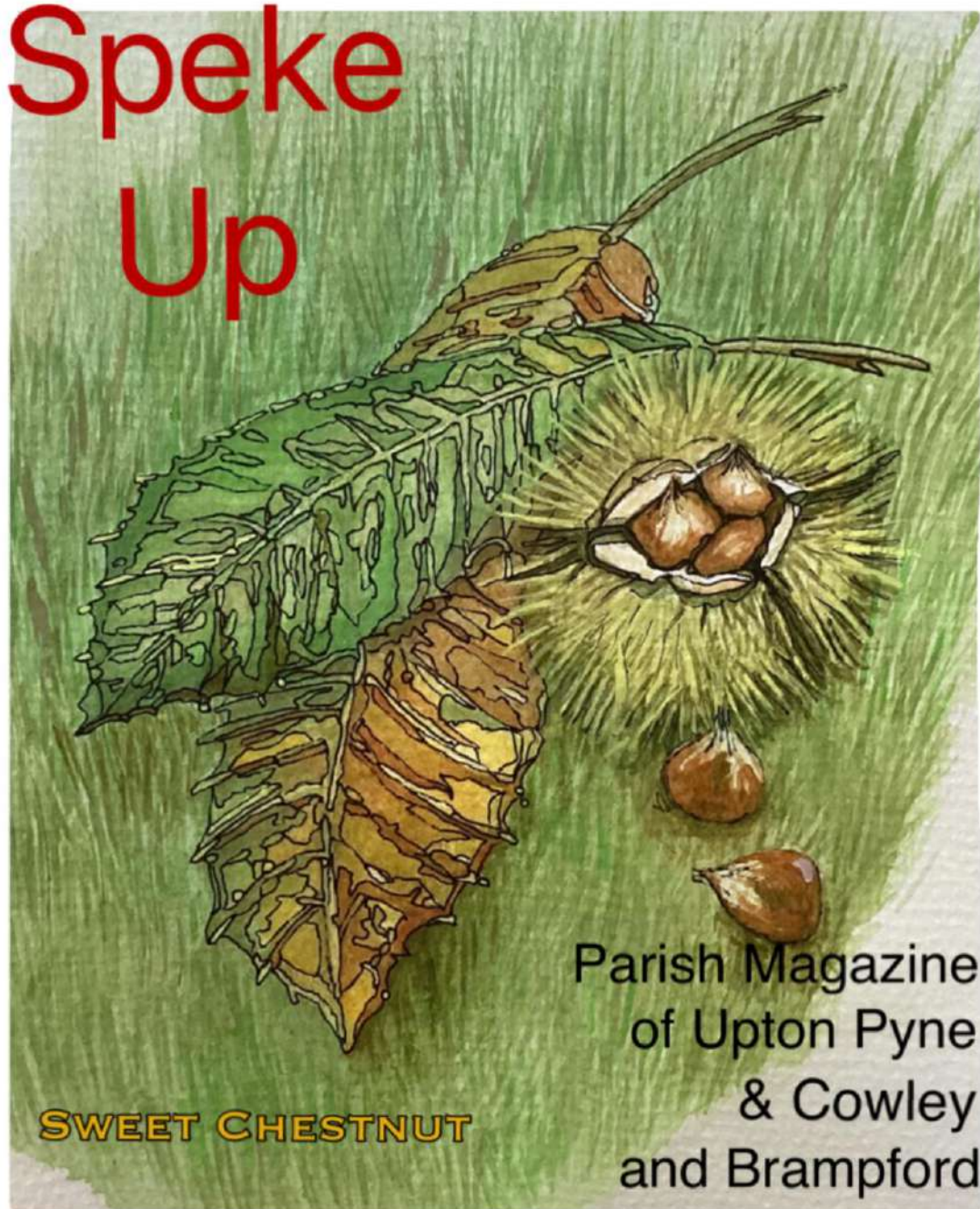


Speke Up



SWEET CHESTNUT

Parish Magazine
of Upton Pyne
& Cowley
and Brampford
Speke

September 2026

Issue 393



Photo: Steve Davidson

Friends of Upton Pyne

Churchyard Tidy-Up

Come and join us for a couple of hours of gardening

Saturday, 5th September from 10 am

Refreshments provided.

Bring your energy and gardening gloves!

For info – call Andy: 07912 597687

(If wet, or you don't like gardening, we will also be tidying up / cleaning in the church).

Speke Up Matters

Welcome to the September issue of *Speke Up*!

While we have been away for the summer months there has been a lot going on in our villages, with reminders of some of the events throughout this magazine. But hang on to your hat as there's more to look forward to in the coming months too. In fact, the Friends of St Peter's are already planning for the 'C' word, which we won't mention yet! Read more on page 13.

Were you lucky enough to see a splendid rose-garlanded horse-drawn cart travelling through Upton Pyne to Exeter recently? Read about it on pages 21 to 23.

There's plenty to keep you informed and entertained in this issue. We hope that you will enjoy reading it.

cover design: **Sally Tuckey**

...from the Speke Up team

BUS SERVICES

TO EXETER: Wednesday (678)

Brampford Speke Stooks Close	10.23
Upton Pyne Post Box	10.31
Exeter St Davids	10.46
Sidwell Street	10.54

FROM EXETER: Wednesday (678)

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Colour artwork will be reproduced in the print version of the magazine in black and white (unless space on a colour page has been booked); it will, however, appear in colour in the on-line version at www.spekeup.org.

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Quarter page 8.5cm x 12.2cm

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Cover Notes

SWEET CHESTNUT - *Castanea sativa*

This wonderful tree is attractive for most of the year. In springtime their long serrated-edged leaves are an amazing lime green colour! The flowers soon follow, and are visible from a fair distance; they are a striking warm lemon-yellow and are formed like a long catkin - the female flowers are at the base and the male flowers grow near the end of this 6-8" long catkin. The female flowers miraculously turn into fruit, encased in distinctive sharp spiky cases - again, these can be seen from a good distance!

The fruit is edible (please don't ever confuse it with horse chestnut fruit; conkers are poisonous!) Before roasting them, score one side with an 'x' so they don't burst. 200C for 20mins. While the nuts are still warm, remove outer shell and inner skin. They support heart health, aid digestion and provide antioxidants like vitamin C.

Although the name 'chestnut' often conjures up horse chestnuts with their time-honoured nickname of 'conker tree', they are not related to the sweet chestnut tree.

ST

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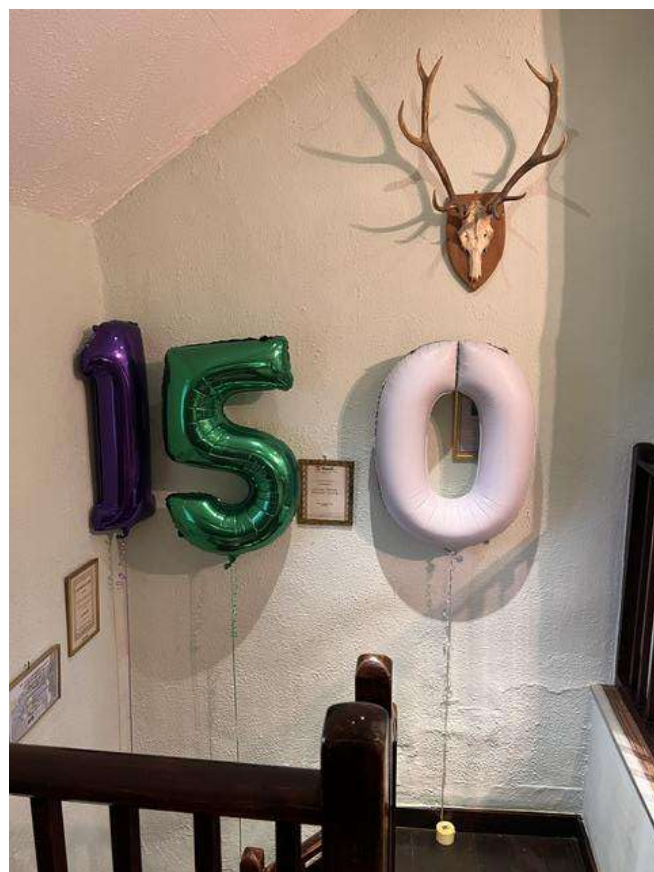
Post Office Sat 9.00 - 12.00 + Sun & BHs closed



"Thank you to everyone who made it to the Upton Pyne Social Club Open Day in July."



We absolutely loved having you with us and hope you enjoyed the BBQ and reminiscing about the history. If you aren't already a member, you can sign up at the bar at any time. Thanks again for your fantastic support!"



At the old "Club House" at Upton Pyne
They oft-times had a rattling time
A winter's night in eighty-nine
Old members often call to mind.

The barley crop was good that year
And beef was beef, and beer was beer.
Inside, the Club was full of cheer.
The jovial host was Mister Spear.

Bagatello was played with skill,
Draughts, dominoes and crib as well
And every member had goodwill
In that little Club upon the hill.

When thru' the doorway two men came
Jack Winsor and Bill Street by name;
They said "Hey lads! Just end your game
We'll have a song, there's fiddler Lane".

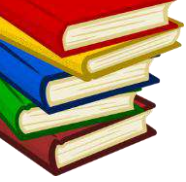
The fiddler sat in the window seat
He played a tune that set the feet
Of two members dancing a merry jig
Across the broomsticks, slick and neat.

The Parson and the Squire came in
And listened to the merry din
Said they "Fill glasses to the brim,
Sing 'Hearts of Oak' and 'Little Jim'".

By now the lads were feeling prime
Each man sang songs or gave a rhyme
Their daily cares were left behind
The fun went on till closing time.

Now members of the Club to-day
The times have altered, come what may,
Be as happy, friendly, bright and gay
As were members of a bygone day.

Composed by R. P. Western
President
JAN 1947



BOOK CLUB

I Love You Byeee by Adam Buxton

This is the second of Adam Buxton's memoirs, picking up where the first book left off. Adam and Joe (famous TV comedians from the late 1990s) are in their early 20s and messing about with home video and making incredibly detailed and hilarious pastiches of movies and TV shows using toys. The best of these (*Toytanic*) is very good, though it generated some jealousy as the set-piece ship was made in two weeks by Joe while Adam was on holiday.

Whereas the first book detailed his father's career, fatherhood and death, this one focuses on his mother who died during lockdown. I am a fan of both Adam and Joe – their BBC6 Music podcasts are still available and have given me many sleepless nights listening on headphones and trying not to laugh out loud.

Adam's current podcast, where he interviews comedians and musicians, has run for several hundred episodes and is consistently funny. He always comes across as a good person: a great family man with a humane worldview and a wonderful sense of daftness, plus an undertone of vulnerability.

Autobiographies are usually engaging no matter what the subject matter, but this one is recommended for anyone who likes comedy.

SP

Kim Jiyoung Born 1982 by Cho Nam-Joo

This is my first piece of South Korean literature, and I'm afraid I found it very dry and quite dull, which it was designed to be, but that does not make it any more enjoyable to read.

It is the story of the life of Kim Jiyoung, from her childhood to marriage, and her struggle with the endemic sexism in her world. We are introduced to Kim Jiyoung when she is 33, with a one-year-old child when she visits a psychiatrist because she has begun to take on the personalities of other people. Most of the ensuing novel is a clinical account of her life, which we discover are the psychiatrist's record of her discussions with him.

The novel was very popular when it was published and hailed by some as one of the most important feminist novels in Korean - but led to an outcry from

anti-feminists in the country. This controversy was rekindled when the film was released in 2019.

CL

Spring by Michael Morpurgo

Michael and his wife Clare have lived in Devon for forty years and are deeply embedded in rural life. This short book, only 150 pages, celebrates Michael's experiences and thoughts during the spring of 2024, from March to the beginning of June.

There are references to the charity he founded, Farms for City Children, run by two local farmers, and with which he still has daily links; the joy of seeing lambs being born and the everyday work of feeding, mucking out and general chores. He mentions grey skies gradually giving way to blue and the drying of the winter mud – though he worries that frog spawn in a large puddle won't survive if the puddle dries too quickly. He delights in watching and hearing birds, the return of swallows and his sightings of hares and otters. He describes the annual celebration held in the village of Iddesleigh by the Friendly Society, formed 200 years ago to protect agricultural workers.

There are poems interspersed with the prose, some his, some by other well-known writers and delightful lino-cut illustrations.

I realise that you will be reading this at the end of summer, but the idea of spring coming again gives hope of another year and new beginnings.

SG

A Fine Line Between Stupid and Clever – The Story of Spinal Tap by Rob Reiner

The title comes from a quote made by a member of this spoof rock band in their 1980 film *This is Spinal Tap*. For those not versed in the lore of these lovable idiots, the group was a fictitious English heavy metal band played by three well-known American comedians.

The film has achieved cult status and is a must-watch for anyone who plays in a band, likes rock music or has a sense of humour. It is one of the most quotable films of all-time and I still find it funny after more than 20 viewings. When it came out, some bands thought it was a documentary, so convincing was the act and the situations the band found themselves in (e.g. getting lost underneath the arena in Cleveland on their way to the stage).

The first half of the book is a real-life account of how the actors came to form the group. They were, in fact, very good musicians and toured as the band while working on the script. It's always a pleasure to see how an iconic work is shaped and how things went their way due to sheer talent and personality. Even though the film flopped on release, it has made up for this in spades since entering the lexicon of rock and roll.

The second half of the book is a fictitious account of the history of the band and includes all of the memorable scenes and quotes from the film including "this amp goes up to eleven", "everything has to be folded", "they were still booing the support act when we came on" and the unforgettable 18-inch-high Stonehenge model instead of an 18 foot one.

Director Rob Reiner, who also played documentary maker Marti, died tragically last year just after the publication of this book. He is sadly missed. RIP, Rob.
SP

Sharpe's Rifles by Bernard Cornwell

It is set in Spain during the Peninsular War, at the time of Sir John Moore's retreat to Corunna in 1809, when the French invaded Galicia. Richard Sharpe is acting as a quartermaster to a battalion of Rifles, part of the rearguard of Moore's retreat. He is distrusted by both officers and men but he is left as senior officer when both his superiors are killed in a skirmish with the French.

A small group of Spanish mounted troops, but in this case having lost all their horses, joins up with the remnants of the Rifles and they travel together. Sharpe agrees to help the Spanish officer with a task involving an iron trunk which seems precious to them. We later learn that the trunk contains the *gonfalon* (a long narrow flag) of St James, the patron saint of Spain, which they are taking to Santiago de Compostela to fly there in order to give hope to Spain that the French will be defeated.

Sharpe proves himself an able officer and a good strategist, who eventually overcomes his men's misgivings and makes a lifelong friend Sergeant Patrick Harper, who used to hate him. There is plenty of fighting as the French know their destination and harry them mercilessly, and plenty of excitement, so maybe not a book for the faint hearted!

There is a girl – there usually is with Sharpe – and, as Harper says towards the end of the book, he's "got

the sense of a half-witted sheep when it comes to women".

Bernard Cornwell really knows his stuff about the Peninsular War: what the Army was like at the time, details about the Baker rifles used, what they wore and, even though Sharpe and his fellow riflemen are fictional, most of the books are based on battles and skirmishes that really happened. This one is fictional though, describing an advance on Santiago, and the taking of the city from the French, albeit for only a day. It was slightly later in the year, in May, that the city was eventually taken.

SG

If you're interested in reading more about the Rifle Regiment at that time, I recommend Mark Urban's *Rifles: Six Years with Wellington's Sharpshooters*.

Three Days in June by Anne Tyler

Anne Tyler is well into her 80s now and still writing her inimitable novels which take the reader into her world of present-day small-town America. One of the marks of a good novel is that though it is set somewhere specific, it could be anywhere, and a reader from another country/continent can identify so easily with what is happening.

Three Days in June is short by the standards of many of today's novels and covers the day before Debbie and Kenneth's wedding, the day of the ceremony and the day after it. But weddings aren't just about the happy couple.

The book is narrated by Gail, the mother of the bride. She is divorced from Max, Debbie's father but they attend the wedding together. And as Gail gradually narrates the story, we learn about her life and the decisions and choices she has made.

And as we are part of the pre-wedding dinner and the ceremony itself and its aftermath, we see modern-day small-town America, with its class consciousness, anxieties and attitudes.

If you want a book with a good plot and some thrills this may not be for you. But if you like briefly to be part of other people's lives as they make decisions, regret some but keep going, and if you like a book that makes you laugh, cringe and cry, and if you like cats, then you might well enjoy the latest Anne Tyler novel, as I have.

VC



Brampford Speke Twinning Association

Cream Tea

Brampford Speke Village Hall
2- 5pm, Saturday 5th September

EVERYONE WELCOME!

September Quiz

- 1 Dinah Washington, Frank Sinatra and Bing Crosby all sang the same song about September in what weather condition?
- 2 The writer of the WW1 play, *Journey's End*, also wrote a book called *The Fortnight in September*. What was the writer's name?
- 3 The Treaty of Paris, ending the American Revolutionary War, was signed on 3 September in which year?
- 4 What was the name of the best-selling fiction writer, born in Torquay on 15 September, 1890?
- 5 In our calendar, September is the ninth month. In the Roman calendar, what number was it?
- 6 Brazil celebrates its Independence Day on 7 September to mark its freedom from which country in 1822?
- 7 What did oceanographer Robert Ballard find 12,000 ft down in the Atlantic on 1 September 1985?
- 8 "Do you remember the twenty first night of September?" Lyrics from a 1978 song by which band?
- 9 Concorde made its first non-stop crossing of the Atlantic on 23 September in which year?
- 10 An inaugural 20-mile charity run on 27 September this year, starting and finishing at Okehampton, is called what? For a bonus point, what is the name given to the 14-mile shorter route?

SG



Trees and Ancient Woodland in Devon

by Anne Roberts

As the beautiful paintings on the cover of *Speke Up* this year have a focus on trees, I thought you might be interested to hear about our wood and the ancient woodlands that exist near us.

For a woodland to be identified as ancient, it must have been wooded since at least 1600. This doesn't necessarily mean that the trees are ancient, as trees grow and fall as part of the life of a woodland. Only 2.5% of our ancient woodlands still exist, according to The Woodland Trust. It's interesting to see the pockets of ancient woodland identified around here and mapped by Natural England, including Oakford Copse in Upton Pyne, Exwick Woods, Whitstone/Newton Woods, Stoke Woods, Huxham and Little Huxham Wood and Columbjohn Wood (some privately owned). Similar pockets of ancient woodland are found across England and once upon a time these pockets were probably joined in one large forest. Sadly, only small pieces now remain but Natural England has been carefully mapping ancient woods of at least 0.25 hectares (approximately 0.6 acres). You can see this map online if you Google [Ancient Woodland \(England\)](#) | [Natural England Open Data Geoportal](#)

We are lucky enough to be guardians of a small piece of mixed woodland on our land in Cowley, named on ordinance survey maps as Barn Copse (about three hectares we think). We walk here every day and over the years I have been observing, thinking and falling in love with this woodland. I believe that this woodland is ancient because of the plants thriving here that are markers of ancient woodland.

In the spring, we are greeted by primroses, wood anemones, wood violets, then carpets of wild garlic and bluebells, and later sanicle, woodruff, yellow archangel and lots of dog's mercury. Dog's mercury is irresistible to some dogs but is very poisonous to them. We had one dog who absolutely loved it and would gobble it at every opportunity and then could be heard from miles around vomiting loudly! All these plants are markers of ancient woodland. The woodland floor is covered with ivy, wild dog rose,

honeysuckle and of course brambles! The trees are mainly oak (English oak, Sessile oak and Turkey oak), ash and hazel but there are also beeches, holly, a few wild cherry, alder, hawthorn and silver birch.

There are many fallen trees and branches in the wood which lie quietly rotting and contributing to the rich ecosystem. There are also many different types of ferns; possibly the best marker of ancient woodland is *Blechnum spicant* (**pictured right**) or hard fern, which is a very primitive-looking fern. Some of the other ferns are nearly as tall as me and when the fiddleheads unroll in spring it's a joy to behold!



Moss and lichens and epiphytic ferns adorn the trunks of the trees and fungi appear from time to time on the fallen wood and woodland floor, including the eye-catching scarlet elfcup (**pictured left**). There are signs of old banks and ditches in the wood, which in ancient woodland were used to contain cattle and pigs who foraged there. Just imagine the scene in 1600 when James I was on the throne, this woodland would probably have looked much the same as it does today!



Although ancient woodlands do not necessarily have ancient trees in them, ancient trees (those in the third and final stage of their lives), veteran trees (second or mature stage of their life) and champion trees (the greatest of their species in the region) often stand in parkland, gardens, hedgerows and countryside. For example, there are ancient and veteran trees at the National Trust properties of Killerton and Knightshayes and there are around seventy champion trees on the University of Exeter campus. If you'd like to find out where the ancient and veteran trees are, you can see the ancient tree inventory compiled by the Woodland Trust online.

Believe it or not, some of our woodlands in Devon are also identified as Atlantic Temperate Rainforest, something I found amazing as I have always thought of rainforest as a very foreign jungle environment. More on that in a future issue of *Speke Up*.



UPTON PYNE CHURCH NEWS

During this long, hot summer The Church of Our Lady has been one of the coolest places in the community! Our monthly services have been well supported, particularly as people now travel much more freely between the parishes. A warm welcome to anyone who might join us for our service of Holy Communion at 10.30am on Sunday, 13 September.

And then we hope for a good turnout for our Celebration of Harvest, which will be on Sunday, 20 September, led by Rev. Deborah Leighton-Plom. We always offer refreshments after services! Harvesting has happened early this year, but it is a traditional custom to celebrate it in September or October. The church fabric has been supported by some successful fund-raising in past weeks: particular thanks go to the new owners of The Old Rectory, who were so generous in their welcome on Sunday, 5 July. And we now have other fund-raising events to look forward to. There is a concert in the church at 6pm on Saturday, 12 September, showcasing local talent and the Sing Up Choir and the popular Curry & Quiz evening is on Friday, 16 October. Details of how to book for these events are elsewhere in *Speke Up*. As always, there are events going on in the neighbouring parishes, where a warm welcome awaits.

VC

VILLAGE HALL NEWS

TEA, CAKE & CHAT ON THURSDAY

The Thursday afternoon tea is held once a month, 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 3 September**.

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 7 September**.

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 8 September**.

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

Wondrous Women

An evening of poetry and songs

In aid of Upton Pyne Church

Saturday 12th September at 6pm Upton Pyne Church

Tickets £10 (£5 children) Refreshments (cash donations)

Join us to celebrate the year of 'wondrous women' with poetry, prose, music and songs.

A wondrous evening with talented performers!

Featuring professional readers Stewart and Helen Clapp,

professional singer Tim Mirfin and Sing-Up Choir.

Bookings: Sue Glanville 07753 605726

What Are We Harvesting?

September is here, which means Harvest is on the horizon. Before long, churches will be decorated with apples, flowers, tins of beans and at least one courgette that somebody forgot to pick in July and which has now achieved the size and weight of a small child.

Of course, after the heatwaves we've had this summer, what has survived in our gardens may be another matter. Keeping anything alive has often involved a watering can, determination and a willingness to go outside at slightly ridiculous times of day.

Harvest is traditionally a time to look at what has been grown and give thanks: for food, for those who produce it, and for the extraordinary generosity of creation. Perhaps this year it also reminds us how dependent every harvest is on things we cannot easily control: sunshine and rain, weather and climate.

But perhaps Harvest gives us another question to think about too: what are we harvesting in our own lives?

Because harvests don't just happen. Long before anything is gathered in, something has been planted. Then it has been watered, tended and given time to grow. And actually, we are planting things all the time. Every time we stop to talk to someone, send a message, offer encouragement, forgive something annoying, or volunteer, we are cultivating something. Friendship. Trust. Kindness. Community.

Of course, we can cultivate other things too. A small irritation, carefully tended, can grow into a really impressive grudge. Worry is another remarkably vigorous plant. It seems to thrive in almost any conditions and particularly enjoys being watered at three o'clock in the morning.

Jesus talked about growing things a lot: seeds and soil, vines and branches, wheat and weeds. Maybe because growing is such a good picture of faith, and of life more generally. And perhaps this summer has reminded us that growing things also have to survive difficult conditions. There are seasons when life feels wonderfully well-watered and others when everything feels rather scorched around the edges. Sometimes simply keeping going is growth enough.

The good news is that God's garden isn't a show garden. There are weeds, bare patches, slightly scorched bits and things that didn't quite turn out as planned. Christian faith is full of second chances, new growth and unexpected fruit!

Perhaps September is a good moment to take a metaphorical wander around the garden of our lives. What's flourishing? What have I been giving my time and attention to? What have I been growing without noticing? Most importantly: what would I like to grow next?

So, here's a small September challenge: choose one thing you would like to harvest more of by this time next year. Kindness. Friendship. Patience. Prayer. Generosity. Courage. Whatever comes to mind. Then do one small thing this month to plant it. Make the phone call. Invite someone for coffee. Join something. Offer to help. Say thank you. Begin praying. Knock on a neighbour's door.

Just plant something good - and see what grows.
Preferably not another giant courgette!

Revd. Deborah Leighton Plom
Assistant Curate, Netherexe Mission Community



INSPIRATIONAL WOMEN **Children's Art Exhibition**

Launch: 4pm Friday 18th September
Newton St Cyres Church

**The exhibition will showcase the art
of children from Thorverton,
Newton St Cyres, Stoke Canon and
Brampford Speke schools, as they
consider who are the women who
inspire them.**

**The exhibition will be available until
Sunday 4th October**

Curated by Gordon Hepworth

FRIENDS OF UPTON PYNE

The dry summer has left the churchyard rather parched but was a boon for the afternoon teas at The Old Rectory. The marquees provided welcome shade for the many people who came to enjoy tea and the delicious cakes which were generously donated by a variety of people. It was a beautiful afternoon and raised a substantial amount for the church and the Friends. Many thanks go to Lulu and Tony for hosting the event.

At the coffee morning in July, there was a fascinating collage workshop to create works that will be amalgamated for an exhibition in praise of Wondrous Women. Future **coffee mornings**, on the first Monday of each month, will include knife sharpening in October and a Christmas card workshop in November. Income for the Friends comes each month from the sale of books, bric-a-brac and cakes made by Sue Glanville and Sue Reynolds. Over the year, this amounts to a significant contribution to the fundraising activity of the Friends.

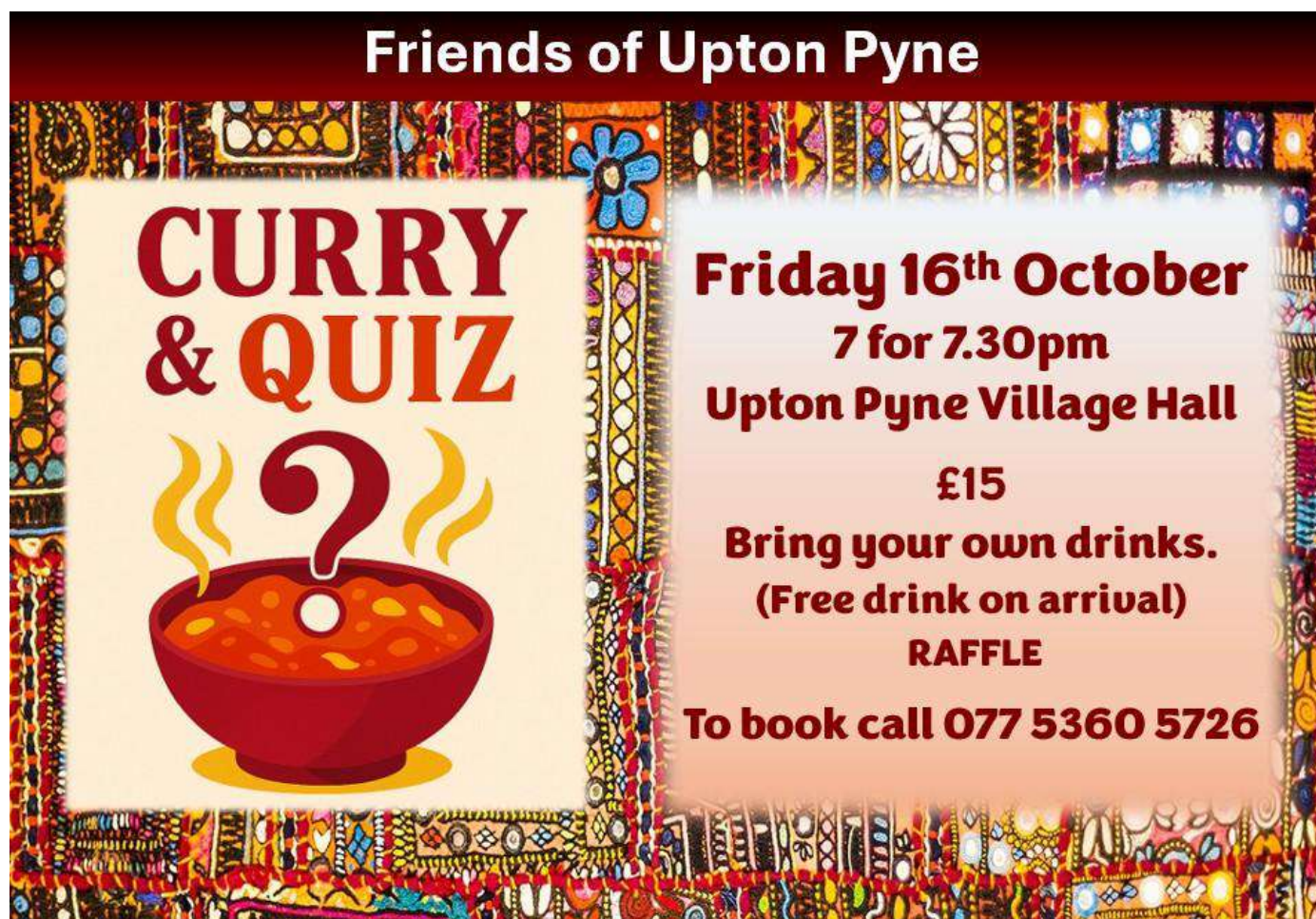
Bring along your garden tools to **the Churchyard Tidy Up, on 5 September** – always a fun event. As usual,

we will do cleaning tasks within the church for those who prefer to be indoors or if it is raining. We have an additional task to clear the book corner: it needs refreshing of old books and revitalising.

The work on the gravestones to make them safe has been undertaken by FJ Stevens Memorials. A number of crosses have been laid down as they were in danger of falling, a large leaning stone has been righted and the stones against the wall of the church have been placed on the ground near to the church. We have been assured that the other stones at an angle are safe but we shall continue with regular inspections.

A few of the tiles on the roof of the lychgate have fallen and we are exploring to see if we can get matching tiles to replace them.

The next Curry and Quiz is on 16 October in the village hall at 7pm for 7.30. As usual, it is essential to book your place in advance with Sue Glanville on 07753 605726.



Friends of Upton Pyne

**CURRY
& QUIZ**

Friday 16th October
7 for 7.30pm
Upton Pyne Village Hall

£15
Bring your own drinks.
(Free drink on arrival)
RAFFLE

To book call 077 5360 5726

St Peter's Church Harvest Lunch and Apple Pressing

Saturday 3rd October
Brampford Speke Village Hall
Tickets must be purchased in advance

From 11am Apple Pressing – bring your apples and some juice container
From 12.30 Harvest Lunch (Ploughmans & Pudding), and a glass or 2 of Cider

£10 per Person or Family Ticket £20
(combined price for apple pressing and lunch)

Please book using this QR code by 28th September
or contact Caroline:

07732 554246 or stpeterschurchbs@gmail.com



Friends of St Peter's

Despite it being so warm and definitely feeling like the height of summer, we have started planning autumn and Christmas activities.

We are looking forward for our **Harvest Lunch and Apple Pressing** on Saturday 3 October at Brampford Speke Village Hall. So that we have an idea of numbers for catering purposes, we are asking people to buy tickets in advance, either via the QR code or by contacting us directly. All the details are in the advertisement above. This year, you will have to come to the lunch to press your apples! On Sunday 18 October there will be a special **Harvest Service** and the **Remembrance Service** will be on Sunday 8 November. We are planning a **Lantern Parade** to usher in Advent on Sunday 29 November; the parade will go from Upton Pyne at 4pm to Brampford Speke, with mince pies and mulled wine at St Peter's. We will have our **Candlelit Carol Service** on Monday 21 December. More details in next month's *Speke Up*.

If anyone would like to get involved with the **fundraising activities** to keep our lovely church open, please do come to our next meeting at the Agi on 8 October at 6.30pm

Brampford Speke Baptist Chapel

September – what does that make you think of? Perhaps this year we will want a reasonable amount of rain more than anything! Or do you have a late holiday planned?

Of course, for many families, September is the start of a new school term. Along with that, the chapel will start hosting Sue's Café again once the new term is well under way. This is open on Thursdays from September 17 starting at 3.30, timed for parents bringing children as they go home from school. There are various activities to keep young people happy, and there is tea and cake at a modest price to keep the parents happy!

But please do feel free to drop in even if you do not have children in tow – everyone is welcome to share in the refreshments and company.

Everyone is also welcome to join us for our Sunday worship on alternate Sundays: September 6 and 20, starting at 3pm each time.

Speke Up About Music

Song: Helvegen by Wardruna

Suggested by: Steve Davidson

Steve says: This song, which I first heard in 2020, is important to me. I have always turned to music when dealing with stressful and emotionally challenging situations and I asked myself did I find this song or did it find me? The significance of this song about death and passing over was that I was facing the potential of losing my wife to cancer at that time. I have always enjoyed Nordic music, but had not heard of Wardruna before. Though the song is about death, it's not a depressing or morbid song. For me, it's powerful and thought-provoking and ignites an emotional response every time. *Helvegen* continues to be a favourite, and with my wife in remission and cancer-free for over five years, I continue to get pleasure listening to it.

From Wikipedia: Wardruna's music is an evocative blend of ancient Nordic folk, ritual ambient, and atmospheric soundscapes, using authentic Norse instruments (like lyres, horns, and frame drums) and Old Norse lyrics to create hypnotic, earthy, and ethereal soundscapes that connect listeners to nature, history, and primal energies, often described as "Viking music" but with modern depth. It moves from dark, droning ambience to soaring vocal harmonies, feeling both ancient and deeply relevant, like a musical journey through forests and mythology.

Stu and Debbie say: Going in cold on this one with no looking up the translation of the lyrics or background of the song beyond what Steve has said. Storm sounds and birds tweeting, then a steady Nordic drum rhythm ... a lone male's vocal chanting ... a choir singing in unison. A feeling of Scandinavian darkness and sea-going vessels. The choral sounds build, enriched by harmonies, then more rhythms join the voyage. Low drone notes ring throughout, anchoring the tune to the Earth. Intense emotion in simplicity, a deep spiritual feeling is evoked. Light and shade, weather both heavy and light. A darkness implied, but the nature sounds give it life. This contrast/contradiction is evident in other cultures' songs about death, whether minor key tunes from the Middle-East or jollier-sounding South American/Caribbean songs: celebrating and uplifting while pondering what is usually portrayed as a negative thing. This is a blank slate of a song where the lyrics are not a distraction (unless you are fluent in Old Norse!) and the heart and mind can swim in the harmonies, melodies, rhythms and repetition. Stunning, and worth playing through a variety of

speakers/headphones as it sounds different through each - there are hidden secrets in this song! Thank you, Steve, for nominating something so unique.

Please email suggestions for a favourite song you would like reviewed in a future issue 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>



How good is your prog rock knowledge? Let's find out!

Q1 Their front man goes by the name of 'Fish'

but which prog rock band does he front?

Q2 "I'll see you on the dark side of the moon" is a line in a song from this famous prog band. Who?

Q3 Two of their famous songs are *Thick as a Brick* (1972) and *Living in the Past* (1969). Can you name the band?

Q4 This prog rock trio had a hit with *Fanfare for the Common Man*. What's their name?

Q5 With lead singer Vangelis Papathanassiou and a prog rock classic double album *666* released in 1972, this band is called ...?

Q6 Hawkwind had a top ten UK hit in June 1972 with *Silver Machine* but which famous bass player sang it?

Q7 Formed in 1987 by musician Steve Wilson, this English prog rock band's discography includes the songs *Trains*, *Lazarus*, *Anesthetize* and *Fear of a Blank Planet*. What's the name of the group?

Q8 Name the English prog rock band that was formed in London in 1968 by Robert Fripp, Michael Giles, Greg Lake, Ian McDonald and Peter Sinfield.

Q9 This prolific prog band had Jon Anderson on lead vocals and Rick Wakeman on keyboards. Who are they?

Q10 Who is the lead vocalist in the group Rush? And for a bonus point, who was their late, legendary drummer?

Answers on page 37

Brampford Speke Parish Council

Parish council changes: Will Honan has stood down after serving as a councillor since 2019; we shall miss his commitment and wise advice. Our grateful thanks to him. We are delighted to welcome two new councillors: Gregg Dawe, who will be known to many as a longstanding resident of Chapel Road, and Gary Wright, who (with his wife Val) recently moved into The Limes. We look forward to working with them; their contact details are at the back of *Speke Up*. We now have a full complement of seven councillors.

Village community email list: for several years we have maintained a community email list which we use for parish council communications. The list is now fairly out of date and needs updating if we're going to continue using it. We're unsure how many people are still interested in receiving information this way, as opposed to the very active community WhatsApp groups. The email list is not intended to replace these, but to try and reach people who do not use such groups. Allan Ferns, the councillor with responsibility for our communications, says: "If you would like to be included within the village email group, please respond to me at allan.ferns@brampfordspekeparish.gov.uk. I would be grateful if this could be cascaded amongst all your friends & family within the parish."

Affordable housing at Stonilands: members of the Community Land Trust attended our meeting on 7th July and updated us on their proposal, which has been slightly modified to reach agreement with the landowner. The parish council voted to support the proposal in principle, but a further decision will be made when the formal planning application is made, possibly later this year.

Phone box: we heard in April that British Telecom have decided that this will remain in service at present. We think it's likely that this decision will be reviewed in due course, when we will reopen discussion about possible alternative uses.

Antisocial behaviour: there have been several episodes of this during the hot summer weather. The police have requested that any further episodes are reported to them, either by phoning 101 or reporting online at <https://www.devon-cornwall.police.uk/ro/report/> (or in an emergency by phoning 999).

Next PC meeting: these now take place on the first Tuesday of every alternate month. The next meeting will be on **Tuesday 1st September 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>.

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Parish Clerk & Responsible Financial Officer

8 hours per week

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- . Managing parish finances, records and payments
- . Advising councillors on procedures and regulations
- . Maintaining the Council's website and communications
- . Attendance at monthly evening meetings

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THORVERTON MEMORIAL HALL

Saturday Market and Big Breakfast

Thorfest is happening at Thorverton Memorial Hall on 12th September, so there won't be Big Breakfast or Saturday Market that day. Back to normal though from October. Come along to TMH on Saturday 10th October from 9:30 – 11:00am. We hope to see you there!

Film Night

We kick off our autumn programme of films with ***The Devil Wears Prada 2*** on Friday 18th September. With almost all of the cast from the first film, what's not to like? The film starts at 7:30pm (doors open from 7pm), drinks and snacks available. Adults £6 / Under 18s £4. No need to buy tickets in advance – just come along on the night – payment by card not cash.



Well, what a summer this has been. It has certainly been a leading topic of conversation beyond the usual weather chat.

The garden is still in recovery. Some of the vegetables seemed to thrive in the extraordinary heat. I think I will need a double page spread next year on making the most of a glut of cucumbers, courgettes and tomatoes! We enjoyed a bumper crop of plums and a superb harvest of raspberries despite accusations that I had pruned them too much. I'm learning!

I took a generous donation of pea shoot seeds from a neighbour. These were easy to grow and produced lovely pea shoots in salads for a few weeks. They have also given me a few ideas for next year.

Our apples have definitely suffered from the lack of moisture but we have some that I can put to use in various recipes. Blackberries appeared early and there were fewer than in previous summers but they were full of flavour. I did manage to get a few small tubs in the freezer.

So, the recipe below came to mind as I think of September, the final days of summer and onset of Autumn. Bon Appetit!

Blackberry + Apple Loaf

Butter	170g
Caster sugar	160g
Large eggs	3, beaten
Self-raising flour	225g
Natural yogurt	3 round tbsp
Vanilla paste	1 tsp
Baking powder	1 level tsp
Custard powder	40g
Eating apples	150g, diced
Blackberries	150g
Demerara Sugar	3 tbsp

1. Set the oven to 180°C / gas mark 4. Grease or line a 2lb loaf tin.
2. Combine the butter and sugar in a food processor or mixer.
3. Add half of the flour with the eggs and mix.
4. Add the remaining flour with the yogurt, vanilla paste, baking powder and custard powder. Mix well. Fold the fruit into the cake mix.
5. Pour into the loaf tin and sprinkle the demerara sugar over the top.
6. Bake for 50-60 minutes until golden and a skewer comes clean out of the middle of the cake. Leave in the tin to cool for 40 minutes then remove onto a board or into a tin.



Sarah Lumley

The Gardening Year



A beautiful display of Gazanias.

It really has been a difficult year in so many ways.

For the majority of us, we garden because we enjoy it and for the wellbeing that being in open spaces gives us. However, for so many working in agriculture and horticulture, it is their livelihood, and living in a rural environment we can see how the change in our climate has had a profound effect. The Agriculture & Horticulture Development Board (AHDB) has confirmed in its first harvest report of 2026 “that the exceptionally hot and dry weather has resulted in the earliest harvest since our records began 20 years ago”.

My **Runner Beans** have been very disappointing this year, have you also had problems? The first couple of meals were excellent, but then I noticed how many flowers fell without producing pods. I know that the lack of rain was an issue for us all, and I did continue to water, but thought I would carry out some research on other potential causes. An article on the **Garden UK** website listed ‘From Flower to Pod – the 16-day process’, was most interesting. Runner beans came from the cool highlands of Mexico and Guatemala, at around 1,800-2,800m, and evolved with cold nights. When the night minimum stays **above 16C**, pollen tube growth and ovule viability both fall away, and flowers abort even in moist soil. The plant is not stressed, it simply cannot complete fertilisation. This is separate from the daytime heat effect, as at above **28C** in the day, pollen itself becomes non-viable in older varieties. We have subsequently noticed that the bean pods that are forming on our plants are very short. However, the **RHS** gives the encouraging note that cropping should resume in September, once the nights start to cool down. However, if you have given

up on future pickings, cut them back leaving the roots in the soil to provide additional nitrogen for future crops.

Not everything has been a disaster though.

Pelargoniums continue to give pops of colour, as do **Gazanias** – also known as the Treasure Flower. Native to South Africa, they are perfectly suited to hot sunny positions within the garden and grow well in gravel gardens. They are spreading low-growing evergreen herbaceous perennials, which are usually grown as annuals, as they cannot withstand frost. They have lance-shaped blue-grey foliage and daisy-like, brightly coloured flowers in shades of rose, red, pink, bronze, gold and orange. which open in the sun and close when cloudy or dark. Other multi-coloured varieties include ‘Big Kiss White Flame’ with large white and pink striped petals, and ‘Tiger Stripes’ which, as the name suggests, has bright yellow and orange striped flowers. Regular dead-heading has ensured plenty of new flowers this summer in our garden. If you have not grown these before you can grow from seed, sowing between late winter and early spring under cover. Alternatively, they can be grown from basal cuttings from late summer to autumn, by taking a cutting from as close to the base of a shoot as possible. After cutting off any leaves that are near the base, pinch out the top and then plant around 1” deep in a small pot of compost and cover with a plastic bag until the cutting has rooted.



Our **Myrtle** (*Myrtus communis*), pictured above, has also looked beautiful this summer.

An evergreen shrub that comes from the Mediterranean, it has been grown in Britain since the 16th century. It has oval green leaves which are scented, as are the small, fluffy white flowers which appear in late summer. Myrtle can be grown as a shrub or as a standard small tree in a sunny border. If

several plants are grown together, myrtle can also be used as a hedge. In a smaller garden, the compact *Myrtus communis* 'Tarentina', which has smaller leaves and reaches a height of just 1.5m, is a perfect choice. Once established, myrtle is drought tolerant, making it a low-maintenance plant for a border. After the delicate flowers drop, they are followed by black berries in autumn. The berries are edible, with a resinous, herbal flavour and can be used to make alcoholic drinks such as myrtle gin, or in jellies. The leaves are used in countries like Sardinia and Corsica to flavour meat, such as pork. Myrtle has also been used in the wedding bouquets of Royal brides since Victorian times and is traditionally known as a symbol of love. We will all need to remember how important these berries will be for birds, following such a long hot summer.

Did you see the amazing **Buck Moon** on 29th July? The name refers to the time of year when the male deer or bucks grow a new set of antlers. The Royal Observatory in Greenwich also refers to it as the Thunder Moon due to the summer storms – although we didn't experience those here this year! The full moon in September, known as the Harvest Moon, will rise around sunset on 26th September.

JOBS FOR SEPTEMBER

- Plant autumn onion sets 1" deep 2-4" apart
- Put up netting to protect leafy vegetable crops from bird damage
- Plant prepared hyacinths for Christmas flowering
- Net ponds before the leaves start to fall
- Reduce shade in the greenhouse, to maximise the sun ripening tomatoes and peppers. Watering in the greenhouse is best done in the mornings, as dampness during the colder nights could cause fungal problems
- Prune summer flowering jasmine by cutting back to a strong new sideshoot below the flowered stem
- Tip prune gooseberry bushes

This year's **Sunflowers** have certainly earned their place in the garden, bringing a cheerful splash of colour and plenty of welcome visitors. As the flowers fade, resist the temptation to cut them down too soon. Left



standing, the seed heads provide a valuable food source for garden birds, while the stems and fading flowers offer shelter and habitat for insects. Let the flowers dry naturally and the birds can enjoy the seeds through the autumn and winter.

What's On?

Saturday 5th September NGS Honeywell, Stoodleigh, Tiverton EX16 9QA Open 11am – 5.00pm. Admission Adult £6 Children free. Home-made teas.

Sunday 6th September RHS Rosemoor – Plant Heritage Autumn Plant Fair 10am – 3.00pm Normal admission applies.

Sunday 13th & Sunday 20th September Kia-Ora Farm & Gardens, Cullompton, EX15 1PZ Admission 2pm – 5.30pm. Adults £5 Children Free. Homemade teas and plants for sale.

Friday 25th Saturday 26th and Sunday 27th September RHS Malvern Autumn Show Daily 9am – 6pm **Three Counties Showground WR13 6NW**

Happy, Safe Gardening!

Nicola Baker

UPTON PYNE & DISTRICT GARDEN CLUB 2026



A change to our programme

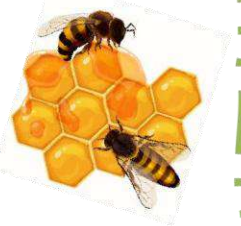
Monday 21st September @ 7.30pm

Tonight we are being entertained by

Caroline Taverner of Exe Valley Honey



From Hedgerow to Hive



Discover the secrets of Bee Keeping, the diversity of wild bees, and the importance of pollination in our everyday lives.

Monday 19th October @ 7.30pm



Our Speaker for this evening is
Local RSPB Volunteer

MAUREEN MITCHELL with 2 short talks

AN INTRO INTO WATCHING BIRDS
& DRAGONS & DAMSELS



Saturday 28th November 7.00-7.30pm

ANNUAL GARDEN CLUB XMAS DINNER



For more information, or to make a reservation for either of these Christmassy events please call June(as below)

Monday 7th December 10am at Coffee Morning

CHRISTMAS WREATH MAKING



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

A Cart Full of History

For the Price family of Jackmoor (near Upton Pyne), a beautifully preserved horse-drawn cart is far more than a treasured antique. Passed down through generations, it carries a story of family, craftsmanship, tradition and a way of life slowly disappearing from Britain's roads.

Intricate hand-painted scrollwork, pin-striping and floral motifs adorn its wooden panels, wheels and shafts. Richly painted in pale yellow (customarily called 'cream') and vibrant maroon, with 20-carat gold leaf detailing, this traditional horse-drawn cart is unmistakably original. But, for the Price family, it is much more than a work of art. It is family history on two wheels, and a treasured link between generations.

An original Lambeth cart, now nearly 100 years old, it was bought at Appleby Horse Fair in Cumbria as a 16th birthday present for Jim Price's father, Michael, in 1936. He received it as part of a "full turnout", complete with horse and harness, and it has been passed down through the generations, from father to eldest son. For the family, that continuity is at the heart of its significance.

"In our culture everything is always passed down and reused again. It goes on through the generations."
— *Krystle Price*

Originally a working 'Coster', the cart took its name from the street sellers who sold produce from a cart or barrow. It was once a familiar sight in the mining village in County Durham where Jim's family lived, carrying fruit, eggs and vegetables during the week and, on Fridays, fish.

Today, it continues to play an important role in family life. In June, the cart made a particularly memorable journey when it carried Jim's granddaughter, Ria, to her Year 11 prom at Queen Elizabeth's School. Wearing a spectacular black corset dress featuring diamante beading and a chapel train, she made a striking arrival. Photographers sprinted across the road to capture the scene, while the *Crediton Courier* described it as a "Cinderella moment", saying the horse-drawn cart "stole the show".

The cart had been decorated especially for the occasion, with red rosebuds arranged in little bouquets and secured with red ribbons, while Velvet, the family's 28-year-old piebald mare, was dressed up



Red roses and ribbons

"Velvet sensed it was an important day and danced to the prom with pride," says Ria's mum, Krystle. "She definitely found the spring in her step that day."



Velvet and Ria

Velvet, the family's 28-year-old piebald mare, decorated with red ribbons and roses for Ria's special journey.

The cart's harness is almost as remarkable as the cart itself. Made at the same time, it is an original harness by W. & H. Gidden of London, who later held a Royal Warrant to Queen Elizabeth II. Krystle calls it "the Rolls Royce of harnesses".

The cart's wheels, shafts, fittings and bodywork are all original and have never been altered, replaced or repaired. It is this originality that makes the whole collection so precious. Jim points out special

handmade details on the cart with great pride in its superb workmanship, including the graceful curved wooden shafts, decorative lettering and designs such as the painted horse's head and two crossed whips on the front panel, and the ornate metal scrollwork on the cart seat.



Front panel (Photo: Aly Stoneman)

Many of the parts are no longer made in England today and would be difficult to replace, right down to the square nuts securing the panels together. "If you want those today, you have to order them from Romania or Poland," says Jim.

Some specialist craftsmen within the community have decades-long waiting lists for repairs, underlining just how difficult it can be to preserve these traditional vehicles.

The cart will soon be returning to dry storage in County Durham, near the home of Jim's eldest son, Michael, who lives about 60 miles from the site of Appleby Fair. When the family take the cart and Jim's barrel-top living wagon to Appleby, preparation is meticulous and takes days. Brass and silver fittings are polished until they gleam, every painted surface is carefully cleaned, and the horses are washed and groomed.

It is a family tradition in itself: generations of women have undertaken the cleaning and polishing, while the men prepare the horses.

Krystle notes that the wagon is harder to clean than the cart because "there's so much gold and brass on it. Dad's not happy unless it's shining – if you can't see your face, go back and do it again!"

Travelling to Appleby by horse-drawn transport from where their equipment is stored can take eight or nine days, with the family sleeping in the wagons

along the way and joining many others from their community travelling by horse-drawn wagon, cart and trolley to the famous annual gathering of gypsies and travellers. But modern roads are making such journeys increasingly difficult.

"The world is too busy for it now," says Krystle.

Cars are faster, traffic is heavier, and the old rhythm of horse-drawn travel no longer fits easily with modern life. And yet the tradition continues.

For the Price family, every journey adds another chapter to the cart's story. As Krystle recalls, "The cart and harness travelled over 400 miles to be with us for Ria's prom. It was an honour to use it for such a special day – to make new memories and add another little piece of family history to the cart."



Ria and friends at the prom (Photo: Will Goddard, Crediton Courier)

Perhaps that is what makes this remarkable vintage cart so important. Its value lies not simply in its age, decoration or rarity, but in what it represents: a tangible connection between generations, carrying the past into the present and, hopefully, onwards into the future.



The Price family were in conversation with Aly Stoneman. With many thanks to Jim, Ellen, Krystle, Ria and Rocco Price. August 2026.

Photos: The Price family (unless otherwise stated)



Arriving at the Prom (Photo: Will Goddard, Crediton Courier)



Family Tradition (left to right: Ellen, Jim, Velvet, Joe, Ria, Krystle)

The cart remains part of family life, with its care, preparation and use continuing to be passed from one generation to the next.



On the way to the Prom

Jim and Ria on their way to the Prom in their Lambeth cart, richly decorated in traditional red, cream and gold. Intricate hand-painted scrollwork, floral decoration and gold detailing reveal the extraordinary craftsmanship of the original cart.

AGRICULTURAL

— I N N —

What's on at the Agi



Quiz Night



Next Dates: 13th Sep, 4th Oct,
8th Nov, 13th Dec

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



Secret Garden Closing Party



Sat 5th Sep 4-10pm

Join us for one final celebration as we round off another brilliant summer in The Secret Garden!

Expect feel-good Ibiza tunes from our DJ, live saxophone and plenty of party atmosphere. Gather your friends, grab a drink and help us see out the season in style!



Baubles - Paint and Sip



Thurs 26th Nov 7pm

We've teamed up with Tash at Blank Canvas Create again to bring you this festive workshop.

Make your Christmas tree the envy of Pinterest with hand-decorated showstopping baubles. We'll supply ceramic baubles, paint, glitter, ribbon and plenty of inspiration to help you create something one-of-a-kind. Whether you go minimalist chic, marbled beauties or full-on sparkle, these will be baubles you'll treasure year after year. The bar will be open for a festive tipple too! Tickets are £28pp and can be booked on our website.



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Summer Events



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The Exe Valley Federation Annual Cross Country Event





Brampford C of E Primary School

As September arrives and we get set to welcome in a brand-new school year, we have been taking a moment to reflect on a wonderful year at our school. We said a fond farewell to our fantastic Year 6 heading off to secondary school; and we look forward to welcoming new children and staff to our school community, along with changes and new beginnings within our classes.

The end of the school year was certainly a busy one, filled with enriching learning, exciting activities, community events and plenty of opportunities to celebrate.

The children in Skylark class took to the stage at the village hall to perform their fantastic production of *Alice in Wonderland*. The children – and staff – worked incredibly hard, learning songs, choreography and lines, as well as creating props and preparing for their big performances. Their hard work certainly paid off, and they gave a wonderful performance which was thoroughly enjoyed by all who came along.

A huge thank you went out to the parents and members of our wider community who helped make the production so special. From providing incredible scenery and fantastic costumes, to preparing delicious refreshments for the interval, their support was very much appreciated. Photographs of the production can be seen on the opposite page.

Another highlight of the end of every summer term is the Annual Exe Valley Federation Cross Country Event where a group of our pupils represent our school. This year they showed great determination, enthusiasm and sportsmanship throughout the event, supporting and encouraging each other and other schools along the way. Please enjoy photographs of the day on the opposite page.

Now, as we look ahead to the new school year, we are excited about all the things the coming months will bring. We are delighted to welcome our new head of school, Mrs Nichols, and look forward to working alongside her as we continue to build on all that makes our school such a special part of the community. We will be introducing Mrs Nichols properly in next month's edition, where she will be sharing a little more about herself and her hopes for the year ahead.

Here's to another happy, busy and successful year at our school – we look forward to sharing more of our news and adventures with you throughout the year!

Best Wishes, The Brampford Team.

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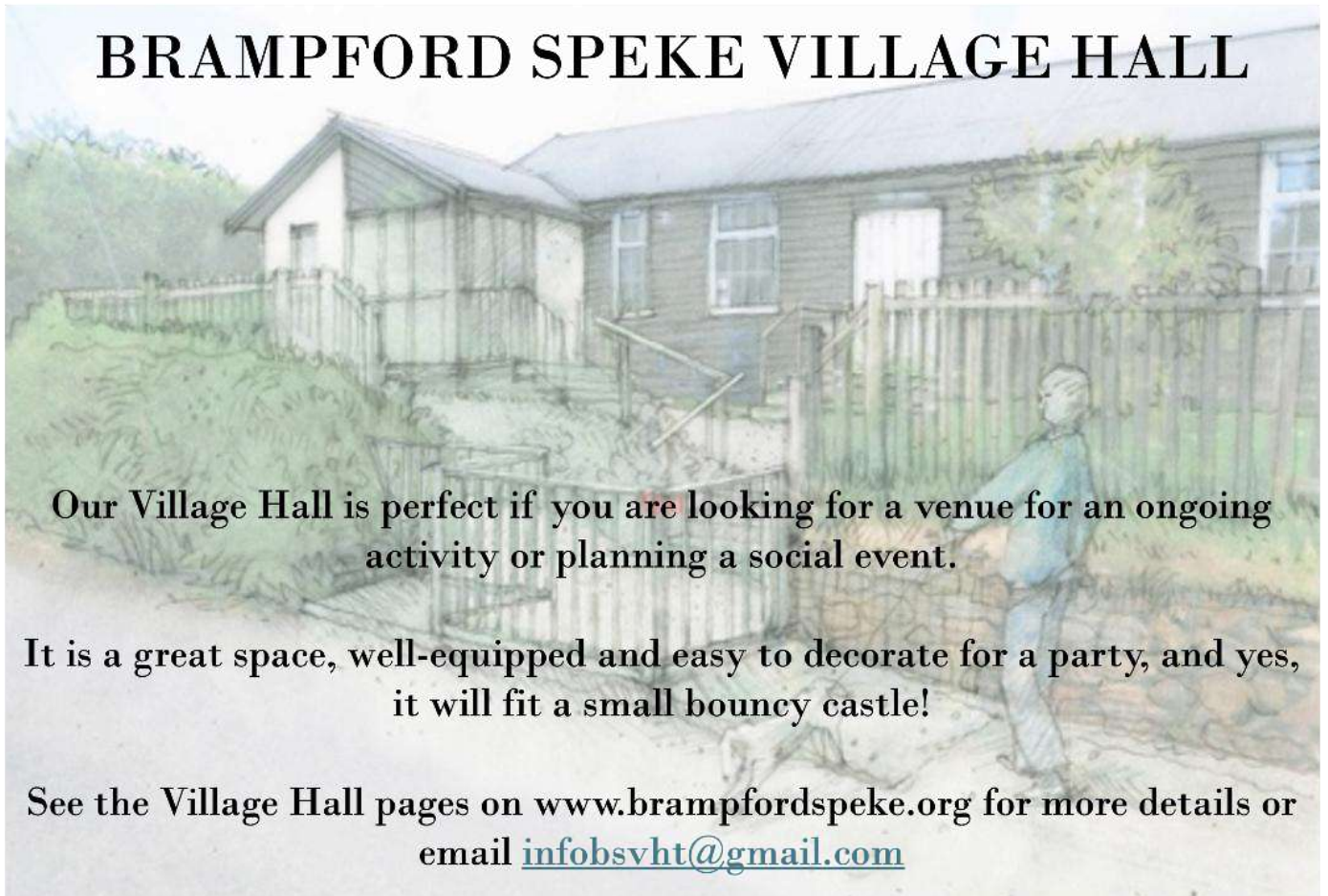
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Answers to Music Quiz

A1 Their front man goes by the name of 'Fish' and he fronts the prog rock band **Marillion**.

A2 "I'll see you on the dark side of the moon" is a line in a song by **Pink Floyd**.

A3 *Thick as a Brick* (1972) and *Living in the Past* (1969) are songs by **Jethro Tull**.

A4 The prog rock trio (and, arguably, supergroup) that had a hit with *Fanfare for the Common Man* is **Emerson, Lake and Palmer**.

A5 With lead singer Vangelis Papathanassiou and a prog rock classic double album *666* released in 1972, this band is called **Aphrodite's Child**.

A6 Hawkwind had a top ten UK hit in June 1972 with *Silver Machine* sung by bass player **Lemmy Kilmister** (of Motorhead fame).

A7 Formed in 1987 by musician Steve Wilson, the English prog rock band's discography that includes the songs *Trains*, *Lazarus*, *Anesthetize* and *Fear of a Blank Planet* is **Porcupine Tree**.

A8 The English prog rock band that was formed in London in 1968 by Robert Fripp, Michael Giles, Greg Lake, Ian McDonald and Peter Sinfield is **King Crimson**.

A9 The prolific prog band with Jon Anderson on lead vocals and Rick Wakeman on keyboards is **Yes**.

A10 The lead vocalist in the group Rush is **Geddy Lee**. And, for the bonus point, their late, legendary drummer was **Neil Peart**.

Answers to September Quiz

1 The song is *September in the Rain*.

2 R C Sherriff.

3 The Treaty of Paris was signed in 1783.

4 Agatha Christie was born September 1890.

5 September was the seventh month in the Roman calendar.

6 Brazil gained independence from Portugal in 1822.

7 Robert Ballard discovered the wreck of RMS Titanic.

8 The song *September* was sung by Earth, Wind, and Fire.

9 Concorde's first Atlantic crossing was made in 1973.

10 The run is known as The Dartmoor Beast. The shorter run is called The Wee Beastie.

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Too many cooks...

There have been many films about D-Day. Another one is due to be released this September telling the story of how the weather experts' forecasts varied in their predictions. For a successful invasion it was crucial to choose the day with the best weather.

Although it is unlikely anyone will ever make a film about the intricate planning required to distribute the Covid vaccine six years ago, it was probably the closest logistical challenge to the 6th June that our government has faced this century. The vaccine was difficult to store and transport, the population were restricted in their movements, large numbers needed to be vaccinated quickly and safely. Everyone rose to the challenge; the outcome was life-changingly successful. It is therefore not surprising that the central organisation and outward branching communications continued for the subsequent Covid vaccine campaigns and also spread to other areas. However, we are now starting to experience some of the problems that central rather than local control can bring.

In 2024 the NHS started to use the Respiratory Syncytial Virus (RSV) vaccine to protect older adults and newborn babies from severe lung infections like pneumonia and bronchiolitis. Initially, the research was equivocal about the benefits of the vaccine for those aged 80 and over and so the target groups were adults 75 – 80 years, residents in older adult care homes, individuals aged 65 to 74 with specific long-term health conditions or weakened immune systems, and pregnant women from 28 weeks onwards to protect their babies.

However, the programme expanded in April 2026 to include adults aged 80 and over. The enthusiasm for central control then kicked in. Without any communication with GPs, the NHS sent out letters to all eligible patients and told them to make an appointment for a RSV vaccination. To our complete surprise we were suddenly deluged with requests. We had to act quickly to prevent appointments all being taken up inappropriately. There is no urgency and, rest assured, we will be running special RSV vaccine clinics over the next few months. The key message for the future is please take your time to act on any health communications from central government. Just as the weather is different across the country so are healthcare logistics. In Devon, and especially at Wyndham House, we have an excellent record of providing everything our population needs when they need it. It is important to protect ourselves from the

chaos that can result from well-meaning but unhelpful central interference.

Our Flu vaccine D-Days this year will be on Saturday 3rd October and then additional clinics on Tuesday 6th & Wednesday 7th October. As in previous years, all those aged over 75 will be offered Flu and Covid vaccines at the same time. However, you cannot have three vaccines together, hence the separate RSV clinics.

All the clinics will be organised in the same way as last year. We will send texts out at the beginning of September, with a link to book your slot and these will be staggered to ensure everyone will have access to appointments throughout the day. Patients for whom we do not have a mobile number will be contacted via a different route. Please do not contact us before we contact you. If you believe you are eligible for a Flu vaccine and have not heard from us by 20th September then give us a ring.

Anthony O'Brien
Wyndham House Surgery



On behalf of Redlands Primary Care:

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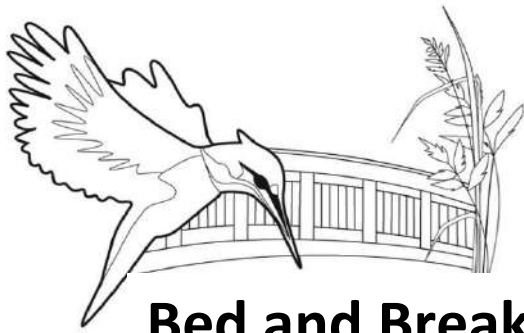
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Let's start the conversation

In July's issue I invited you to send me your Feng Shui questions. My inbox may have remained quiet, but someone who has been reading my articles stopped me while I was out and asked me one!

“Does having a staircase directly opposite my front door mean my house has bad Feng Shui?”

Not necessarily. Feng Shui is about working with the home you have. I'm never going to suggest knocking down a wall or moving house!

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“How do you balance religious beliefs with Feng Shui?”

For me, there is no conflict to balance. Feng Shui isn't a religion and doesn't require a particular faith or belief system.

It is an ancient Chinese practice concerned with our surroundings, the movement of Qi and how our environment may influence us. You can practice Feng Shui alongside a religious faith or none.

Another question? I'd love to hear it.

With compliments,

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SERVICES & INFORMATION SEPTEMBER 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".

Wednesday 2 September

09:30 am Mid-week Holy Communion

Thorverton [Exe Valley Farm Shop]

Sunday 6 September

11:15 am Harvest Service

Cadbury

05:00 pm Communion

Stoke Canon

Sunday 13 September

09:30 am Communion

Thorverton

10:30 am Communion

Upton Pyne

11:15 am Harvest Service

Rewe

Sunday 20 September

09:30 am Communion

Brampford Speke

09:30 am Bubble Church

Thorverton

10:30 am Coffee & Chat

Newton St Cyres

11:15 am Communion

Cadbury

11:15 am Harvest Service

Upton Pyne

03:00 pm Harvest Service

Netherexe

Sunday 27 September

09:30 am Communion

Newton St Cyres

09:30 am Harvest Service

Thorverton

11:00 am Harvest Service/Messy Church
[followed by a bring & share lunch]

Stoke Canon

11:15 am Communion

Rewe

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

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

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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

Brampford Speke: Richard Tillett 01392 841268

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

September 2026 DIARY

Thursday	3 rd September	2pm – 4pm	Tea, Cake & Chat Upton Pyne Village Hall	All welcome
Saturday	5 th September	2pm – 5pm	Brampford Speke Twinning Association Cream Tea Afternoon Brampford Speke Village Hall	
Monday	7 th September	11am – noon.	Upton Pyne Village Coffee Morning Upton Pyne Village Hall	Veronica Clarke 841 530
Tuesday	8 th September	12noon	Lunch Bunch Exe Valley Farm Shop	Pat on 841 599 or Veronica 841 530.
Tuesday	8 th September	7.30pm	Brampford Speke Parish Council Meeting Brampford Speke Village Hall	Tracy Watkins 07811 938614 Clarkbspc@gmail.com
Tuesday	8 th September	7.30pm	Upton Pyne Parish Council Meeting Upton Pyne Village Hall	
Sunday	13 th September	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
			Weekly	
Mondays		9am (mixed) 10am (mixed) 6pm (mens) 7pm (mixed)	Connected Pilates Starting 7 th September. Brampford Speke Village Hall	Nicki Stumpf 07838 260290 www.connectedpilates.com
Wednesdays		10am	Art Class (term time only) Upton Pyne Village Hall	John 07816 846562
Thursdays		6pm-6:45pm	Zumba Upton Pyne Village Hall	Caroline 07796 950652
Thursday	*Change of day*	7.30pm	Yoga with Emilie (term time only) Brampford Speke Village Hall	Emilie Lewis Yogawithemilie@hotmail.com
Fridays		10.30-11.30am	Pilates Upton Pyne Village Hall	Rebecca Cunningham 01363 866047

100 Club

The July winners of the 100 club were:

17 Jenny Deeks £30
59 Lulu Russell-Smith £15
40 George Goodall £8

The August winners of the 100 club were:

11 Veronica Clarke £30
19 Helen Warren £15
30 Lulu Russell-Smith £8

COFFEE MORNING MONDAY 5 OCTOBER

Dan from C & C Sharpening will be outside Upton Pyne Village Hall from 10.30am until 12.30pm on Monday, 5 October. The usual friendly coffee morning will be inside. Here is a chance to bring any garden tools and kitchen implements that need sharpening, ready for autumn and winter. The event is organised by the Friends of Upton Pyne and any donations will be gratefully received.

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Nick Smith
Sales Office Manager



James Edwards
Sales Valuer



Sarah Hallsworth
Sales Negotiator



Tess Wigram
Lettings Manager

Sales: 01392 255202 | exeter@stags.co.uk



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As we celebrate 30 years of serving local home sellers, we want to thank the community for your continued trust and support. We're proud to call this home and look forward to many more years of working together.

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Roger Wilkinson
Managing Director

"I have always found Wilkinson Grant & Co to be a very professional and helpful company, whenever I have worked with them. Their quality and standard, enable them to stand out from the rest and any project is dealt with seamlessly and with care. I look forward to continue using this incredibly reputable estate agents, knowing I'm in safe hands."

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