

# Speke Up

Our warmest greetings  
from the Speke Up team

ROBIN




Parish Magazine  
of Upton Pyne  
& Cowley  
and Brampford  
Speke

December 2024

Issue 376




Photo: Steve Davidson

 **An Evening of Carols**   
at  
**PYNES HOUSE**  
**Wednesday, 4th 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)



# Speke Up Matters

**Welcome to the bumper Christmas edition for December and January.**

You will find information about Christmas events taking place in the two parishes; plus walks, quizzes, book recommendations, church services and, in Sarah's Kitchen on page 28, some moreish treats to give as gifts (if you don't eat them first!) We look back to WW2, and the poignant story on page 30 of a lost baby, buried in Upton Pyne churchyard without a gravestone for 84 years. And there are two lovely old photographs on page 14 to stir memories for older readers – if you spot yourself, please let us know!

Looking forward, the initiative to secure the future of St Peter's Church in Brampford Speke is gathering pace. There is an update on page 17.

We would like to thank the many local people who are involved in the production and distribution of *Speke Up*: our advertisers, contributors, printer and the small army of deliverers who bring the magazine to your door. And, especially, our readers.

We wish you all a Merry and Joyful Christmas and a Peaceful New Year,

*from the Speke Up team*

**Cover design: Sally Tuckey**



## ANNUAL ADVERTISING RATES FOR 2025

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 We do not publish in January or August.**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 **15<sup>th</sup>** 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](http://www.spekeup.org).

### Maximum dimensions :

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## *Christmas Opening Hours*

Open as usual apart from

Closed Christmas day, Closed Boxing Day.

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# Cover Notes

## The Robin (Turdidae)

**Hedge crickets sing; and now with treble soft  
The red-breast whistles from a garden croft**

Keats, *To Autumn*, 1820

As I write this, a robin (*Erithacus rubecula*) sits on the seat outside, cheering me up on a dull October day. It is one of our favourite birds, with its sweet song that can be heard every month of the year, lifting our spirits when winter is at its darkest. It was only officially called a robin in 1952 – prior to that it was known as a ‘red-breast’ or a ‘robin red-breast’. For many centuries prior to that it had the Anglo-Saxon name of ‘ruddock’.

The lovely robin is a favourite Christmas card subject and may have been named after the first postmen in the 1800s who were called Robins because of their bright red waistcoats. This helps explain why the birds were often shown with a letter in their beak or even sitting on top of a post box.

The robin has traditionally been endowed with a tender, loving spirit. One story goes that the robin tried to remove the crown of thorns from Christ’s head, wounding itself in the process and thus staining its chest with blood. In *The Babes in the Wood*, the two children left to starve in the forest are covered with leaves by kindly robins.

William Wordsworth described how robins would come into his house near Ambleside, picking up crumbs from the table. One stayed with his sister when she was ill in bed and would “sing and fan her face with its wings in a manner that was very touching”.

It has been suggested that a robin sometimes taps at the window of a dying person’s room and there are stories about this. When T. E. Lawrence (Lawrence of Arabia) died in a motorcycle accident in 1935, a friend whom he had visited recalled that a robin had been pecking at a window in his house. A story is reported in *Birds Britannica*, where a robin started coming to a house regularly, two to three days after a man’s father had died in a shocking accident and would sometimes perch on the father’s armchair by the fire. They had never before seen a robin in the house but found the visits very comforting.

**“The robin flew from his springing spray of ivy on top of the wall and he opened his beak and sang a loud, lovely trill, merely to show off. Nothing in the world is quite as adorably lovely as a robin when he shows off – and they are nearly always doing it.”**

*The Secret Garden*, F. H. Burnett, 1911

The robins are one of our tamest garden birds and have been known to eat food from people’s hands. When we are gardening there is usually a robin who is quick to pluck the worms and insects we have disturbed. They frequently nest in highly unusual places such as abandoned kettles, peg bags, an unmade bed (while its owner had breakfast!) and in the pocket of a gardener’s jacket.

Robins have been known to sing at night and are sometimes mistaken for nightingales.

In Europe, robins were trapped for food but in the UK we love our robins too much to harm them. As Blake wrote:

**A robin red-breast in a cage  
puts all Heaven in a rage.**

*Auguries of Innocence*, 1803

Harming a robin could cause sickness or broken limbs. M. A. Courtney in *Cornish Feasts and Folklore*, 1890, noticed that after a local lad shot a robin, his hand shook inexplicably.

The children’s nursery rhyme names the culprit:

**Who killed cock robin,  
I, said the sparrow  
With my bow and arrow  
I killed cock robin**

The grief at the funeral reflects our love for this chirpy little bird:

**All the birds of the air,  
fell a sighing and a sobbing  
when they heard the bell toll  
for poor cock robin.**

Caroline Fox



**Community land, sustainably managed • Affordable homes for local people**

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

AFFORDABLE HOMES AND COMMUNITY LAND

## UPDATE

Following the planners' positive response to the CLT's pre-application, we have entered into negotiations with Teign Housing – our preferred Housing Association partner. One of the first things we will have to address is the overall scheme affordability which will be dictated to a significant extent by the cost of re-routing the power supply. This will almost certainly involve moving the transformer and poles and running some of the cabling underground. Hopefully, this will be seen as an improvement to the main entrance into Brampford Speke.

Discussions about the community land with various parties have demonstrated that exaggerated rumours are rife in the parish - partially due to the CLT's lack of communication and partially by onward miscommunication. Clearly an area we need to improve.

To reiterate the CLT's stance on the community land: Acquisition is part of the deal with the landowner and a unique opportunity to acquire public space to be held in perpetuity for the benefit of the community, protected by suitable covenants if necessary. The CLT does not have funds to develop it in any significant way, beyond what might be required in the planning process. It should have sufficient income from ground rents to carry out very basic maintenance such as grass cutting and hedge trimming. The proposal is that any further development and use of the land would involve much closer engagement with the community.

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**Penny Fice**

fondly remembers

her mother

**Margaret Bull**

and has kindly donated to

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

for the floodlights

to be turned on in her memory

You too can celebrate  
a date or special person in this way

Contact Karen Sanders

01392 841030 / 07870382481

# UPTON PYNE & DISTRICT GARDENING CLUB



All events are held in the Upton Pyne Village Hall

Contact Chair June Nicks 01392 841272

Monday 2<sup>nd</sup> Dec

- you may still have time to book a place with The Wreath Making event if you have received your local magazine early!!! Call June to find out!!!



## 2025



Monday 20<sup>th</sup> JANUARY 2025 Our A.G.M. is at 3pm

Followed by refreshments, then at 4pm we have a talk

'A VIRTUAL TOUR of the ESTATE' Features and Historical Development

given by NICK COX who is an enthusiastic volunteer guide @ N.T. KILLERTON



Monday 17<sup>th</sup> February @ 7.30pm

A Talk - DAN VIDLER

CROP CIRCLES, FACT & FICTION

Monday 17<sup>th</sup> March @ 7.30pm

JEREMY WILSON of Stretegate nursery

gives us a talk and suggestions on A SCENTED GARDEN



Saturday 12<sup>th</sup> APRIL

## ANNUAL FLOWER SHOW

A family friendly show for everyone to enjoy, exhibit your own flowers and plants. We also have a plant sale, raffle and refreshments, plus a good afternoon out! MORE DETAILS IN THE NEW YEAR - just mark the date!





# Walking the Parishes

with *Amanda Ryles*

It is always a particular delight to introduce new people to the paths in the Parish, so a visit from my mother-in-law June gave me the perfect excuse to revisit a favourite walk. We started at Jackmoor Cross on a crisp, dry November morning and headed up the gentle hill of Bramble Lane through the dark of the arching trees on either side of the road. This late in the year you would usually expect the glossy evergreens to be standing out amongst bare branches, but not only are many of the trees still holding on to most of their leaves, many of them are still green, there not having been enough sunlight for the sugars to turn the leaves to the usual golds and browns of Autumn. Indeed, the anticyclonic gloom of late October meant that Odiham, a village in Hampshire, recently achieved an unwelcome record of just 12 minutes of sunshine in 11 days. As the trees thinned out, we walked towards the light, still sheltered by the banks but with lovely views of the big skies beyond. The banks here are full of ferns and they, at least, were in full autumn splendour, from acid yellow to sunset orange to deep chestnut brown, those at the top, in full sun and exposed to the wind, already crispy.

## ***English oaks***

At the opening to a field, a squirrel seemed engrossed in something on the verge and, as we approached, he picked up a whole cob of corn and ran off with it in his mouth, much to June's amusement. Seagulls were taking advantage of a freshly-ploughed field, and through the next gate we saw several hen pheasants following a male across the stubble. Nearly all of the trees growing out of the banks are oaks. Whilst they are still a long way from being fully mature, they are already substantial trees and every one was loud with the calls of birds. A fully mature English oak supports more diverse wildlife than any other tree in the UK: some 2,300 birds, bats, insects, mammals, lichens, liverworts, mosses and fungi call the oak home. Oak mining bees, purple hairstreak butterflies and dark crimson underwing moths are amongst the 326 species which are almost entirely dependent upon oak for their survival, so it was wonderful to see so many healthy trees, which should stand for hundreds of years to come.



At the Starved Oak crossroad, we went straight over onto Red Rock Road. Just before Five Springs, the stand of poplars was fully bare, with mounds of shed leaves beneath, and at the house the stag's horn sumac was stunning with yellow, scarlet and orange leaves and dark red drupes. The way ahead continues twisting downhill, a ribbon of green through the centre of the road. A tall ornamental beech hedge above the road was resplendent with alternating green, copper and yellow varieties. Before we turned right up to the village, an impressive group of yuccas to the left caught our gaze, heavy as they were with panicles of creamy bell-shaped flowers.

## ***Dozens of sparrows***

Overlooking the Exe, I couldn't believe how much change there had been since I last walked here, with the dramatic stilted building at Stipperstones. Bearing right up the hill past New Sowdens Farm, we walked through the village, June taking time to look at the many impressive properties, especially the more historic buildings. We turned left into Chapel Road and enjoyed watching the dozens of sparrows at Pynes Cottage gathering noisily in the shrubs before flying to the climbing rose, to under the thatch. With the birds a more dominant sound on our Saturday walk than they are on a school day (where they compete with the joyful sounds of children playing), we enjoyed being immersed in their song as we



followed the path around the little gate and towards the church. The glossy holly has grown right across the path, forming a tunnel with the fence, and a blackbird was enjoying the plentiful berries. We watched a squirrel running along the top of the fence and stopped to chat to another Saturday stroller and her dog. As the path hugs the top of the river cliff, gaps in the trees give teasing glimpses of the meandering Exe beneath and the circling jackdaws above and we enjoyed this bit in silence, taking in the earthy autumn smells and cool damp air.

### **St Peter's tower**

At the churchyard wall the path turns right past an impressive yew and under St. Peter's tower. Next to the cemetery, a shrill 'pink pink' noise drew our gaze up towards a chaffinch perched at the top of a tree, before we returned to the road and headed back towards the Agi. A couple of pumpkins remained on doorsteps, including a brilliant carving of a spider, and several houses had autumn decorations. We returned down the hill and retraced our steps back along the road to Jackmoor. Despite this not exactly being a circular route, it always amazes me how the same road or path can feel like somewhere else simply by virtue of being walked in the opposite direction, even the light and warmth from the sun feeling different.

We returned to Jackmoor exhausted but invigorated, grateful, as ever, for our beautiful Parishes.

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## **NEWTON RAMBLERS**

December and January

### **Boxing Day Walk - 26<sup>th</sup> 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.

This year, 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 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.

For more information, please ring Rosemary or Nigel Chambers on 01392 851400.

### **Sunday 19<sup>th</sup> January**

Our first walk of 2025 will be a gentle, mostly flat walk of around 3 miles, along the river from Budleigh Salterton to Otterton.

We will meet in the Newton St Cyres Parish Hall Car Park at 9.30am to arrange car-sharing to Budleigh.

Once at Budleigh, we will park at the Lime Kiln car park and make our way along the river path. This will give an opportunity to see the recent work that has been carried out as part of the Lower Otter Restoration Project. On the walk we should see evidence of the presence of beavers and it will also give good birdwatching opportunities, so bring your binoculars if you have them.

I have made a reservation for Sunday roast lunch for 10 people at the King's Arms in Otterton. These will be allocated to those who contact me first!

After lunch there will be an opportunity to look around Otterton, with the choice of a return walk to Budleigh or we can arrange for those drivers who wish, to travel back to Budleigh to collect their cars.

Any questions, or to book your place for lunch, please contact Nicola on 01392 851985.

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.*



**Community land, sustainably managed • Affordable homes for local people**

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

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

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

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

1. **Register now** with Devon Home Choice: [www.devonhomechoice.com](http://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](http://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](mailto:sallydiscombe@gmail.com).

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# BOOK CLUB

## **Frank and Red** by Matt Coyne

Frank is in his late 60s, a widower devastated by the death of his wife, estranged from his son and most of his friends who won't go outside his garden and who speaks to the ghost of his wife every day. These conversations are very much a part of the story and Marcie, his wife, is such a down to earth, sensible person that they all seem completely normal.

Red is a six-year-old boy, newly moved to the house next door with his mother after his parents split up. He's missing his father, had to leave the only home he's ever known and there is the scary thought that he won't know anyone at his new school.

Sarah, Red's mother, has bought a trampoline for the garden and it's by bouncing up and down that Red sees Frank for the first time.

Red is fascinated by Frank's overgrown garden and wants to chat, but Frank is not impressed by the small boy.

It takes a bully at Red's new school to cause Red to be at home for a week. As his mother is at work all day, she arranges for Frank to look after him. The two form a very unlikely partnership mending and painting a fence, and Red discovers an invitation from Frank's son, which has been hidden away.

Red decides on a drastic mission, one which he hopes will heal the rift between Frank and his son.

The author deals beautifully with the problems grown-ups have coping with loss and death and with the hopes and fears of childhood. This is a lovely, heartwarming story, laugh out loud at one moment, sad and poignant the next.

**SG**

## **Kartography** by Kamila Shamsie

A favourite author who writes so beautifully. *Kartography* is a tale of love amid the chaos of Pakistan's civil war. It is a story about Raheen and Karim, living in Karachi. They have been inseparable friends and soul mates since earliest infancy; they finish each other's sentences and share a talent for anagrams. People assume they will eventually marry. But their connectedness reaches back before birth as becomes clear as the novel progresses that each one's father used to be engaged to the other's mother. It is a story about betrayal, sacrifice, despair and love and it is wonderful.

**CL**

## **Absolutely and Forever** by Rose Tremain

Rose Tremain is one of the most celebrated writers of our times, perhaps partly because all her novels are so very different from each other. In her latest book, *Absolutely and Forever*, (out in paperback just in time for Christmas present buying!) she writes in the first person as Marianne Clifford. The story starts in the 1950s when Marianne is 15 and at a girls' boarding school, the only child of a retired army officer and his wife, Lavender. It goes on to cover two decades of her very ordinary yet extraordinary life. It is beautifully written, funny and poignant and past decades are vividly evoked.

I enjoyed following Marianne through love and loss, happiness and heartbreak in this delightful short work, which celebrates the importance of kindness, a much under-estimated virtue.

**VC**

## **Every Kind of People** by Kathryn Faulke

*Every Kind of People* has been the BBC Radio 4 book of the week recently and, if it had not, it may well have passed me by. It tells of the experiences of the author, who moves from a challenging role in the NHS to become a care worker. Her new job itself is not without its challenges - her early goal is simply to survive for three weeks. Gradually, the rewards and joys of the work come through. This is not a sentimental tale but more a realistic one, in which there is both joy and poignancy. Yet very ordinary events are often narrated in an extraordinary and compelling way. What comes across so strongly are the many moments of kindness which happen daily. They are often simple acts, yet which mean so much to those receiving them. It is an uplifting and thought-provoking read.

**RL**

## **The Music Lesson: A Spiritual Search for Growth Through Music** by Victor Wooten

If you've never heard of Victor Wooten, I urge you to look him up online as you are in for a treat! He is one of the most accomplished bass guitar players in the world and has won many top awards. A lot of musicians put him at the top of the 'best bassists of all time' list and his styles incorporate jazz, blues and soul. For such a funky player I am surprised that his main band is led by a banjo player, but it works divinely.

The book takes the form of a conversation between mentor and student. Victor is the student, Michael is the guru who appears in his house one day and who may or may not exist. As a mainly self-taught musician



myself, the improvisational aspect of this book really sings to me.

The chapters cover pretty much everything that an aspiring musician needs to work on and applies to every instrument. It isn't an instructional book or a substitute for learning the basics of an instrument, but more an exploration of how someone can put more of themselves into their music (or *vice versa*). When the two meet, it is at a time in Victor's career that he is in

the musical doldrums and the new approaches turn his life around.

I expected more esoteric stuff here but it is really working for me as a guy who finds himself getting back into bass playing in his 50s. Anyone who has played improvisational jazz or blues will find treasure here.

**SP**

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## CHRISTMAS FOOD QUIZ

1. What can be found roasting on an open fire in *The Christmas Song*, sung by Nat King Cole?
2. Which fruit was traditionally put in a Christmas stocking?
3. Which hot drink do the characters sing about in the Christmas classic *Polar Express*?
4. In which country is it now traditional to eat KFC for a Christmas dinner?
5. What type of pudding is asked for in the popular Christmas carol *We Wish You a Merry Christmas*?
6. What ingredient is traditionally layered under the icing of a Christmas cake?
7. What do you call the Christmas dinner favourites that are made of sausages wrapped in bacon?
8. Which country produces the most cinnamon?
9. Which spirit is added to butter and served with Christmas pudding?
10. In which direction should you stir mincemeat for luck?
11. Which alcohol is traditionally added to the base of a Christmas trifle?
12. In the film *Elf*, Buddy names the four foods he eats: candy, candy canes, candy corns and ... ?
13. Which country does stollen come from?
14. Which drinks company supposedly introduced Father Christmas' well-known red and white costume?
15. Which Christmas dessert is inspired by a pagan fireplace tradition?

**SG**

**Answers on page 37**

# Speke Up About Music

**Song:** *Build me up Buttercup* by the Foundations  
**Suggested by:** Karen Taverner

**Karen says:** I love this song because of its really catchy beat! Whenever I hear it, I just want to turn the volume up, sing along and, in the right situation, dance!

**Stu and Debbie say:** This song is a staple of many cover bands and for good reason. One of the true classics, it has a strong hook and that iconic 60s Motown sound. I always thought this was an American Motown track but no and no, the band was British and only existed from 1967-1970. The lyrics are a love letter with a keening feel: "why do you build me up, just to let me down...don't break my heart". Simple but effective, the production is uncluttered the instrumentation includes exactly what is needed to keep the song going without going over the top, though the key change at the end is odd in that the song fades out five seconds later. We like the bar-room piano chords as they sound like something in a jazz bar in the 1930s – they probably decked out the piano strings with tinfoil. This is the epitome of the term sing-along and any band that sings it, in any venue, is likely to have to vie for attention with the audience, such is its popularity and sheer catchiness. They don't write 'em like that anymore. Thanks, Karen. It was interesting to seek out new information about a song we've heard all our lives.

Please email suggestions for favourite songs you would like reviewed in a future issue to [noordinaryfish@hotmail.com](mailto: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, of course, the questions are all about Christmas songs!***

**Q1** Who recorded *All I want for Christmas is You*?

**Q2** Wham! wrote a famous Christmas ear worm. What was it called?

**Q3** Two renowned people recorded a version of *The Little Drummer Boy*. Who were they?

**Q4** "It's Chriiiiiistmaaaaaaas" is a line from the song. What is the song and which band wrote it?

**Q5** Who wrote the song *I Believe in Father Christmas*?

**Q6** Who guested on the The Pogues' Christmas hit *Fairytale of New York*?

**Q7** Bruce Springsteen covered a famous Christmas anthem. What was it?

**Q8** Who wished it could be Christmas every day?

**Q9** Chris Rea is doing this for Christmas. What?

**Q10** *Lonely this Christmas* was a 1974 hit for which British glam rock band?

***Answers to the quiz on page 37***





Thanks to Tony Yelland (aged 80), formerly of Nettacott Cross and Upton Pyne and now living in Exeter, for providing these two wonderful photos taken at the Upton Pyne village fete. The man in the cap (*above*) is Walt Rowland with his horse Ben.







## 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 14 December, and Saturday 11 January, 09:30 – 11:30am. We hope to see you there!

**Cinema Night:** 20 December *Swede Caroline*. In this British mockumentary, the competitive giant vegetable growing world is rocked by scandal when up-and-coming prospect Caroline has her prized marrow, named Ricky Hutton, stolen. This film has been described as a zany caper. Buy tickets on the door or online at [thorvertonfilms.co.uk](http://thorvertonfilms.co.uk). Doors open from 6:45 and film starts at 7:30PM. Bar drinks and snacks available.

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### NEWTON ST CYRES HISTORY GROUP

#### Wednesday 11 December

Christmas meeting

#### Wednesday 12 February

Gill Mclean **Topsham Canal**

Meetings are at 7.30pm unless otherwise stated.

They are held in the Parish Hall and the charge is £3, drinks and biscuits are provided free.



### ALL ON A WINTER'S NIGHT (Johnny Coppin, Dik Cadbury & Paul Burgess)

7:30pm SUNDAY 1st DECEMBER  
NEWTON ST CYRES  
PARISH HALL EX5 5BW  
TICKETS £18 (in adv); £20 (on door)  
Doors 6:45pm Cash Bar & Raffle  
Available from Nicola 01392 851985 or  
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## Upton Pyne and Cowley Parish Council

**District Council and County Council Reports:** There was no report from the District Councillor, and this has been passed to the Assistant to the CEO. Devon County Councillor S. Randall Johnson emailed her report, focussing on Highways preparing for the winter, special educational needs and disabilities (SEND) provision and a Morocco/UK energy collaboration.

**Parish Plan:** For the February 2025 *Speke Up*, Cllr Hewlett will create a document with QR code promoting the small grants scheme for community projects. The poster will also be placed on the noticeboards.

**Noticeboards:** Cllr Short confirmed that the noticeboard at Jackmoor was scheduled for removal so that it could be repaired and repositioned.

**Footpaths:** Cllr Ryles thanked Fabian King for taking over the role of Footpath Officer and praised his enthusiasm and professionalism in the role. When maps are next updated the revised paths 4 and 7 at Glebelands Farm will be included.

**Drainage:** The search for Lengthsman contractors continues to be challenging. Highways is conducting drain jetting over a few days in November.

**Planning:** Councillors supported the conversion of a garage to accommodation for multi-generational living in Cowley. A further application, received after the agenda was published, for facing and altering an existing wall drew no objections and a site visit was not required.

**Finance and Personnel:** Councillors checked and agreed payments for the month and the draft budget for 2025/6.

The Parish has received funds from the Communities Infrastructure Levy.

**Meetings:** The next meeting is 13 January 2025 in the Village Hall. We still have vacancies on the Parish Council for both Cowley and Upton Pyne. If you want to start 2025 with a new challenge, please do approach the Clerk or speak to any Councillor to find out more about the role. It is important that the Parish Council reflects the people it represents, so we encourage people from all walks of life to consider this voluntary role.

---

## Brampford Speke Parish Council

**New councillor:** we are delighted to welcome Jo Wayne as our new councillor. Jo runs the Agricultural Inn with her husband Karl, and will be taking responsibility for liaison with our footpath warden (Wynn Stait). Jo's contact details have been added to the list of councillors at the back of *Speke Up*.

**Parish precept** (the part of your council tax levied to fund the parish council's work): we have agreed an increase of 2.9% for 2025-6 to keep pace with inflation. For a Band D property this will mean an increase from approx. £56.50 to approx. £58.25 for the full year. We hope to maintain our existing services on that basis and will keep the situation under review.

**Affordable housing:** we received updates about both possible proposals at our November meeting.

**Stonilands:** the Community Land Trust (CLT) has had positive pre-application discussions with East Devon District Council, and is investigating options about the proposed access at the top of Lake Bridge Hill. A formal planning application may be submitted in the next few months, at which point the parish council will be required to submit a formal response. The latest update from the CLT will be attached to the November minutes on our website.

**Templer's field:** the possible developer has confirmed that they are still exploring options and it appears no formal proposal is likely in the next six months. Their latest update will also be attached to our November minutes.

**Local affordable housing interest group:** it has been suggested that it would be helpful to have a local interest group (separate from the parish council and the CLT) looking at options for affordable housing in the parish. The parish council would welcome this and would ask to be kept informed of the group's views, though it has no plans to instigate such a group itself.

**Village Hall:** We have planning permission for repairs/replacement of the porch woodwork and fire doors and await confirmation of building regulation approval. We hope the work will be done in the next few weeks depending on the contractor's availability.

**Neighbourhood Watch (NW):** Jan Birmingham's departure leaves NW without a coordinator. NW serves as a valuable point of contact between the community and the police, and we hope someone may come forward to take this on. It's not an onerous role; if you might be interested, please contact the clerk or any of the councillors.

The council wishes residents a Happy Christmas and will hope to see you at our meetings in 2025.

**Next PC meeting: Weds 15<sup>th</sup> January 2025 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>.

The website also contains other information about the Council, including minutes of meetings, accounts, councillors' responsibilities etc.

## The Future of St Peter's Church in Brampford Speke



Following feedback from a recent questionnaire circulated by Tim Collins, our local vicar, the residents of Brampford Speke have expressed overwhelming support for the church to remain a long-term cornerstone of village life.

As a result, 19 people came together in the village hall on 14 November to discuss what happens next to ensure the church is a community asset for the village and to address the perilous financial situation of our village church funds.

### *Questions that were asked:*

- What facilities does the church need that it has not got?
- What could the church be used for?
- What fundraising community events could there be?

There was common agreement that events and activities that support young families, children and young people in the village is needed.

Linda Findlay kindly informed the group about how the Friends of Upton Pyne had come into being and functioned. Upton Pyne Friends is a secular group operating under the auspices of the parochial church council with fundraising for the maintenance of the

church building and churchyard as its core function. The Friends has had a very strong impact on bringing the Upton Pyne community together. The village hall and the Friends work in harmony in a complementary way.

This approach seems relevant to Brampford Speke and no-one at the meeting demurred and all were supportive of this engaging and enabling way forward for the church in Brampford Speke.

To take the ideas forward, a lot of people at the meeting volunteered to undertake various activities to support the church and a list of people prepared to be a Friend of St Peter's was made. We will be informing everyone of the exciting developments through the various village information channels very soon!

If you would like to secure the future of St Peter's in Brampford Speke or want to know bit more about being a Friend of St Peter's please contact:

**Nichola Vickers**      **07968053861**

[nicholav@hotmail.com](mailto:nicholav@hotmail.com)

**Anne Downes**      **07983688860**

[annelouisedownes@gmail.com](mailto:annelouisedownes@gmail.com)

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## ***Christmas is Coming...***

**There is a palpable sense of anticipation and excitement in the air. All around, shops are stocked and stacked high with all things Christmas: the lights and tinsel catch the eye; festive songs fill the air; gingerbread and mulled wine tickle the taste buds.**

Without doubt, the sights and smells and sounds of Christmas touch all our senses, fill all our moments, impact all our thoughts. Though what actually constitutes 'Christmas' can be somewhat stretched on occasions, and not a little confusing. It would seem that anything can be made into Christmas food, or Christmas tree ornament or decoration - simply add a Father Christmas hat; or colour it red and white and green and make it all sparkly; even just cover it in fake snow. You name it, and I'm pretty sure that at one time or another it will have been made 'Christmassy'!

And even the countdown to Christmas has been thoroughly commercialised. Advent calendars are no longer just a nice, stylised picture of the nativity with 24 little 'windows' to open, with a verse or two of the Christmas story behind them and, hopefully, a bit of chocolate. Now the only suggestion that the item in front of you has anything to do with Advent will be the fact that it has 24 'windows'. No nativity, no scripture, no moment of pausing and thinking about the slow countdown to the big day. Instead, behind each window any item or experience you can think of – whisky, perfume, watches, Lego, jigsaws, wine, gin, jewellery etc.

Now, I'm really, really sorry if I've come across as all curmudgeonly and a bit 'bah humbug!' I don't mean to. I do thoroughly enjoy Christmas, all the preparation, all the anticipation, the waiting, the excitement. The food! But, from where I'm sitting, and as I look around, there just seems like something is missing, something necessary and essential. Surely, there should be something other than this juggernaut of consumerism and commercialisation and crass marketing.

And then I realise, of course there is definitely something more, because Christmas is coming!

Christmas *is* coming...

Fresh and new and different each and every year, but with the realisation that the birth of a baby 2,000 years ago changed the world forever. Nothing can ever be the same again.

Yes, of course, the same story, yes, of course, the same characters – Mary, Joseph, donkeys and stables, shepherds and kings; and yes, very likely many of the same carols.

And Jesus – the gift of love.

But, while all of that is the same, we have changed; we're not who we were this time last year – for better or worse. Because life in all its wonder and challenges and experiences will have happened between times; things will be different. Sometimes only a little, sometimes much more significantly so. It is likely that the family and friends around you will be a little different from this time last year. And because you have changed, then Christmas will be different, too. It can never be the same thing twice. This time, perhaps, a word or phrase will suddenly make you stop and think; or maybe that carol which seemed so familiar will take on a different shape because it was sung a little differently; or maybe Christmas will be a different place, surrounded by different people. Maybe a realisation that the best gift, the greatest gift we can give each other is ourselves, is our love; just as we were given that ultimate gift of love 2,000 years ago.

So, however, whatever, wherever, you are, there is one thing you can be certain of: Christmas is coming. Please do come and join us for one of the many opportunities to sing carols, to pause a moment, to sip a little mulled wine and to celebrate a very special, wonderful, unique time. And may your Christmas be filled with all its joy, excitement, anticipation and love.

*Tim*

**Revd. Tim Collins**

**Priest in Charge, Netherexe Parishes**



*Dear friends,*

To all of you, our warmest Season's greetings!!

May the coming year keep you safe and healthy, be full of love, joy and opportunities for you and your families and bring more kindness and empathy to the world.

Looking forward to seeing you again... and hoping our strong friendship will encourage new families to join us on both sides.

***The French twinnings from Comtes***



## UPTON PYNE CHURCH NEWS

We marked Remembrance Sunday on 10 November in Upton Pyne with a short British Legion service by the War Memorial in the churchyard, (*pictured below*) led by Graham Cotter, when we welcomed all those from the village who came and our friends from Brampford Speke: this was followed by a short service in the church, ending with the National Anthem. The sun shone and the Parochial Church Council (PCC) warmly thanked the volunteers who cut the

churchyard grass for the event, Mary Collins for piano accompaniment and Dominic Mirfin who played The Last Post and Reveille on the trumpet from the top of the church tower.



**Photo: Jonathan Clapp**

Now we are in December and Advent: there are many events taking place in Upton Pyne and the other Netherexe villages, most advertised in *Speke Up* and on village notice boards. Three events in Upton Pyne are the Carol Evening at Pynes on Wednesday, 4 December; do book with Sue Glanville if you haven't already, and enjoy a wonderful start to December. On Tuesday, 24 December (Christmas Eve) at 3pm in the church, there will be a Nativity Crib Service with puppets and a warm welcome to all awaits, particularly families with children. On Sunday, 29 December, there will be a Netherexe Mission Community Service at Upton Pyne at 10am followed by refreshments, when we welcome friends from across the surrounding villages to end the year in our beautiful Grade 1-listed church. The year ends with the churchyard wall expertly repaired and looking good and a start to the work listed in our recent Quinquennial Report undertaken. The PCC continues to be grateful to The Friends of Upton Pyne for ongoing support in funding these projects. We wish all parishioners a very Happy Christmas.

**VC**

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### TEA, CAKE & CHAT ON THURSDAYS

The Thursday teas take place in Upton Pyne Village Hall. The hall is open every Thursday 2pm - 4pm and anyone who turns up is assured of a warm welcome, tea and a chance to catch up with neighbours and friends. Our grateful thanks to the hall committee for making it available and to Adrienne, Lyn and Rose for hosting this community event.

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## FRIENDS OF UPTON PYNE

The churchyard wall is now repaired. Martin Brothers of Cheriton Fitzpaine did a super job: they have replaced some stone, strengthened some of the existing wall and made the area safe. Thanks go to June and Alan Nicks for providing some extra stone. Our attempts to raise funds resulted in a grant from the Archdeacon's Rural Repair Fund of £1,000 and two very generous donations from individuals in the community. Everyone who helped by sponsoring a stone can know that their money was very well spent.

The repairs to the church building are continuing this month and we are confident that we can fund those works with the money we have in the bank and the help of a grant from the Benefact Trust of £750.

A great bonus to our finances has been the tireless efforts of volunteers to keep the churchyard in trim; the visits from the professional landscape gardeners have thus been reduced. If we can continue to raise funds by our events and by donations and grants, we are hopeful that we can pay for the scheduled repairs to the church next year. Anyone who would like to be more involved in the churchyard work would be more than welcome.

The Carol Evening on 4 December is again taking place at Pynes House, thanks to the generosity of the two families who live there: Jon and Kate Tilley and Geoff and Heather Chambers. At the time of writing (mid-November), tickets are selling well, so if you want to come, please see our advert on page 2 and check by telephone if there are any spares – booking is essential as our numbers are limited.

Save the date for our next Curry and Quiz on 14 March. We are currently working on other fund-raising ideas and would love to hear what you might suggest, so do get in touch with Maggie Cormack on 841198.

We wish everyone a Merry Christmas and look forward to a profitable New Year. Thank you to everyone who has contributed in various ways to a successful 2024.

## THE LUNCH BUNCH

We next meet on Tuesday 10 December at 12 noon at The Thorverton Arms for a good lunch and good company. Anyone is welcome to join this friendly group: to book a place call Pat on 841 599 or Veronica on 841 530.

## VILLAGE COFFEE MORNING

We continue to open Upton Pyne Village Hall on the first Monday of the month and offer a warm welcome, tea, cafetiere coffee, biscuits and a chance to buy homemade cakes and to browse for bargains at the Bring & Buy stall. Do come along and support this community event. The next is on Monday 2 December at 11am.



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# The Gardening Year



Well, it really doesn't seem a year ago that I was writing the combined December & January article for the magazine. They do say that time flies the older we get, and that certainly seems very true!

What Christmas-themed plant to write about this year? Holly, ivy, mistletoe and hellebores had all been included in previous years, as had Christmas wreaths. So, I decided to look at the **Christmas Cactus** (Botanical name *Schlumbergera*) even though many have been flowering for a considerable time already – as have the primroses in the garden!

These are popular houseplants, admired for their vibrant flowering display over the Christmas period, which are easily grown and very long-lived. Originally, they came from tropical rainforests so they are happy in a warm spot, out of direct sun, and with humid air. The plants form clumps of stems made up of flat leaf-like segments which, although starting as upright stems, soon trail over the sides of pots. The flowers are long and elegant and their colours range from pink to red, or they may be white or mauve.

Over-watering should be avoided as the roots can rot, and too much warmth and water in the autumn can reduce, or even prevent, flowering. However, once you have a Christmas Cactus it is very easy to take cuttings, and the best time is in May. You simply take the cutting by removing a couple of the segments from the end of a stem and leave for around 24 hours for the basal wounds to heal. Prepare your pots with a mix of 50:50 seed and cuttings compost and sharp sand and then push the bottom of each cutting into the compost mix to a depth of about ½". By placing several cuttings around the edge of each pot they will

be held upright and should root within 3 – 12 weeks. Water sparingly and mist occasionally. A very gentle pull will tell if they have rooted. They can then be potted up individually, ready to give away as Christmas presents later that year!

## A-Z of Rose Growing (continued) from Peter Beales Roses

**P – Perfume:** When roses fill the air with powerful fragrance, you know that high summer has arrived. Whether it's the waft of tea, myrrh or classic fruity perfume, there's a huge choice of blooms that'll ensure your rose borders emit a delightful scent of summer. Choose from fragrant roses handpicked by experts here [www.classicroses.co.uk](http://www.classicroses.co.uk)

**Q – Quality:** If you're buying containerised roses at a garden centre, it pays to know how to spot quality plants. Foliage should be lush and green, with no sign of blackspot or disease. Check that shoot tips and flower buds are free from aphids, and select plants with signs of healthy, vigorous growth. Good garden centres should keep roses in top condition, with no weeds or lichen evident on the surface of the compost.

**R – Rambler:** Whether you're looking for a rose that'll grow up trellis or adorn garden arches, rambling roses will give a breath-taking display. Most ramblers flower once, from early to midsummer, but blooms are borne in such profusion that the clusters of flowers are a sight to behold. Some even produce attractive hips (colourful fruits) in autumn.

## Just a few Jobs for December/January (take time to relax and enjoy Christmas)

BBC Weather uses the meteorological calendar, where winter always begins on 1 December and ends on the last day of February. In the astronomical calendar, winter always starts at the winter solstice - the shortest day - which is 21<sup>st</sup> December. However you specify the start of winter, the weather will turn colder, and when you are working outside it is the jobs that keep you warm such as digging (unless you follow no-dig) and pruning that will help keep you warm. Hopefully lots of practical presents will also help keep the chill at bay! Below are a few other jobs that you may have on your list.

- Taking a walk around the garden, to check that you have winter protection in place, to prevent the loss of any favourite plants. This may include the use of fleece or bubble wrap, or using straw around the base of shrubs and, if you are able, move containerised plants closer to your house in more sheltered positions. Ensure that your pots are frost-proof or there is a risk of them cracking.
- Remove fallen leaves from the crowns of plants to prevent rotting.
- Is your greenhouse watertight and insulated and, if it is heated, is the heater working?
- Insulate outdoor taps and prevent your pond from freezing.
- Parsnips can be harvested once the foliage has died down, light frosts make them taste sweeter, but hard frosts may damage them, and it is best to eat them before they become 'woody'.
- Collect festive holly, ivy and mistletoe for indoor decorations – remembering to leave sufficient berries for wildlife, and put out additional food and water for birds and other wildlife.
- There is still time to plant any remaining spring bulbs that have not, as yet, made it into the garden,

## WHAT'S ON?

### Selected dates Friday 15 November – Saturday 28

**December** RHS Rosemoor - **Glow 2024** 4.30pm – 8pm

Last entry time slot 6.45pm – 7pm **Tickets must be booked in advance.** NEW this year, the Rock Gully with sparkling waterfall and rainbow tunnel of lights, silhouettes lit up in the Stumpery and a 'field of flames' in Lady Anne's Arboretum. Full details & booking

<https://www.rhs.org.uk/gardens/rosemoor/whats-on/rosemoor-glow>

**Sunday 1 December: 10am – 4pm** RHS Rosemoor - **Magic of Christmas Craft & Food Fair**

**8 December 2024, 2pm – 4pm (doors open 1pm)** RHS Rosemoor **Beauty and the Beast.**

Enjoy a tale as old as time with Wonder Pantomimes as they bring the story of Beauty and the Beast to RHS Rosemoor this festive season. **RHS member price:**

adult £12, child £6. **Non-member price:** adult £17, child £8.75. Includes garden admission before the show.

### **15 December 2024, 4pm – 6pm (doors open 3pm)**

**RHS Rosemoor Victorian Christmas carol concert.** A festive afternoon of carol singing, celebrating Christmas. **RHS member price:** adult £12, child £6. **Non-member price:** adult £17, child £8.75. Includes garden admission before the show.

**National Trust KILLERTON** There are lots of events taking place at Killerton over the festive period with fairy lights and garlands filling the house and stable block. Festive food and drink plus a wide range of gifts (very suitable for all gardeners) in the shop, There will be fun in the garden and parkland with an outdoor trail through the gardens, Community Christmas trees in the chapel, where 12 trees will have been decorated by community groups and, on most weekdays from 2<sup>nd</sup> – 20<sup>th</sup> December, there will also be a variety of local choirs filling the chapel with musical festive cheer. The acoustics are magnificent, and with the added sparkle of the Community Christmas Trees, you will be leaving the chapel feeling a lot more festive than you were when you entered!

**For full details see**

<https://www.nationaltrust.org.uk/visit/devon/killerton/christmas-at-killerton>

**National Trust Knightshayes** With sweeping garlands, showstopper trees and shimmering lights Knightshayes is geared up for Christmas. From a visit to see Father Christmas, to a shopping experience with gifts, food and drink and the ground floor of the house is decorated for a magical Victorian Christmas (15<sup>th</sup> November – 5<sup>th</sup> January – closed 24,25 & 26 December) There is also the return of 'Winter Lights' on selected dates in December through some of the most special places in the Formal Garden **For full details see**

<https://www.nationaltrust.org.uk/visit/devon/knightshayes/christmas-at-knightshayes>

Wishing you all a Happy & Peaceful Christmas

**Happy Gardening!**

*Nicola Baker*



## Brampford C of E Primary School

### News from the Head of School

**This is such a lovely time of year to work in a primary school and might be my favourite term!**

By the time you read this lots of our festive events will have taken place, and we hope that where possible you will have joined in.

You may have seen us 'light the way' on Thursday 14 November when FOBSS arranged the Lantern Trail that started at the school and trailed around to St Peter's; we decorated trees for the festival from both our classes, had a Christmas Fayre on the 27 November, a Christmas service on the 6<sup>th</sup> and a Christmas show on the 11<sup>th</sup> as well as our Christmas lunch. In amongst all this fun we are thinking about how to help others and will be collecting for the Shoebox Appeal and running like reindeer for Hospiscare. Please enjoy some snapshots of the children enjoying the festivities so far and from us all at our lovely little school, we wish you a wonderful Christmas.

**Thinking back to early November** when the whole school took part in a beautiful remembrance service at St Peter's Church, led by Rev. Tim.

The children produced some wonderful, reflective poetry and created beautiful artwork (*pictured right*)





**The whole school took part in a lantern making workshop,** with thanks to Catherine Bending and Hollie Goddard. The children made lanterns, adorning them with beautiful autumn leaves.



**The lantern walk took place on the evening of the 14 November,** when the children walked through the village to the church lighting up the evening.

### **Finch Class and Nursery**

Our younger children enjoyed an outdoor learning session, linking in with their curriculum 'understanding the world' by taking part in an investigative explore of the playground, looking for mini-beasts, identifying trees and fungi and discussing hibernation while enjoying hot chocolate made on the campfire.



I do hope you have enjoyed finding out what we have been getting up to in our lovely little school. If you would like to know any more, or are interested in a place for your child **in any year group**, don't hesitate to get in touch via the school office [brampfordadmin@exevalleyfederation.org.uk](mailto:brampfordadmin@exevalleyfederation.org.uk) 01392 841414

We look forward to hearing from you!

Charlotte Tofts





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## Christmas Tiffin



*This makes a lovely Christmas gift and it is always handy to have some in a tin for visitors or as an indulgent treat for you!*

You will need a square 8" / 20cm tin lined with greaseproof paper  
The dried fruit needs soaking for at least an hour.  
Allow time for chilling down and setting too.

If you are making this to give as gifts, you will need some cellophane bags, gift tags and curling ribbon. I often double the recipe to make two batches.

Raisins / currants	120g
Dried cranberries	120g
Glance cherries	60g, halved
Madeira <b>or</b> apple <b>or</b> orange juice	4 tbsps
Butter	120g
Golden syrup	150g
Finely chopped milk chocolate	200g
Cocoa powder	20g
Gingernut biscuits into small pieces	220g, chopped
Satsuma	1, zest only
Pecans	60g, chopped
Mixed spice	1 tsp
Cinnamon	1 tsp

### Topping

Dark / milk chocolate	250g, finely chopped
White chocolate	70g, finely chopped
Other festive decorations as you wish	

1. Line the base and sides of the tin with baking parchment.
2. Soak the dried fruits including the glance cherries in madeira or fruit juice for at least an hour and preferably two.
3. Use a large saucepan and melt the butter and golden syrup on a medium high setting, stirring often until smooth. Fold in the chopped milk chocolate. Turn off the heat and stir until fully melted.
4. Fold in the cocoa powder. Once it is fully mixed in add the chopped biscuits, satsuma zest, nuts and spices. Leave for 5 minutes to cool a little. Fold in the dried fruits and a dessertspoon (10ml) of the soaking liquid (it may have been absorbed).
5. Stir well and now press into the square tin. Press the mixture down with the back of the spoon. Cover and pop the tin into the fridge.
6. Melt the dark or milk chocolate (in a bowl over gently bubbling water). When smooth, spoon over the top of the tiffin. Pop back in the fridge. Allow to set for an hour.
7. Melt the white chocolate (in a bowl over hot not boiling water or it may curdle and clump up). When smooth drizzle over the top of the tiffin with a fork to get a ribbon / streaky effect. Add additional decorations as you wish. Cover and pop back in the fridge for an hour or so.
8. Cut into small chunks and keep cool in an airtight container / tin / bag. Will keep for at least ten days – supposedly.



## Festive Spiced Almonds



*A simple recipe that will make at least three jars for gifting at Christmas, or serving up with festive drinks and nibbles.*

If you are making this to give as gifts, you will need some glass jars, cellophane, gift tags and curling ribbon.

Raw almonds	250g	(rinsed thoroughly)
Granulated sugar	30g	
Maple syrup	3 tbsp	
Fennel seeds	3 tbsp	
Mixed spice	1 round tsp	
Salt	½ tsp	
Chilli flakes	½ - 1 tsp	
Water	2 tbsp	

- Put the rinsed almonds into a large mixing bowl. Mix the sugar, maple syrup, fennel seeds, spice, salt and chili flakes in a jug. Add the water. Stir well and pour over the almonds, mixing thoroughly. Leave for 30 minutes.
- Set oven to 180°C and line a baking sheet or two with greaseproof paper.
- Stir the almonds once more and then pour them and about 3 tbsp of the liquid onto the baking sheet and spread out.
- Bake for 10 minutes.
- Stir around and then bake for another 5-10 minutes. This varies according to the speed of your oven.
- Remove from the oven and separate with a fork.
- Cool for 20 - 30 minutes and then spoon into jars / airtight containers.
  - ◇ If kept in an airtight container, the nuts will keep for around a fortnight.

## Chocolate Orange Brownies

*A festive treat!*

You will need a square 8" / 20cm baking tin and greaseproof paper (baking parchment)

Dark chocolate	200g
Golden caster sugar	220g
Soft butter	220g
Organic eggs	4, lightly beaten
Self-raising flour	200g
Cocoa powder	60g
Milk (dairy or alternative)	60ml (4 tbsp)
Marmalade (finely shredded is best)	4 tbsp
Optional – Walnuts / Hazelnuts	80g, coarsely chopped
Chocolate orange : either approx 24 mini chunks or 8 segments cut into 3	
Optional Icing sugar	1 tbsp to dust

- Line the baking tin with parchment paper and set the oven to 180°C (Gas mark 4).
- Break up the dark chocolate into squares and put in a glass bowl placed over a gently simmering pan of water to melt. Don't be tempted to speed things up as you will end up boiling or cooking the chocolate – and then the taste suffers and it could curdle. Once melted, stir and take off the heat.
- Whisk the sugar and soft butter in a large mixing bowl.
- Add the eggs, flour, cocoa powder, and milk to the bowl and mix. Add the marmalade to the melted chocolate. Stir and fold in to the mixture followed by the chopped nuts.
- Spoon the mixture into the baking tin. Smooth over and press the chocolate orange chunks into the mix covering them with the mix using a fork. Bake in the oven for 22-25 minutes. Cooking times vary from one oven to another. The brownies are cooked when the top has set and is looking glossy and possibly cracked. A skewer will come out with a bit of crumb on it, rather than very wet or dry! You want them fudgy rather than cakey.
- Take out of the oven and leave in the tray to cool for an hour at least. Any sooner and the mixture will collapse. Lift and transfer to a board. Dust with some icing sugar if you wish. Cut into squares.
  - ◇ Can be served warm or cold.
  - ◇ If using gluten free flour, add 1 tbsp olive oil to the recipe.

**Sarah Lumley**



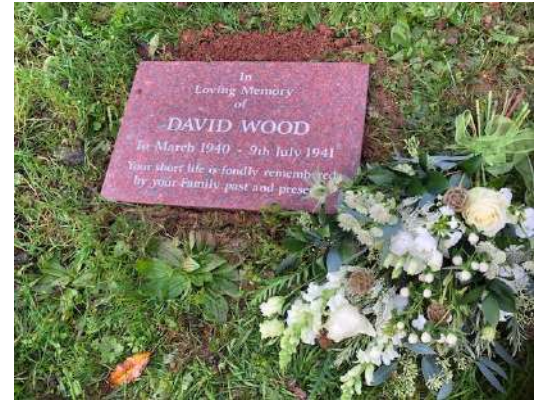


## A Plaque for David

In 1941, my mother and her first-born baby son David (left), aged one, were evacuated from Beckenham in Kent to a village in Devon.

That village was Upton Pyne. They enjoyed life there, staying at 2 Chestnut Cottages. However, later that year, David contracted meningitis and sadly passed away in the Royal Devon & Exeter Hospital, aged 16 months, on 9<sup>th</sup> July 1941.

This sad story only came to light many years later in 1986 when I told my parents that my wife and I were expecting our second child and if it was a boy, we would like to name him David. She reluctantly asked us not to and then told us the Upton Pyne story. My mother confided in me that at the time of David's death she thought that she would never stop crying. This probably explains why my parents did not return with some form of memorial.



Stevens, who remembered placing a baby in the churchyard, and they found the place where it is thought that David rests.

So, 84 years later, we were given permission and arranged for a memorial tablet to be laid in the churchyard to mark his short life. This took place on Tuesday, 29<sup>th</sup> October 2024 and David will continue to be fondly remembered by his family and the memorial tablet will be seen by other visitors to the churchyard.

**Geoff Wood and family**

## Welcome back to Sheffield folk legends



**In the churchyard, (left to right) Revd. Tim Collins; Geoff, Andrea and Melanie Wood; Veronica Clarke and Revd. Deborah Leighton Plom.**

The fact that it was wartime and my father was in the Army were no doubt contributory factors towards this.

A few years ago, our daughter Andrea was on holiday in the Upton Pyne area, and having learned the family history, wanted to seek out David's resting place. She visited Upton Pyne Church and spoke, by chance, to Veronica Clarke and also met the gravedigger, Les



**John Bowden and Vic Shepherd** made a spur of the moment visit to Devon recently before starting on this year's traditional round of Sheffield Carols sung in village pubs around Sheffield. Two of John's ancestors, Walter and Frederick Bowden, are commemorated on the Upton Pyne war memorial. Anyone who was at the 2014 WW1 concert in Upton Pyne village hall will remember John's heart-breaking rendition of *Home, Lads, Home*, originally a poem by Cecily Fox Smith. John and Vic returned in 2018 to give a memorable concert in the church in aid of the Friends of Upton Pyne.





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# Christmas Pageant With Puppets!!

**Upton Pyne Church Dec 24<sup>th</sup> 3pm**

**Add a sparkle to this Christmas Eve – not just the after-service drinks but also with your own home-made Pageant Puppet!!**

**We will be holding two afternoon workshops and providing all the materials for these easy to make 50cm tall puppets.**

**The Workshops will be held at The School House, Upton Pyne on**

**8<sup>th</sup> December 2.30 pm - 4.30pm**

**14<sup>th</sup> December 2.30pm - 4.30 pm**

**Hope to see you there!!**

**For further details please phone Lisa Clapp on 01392 841339**

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An advertisement for Bernaville Nurseries. The background is a blue sky with several pink cosmos flowers in the foreground. At the top center, there is a small circular logo containing a red flower. The main text 'GET GROWING' is in large, bold, yellow letters, with 'at' in smaller black letters below it. Below that, 'Bernaville Nurseries' is written in a green, serif font. At the bottom, there is a black banner with white text: '80% OF OUR BEDDING PLANTS ARE GROWN ON SITE!', 'INSPIRATIONAL IDEAS FOR YOUR GARDEN AND HOME IN STORE', and 'WWW.BERNAVILLE.CO.UK • CALL 01392 851326 • OPEN 7 DAYS A WEEK • FIND US JUST PAST COWLEY BRIDGE, EXETER'.





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## Pre-Loved Clothes Sale

A POP UP PRE -LOVED clothes, jewellery and toy sale. (Whilst enjoying a cuppa and cake. 🥰)

New outfit for Christmas? or a special something for a child/grandchild.

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**2pm - 4 pm**

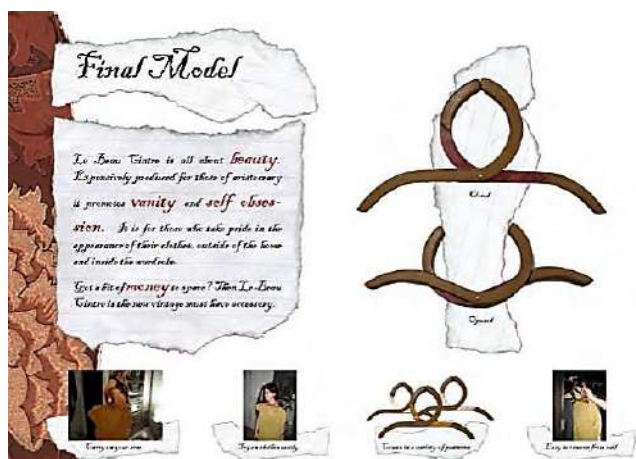
**Please donate items to the school reception or contact Fiona on 07764194620. (Cakes welcome)**



## Ros Leveridge meets Sarah Drummond

Have you ever had a coat hanger moment? You probably have, although you will almost certainly have called it something else.

Whilst in her second year, studying for a degree in Design at the Glasgow School of Art, Sarah Drummond and her class were given the task of redesigning a coat hanger. At first glance, this seemed a project unlikely to inspire lively minds, and many students understandably hated it. Sarah, however, chose a different approach and began to research it, taking herself off to the Laura Ashley shop in Glasgow, where she started to observe closely exactly how people used coat hangers. She noticed how customers often held an item of clothing, still on the hanger, up to their shoulder line and then stood in front of a mirror to see how it looked 'on them'. She also noted how the hook then always caused a problem by getting in the way. It was while she was making these notes and taking photos, that she was asked to leave the shop by staff alarmed by her very strange behaviour!



### **Sarah's art school submission**

Nothing daunted, Sarah was convinced from this research that to solve this problem, she needed to get rid of the hook. She set about designing a hanger

which opened and fastened around the neck, meaning the garment hung easily from the shoulder line. The next stage was to test this hypothesis with a prototype, at first with one made of cardboard, then one of foam, then plastic, and eventually wood. Wallpaper was wound around it to soften the surface – from Laura Ashley of course! Finally, she hung her redesigned coat hanger alongside the other sixteen and presented her idea to her class. To her relief, although there was a myriad of different designs that day, no-one else had thought of her solution.

Sarah came to realise that whatever the product, the design process always follows the same steps – it starts with research, followed by the definition of the project, the making of a prototype, and finally scaling up. "University really set me up for life," she says, "and offered me opportunities way beyond my Glasgow experience, such as six months studying at art school in Prague."

In 2007, there followed another positive, life-changing event - Skills Development Scotland approached students in their final year and asked them to look at their services from a design perspective and apply their skills to see what could be done better. Sarah looked at the journey a young person might make after school and how the options were presented to them: a process which really opened her eyes to the possibilities of taking the design skills acquired at art school and applying them to a diversity of other projects, designing the sort of services we use every day.



***Snook worked with Neighbourhood Watch to research, design and pilot a new service to provide volunteers with information and tools to educate elderly residents against fraud***



***and with SNTech, a company which has developed a sustainable fishing product to reduce the wrong catch in fishing nets.***



She left university and with characteristic drive co-founded **Snook**, a studio in Glasgow which focused on service design for local organisations. The next bold move as a young entrepreneur was to move her design studio to London, where ever-bigger projects began to flow in, with clients such as the UK government, the NHS and Tesco. From modest beginnings above a tearoom in Glasgow, the business grew rapidly and took on tens of staff and numerous profitable projects. Success does not come without its challenges, however. "After more than a decade," Sarah admitted, "I was tired, stressed and wanting to get back to hands-on work on projects, rather than simply pitching for them."

Out of the blue came an email which changed the course of her life once again. Someone wanted to buy the business. At first sceptical, she eventually accepted an offer and sold it in January 2019, just weeks before the pandemic brought huge change to everyone's life and work.

Sarah's friends call her the "Scottish polymath". She says of herself that she has always had "fingers in many pies". Unsurprising then, to learn, that during the pandemic, when most of us were baking endless gingerbread and finding new footpaths, Sarah was working with her partner on a new design project – this time to produce vegan 'meat'.

Astonishingly, experimenting with fava beans and other British heritage pulses, they managed to make 'meat' in the airing cupboard of their London home, which they happily discovered to be a balmy 30 degrees! As we now know, part of any design process involves a prototype which needs testing – so packages of the product were sent by post to brave friends willing to try it out. From these small beginnings, Sarah and her partner Lou plan to produce vegan 'meat' commercially. When made from oats, it has a natural umami taste, is a fermented food which is not ultra-processed and which tastes delicious when fried and served with rice and vegetables. With their move to Bidwell Barton House, Sarah and Lou acquired three barns which they hope will be an ideal future location not only for producing it, but which will also house a café and maybe a dining experience too.

Whilst this would be more than enough to keep most people busy, Sarah has many other projects on the go. She is a proud Scottish Government-appointed board member of Loch Lomond and Trossachs National Park which helps to keep her in touch with her native Scotland. She is also an ex-trustee of the mental health charity WithYou and Settle, dedicated to tackling the causes of youth homelessness.

Sarah's work has been recognised many times. She was awarded a Google Fellowship for her work in technology and democratic innovation, named as Good Magazine's 100 extraordinary individuals tackling global issues in creative ways and, in 2019, the Glasgow School of Art gave her an honorary doctorate for services to design.

What next, I wondered. "Film," she replied. For many years, she has written, directed and produced films as part of her work and is now focused on making a documentary on Section 28 of the Local Government Act, a piece of homophobic legislation in force between 1988 and 2003.

"I really hope it will be in the cinemas one day."

We'll be watching!

***Have you had a 'coat hanger' moment? A simple idea for doing things differently? If so, we'd love to know. Send your ideas to [contributions@spekeup.org.uk](mailto:contributions@spekeup.org.uk) and we will print the best.***

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## December on the Farm

**The life force visibly disappears into the ground for its winter sleep.** The sun is low, plant growth is slow, animals are sleepy. And it's horrible to get out of bed in the morning and return home in the evening in the dark. Birds of a feather flock together in the fields to keep themselves safe from the patrolling buzzards.

Finches and other little birds flit with a whoosh of air on flight feathers across our stubble fields, finding the seeds on weed plants. The more foolish young rabbits and squirrels have disappeared into the mouths of increasingly accomplished young hunters, foxes, badgers and birds of prey. The landscape shows its stark bones with the softening leaves all gone.



## Cattle

We have some cattle still out grazing. We are learning how to hold animals outside through much of the winter in a way that works for soil, our people and the animals. We grow grass long on a poorer field. We laid silage bales across the field when we harvested them in early autumn. The animals graze an area of long grass, we call it deferred grazing, and a couple of bales every few days. The pasture is trashed but well fertilised. We will grow a crop of maize or reseed the grass in that field next spring.

The autumn sown crops are now coming through. We haven't got every field sown, with all the autumn rains. This gives more stubbles overwinter for wildlife, although we will get a smaller harvest next year.

## Cheese making

The cheese dairy is pleasantly warm now, and the cheese stores feel warm too, even though they are around 10°C/50°F. We are making a lot of cheese, and working hard to pack everyone's Christmas cheese.

Cheese is such a lovely part of Christmas feasting. I love coming into our shop and choosing my favourite cheeses. I ask the team what is tasting particularly good, very often the Vintage or Extra Mature Cheddar, then I'll add a Hard Goats 2kg truckle, and a wedge of our new hop cheese. I love a big Baron Bigod for luxurious snacking. I always have a chunk of Colston Bassett Stilton. Then I will add a smattering of the little White Lake cuties, Little She and Eve. I finish my cheeseboard off with that lovely Cornish Alpine cheese Kern, and one each of our whey butters, cows' goats' and the mixed milk Lady Prue. I pair with Sandford Orchards Ice Cider and maybe the Sharpham Red Onion Rosemary and Thyme Marmalade.

I know I will be still be eating it into January, and it's how to do almost no cooking or shopping for a couple of weeks, and it will easily feed a party or some unexpected guests. Order your cheese at our cheese shop, or other independent shops: we rely on your Christmas custom to keep us going through the lean months running up to Easter.

We are just learning about the microflora of cheese rind with Ben Woodgates and Rachel Dutton. I heard Ben speak about the rich microbial communities on the rinds of naturally-matured cloth bound cheese. He

gave some guidelines to identification, and more is available on [microbialmolds.org](http://microbialmolds.org). The classic grey-green of cheddar is dominated by *Scophularius* species. You can find a rich community of other species, a 'mould garden', determined by the area of maturation, temperature, humidity and other factors that are the terroir of the cheese. Every clothbound cheddar maker will have the same species on the rind. Each farm has its separate subspecies, uniquely evolved to that place, each giving their unique flavours to the cheese from that farm.

## Affineur of the Year

We are looking at this with Affineur of the Year, a collaboration with Academy of Cheese and a number of affineurs. Several cheesemakers are sending out cheeses all from the same vat to be matured in other places. We will taste them all in April to see what different places and methods do to the microflora of the rind, and through that the flavour of the cheese. Rounds in previous years have shown amazing differences. Other countries, including France, are now interested in doing the same thing: educational play for cheesemakers.

People ask us whether it's OK to eat moulds: you wouldn't eat moulds on bread, why is it OK to eat them on cheese and other protein-rich foods like salami? Moulds produce harmful substances where the mould grows on a less complete food like bread, to make it nutritionally better for the mould.

Incidentally, we love enough but not too many cheese mites which act as gardeners of the mould garden growing on the cheese rind, avoiding excess mould growth.

Some people discard the rind, while some find the earthy, horseradish-y notes typical of the rind of a Quicke's Cheddar adds interest, for instance in soups or stews. Our Cheese Tours are a fantastic way for you to see under the cloth and skin of our farm, check our website for details

Our Cheese Shop in Newton St Cyres is open Monday-Friday 10am-4pm and Saturday 7,14,21 December 10am-4pm. We are open on Christmas Eve 9am-1pm then close until Thursday 2<sup>nd</sup> January.

*Mary Quicke*



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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.

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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 2025, 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 the Christmas Food Quiz

1. Chestnuts
2. Orange / Clementine
3. Hot chocolate
4. Japan
5. Figgy pudding
6. Marzipan
7. Pigs in blankets
8. Indonesia
9. Brandy
10. Clockwise
11. Sherry
12. Syrup
13. Germany
14. Coca-Cola
15. A Yule log

## Answers to the Music Quiz

**A1** Mariah Carey recorded *All I want for Christmas is You*.

**A2** The famous Christmas ear worm written by Wham! was *Last Christmas*.

**A3** The two renowned people who recorded a version of *The Little Drummer Boy* were Bing Crosby and David Bowie.

**A4** "It's Chriiiiiistmaaaaaaas" is a line from *Merry Christmas Everybody* by Slade.

**A5** Greg Lake (of Emerson, Lake and Palmer fame) wrote the music for *I Believe in Father Christmas*. Peter Sinfield wrote the lyrics.

**A6** Kirsty MacColl guested on the The Pogues' Christmas hit *Fairytale of New York*.

**A7** Bruce Springsteen covered *Santa Claus is Comin' to Town*. (Originally recorded in 1934, written by J Fred Coots and Haven Gillespie.)

**A8** Wizzard wished it could be Christmas every day.

**A9** Chris Rea is *Driving Home for Christmas*.

**A10** *Lonely this Christmas* was a 1974 hit for the British glam rock band Mud.

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# Getting rid of the mouse

I remember writing my first cheque in the middle of the 1980s, but I cannot remember when I wrote the last one. Cheques were replaced with cards and now my children only use their phones to carry out almost all their financial transactions. They do not know what a cheque is.

When I started as a GP, I would record consultations by writing on small pieces of card, stored in a patient envelope, kept behind the reception desk. Currently, I type my notes and they are stored electronically. Early next year, we will start the next step in the evolution of medical record-keeping by trialling a new computer programme that will produce a transcription of the consultation as our patients leave the room.

As GPs, we are at the start of a patient's journey. For the vast majority of patients this is a one-stop shop; we see and we successfully treat. However, for patients who need further investigation, our role is to transfer the information we have gathered to the hospital team. This takes us a lot of time. Three hours of a GP consulting with patients will typically generate one hour of administrative work, the bulk of which is writing letters.

At medical school, doctors learn the language of medicine. The way in which we record a patient's story follows a set pattern. A lot of this medical shorthand is now familiar to everyone from the medical dramas that are ever-present on television. The new computer programme takes advantage of this predictability; it recognises patterns that regularly occur in GP consultations and links them together. A transcription of a consultation can be analysed in seconds by the algorithm and no matter how complicated and circuitous the conversation, no matter how many possible diagnoses may have been alluded to, it is able to produce an outline written recording in a 'doctor-speak' format. This is a draft summary for the record that can be checked and edited, however it is remarkably accurate. The programme then allows the GP to package the information extremely quickly for onward communication, such as a referral letter.

As far as practising medicine nothing will change; knowing your patients, asking the right questions, performing the examination are not something the computer can do. However, no typing, no dictation, just editing will give GPs more time to spend with patients.

In 1992, Wyndham House was the first practice in Devon to stop using paper notes in consultations, in 2016 we were the first practice in Devon to convert all medical records into a digital format and in 2025 we are going to be one of the first practices to start the process of removing the computer keyboard from the consulting room.

**Anthony O'Brien**  
**Wyndham House**

## Silverton Memory Cafe

Dementia is not a single disease but an umbrella term for many different conditions which are all characterised by a decline in memory and cognitive function. The main risk factor is old age, though it can affect people who are younger.

Alzheimer's is the most common form of dementia, affecting over 55 million people worldwide, though there are many more people who are never diagnosed. For reasons not yet understood, two-thirds of people affected are women.

Recent studies have shown that life-style changes, which include improved diet, exercise, sleep and a reduction in stress, can improve the outcome for people who have early cognitive impairment. Another important factor is social stimulation with activities which stimulate thoughts and brain function. The worst situation is feeling alone and not communicating with other people. Human beings need each other for social interaction and stimulation. Dementia is a complex and challenging condition but it is not usually an inevitable part of growing older. The research is quite clear, we have the power to influence our brain's future.

At the Memory Cafe, we aim to challenge our visitors with puzzles, games, singing and quizzes; plus, there is always lots of happy chatter and communication which also brings a sense of companionship, enjoyment and fulfilment.

If you are worried about your memory or are on your own with little company, do drop in to join us on any Thursday afternoon between 2 and 4 pm in the Silverton Community Hall, where a warm welcome awaits you.

For more information, please call or email Trish Jones on: 07484 377298  
or [silverwellbeing@gmail.com](mailto:silverwellbeing@gmail.com)



# Wyndham House Surgery

Wyndham Road, Silverton, EX5 4HZ

Telephone: 01392 860034

[www.wyndhamhousesurgery.co.uk](http://www.wyndhamhousesurgery.co.uk)

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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**

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(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.**

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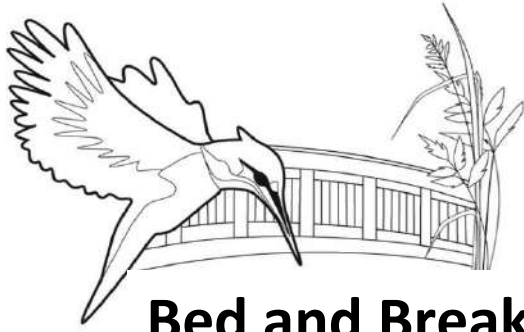
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**Greg Probert Dip PFS**

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## **Brampford Speke Village Hall**



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

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

**See the Village Hall pages on [www.brampfordspeke.org](http://www.brampfordspeke.org) for more details or email [infobsvht@gmail.com](mailto:infobsvht@gmail.com)**

**Many thanks to Nick Gilbert Scott for allowing us to use his drawing of the Village Hall**



# Upton Pyne Village Hall



## Annual General Meeting

**Saturday 22 February, 2025**

**Join us for coffee/tea from 10.30 a.m. Meeting starts 11.00**

***Everyone welcome!*** Support our community, make new friends – and help to keep this vital village asset thriving. Why not join our committee?

**For more information:**

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

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Wishing you a Pink Christmas

***The comforts and traditions associated with Christmas are enjoyable. The predictability gives us feelings of security. However, we have all experienced changes to our Christmas routines at various points in our lifetimes. Initially the change feels strange but then the new festive habits bed in and become the comfortable normal, until circumstances alter them again.***

There is a similarity here with how we treat some medical conditions. We encourage patients to become comfortable with routines and patterns of symptoms. They learn how their bodies respond to medication and this provides them with the security of knowing they have control over these symptoms. Asthma is the best example of this method of care. The national guidelines for asthma care are changing. They are now directing us to stop prescribing blue inhalers and replace them with a combination inhaler. Introducing this change will save lives; there are still a very large number of preventable asthma deaths across the UK.

The evidence shows that using a single inhaler (the surgery will use the pink Fostair inhaler) for almost all asthma patients greatly reduces the number of exacerbations patients experience, reduces hospital admissions and is a much better for the environment. Inhalers comprise 4% of the NHS carbon footprint. Halving the number we use, plus using powder

inhalers where possible, is on the same environmental scale as closing an international airport!

The combination inhaler contains a long-acting 'reliever' (equivalent to the blue inhaler) and a small dose of steroid (equivalent to the previous brown inhalers). Inhaling both components at the same time is of great benefit for both short- and long-term control of asthma symptoms. The benefits are greatest for patients who previously only used a blue inhaler. You use the pink inhaler in the same way as the blue; it acts just as quickly, and the effect lasts a lot longer. This is a very significant change for asthma patients; the security and reliability of their blue inhaler is deeply engrained over many years. Starting the brown inhaler alongside it if symptoms worsen is a firmly embedded learnt response. This is being replaced with simply increasing the number of pink inhalations. The new single Inhaler regime does not change the thinking, it just removes the need for two inhalers and heightens the speed of response to the treatment. We will start sending letters explaining the change to our asthma patients in December and so some might receive their first pink inhaler for Christmas. However, for the majority this will be in the New Year; a more traditional time to make changes and experience their benefits.

Happy Christmas and all our best wishes for 2025 from the team at Wyndham House. **Anthony O'Brien**

## BUS SERVICES

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Bramford Speke Stooks Close	10.19
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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
Bramford Speke Stooks Close		13.44

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## NEIGHBOURHOOD WATCH and POLICE

Contact numbers for information:

**Bramford Speke 840100 Cowley 851634**

**Our PCSO Steve Trail can be contacted on 101**

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# PARISH DIRECTORY

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tim.collins@netherexe.org

**Curate**

Deborah Leighton Plom  
deborah@netherexe.org

**Reader**

Laura Ford  
Tel 07741 491946  
[laura.ford@netherexe.org](mailto:laura.ford@netherexe.org)

**Netherexe Parishes website:** [www.netherexe.org](http://www.netherexe.org)

**Administrator**

Peter Shepherd  
Tel: 07551 844321

**Church Wardens (BS)**

Richard May Tel 841448  
Douglas Ford Tel 841753

**Church Wardens (UP)**

Lisa Clapp Tel 841339

**PCC Treasurer****Organist****Secretary**

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Beverley Horton (UP)

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Lisa Clapp (UP)

**Tower Captain**

Ed Sanders (BS)  
Tel 841434

Jenny Codling (UP)  
Tel 07872 922 202

**Brampford Speke Baptist Chapel**    Revd. Simon Taylor    Tel: 279485

**Brampford Speke Parish Council**

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

**Clerk**

Tracy Watkins                      07811 938614    [clerkbspcc@gmail.com](mailto:clerkbspcc@gmail.com)

**Councillors**

Brad Hillson (Chair)	07870 865231	<a href="mailto:brad.hillson.bspc@gmail.com">brad.hillson.bspc@gmail.com</a>
Elaine Hollingsworth	01392 841434	<a href="mailto:elaine.hollingsworth.bspc@gmail.com">elaine.hollingsworth.bspc@gmail.com</a>
Will Honan	07946 110976	<a href="mailto:will.honan.bspc@gmail.com">will.honan.bspc@gmail.com</a>
Lisa Langdon	07515 873324	<a href="mailto:lisa.langdon.bspc@gmail.com">lisa.langdon.bspc@gmail.com</a>
Stuart Luxton	01392 841094	<a href="mailto:stuart.luxton.bspc@gmail.com">stuart.luxton.bspc@gmail.com</a>
Richard Tillett	01392 841268	<a href="mailto:richard.tillett.bspc@gmail.com">richard.tillett.bspc@gmail.com</a>
Jo Wayne	07494323917	<a href="mailto:joanne.wayne.bspc@gmail.com">joanne.wayne.bspc@gmail.com</a>

**Other Contacts in Brampford Speke:**

Village Hall website	<a href="http://www.brampfordspeke.org.uk">www.brampfordspeke.org.uk</a>
School	841414
Brampford Area Baby and Toddler Group	Catherine Bending 07964 967278
Friends of BS School (FOBSS)	<a href="mailto:hellofobss@gmail.com">hellofobss@gmail.com</a> 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](http://www.uptonpyne-pc.org.uk)

Clerk Jacqui Ward

01392 851918

[parishclerk@uptonpyne-pc.gov.uk](mailto:parishclerk@uptonpyne-pc.gov.uk)

### **Councillors**

Bob Short	UP	bobshort@uptonpyne-pc.gov.uk	Chairman
Jessica Dalton	UP	jessicadalton@uptonpyne-pc.gov.uk	
Amanda Ryles	Cowl	amandaryles@uptonpyne-pc.gov.uk	
Maggie Cormack	UP	maggiecormack@uptonpyne-pc.gov.uk	
Sophie Ward	UP	sophieward@uptonpyne-pc.gov.uk	IT & Communications
Mark Hewlett	Cowl	markhewlett@uptonpyne-pc.gov.uk	CLT representative for the PC
Mike Leach	UP	mikeleach@uptonpyne-pc.gov.uk	

### **Other Contacts in Upton Pyne**

Garden Club	June Nicks (Chairman)	841272
Village Hall Bookings	Ian Findlay	iankfindlay@outlook.com
Footpath Warden	Fabian King	
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:** Jamie Kemp 07538 570551 [jkemp@eastdevon.gov.uk](mailto:jkemp@eastdevon.gov.uk)

**EDDC Dog Warden:** 01395 571517

## **Devon County Council**

**Councillors:** Henry Gent [Henry.Gent@devon.gov.uk](mailto:Henry.Gent@devon.gov.uk)

Sara Randall Johnson 01404 822524 [sara.randalljohnson@devon.gov.uk](mailto:sara.randalljohnson@devon.gov.uk)

Tel: 03451 551015. 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](http://www.spekeup.org)

**Material for publication should be sent by 15<sup>th</sup> of the month by email to [contributions@spekeup.org.uk](mailto:contributions@spekeup.org.uk)**

Please use 11 pt Calibri in doc or docx format, with accompanying PDF if you wish. Advertisements for village events should be no more than a **half A4 page** and are free. Enquiries for commercial advertisements should be sent to [advertising@spekeup.org.uk](mailto:advertising@spekeup.org.uk). The committee welcomes contributions of news, views, etc. but reserves the right not to publish any item that it considers inappropriate, or for which there is insufficient space. Opinions expressed in Speke Up are not necessarily those of the committee as a whole or of its members individually. The committee declines to accept collective or individual responsibility for any actions, costs of liabilities resulting from material appearing in our columns. For further information please contact:

**Upton Pyne & Cowley:** Linda Findlay 07598 753088

**Brampford Speke:** Richard Tillett 01392 841268

**Distribution:** Bev Lewers (UP&C) 07742 927163 Karen Sanders (BS) 07870382481

# December DIARY

Monday	2 <sup>nd</sup> December	11am	<b>Upton Pyne Village Coffee Morning</b> Upton Pyne Village Hall All welcome.	Veronica Clarke 841 530
Monday	2 <sup>nd</sup> December	10am	<b>Make your Own Christmas Wreath</b> £20 per person Upton Pyne Village Hall	June Nicks 841 272
Wednesday	4 <sup>th</sup> December	7.30pm	<b>Christmas Carols at Pynes House</b> Tickets £10    Booking essential	Sue 07753 605726
Sunday	8 <sup>th</sup> December	2pm	<b>Whist Drive</b> Upton Pyne Village Hall	David Taverner 01884 855459
Tuesday	10 <sup>th</sup> December	12 noon	<b>Lunch Bunch</b> Thorverton Arms	Pat 841 599 or Veronica 841 530
Sunday	15 <sup>th</sup> December	2pm – 4pm	<b>Brampford Speke Pre-Loved Charity Sale</b>	Fiona 07764 794620.
Tuesday	24 <sup>th</sup> December	3pm	<b>Christmas Pageant with Puppets</b> Upton Pyne Church <b>Workshops to make your own puppets</b> School House, Upton Pyne on: <b>8<sup>th</sup> Dec &amp; 14<sup>th</sup> Dec 2.30pm – 4.30pm</b>	Lisa Clapp 01392 841339  All materials provided
Tuesday	31 <sup>st</sup> December	7.30pm – 1am	<b>Social Club New Years Eve Party</b> Upton Pyne Village Hall	£5 per family / £3 per adult
			<b>Weekly</b>	
Monday		10.30 am	<b>Pilates</b> Brampford Speke Village Hall (Term Time only)	Nicki Stumpf 07838 260290
Wednesday		10am  7.00pm-8.00pm	<b>Art Class</b> Upton Pyne Village Hall <b>*New Pilates class from January!*</b> Upton Pyne Village Hall	John 07816 846562  <b>Rebecca 07392480974</b> <b>or book online:</b> <b><a href="http://www.ivegotyourback.co.uk">www.ivegotyourback.co.uk</a></b>
Thursday		9.15am – 11am (term time) 9.30am (term time) 2-4pm	<b>Toddler Group</b> Brampford Speke Village Hall  <b>Zumba</b> Upton Pyne Village Hall  <b>Tea</b> Upton Pyne Village Hall	Emily 07511 623314  Caroline Anstead 07796 950652, <a href="mailto:canstead4@gmail.com">canstead4@gmail.com</a>  Adrienne 07791 609068
Friday		10.30-11.30am	<b>Pilates</b> Upton Pyne Village Hall	Rebecca 07392480974 or book online

# SERVICES & INFORMATION

The Netherexe Parishes - A community of Anglican churches in Devon

Please see our website at [www.netherexe.org](http://www.netherexe.org) under "Services" section.

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

## DECEMBER 2024

### Sunday 1 December

11:15 am	Service	Cadbury
06:00 pm	Mission Community Advent with Communion	Stoke Canon

### Wednesday 4 December

09:30 am	Mid-Week Holy Communion	Exe Valley Farm Shop, nr Thorverton
05:00 pm	Mid-Week Meet	Stoke Canon

### Sunday 8 December

09:30 am	Communion	Thorverton
10:30 am	Communion	Upton Pyne
11:15 am	Christingle	Rewe
05:30 pm	Carol Service	Huxham

### Wednesday 11 December

05:00 pm	Mid-Week Meet	Stoke Canon
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### Sunday 15 December

09:30 am	Communion	Brampford Speke
09:30 am	Bubble Church	Thorverton
05:00 pm	Carol Service	Stoke Canon
06:00 pm	Carol Service	Cadbury

### Tuesday 17 December

07:00 pm	Carol Service	Netherexe
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### Wednesday 18 December

05:00 pm	Mid-Week Meet	Stoke Canon
06:30 pm	Carol Service	Newton St Cyres

### Saturday 21 December

05:30 pm	Carol Service	Brampford Speke
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### Sunday 22 December

09:30 am	Communion	Newton St Cyres
11:15 am	Communion	Rewe
05:00 pm	Carol Service	Thorverton

### Tuesday 24 December

10:45 am	Bubble Church	Thorverton
03:00 pm	Nativity Pageant with puppets	Upton Pyne
04:00 pm	Crib Service	Stoke Canon
06:00 pm	Carol Service	Rewe
11:00 pm	Midnight Service	Newton St Cyres

### Wednesday 25 December

09:30 am	Family Communion	Thorverton
10:00 am	Christmas Day Service	Cadbury
10:00 am	Christmas Day Service	Brampford Speke
11:00 am	Communion	Huxham [with Stoke Canon]

### Sunday 29 December

10:00 am	Mission Community Service	Upton Pyne
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## JANUARY 2025

### Sunday 5 January

10:00 am	Coffee & Chat	Newton St Cyres
11:15 am	Service	Cadbury
11:15 am	Café Church	Rewe
05:00 pm	Communion	Stoke Canon

### Wednesday 8 January

09:30 am	Mid-Week Holy Communion	Exe Valley Farm Shop, nr Thorverton
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**Sunday 12 January**

09:30 am Communion

Thorverton

10:30 am Communion

Upton Pyne

**Sunday 19 January**

09:30 am Communion

Brampford Speke

09:30 am Bubble Church

Thorverton

10:00 am Coffee &amp; Chat

Stoke Canon

11:15 am Communion

Cadbury

**Sunday 26 January**

09:30 am Communion

Newton St Cyres

10:00 am Messy Church

Stoke Canon

11:15 am Communion

Rewe

**Every Tuesday** at 6:00pm we gather for prayer in Rewe ChurchAt **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.

Rev'd Tim Collins [Priest in charge]

Tel: 01392 860767

[tim.collins@netherexe.org](mailto:tim.collins@netherexe.org)For more information about the Netherexe Parishes please see [www.netherexe.org](http://www.netherexe.org) or contact:

Juliette Lea [Administrator]

Peter Shepherd [Administrator]

Tuesday &amp; Thursday [09:00 – 15:00]

Monday &amp; Wednesday [09:00 – 13:00]

Tel: 07594 714590

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