

Speke

Up



Parish Magazine
of Upton Pyne
& Cowley
and Brampford
Speke

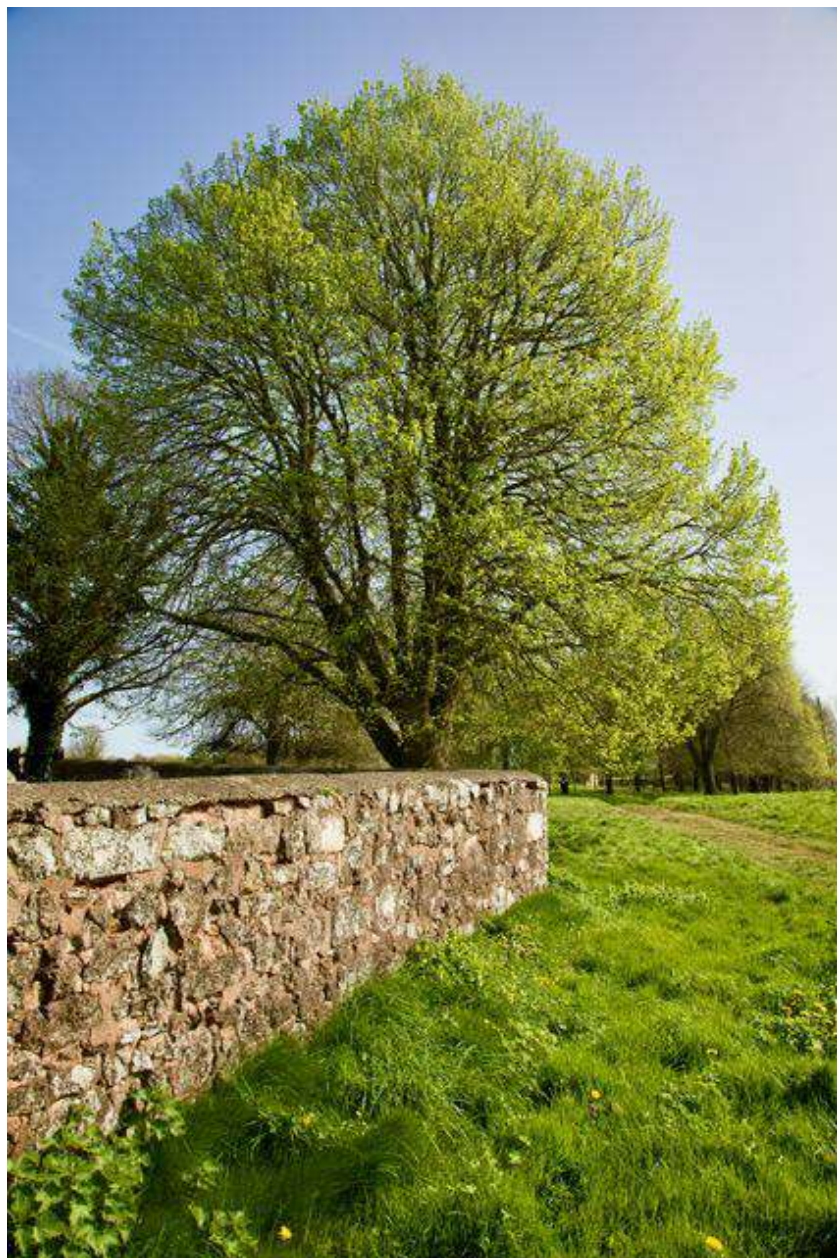
LIME

May 2026

Issue 390

Photo:

Steve Davidson



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

Speke Up Matters

Welcome to the May edition of *Speke Up*.

With summer just around the corner, there are lots of brilliant events to look forward to. Upton Pyne Open Gardens, organised jointly by the Garden Club and the Friends, takes place on 9 May, details on the opposite page. Amanda Ryles takes a lovely walk, filled with the song of birds, in Thorverton. She describes it and gives directions on page 34. On page 9, Nicola Baker is planting up a trough with alpine flowers and on page 18, Sarah Lumley cooks a summery chicken, fennel and lemon dish to welcome the lighter, brighter days.

A report of the Annual Flower Show starts on page 21 with lots of glorious colour photos on page 23. Enjoy the start of summer!

cover design: **Sally Tuckey**

from the Speke Up team

BUS SERVICES

TO EXETER: Wednesday and Friday (678)

Brampford Speke Stooks Close	10.19
Upton Pyne Post Box	10.27
Exeter St Davids	10.43
Sidwell Street	10.48

FROM EXETER: Wednesday and Friday (678)

Sidwell Street	Stop 40	13.20
Exeter St Davids		13.25
Upton Pyne Post Box		13.36
Brampford Speke Stooks Close		13.44

Service provided by Country Bus Devon: 01626 833664, info@countrybusdevon.co.uk

ANNUAL ADVERTISING RATES FOR 2026

Full page (black & white) £100
" " (colour) £220 (£300 with guaranteed cover placement)

Half page (black & white) £65
" " (colour) £140

Quarter page (B/W only) £40

Please note that these annual rates are for 10 issues over the year. We do not publish in January or August.

We accept short-term advertising at a pro-rata monthly rate for bookings of three months or more, and pro-rata plus 50% for bookings of less than three months.

Advertising copy should be in **j-peg or Word doc format** with an accompanying PDF for checking purposes only. The only PDFs we can accept for publication are full page ads. Artwork must be received by the **15th** of the month before publication. Material received after that is likely to be held over to the next issue.

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.

Maximum dimensions :

Full page 18.2cm x 24.4cm

Half page 18.2cm x 12.2cm

Quarter page 8.5cm x 12.2cm

If you would to advertise with us, please contact Richard Tillet or Ruth Matthews at:
advertising@spekeup.org.uk



Local, Family-Run Company Enhancing Outdoor Spaces

Supply and Installation of:

- **Eco Composite Decking**
- **Fencing**
- **Garden Rooms**
- **Sauna Pods**
- **Pergolas**

Call for a no obligation survey:

Telephone: Ross on 07743 419354

Brampford Speke, Devon

Email: info@advanced-decking.co.uk

Web: www.advanced-decking.co.uk

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.

Affordable housing:

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: we have been informed by the developers that they are not proceeding with this scheme. We don't have any further information.

Broadband/internet access: We have heard that some local people are still struggling with poor broadband/internet services. Our local District councillor Fabian King is collecting information about this. If you have a problem, contact him at: Fabian.King@eastdevon.gov.uk

Annual parish meeting: this annual event is an open meeting which provides an opportunity for villagers to discuss anything of concern with the parish council. If there's anything you'd like to raise with the PC, come along to the meeting and let us know your views. This year's meeting will take place immediately before our May parish council meeting, at **7pm on Tuesday 5th May**.

Next PC meeting: these now take place on the first Tuesday of every alternate month. The next meeting will be on **Tuesday 5th May 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>.

Brampford Speke Baptist Chapel



I hope you are reading this in some spring weather.

The renewal of so much in the natural world makes a fitting back-drop to the Easter season in the Christian calendar.

At the Chapel we worshipped together on Good Friday with a congregation of about 30 people, as we were joined by friends from South Street and others to remember the death of Jesus. Our minister and his wife lead the worship (*pictured*).

We met again on Easter Day for our regular time of worship followed by refreshments.

In May we continue our regular pattern of meeting on Sunday afternoons on the first and third Sundays of the month:

Sunday May 3: 3 pm service

Sunday May 17: 3 pm service including Holy Communion.



Mary Quicke

A slow and beautiful spring.

This slow and beautiful spring builds to its climax. The cool weather extended the gorgeous process of leaves unfurling. Each plant starts with its own particular shade of green, olive, red. Now the leaves are mostly moving to mid green.

The songbirds make a wall of sound working to feed their hungry chicks. Swifts swoop high and low by the river, swallows soar overhead while their chicks peep from their nests.

April's sweet showers dampened the soil after March's drier weather.

Now we hope for that benign variability, cool and warm, wet and dry, for our spring grown crops, grass, clover, oats and maize for winter feed and seeding fresh pastures.

I love to see the cows in the long shadows of evening in the pastures echoing with birdsong. The ladies have a playtime quality now, their milking and big meals done, just filling in the edges and chatting with friends, making the acquaintance of any visitors. The spring-calving cows are particularly frisky. They are on their holiday from pregnancy. Every 21 days looking for

Mr Bull, and practising with others at around the same stage of ovulation. At the end of the month, we give them their desire, first from the AI technician for the best grazing and cheesemaking milk bulls we can find. If that doesn't do it for them, they have a frolic with the little Black Angus bulls. The bulls have been best of friends all winter, companionably grazing on outlying fields.

Suddenly they are in competition for the ladies. We keep them with separate groups to avoid any jealous spats until their work is done and friendship is restored.

The cows can no longer keep up with the sun-driven grass growth. We cut the surplus for winter feed. Silage-making is a task of speed to preserve all of the nutrients and make the best fermentation: the target is to cut in the morning and pick up in the evening. Only the kind of large machines run by our local contractor manage to do this on time. They dance in the field and beyond: mowing, turning, picking up and chopping, blowing into the trailer, taking back to the pit, rolling down tightly, covering and weighing down to exclude air, all to set up the best lactic acid fermentation. We apologise to our neighbours: the lanes get busy, with the tractor drivers intent on preserving the precious nutrients for the winter.

The care with breeding we have taken over the years has given us cows whose milk is up to 25% more full of cheese solids, protein and fat than standard milk. We have had to adjust our make to this, adding the right amount of salt to balance the extra curd. We add salt because it stops the lactic acid bacteria of the starter (same family as the desirable silage-making bugs) going too acidic and spoiling the flavour of the cheese.

All that grass and all the rich milk makes a lot of cheese. Full vats of milk make full coolers of cheese curd. It is heavy work to cheddar (turn and pile up) the blocks of curd, then mill them when they've got to the stretchy stage, fork in the salt, shovel into the cloth-lined moulds and press and redress and repress the cheeses twice more then put them on their maturing shelves.

The young cheeses almost glow, pearly white in their cloths. They develop their rinds with amazing

patterns of moulds unique to our store over the next few months.

I did a cheese tasting at Cheesewick Market in Chiswick for Mothers' Day. Lucy Cufflin, the prime mover of the market, made me a beautiful jug with a glaze inspired by the patterns on our cheese rind (*pictured in Mary's hand*).

We make a few vats of goats' cheese. Our goats' milk comes from farmers a couple of counties away and we adjust our eyes and our hands to the more delicate milk. We keep the curd soft and moist to give a melt in the mouth, almondy quality to the cheese. We are celebrating it this month as a wonderful high spring cheese. It makes a luscious cheese toastie. I love to pair it with a gentle beetroot relish or beetroot boiled and dressed with a good oil (pumpkin gives a glorious green colour) and a little pepper and ground allspice. The colour contrast is amazing and the warm earthiness and aromatics really complement the cheese.

Come and see us at Devon County Show, Thursday 21st to Saturday 23rd May. We will be in the Food and Drink Tent and it's always lovely to see local faces. We are also at Exeter Farmer's Market on the Quay every third Saturday of the month. The team will cut and wrap cheese to the size you want. We look forward to seeing you on the farm, at the Show or on the quay. Our Cheese Shop is also open Monday-Friday, 10am-4pm and Saturday 9am-1pm.

Mary Quicke

Upton Pyne & Cowley Parish Council

ANNUAL PARISH MEETING (APM)

Welcome from the Chairman, Cllr Bob Short and a report on what the Parish Council has been doing over the last year.

Parish Councillors: we now have a full complement of Councillors.

The Community Land Trust was formed out of the parish councils of Upton Pyne & Cowley and Brampford Speke and plans for housing in the latter are going forward.

Playground: this is progressing under the guidance and hard work of Councillor Ross Bramston.

Annual Parish Meeting 2025 minutes: approved at the July meeting 2025 as the APM was held on the same evening as the Parish Council meeting.

Finances: are in good order.

The Causeway: There was discussion about the hours needed to keep the Causeway and borders in good order.

Councillors' Responsibilities: the Clerk reported that these are now complete.

Resignation of the Clerk: she will stay until the end of June and until a replacement is found. The Chair thanked her for her work for the Parish Council over the last 17 years. She will advertise the vacancy in the relevant places.

Resignation of Cllr S Ward and of Cllr M

Cormack: the latter to step down immediately and the former after the May AGM. The Clerk will inform EDDC of two vacancies.

Devon County Councillor H Gent: said he will investigate the footpath to Cowley Bridge. He said the Boniface Trail had received cabinet approval. He will send details to the Parish Council.

Draft of welcome letters: Councillors to consider the draft and report back at the AGM in May.

Date of the next meeting: AGM 7.30pm Tuesday 12th May 2026.



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 9th May 9:30 – 11am. We hope to see you there!

Film Night

Our film on 15th May is
‘H is for Hawk’

A moving adaptation of the memoir by Helen Macdonald. Claire Foy as star gives a powerful performance.

Films coming up in the summer programme:

‘Hamnet’ on 19th June,
‘Song Sung Blue’ on 17th July

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 Parish Hall Fundraising Events

Present

ROB BARRATT Comic Poet, Wordsmith & Singer

Saturday 16th May 7.30pm.



Doors 7pm Advance tickets £12 (recommended 16+) available from Nicola 01392 851985

Teas, Coffees & Cakes on Sale.

NO Bar bring your own alcoholic drinks

A Dudley-born, brain-tickling, word-mangling comic poet, wordsmith and singer from North Cornwall.

Rob's act combines clever word-play with satire, verse, song and audience participation. He deals with such important topics as second homes, squid, distressed furniture, data-driven education, Neanderthal politics and his relationship with potatoes, but beneath the humour serious issues lurk.

He has appeared at arts, literature and folk festivals and venues all over the British Isles and in Australia.

“A cracking evening with a talented wordsmith who made audience participation voluntarily enjoyable.”
(Liz Williams, Butterleigh Village Hall, Devon, 2024)

NEWTON RAMBLERS

Sunday 10th May

The walk this month will be a circular one around the wildlife-rich wetland of **Exminster Marshes and the Exe Estuary**. It should be a fairly easy, flat walk of around 4 miles. We will start from the RSPB car park off Station Rd, Exeter EX6 8DZ, this postcode takes you to Station Road. The access for the car park requires you to take a sharp turn to your right, off Station

Road. If you have binoculars, do bring these with you, as there should be a chance to see birds around the marshes and along the canal. Walking boots (or wellingtons if we have had a lot of rain prior to the 10th May) are advised. The walk is mainly on footpaths, but we will cross fields and there could be a stile to negotiate.

We will initially meet at Newton St Cyres Parish Hall Car Park at 9.30am, in order to reduce the number of cars that we take to the start of the walk. If you plan to meet us at the RSPB car park, please let us know in advance. We will look to leave there by 10.30am (traffic dependent).

A table has been booked for 10 people at 1.30pm at the Royal Oak in Exminster, where they have a wide menu selection but **NOT a Sunday roast**. Please reserve your place with Nicola on the number below by Tuesday 5th May, as I will need to pre-order.

All are welcome, and further information about the walk is available from Nicola on 01392 851985

Please note that anyone joining us on these walks obviously does so at their own risk

Newton St Cyres Parish Church North Aisle Small Exhibition Space

May 2nd – 22nd 2026

Backing into Alfred Wallis 1855 - 1942

Exploring his influence on West Country Artists



French Lugsail Fishing Boat

Enhanced Print

Church usually open 10am – 4 pm

*NB this exhibition does **not** include original works by Alfred Wallis*

Further information contact: Gordon Hepworth hepworth.hayne7866@btinternet.com

The Gardening Year

by Nicola Baker



My Easter project was to plant up an **Alpine trough**. I have meant to do this on several previous occasions, but this year I have actually completed one, as the photograph above shows! Troughs are a simple, but effective way to grow alpine plants, in conditions as close as possible to their natural environment. They also allow you to be creative in a small space and to experiment with plants that you may not have grown elsewhere in your garden. Stone troughs are a traditional and attractive way to display alpiners, but are expensive to buy. I was fortunate to already have a spare Belfast sink, and a few suitable stones/rocks. Alpine troughs need an open sunny location, away from trees that may drip on them. As these troughs are heavy, make sure you move them into their final position before planting up. If your chosen location is on a paved area, they only need to be raised a few inches off the ground, on supports such as bricks.

It is essential that you have a drainage hole, and that this is loosely covered using broken pots. This will prevent the trough from filling up with water over the winter, which alpine plants do not like. This also prevents any soil from being washed away, while still allowing water to drain away. I also used a small piece of plastic mesh over the drainage hole, as I had read that this should prevent Vine Weevils from crawling up into the trough where their grubs can cause considerable root damage.

Various mixes of compost can be used, but I opted to mix my own of 50/50 John Innes No 2 Peat Free compost and horticultural grit. The mix should be slightly damp and this can be checked by taking a handful of the mix and squeezing it. If it falls apart it is just right. If it stays in a lump you need to add more grit. Alpines do not need deep soil as they are used to thin alpine soils. So, instead of filling the trough with the compost mix, I used broken- up polystyrene

packing trays, as these provide a lightweight drainage layer and reuse a non-recyclable product. If you know that you will not need to move the trough in the future, you could use a thick layer of gravel instead. Another alternative is to use lightweight clay balls which can be bought at garden centres. All of these methods improve drainage, by allowing excess water to 'escape' more quickly than it would through compost. The compost mix should come to a level about $\frac{3}{4}$ " below the top of the trough, this will then allow for a top dressing of grit.

The 'landscape' of the trough can be made by creating crevices with thin stones placed on their sides, or by using them vertically to create mini mountain peaks. Before planting I watered the plants well and placed them, still in their pots on top of the compost until I was happy with the overall appearance. I then started to remove them from their pots and plant into the compost, starting at one edge and working across to the opposite edge, keeping a level surface. Once I had planted all the alpiners, I was able to add a top dressing of grit. Alpines like to have their crowns dry, and this keeps the plant leaves away from the compost, preventing leaf and stem rot. The grit will also reduce any weed growth. The plants that I chose combined a variety of foliage texture as well as flowers, and my colour scheme was purples, pinks and whites. These plants were, from top left to bottom right:

Iberis sempervirens Appen-Etz
Pulsatilla vulgaris Purple
Primula denticulata Alba
Phlox subulata McDaniels Cushion
Saxifrage x arendsii Lofty Pink
Saxifrage Silver Cushion
Armeria maritima Select Rose
Pritzelago alpina Icecube
Armeria maritima Alba
Aubretia Hy Glacier Red

Chelsea Flower Show runs from 19-23 May. As always, there will be coverage on the BBC but at the time of writing I have been unable to add precise dates and times.

Attention Gnome lovers everywhere, for the second time in the history of the world's most famous gardening event, the gnome ban at RHS Chelsea Flower Show will be lifted by the RHS to raise funds for the RHS Campaign for School Gardening. The ban was first lifted for the 2013 show and the RHS is again inviting celebrities to decorate gnomes to feature at the 2026 show. These will then be auctioned off to raise funds for the next generation of gardeners.

Plants that should be looking spectacular in May include ***Rosa banksiae* 'Lutea'** (pictured) - Yellow

Banksian Rose. A favourite in cottage and informal gardens, it is a large vigorous rambler rose which can be trained on a sheltered wall or fence in full sun. Early flowering, it is a thornless semi-evergreen rose with large clusters of pale yellow, rosette-like double blooms, which have a delicate scent.



JOBS FOR MAY

With the arrival of some sunshine, we are all aware that there is so much to do in the garden. However, there can still be a chance of frost, so keep an eye on the weather forecasts.

- Sow biennials for next year in nursery rows – these include wallflowers and sweet williams. These can then be lifted and planted out in the autumn ready to flower early next year.
- Plant late-flowering clematis. Plant them a little deeper than the pot in which they were purchased, sprinkle a little blood, fish and bone in the hole first, then gently firm the soil once planted. It is advisable to place some broken paving over the soil to prevent it drying out too quickly. Clematis like their roots to be cool but the flowers love the sun. Water in well and tie in the stems with soft twine.
- Plant up hanging baskets- there are lots of young bedding plants in the garden centres so you can design your own with your favourite plants and colours. As hanging baskets tend to dry out quickly in the sun and wind, you can add some water retaining granules to your potting compost. Have a selection of upright and trailing plants, to give the optimum effect, and ensure all of the roots are covered with no gaps in between the plants. Flowering plants which work well include trailing petunias, bacopa, bidens, ivy-leaved geraniums, fuchsia and verbenas. To these you can also add foliage plants such as nepeta, variegated ivy and creeping jenny.

- Add height to perennial borders by planting delphiniums and verbascum. Water well in pots first and add water and organic matter to the planting hole. Use supports where required.
- If you have gaps in your borders, you can still direct-sow cornflowers, Californian poppies and toadflax (linaria). Use the back of your rake to form shallow straight drills ready for sowing these.
- Check for newly-hatched larvae of viburnum and lily beetles and remove them before they cause plant damage
- If pulmonaria is looking weather damaged, remove damaged foliage and ensure it is well-watered
- Herbs such as lemon balm and mint should be pinched out to prevent flowering, and make the growth bushier. Parsley can be sown direct into the soil in a sunny south-facing spot, sow sparsely and thin out later to about 6 inches apart to allow plenty of space for growth.
- Plant main crop potatoes, if you haven't already done so, and continue to earth up earlies
- Planting ferns can be ideal if you have a shady spot in the garden. They do best in soil containing garden compost or leaf mould and the pots should be soaked well first before planting into a hole, the same depth as the pot.
- Continue to keep seedlings growing strongly by ensuring sufficient light, water and space by pricking out.

WHAT'S ON?

- **Friday 1st & Saturday 2nd May – Toby Buckland's Festival at Powderham Castle 10.00am – 5.00pm each day**
- **Sunday 3rd May is International Dawn Chorus Day.** If you are able, try to listen from around 5am
- **Thursday 7th May – Hospiscare Open Gardens, Compass House, Sand Down Lane, Newton St Cyres EX5 5DE 2- 4pm. Admission** Entry by donation **Parking** on forecourt (priority disabled/ elderly); 4 on farm track; 10 spaces at neighbour's (3 mins' walk) **Refreshments** Tea, coffee, soft drinks and home baked cakes **Wheelchair Access** level garden from parking in front (Also open on 2nd & 15th June)
- **Saturday 16th May – Hospiscare Plant Sale Baring Crescent Exeter EX1 1TL 10am – 12 noon** Payment by cash or card.

Permission to Pause

I love how the month of May is gently held at both ends by rest. At the beginning of the month, the Early May Bank Holiday offers a pause just as spring begins to gather pace. At the end, the Spring Bank Holiday gives us another moment to step back before summer unfolds. Of course, for many of us, these days quickly become opportunities to “finally get things done” - the garden sorted, the shed cleared, the emails answered, the life admin conquered. We can easily turn a day of rest into a slightly more comfortable version of work!

And yet, tucked inside these bank holidays is a quieter invitation: to rest properly.

In the Christian tradition, rest is not an afterthought. It is woven into the very fabric of creation. In the Genesis story, God creates the world in six days - and then rests. Rest completes the rhythm. It is part of what makes life whole.

Sabbath, in this sense, is not simply about stopping work. It is about stepping out of the constant pressure to produce, achieve, respond, and keep up, and instead receiving life as a gift.

That can feel surprisingly difficult. Many of us carry a quiet sense that we should always be doing something useful. Even when we sit down, there's often a little voice saying, “You could just quickly...” - which is how a peaceful afternoon mysteriously turns into reorganising a cupboard no one will ever open.

But Sabbath invites us into something different - to trust that the world will not unravel if we take a break (despite what our to-do list may suggest). It invites us to notice what we might otherwise miss - the sound of birdsong, the feel of warmer air, the joy of a sit down doing nothing. It invites us to be, rather than to do.

The bank holidays that bookend May can become small, accessible Sabbaths, offering space to slow down, to reconnect, to breathe. That might mean something very simple: a walk without a destination, time in the garden that doesn't involve a checklist, a shared meal that goes on longer than planned. It might simply mean allowing yourself to do something delightfully unproductive - and not apologising for it. Rest, at its heart, is not about inactivity. It is about restoration. And perhaps this

matters especially in the times we are living in. When the world feels uncertain, when news cycles are relentless, when many of us feel stretched or tired, rest becomes more than a luxury - it becomes a necessity.

So as May begins and ends with bank holiday pauses, perhaps we might receive them differently. Not just as days off, but as gifts. Gentle reminders that we are not defined by what we do, but by who we are: people held in God's care. And in that space of rest, we may find something quietly transformative that restores our perspective, softens our anxieties, and enables us to return to the world with a little more peace - and perhaps slightly fewer mysteriously reorganised cupboards.

Because, sometimes, the most faithful thing we can do... is simply to rest.

Revd. Deborah Leighton Plom
Curate, Netherexe Mission Community

Redlands Thorverton Surgery Renovation

The Thorverton Surgery renovation is now well underway, with work expected to be completed within the next six weeks. The improvements will include:

- Redesigning the ground floor dispensary to create two separate service hatches:
 - One for prescription collection and dispensing queries
 - One for reception and other administrative enquiries
- Creating a larger second consulting room on the ground floor to increase clinical capacity
- Improving patient flow and privacy
- Exploring the installation of a prescription collection ATM in the external wall (planning permission currently being sought)

During this period, all clinical services are temporarily being provided at our Crediton site. We understand that travel may be difficult for some patients, so provisions are in place to support those who are housebound or without a transport link to Crediton. Please contact the practice if you require assistance. The dispensary at Thorverton remains open and fully operational, so patients can continue to collect prescriptions as usual. When visiting the surgery, please use the main front entrance, as the side door previously used is no longer in operation during the renovation. We appreciate your patience and understanding and look forward to welcoming you back to an improved facility soon.



Authentic Voices

Celebrating Women of the Netherexe Community

Join us in highlighting and celebrating the extraordinary stories of women across the seven parishes of Netherexe. The Authentic Voices project aims to record and illustrate the lives and experiences of women who have shaped our community—sharing their challenges, achievements, and unique journeys.

We are looking for ordinary but remarkable women—those whose stories have been invisible or underestimated.

Get involved! If you or someone you know would like to share their story, please contact us to help uncover and celebrate the authentic voices of Netherexe.

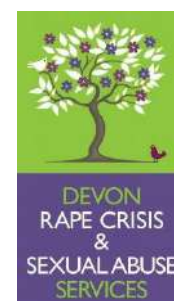
We aim to produce an exhibition using photographs, writings and voice recordings, which will be on display across the Netherexe parishes, and a booklet with excerpts from the interviews.

A Working Group meeting will be held at **2pm on Thursday 28th May** at Cox's Hill Farm, Upton Pyne, EX5 5HZ. Join us for a cup of tea and to find out more.

For more information and to register your interest in sharing your story or helping with the project, please contact:

- Jenny Deeks at Jdeeks61@gmail.com
- or Sue Edwards at SueEEdwards2017@gmail.com

Any profits from this project will go to fund NDADA, North Devon Against Domestic Abuse, who are commissioned by Devon County Council and the NHS to provide domestic abuse support across the whole of Devon, and Devon Rape Crisis and Sexual Abuse Services.





UPTON PYNE CHURCH NEWS

Greetings from the Church of Our Lady in Upton Pyne.

We celebrated Easter Day early in April with a large congregation of 45 people with a wide age range. The service was led by Laura Ford and ended with refreshments and an Easter Egg Hunt for the 15 children present.



Photos: Abi Hann

Our service this month will be on Sunday, 10 May at 10.30am and will be followed by the Annual Parochial Church Meeting at 11.30am. This is open to all and is when we review the year, present reports and elect those prepared to keep the church open and welcoming in the coming year.

There are many events planned for the coming weeks that will be enjoyable and profitable: all advertised in *Speke Up* and elsewhere. We look forward to the craft sale and open gardens on 9 May and the church and churchyard working party on 16 May. We hope the sun shines for these and other events taking place in spring! VC

The results of the April draw of the 100 Club are:

75 Sue Smith £30

29 Amy Taverner £15

21 Karina Daly £8

72 Abi Hann Bonus Easter egg

Save the Date

Sunday 5th July 2pm - 5pm

Please join us for afternoon tea in the garden of The Old Rectory. A fantastic opportunity for passionate bakers to show off their skills! For more details contact Lulu and Tony at: tonyluluw@gmail.com

Churchwarden's Report

It gives me great pleasure to write the 2025 Churchwarden's Report for Upton Pyne Church on behalf of the Parochial Church Council (PCC). A huge thank you to you all for your tremendous support over 2025. Your friendship, willingness to get involved, your good humour and enthusiasm are very much appreciated!

Thank you also to Tim and the team whose love and care is all encompassing. We have enjoyed a wide range of services in addition to our monthly communion. We are extremely grateful for the dedication and support which Tim and the team give us.

Thank you, Brian, for playing the piano for us. We really do appreciate your willingness and time. Thank you also, Verity, for the beautiful flower arrangements and the time taken to put these together.

2025 was a busy and fulfilling year at Upton Pyne. Our congregation has grown to the point where we need a second hot water Thermos!

Here are some of the highlights:

Easter crosses presented at the Easter Day service.

A candlelit Taizé service

A convivial Lent lunch

Tower tours and open church in aid of Devon Historic Churches Trust

Bacon butties to welcome the Mothering Sunday and Harvest services

The installation of the new sound system

The launch of the 100 Club

A poignant Remembrance Day service

A fantastic carol concert attended by 90 people

Finances

The **unrestricted** fund covers the services and mission of the church as well as insurance, utilities and more. For the first time in many years, this fund ended 2025 with a very small excess of receipts over income. This is a great achievement and one which the PCC is determined to sustain.

The **restricted** fund is restricted to the church building and churchyard only. The restricted funds are raised by the Friends of Upton Pyne. The Friends, led by Maggie Cormack, have had an amazing 2025 working tirelessly to put on fundraising events. The funds have helped pay for the recommendations in our 5-year inspection including the glass repair in the vestry doors, repair to stonework, a survey of the tower and inside monuments. A huge thank you to Maggie and the team. Our church building is watertight and looked after and the churchyard has never looked better. Thanks are due also to the volunteer mowers, strimmers, clippers and weeders and the churchyard tidy groups led by Andrew Gwynne.

The church finances are managed by Bev Horton. Thank you, Bev, for everything you do. This is pretty much a full-time volunteer role and her efforts are hugely appreciated. It is a privilege to look after Upton Pyne Church and one I share with the very hardworking PCC. My enormous thanks go to Veronica Clarke, Ruth Saltmarsh and Christine Cotter. We welcomed Lulu Russell - Smith in late 2025 who has taken over as secretary. A churchwarden cannot serve without the tremendous experience and support of a PCC. There are manifold roles shared by just a handful of people.
Lisa Clapp

PAM KEEN June 1932 - March 2026

Pam Keen died peacefully in Cornwall at the age of 93 in March, after a long life, mostly lived in Elm Cottage, Upton Pyne.

Pam grew up in Birmingham and after leaving school there she attended the University College of the South West of England, predecessor to Exeter University. In Exeter she met and married Stuart Keen and moved to Upton Pyne in her early 20s. She and Stuart had three children, Richard, Patrick & Rebecca and Pam had a busy life here.

Sadly, Stuart died in 1976 and Pam was a widow for 50 years. She trained as an educational psychologist and her work took her all over the South West. Gradually, as her family left home and her work lessened, she became more and more involved in the life of the community she had grown to love.

She was on the Parish Council and chaired it for some years; she supported the local church, becoming church warden and pianist there; she chaired the local Garden Club for a time and loved the Sing Up Choir, where she was a willing accompanist in its early years.

When she could be, she was present at events held in the village and was well-known in the community. She had many interests and particularly loved playing bridge, attending the theatre and cinema, the piano, her garden and her dogs; some may remember in past years meeting her walking Jack & Tessa in the lanes around her house.

Pam loved people and was interested in their lives. She helped research and draft the archive of the village, now kept in Exeter and available to the public.

She was a good neighbour to many, and as her age took its toll, she was herself supported by good neighbours. She ended her days in Cornwall, but came home to Upton Pyne for her funeral in the church on 16 April, led by Revd. Deborah Leighton Plom with the Sing Up choir celebrating her life; then she was re-united with Stuart and rests in the churchyard here. VC

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 7 May**.

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 4 May**.

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 12 May**, 12 noon, Exe Valley Farm Shop.
Tel. Pat on 841 599 or Veronica on 841 530 to book.

Sing UP Community Choir is looking for new members!

Sing UP choir, the community choir serving Upton Pyne, Brampton Speke and Cowley, is back up and running and looking for new members. We meet every Wednesday evening at 7pm in Upton Pyne, kick off with a friendly glass of wine, a chat and then get singing. We explore a wide variety of music ranging from classical choral icons to pop arrangements. No auditions, no subscription, just enthusiasm required. If even vaguely interested, why not just try one session and see how you find it?

Email Tim at timmirfin@rushpost.com

UPTON PYNE & DISTRICT GARDEN CLUB 2026



UPTON PYNE OPEN GARDENS

SAT 9TH MAY - see separate advert for details!

Monday 18th May @ 7.30pm

10 TOP TIPS FOR GARDENING

Our Speaker **DAVID USHER**

former Head Gardener@Hestercombe



Monday 21st September @ 7.30pm

VEGETABLE GARDENING - MY WAY!!

Our Speaker for this evening is
Local enthusiast **ALAN NICKS**



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



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



Brampford C of E Primary School

Spring term has been full of learning, achievements, experiences and wonderful spring energy and, as I write, our pupils and staff are enjoying their well-earned Easter break. Here is a roundup of our memorable final week of the spring term.



An important event in the spring term that we always look forward to is our wonderful Easter Service at St. Peter's Church.

The service took place on a beautiful spring day and was truly special.

It was filled with Easter songs, wonderful artwork and an engaging and creative Easter play, written by Reverend Tim and performed by some of the children, for us all to enjoy. *(Photographed left and right)*



The final week of term was a busy one, with our Annual Cross Country event, held in the village.

We had a glorious day for it and the whole school took part in the marked trail, from the children in Nursery, right through to Year 6, all completing the 1.5k route at their own pace. The children showed perseverance and team work, with parents and children all cheering each other along.



Key Stage 2 students have been focusing on poetry during their English lessons.

They engaged with various forms of poetry, which motivated them to compose and illustrate original works. All the children created beautiful pieces.

Featured below is Iona's contribution—a thoughtfully written ode to spring.



Spring Time

By Iona Mathers Year 5.

Up from the dismal ashes of winter, the lively sun rises,
causing the ice that encased Earth to splinter.

From the fresh soil, saplings burst,
The pureness of the air curing their thirst.

Encouraged by the saplings,
Grass begins to sprout,
Joyfully reaching for the sun,
while it spreads out.

Finally, the flowers creep upwards,
Opening their pretty buds.
The grass carpets fields,
The trees sway in the breeze,
There are enough flowers to fill a bouquet.

The barn doors fly open and light pours in,
And out the sheep come boundin'.
Out the little lambs pop,
They begin to dance and hop. As the birds make their beautiful
sound.
And far away, bears wake up to play.

Lambs are cute. Birds sing songs. Bears eat berries.
We are surrounded by life.
Life is magical.

We look forward to the start of a new term and updating you next month on the exciting events and happenings during our start to the summer term.

Best Wishes, The Brampford Team.

brampfordadmin@exevalleyfederation.org.uk

01392 841414



I am so enjoying the lighter, brighter days. My recipes are following suit and this dish really highlights the onset of summer with these ingredients. Fennel seems to be having a revival and I do enjoy the flavour when it's roasted with lots of olive oil and herbs as in this recipe. This is one of those recipes that can seem a bit long but honestly, after that initial chopping, it comes together quickly and it's a case of putting it in the oven and letting all the flavours amplify. You think this is a lot of herbs but they lift the rice and chicken adding so much flavour and colour.

Alternatives -

- ✓ If you don't use alcohol simply add more stock.
- ✓ If you wish to use wholegrain or brown rice, then be sure to soak it for at least fifteen minutes and rinse well. Add 250ml extra stock and cook for fifteen minutes longer than the recipe.
- ✓ If you wanted a vegan or vegetarian version then use bite size chunks of organic tofu, lightly browned before adding to the roasted vegetables.



All-in Lemony herby chicken, fennel and rice

For 4 hungry people

Olive Oil	2 tbsp for chicken plus 2 tbsp for fennel
Chicken thighs	4 (skin on)
Fresh rosemary leaves	25g, washed and finely chopped
Fennel bulbs	2 medium, trimmed
White onion	1 large, cut into 8 lengthways
Unwaxed lemon	1, washed
Easy cook - long grain white and wild rice	320g, thoroughly rinsed
Garlic cloves	4, peeled and sliced
Seasoning	as you like
Chicken stock	700ml
Dry white wine	200ml
Fresh parsley	30g, washed and roughly chopped
Fresh mint	25g, washed and roughly chopped
Fresh basil leaves	12 ish left whole
Olive Oil	1 tbsp to serve

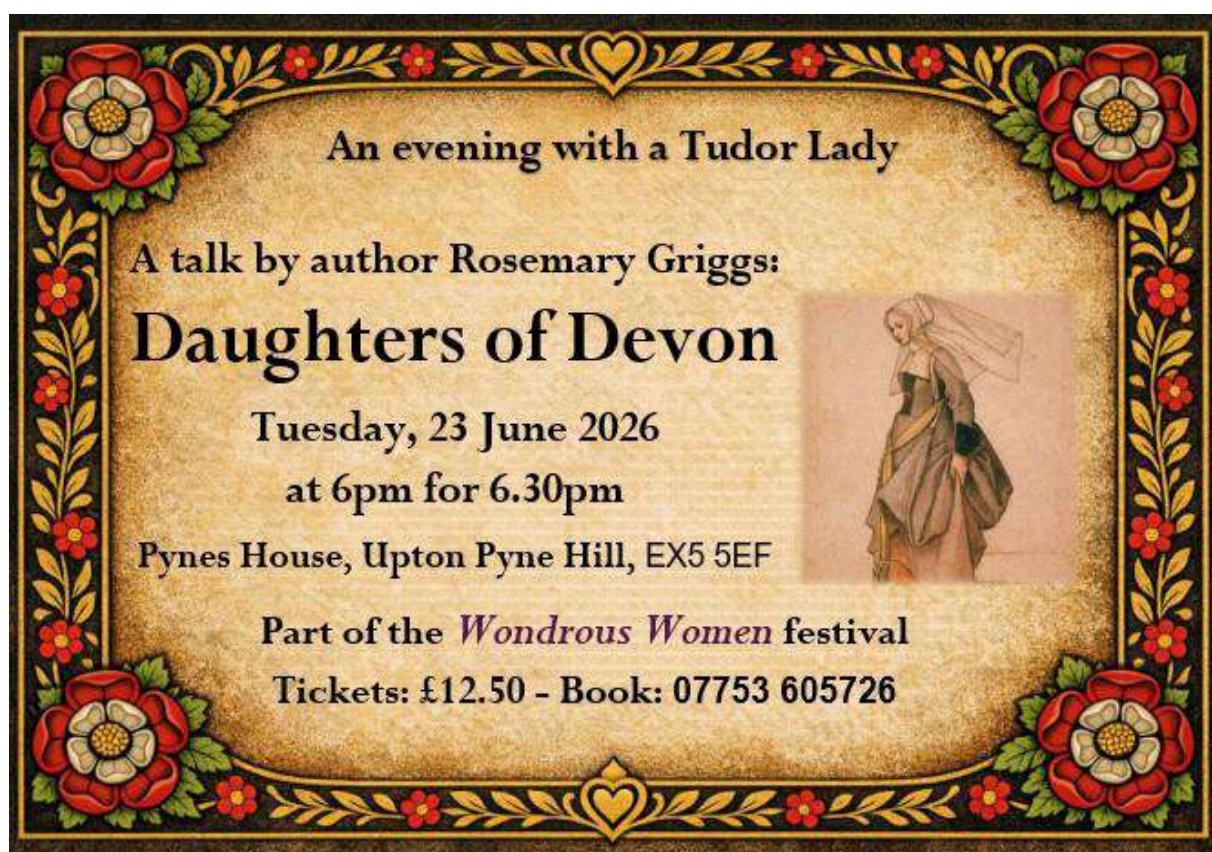
1. Set the oven to 210°C (190° fan oven) gas mark 6/ 7.
2. Add 2 tbsp oil to a large roasting tin and roast the chicken thighs for 15 minutes or so, turning over a couple of times so they are nicely browned. Remove from the tin and set aside on a plate, keeping any juices and fat in the roasting tin. Press the finely chopped rosemary into the chicken thighs.
3. Prepare the fennel, cutting into slices about 1.5 cm thick.
4. Tip the fennel and onion slices in to the roasting tin with another 2 tbsp olive oil. Roast them in the oven for 10-12 minutes. Take out of the oven and set aside.
5. While the vegetables are roasting, use a vegetable peeler to peel the lemon into six or so thick strips. Put the strips into a large bowl with the rice and garlic. Stir and add to the roasted vegetables with some salt and pepper.
6. Stir the chicken stock and wine into the tin making sure everything is well combined.
7. Now place the chicken thighs on top of the rice mixture. Cover the tin with foil and bake for 45 – 50 minutes.
8. Take the dish out of the oven. Remove the foil and lift out the chicken thighs just while you add the herbs (pop them on the now redundant foil). So, stir the chopped herbs and whole basil leaves through the rice. Squeeze the juice from the peeled lemon into the rice and add a final tablespoon of olive oil. You may want to add another grind or two of black pepper. Give the dish a good stir and nestle the chicken thighs into the rice. Turn the oven down to 190°C (170° fan oven) gas mark 5.
9. Pop back in the oven for five minutes and then serve.

- ◇ Serve with some chard, spinach, broccoli, green beans or a combination.
- ◇ Alternatively, a green salad goes well with this dish.

In season this month:

- Asparagus, broccoli, jersey and other new potatoes, lettuce, nettles, radishes, rhubarb, spinach, watercress and many herbs
- Lamb and wood pigeon
- Cod, coley, crab, haddock, plaice, sea trout and whitebait

Sarah Lumley





Local Massage Treatments

Massage therapy in
Brampford Speke or
mobile treatment at your
own home

Relaxation massage, remedial, deep tissue and detox treatments that target areas of specific need, or simply relieve and rejuvenate muscles from the wear and tear of normal life.

FREE
CONSULTATION

Gift Vouchers Available!

The perfect gift for
Birthdays, Mothers' Day,
Christmas - or any
occasion ... Contact me!

Nichola Vickers (ITEC Qualified)

07968 053861 / nicholav@hotmail.com
www.mobilemassagetreatments.co.uk

YOGA WITH EMILIE



NOURISH YOUR SOUL

@ Brampford Speke Village hall

◆ **Tues 6.45-7.45pm:** ← Please note new time!

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



Greg Probert Dip PFS

01392 712 404

greg@probertfinancial.co.uk

www.probertfinancial.co.uk

**Your local Independent Financial
Adviser based in Poltimore**

Pensions · Investments · Long Term Care
Inheritance Tax Planning · Insurances



Probert Financial Ltd is an appointed representative of 2plan wealth management Ltd. It is authorised and regulated by the Financial Conduct Authority and is entered on the FCA register (www.fca.org.uk) under reference 940827. Registered office: Unit 11 Hunthay Business Park, Axminster, EX13 5RJ. Registered in England and Wales Number: 12500388. Tax planning is not regulated by the FCA

Friendly, honest and careful
Chimney Sweeping Service
From husband-and-wife team, Ewan & Amy.



Offering:

Powering Sweeping
Manual Sweeping
Birds Nest Removal
Minor Repairs of Wood Burning Stoves

NACS registered and fully insured; they will leave your home spic and span! For a quotation, call, text or WhatsApp [07393536396](tel:07393536396) or email sweep@aandechimney.co.uk

www.aandechimney.co.uk

Upton Pyne and District Annual Flower Show



Anne Roberts, show secretary

What an amazing turnout for the Flower Show again this year!

People came from far and wide and the car park was rammed full of cars, the queue for tea and cakes was nearly out the door and the plant sale was two customers deep. The plants for sale weathered two hailstorms and a biting wind, so I hope they are now recovering in their new homes!

The real draw of course was the beautiful plant and flower exhibits and the wonderful scent of flowers in the hall. All the exhibition classes were well supported, and narcissi and camellia were evidence of a new spring, while bunches of wild and garden flowers and stems of flowering shrubs reminded us of the joys of a reawakening garden.

Paul Cleeve from Exeter University judged the food entries: homemade loaf, flapjacks and preserves; and commented on their general excellence!

The recipe for the winning flapjack entry is included in the next column for you to try yourselves.

The hall was beautifully adorned with flower paintings from Brampford Speke school and other local children. John Howells had the very hard job of picking out the winners from among such

talented artists. Many thanks to the children and teachers for taking part.

Finally, thanks must go to everyone involved for their hard work in making the day a success, including willing helpers to set up and dismantle, bakers of the scrumptious cakes, growers of the many plants for sale, plant sellers (out in the freezing wind and drizzle), the tea and cake serving team, the raffle mastermind and prize providers, administrator and counters of the voting pennies, and of course all the exhibitors without whom there would be no show and all you lovely people who came along on the day! I am looking forward already to next year's show!

The winners of the classes are listed on the next page.

Pauline Earle's Outward-Bound Flapjacks

Ingredients

8oz sugar (I used demerara)

4oz syrup (I used half golden syrup, half black treacle)

8oz butter

16oz rolled oats

Pinch of salt

Variations: try different sugar or syrup, add fruit, nuts or spices. Lemon or orange zest with ginger or mixed spice is good in the winter.

Method

I measure the sugar first in a jug, then pour the syrup onto the sugar. Using a large saucepan, melt the sugar, syrup and butter over a gentle heat, stir in the oats and salt and press into a greased and lined tin (use non-stick or you can end up eating the paper). I prefer it about 1" deep. Cook for around 30 mins until pale gold. Cut into squares while warm but leave in the tin until cold. If you have any trouble getting them out of the tin, just warm the bottom slightly.

Flapjack keeps very well so I cook 4 x these amounts. Store the cut slices on their sides to prevent them sticking to each other.



Photos: Jane King



CLASS NUMBER	NAME OF CLASS	NAME OF WINNER
1	Daffodils or narcissi, three cut blooms in a vase.	Chris Murray
2	Three tulips in a vase	Anne Roberts
3	Collection of spring flowers in a container	Sandra Wilkinson
4	Wild spring flowers in an unusual container	Chris Grundy
5	One stem each of three different foliage shrubs, maximum, w 18" x h 24"	Chris Grundy
6	Floating flowerhead/s in a bowl or container	Linda Findlay
7	Single camellia in a container	June Nicks
8	Table centre decoration, may include non-plant material 12" overall	Catherine Donovan
9	One stem or branch of a flowering shrub or climber	Chris Grundy
10	Spray or small bunch of flowers judged for scent	Jane King
11	Cactus or succulent	Chris Murray
12	Miniature arrangement, maximum overall size 4.5"	Karen Rogers
13	Arrangement of fresh flowers in a cup and saucer	Annie Rogers
14	Any living plant, indoor or outdoor, not already in other classes	Jilly Baker
15	A crafted object linked in some way to plants or garden	Adrienne Howells
16	Children – Mustard and cress head	Belle Parker
17	Children - Paper plate face	Hazel Torr
18	Children – Two decorated cup cakes	Hazel and Cal Torr
19	Homemade loaf	Ian Findlay
20	Flapjacks, 6 slices or squares	Pauline Earle
21	A preserve	Jane King
22	Photo of "Your favourite garden photo" or "Wildlife in the countryside or your garden"	Laura Glanville-Wallet
23	Children Painting or drawing of a flower or plant	5-6 yrs- Ryan 7-8 yrs- Hazel 9-10 yrs- Lilly Rose



AGRICULTURAL

— I N N —

What's on at the Agi



Quiz Night



Next Dates: 10th May & 14th June

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



Flower Pot Painting Workshop



Friday 5th June 7pm

We've teamed up with Blank Canvas Creative to bring you this fun and relaxing workshop to paint a flower pot masterpiece.

No experience is needed — just come ready to unwind, get creative, and enjoy a calm, welcoming atmosphere. We'll provide all the materials, inspiration, and guidance you need to create a masterpiece.

£32pp including mezze boards, tickets available on our website



Bank Holiday Garden Party



Saturday 23rd May from 12 noon

Join us for a fun-filled Bank Holiday garden party. There's live music for the grown ups & plenty to keep the kids entertained with a bouncy castle, face painting and arts & crafts.



Supper Club



Thurs 21st May 7.30pm: French Farmhouse

Thurs 2nd July 7.30pm: Mediterranean Coast

Join us for our seasonal supper clubs, each night with a new theme. Five beautifully crafted courses, thoughtfully curated & cooked with care with optional wine pairings to complement each course.

Food: £49pp, Optional wine flight: £19pp

(Mention supper club when booking)

Keep an eye on our socials for menus.

01392 840043

www.agriculturalinn.co.uk

Mark Leveridge - Professional Strolling Magician

Birthday Magic



Adult birthdays deserve to be celebrated just as much as children's ones, and Mark's professional comedy strolling magic is the ideal way to add some extra fun and sparkle to a birthday bash, either big or small. Mark can mix and mingle with your guests and provide amazement and create a talking point that will help to make the party truly memorable. So, treat someone you care about soon.

To watch Mark in action or to get a quote, go to his website at
www.markleveridge.co.uk/strolling-magic/

Or call **07773 303558**

QUALITY INSURANCE THAT'S ON YOUR DOORSTEP

Products we offer include;

- Home
- Farm
- Commercial
- Car

Contact NFU Mutual Crediton on 01363 775511
Crediton_agency@nfumutual.co.uk



NFU Mutual
INSURANCE | PENSIONS | INVESTMENTS



DSC Exterior cleaning

Here to assist you with a wide range of cleaning services for clients with residential, commercial and agricultural properties.

- Roof cleaning & moss removal
- Gutter, gulies and drain cleaning
- Pressure washing driveways, patios, steps & paths
- Solar panels, PVC fascias & signage
- Commercial exterior cleaning
- Steam cleaning & soft-wash render treatment

Time to Transform

01884 370073 | devonsurfacecare.co.uk

Here to take away the worry of finding the right care



● Your Care | Your Choice | Your Hub

Hub Care Support is here to help you find the best care and support by introducing you to high quality, accredited, Personal Assistants (PAs).

We're not an agency, we're a support service that gives you the choice over your care. Our PA's can help with:

- Domestic tasks
- Meal preparation
- Personal Care
- Social support/ Companionship
- Shopping
- Live-in care
- Assistance to appointments
- Respite



Get in touch to discuss your requirements



Look through the profiles of PAs we send you



Arrange an introductory chat with your PA



01392 982 832 | exeter@hubcaresupport.co.uk
www.hubcaresupport.co.uk



ENERGY SYSTEMS

Est. 1984
(SW)Ltd



OIL & GAS FIRED HEATING SPECIALISTS

info@energysystems-sw.co.uk

www.energysystems-sw.co.uk



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



TEL: (01392) 860558



GET GARDENING
with
Bernaville Nurseries

SCAN TO SIGN UP TO OUR
LOYALTY CARD FOR EXCLUSIVE
OFFERS AND 10% OFF PLANTS
EVERY TUESDAY & WEDNESDAY



FIND US JUST PAST COWLEY BRIDGE, EXETER • WWW.BERNAVILLE.CO.UK • OPEN 7 DAYS A WEEK



HEATING, COOKING AND LIVING.

- Wood Burning Stoves,
Gas and Electric Fires
- Flues, Chimneys and
Stove Installations
 - Seasoned Logs
 - Range Cookers
- Spares and Accessories
 - BBQ's, Outdoor
Ovens and Grills



Telephone 01837 680068
www.rangemoors.co.uk

Showrooms in Winkleigh, Exeter and
 incorporating West Country Stoves,
 Aveton Gifford, Kingsbridge.



COME AND JOIN IN...

BAR
 POOL TABLE
 DARTS
 TNT SPORTS
 FREE WIFI

OPEN ON:

THURSDAY
 FRIDAY
 SATURDAY
 SUNDAY
 8PM TILL LATE



ALL WELCOME!!



**Helmores
Estate Agents
in Crediton
since 1699.**



CONTACT US :

property@hemores.com

01363 777 999

111-112 High Street
Crediton
Devon
EX17 3LF

**Thinking of
Selling or
Letting?**

**Book a free advice
meeting today!**



Jonathan Wood Veterinary Surgeons.

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

We treat your animals as we would our own.

RCVS practice standards accredited

Cat Friendly accredited clinic

www.jwoodvet.co.uk

hospital@jwoodvet.co.uk

01363 772319

24hr emergency service





ELECTRICAL
SERVICES

Your local Electrician

With over 15 years experience as a domestic electrician, I offer an exceptional service, attention to detail and high quality finish in the work that I do.

A personal reliable service with excellent communication.

Fully accredited member of NAPIT and fully insured.

☎ 07725 108 319

✉ hmelectricalservices@yahoo.com

🌐 www.hmelectrical.uk

Local knowledge. National reach.
Exceptional results in the Exe Valley.

Tom Bedford

01392 214222 / 07495 810341

tom.bedford@jackson-stops.co.uk



JACKSON-STOPS

PROPERTY EXPERTS SINCE 1910

exeter@jackson-stops.co.uk

Speke Up About Music

Song: *Riders On The Storm* by The Doors

Suggested by: Bob Short

Bob says: I got into the Doors when Jim Morrison passed.

At the time I was just leaving senior school and listening to all types of music but it was the lyrics of the song and Jim Morrison's vocals that stuck with me and the album that it was taken from, *L A Woman* and *Weird Scenes Inside the Goldmine*, which followed in 1972, have become favourites on long road trips.

Stu and Debbie say: This is one of those classic rock tracks that sticks out for its atmosphere. It sounds exactly as the title would suggest: sultry with a sense of threat, and the song even starts with thunder and rain sounds to help set the gloomy mood. Gloomy but not at all depressing!

A steady ride cymbal and repetitive, voodoo-like bassline are joined by a very echoey piano sound (a Fender Rhodes for those musos out there).

Iconic singer Jim Morrison's voice has a smooth and confident baritone quality. His poetic lyrics set a scene concerning a "killer on the road" and reference Heidegger and Nietzsche.

The dark, existential subject matter is made more profound by the simmering intensity of the music. Every instrument has plenty of reverb and sounds like it was recorded in a cave. The guitar and keyboard solos involve dark, jazzy phrases that help pull the listener into this mysterious and slightly psychedelic place. A classic – thanks, Bob!

Please email suggestions for favourite songs you would like reviewed in next month's 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>



A mixture of music trivia for you this time. Enjoy!

Q1 Before Phil Collins, who was the lead singer of Genesis?

Q2 What was Madonna's first top 10 UK hit (in 1984)?

Q3 Which artists made up the American supergroup The Traveling Wilburys?

Q4 What Rolling Stones song was written by Paul McCartney and John Lennon?

Q5 Van Halen famously banned what colour M&Ms in their backstage rider?

Q6 Foo Fighters frontman Dave Grohl was formerly the drummer of which famous grunge band?

Q7 What singer was born Georgios Kyriacos Panayiotou?

Q8 What does Lady Gaga affectionately call her fans?

Q9 Which artist does Paul McCartney credit for teaching him everything he knows?

Q10 Which singer, to date, has won the most Grammys?

Q11 Who was the first woman to be inducted into the Rock and Roll Hall of Fame?

Q12 Art Garfunkel initially declined to sing solo one of Simon & Garfunkel's biggest hits. Which song is it?

Answers on page 37



BOOK CLUB

Mrs Spy by M.J. Robotham

Set in 1965, at the height of the Cold War, this is the story of Maggie Flynn, a very lowly 'watcher' employed by MI5. She spends her days reporting on the movements of dubious characters, and taking photos of men on park benches.

She's a widow. Her husband, who also worked (as she thought) as a watcher, had been killed on a job three years earlier. She had always thought his death was suspicious but has never investigated. She lives with her mother, and her Beatles-mad teenage daughter.

A chance encounter with a Russian defector she is 'baby-sitting' gives her fresh news on her husband – had he been more than a watcher, and had he been killed to silence him?

Her co-watcher Frank, an ex-detective inspector, happily joins in her quest to discover what happened to her husband. Together they find it has something to do with a heavily-guarded house in Gloucestershire that locals think is a mental asylum.

The book is written humorously, there are a few laugh-out-loud moments, including a car chase across London in a Vauxhall Viva, but the plotting is tight and ingenious, a really good spy story with a few nail-biting moments.

There are lots of 1960s references – the Profumo affair, the Beatles, Mary Quant, Op-Art, mini-skirts, Burgess and MacLean, all of which lend a slightly 'hip' vibe. A couple of references are made to James Bond (the first film, *Dr No*, came out in 1962) and how the glamorous lifestyle portrayed in the films has no bearing on real life spying.

I see there is a new book featuring Maggie out later this year, which I will certainly be reading!

SG

Silver Sparrow by Tayari Jones

The novel is narrated by two girls, Dana and Chaurisse, living in Atlanta in the 1980s. They are sisters with different mothers but the same bigamist father, James Witherspoon. One knows and the other doesn't. A chance encounter between the two girls begins to unravel the father's carefully orchestrated lies.

The characters are beautifully constructed, each girl has a distinctive voice and even James is

treated with some sympathy. It is about lies, deceit and the meaning of family, all written about in rich detail.

I wanted to read this as I had loved *American Marriage*.

CL

This, my Second Life by Patrick Charnley

Patrick Charnley, the son of the late poet and author Helen Dunmore who lived in Bristol, has inherited his mother's genius for writing and plot. In 2021, Patrick suffered a cardiac arrest due to a combination of a hereditary heart condition and overwork as a lawyer. He was 'dead' for 40 minutes, was eventually shocked back to life and was then in a coma for a week. He suffered brain damage, the effects of which he has written into this book.

At the beginning there is an author's note:

"Before the opening of this novel, Jago Trevarno has a cardiac arrest and sustains a brain injury. Everything about those things in this novel is a true representation of my own experience. Other than that, this is a work of fiction."

He goes to live with his only relative Jacob, his mother's older brother, on his smallholding in Cornwall, where he is recovering slowly. There are many examples in the book of what the damage feels like and how it affects daily life. But Jacob lives off-grid, his days governed by his animals and the weather, and the slow pace of life. The soft light of oil lamps, the lack of a television and of excess noise help Jago on his way to feeling better.

The food they eat, the animals, the surroundings (near St Ives) are described in spare, simple language that is easy to read and beautifully direct.

Most of the book is about the day-to-day work on the smallholding, cooking, market days, the weather and the descriptions of brain damage. Not a lot happens, but there is a growing sense of impending doom around the character Bill Sligo, which comes to a denouement near the end. It's a profoundly moving book and I absolutely loved it.

SG

Famous People Quiz

This month's quiz is all about famous people who were born in the month of May.

- 1 British actress, born May 4th 1929, famous for Breakfast at Tiffany's.
- 2 Known as The Lady with the Lamp, this pioneer of nursing was born May 12th 1820.
- 3 Military leader and British Prime Minister, born May 1st 1769.
- 4 35th US President, born May 29th 1917.
- 5 American actress, winner of 4 Oscars, born May 12th 1907.
- 6 Writer who created the Bow Street Irregulars, born 22nd May 1859.
- 7 Writer who gave the girl's name Wendy to the world, born May 9th 1860.
- 8 English physician who pioneered the smallpox vaccine, born May 17th 1749.
- 9 Irish actor who played James Bond in 4 films, born 16th May 1953.
- 10 American diplomat, political scientist, and US Secretary of State, born 27th May 1923.
- 11 Empress of Russia from 1762 – 1796, she was born on 2nd May 1729.
- 12 Spanish surrealist artist born May 11th 1904

SG

answers on page 37



Twining

We are very much looking forward to hosting 11 of our French friends 22nd - 25th May 2026, making a party of 24 with the English hosts and members. We have a group meal planned on the Saturday night and a day out to Bicton Gardens on the Sunday.

Table Top Sale on Saturday 30th May at Brampford Speke Village Hall £10 per table. Contact Kate 07513 002708 kate.cavill@hotmail.co.uk or Sue 07784 716921 sue.exevalley@gmail.com to book

THORVERTON POST OFFICE

& TCT LTD NEWSAGENT/STATIONERS

your local bank

Quarry Car Park, Lynch Road,
Thorverton EX5 5NG 01392 860455

REALLY EASY PARKING + ACCESS

We offer a wide range of **Post Office** and **banking** services (inc. for business), **CASH** withdrawal, cash/cheque deposit (most banks), foreign currency, multi-currency travel cards, insurance, online shopping returns (including Amazon Counter label-free, bag-free returns), phone, gas + electricity top-ups, gift cards (multi-store + Amazon ones), **LOCAL COLLECT + DROP & GO** parcel services, newspapers, magazines, stationery, greetings cards, local postcards, notelets, posting and packing materials, photocopying, MDDC garden waste sacks + lots, lots more

Seasonal + special occasions cards always in stock

PLEASE support your LOCAL PO

TCT Shop + Post Office

Mon - Fri 9.00 - 5.30 (closed 1.00 - 2.00)

TCT Shop Sat 8.00 - 12.00 Sun 8.30 - 10.30 BHs 8.30 - 9.30

Post Office Sat 9.00 - 12.00 + Sun & BHs closed

Walks beyond the Parish

with Amanda Ryles

With the threat of afternoon rain we started our latest walk, this time from Thorverton, bright and early on a Saturday morning. We were able to park in the space next to the bridge by the Gauging station///trap.blush.minder. Being a circular route, this walk could be started at any point if you were to park in the village or get a bus to Silver Street. Despite living just a few miles from Thorverton, we have rarely ventured further than the farm shop so a walk here seemed long overdue.

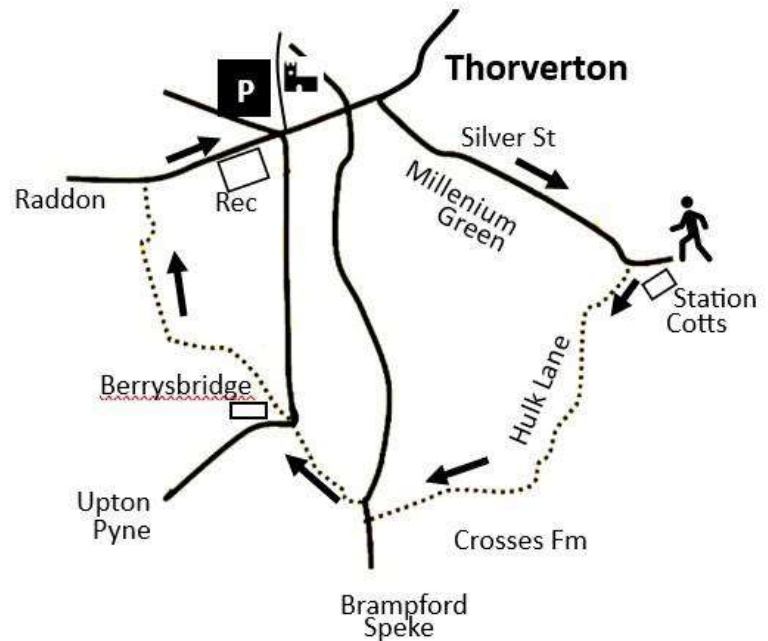
From our starting point, we headed along the road towards the village, the field on the left striped with the scars of turf cutting, the verdant green remaining suggesting that a spring of heavy rainfall had led to a particularly lush crop. Hedge sparrows were bathing in the dust at the edge of the road and a couple of piebald horses came over to the fence to say hello. Beyond the cricket club, clumps of stunning purple aubretia cascaded over a wall and with the sun at our backs we stopped at Station Cross to admire the handsome station cottages. The signpost is marked 'to permissive bridleway' and we took this left path alongside the stream.

Two white butterflies dancing in unison

The soft silt underfoot suggested this had all been underwater in January and February but made for very comfortable walking. The stream crosses under the path and as we walked further, we were aware of



the heady scent of the creamy white laurel spikes. Two white butterflies danced in unison ahead as we followed right under the disused railway bridge, long thin tendrils of brambles hanging above our heads.



As soon as we entered the woods, we felt cocooned within the shadow of the trees and surrounded by an absolute cacophony of birdsong. High-perching chaffinches, stunning goldfinches, melodic robins and numerous tits were all quite easy to see as well as hear, but despite looking for a while I failed to find the promised nuthatch and wren. You might be luckier! Several bluebells



stretched particularly tall towards the sun, alongside a solitary red campion and dozens of downy ferns which were starting to unfurl.

A heady scent from open blossoms

Hector was captivated by a pair of chattering squirrels chasing each other up a tree entwined in thick bare ivy stems. We walked higher, the path becoming firmer underfoot as we rose away from the river valley, although teasing glimpses were still

visible through gaps in the hedge to our left. Tall leggy conifers rose to our right, drawing our eyes up to the turquoise skies through the canopy, and several just above the path had draping lower branches above our heads. Even still tightly budded hawthorn completely filled the air with its heady scent from the few open blossoms. As we reached the top of the little hill a final treat ...at the very end of a long branch, silhouetted against the sky and warbling his little heart out, was a beautiful black cap.

As the path comes out of the wood it becomes fully tarmac and continues uphill, cows in the field to the right. Past a bollard, it continues along Hulk Lane, sunken below tall banks and hedges on both sides. Beyond the track back to Cross Farm there is a short-cut diagonal footpath through the field to the right, but we were enjoying listening to the sparrows in the hedge so we continued on the track. Where it meets School Lane, the route turns right then, very shortly after, turns left; purple flowers blooming in a bank of dark green vinca. Marked 'public footpath', be aware it is vehicular access too and we were surprised to be passed by two cars as we walked.

Goldfinches and a chiff chaff

Where the track ends by the houses, as the road bends left, we took the footpath up between a cottage and a house, through a wooden gate to the left of Berrysbridge Lodge. Beech hedges to the right, hazel to the left, the path continues through a further wooden gate into the wood where we saw goldfinches and a chiff chaff.

As the path opened out into open grass, nearby gunshot disturbed a buzzard from the top of an oak tree. Above its under-canopy of lesser celandine more white butterflies flitted by, too fast for me to identify them. The footpath crosses the drives to Orchard Cottage and is clearly marked to beyond the hedge. At the end of the path, the large wooden gate opened into a field of dandelions and the path was obvious diagonally across to a gate with a red sign on it in a post and rail fence to another equally clear path. We stopped to take in the lovely view ahead of us, a patchwork of fields with hedges, crops, cows and sheep, the latter pink with the

Devon mud and beyond it all Raddon Top. Through a metal gate the path continues right then left uphill to Raddon Road. We turned right past Paws for Pleasure and, just before Little Dunsaller, spotted a little copse carpeted with bluebells.

Coffee and cake

Beyond the recreation field, we continued slightly left at the end of the road then downhill into the middle of the village. We were quite charmed with its cobbled paths and the Jubilee Green with its stone plaque to the 1887 Jubilee Tree. Unfortunately, the benches were already taken, so we continued down Silver Street, past a stunning wisteria, and beyond the Memorial Hall back towards the car. It seemed a shame to not take advantage of our proximity to the farm shop so we finished our morning with a coffee and cake. We will definitely be trying this walk again before too long, maybe with binoculars next time.



Ray Bowen
Crediton Based

07713 618057

All aspects of garden
maintenance undertaken

bowen803@btinternet.com

In addition to garden work I undertake tree pruning, hedge trimming of all sizes, powerwashing of patios, paths, drives and conservatories.

AC Garden Machinery

& Engineering Services



Servicing & Repairs
for all makes of
Garden Machinery

Sales of pre-owned machinery

Fast turnaround service

Collection and redelivery available

Lath & Milling/Drilling
& Welding

Restoration /overhaul work



Based Near Silverton

Call Tony on

01392 860660 or 07722 961584

info@acgmonline.co.uk

Mel Spiller

Registered Foot Health Practitioner
S.A.C Dip RFHP

Phone 07375 980 028

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

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

And many other foot related complaints
I am fully insured

✉ Melanie.spillerfhp@outlook.com

Facebook icon Melspillerfoothealth

Website icon Www.melspiller.co.uk

Fine MEMORIALS

"Your independent local Mason"

EXETER

11 HEAVITREE ROAD
EX1 2LD

01392 250084

exeter@finememorials.co.uk

CONTACT US FOR A FREE BROCHURE

COVERING SOMERSET & DEVON

WWW.FINEMEMORIALS.CO.UK



BRAMM

ACCREDITED COMPANY





FURSDON, CADBURY, DEVON, EX5 5JS
www.fursdon.co.uk 01392 860860

Come and visit us at Fursdon, one of Devon's oldest family homes. Take a leisurely stroll in the grounds and lovely walled garden or simply sample our delicious cakes and scones, served from the Coach Hall tea room.

GARDENS & TEAS: 2-5pm on bank holidays and every Wednesday and Thursday afternoon between Easter Monday and the end of August

House Tours at 2.30pm & 3.30pm on bank holidays and Wednesday & Thursday afternoons in June, July & August.

Annual garden season ticket £18.00 (5-16yrs £6)
Single visit garden ticket £6 (5-16yrs £2)
House & Garden ticket £12 (5-16yrs £4)
Gardeners' World 2 for 1, CPRE & Historic Houses members welcome
Free entry to essential companions

We welcome dogs on leads (garden & tearoom)
We also offer venue hire at the Coach Hall and lovely holiday accommodation at Fursdon Cottage.

Answers to May Quiz

- 1 *Breakfast at Tiffany's* actress was Audrey Hepburn.
- 2 Florence Nightingale was known as the Lady with the Lamp.
- 3 Arthur Wellesley, Duke of Wellington was the military leader and PM.
- 4 John F Kennedy was the USA's 35th President.
- 5 The only actor ever to win (so far) four Oscars was Katharine Hepburn.
- 6 Sir Arthur Conan Doyle created the Bow Street Irregulars.
- 7 J M Barrie gave us the name Wendy in his book *Peter Pan*.
- 8 Edward Jenner pioneered the smallpox vaccine.
- 9 The four times James Bond actor is Pierce Brosnan.
- 10 Henry Kissinger was the US Secretary of State.
- 11 Catherine the Great was Empress of Russia.
- 12 Salvador Dali was the Spanish surrealist artist.

Answers to Music Quiz

- A1 Before Phil Collins, Peter Gabriel was the lead singer of Genesis.
A2 Madonna's first top 10 UK hit in 1984 was *Holiday*.
A3 The artists who made up the American supergroup The Traveling Wilburys are: George Harrison, Roy Orbison, Jeff Lynne, Tom Petty and Bob Dylan.
A4 The Rolling Stones song *I Wanna be your Man* was written by Paul McCartney and John Lennon.
A5 Van Halen famously banned brown coloured M&Ms in their backstage rider.
A6 Foo Fighters frontman Dave Grohl was formerly the drummer of the grunge band Nirvana.
A7 The singer who was born Georgios Kyriacos Panayiotou was George Michael.
A8 Lady Gaga affectionately calls her fans "Little Monsters".
A9 The artist Paul McCartney credits for teaching him everything he knows is Little Richard.
A10 To date, Beyoncé has won the most Grammys of all time.
A11 The first woman ever inducted into the Rock and Roll Hall of Fame was Aretha Franklin.
A12 Art Garfunkel initially declined to sing solo one of Simon & Garfunkel's biggest hits, *Bridge over Troubled Water*

PR Cars Services Centre LTD

Services Available:

Servicing
MOT's
Brakes
Clutches
Welding
Local Free Collection
& Delivery



T: 01392 851 293

M: 07974 764 064

E: colandr60@aol.com

Half Moon Village, Newton St Cyres Exeter, EX5 5AE

*Your mission, should you
choose to accept it....*

It was very exciting to see the Artemis 2 rocket launch into space on 1st April.

Less than 20% of today's population were old enough to remember the first moon landing in 1969 but Neil Armstrong's memorable words are known to all. At the time NASA needed an airplane hangar to house all their computers. They cross checked their maths using slide rules. It is a marker of how far technology has advanced in over half a century that the equivalent computing power is now available in a smart phone.

The Apollo missions of the 1960s reached their zenith with the first moon landing. There were another six landings but the only other remembered event from that era of space travel was the Apollo 13 mission. This is because it went wrong, the story immortalised in the Oscar-winning Tom Hanks film. His words 'Houston, we have a problem' is probably the second most famous space-related quotation. Maybe this is because we like stories that involve challenges; the success of the Apollo missions became too predictable and hence less interesting.

I was wondering whether there are parallels with medicine and how much we have progressed since the 1960s. The most obvious advance is our ability to produce vaccines. The Covid vaccine was manufactured in less than 12 months, light speed compared to the development of vaccines in the 20th century. Over the last 60 years in the UK, smallpox, diphtheria and polio have been eradicated. Deaths from measles, infertility from mumps and pregnancy complications from rubella are not seen, apart from in areas where vaccine uptake is poor. Epiglottitis, a fatal childhood condition, has disappeared due to the Haemophilus B vaccine and giving Human

Papilloma Virus vaccines to adolescents means cervical cancer will be a rarity in 50 years' time. Covid, shingles, meningitis and flu all cause less morbidity and mortality due to vaccine delivery. This is an impressive list of medical successes, however, just like the moon landings in the 1960s we have come to accept them as routine.

Once the initial excitement of a new vaccine launch is over, they only make the news when there is a sensationalist link to possible complications. The news stories always get a lot more prominence than the science would advocate. We are quick to forget that vaccine delivery is the safest and most successful medical intervention we have.

Interest in space has been reignited; we have realised again how amazing it is that we can have conversations from earth with astronauts 250,000 miles away, who are travelling at 25,000 miles per hour, towards and around the moon.

Less exciting is the fact that we will be running our first Spring Covid Booster clinic for over 75-year-olds on Wednesday 6th May. However, this is the continuing part of our mission to ensure Covid does not return.

Anthony O'Brien

Wyndham House Surgery



**Wyndham House Surgery
Patient Participation Group**

The Patient Participation Group is preparing a survey to find out how the surgery can best communicate and keep in touch with registered patients. The survey will be live during June. A link will soon be available from the surgery website, or ask at reception for a paper copy. All responses are anonymous.

Wyndham House Surgery

Wyndham Road, Silverton, EX5 4HZ

Telephone: 01392 860034

www.wyndhamhousesurgery.co.uk

Currently rated as an **OUTSTANDING** Practice by the CQC

Day/Dr	Dr Anthony O'Brien	Dr Catherine Burkill	Dr Jeff Solman	Dr Griff Thomas
Monday	09:00 – 11:30 15:00 – 17:30		09:00 – 11:30 15:00 – 17:30	
Tuesday		09:00 – 11:30 14:00 – 17:30	09:00 – 11:30 15:00 – 17:30	
Wednesday	09:00 – 11:30 15:00 – 17:30	09:00 – 11:30 15:00 – 17:30		
Thursday	09:00 – 11:30 14:00 – 16:00		09:00 – 11:30	09:00 – 11:30 15:00 – 17:30
Friday		09:00 – 11:30	09:00 – 11:30 14:30 – 16:00	

Please note: Consultations are all currently initially by phone. It is frequently more convenient to use e-Consult to let the surgery know your medical issue – this is available on the front page of our website.

Surgery hours: Monday - Thurs. 08:30 - 18:00
Friday 08:30 - 17:00

Dispensary hours: Monday - Thurs. 08.30 - 18:00 There is no closure for lunch and prescriptions may be
Friday 08.30 - 17:00 collected all through the day.

Repeat prescriptions can be ordered online via our website.
We also operate a home delivery service for housebound registered patients.
Please contact our reception or dispensary for more information.

Flexible appointments at beginning and end of day if required - just ask

Silverton Link Up

(Incorporated with The Friends of Wyndham House Surgery Charity no. 1048253)

A voluntary car service for Wyndham House Surgery patients.

If you have problems getting to / from Health Appointments ...surgery, hospital opticians or dentist, Link Up may be able to help.

To book transport please contact Link Up as below.

There is no charge for the service, however, any donations to our charity appreciated. Donations can be given to the driver who issues a receipt.

Link Up is always looking for additional volunteer drivers. If you are interested, or for further information, please contact Link Up.

Link Up 07821718672 or [silvertonlinkup@ gmail.com](mailto:silvertonlinkup@gmail.com)



All Aspects of Tree Surgery

Stump Removal

Crown Lifting Crown Reduction

Grounds Maintenance Grass Cutting

Hedge Cutting All types of Fencing

Wood Chip Seasoned Logs

General Garden Maintenance Turfing

Fully Insured Private & Commercial Customers

Soft Landscaping and Planting

Free Quotations

www.fourseasons-treeservices.com

Oliver Vernon

info@fourseasons-treeservices.com

01884 563021/07766168162



STUART

LUXTON

Digging & Drainage Contractor

Domestic & Commercial

Groundworks & Driveways

Septic Tank Installation

Landscaping & Pond Excavation

07889 879596

stuart@stuartluxton.co.uk

www.stuartluxton.co.uk

Brampford Speke, Exeter



Ed Rogers

07717 845 184

info@ed-rogers.co.uk

Established 2004. Services include:

Landscape Construction | Groundworks | Digger/Plant + Driver Hire

Experienced professional landscaping and groundworks services for residential and commercial properties across Exeter, Mid and East Devon.

Landscape Construction + Groundworks



ed-rogers.co.uk



[@edrogersofdevon](https://www.instagram.com/@edrogersofdevon)



[/edrogerslimited](https://www.facebook.com/edrogerslimited)

ANDY HALE SERVICES

andyhaleservices@outlook.com

07813 067919

General Building Repairs
Property Maintenance
- indoors & outdoors



No Job Too Small

Free Quotes

For enquiries and further
information contact Andy Hale:
07813 067919

N.A.GUPPY LTD

CROYLANDS

BRAMPFORD SPEKE, EXETER

Plumbing and Heating Engineers

ALL TYPES OF CENTRAL HEATING

GAS, SOLID FUEL, OIL etc

LEAD AND COPPER WORK

Also all plumbing jobs – large or small

Telephone: EXETER 841336

Exeter's Traditional Family Independent
Funeral Directors For Over 100 Years

M. Sillifant & Sons

*Martin & Marc, son & grandson
of the late Bernard Sillifant*



A phone call will obtain our personal attention

01392-272688

24 Hour Service

19-20 Holloway St. St Leonard's,
Exeter. EX2 4JD

www.sillifantandsons.co.uk
Email: info@sillifantandsons.co.uk

A.White & Sons Funeral Directors

Albert Road, CREDITON
Devon EX17 2BZ

01363 772043

Email:

whitesfs@btconnect.com

Members of the N.A.F.D. and
S.A.I.F.

Prepayment Plans Available

Upton Pyne Village Hall

Reg Charity
301005



At the heart of village life –

**Afternoon Tea on Thursdays, monthly Coffee Morning
Weekly Art Classes, Pilates and Zumba in term time;
Garden Club, Parish Council.**

Plus weddings, kids' parties and other private events.

To book, email Annie Rogers: rogelapd@gmail.com

WEDNESDAYS AT UPTON PYNE VILLAGE HALL

ART CLASS 10AM-1PM

All Media And Subjects Tackled.

We are a small friendly group where all abilities are welcome and everyone is gently encouraged to succeed.

10 WEEK TERMS - 3 TERMS A YEAR

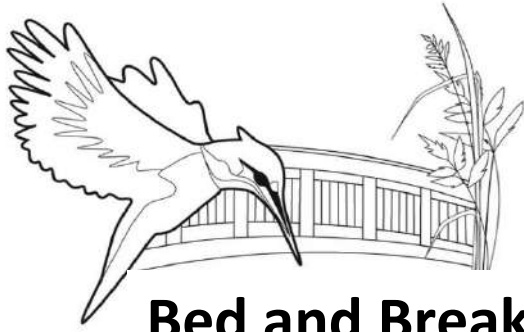
£80 PER TERM - JOIN AT ANY TIME (1ST TERM PRO RATA)

COME FOR A COFFEE AND MEET THE GROUP

FOR MORE INFO RING JOHN ON 07816846562

OR EMAIL JOHNAHOWELLS@HOTMAIL.COM

PRIVATE ONE TO ONE LESSONS ALSO AVAILABLE.



Bed and Breakfast Brampford Speke

Guests are accommodated in a suite of rooms that are part of a converted stable block overlooking the Exe Valley Way. Having its own separate entrance, WiFi and off-road parking, guests can enjoy privacy during their stay. Situated only 5 miles from the University and Exeter city centre.

Phone: 01392 841785

Email: exevalleybandb@gmail.com

Sean Evans

**Restoration and
Renovation**

**Established building and
plastering specialist**

Incl. traditional cob and lime

Mobile: 07815 553647

seanevans1967@hotmail.co.uk

Based in Brampford Speke



Tree Surgery & Tree Care Specialists

Tree surgery, felling, hedge
trimming,

stump grinding, reports, surveys
and planning applications

Bill Crumby NDArb MArborA

07778 412145

info@green-trees.co.uk

www.green-trees.co.uk

Free estimates - £5million
insurance cover

**Chris Vicary
Independent
Financial Adviser**

CarterDawes
IFA Solutions Ltd



Silverton / Exe Valley

M: 07823 334 073 • E: chris.vicary@carterdawes.com



Simply treating our clients with the utmost
integrity, giving fair independent advice
without product, provider or fee bias.



Registered in England & Wales No. 4010762. Registered office: Marina House, 133 High Street, Hordley, Devon, EX14 1SP

SEASONED LOGS

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

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



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



07967 219559



martinjohnnewbery@hotmail.co.uk



newberyfirewood.co.uk



ALL PRICES INCLUDE VAT@5% & DELIVERY



Community land, sustainably managed • Affordable homes for local people

Brampford Speke, Upton Pyne and Cowley Community Land Trust (CLT)

Do you know a local who's facing difficulties due to high housing costs?

If so, they might be eligible for an affordable home next time one becomes available at Lake's Down in Upton Pyne. Eligibility is based on both a strong local connection to Upton Pyne & Cowley or Brampford Speke Parishes, and also meeting the Devon Home Choice household income criteria.

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.

CountryHeat  **Wood & Multi-Fuel Stove Specialists**

An extensive range of Woodburning & Multifuel Stoves, Gas & Electric Fires available to view in our showroom.

Chimney Linings, Installations, Restoration & Associated Building Work, Accessories & Servicing.

www.countryheatdirect.co.uk

01392 811 597

Unit 1, Odams, Westown Rd, Ide, Exeter, Devon, EX2 9TG








CLAIRE NORTON
FOOT CARE

Professional, friendly foot care in the comfort of your own home

I can help you with:

- | | |
|----------------------|----------------------|
| • Toenail cutting | • Diabetic foot care |
| • Thickened nails | • Fungal toenails |
| • Corns & callus | • Verrucae |
| • Ingrowing toenails | • Footwear advice |
| • Cracked heels | • Onward referral |

Claire Norton DipFH MCFHP MAFHP
FOOT HEALTH PROFESSIONAL

Call 07740 333743 or
email ClaireNfootcare@gmail.com
www.ClaireNfootcare.com

Let's talk kitchens

What's yours really saying?

In Feng Shui, the kitchen is directly associated with prosperity and wealth.

But prosperity doesn't only mean finances, it can be family and friends, opportunities, nourishment and good health too.

You might recognise times when life feels slightly out of balance.

- Things feel rushed or reactive at home.
- You often feel exhausted.
- Resources come in, but don't seem to stay.
- Your home never feels quite calm.

In Feng Shui, the kitchen is often linked to how supported and nourished we feel day to day, so when it feels busy, overlooked or slightly tense, it can begin to affect us more than we realise.

A few simple places to begin:

- A dripping or leaking tap can symbolise resources flowing away, so it may be worth repairing.
- If you always use the same burner on your hob, try using the others too, as unused burners are traditionally associated with overlooked opportunities.
- Remove or replace chipped or cracked items, as these can subtly affect how a space feels.
- Empty bins regularly, as they can hold stale or discarded energy within the home.

Feng Shui is a layered practice and there are many ways a kitchen can be explored in more detail. **Small, intentional changes can offer a meaningful place** to begin.

I've created a complimentary downloadable guide exploring how your kitchen can support you, with more simple ways to work intentionally with your space. Email the address below using the subject **KITCHEN**.

With compliments,

Emma

emma@withcomplimentsfengshui.com

WITH COMPLIMENTS,

Feng Shui

Blending ancient practice with modern design

SERVICES & INFORMATION MAY 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 3 May

11:15 am	Service	Cadbury
05:00 pm	Communion	Stoke Canon

Wednesday 6 May

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

Sunday 10 May

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

Thursday 14 May [Ascension Day]

06:00 pm	Service	Brampford Speke
----------	---------	-----------------

Sunday 17 May

09:30 am	Communion	Brampford Speke
09:30 am	Bubble Church	Thorverton
10:00 am	Coffee & Chat	Stoke Canon
10:30 am	Coffee & Chat	Newton St Cyres
11:15 am	Communion	Cadbury

Sunday 24 May

09:30 am	Communion	Newton St Cyres
09:30 am	Choral Morning Prayer	Thorverton
10:00 am	Messy Church	Stoke Canon
11:15 am	Communion	Rewe

Sunday 31 May

11:00 am	Mission Community Service [followed by a picnic]	Cadbury
----------	---	---------

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

Brampford Speke Baptist Chapel Revd. Simon Taylor Tel: 279485

Brampford 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 Brampford Speke:

Village Hall website

www.brampfordspeke.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	mikeleach@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

May 2026 DIARY

Monday	4 th May	11am – noon.	Coffee Morning Upton Pyne Village Hall	Veronica Clarke 841 530
Tuesday	5 th May	7.00pm (earlier start this month only)	Brampford Speke Parish Council Annual Parish Meeting Followed by Parish Council Meeting Brampford Speke Village Hall	Tracy Watkins 07811 938614 clerk@brampfordspekeparish.gov.uk
Thursday	7 th May	2pm – 4pm	Tea, Cake & Chat Upton Pyne Village Hall	
Saturday	9 th May	11am – 5pm	Upton Pyne Arts & Crafts Sale local artists and craftspeople. Refreshments & a raffle Upton Pyne Village Hall	
Saturday	9 th May	2pm – 5pm	Upton Pyne Open Gardens Map and refreshments. Upton Pyne Village Hall	
Sunday	10 th May	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Tuesday	12 th May	12noon	Lunch Bunch Exe Valley Farm Shop	Pat on 841 599 or Veronica 841 530.
Tuesday	12 th May	7.30pm	Upton Pyne Parish Council Meeting Upton Pyne Village Hall	Jacqui Ward 851 918
Saturday	16 th May	10am start	Upton Pyne Church and Churchyard Maintenance Day Cold drinks and cakes available	For more information call Andrew Gwynne – 07912 597687
Saturday	23 rd May	10am – 1pm	Community Bunting Making Workshop Brampford Speke Village Hall	
Saturday	30 th May	12 - 5pm	Table Top Sale Brampford Speke Village Hall £10 per table.	Kate 07513 002708 Sue 07784 716921
			Weekly	
Mondays		9am 10am 6pm 7pm	Connected Pilates Brampford Speke Village Hall <i>Mens Class @ 6pm</i> (Term Time only)	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	Rebecca Cunningham 01363 866047

Your trusted local agents

Our dedicated teams are here to guide you through every step of the process, from marketing to conducting quality viewings, achieving the very best price for your property.

If you are considering selling or letting, talk to a member of our team for expert advice.



Nick Smith
Sales Office Manager



James Edwards
Sales Valuer



Sarah Hallsworth
Sales Negotiator



Tess Wigram
Lettings Manager

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



@StagsProperty





The South West's Property Agents & Acquisition Specialists

Thank you

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.

From all of us at Wilkinson Grant & Co

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."

- Local Wilkinson Grant Vendor

