

Speke Up



HAZEL



WILLOW

Parish Magazine
of Upton Pyne
& Cowley
and Brampford
Speke

The Speke Up Team
wishes all our readers
a happy and healthy 2026

February 2026

Issue 387



Candlelit Evening

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Speke Up Matters

Welcome to the February issue, the first Speke Up of 2026!

Our covers this year will have trees as their theme, and Sally, Steve and Caroline are already working hard to capture the subject in painting, photography and words. In this issue, on page 23, Tree Champion Elaine Hollingsworth writes about a new initiative by East Devon District Council to increase the number of trees in the area.

In this in-between month between winter and spring, our curate Revd. Deborah praises the snowdrop on page 17, as does Nicola Baker in The Garden Year on page 12. But over in Sarah's Kitchen (page 31) the February recipe is for a warming pasta dish, ideal for the days when it still feels wintery.

Enjoy February – whatever the weather.

cover design: Sally Tuckey

from the Speke Up team

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Cover Notes

An Introduction to Trees

The idea of exploring trees this year came to me partly as a result of last autumn's especially glorious colours. Also, for many years I've been driving along the Upton Pyne to Thorverton road, admiring the beautiful oaks which line the roadside and which, to me, seem to have a very ancient 'feel'. A friend later pointed out to me that one of them is particularly ancient, circa 700 years old, and I was fascinated and filled with awe. I realised how very little I actually know about trees and wondered whether other people felt the same?

Trees are crucial to our survival; they evolved over 300 million years ago and produced vast amounts of oxygen enabling many other life forms to evolve. Their height allows them plenty of access to light which helps photosynthesis to take place on a vast scale. Their deep, widespread roots enable them to absorb large amounts of water from the ground. They are one of the most efficient lifeforms.

Not only are trees vital for our physical survival but also our mental and emotional survival too. I feel humbled by their age and size, which creates a feeling of stability and permanence. As humans we tend to identify with trees. Children love to climb them and play in treehouses. We talk of trees having limbs as we do ourselves. In yoga, there is a tree balance posture in which you attempt to root yourself in the earth. Has anyone ever tried hugging a tree?

The recent tragic removal of the sycamore on Hadrian's Wall has had one very positive result for me. It has shown how very much people care about trees. Thankfully, the tree itself is already producing new shoots for the future.

Similarly, the removal of over 100 mature trees from Plymouth city centre in 2023 produced a huge public outcry and legal battles.

I am starting 2026 by looking at the willow. There are over 400 species of willow which grow on all continents except Australia and Antarctica. They are mostly deciduous and many prefer to grow in damp areas such as along riverbanks. One of my favourites is the weeping willow which originated in China. Cuttings from this tree were brought to London along the Silk Route before the 1730s and one was planted in the garden of the poet Alexander Pope at

Twickenham. It became a regular tourist attraction. However, after Pope's death, his successor, fed up with the constant stream of visitors, cut it down.

This willow also appears on willow-patterned porcelain. In 1780, Minton in Shropshire produced a willow pattern in blue and white. Inspired by a Japanese fairy tale called *The Green Willow*, it shows two thwarted lovers beside a willow tree.

However, the original Chinese weeping willow (*Salix babylonica*) was not very hardy. The golden weeping willow (*salix x sepulcralis* 'Chrysocoma') is a more modern and vigorous hybrid. The Chrysocoma was used for its golden shoots and graceful weeping habit and is often seen along riverbanks. It is a beautiful spreading tree with ascending primary branches supporting long secondary weeping branches. The young wood is a glorious golden colour and the leaves are long and narrow. Male and female catkins appear in early spring. Recently, I noticed a fine example growing in a garden at Latchmoor Green.

Willow bark contains a substance called salicin, which led to the development of aspirin.

Not unnaturally, the weeping willow has come to symbolise grief. We talk of people who lose their lovers as "wearing the willow" and there are many references to this in songs and poetry. Desdemona's lament in Shakespeare's *Othello* linked the willow to female sorrow and forsaken love. The song *All Around My Hat, I Will Wear the Green Willow*, first published in 1834, was popularised in the 1970s by Steeleye Span.

There's such a wealth of fascinating information on the glorious willow, I'm afraid I have barely scraped the surface.

Caroline Fox

Upton Pyne Village Hall



Everyone's invited to help keep this vital village asset thriving. There will be an extra warm welcome for new – and especially younger – volunteers. Please come to our

Annual General Meeting

Saturday 21 February, 2026

Join us for coffee/tea from 10.30 a.m. Meeting starts 1100.

For more information:

Adrienne Howells (Chair) tudorthreads@hotmail.com, Tel 07791 609068;
Rose Edgington (Secretary) eroseme@aol.com, Tel 07891 703393



The Friends of Wyndham House Surgery

(Charity No: 1048253)

FoWHS is a charity that exists to support the Wyndham House Surgery through activities that promote the health and welfare of people around Silverton. We support activities that boost the wellbeing of the communities in our area by providing financial support for services and social gatherings. These include support for a palliative nurse and a digital social prescriber, a prescription delivery service, a car service to take patients to and from the surgery and local hospitals, Over 65 keep fit and a Community & Memory Café.

A management committee of up to nine trustees runs our charity and its officers are elected by the members at our AGM. Membership is open to anyone resident in the catchment area of the surgery or with an interest in supporting our aims.

It costs nothing to be a member. By registering you will help the Friends, support the work of our

Management Committee and be able to vote at the AGM.

For more information, please email:

friendsofwyndhamhousesurgery@gmail.com

FoWHS continues to support various wellbeing activities in Silverton Community Hall. If you feel the need to take up regular exercise and guard against falls then we can help you. Alternatively, you might be able to benefit from the Memory Cafe or a visit to the Film Club. We hope there is something for everyone! More information is available for each of these activities and contact information is here.

Exercise - Mondays 10.30am - 11.30am contact Steph 07709 346428

Better Movement & Balance - Wednesday 2pm - 2.45pm contact Steph 07709 346428

Tai Chi Momentum - Tuesdays 3pm - 4pm contact Sam 07554 426450

Seated Yoga - Friday 10am - 11am contact Jane 07526 688083

Community & Memory Cafe - Thursday 2pm - 4pm contact Trish 07484 377298

Film Club - meets monthly, contact Trish 07484 377298



BOOK CLUB

Bookish by *Matthew Sweet*

This was first a television series, starring Mark Gatiss and written by him and Matthew Sweet, the author of the book which was published after the TV series aired.

It's set in London in 1946, and follows the story of Gabriel Book, a very well-read bookshop owner and amateur sleuth, married to Trottie, who keeps the wallpaper shop next door, and owner of Dog, a lover of ginger biscuits.

The book is made up of three short stories and starts with Jack, just released from prison, who finds the address of the bookshop in his belongings. Having been in prison for much of the war, he's unprepared for the state of London, bombed, flattened, and not as he remembers it.

He finds the bookshop, and is almost immediately involved in the discovery of bones in a pit nearby. He is taken on as a helper at the shop and comes to realise that Gabriel Book is much more interested in the detection of crimes than the sale of books.

It's only gradually explained, and never overtly, that Book is a homosexual and his marriage to Trottie is one of convenience, although they are good friends. There are several passages that deal, quite generally, with what it was like to be a homosexual in those days, when it was against the law, and there was a price to be paid for discovery.

Each of the three stories carries the personal details of all involved a little further, and we eventually learn why Jack was chosen to work at the shop.

The book is well written (Matthew Sweet is a journalist, broadcaster and cultural historian) and I kept my phone near me to look up the many references to people, books, things, films, shows, and happenings of the time.

I thoroughly enjoyed this book, and am hoping for more!

SG

Men of a Certain Age – My Encounters with Rock Royalty by *Kate Mossman*

Kate is one of the best music journalists. She has always been slightly geeky and not bothered about

what seems cool – right up my street! Nowadays, she writes for the *Guardian*, *Observer* and *New Statesman* and has lately interviewed philosophers and politicians more than musicians.

The theme of this collection of interviews is the age and gender of her subjects - all men in their later years - and she writes movingly about how she is fascinated with the musical output of the older high-profile musicians featured in this book.

The various rock stars in this collection have contrasting stories to tell and she is good at gaining trust from her interviewees to reveal depth. In the case of Nick Cave, profound truths emerge in dealing with his grief after the death of two of his sons and how this changed his attitude towards his music, career and religion.

The Glen Campbell interview involves travelling vast distances on Greyhound buses. Terence Trend D'Arby comes across as a likeable eccentric who has learnt a lot since the 90s. I only know Bruce Hornsby from his singles in the 1980s but I am intrigued by his impressive drive to keep challenging himself and I will be seeking out more of his music. The classic-rock stars (Bon Jovi, Journey, Kiss, Sting) come across as slightly shallow though it is enjoyable to hear their stories and their take on life.

With seasoned artists like Ray Davies (The Kinks) and Tom Jones, the reader gets the impression that they are successful not just because of their excellent music but also as a result of the way they carry themselves: hardworking, curious and enthusiastic about the craft of songwriting and performing. John Lydon (Sex Pistols) is consistently articulate, intelligent, passionate and great fun.

SP

The Artist by *Lucy Steeds*

Set in Provence in 1920, the story concerns Joseph, an English journalist, who has been invited to interview the famous reclusive artist, Edouard Tartuffe.

The descriptions of a sun-baked south of France, after grey England still recovering from WW1, are gorgeous: the fruit, the vegetables, the surroundings, every detail is given with a painter's eye.

Joseph is invited to sit for Tartuffe's new painting, *Young Man with Orange*, and over a few weeks begins to see the world differently. He falls in love with Tartuffe's niece, Ettie, but tries to keep it a secret as Tartuffe (known to all as Tata) has a wild temper, and seems likely to send Joseph back to London.

The painting scenes are brilliantly done - the way the colours are used, how they are mixed and the way paint is applied to canvas.

Ettie and Joseph do all the food shopping, organise the purchase of paints and canvas and sell the finished paintings. Food is often bought not for the taste but for the appearance and how that can be conveyed in paint, even to the extent of buying oysters out of season.

There is a mystery about what happened to Ettie's mother, Tata's sister, and who Ettie's father is. Tata has kept Ettie very much a prisoner, depending on her loyalty to him to keep her there looking after him.

Moliere's 1664 comedy *Tartuffe* centres on the title character duping a wealthy patron. I do wonder if the naming of the painter in this book is deliberate. I'll leave you to work out why!

SG

Red at the Bone by *Jacqueline Woodson*

Jacqueline Woodson has written Young Adult fiction but this is her second novel for adults.

Red at the Bone is beautifully written, almost poetic, short but incredibly powerful.

A teenage pregnancy affects three generations of African-Americans, and the story unfolds through the eyes and voices of five characters spanning three generations.

Whilst the novel explores class, racism, poverty, education and parenthood, it also looks at the ways in which young people must so often make life-defining decisions even before they have begun to figure out who they are and what they want to be.

CL

Such a Fun Age by *Kiley Reid*

Based on the title and cover of this book, I fully expected this to be a light frothy read but it has so much more and I really enjoyed it.

It highlights a lot of racial issues, from two different points of view. Alix is a successful, married white woman and Emira an 'undecided' African-American woman. Can they connect across barriers of race, gender, wealth and privilege? It also explores family, friendship and motherhood.

CL

February Quiz

(Clue: the answers are all British)

- 1 What is the name of the largest stone circle in the world?
- 2 In which county is Glastonbury Tor?
- 3 Cairngorms means Blue Hills in Gaelic – true or false?
- 4 What was the name of the first capital of England?
- 5 Name any British city that has only four letters.
- 6 What is the longest river in Northern Ireland?
- 7 In which county is Silverstone motor racing track?
- 8 The Brythonic Welsh name Dyfneint evolved into what modern-day name?
- 9 The nickname The Rusty Flasher is given to what?
- 10 Which is older, Oxford or Cambridge University?
- 11 What is the name of the first English man-made canal with locks?
- 12 The first English motorway, now part of the M6, opened in 1958 as a bypass for which town?

SG

Speke Up About Music

Song: *In the Hall of the Mountain King* by Edvard Grieg.

Suggested by: Elaine Hollingsworth

Elaine says: I heard this on Radio 4 the other day - and now it's my current earworm! Prompted by this, I thought other *Speke Up* readers might be interested.

My first memory of this music goes back to the early 1960s, I was aged about six or seven. This track was on an LP (*Peer Gynt Suite*) which was in my parents record collection, played on a teak Bush radiogram. I think I loved the rather thrilling, dark creepiness of this track! Later (aged about 11), we studied the *Peer Gynt Suite* in Music at school and I was captivated by the Norwegian folkloric story behind the music (possibly because I'm half Norwegian, or maybe I just like weird stuff!) Later still, (early 1970s) the ELO created their version - which was quite cool!

The music is a simple, repeating theme (in B minor I think?) which starts softly and quietly but builds and builds, becoming faster, louder, more instruments joining in, increasingly dramatic, menacing, frantic and scary - until it reaches a wild crescendo!

The music is the soundtrack to Henrik Ibsen's play *Peer Gynt*. In this scene, Peer is in the deep underground caverns of the Troll King's hall. Having promised to marry the Troll Princess, he changes his mind - and is running in fear and desperation, fleeing from the furious, murderous trolls! One can just imagine the spine-tingling chase with Peer glancing back over his shoulder as he runs as fast as he can - the terrifying trolls in hot pursuit!

Stu and Debbie say: This is one of those famously cinematic tracks that everyone knows. Even without knowing anything about it as a child, other than the title, listening to it conjured images of underground creatures, power and an eerie menacing atmosphere. The minor keys of the melody coupled with the really quiet and slow tempo start, gradually increasing in tempo and volume, give the listener an unsettling feeling of impending threat. Such a rich sound from the orchestra, this song has been played by many people in many different ways and is especially beloved in the Heavy Metal community as conjures up a dark energy and was

probably the Hard Rock of its day. However, the many rock cover versions we listened to were corny, underwhelming and lacked the sense of foreboding of the classical original.

Fascinatingly and amusingly, Grieg himself wrote, "For the Hall of the Mountain King, I have written something that so reeks of cowpats, ultra-Norwegianism, and 'to-thyself-be-enough-ness' that I cannot bear to hear it, though I hope that the irony will make itself felt."

Thanks Elaine - this takes us back to a childhood place of pure imagination - a great choice.

WE'VE RUN OUT OF SONG SUGGESTIONS! Please email suggestions for favourite songs you would like reviewed in future months to:

noordinaryfish@hotmail.com


Song title:

Artist:

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

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

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

 <http://tinyurl.com/y8ytdeyr>



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Doors 7.30pm, bar and free parking
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Some random trivia for you this time covering a range of music genres!

- Q1** Which singer went solo after performing with The Commodores?
- Q2** Featured on the band's 1981 album *La Folie*, the song *Golden Brown* was a hit for which band?
- Q3** *Kaya* (1978), *Uprising* (1980) and *Burnin'* (1973) are all albums by which famous front man and his band?
- Q4** He's known as 'The Godfather of Soul' – who?
- Q5** And who is known as 'The Queen of Country Music'?
- Q6** Paul Weller, Bruce Foxton and Rick Buckler were members of which band?
- Q7** Prince sang about a kind of car in his 1983 hit. What was it called?
- Q8** Who had a hit with the song *Is She Really Going Out With Him?* in 1978?
- Q9** What was the oh-so-appropriate name for the guitar-playing frontman of The Clash?
- Q10** Annie Lennox is one half of the pop group the Eurythmics. Who is the other?

Answers to quizzes on page 37

FRIENDS OF UPTON PYNE

February heralds spring, but it is worth reflecting on our December **Evening of Carols** which was yet another beautiful occasion at Pyne's House. The numbers were down on previous years, due largely to a spate of the viral illnesses which seem to have dogged the winter. Nonetheless, there was a true festive atmosphere, some wonderful singing and inspiring readings. It was a great start to the Christmas season.

We are in to the winter with a warming **Curry and Quiz on 13 February**. As usual, Stuart and Debbie will provide the food – fairly mild curry but with hot sauce on the side for those who like a bit of a kick. Sue Glanville will challenge our brainpower with the Quiz. Details are in the advert so book your place and enjoy a fun evening – 07753 605726

On **9 May**, we combine with the Garden Club for an **Open Gardens afternoon** in Upton Pyne. No garden is too small or too simple to be excluded, so if you are willing to show your plants, whatever they may be at that time of year, please do sign up. For the rest of us, it is a super opportunity to get ideas for our own gardens. Entrance will be by a map purchased at the village hall where there will be teas available. See the advert for the event which gives details of how to participate. We shall also have a **Craft Marquee** on the field at the village hall with local artists displaying and selling their work.

As always, we continue our work behind the scenes in maintaining the church and churchyard and have plans for our 2026 projects. We hope to have completed most of our recommended work before the next quinquennial inspection of the church. Thanks to everyone who supports us in donations, attending events or rolling up sleeves and getting stuck in.

Please note the date of the AGM. Everyone is welcome and there will be light refreshments. **AGM 7 MARCH, 9.30am**, Upton Pyne Village Hall. Do come along with ideas for events and fund-raising.

Walks around the Parishes

with Amanda Ryles

The loop from the village of Brampford Speke down to the river, past the medieval wayside cross in Stoke Canon and back from the level crossing takes about an hour and with track, path and road gives a good mixture of heel walking, road walking and running off the lead for Hector.

It has been a full year since we introduced a small yellow cross-breed street-dog puppy into our lives with no idea how big (or, as it turns out, how small) he would become, but he is such a lovely little dog and a good excuse for a 7am start.



Hector

We started at the telephone box in the village and turned down Chapel Road, past a blush pink thatched cottage with hedges full of birds and the chattering, high pitched trill of great tits and coal tits. Our route passed the school before dropping left down a fairly steep tarmac path.

The soft glow of the still-lit street lamps fell dappled through the trees onto the path, lighting the dark corner in the shadows of the high laurel and holly hedge to the left. On the right, behind the metal fence, hedgerow saplings, mostly hawthorn, formed a colourful boundary and by next year will be heavy with berries for the dozens of birds singing their early-morning ditties.

A golden glow

The day was waking up with a slight golden glow to the sky. As we reached the footbridge and the vista opened up, we could see a light mist over the water. Flowing quite slowly, the Exe rippled as it flowed under the overhanging willows, their leaves silver-blue in the morning light with flashes of gold from their pendulous drooping branches. Most of the gaps in the metal of the footbridge were spanned by intricate spider webs heavy with dew.

Hard to pick out the individual songs, the air was filled with a cacophony of noise from tits, sparrows, finches, corvids and seagulls. We walked left along a concrete path as two heavy, waddling pigeons looked up but decided we weren't enough of a threat to make the effort to fly away. The nettles and grass, weighed down with silver water droplets, were interspersed with the blousy pink flowers of Himalayan balsam.

As the concrete path bears right to a house, we continued on the wide grassy path to its left, and at the corner by the public footpath sign could hear the still-hidden river just out of sight. The track heads at right angles towards a metal gate where Hector was intrigued by recently turned soil at the gatepost. Pulled away from his sniffing, I saw that the signed 'Alternative Fenced Path' was heavily overgrown and inaccessible, so it was time for the lead to go back on, in case the field we were walking through had cows just out of sight.

The field here is undulating and criss-crossed by paths, its contours shaped by well-worn livestock routes and years of the river meandering across the flood plain. The deep rumble of an aeroplane overhead startled a

pheasant which broke cover in front of us, but as we walked into the next field the young bullocks seemed more interested in munching than by us going past.

Through the metal kissing gate, the water was once again alongside the path and we stopped to watch a grey heron on the banks of a small island. He took flight as if in slow motion, silently banking around the trees until out of sight. Over the stile, we stood at the sandy bank watching the ash leaves slowly spiral to the ground and enjoying the sight of four ducks paddling to stay still in the current. The path turns away from the water, the hedge to the left full of brambles and the bank to the right crammed with stinging nettles.

Crab apples and hawthorn berries

Through yet another kissing gate, the route comes into the middle of Burrow Road and took us past Burrow Farm and its pretty farm cottages. With Hector on the lead, we turned right at the cross (***pictured***) onto Green Lane and practised some heel walking.



The full grassy banks were interspersed with white dead nettles, campion and several fungi, and the field beyond dark red and filled with rocks by the tens of dozens. The gardens of

Steers Cottage were flashed with the red of hawthorn berries, a Virginia creeper and a weighed-down crab apple. Once we had passed the hedge, the valley opened up to give views back across to the church at Brampford Speke and to the octagonal lantern cupola and tower at Barnhill House. positioned at the top of a sandstone cliff.

Cattle egrets amongst the cows

At the level crossing, we took the metal gate onto the return path, the gravel underfoot making it easy walking. Living up to their name, a flock of cattle egrets walked amongst a herd of cows, and ahead of us on the tall branches of a dog rose, a pair of goldfinches searched for food. I love the way the path disappears into a tunnel made by the hedgerow plants and am always surprised by the muffled quiet offered by this protection from the elements.

At the end of the 'tunnel' we took the lower path left where a big clump of marsh pepper dying down had left a large copper red patch backed by tall wetland grasses. The mew of a large brown buzzard overhead drew our eyes skyward so we paused to enjoy it before attempting the steep climb back up the path over the bridge to our start point.



The Gardening Year



Snowdrops in bloom

On 2nd January, the Met Office announced that 2025 was a double record breaker for the UK, being both the warmest and sunniest on record. There was also the concerning lack of rain in 2025. The first five months of 2025 saw below average rainfall, and only four months of the year saw rainfall above average. The period from March to August (meteorological spring and summer combined), saw less than 50% of average rainfall fairly widely across southern and central England, with some areas below 40%. As far as this year's weather is concerned, we have already had a real mix. We experienced some beautiful starry nights and cold, bright, frosty mornings. Others days were grey with rain, sleet, ice and a smattering of snow on higher ground. Then there was the arrival of Storm Goretti! I hope that you all managed to stay warm and safe.

I cannot start without looking at one of the stars of this time of year, the **Snowdrops**.

Staff at **The Garden House near Yelverton** said: "a perfect alignment" of weather conditions and the establishment of a private bequest would lead to the "finest display" to date. The garden features more than 400 named varieties of snowdrop and in 2020 became home to part of the late plant hunter, Colin Mason's, Fieldgate Collection. Head gardener Nick Haworth said a hot, dry summer and mild autumn had combined with Mason's snowdrops reaching maturity in the 10-acre garden.

I have listed this and a few other gardens worthy of a visit, if you are able, under the **What's On section**.

Some time ago, the RHS listed 5 'terrific' snowdrops from Naomi Slade's *A Plant Lover's Guide to Snowdrops*.

1 Best all-rounder - Galanthus 'S.Arnott'. Taller than the common species, *G. nivalis*, with honey-scented flowers and easy to grow, it multiplies quickly and can be divided.

2 Most famous yellow - G. plicatus 'Wendys Gold'. The flowers are topped with a mango-yellow ovary while the inner petals have long gold marks

3 Best for a starter collection - G.'Hippolyta' AGM. A Greatorex double, this has neat, compact flowers with concave petals that look semi-circular when fully open.

4 Best classic 'drop' - G. x hybridus 'Merlin' AGM. Thought to be a *G. plicatus* and *G. elwesii* cross, this is a large, strong-growing plant with flowers that have a large green ovary and bold all-over green petals.

5 Best 'wow' factor - G. elwesii 'Godfrey Owen' AGM. This is a daintier snowdrop which is easily identified by the six inner and six out petals, rather than the more common three plus three.

JOBS FOR FEBRUARY

No doubt you have been itching to get back into the garden, and hopefully the uncut stems that were left have provided safe habitats for many insects. To continue with efforts to aid nature, I have found a couple of ideas for items you may like to make.

- The first is a **nesting bundle**, for which you will need suitable material such as straw, wool, dry grass, feathers and pet or human hair. You will also need some garden twine and some thin, forked twigs. Make sure that the materials are cut into short lengths and then hold in place while you wind the twine around them. Continue until you have a reasonable-sized bundle. You can then hang this from a tree near potential nest sites.
- If you have large natural cones left over from Christmas, you can make these into **fat feeders** for the birds. Just mix together two parts birdseed and oats with one part suet or lard (at room temperature) and push the mixture in between the gaps in the opened pine cone. Attach a length of twine and refrigerate the filled cones until the lard has set, then hang the feeder in a safe, sheltered spot. When the birds have eaten the seeds and fat you can re-use the cone to make another feeder. It is important that you **clean the cone first in boiling water** before reusing,

as diseases can spread between birds if feeders are not regularly cleaned.

- There are already **seed potatoes** in many garden centres and if you have a favourite variety it is good to buy early. 'Chit' these using empty egg boxes in a cold, frost-free, well-lit place indoors, ensuring that each seed potato sits upright with the old shrivelled base in the tray and the emerging buds/eyes at the top. These should be ready to plant out at the end of March or early April.
- Check, when walking on lawns, for signs of **spring bulbs** emerging. To make sure that you don't inadvertently trample them, you can use canes as markers until the growth is easier to spot.
- February is the last chance to cut back any **hedges**, before they start new growth and the birds begin to build their nests. Hedgerows provide habitat, act as wildlife corridors, slow soil erosion and water run-off. Many of us will have hedges on, or next to, land used for agriculture. The Gov.UK website provides full details and states that: "you must not cut or trim a hedgerow that is covered by the rules, from 1 March to 31 August".
- **Cornus stems** can be pruned now, to encourage fresh brightly-coloured stems next winter. Cut back the weakest stems to the base, select the strongest coloured stems and cut back to a pair of healthy buds and remove the lowest and thickest wood to avoid congestion at the base. If you want a taller shrub, only thin half of the stems every other year. Once pruned, cover the ground with a layer of mulch.
- If you grow **Alpines**, now is the time to trim away any dead leaves. Remove any weak seedlings and, if the compost level is low, add gritty, peat-free loam-based compost. Otherwise, simply spread a layer of grit on the surface up to the crown of the plant, to protect from moisture.
- **Shrub Roses** can be pruned now, before new leaves start to grow. Using clean, sharp secateurs, first remove any damaged or crossing stems, then cut back any stems which do not look strong enough to carry flowers. The final task is to remove any stems which seem to be 'crowding' the shrub, leaving approximately two-thirds which will encourage early budding. Always cut to an outward facing bud to give a more open-centred shape allowing air and light through the shrub.

WHAT'S ON?

- **9th January until 13th March - The Garden House, Buckland Monachorum, Yelverton, Devon. PL20 7LQ 2026 Snowdrop Festival** Open Fridays, Saturdays & Sundays from 10.30am - 3.30pm. <https://www.thegardenhouse.org.uk/whats-on/snowdrop-festival-9th-january-mid-march/>
- **5th, 11th & 17th February - Elworthy Cottage, Elworthy, Taunton Somerset TA4 3PX NGS** Refreshments tea, coffee & cake in aid of Childrens' Hospice Southwest. **Admission** Adult £5.00 Child Free. **Opening times** 11.00 – 16.30.
- **6th, 13th & 21st February - Higher Cherubeer Garden, Dolton, Winkleigh, EX19 8PP NGS.** Refreshments – Homemade Teas, **Admission** Adult £6.00 Children Free **Opening times** 2pm – 5pm
- **Monday February 16th 7.30pm - Upton Pyne Garden Club.** The Speaker will be **PETER SAVAGE** from **Bowdens Hosta Nursery**
- Starting on **Saturday 14 February RHS Rosemoor**, and continuing all year, *The Wind in the Willows: A garden adventure trail*. Normal admission applies. Members & children under 5 free, children aged 5 – 16 £5
- **Tuesday 24th February 7pm Crediton Garden Club: The Growing Well Garden, Bow** Presentation by Dr Susan Taheri of Bow Medical Practice. Refreshments on arrival, 7pm start. Members free, visitors £3. Annual membership £12. All welcome!
- **Saturday 28th February 11am – 2pm Sustainable Crediton Annual Seed Share.** The Boniface Centre. Stalls, displays, music, information, refreshments, lunch. Free entry, donations welcome

Happy Gardening!

Nicola Baker

NEWTON RAMBLERS

Sunday 8th February

Our February walk will be the **Two Chapels** route, starting at Posbury Chapel EX17 3QB. Services at St Luke's Chapel are on the first and third Sundays of each month, so we should be able to park in the chapel car park.

Our figure-of-eight walk will take in some lovely scenery, walking via Venny Tedburn and include St Thomas Oldridge Chapel.

The walk is just over 4 miles and includes some ascents and corresponding descents.

We will meet at Newton St Cyres Parish Hall Car Park at 9.30am to arrange car sharing. Those wishing to meet at Posbury Chapel, should aim to be there by 10am.

Lunch has been booked at the Three Little Pigs in Crediton. Please contact Nicola (01392 851985) by Thursday 5th February, if you wish to join us for lunch.

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

Brampford Baptist Chapel

February brings some spring weather if we are lucky, or else a continuation of winter. This term at school is called the spring term in hope, and this month we have a week of half-term holiday. That means that Sue's Café at the chapel will be closed on Feb 19. That same week we have Pancake Day, otherwise known as

Shrove Tuesday. Then Ash Wednesday marks the start of Lent, leading up to Easter. That is traditionally a time for reflection and trying to live more simply. Perhaps this year you would like to join us at the chapel for worship on a Sunday afternoon or at the café on a Thursday afternoon.

Dates for your diary:

February 1: 3pm service led by Revd Simon Taylor

February 15: 3pm service to include a celebration of Communion together.

Brampford Speke Twinning Association



The committee has welcomed Dan Downes as the new treasurer following the resignation of Dave Bamford, who had held this position for many years. In gratitude of his service, Dave was presented with a National Garden gift card from the committee to buy a tree or shrub as a commemoration of his role.

A warming winter lunch was held on Saturday 17 January, serving homemade soup and roll or cheese scone, and cakes. It was a lovely way to cheer up a Saturday in January.

The twinning visit is scheduled for Friday 22 May - Monday 25 May 2026. If anyone would like to join us by hosting, enjoying a meal with us all or joining us on our day out on Sunday 24 May (venue TBC), please call Kate Cavill, whose details are in the directory on page 48.

SAVE THE DATE!

UPTON PYNE OPEN GARDENS SATURDAY 9 MAY 2026



A special fundraising event



jointly organised by
UPTON PYNE & DISTRICT GARDENING CLUB
and **THE FRIENDS OF UPTON PYNE**



Interested in opening your garden?

Contact: jilly.clubevents@gmail.com / 0776 674 9310

Upton Pyne and District Garden Club

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

ANNUAL FLOWER SHOW

SATURDAY APRIL 11th, 2026

Upton Pyne Village Hall 2.00 to 4.00 pm

Bring your entries in the morning between 10.00 and 12.00

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

Tea and cakes! - Raffle! - PLANT SALE!

SCHEDULE OF CLASSES

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

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

HEMOCRAFT CLASSES

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

PHOTOGRAPHY/PICTURE CLASSES

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

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

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February: The Month of Small Signs

February is a funny month. It has all the confidence of a season that thinks it's still winter, but none of the charm.

December has twinkly lights. January has a kind of grim determination ("New year, new me!"). March has daffodils and the start of spring. But February? February mostly has soggy gloves, suspicious coughs and the sort of weather where the sky seems permanently damp. It's the month that makes you consider taking up new indoor hobbies like baking, reading or staring out of the window judging the forecast.

And yet, despite all this, February is also the month of small signs.

You see them if you look carefully. One day the churchyard looks like it did last week - brown, cold, and miserable. And then suddenly there they are: snowdrops. Tiny, bright and determined, like little white flags sticking up from the earth saying: "Winter, we're done with your nonsense!"

The light begins to change too. Not in a dramatic way - more in a sneaky, incremental way. You look at the clock and realise it's still light at five o'clock, and for a moment you feel wildly optimistic, as though you've personally achieved something. Then you step outside, get hit by freezing sideways drizzle and remember you still live in Britain. Still, the mornings are lighter and even the birds seem to be rehearsing for spring, clearing their throats in the hedgerows.

Although February may not feel wildly encouraging, it is full of quiet turning points.

And it makes me think of how God often works like this too.

Not always in the big showy ways. Not always with lightning bolts and angelic choirs and life-changing moments. Sometimes God's work is more like February: slow, subtle and easy to miss unless you're paying attention.

Hope for us doesn't always arrive with trumpets either. Sometimes it arrives with... snowdrops. Or a small kindness. Or the right message at the right moment. Or the cup of tea that someone offers you just when you need it.

Jesus often points people towards the small things too, like the mustard seed or the yeast in the dough. Most of the time in the Bible, God doesn't bulldoze people into transformation; he nudges, he plants, and he grows things quietly.

So perhaps February has something to teach us - apart from the fact that a waterproof coat is not optional in Devon. It invites us to become people who notice small signs.

Notice the way the days are lengthening, even if it's only by minutes. Notice how people keep going, even when life is cold and grey. Notice that your spirit can feel a bit wintry and still spring can be on its way.

And if you happen to pass the churchyard this month, take a look. Snowdrops can teach us something, I think. They're not flashy. They don't make a fuss. They just quietly appear, insisting that winter won't have the final word. And that's the message February offers us too: yes, it's muddy. Yes, it's cold. Yes, it's February. But God is still at work - quietly, persistently - and hope is already pushing through.

Revd. Deborah Leighton Plom

Curate, Netherexe Mission Community





UPTON PYNE CHURCH NEWS

Greetings for this new year to all parishioners, from The Church of Our Lady, as we all cope with winter days and weather, but note signs of spring and re-birth around us!

Christmas was marked in the church with a very successful carol service on the evening of 23 December. It was heartening to see the church so full, with locals of all ages taking part. And all enjoyed mince pies and mulled wine afterwards. We joined with Brampford Speke on Christmas morning, which was, as always, a joyous occasion.

The end of the year saw the deaths of two long-standing residents of the village: we celebrated the life of Barbara Hewitt at her funeral on 30 December and on 6 January we marked the long life of Lilian Bowden at her funeral service.

Now we resume our normal pattern of services with Holy Communion at 10.30am on Sunday, 8 February followed by refreshments.

The Friends of Upton Pyne are making plans for this year, as they continue to support the church. As always, we are most grateful to them; their events are varied, enjoyable and well worth supporting.

A warm welcome awaits you at their events, our services and indeed at the services and events taking place in our neighbouring villages, all part of the Netherexe Mission Community.

VC

On 14 December, we toasted the new sound system in the church. This was generously funded through private donations and includes a Bluetooth connection and hearing loop. The sound system adds a whole new dimension to our services. LC

The first draw of the 75 Club was held on 5 January. The lucky winners were:

- 64. Richard Jennings £30**
- 30. Lulu Russell Smith £15**
- 58. Jacqui Edwards £ 8**

VILLAGE HALL NEWS

TEA, CAKE & CHAT ON THURSDAY

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

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

COFFEE MORNING

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

THE LUNCH BUNCH

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

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



*The Lunch Bunch in full swing
Photo: Trevor Bassett Matthews*



BARBARA ELIZABETH HEWITT

17 February 1930 – 19 November 2025

Barbara moved to Upton Pyne when she was nine, attending Upton Pyne school and then Newton St Cyres school. When she left school, she worked at Bobbys department store in Exeter as a cashier. She later worked at Globlite Industries until after she got married and had her first daughter, Valerie, in 1956. Her second daughter, Ally, followed in 1959.

Barbara met her future husband John at a dance in Thorverton village hall. They gelled together immediately and stayed that way for almost 70 years. They married in 1952 in Upton Pyne Church.

When Ally started school, Barbara went to work for Lord and Lady Iddesleigh at Shillands House and loved every moment of her 40 years' working there.

Barbara and John embraced village life in Upton Pyne. She was an active member of the village hall committee and served as treasurer, secretary and chairperson. She used to help with the whist drive and the ladies social circle and was one of the founders of the Upton Pyne Brownies and Cubs. Barbara and her good friends Dink Bradnock and Dorothy Hammett organised jumble sales, raising thousands of pounds for charity. There wasn't much for teenagers, so Barbara, Dink and Mrs Pennell started a monthly disco in the village hall. Teenagers from the village used to go, together with biker boys from Exeter who would hand over their crash helmets to the ladies to look after.

In later life she enjoyed coffee mornings at the village hall and attended the church where she was on the flower-arranging rota. She was a very dear mother-in-law to Martin and Steve, nan to her four grandchildren Kirsty, Lindsey, Catherine and Gareth and much-loved great-nanny to her four great-granddaughters Annabel, Amelie, Edie and Mila.

The happiest times for her were when she was with her family and short extracts from the tributes paid by her grandchildren are reproduced below:

Kirsty: So many fond childhood memories of spending my weekends playing cards, eating a Tunnock caramel bar and feeling so loved. Nan, if I can be half as strong as you were, I will be happy.

Lindsey: My Nan (or nanny Choo Choo as I used to call her as she used to visit us on the train) was a fountain of knowledge. She had a mind like an encyclopaedia particularly about Devon and history. She had an amazing memory and would be able to recall stories from when she was a little girl in vivid detail. She was remarkable. Nan had a real thirst for knowledge and never stopped wanting to test her brain.

Cat: One of my earliest and happiest memories of Nan is staying at her house as a child. At bedtime, she would wrap our pyjamas around a hot water bottle, so they were warm and cosy when we put them on. It was such a small thing, but it made us feel so loved. When we stayed with her, she gave us her undivided attention. We played games, made things together, chatted endlessly, and she even let us eat Mars bars! Being with Nan always felt special.

Gareth: Nan showed me how wonderful living in the country is and how community spirit can make things happen. She knew everything about anyone and anything and could recall every moment - she was Upton Pyne's Google! Nan, my life would be so different without your influence - my love of the countryside is because of you and Gampy, and your knowledge and love of people inspires me every day.



"My family are the ones that I love the best
They are my North, South, East and West."

written by Barbara



**LILIAN EDITH
BOWDEN**

26th June 1925 -
6th December
2025

Lilian Bowden, who has died at the age of 100, is part of the history of this village, as she lived most of her long life in the centre of it.

Born in Southwark, the eldest of seven, she was evacuated to the West Country in the war, ending up on a farm at Shobrooke. There she met Roy, who had moved to the area after his family home in Farringdon, near Exeter Airport, was bombed during the war. They married on 16 April 1949 and lived at first with his parents, but then came the chance to move into Upton Pyne.



Roy and Lilian

The old Horse & Groom pub, under its landlord, Mr. Pitts, had failed in late Victorian times and the then Rector, The Hon. Francis Pelham, had overseen the demolition of the pub and the building of a Reading Room, with other resources, which became the Working Men's Club.

At the end of the 1940s, the Earl of Iddesleigh, who owned the building, agreed to rent one part of it to

Roy & Lilian Bowden, who moved in with the Club at one end of their home.

In the early 1960s, the Earl agreed to sell the property to the Bowdens and the three cottages opposite were turned into the Working Men's Club, still thriving today as the Social Club. The occupants, Mrs Bragge, Mrs Western and Roy's mother, Mrs. Bowden, all moved to the newly-built Glebe Close, at the top of the village.

Roy then set to work to turn the property into The Club Bungalow. They brought up their two children, Paul and Carol there, cultivated their large garden and Lilian, who had trained as a hairdresser, started a business, run from the family bathroom. This was an asset to the village and Roy eventually added an annexe fitted out as a hair salon, which Lilian ran for years.

Roy sadly died in 1979 and Lilian was a widow for 45 years. She was a busy and energetic person, tending her garden, making clothes, looking after her family and continuing to run the hair salon. She supported events in the village hall, often running the cake stall.

And she was a faithful member of the church; she was on the electoral roll, attended services and for 35 years she was a keyholder, unlocking the church in the morning and locking it at night every day.

In the last part of her long life, when her memory failed, she was lovingly cared for at home by Paul and we extend our sympathy to him and the rest of her family.

Lilian's funeral was held in Upton Pyne Church, just yards from where she had lived for three quarters of a century, on Tuesday, 6 January, led by the Revd. Tim Collins.

VC



Speke

".....a host, of golden daffodils....."

Up



Parish Magazine
of Upton Pyne
& Cowley
and Bramford
Speke

Speke Up AGM

Wednesday 1st April

7 pm

Upton Pyne Village Hall

Refreshments

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Friends of St Peter's

We had a busy Christmas at St Peter's, kicking off with the Christmas Tree Festival (***pictured below***) on the first weekend of December, which raised over £500, a huge thank you to Rachel and Laura for all their hard work.



As a result, the church looked very Christmassy for the month; we made the most of it with the Candlelit Carol Service, which was bursting at the seams. We also had a Crib Service and then a wonderful start to Christmas Day with the Christmas service followed by a glass of champagne.

In February we have a couple of events to cheer up a gloomy month:

Candelit Evening at St Peter's on Friday 6th February @ 6pm, it's £15 for unlimited nibbles

and drinks, see further details in the ad on page 2. It was great fun last year, and will be even better in 2026!

The Quiz Night at the Brampford Speke Village Hall on 28th February @ 7pm, see the ad below for all the details. Last year was such a fun evening.

We hope these events are bringing the village together but also, importantly, fundraising for the church. It is an ongoing financial struggle to keep the church going; we have a very overdue electrical overhaul to fund, as well as the running of the church, not to mention trying to repair the clock.

We hope these events make everyone realise how important St Peter's is to the village.

QUIZ NIGHT

IN AID OF ST PETER'S CHURCH BRAMPFORD SPEKE

28TH FEBRUARY 2026

BRAMPFORD SPEKE HALL

7PM - £13.50PP

ROAST PORK ROLL + EXTRAS

VEGGIE OPTION AVAILABLE ON PRIOR REQUEST

Teams of 4-6

No team no problem! Join in on the night

Prize Draw On The Evening

Bring your own Drinks

Please enter before 18th February

To Enter Please contact Fern:

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BACS Information:

St Peter's Church Brampford Speke

30-80-33

38201860

Please put your name as ref

Extra bonus points for prior payment

EDDC's Trees, Hedgerows and Woodland Strategy (THAWS)



Photo: Steve Davidson

As part of their THAWS initiative, East Devon District Council plan to increase the tree canopy covering the District to 30% of its land area by 2035. As part of this commitment, the Arboricultural & Countryside Team at EDDC, together with local Tree Champions, are hoping to identify enthusiastic landowners and individuals who would like to plant trees. An exciting and innovative project supporting nature, biodiversity, health and well-being on a local level as part of a greater initiative.

Initially, local Tree Champions hope to identify areas of land which might be suitable for tree planting. Ideally, larger pieces of land are sought as these would have the greatest impact. But even small areas can contribute and add up to considerable volumes of future canopy cover. Areas and types of tree planting could include a corner of a field, re-instating or gapping-up of neglected hedgerows, re-introducing standard trees within hedges and open fields, orchard planting, riparian strip planting, creating or extending

existing woodland. With neighbourly co-operation, terraces or groups of houses could each have a suitable small tree planted in their front garden.

EDDC is not planning to plant the trees directly. Instead, their main goal is to support and co-ordinate tree planting by connecting local organisations such as Devon Wildlife Trust, The Tree Council and Saving Devon's Treescapes with community groups, parish councils, residents, landowners, individuals and volunteers.

If you think you might like to be involved in planting trees – please do get in touch. At this early stage, your initial thoughts such as the type of tree planting you might be interested in (location, scale, species of tree, etc.) would be useful. I'd also need your permission to pass your details to EDDC so they can be in touch.

Elaine Hollingsworth (Tree Champion – just EDDC's new label for Tree Warden)

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What's on at the Agi



Quiz Night



Next Dates: 8th Feb, 8th March

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



Live Jazz



Saturday 14th February from 6.30pm

Celebrate Valentine's Day at The Agricultural Inn with a relaxed, romantic evening of great food, warm hospitality and live jazz from Marvin Muoneke.



February Wine Club



Thursday 12th February 7.30pm

"Wines of Love" is the Feb theme, perfect for a Valentines date night!

5 wonderful wines

5 perfectly paired dishes

A relaxed and friendly atmosphere hosted by our knowledgeable wine expert. Full menu available on our website - £55pp or drivers ticket £39pp - call to book in

Secret Garden Opening

The Secret Garden reopens on Friday 3rd April, ready for another season of relaxed days, great food and plenty of fun. With an exciting calendar of events planned over the coming months, there's lots to look forward to – from family favourites to lively summer sessions. More details coming very soon...

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UPTON PYNE & DISTRICT GARDEN CLUB 2026

Monday 16th February at 7.30pm

We welcome **PETER SAVAGE** from
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an illustrated talk on HOSTAS

Monday 16th March at 7.30pm

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



Saturday 11th April ANNUAL FLOWER SHOW



As I write this it feels as if we can start looking forward to the spring. However, it is still cold and wintry so I wanted to share this recipe with you. It has rich, warming flavours and satisfies the need for a hearty meal without being too heavy.

I make several trips to London during the year and stay with one of my closest friends Caroline. This is one of her 'go to' recipes and I absolutely love it. She lost the original recipe and now makes it from memory. I came home last month and did much the same! I have not used minced pork for much other than meatball recipes, and so it was good to make this. Minced pork has a lighter flavour than beef and seems to be quite a bit cheaper too.

The recipe works well for batch cooking and can be frozen provided you are using fresh mince. I often make the sauce a day before I intend to use it and I think it intensifies and improves the flavour.

Warming Pork Pasta

For four servings -

Pork Mince	450g
Onion	1 medium, finely diced
Red chili peppers	1-2 finely chopped (& deseeded if you want less heat)
Garlic cloves	2- 3, finely chopped / grated
Smoked sweet (Dulce) paprika	1 tsp
Rosemary	2 round tsp fresh finely chopped leaves / 1 tsp dried
Tinned chopped tomatoes	1 x 400g tin
Tomato puree	1 round dsp
Seasoning	to taste

<i>Optional –</i>	
Red wine	100ml
Dried smoked chilli flakes	½ to 1 tsp, according to your preference

Pasta shapes of your choice	260g – ish, I used orecchiette pasta
-----------------------------	--------------------------------------

To serve -	
Parmesan cheese	approx 70g, coarsely grated



1. Add the mince to a large frying pan and 'dry fry' (you won't need to add oil to the pan because of the fat content in the minced pork) on a medium heat until browning well and cooked through. Use a slotted spoon and remove the pork from the pan into a bowl, leaving the fat in the pan.
 2. Gently fry the onion, chili peppers and garlic for 10 minutes until soft and cooked.
 3. Fold in the paprika, rosemary and chopped tomatoes. Add the minced pork back to the pan. Stir the tomato puree through the ingredients. If you are using them, add the wine and chili flakes.
 4. Raise the heat so the sauce is just bubbling. Simmer for a good hour (up to two hours is fine) to enhance the flavour and reduce the liquid. You may want to partially cover the pan if you did not add any wine.
 5. Taste the sauce and season. Add more herbs if you wish.
 6. Cook the pasta in plenty of boiling water, knocking off a couple of minutes cooking time.
 7. Before you drain the pasta add at least three tablespoons of the pasta water to the sauce.
 8. Drain the pasta and fold it through the sauce. Simmer gently for four or five minutes while you warm some pasta bowls.
 9. Serve in the warm bowls and add the grated parmesan.
- ✓ I have made this with the addition of chorizo which was delicious. Add about 70g chopped into cubes for this recipe and cook it with the mince.
 - ✓ Use 150g chopped chestnut mushrooms if you wish.

Now is the time to enjoy:

Beetroot, carrots, cauliflower, celeriac, chicory, Jerusalem artichokes, kale, kohlrabi, leeks, parsnips, purple sprouting broccoli, savoy cabbage, swede, turnip

Blood oranges, clementines, oranges, pineapple, pomegranate, early rhubarb

Guinea fowl, partridge, venison

Gurnard, haddock, halibut, hake, mackerel, mussels, oysters, skate, turbot

Sarah Lumley

BRAMPFORD SPEKE VILLAGE HALL

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

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

See the Village Hall pages on www.brampfordspeke.org for more details or email infobsvht@gmail.com

Celebrating Women's Lives

An Update

Well, we had the theme - *Celebrating Women's Lives* - and following a lively and collaborative meeting on 16 January, we now have a focus. We have a significant number of events being planned and we have a launch date – **Sunday 8th March 2026**.

The focus? Well, never mind the Bayeux Tapestry, we are looking to create the **Netherexe Communities Collage** – a massive piece of art that will reflect and celebrate the women and events that have helped shape our local communities. Working alongside the *South West Women's Art Group*, we will run lots of workshops to encourage, enthuse and enable all the groups, organisations, schools and communities to contribute to this amazing piece of art. Created in panels, the art will celebrate our wonderful communities. And to kickstart this we need your help to identify the significant women from your communities who have helped make your village what it is today. Those who pushed the boundaries, who didn't settle for the status quo, who were or are 'wicked adventurers. We already have some names – but we need many more.

Village events

And we also need to know about those village and community events that have helped shape your community – from the deeply important and significant to the more mundane. You know the type of event: Links with the Civil War; when and where was the first school in our area? Who ran the shop, the post office, the nursery? Railways and roads. Jubilees and memorials. And, and, and... Hopefully, this is a great opportunity for all our local History Groups and history buffs to really dig into the archives and come up with some incredible, amazing, wonderful, women and events from our very own communities. Please, please, please do let me know.

Wire in the Garden

But there's more! We would also like to put on a play written about the work of just one of those local Devon women: Margaret Partridge. Margaret introduced the first electric light to the village of Thorverton one hundred years ago. The play, *Wire in the Garden*, was extensively researched and written by a Harvard undergraduate a few years ago and amazingly enough is actually set in Thorverton. It features the roles of the parish council, the Baptist minister and a resident. The play raises some challenging issues about attitudes of people to women leading such projects, and also of the wider

suspicion of new technology – very much themes that resonate a century later.

It would be great to be able to perform this play some time over the next year as part of the programme of events celebrating women's lives. To do this we do need someone prepared to take the lead in directing it, including leading rehearsals. If you would be interested in producing this play or would like to know more about it, please make contact with Neville Lane either by phone on 07496 392106 or by email to nevilleslane@gmail.com.

A year-long celebration

And this is just the start of a year-long celebration which will include a wonderful mix of events, exhibitions, music, festivals, poetry evenings, discussions, displays, films, books. There will definitely be something for everyone! All of this, and more, will be showcased at our launch party on **Sunday 8 March** (*which also happens to be International Women's Day*) **from 4pm at the Memorial Hall, Thorverton**. All are warmly welcome to come and see – and to take part!

All blessings,

Revd Tim Collins

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

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.

Most councillors take on a specific brief (e.g. highways, footpaths, trees, communications). It's a great opportunity to contribute to the community and you don't need previous experience of council work. Please contact the clerk or any of the existing councillors if you might be interested.

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

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

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

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

Telephone box: we learned in November that BT has applied to withdraw the phone connection to the telephone box opposite the school. We held a public meeting on 11 December to discuss this and are grateful to those who attended. There was a consensus that we should lodge a formal objection to the withdrawal of service, and this has been done. The decision is outside our control however, and in view of the very low usage of the phone, and the prevailing use of mobile phones, it seems likely that we may lose the service.

The box itself is a listed structure, and we will have the option of acquiring it on behalf of the village, though this will mean additional expense to insure and maintain it. Alternative uses might include resiting the defibrillator from the front of the school building, or use as a mini-library or food bank. Please

let know your views about this, by speaking to or emailing the clerk or any of the councillors.

Gritting: during the very cold weather in early January our Snow Warden (Peter Stewart) tried without success to persuade Devon County Council (DCC) to send a gritter as the roads were really dangerous early and late in the day. As a reminder, Pynes Hill is a primary gritting route and will be done regularly with the A377. Burr ridge Hill, however, is a secondary route and is only gritted in "extreme weather conditions" which DCC felt didn't apply in January.

We think this was wrong, and have contacted our local highways officer to request a meeting to discuss this, as the situation caused a lot of difficulty and anxiety.

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

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

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

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

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Brampford C of E Primary School

As we look back on the fun and festivities of the last term, we are left with many wonderful memories. The lower school Nativity was a particular highlight, delighting families and the wider community, while the St. Peter's Church Christmas Festival offered the children a special opportunity to create their own decorations and proudly adorn the trees in the church for the community to enjoy. It was a wonderful event, with much-needed funds being raised for the church and a lovely opportunity to get together at this special time of year. We were especially proud of Skylark class who won first prize for their handmade decorations. With these joyful memories behind us, we now spring into the spring term with the promise of a new year full of learning, exploration and adventure.



Our core value for this term is Hope, and the children have been busy reflecting on what this means to them for the coming year. They have thoughtfully considered their own resolutions and goals for the term ahead (becoming better at football, learning to whittle, playing an instrument and eating more vegetables, to name a few!). We are working together to think about how we can grow, support one another towards our goals and make positive choice.

Some of our pupils with the school Christmas trees, ready for the festival at St. Peter's Church.

Our JETs (Junior Ethos Team) members have also been working hard together. Along with Mrs Woolcott and Reverend Tim, they have been working together sharing their hopes for the new term and the future of our school. They will soon be handing over the reins, as is the tradition, to a soon-to-be-elected new JETs team, who will continue to lead and inspire others, playing a vital role in promoting our school values, leading activities and helping to nurture the strong sense of community of which we are so proud ... watch this space for updates following the elections.

Alongside our JETs, our Eco Council Team, supported by Mrs Matthews, continues to work to promote environmental awareness throughout the school community. With their fantastic ideas and enthusiasm, they are wonderful ambassadors for helping our school to be as green and eco-aware as possible. The Eco Council has some great ideas and plans, including developing the outdoor learning area to make it more inviting and enriching for all creatures great and small, as well as new recycling incentives that the whole school will be working towards.

We look forward to all that this new term will bring, as our children continue to learn, grow and shine within our caring school community. See you next month for more exciting updates ...

We do hope you have enjoyed finding out what we have been getting up to in our lovely little school.

If you would like to know any more, or are interested in a place for your child **in any year group**, don't hesitate to get in touch via the school office:

brampfordadmin@exevalleyfederation.org.uk

01392 841414



 THORVERTON MEMORIAL HALL

Saturday Market and Big Breakfast

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

Film Night

We reckon we've got a great Spring Programme, so make a note of these films in your diary:
20 February – Four Mothers
20 March – The Choral
17 April (tbc) – Nuremberg

Four Mothers has been described as tender and amusing. The storyline: a writer about to publish his new novel is forced to take care of three eccentric older women – and his own mother – over the course of one chaotic weekend in Dublin.

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

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

**NEWTON ST CYRES GARDENING CLUB
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SAUL WALKER
Speaking on ORCHIDS

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

£3.50 admission to include tea/coffee & biscuits. All welcome. Do come and join us!

Saul is a most interesting speaker with many years of experience and will happily answer any questions that you may have.

Saul will also bring plants with him for sale.

Newton St Cyres Tennis Club

The Rusty Rackets members' group is thriving and plays regularly on Saturdays. If your New Year's resolution is to play tennis again, do contact Sue Bloomfield at rustyrackets@newtonstcyrestennisclub.co.uk

The new membership year is starting in April. Please contact our membership secretary Laura Leigh on 01647 24259 or find more information at www.newtonstcyrestennisclub.co.uk

Junior coaching takes place on Wednesdays after school during term time. If you would like to enrol for the spring term please email: juniors@newtonstcyrestennisclub.co.uk for further information and to put your name down if there is room in the right age and right level group.



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Please contact us - we are friendly and accommodating and love having groups come to visit.

Answers to the February Quiz

- 1 Avebury Ring in Wiltshire is the world's largest stone circle.
- 2 Glastonbury Tor is located in Somerset.
- 3 True – Cairngorms means Blue Hills.
- 4 Winchester was England's first capital, from 927AD.
- 5 British cities with only four letters – Hull, Bath, and York. There may be more!
- 6 The Bann is the longest river in Northern Ireland, in the region of 90 miles.
- 7 Silverstone is in Northamptonshire.
- 8 Dyfnaint evolved into Devon.
- 9 The Rusty Flasher is a nickname given to the Angel of the North.
- 10 Oxford is the older university, founded 1096, Cambridge in 1209.
- 11 Exeter Ship Canal is the oldest man-made canal with locks, opened in 1567
- 12 The M6 was opened as a by-pass for Preston

Answers to Music Quiz

- A1 Lionel Richie is the singer who went solo after performing with The Commodores.
- A2 Featured on the band's 1981 album *La Folie*, the song *Golden Brown* was a hit for The Stranglers.
- A3 *Kaya* (1978), *Uprising* (1980) and *Burnin'* (1973) are all albums by Bob Marley and the Wailers.
- A4 James Brown is known as 'The Godfather of Soul'.
- A5 Dolly Parton is known as 'The Queen of Country Music'.
- A6 Paul Weller, Bruce Foxton and Rick Buckler were members of The Jam.
- A7 Prince sang about a kind of car in his 1983 hit. It was called 'Little Red Corvette'.
- A8 Joe Jackson had a hit with the song *Is She Really Going Out With Him* in 1978 (from the album *Look Sharp*).
- A9 The oh-so-appropriate name for the guitar-playing frontman of The Clash is Joe Strummer.
- A10 Annie Lennox is one half of the pop group The Eurythmics. The other is Dave Stewart.

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The NHS App

Most successful political ideas start as grossly exaggerated aspirations that over many years adapt, jump administrative hurdles, get changed due to legal requirements and eventually are most often repackaged by the political party who in opposition opposed the introduction in the first place.

However, if the idea is a good one and the aspiration apolitical, then often this process does lead to success. The NHS App is an example of this and now is the time to get on board.

The idea of universal access to the NHS via smartphones started in 2018. The technology stuttered for many years and it was not until 2021 that the App had its first measurable success providing digital Covid passports for anyone travelling abroad. It has continued slowly to develop to the point that it now interacts seamlessly with GP computer systems. This means you can book appointments, see test results and view your medical record via the App.

Understandably, to set it up on your phone you do need to go through a procedure to prove your identity. This is reassuringly comprehensive but relatively quick, a strong testament to how much potential the App has.

We have therefore now reached the point where the current Health Secretary, Wes Streeting, is strongly promoting the App, making it one of the cornerstones of his 10 Year Plan for the NHS. GP practices are encouraging patients to download the App and register, however, so far, not many patients are using it.

In Devon, we are fortunate that RDUH (Royal Devon University Healthcare, formerly known as RD&E) is one of the leaders in secondary care electronic communication, adopting the MyCare system in 2021. Many patients will have experience of using the MyCare App to look at their hospital records and results.

Although it does not directly link with the NHS App yet, almost all of the information is available via both apps.

If you need any help setting them up on your phone, then please contact Joan Povey, our Digital Social Prescriber on 07958 190554, leave a message and arrange to meet her or drop in to Silverton Room4U on a Thursday 9.30 - 10.30am.

Both the NHS App and MyCare combine well with the systems we have in place at Wyndham House. Our computer system now automatically texts patients when their medication is ready and this year's flu vaccine appointments were almost all booked using our on-line system. Sending an email via our website is also an excellent way of dealing with any administrative queries or tasks e.g. updating a medical certificate.

However, for any clinical questions we think it is still much more efficient to ring and make an appointment with one of the GPs, either face-to-face or telephone, according to the circumstances.

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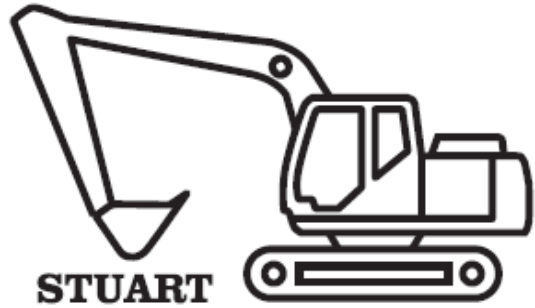
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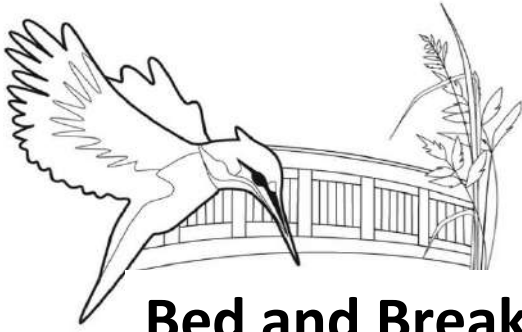
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SEASONED LOGS

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.



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

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



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

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SERVICES & INFORMATION FEBRUARY 2026

The Netherexe Parishes - A community of Anglican churches in Devon

Please see our website at www.netherexe.org under "Services" section.
We also have a calendar for services & latest events are under "news".

Sunday 1 February

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

Wednesday 4 February

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

Sunday 8 February

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

Sunday 15 February

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

Wednesday 18 February [Ash Wednesday]

11:00 am Communion Stoke Canon
06:00 pm Communion Upton Pyne

Sunday 22 February

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

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

ADVERTISEMENT

New Year...or not quite yet?

Wow - 2026, here we go.

How long did your January feel?

People often describe it as a long month or a never-ending wait for the January payday. In theory, this should give us plenty of time to commit to gym routines or establish new dietary habits. Yet the annual cycle of New Year's resolutions can feel daunting. If I'm honest, I've often questioned whether I'm setting the bar too high or choosing goals that aren't realistic. I've almost backed out of a diet before I've even decided on dieting!

Instead, I prefer to allow the Chinese New Year to gently ease me into a new cycle from February. It gives me time to recover from the Christmas period, which often begins weeks earlier with lights, decorations and preparations for visitors.

January is still a time when festive treats linger and new gifts need finding homes. It's natural that we remain in a kind of hibernation mode, craving comfort and a slower pace. This can be a valuable time to reflect and appreciate the small luxuries around us.

This year the new cycle begins on 17th February, bringing with it a fresh energy that compliments the growth we start to see in Spring. As the days lengthen and the sun rises higher, we naturally feel drawn outside again, becoming more active and open to setting new intentions.

In Feng Shui terms, 2026 marks Year 1 within the nine-year cycle, highlighting new beginnings. It's an ideal time for fresh starts, new projects, relationships and long-term goals, including career aspirations.

In Feng Shui, our homes are divided into nine areas, each representing different aspects of life. New beginnings are connected with the West area of the home, which also relates to creativity, fertility, children and overall wellbeing. Supporting this area can be as simple as keeping it clean and clutter free, repairing or removing broken items and completing unfinished jobs. When energy can flow easily, stagnation lifts, making space for whatever new chapter may be ready to begin.

Happy New Year,
Emma

emma@withcomplimentsfengshui.com

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Vacancy

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Bramford Speke Baptist Chapel Revd. Simon Taylor Tel: 279485

Bramford Speke Parish Council

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

Clerk

Tracy Watkins 07811 938614 clerk@brampfordspekeparish.gov.uk

Councillors

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

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

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Other Contacts in Bramford Speke:

Village Hall website

www.bramfordspeke.org.uk

School

841414

Bramford Area Baby and Toddler Group

Katie 07960 645911

Friends of BS School (FOBSS)

hellofobss@gmail.com or 841414

Village Hall Bookings

Molly Luxton 841270

Footpath Warden

footpaths.BSPC@gmail.com

Tree Warden, Elaine Hollingsworth

01392 841434

Twinning Association

Kate Cavill 0751 3002 708

Upton Pyne & Cowley Parish Council

Council website www.uptonpyne-pc.org.uk

Clerk Jacqui Ward

01392 851918

parishclerk@uptonpyne-pc.gov.uk

Councillors

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

Other Contacts in Upton Pyne

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

East Devon District Council

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

Councillor: Fabian King 07791 093 204

Dog Warden: 01395 571517

Devon County Council

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

Nat Vanstone nat.vanstone@devon.gov.uk

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

Redlands 01363 727111 (inc. Thorverton Surgery)

SpekeUp www.spekeup.org

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

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

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

For further information please contact:

Upton Pyne & Cowley: Linda Findlay 07598 753088

Bramford Speke: Richard Tillett 01392 841268

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

February 2026 DIARY

Monday	2 nd February	11am – noon	Coffee Morning Upton Pyne Village Hall	Veronica Clarke 841 530
Thursday	5 th February	2pm – 4pm	Tea, Cake & Chat Upton Pyne Village Hall	
Friday	6 th February	6pm	Candlelit Evening @ St. Peter's Church £15 per ticket for unlimited nibbles and drinks St. Peter's Church, Bramford Speke	Book tickets via QR code from the advert in this issue, or pay on the door
Sunday	8 th February	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Tuesday	10 th February	12noon	Lunch Bunch Exe Valley Farm Shop	Pat on 841 599 or Veronica 841 530 to book a place.
Tuesday	10 th February	7.30pm	Upton Pyne and Cowley Parish Council Meeting Upton Pyne Village Hall	Jacqui Ward 851 918
Friday	13 th February	7pm for 7.30pm	Curry & Quiz with raffle and free drink on arrival Upton Pyne Village Hall	£15 contact 07753 605726
Saturday	21 st February	10.30am for 11am start	Upton Pyne Village Hall Annual General Meeting Upton Pyne Village Hall	eroseme@aol.com
Saturday	28 th February	7pm	Quiz Night – in aid of St. Peter's Church, Bramford Speke. Prize draw and Roast Pork (or veggie) rolls. Bramford Speke Village Hall	To enter contact Fern 07770 986328
			Weekly	
Mondays		9am & 10am And 6.00pm 7.30pm	Connected Pilates Bramford 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) Bramford Speke Village Hall	Emilie Lewis Yogawithemilie@hotmail.com
Wednesdays		10am	Art Class (term time only) Upton Pyne Village Hall	John 07816 846562
Thursdays		New Time 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

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Roger Wilkinson

Managing Director

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