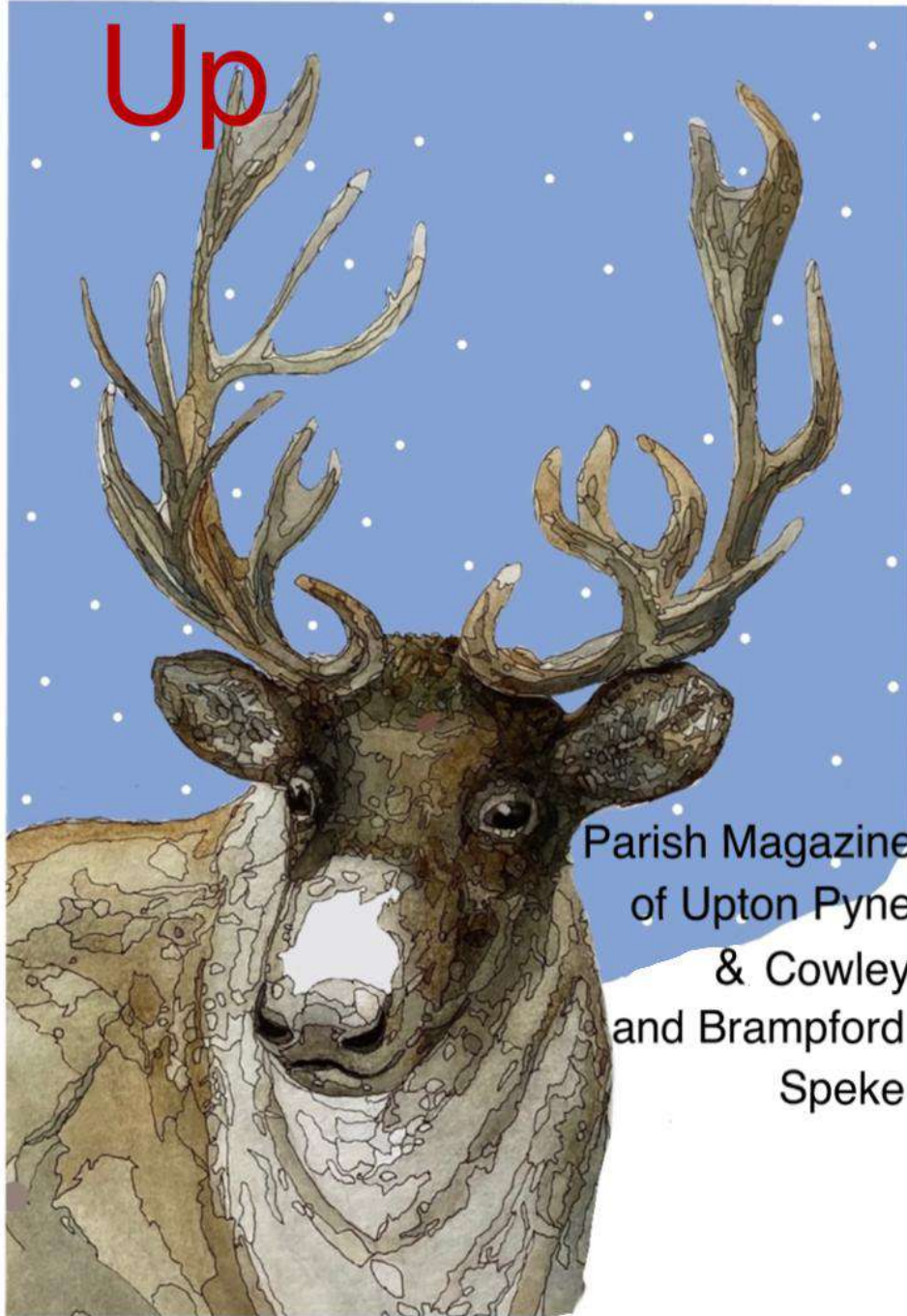


Speke

Our warmest greetings
from the Speke Up Team

Up



Parish Magazine
of Upton Pyne
& Cowley
and Bramford
Speke

December 2025

Issue 386



An Evening of Carols



at

PYNES HOUSE

Wednesday, 3rd December

7.30pm



A fund-raising event for the 'Friends of Upton Pyne'
Booking essential

£10 each - please call 07753 605 726



Mulled Wine & Nibbles


Parking at rear of house - bring a torch!

(disabled parking at the front of the house)



Cakes
Biscuits
mince pies
tea & coffee
Mulled wine


YOUR COMPANY IS WELCOME
© Bramford Spoke's



St. Peter's Christmas Tree Festival '25
Saturday 6th & Sunday 7th December
2-5p.m.

*Trees, wreaths & Christmas scenes
are all welcome if you would
like to create or decorate for
his festive celebration.*

*Doors will be open from 9.30a.m.
Thursday 4th December to 9p.m.
for your creations and
donations.*



Speke Up Matters

Welcome to the Christmas issue of *Speke Up*.

Within these pages you'll find Christmas events and services, Christmas-themed quizzes, a wonderful chocolate-y Christmas cake and Sarah's recipe for using mincemeat, a fascinating selection of book reviews for grown-ups (might one of the books find its way into your Christmas stocking?) and a lovely old wintertime tale for children. There's a report on the Christmas Craft Fair and exciting news from Rev. Tim and from the Garden Club about plans for events in 2026.

Wishing you a wonderful Christmas and successful New Year! We'll be back in February 2026.

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 We do not publish in January or August.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

Cover Notes

Reindeer (*Rangifer tarandus*)

When what to my wondering eyes should appear
but a miniature sleigh and eight tiny reindeer,
With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
and he whistled, and shouted, and called them by name:
"Now, Dasher! Now, Dancer! Now, Prancer and Vixen!
On, Comet! On, Cupid! On, Donner and Blitzen!
To the top of the porch, to the top of the wall!
Now, dash away, dash away, dash away all!"

A Visit from St Nicholas by Clement Clarke Moore - 1823

The dahlias are still thriving despite the autumn winds and the increasing cold (25th Oct). Their beautiful deep pinks, reds, oranges and gold glistening in the sun – my favourite has a large shaggy, orange head. The leaves have turned and fallen rapidly in the last week or so. There is a lot of yellow around on the limes and hazels and I love the deep crimson purple of the smoke bush, the viburnum plicatum and the acer. The latter can also be an incredibly deep orange gold colour. The small rowans have lost all their leaves, as has the large ash tree, but along the roadside there are plenty of leaves on the oaks and beeches, albeit mostly rust and yellow gold. I love crunching through the dead leaves along Gypsy Lane at the far end of the village looking for fieldfares who have a favourite tree there.

Reindeer can be wild, semi-domesticated or domesticated. Before the 12th century, reindeer used to roam wild in the north of Scotland, but they were gradually wiped out by hunting and habitat loss. However, they can still be found on the Cairngorms and the Scottish Highlands, but these are domesticated and were introduced from Scandinavia around 1952. These are tame and friendly and receive many visits over the Christmas season, infinitely preferable to seeing reindeer out of context in a field in Cornwall as I once did!

Wild reindeer (caribou in North America) wander over the tundra of North America and Alaska,

Asia, Northern Europe and Greenland and migrate thousands of miles towards the Northern coasts to give birth to their young in late May and early June. Reindeer can also be semi-domesticated as in the case of the Sami, an indigenous group from Northern Europe and Russia, who have adopted reindeer as a part of their semi-nomadic way of life. They migrate large distances with their herds which provide food in the form of meat and skins for clothing and warmth. There have been various television programmes showing these migrations moving silently except for the sound of the men singing their traditional songs.

All reindeer have antlers which they use to clear the snow so they can reach their food which is mainly lichen, known as reindeer moss. They have cloven hooves which can spread in the snow providing more balance and they have a well-insulated coat, the outer layer has long hollow hairs that trap the air to keep them warm. Interestingly, reindeer have knees that click, the sound keeping the herd together when they are moving in a blizzard. As with most of the deer family, they can be vulnerable to predators such as eagles, bears and wolverines.

Clement Clarke Moore's poem contains mention of a team of eight reindeer. In 1939, Robert May wrote a story about Rudolph the Red-Nosed Reindeer, the youngest of Santa's team, thus making it up to nine. The story was set to music by his brother-in-law, Johnny Marks, in 1949. Once again, I look forward to singing Rudolph with the choir and the brass band outside the Aggi, before Christmas.

Jane, thank you for all your support with researching and typing up my *Speke Up* articles and I would like to wish everyone a very Happy Christmas!

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

Christmas Carols

**Candlelit Service
Monday 22 December,
6.30pm**

**St Peter's Church,
Bramford Speke**

*Donations for the Church gratefully
received*

**Bring a lantern or torch and join us for a
tot of whisky/rum afterwards**



BOOK CLUB

Love After Love by *Ingrid Persaud*

I really enjoyed this book; it is set in Trinidad, so was fascinating to get some insight into a world I have never visited or imagined. It is written in a wonderful Trinidadian dialect that I thought would be irritating but which added greatly to the story.

The narrative is shared by Betty Ramdin, a widow from an abusive marriage, her son Solo, and their lodger Chetan, who create a love-filled, if unconventional, family. The novel is funny and sad but always teeming with life.

Primarily it is about family and love - it explores the many different facets and types of love and its unpredictability, whilst also prising apart 'family', and the expectations and obligations that brings.

Another debut novel – bring on the next!

CL

Sing Backwards and Weep by *Mark Lanegan*

Mark Lanegan had one of the richest and most distinctive voices in recent rock music. Like smoky, whisky-soaked velvet you know him when you hear him. He came of age in a small town in the USA in the 1980s and, due to a chaotic family, he had addiction issues from a very young age.

Fortunately, he fell in with a group of nerdy kids who played garage rock and formed the band Screaming Trees. Success was slow despite the hard work they put in over many years of recording and touring. Two of their albums charted in the 1990s but by this time he was severely addicted to a number of substances, frustrating the band's progress.

Mark was an integral part of the Seattle music scene a few years before Nirvana, Pearl Jam and Soundgarden put the city on the map as the epicentre of the grunge scene in the early 1990s, and he was good friends with Kurt Cobain.

Tragedy surrounded him, inevitably, and the main part of the book details a litany of missed opportunities, health problems, messed up relationships and fights. It's a wonder he made it to the age of 57 and this book should be required reading for anyone who is tempted to dabble.

The most uplifting part is his 'road to Damascus' moment when finally entering rehab thanks to the MusiCares charity. The book ends before the period of his life when he collaborated with many famous musicians and released a number of critically acclaimed solo albums.

A harrowing but fascinating account of the misspent early life of one of rock music's supreme voices.

SP

The First Fifteen Lives of Harry August by *Claire North*

The perfect book for me as I do love novels that play with structure and time. Every time Harry dies he returns to childhood but with the knowledge of the previous lives he has lived. I won't say too much more about the storyline, as it is hard not to give too much away. Harry is an immensely likeable character which helps you engage with him throughout his lives, the plot is well structured with a lot of twists and turns, and of course, Harry has the advantage of hindsight – blessing or curse?

CL

Cypria by *Alex Christofi*

I read this account of the history of Cyprus while on holiday there recently. Having been born on Cyprus and lived there throughout my youth, I feel that part of me belongs on the island.

This book is written in such a lovely style it's like no other history book I have read. The author is a dual national and his affinity for the country is infectious. The island's main export was olives and olive oil, then copper and bronze. It has been variously 'owned' by the Phoenicians, Romans, Greeks, Arabs, French and British. The chapters are given context by the author's family memories, which humanise the story and stop it feeling over-detailed to a non-historian like me.

The most moving chapters detail the appalling way the Cypriots were treated by the British over many decades. Growing up near a military base, I mainly heard only one side of the story. From chatting to people more recently, I have had my eyes opened to the worst sort of atrocities that our so-called civilised country is capable of inflicting on civilians.

The chapters on the EOKA resistance group are evenly handled – the killing of British civilians was also barbaric. We stayed in the Troodos mountains and saw EOKA carved into the hill above the hotel.

I was up to the section on 'The Troubles' when we visited the viewing point to see the abandoned city of Famagusta (where my parents lived two years before 1974s Turkish invasion). The context was overwhelming and I wept for the lost lives as well as the abandoned hope of what was once called The Jewel of the Mediterranean, now just crumbling hotels, houses and landmines.

SP

Sense and Sensibility by Jane Austen

Many will be aware that 2025 has seen much attention given to Jane Austen, as 16 December marks the 250th anniversary of her birth in Steventon, Hampshire, in 1775. It seems fitting to pay tribute to her in this anniversary month, as the writer Anne Marie Edwards, in her book *In the Steps of Jane Austen* is confident that the setting for *Sense and Sensibility* is Upton Pyne; some readers may remember the successful Jane Austen Day, hosted in the village in 2011, marking the bicentenary of the publication of *Sense and Sensibility*.

We know that Jane Austen visited the Exe Valley when holidaying in Devon, and often found the settings for her novels in places she had seen.

Sense and Sensibility is set in the final decade of the 18th century, when the widowed Mrs. Dashwood has to leave her family home and move with her daughters to a cottage 'four miles northward of Exeter'. Barton Cottage (Woodrow Barton?) is made available to the family through the generosity of a distant relative, Sir John Middleton of Barton Park (Pynes House?).

The story follows the lives of Elinor and Marianne as they adapt to living in their new Devon home. This was a time when women on their own could manage very well if they were rich, but with only a very modest income, life was difficult.

Elinor and Marianne are very different from each other, as are Jane and Elizabeth in *Pride and Prejudice*, and as was Jane Austen herself from her own beloved sister, Cassandra (Miss Austen of the recent TV series). The path to love doesn't run smoothly for either of them and in Marianne's first romance, with Willoughby, we encounter Jane Austen's most despicable man (just ahead of *Pride and Prejudice*'s George Wickham). On their journey towards marriage, we meet some memorable characters appalling in their greed, heartlessness, weakness and duplicity, while being entertained by the more generous comic characters of Mrs. Jennings and Sir John Middleton.

Sense and Sensibility was the first of Jane Austen's six novels to be published and may not be her best, but it provides an insight into life two centuries ago and invites us to think about what we can still recognise in human nature and what made life so different then. And it is written with the elegant and precise use of language that she perfected in the five novels that were to follow.

There have been several film adaptations and while some have caught the characters well, none has shown the setting four miles north of Exeter! Instead, the best version had waves crashing nearby (filmed at Hartland in North Devon) which was atmospheric but inaccurate. There is no mention of the sea in *Sense and Sensibility*; it is set in a small rural community near Exeter and ends with a wedding which I like to think Jane Austen glimpsed when she saw the Church of Our Lady in Upton Pyne.

VC

Small Worlds by Caleb Azumah Nelson

This isn't my usual type of book, and I was somehow sure I wouldn't like it, but oh, how wrong I was. It's an absolutely exhilarating, lyrically written book of life in South London (mostly Peckham) and Ghana from the point of view of Stephen, a young second generation Londoner of Ghanaian descent.

He's just left school, his whole life is music and he's hoping for a scholarship to music college. His best friend Del hopes for the same. Del gets in, but Stephen doesn't. His father wants him to take a Business Studies course, but he hates it, drops out, and decides to leave home. The expectations of parents for their children play a big part in the book, and the changing perspectives children and parents have for each other. We also learn of the expectations of family left in Ghana. It also explores the inability to tell friends and family what feelings you have for them, why you want, or not, to do certain things, and what consequences are.

Stephen goes to Ghana to visit family after his mother dies, and we see what life is like there.

Back in London, he describes the fear of being Black and how police look for Black people as the perpetrators of crime.

If that all sounds rather depressing, it isn't. The book is suffused with the joy and happiness of music and dancing, of making the most of life, and the writing really brings all that into colourful reality.

SG

The Winter Hedgehog by Ann and Reg Cartwright

As this review is for the December/January edition of *Speke Up*, covering two of the winter months, it seemed appropriate to mention a favourite wintertime book of my daughter, from when she was little.

It's about a community of hedgehogs, who, in autumn, start thinking about their hibernation for winter. The smallest hedgehog wants to know what winter is – his mother tells him it's very cold, cruel, and dangerous, and that is why hedgehogs sleep through it.

The smallest hedgehog is curious and he leaves the cosy nest to go to look for winter. He begins to feel a little afraid, but he's set on finding winter. He meets with dangers but he's helped by a hare, escapes from a fox and becomes a snowball when rolling down a snowy hill. He manages to survive until spring, when he makes his way back to his family, and then promptly falls asleep.

This is a lovely little book, with beautiful colour illustrations, some of them full page, and ideal for reading aloud to little ones.

SG

The Friends of Wyndham House Surgery

The Friends of Wyndham House Surgery will hold their Annual General Meeting on: Wednesday 10th December at 2pm

in the Community Hall, Silvertown.

Dr. Anthony O'Brien will speak on the topic 'What next for the NHS?' All are welcome



Join me for a welcoming yoga practice designed to calm the mind, awaken energy and uplift the spirit.

Brampford Speke Village Hall Sandy Lane, Brampford Speke, Exeter EX5 5HW	Tuesdays 7.30-8.30 pm £10 per class
---	--

(open to all levels)
To book email:
yogawithemilie@hotmail.com

Scan me



Please bring your own mat.



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.



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



CHRISTMAS QUIZ

- 1 What did my true love send to me on the fourth day of Christmas?
- 2 Where was St Nicholas born?
- 3 Which of Santa's reindeer is named after the German word for lightning?
- 4 What is the name of the town in the film *It's a Wonderful Life*?
- 5 In which direction should you stir Christmas pudding mixture?
- 6 How many 'las' come after the 'fa' in the song *Deck the Halls*?
- 7 What are the names of the three Wise Men?
- 8 Which 1994 film features a boy who receives a magical ticket to the North Pole on Christmas Eve?
- 9 Who first recorded the song *Little Donkey* in 1959?
- 10 In which country did the idea of a Christmas tree originate?
- 11 What song was the Christmas number one in 1975, and again in 1991?
- 12 What should you eat on each of the twelve days of Christmas to bring good luck for the year?
- 13 In the very first depictions of Santa Claus, what colour was his outfit?
- 14 Which town in Germany holds an annual Stollenfest?
- 15 Which Roman Emperor decreed that December 25th should be the official date of Christ's birth?
- 16 What fruit is used to create a Christingle?
- 17 "For unto us a child is born" is part of which oratorio by Handel?
- 18 In which year of the First World War did the Christmas Truce see soldiers from both sides playing football together?
- 19 Which country began the tradition of sending Christmas cards?
- 20 What is the English name for the carol *Adeste Fideles*?

Speke Up About Music

Song: *The Kiss* by Judee Sill

Suggested by: Greg and Polly Bickerdike

Greg and Polly say: *The Kiss* was the first dance song at our wedding this summer. It's been the soundtrack to many post-dinner kitchen waltzes and we love to play it for others who haven't heard it before. The song can sound drastically different depending on your mood - it can be a song of sorrow or of profound positivity, but on each listen, it feels like you hear more than the last time.

Stu and Debbie say: A beautiful piano melody plays, a female voice sings softly ("Love, risin' from the mists"), sliding in and out of each note in a manner reminiscent of Karen Carpenter, strings join in tugging at the heartstrings, the chorus emerges uniquely, exquisitely, poignantly. A vulnerable-sounding rural US accent hints at a bruised soul.

Equal parts joyful and heartbroken, the way the verse sets the emotional mood, leading towards the bittersweet euphoria of the chorus, this song is not as well-known as it deserves to be and the singer is one of those 'lost wonders' who has attained cult status with her obscurity. Those who are new to Judee Sill often fall for her music. She had a substance addiction and sadly died young.

On a technical note, Judee double-tracked her vocals *i.e.* singing the same lines twice in order to thicken the sound. She does this in a manner that isn't 100% accurate (although not as way out as Neil Young for example!) and this adds to the charm, gives the song added vulnerability that pulls the listener's ears, heart and soul closer to the song.

Thanks Greg and Polly - an incredible choice and one of the most beautiful songs ever recorded.

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>



'Tis the festive season so the questions are all about famous pop and rock people who were born close to or on Christmas Day.

Q1 Born on Christmas Eve in 1945, this former band member of Hawkwind and legendary frontman and bassist of Motorhead was ...?

Q2 Name the female Scottish singer, born on Christmas Day 1954, who was the other half of the Eurythmics (a band prolific in the 1980s).

Q3 Eddie Vedder has a birthday on 23 December but can you name the band he fronts?

Q4 Born on Boxing Day 1963, who is the famous drummer in Metallica?

Q5 Noel Redding was born on Christmas Day 1945. He was the bassist in which very famous 'experienced' band?

Q6 The frontman of the Pogues, who sang the famous Christmas song *Fairytale in New York*, was born on Christmas Day 1957. What was his name?

Q7 Robin Campbell who co-founded this band with his brother, was born on Christmas Day. He played guitar in the group which is famous for its reggae-infused pop anthems (festive-coloured alcoholic beverage!)

Q8 With hits off her 1999 album *No Angel* including *I Want to Thank You* and *Here with Me*, this British singer songwriter was born on Christmas Day 1971. Can you name her?

Q9 Born on Boxing Day 1939, can you name the infamous American music producer who pioneered the 'Wall of Sound' in the 1960s?

Q10 Born Enrique Martin Morales on Christmas Eve 1971, this Puerto Rican singer, songwriter and actor topped the charts in the late 90s with *Livin' La Vida Loca*. What is his professional name? **Answers p.37**

Celebrating Women's Lives

An Update

The first gathering to explore a programme of events celebrating the lives of women took place on 4th November. There was a great feeling of enthusiasm and support for the proposal, looking to set up a year-long programme of events focused on the women who have been written out of history, those forgotten and missing, those sidelined or just simply ignored – but who have contributed extensively to the life and colour and rich tapestry of the world around us.

It is hoped that the events will not only celebrate the lives of women but will also raise awareness of the challenges women faced and still face, today; and even begin to challenge the evident inequality that exists.

During the meeting, ideas and suggestions quickly flowed, and by the end there were already some firm proposals:

- *'Authentic Voices'* - a project to develop a record of local women's lives, which would then become an immersive exhibition, to include pictures, audio, writings. This will be progressed by two women (and others) from Newton St Cyres and Upton Pyne
- A Retrospective Exhibition of the Thorverton Art Festival, particularly showcasing the art of local women.
- A Flower Festival in Stoke Canon

Other ideas included a film festival, and an expanded Book Club, concerts and exhibitions, quizzes and discussion evenings. The embryo of many ideas – but all with great potential.

This is just the beginning, and we know that there will be many other events to get involved with, to help organise, to engage with next year.

If you would like to come along and share your ideas, then the next meeting is at:

7pm on Friday 5th December in the Function Room at The Exeter.

Come along and add your voice to the celebrations.
All blessings

Tim

Revd Tim Collins

Rector, Netherexe Mission Community

01392 86076/07449 111663

tim.collins@netherexe.org

Celebrating Women's Lives

Friday 5th December

7pm

**The Exeter's Function
Room
Thorverton**

You are cordially invited to another evening exploring and planning a series of events across our parishes and villages to celebrate the amazing, incredible contribution women have made to the rich tapestry of our society, our world, throughout history, and continue to do so now.

**We look forward to seeing
you there!**

For more information, please contact:

Revd Tim Collins

01392 860767

tim.collins@netherexe.org

The Gardening Year



Sarcococca – Christmas Box or Sweet Box.

I hope that it has been a good year for you and that you are happy with all of the work that you have put into your gardens.

Continuing the theme of Christmas plants at this time of year, I thought I would provide some information on **Sarcococca – also known as Christmas Box or Sweet Box**. There are a dozen or more species of these evergreen plants which have a beautiful fragrance in mid-winter, due to the little tassels of creamy-white flowers that give off a strong, sweet scent. It is a compact and bushy plant, and the upright stems have slender, dark green leaves. An ideal location is near a path or in a front garden to fully appreciate the fragrance. The plants have berry-like fruits which may be red, purple, black or blue-black when ripe. They are suitable for large pots, borders, or a woodland garden in partial or full shade and in reasonable soil. Most species are fully frost hardy, and do not require pruning, but benefit from being sheltered from cold winds. If growing in pots, use a soil-based potting compost and keep plants evenly moist. Species recommended for growing in pots include *S. hookeriana humilis* and *S. hookeriana digyna*. If growing in the ground, water the plants for the first growing season until established. When purchasing plants check that they already have plenty of buds and avoid those with yellowing leaves. Should you wish to propagate, semi-ripe summer cuttings are best.

The second plant for this year is **Camellia x vernalis 'Yuletide'** which is a winter-flowering evergreen shrub. It has glossy dark green leaves and scented, single flowers of brilliant red with prominent yellow stamens. It should flower from the end of November to January. Care details include sheltering from the early morning sun, as buds and flowers may be damaged by frost melting too quickly - in the same way that rain can damage them. It should be planted in ericaceous soil and, as it is a fairly compact shrub, it can be grown in a pot for several years.



Camellia x Vernalis 'Yuletide'

Jobs for December & January

- Leave ornamental grasses uncut, as the bases of the stems provide hibernating places for insects.
- Check tender plants and provide winter protection.
- Raise patio containers onto feet or bricks to prevent them sitting in water
- If you have large tubs, wrap them in bubble wrap, hessian or fleece, to insulate them over winter.
- Winter is a good time to dig a new border. Leave the soil in clumps, as the winter rain and frost will help to break it down naturally. This will also expose any pests to natural predators and the cold.
- Continue to put out food and water for birds

- Clean your greenhouse to maximise light and minimise the risk of pests and diseases
- Sort through your stock of plastic pots and be realistic about which ones you will re-use. Clean them all, and those not required can then be taken to collection points at garden centres.
- Sit down with a cup of tea, coffee, hot chocolate – or something stronger - and plan ahead for 2026 by ordering seeds for next year. If you are still looking for something to add to your Christmas list, the National Trust publishes a *Gardener's Almanac* and the RHS publishes *The Garden Almanac*, both available from good booksellers
- Take time to relax with friends and family, and accept any praise they give for all of your hard work!

WHAT'S ON? – Not all Garden Related!

- **Until 31st January 2026 RHS Rosemoor - Winter Sculpture Exhibition** normal opening hours.
- **Until 30th December 4.30pm – 8.30pm - RHS Rosemoor Glow.** Tickets must be booked in advance and admission prices vary. Simple suppers, Grab & Go food and hot drinks will be available. Full details at www.rhs.org.uk/gardens/rosemoor/whats-on/rosemoor-glow
- **6th – 7th December Saturday 11am – 4pm, Sunday 10am – 4.0pm RHS Rosemoor Magic of Christmas Craft & Food Fair.** On Saturday the fair will be closed between 4pm & 4.30pm. After 4.30pm, admission is included with the Glow tickets – see details above.
- **Throughout December (except 24/25/26) until 4th January 2026. Daily opening 11am – 4pm Victorian Christmas at Knightshayes,** where each room on the ground floor celebrates a different Christmas tradition. **Also, on 6/7, 13/14, 20/21/22/23 December 12 – 7pm** “The evenings may be dark, but that means that Knightshayes can sparkle! Discover the twinkling lights and decorations bringing a festive glow to the house and stables. Stop by the café for a hot drink or sweet treat and explore the shop for those

festive presents”. Normal admission prices apply for non-members of the National Trust.

- **Throughout December (except 25/26) until 4th January 2026 Killerton House** “The ground floor of Killerton house is traditionally dressed with lush green garlands, sparkling trees, decorative fireplaces and hand-made delights. The centre-piece of this year's display is the internationally acclaimed 'Red Dress Project'. See: <https://reddressembroidery.com>. Outdoors, playful activities for all ages lead you through the gardens, parkland and Chapel grounds. These are inspired by games from around the world, shared with us by our local communities. Trees, lovingly dressed by local groups adorn the Chapel. Please note that the house is open from 11am-4pm. Last entry to the house is 3.30pm. Killerton is closing at 2pm Christmas Eve (last entry to the house 1.30pm), and is closed on Christmas Day and Boxing Day”.
- **Saturday 13th December 10.30am** CREDITON Town Band – **Carols at Homeleigh Garden Centre**
- **Tuesday 23rd December 7pm** CREDITON Town Band – **Carols in the Square CREDITON**
- **Wednesday 31st December 7.30pm** Newton St Cyres Parish Hall – **New Year's Eve Ceilidh. £20 per person to include a light supper.** Book by 19th December from me, on 01392 851985
- **Saturday 10th January 2026 6pm** Wassailing Meet in the Square Sandford EX17 4LW & 8:30pm Wassail Traditional Folk Songs in the Lamb Inn, Dowrich Room. Free Event
- **Tuesday 27th January 7pm** CREDITON Library – **Rob Vincent – Houseplants 101** CREDITON Garden Club

Wishing you all a Peaceful Christmas & Happy New Year!

Nicola Baker



Brampford C of E Primary School

A Term of Community, Gratitude & Seasonal Wonders

As we returned to School in early November after the October half-term break, our new value for this term, 'Community', was already taking shape in the children's ideas and activities.

Pictured right: On Remembrance Day, the whole school gathered for a special assembly, followed by a two-minute silence at the end of playtime. The children learned about the Guides and Scouts during the war and the important role they played. Every child made a poppy, and we created class wreaths. In the afternoon, Reverend Tim met with the JETs group and accompanied them to the war memorial, where the children laid their wreaths and shared a quiet moment of reflection, as Reverend Tim led a prayer.



Pictured left and below (right): Embracing our Community and our school value. The children have enjoyed Autumnal Outdoor Learning walks to the church, where they planted hundreds of daffodil bulbs along the drive. We look forward to watching them bloom and brighten the path in early spring for the whole village to enjoy.

Pictured below: As the weather is starting to give us signs that winter is on its way, Skylark class enjoyed a frosty morning walk down to the river. Linking in with our Science topics, it also gave the children the opportunity to appreciate nature and share in the joy of the seasons.



Wishing you all a very Merry Christmas and a wonderful 2026!

Free Range Oven Ready Turkeys and Geese for Christmas



Traditional Free Range Bronze Turkeys

Free Range Geese

Please Order Online

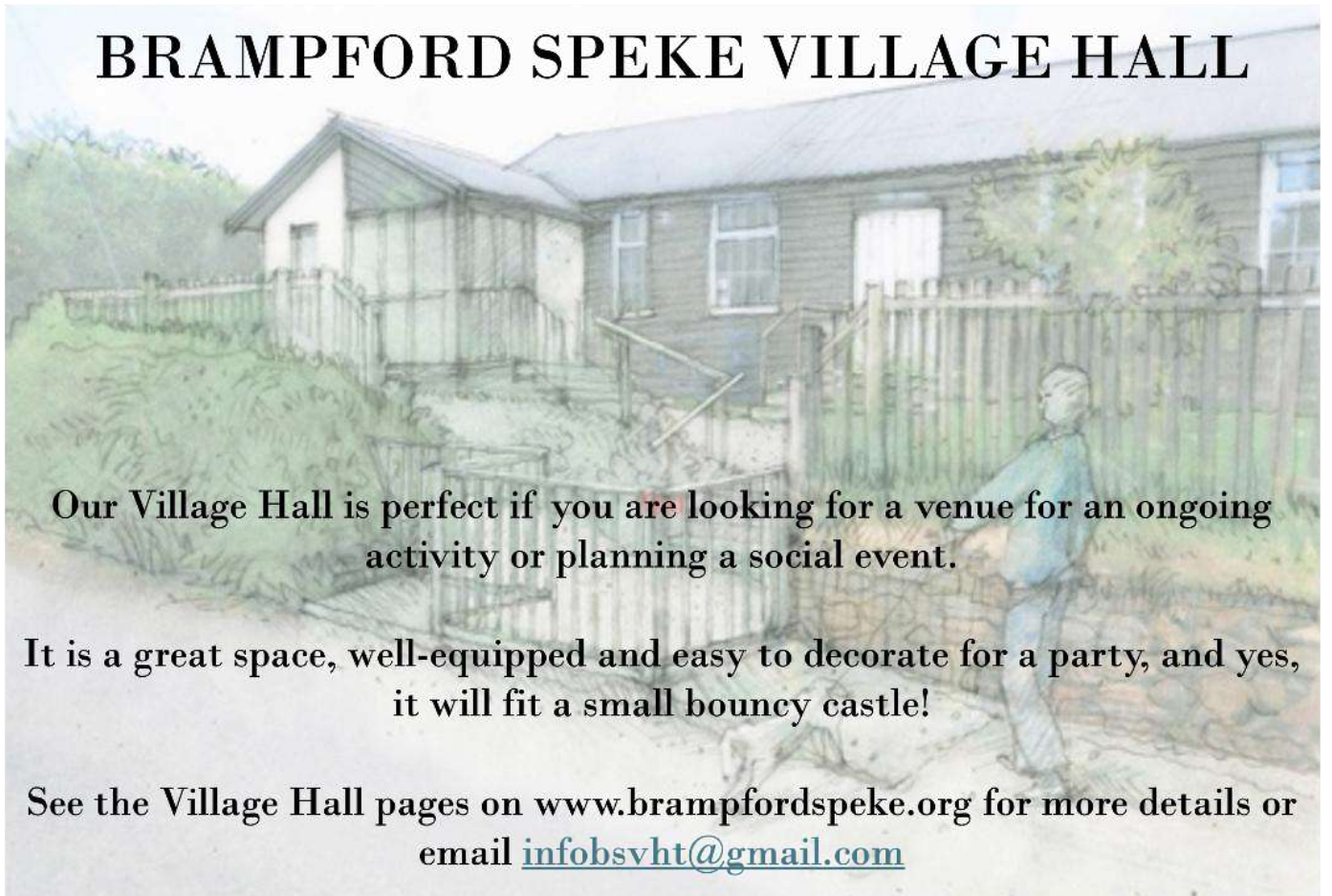
www.exeterturkeyfarm.co.uk

Home Delivery Available

Mike & Tim Leach Glebelands Farm Upton Pyne Exeter EX5 5JA

Tel: 01392 841552 / 07889 825796

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

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

📘 [Melspillerfoothealth](https://www.facebook.com/Melspillerfoothealth)

🌐 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



It's Christmas!

Though, as you're reading this at the very beginning of December, maybe not quite just yet...

But let me ask you a question: with the ever-familiar strains of Slade or Wizzard or the Pogues in the background; with the perennial favourites like *Mistletoe and Wine*, or *Fairytale of New York*, or *Santa Baby* no doubt playing on the radio, in the shops, and in the car; and as we all begin that magical countdown to the 25th December, I wonder: what is your most favourite part of Christmas?

Is it those days of eager anticipation, counting down the days? Opening the windows on the calendar, lighting the numbered candle.

Is it that time of preparation and planning – thinking about the presents to buy, the food to get, and actually really enjoying looking through the catalogues, or wandering the shops, soaking up the atmosphere, walking lightly in the air. Decorating the tree.

Or perhaps the first notes of that first carol - *Once in Royal David's City*, or *In the Bleak Midwinter*?

Revelling in that angelic alto hitting that perfect note, as the people sit in candlelit darkness, listening to the story unfold in verse and song; the mulled wine and minced pies.

Then again, perhaps it is the actual present buying – getting that perfect gift for the most important person in your life, the one that they have always secretly wanted, but didn't know that you actually knew.

For parents with young children, maybe it's going along to the church or the school for the Christmas Nativity – stages crowded with shepherds and kings and donkeys and stables, with mumbled, missed lines, scenery wobbling in the background. But the whole filled with such deep love and boundless joy.

Or travelling to be with family, of all being safely gathered together, once more. Even if it is a little crowded at times.

Or maybe it's the early Christmas morning, and that look of joy and surprise on their faces as they unwrap

their perfect presents, so lovingly sought, so carefully wrapped, amid shouts of great delight and laughter.

In many ways, that very first Christmas, over 2000 years ago, was very much like all of the above – though perhaps not with Slade or Wizzard in the background – mind you, they have been around for quite a while, so who knows... But that first Christmas **was** filled with eager anticipation, **was** a time of preparation and of planning, **was** time with many travelling to be with family, **was** a time of crowded rooms and noisy people, of heavenly singing, of shepherds and kings (or wise men...), and incredible, unexpected, perfect gifts.

For hundreds of years God had promised something extraordinarily special; for many years the people had been watching and waiting and counting the days. And on that night in a tiny almost-forgotten village, the most unexpected, most perfect of gifts was given. Definitely a surprise, definitely not what many thought God's promise would be. But this little child wrapped in the arms of his mother and surrounded by love would change the world. From the moment that God walked among us nothing would ever be the same again. This baby would be what the world needed – even if we never really realised then, and don't realise even now.

And my most favourite part of Christmas? Well, for me, it's walking out of church after the midnight service, into the quiet, moonlit streets, slightly exhausted but full of the absolute joy and wonder and beauty and love that is the very essence of Christmas.

May you have the most blessed of Christmases

Tim

Revd Tim Collins

Rector, Netherexe Mission Community

01392 860767

tim.collins@netherexe.org



UPTON PYNE CHURCH NEWS

Greetings from The Church of Our Lady. We marked Remembrance Sunday on 9 November with a splendid turnout from the community gathered around the War Memorial and were joined by friends from Bramford Speke as our Rector, Tim Collins, led us in the British Legion service for the day, followed by a service of Holy Communion in the church. On the following Sunday evening our Rector led a short service of reflection, much appreciated by those there.

Meanwhile, in November, the Friends of Upton Pyne organised a variety of activities, all enjoyable, well supported and providing ever-useful funds. Already there are improvements in the church to admire, notably the stained glass in the vestry door, which is looking better than it has for years (see page 24).

And now we are in Advent and there will be Carols at Pynes House on Wednesday, 3 December (see notice in *Speke Up*). There will be Holy Communion at 10.30am on Sunday, 14 December (when our new sound system will be operating!). On Tuesday, 23 December there will be a Carol Service for all ages in the church at 5pm and on Christmas Day we join with Bramford Speke for a service in their church at 10am, led by Graham Cotter. There are various other seasonal events here and in all the surrounding parishes of The Netherexe Mission Community and support is welcome at any and all of them.

And at the end of the year, the church community would like to thank wholeheartedly the many people who give their time so generously to maintain our beautiful church and churchyard: to Maggie Cormack and the Friends of Upton Pyne for ongoing support; to Paul Bowden and Bill Hitchcock for hours spent in the churchyard; to Sue Glanville who keeps the church open for all; to Verity Hill who ensures there are fresh flowers adding a welcome; to Bev Horton who looks after our finances so diligently. To you all, and others, we extend thanks for your efforts which are much appreciated. And acknowledgement too of the huge load that Lisa Clapp has shouldered as our sole Church Warden. She has been indefatigable in helping with events, services, representing us at meetings and much more that comes her way. She is an inspirational leader to our church community.

Our thanks go, too, to our Rector, Tim Collins, for supporting all that goes on in this community, alongside the team who assist him so readily.

Christmas greetings to all parishioners from your local church.
VC

VILLAGE HALL NEWS

TEA, CAKE & CHAT ON THURSDAY

Please note change

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 4 December**. There will not be a tea in January.

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 1 December**.

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 9 December 12 noon, Exe Valley Farm Shop.** Tel. Pat on 841 599 or Veronica on 841 530 to book a place.

Barbara Hewitt

It is with much sadness that we announce the death of Barbara Hewitt, longest-standing resident of Upton Pyne. Barbara died peacefully on the morning of 19 December. She will be greatly missed, having been a central figure in the village community over very many years. Funeral arrangements TBA.



Residents from Upton Pyne and Brampford Speke gathered at the war memorial on a rather gloomy November 9th for the annual service of Remembrance. We are very grateful to Ali Stait for playing the bugle and also to our Rector Tim Collins for leading the service. It was heartening to see over 40 people in the churchyard. LC

Photo: Jonathan Clapp

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, foreign currency, multi-currency travel cards, insurance, online shopping returns, phone, gas + electricity top-ups, gift cards, **LOCAL COLLECT + DROP & GO** parcel services, newspapers, magazines, stationery, greetings cards, local postcards, notelets, posting and packing materials, photocopying, MDDC garden waste sacks + lots more

PLEASE support your LOCAL PO

Seasonal + special occasions cards always in stock

Lots of Christmas stock + charity cards available NOW!

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



 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 **13th December** from 9:30 – 11:30am. We hope to see you there

Just to let everyone know there's **NO Film Night in December** (too near Christmas!) but will be back on January 16th

Newton St Cyres Tennis Club

Winter is such a good time to play tennis, to get some fresh air and run around instead of staying inside. The weather always looks more cheerful when you are outside. The courts have been repainted and look amazing and it may inspire you to come and play tennis yourselves. There are regular sessions for rusty rackets on Saturdays, contact Sue Bloomfield sueblmfld03@gmail.com The club sessions cover a wide range of abilities and ages.

The winter league started and we have one mixed team, one ladies' and one men's team.

Junior coaching, run by our club coach James Temple, takes place on Wednesdays after school during term time, please email juniors@newtonstcyrestennisclub.co.uk for further information. Jon Wills offers adult coaching both individually and for small groups, so if you feel you need to brush up your skills just get in touch via our website www.newtonstcyrestennisclub.co.uk.

Wishing you all a Merry Christmas and a Happy and Healthy New Year.

NEW YEAR'S EVE CEILIDH

**Dance away the Old Year
& welcome in 2026 with the
Barnstormers Ceilidh Band**
N S C Parish Hall

31st December

Doors 7.30 for 8.00pm
Advanced Booking Required
by midday 19th December
from Nicola (01392 851985)

**Raffle, Licensed CASH Bar
£20 per person, inc Light Supper
(please specify if vegetarian option
is required)**

AGRICULTURAL

— I N N —

What's on at the Agi



Quiz Night



Next Dates: 14th Dec, 11th Jan, 8th Feb

The brilliant Adam in the Hat will be at the helm, bringing his sharp wit, musical flair, and plenty of laughs. Jan edition will be a "Big Fat Quiz of the Year"!

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

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



Carols in the Courtyard



Wednesday 17th December 7.30pm

Join us for Christmas carols, and festive cheer, in our cobbled courtyard. To keep you jolly, we'll be serving mince pies & mulled wine and cider.

Raising money for St Petros



Winter Wine Club



Wednesday 10th December 7.30pm

A celebration of fantastic fizz perfect for the festive season!

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

Christmas Opening Times

Open as usual throughout December apart from the below variations

Monday 22nd & Monday 29th: Additional Days open 12-10:30

Christmas Day & Boxing Day: Closed

New Years Eve: Open for food and drink as usual until 10pm

1st Jan until 5th Jan: Closed

6th Jan onwards: Normal opening hours resume

01392 840043

www.agriculturalinn.co.uk



Here we are now in the flurry of Christmas cookery and planning. My social media feed and emails are already overloaded with traditional ideas. So, I have deliberately gone a bit off-piste and am sharing these scrumptious Christmas recipes that I created. One is rather decadent, needs a good few hours to create, but looks wonderful and then the other is incredibly easy, can be made in half an hour (excluding baking) and keeps well in a tin.

Wishing you all a very Happy Christmas from Sarah's kitchen.

Christmas Chocolate Flake Cake

Christmas cake with a difference and an absolute winner with chocolate fans.

I make the sponges a day ahead and I think they taste better in terms of fudginess (a bit like brownies). To save time and money you can just crumble flakes on the top and not decorate around the edges. Gluten free works well for this but do remember the Xanthan gum as I mention below. I forgot making this one and it was a bit crumbly.

Dark chocolate	170g, diced
Salted butter	160g, diced
Hot water	120ml
Eggs	3, large
Soured cream	150ml
Golden caster sugar	150g
Light brown soft sugar	100g
Cocoa powder	30g
Self-raising flour	260g
Bicarbonate of soda	1 round tsp



1. Set the oven to 180°C (Gas mark 4 or 350°F) / 160°C fan.
2. Grease and line the bases of two sandwich tins (20cm).
3. Put the chocolate pieces, butter and hot water into a warm heatproof bowl and set over a pan of simmering water. Leave for two minutes and then stir until the ingredients are melted. Take off the heat and use a whisk to combine the ingredients until smooth and glossy. Set aside for ten minutes to cool.
4. In a food mixer or large mixing bowl, beat the eggs and add the soured cream and sugars. Whisk until smooth.
5. Add the slightly cooled chocolate mixture along with the cocoa powder and mix. Finally, fold in the flour with the bicarbonate of soda.
6. Divide the cake mixture into the tins and bake in the oven for 30-33 minutes. Test with a skewer that the sponges are cooked.
7. Leave the sponges in their tins for 20 minutes then remove and cool on a wire rack.
8. Make the ganache as below.
9. Place one of the sponges onto a serving plate / platter. Use a third of the ganache mixture to sandwich between the two sponges.
10. Use another third to spread around the sides. Then spread more to cover the top of the cake. You may have some ganache left over.
11. Cut the chocolate flakes to the height of the cake and then push them gently into the ganache, around the sides. With some of the leftover flake pieces, crumble them and scatter over the top of the cake onto the ganache. Decorate with the fresh raspberries in little clusters. Dust the top with icing sugar.

Chocolate Ganache Filling and Topping

Dark chocolate	300g, diced
Salted butter	26g, at room temperature + diced
Double cream	400ml

1. Put the chocolate and butter in a medium-large heatproof bowl.
2. Pour the cream into a medium saucepan and slowly bring to a gentle boil. Take off the heat and pour over the chocolate and butter. Leave for at least a minute, then gently stir until smooth and glossy. I use a small whisk to ensure it is thoroughly mixed.
3. When the mixture is smooth, leave it to cool and thicken for at least 15 minutes.

To decorate

Chocolate flakes	30 to do the whole cake, or four to just do the top
Fresh raspberries	100g, washed
Icing sugar	to dust the top

Additional notes –

- **Make sure people are aware they should not eat any greenery on the cake.**
- *If you are making gluten free add an extra 30 ml soured cream to the recipe and 1 tsp xanthan gum to stop the mixture becoming too crumbly.*

Christmas Mince Pie Bake

No faffing with pastry here. A lovely Christmas-themed bake with a generous amount of sweet mincemeat, spices, vanilla and orange running through it. Enjoy slightly warm and serve with a generous dollop of brandy butter, clotted cream or crème fraiche. Goes very nicely with a cup of mulled cider!

Salted butter	270g soft, with a bit extra for greasing the tin
Golden caster sugar	150g
Eggs	2, large
Plain flour	350g
Baking powder	¾ tsp
Cinnamon	1 tsp
Ground nutmeg	1 tsp
Vanilla paste	2 round tsp
Optional - Orange	1, zest only
Sweet mincemeat	250g
Icing sugar or caster sugar	1 round tbsp



1. Generously grease a 20cm square tin.
2. Set the oven to 180°C / Gas mark 4.
3. Cream together the butter and sugar in a food mixer or using a hand whisk.
4. Add the eggs with the flour, baking powder, spices and vanilla. Mix well.
5. Spoon just under half of the mixture into the tin and spread with a fork or metal spoon.
6. Give the mincemeat a stir and add the orange zest if you are using it. Use a metal spoon to spread this across the cake mix. Use a fork to swirl it slightly into the cake mixture. Now add the remaining cake mix over the mincemeat. Use the fork to spread the cake mix and mincemeat in swirls. Ensure the top is even and no fruit is poking through (otherwise the fruit may burn).
7. Bake for 35 - 40 minutes until golden. It may seem soft, but it will crispen as it cools.
8. Leave to cool in the tin for 15 minutes. Remove from the tin and onto a chopping board (it may be too crumbly to put straight onto a wire rack). After 10 minutes or so, you can then slide it on to a cooling rack for 15 minutes.
9. Slide back onto the chopping board and use a sharp, straight bladed knife to cut into squares. Dredge generously with either icing or white caster sugar.

Sarah Lumley



The glass in the tower vestry doors at Upton Pyne church was cracked and blown and looking dull. Fundraising from The Friends of Upton Pyne events and a grant from Devon Historic Churches Trust have enabled the glass to be fully restored to its former glory and sparkling from a good clean by Maggie!

Photo: Lisa Clapp

Friends of St Peter's

We have many things planned for the 2025 festive season, starting with **the Christmas Tree Festival** on the 6th and 7th of December 2 - 5 pm, where you can enjoy mulled wine, cakes and mince pies. We would love some families or groups of friends to contribute trees, wreaths or other festive creations to join the usual ones. The church will be



open from 9:30am - 9 pm on Thursday 4th for setting up. We also really need donations of cakes 🍰 biscuits 🍪 mince pies 🥧 & mulled wine 🍷. **Candlelit Carol Service** at 6.30pm on Monday 22nd December, followed by a festive tot! Please bring a torch or lantern for reading the carol sheet. **Crib Service on Christmas Eve** at 5pm, and our usual **Christmas Day Service** at 10am, with a glass of bubbles to see Christmas Day in. Please come and join us.

Our **Christmas Star** will be back on the Church Tower for the beginning of December - thank you to Rupert Pulvertaft for creating a new Star - and the inside of the Church has been festooned with Christmas lights. We will be holding our **Candlelit Drinks and Nibbles** on Friday 6th February, which was great fun last year, so put it in your diary. Please come and support your church. Our **next meeting** is on Thursday 15th January at 6.30pm in the Agi.

Brampford Speke Baptist Chapel

Our annual Carol Service in the chapel will be on December 21: we hope that all will feel welcome then to join in our celebration of the birth of our Saviour. On Christmas Day there will be a service at 10.30am at South Street, Exeter, to which everyone will be very welcome. Dates for your diary:

December 7: 3pm service led by Revd Hannah Freeland

December 21: 3pm Carol service led by Revd Simon Taylor

January 4: 3pm service led by Revd Simon Taylor

January 18: 3pm service led by Revd Peter Woolway.

Mark Leveridge - Professional Strolling Magician

A Merry Xmas To All Speke Up Readers



Christmas is a special time of year and as a strolling magician I have been lucky enough over the years to provide my award winning close up magic for people organising festive events both large and small.

If you've left it too late to book your own comedy magic this Xmas, why not decide to treat yourself at some point next year? My magic is perfect for adult birthdays, anniversaries, dinner parties and so much more. I hope to entertain you in 2026.

To watch Mark in action or to get a quote, go to his website at

www.markleveridge.co.uk/strolling-magic/

Or if you would like to chat about your event, call

07773 303558

QUALITY INSURANCE THAT'S ON YOUR DOORSTEP

Our products include;

- Home
- Business
- Property Owners
- Car

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



J N Atkins & R K Pym is an appointed representative of The National Farmers Union Mutual Insurance Society Limited (No. 111982).



**Devon
Surface
Care**



Exterior cleaning and property maintenance for residential, commercial and agricultural settings.

- Facade, patio and decking cleaning and repair
- Gutters, gullies and drain clearing
- Roof and solar panel maintenance
- Barns and outbuildings sanitation

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,
Avcton Gifford, Kingsbridge.



COME AND JOIN IN...

BAR

POOL TABLE

DARTS

TNT SPORTS

FREE WIFI

OPEN ON:

THURSDAY

FRIDAY

SATURDAY

SUNDAY

8PM TILL LATE



ESTD 1876
UPTON PYNE
SOCIAL CLUB



ALL WELCOME!!





**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



CELEBRATE NYE WITH US FOR 2025'S

LAST RODEO



ESTD 1876
UPTON PYNE
SOCIAL CLUB



FANCY DRESS THEME: COUNTRY & WESTERN

DEC 31ST 7PM-LATE

£5 per couple/£3 per person which gives you
membership for 2026

BAR, FIREWORKS, QUIZ & DISCO!



**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



UPTON PYNE & DISTRICT GARDEN CLUB

Events are held in the village hall- Contact June Nicks 01392 841272

Annual membership £15 *Non-members welcome at all events (£4 per talk)*

MONDAY 1ST DECEMBER 10.00am

CHRISTMAS WREATH MAKING

In the Village Hall @ the Village Coffee Morning

Make your own Xmas Wreath guided by professional wedding florist, Katrina, from BLOOM BLOOM. A ready mossed 12 inch ring

& wire, plus ribbon for bows will be provided. Contact June 841272 for more info.



Monday 19th January 2026

Garden Club A.G.M. 3 pm

Followed at 4pm by a talk

with ROB VINCENT of HUTCH HOUSEPLANTS

Houseplants 101 focuses on key distinctions between indoor/outdoor plants - tips & tricks for success.

There will be plants for demo's and plants for sale.

Rob will welcome all your questions and photos of anything you are having problems with.

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

CHRISTMAS CRAFT FAIR

With huge thanks to all the people who helped set up;



who baked, and ran the refreshments, in aid of Macmillan Nurses, and the raffle in aid of the Friends of Upton Pyne;



the stall holders, who gave prizes for the raffle,



and the many people visiting during the afternoon - who all made this such a fantastic event.



We raised over £500 for two good causes!

Photos: Rosie Raven and Linda Findlay

Brampford Speke Parish Council

New councillor: we're delighted to welcome Allan Ferns as a new councillor. Allan has lived in the village for over 20 years and currently works as a hospitality manager at the university. We now have a full complement of seven councillors; our contact details can be found at the back of *Speke Up*.

Parish precept: 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:

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.

Defibrillator: this is mounted on the front wall of the school. The heated cabinet was found to be faulty and has been replaced, thanks to a community grant from our county councillors. Our thanks to them, and to Pete Smiley who looks after the defibrillator for us.

Footpaths: various work has been carried out on our network of paths during the past few months, and more is planned. Our thanks to our footpath warden Wynn Stait for his tireless work on behalf of the community.

Village notice board: this has been refurbished and now looks very smart. Some sections are reserved for use by the parish council and the church, and there is an open section on which anyone can display notices. If you put up a notice, please remember to remove it when it is no longer needed.

Bus shelter/verge: the verge has been strimmed by a working group from the Community Payback Scheme (CPS), who will be tidying up and repainting the bus shelter, as well as clearing Station Hill. We used the CPS in the past (to repaint the village hall) and they did an excellent job. The scheme is run by the probation service and the work is done under supervision.

Croft Cottages seat: this was damaged earlier this year, and we are very grateful for a grant from our county councillors to replace it. The new seat is made

of recycled materials and is stronger and more durable than the original. It will be installed in the next few weeks.

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

The next meeting will be on **Tuesday 6th January 2026, at 7.30pm in the village hall.**

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

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

Upton Pyne & Cowley Parish Council

Footpath Report: Footpath Warden, East Devon District Cllr Fabian King, said he had made checks for pollution on the River Exe and the phosphate reading was at an acceptable level.

Jon Boyd and Richard Spurway, Public Rights of Way Officer and Warden, had delivered three mid-size posts for signage, plus two new metal footpath direction notices, some adhesive footpath notices and direction disks of varied format.

Cllr King discussed mobilising some support for clearing two footpaths and erecting the signage. Chair, Cllr Bob Short, will assist him with any work required and so too will Devon County Cllr Nat Vanstone, who wrote to the Clerk to offer his services.

P3 funds are still not forthcoming and both Cllr King and Cllr Vanstone are continuing to chase this up.

Playground: Cllr Bramston has now obtained three quotes, all around £15,000. All Councillors agreed this was an acceptable figure.

Councillors' Responsibilities: a new list has been compiled of the various responsibilities allocated to each councillor. This will be sent to East Devon District Council (EDDC) and posted on the Parish Council website.

Budget and Precept: It was agreed that the Council had adequate funds to meet the costs of new equipment for the playground. This was high

on the list of priorities of parishioners in the recent Parish Plan.

It was agreed to increase the Parish Precept by 2.5%, the cost-of-living allowance.

Ginkgo Tree: in Glebe Close, was damaged by workers whilst stimming some time ago. The Clerk once more approached EDDC to ask for funds to purchase a new tree. This has now been agreed. Cllr Cormack has purchased a new Ginkgo tree which will be planted at some stage this month.

SLOW signage: the Clerk wrote to DCC Highways recently and asked that they repaint these signs in the village. They will inspect the areas by 14 November.

Changed meeting dates for 2026: the Parish Council will now meet five times a year in February, April, May, September and November, on the second Tuesday of the month at 7.30pm in Upton Pyne Village Hall.

The next meeting is on Tuesday 10 February 2026



Brampford Speke
Twinning
Association



Alistair in action

A great quiz evening with a delicious supper was held in November. Eight teams took part, with two coming from Silvertown Twinning. The guest quiz master, Alistair McCarter from Northampton, whose sister lives just outside Brampford Speke, ensured everyone had a good time.

If you would like to join us for the French twinning's visit to Brampford Speke next year, please contact Kate Cavill, whose details are in the directory on page 48.

FRIENDS OF UPTON PYNE

Approaching the end of the year, we can look back over a busy time, successfully raising money and getting grants to allow us to continue our repairs and restoration. We have achieved quite a lot and have in hand projects for the new year.

The glass in the inner tower doors has been expertly restored and looks really good. Hopefully, that will last for many years to come. We have had a delay on the inspection of the statues, but by the time you read this the drone will have flown to photograph the tower and a conservation report will be on its way. Some cracks in the porch wall have been repaired, stabilising that part of the church and preventing any major structural damage.

The gardening volunteers had a difficult time with the dry weather in the summer and then the wet weather of autumn but a host of golden daffodils has been planted along the churchyard wall which should brighten the spring days

Our two craft workshops – mosaics and cards – were very popular and some beautiful crafting took place. We intend to organise more events to run in parallel with the monthly coffee morning next year. Thanks to all who worked hard to organise these events.

Proceeds from the Upton Pyne Craft Fair were split between Macmillan Nurses and the Friends. It was a very busy afternoon with a constant flow of visitors. The stall-holders donated wonderful prizes to the raffle and over £150 was raised from that alone.

The Christmas Carol Evening at Pynes House is on 3 December – see advert. Booking is essential. We look forward to another evening of carols and readings with seasonal refreshments in such a beautiful venue.

We wish all our supporters and all who enjoy the church a very Happy New Year and look forward to seeing you at our 2026 events.

SERVICES & INFORMATION DECEMBER 2025

The Netherexe Parishes - A community of Anglican churches in Devon

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

Wednesday 3 December

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

Sunday 7 December

10:00 am Communion/Toy Service Stoke Canon
11:15 am Café Church Rewe
05:30 pm Carol Service Huxham

Sunday 14 December

09:30 am Communion Thorverton
10:30 am Communion Upton Pyne
06:00 pm Carol Service Cadbury

Tuesday 16 December

07:00 pm Carol Service Netherexe

Sunday 21 December

09:30 am Communion Brampford Speke
11:15 am Communion Cadbury
05:00 pm Carol Service Thorverton
05:00 pm Carol Service Stoke Canon
06:30 pm Carol Service Newton St Cyres

Monday 22 December

06:30 pm Carol Service Brampford Speke

Tuesday 23 December

11:00 am Bubble Church Nativity Thorverton
05:00 pm Carol Service Upton Pyne

Wednesday 24 December [Christmas Eve]

04:00 pm Crib Service Stoke Canon
05:00 pm Carol Service Rewe
05:00 pm Crib Service Brampford Speke
08:00 pm Christmas Mass Newton St Cyres
11:30 pm Midnight Mass Stoke Canon

Thursday 25 December [Christmas Day]

09:30 am Family Communion Thorverton
10:00 am Christmas Service Brampford Speke [Joint with Upton Pyne]
10:00 am Christmas Service Cadbury
10:30 am Christmas Service with Communion Huxham [Joint with Stoke Canon]

Sunday 28 December

09:30 am Communion Newton St Cyres
10:00 am Messy Church – Share & Play 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.

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 & Wednesday [09:00 – 13:00]
Tel: 07551 844321
Email: administration@netherexe.org

NEWTON RAMBLERS December and January

The walk for December will take place on Boxing Day

Boxing Day Walk - 26th December

For those of you looking for a short walk to shake off any excesses of the previous day please join us for a Boxing Day perambulation. The walk will be from the top of Pennsylvania, along the top of Stoke Woods, past the Iron Age fort, then down through the woods. We will cross the A396, then the river and the railway to the Exe Valley Way. We will finish at Pynes House for some suitable refreshment – so, flat or downhill all the way.

We will meet at the Newton St Cyres parish hall car park at 9.30am to share cars, or you can meet us at 10am parking at this end of Stoke Valley Road. We will arrange a lift for the drivers from Pynes House back to where we have left the cars.

Sunday 18th January

For our January walk we have planned a one-way walk from Cadbury Castle down to Thorverton. (We can leave cars at each end)

We will start the walk at Cadbury Cross on the A3072 parking by the houses there. We shall go down past Cadbury church then up to view the iron age hill fort. We will then follow the lane past Fursdon House down into Thorverton.

Lunch has been booked at the Thorverton Arms at 12.30 for 10 people. If you would like to join us, please let Rosemary know by 11th January.

We will meet at Newton St Cyres parish hall car park at 9.30am to share cars but you could also meet us for 10am at Cadbury Cross.

All are welcome on either of these walks. Please join us! For more information, please ring Rosemary or Nigel Chambers on 01392 851400.

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



FURSDON, CADBURY, DEVON, EX5 5JS

www.fursdon.co.uk 01392 860860

admin@fursdon.co.uk

VENUE HIRE:

The Coach Hall (tea-room) can be hired as a venue for a wide variety of events. It is an atmospheric space for a variety of occasions, from birthdays and tea-parties to lunches, dinners, coffee mornings, meetings and more. Use of the kitchen, cobbled courtyard and adjoining barn is also included.

BESPOKE GROUP TOURS 2026

Calling local WI and U3A groups, garden clubs, special interest local groups and more!

Fursdon is one of Devon's oldest family homes.

Enjoy a fascinating house tour, take a leisurely stroll in the grounds and lovely walled garden and sample our delicious home baking, served in the Coach Hall tea-room.

From April to September 2026, for groups of 20 people or more, we can arrange a special opening.

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

Answers to Christmas Quiz

- 1 Four Calling Birds
- 2 Patara in Asia Minor / Turkey
- 3 Blitzen
- 4 Bedford Falls
- 5 Clockwise
- 6 Eight
- 7 Caspar, Melchior and Balthazar
- 8 The Polar Express
- 9 Gracie Fields
- 10 Germany
- 11 Bohemian Rhapsody
- 12 Mince Pie
- 13 Tan or green
- 14 Dresden
- 15 Emperor Constantine
- 16 An orange
- 17 Messiah
- 18 1914
- 19 England
- 20 O come all ye faithful

Answers to Music Quiz

A1 Born on Christmas Eve in 1945, the former band member of Hawkwind and legendary frontman and bassist of Motorhead was **Lemmy Kilmister**

A2 The female Scottish singer, born on Christmas Day 1954, who is the other half of the Eurythmics is **Annie Lennox**

A3 Eddie Vedder who has a birthday on 23 December fronts **Pearl Jam**

A4 Born on Boxing Day 1963, the famous drummer in Metallica is **Lars Ulrich**

A5 Noel Redding, who was born on Christmas Day 1945, was the bassist in **The Jimi Hendrix Experience**

A6 **Shane MacGowan**, born on Christmas Day 1957, was the frontman of the Pogues who sang the famous Christmas song *Fairytale in New York*.

A7 Robin Campbell who co-founded this band with his brother, was born on Christmas Day. He played guitar in the group which is famous for its reggae-infused pop anthems including a festive-coloured alcoholic beverage. **UB40 (Red, Red Wine)**

A8 With hits off her 1999 album *No Angel* including *I Want to Thank You* and *Here with Me*, the British singer songwriter born on Christmas Day 1971 is **Dido**

A9 Born on Boxing Day 1939, the infamous American music producer who pioneered the 'Wall of Sound' in the 1960s was **Phil Spector**

A10 Born Enrique Martin Morales on Christmas Eve 1971, the Puerto Rican singer, songwriter and actor who topped the charts in the late 90s with *Livin' La Vida Loca* is **Ricky Martin**

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

Best things come in small packages

We are all keen to take a look under the tree to see what presents have our name on them. Big ones and small ones are undoubtedly the most interesting. Among the small packages this year will be a large number of multi-functional watches that are able to check your pulse, your blood pressure, your oxygen levels and record your daily amount of exercise. They all come with targets and alarms about what you should be achieving.

However, there are no 'shoulds' in medicine. We are all individuals and what might be sensible for one person may be unachievable for someone else. The aim of all medical care is either to cure or to minimise our risks of illness. It is difficult to prevent all disease as the biggest factor in almost all cases is the genes you inherit. Luck is something we cannot control.

We are able to very significantly reduce our risks of lung cancer and heart disease by not smoking, but this is the only intervention that makes an enormous difference to the statistics. All other changes in behaviour are valuable but how much difference they make depends on the context.

The analogy I use in consultations is comparing the difference in risks for someone driving a car or a motorbike. We are all comfortable driving cars without wearing crash helmets or protective clothing. However, we would not dream of getting on a motorbike without these on.

Patients who have diabetes are at increased risk of heart attack and strokes. Blood pressure medication and statins are the equivalent of the helmet and leathers. The same is true for anyone who has already suffered a cardiovascular event. So, what is the best blood pressure and lipid level

for those at higher risk? The simple answer to this question is the lowest that causes no problems. We measure medications so that they are the optimal dose *i.e.* best readings with no side effects. This will be different for each individual.

The optimal amount of exercise is more complicated. Walking some distance every day is undoubtedly beneficial for our bones and joints. Taking some medication prior to exercise, if needed, is sensible.

I have written many times about the enormous mental health benefits of being outside and interacting with nature; there is no optimal number of steps required to take advantage of this. However, cardiovascular health can be improved with short strenuous exercise. The research shows this is surprisingly short. Raising your heart rate with one minute of vigorous exercise every day has a significant effect. What you need to do to achieve this will vary with age; short sprint for the younger, fast power walk for the older. The aim is to have 60 seconds of effort a day. As always, not too much to cause side effects but sufficient to feel you have done something. A small package of time that will deliver large benefits; no electronic devices or large pieces of exercise equipment required.

Wishing everyone a very Happy Christmas from the Wyndham House Team.

Anthony O'Brien
Wyndham House Surgery

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.

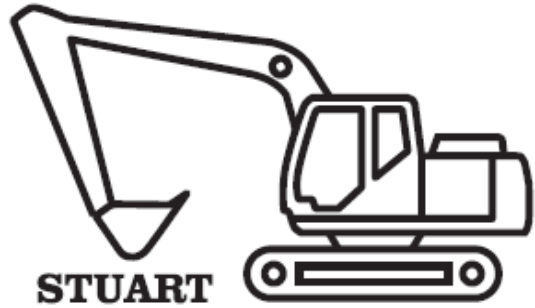
There is no charge for the service, however, any donations to our charity appreciated. Donations can be given to the driver who issues a receipt.

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

Bramford 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

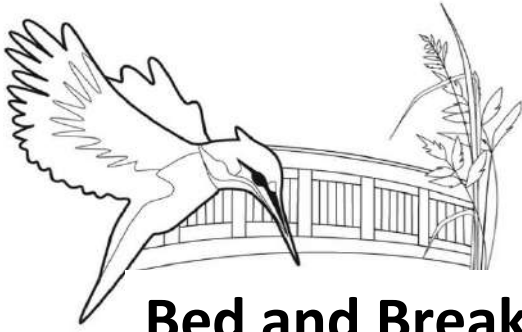
£80 PER TERM - JOIN AT ANY TIME (1ST TERM PRO RATA)

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: Mariner 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

BRAMPFORD SPEKE AREA BABY AND TODDLER GROUP



9.15-11AM THURSDAYS TERM TIME
BRAMPFORD SPEKE VILLAGE HALL

£2 FIRST CHILD, £1 EACH FOR SUBSEQUENT CHILDREN
CONTACT EMILY : 07511623314

FACEBOOK : @BRAMPFORDBABYANDTODDLERGROUP

SECOND THURSDAY OF EACH HALF TERM WILL BE HELD AT THE SCHOOL 9.30-11



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



Community land, sustainably managed • Affordable homes for local people

Bramford 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 Bramford 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.bsupcclt.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:

- Thickened nails
- Toenail cutting
- Cracked heels
- Ingrowing toenails
- Verrucae
- General foot care
- Fungal nail infections
- Diabetic foot care
- Footwear advice
- Onward referral

Claire Norton DipFH MCFHP MAFHP
FOOT HEALTH PROFESSIONAL

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



Jane (left) and Mary with the spring herd

Winter months

The end of another year! And finishing with a glorious autumn, golden leaves lingering on the trees, turning early and staying late. All this amid a landscape so vividly green it took your breath away. Now everything's tucked up gone to ground, resting and restoring for the year to come. The drought of the summer is a distant memory. The pastures then were almost completely brown, grass completely dormant. The cows were eating rapidly into their winter fodder. The rain came in September; we feared it wouldn't know when to stop. We had a blessed autumn, warm with showers. The cows stayed out into late the year, eating tender young leafy grass. We even conserved the best silage of the year in October. Luckily, we had sown more of the crop ground to a mix of clover and grass to nourish the soil. We harvested some rich clover for winter feed for the cows.

Hoping for an early spring

Almost all the animals are inside now, hoping for an early spring. We would love one like this year's. The cows only came in in January, and went out again early. The rain and sunshine came at the right time all through the spring. The birdsong was the loudest I'd ever heard, and the blossom joyous in hedgerow and orchard. The fruit set well and ripened over the hot summer into laden trees, full of hawthorn berries, sloes and apples. My quince trees gave the best harvest I've ever seen. I've crystallised some quince and popped it into my Christmas cake. Completely glorious with some of our Vintage Cheddar.

The dry weather didn't suit nectar harvesters and insect eaters. The house martins called it a day and went back to Africa in August. The maize died off

before it fully grew, giving hard grains like raw popcorn. We chopped the grain when we harvested it, hoping the cows would be able to digest it fully. You can find hard little undigested fragments if you look in the appropriate place (joys of being a dairy farmer). We're short of wheat and barley grain and straw for feeding and bedding.

Over the autumn, we converted a barn we've used over the years for silage, straw and grain into cubicles for the spring calving cows. Cows have their own space to lie down when they want while allowing them to lie companionably with their friends. Cows inside means taking care of their manure. We built two pits for their manure and washing water. In a slow elaborate dance of large machines, we dug the pits, made walls from clay, rolled the walls watertight, smoothed the banks to make them part of the field, made ramps to take stuff out and made fences to keep animals and people safe. That's set us up for the future. Theoretically, we could grow all the crops and grass we need from the nutrients in the manure, in a beautiful perpetual motion machine driven by the sun and the rain. We can never get everything to each corner of the farm when it needs it and it's a vision to go for. These pits get us that bit closer.

Our cheese store is less full than it's been for a while, and we are making a lot of cheese to catch up. We are starting to sell fresh curd, that most delicious way-station. We've made some lovely cheese this year, despite the dry weather. Dry grass seems to suit cows: they eat more nourishment with each bite.

World Cheese Awards

Jane went to Bern in November to judge cheese for the World Cheese Awards, where 400 judges from around the world judge over 4000 cheeses, also from round the world. 100 cheeses come out of the first round and 14 make it through to the thrilling final round, judged in public, broadcast by World Cheese Awards TV. A delectable Gruyère became World Champion cheese.

Our Cheese Shop is open until 1pm on Christmas Eve should you wish to pick up any cheese or festive treats ahead of Christmas. Our fabulous team in the shop are also sending online orders out for delivery right up until Tuesday 23rd December.

Merry Christmas and a Happy New Year!

Mary Quicke

PARISH DIRECTORY

Rector

Tim Collins
Tel 860767
tim.collins@netherexe.org

Curate

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

Lisa Clapp (UP)

Tower Captain

Ed Sanders (BS)
Tel 841434

Jenny Codling (UP)
Tel 07872 922 202

Bramford Speke Baptist Chapel Revd. Simon Taylor Tel: 279485

Bramford Speke Parish Council

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

Clerk

Tracy Watkins 07811 938614 clerk@brampfordspekeparish.gov.uk

Councillors

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

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

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

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

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

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

Allan Ferns allan.ferns@brampfordspekeparish.gov.uk

Other Contacts in Bramford Speke:

Village Hall website

www.bramfordspeke.org.uk

School

841414

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

December 2025 DIARY

Monday	1 st December	10am	Christmas Wreath Making @ The Village Coffee Morning Upton Pyne Village Hall	£20 pp – Pre-Reserved Spaces Only. Call June on 01392 841272.
Wednesday	3 rd December	7.30pm	An Evening of Carols Pynes House Tickets £10 each Mulled Wine & Nibbles	Call 07753 605726 to book tickets. Parking at the rear of Pynes House – Bring a torch!
Saturday & Sunday	6 th & 7 th December	2pm – 5pm (Both days)	St. Peter's Christmas Tree Festival Trees, Wreaths, Christmas Music and Festive Refreshments.	All welcome.
Tuesday	9 th December	12noon	Lunch Bunch Exe Valley Farm Shop	Pat on 841 599 or Veronica 841 530 to book a place.
Sunday	14 th December	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Wednesday	31 st December	7pm – Late.	NEW YEARS EVE 'Last Rodeo' @ Upton Pyne Social Club <i>Fancy Dress Theme – Country & Western.</i> <i>Bar, Fireworks, Quiz & Disco.</i> Upton Pyne Social Club	Tickets £5 per couple / £3 per person (includes the membership for 2026)
			Weekly	
Monday		9am & 10am And 7.30pm	Pilates Brampford Speke Village Hall (Term Time only) www.connectedpilates.com	Nicki Stumpf 07838 260290
Wednesday		10am	Art Class Upton Pyne Village Hall	John 07816 846562
Thursday		9.15am – 11am 6-6.45pm Every week	Toddler Group Brampford Speke Village Hall (Term time only) Zumba Upton Pyne Village Hall <i>Please note new time</i>	Katie – 07960 645911 Caroline 07796 950652
Friday		10.30-11.30am	Pilates Upton Pyne Village Hall	Rebecca Cunningham 01363 866047



The West Country is Stags Country

With **22 offices** across the South West, and over **150 years experience**, we ensure that your property gets in front of the right buyers or tenants. Talk to our teams today.

RESIDENTIAL SALES



01392 255202



EXETER@STAGS.CO.UK

RESIDENTIAL LETTINGS



01392 671598



RENTALS.EXETER@STAGS.CO.UK

WGC Wilkinson Grant & Co

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

