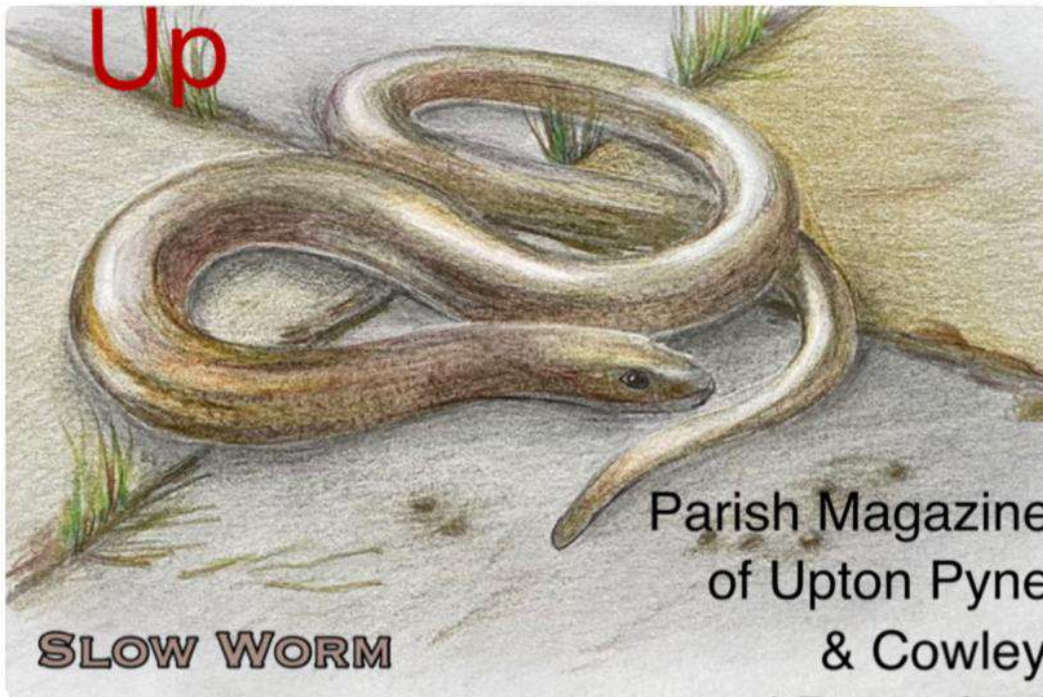


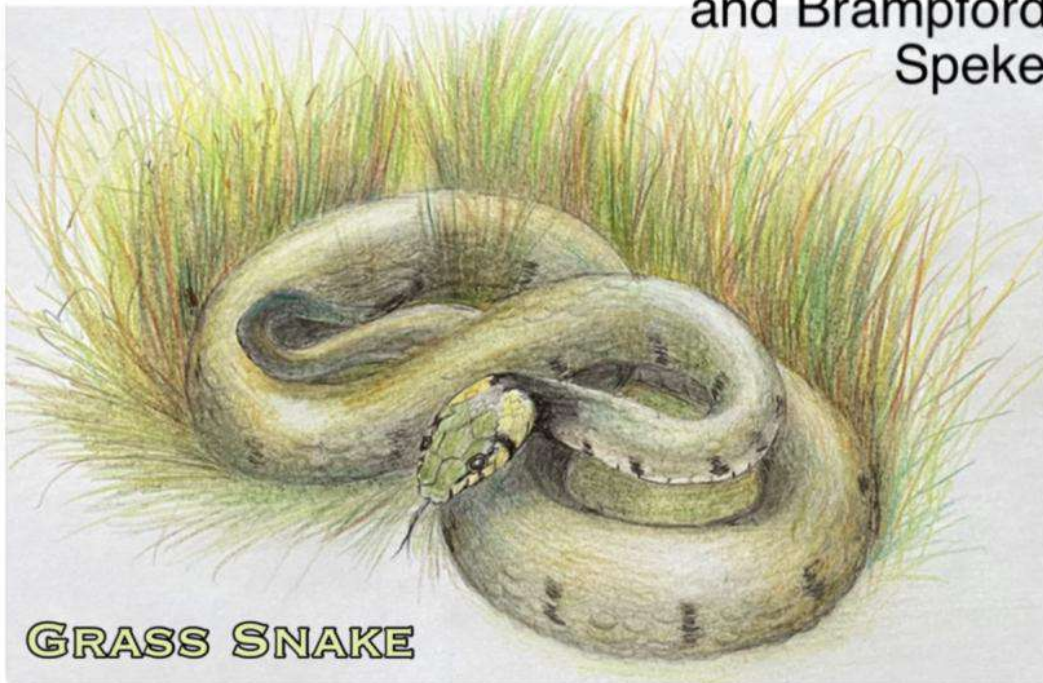
Speke

Up



SLOW WORM

Parish Magazine
of Upton Pyne
& Cowley
and Brampford
Speke



GRASS SNAKE

November 2025

Issue 385

Upton Pyne



Delicious Refreshments!

Saturday,
8th November

12noon - 4pm

Everyone very
Welcome!

Upton Pyne Village Hall - EX5 5JA



**CURRY &
QUIZ**
Night



Are you ready for a night of
trivia, fun and food? Join us
for Quiz Night, with a
choice of curry or a hot dog
and chips! Gather your team
and put your knowledge to
the test with our
entertaining and
challenging quiz questions.

22nd November 2025

Doors At 7PM for a 7.30PM start

£5 per person for your choice
of meal and quiz entry. Tickets
on sale now from the club.

Follow us on Facebook: Upton Pyne Social Club

Speke Up Matters

Welcome to the November issue of *Speke Up*. As always in our two parishes, there is a lot going on as the run-up to Christmas begins. On page 23, you can find details of the Garden Club Christmas Dinner and the annual wreath-making workshop together with an exciting new venture for next year. On the page opposite, there are details of the Craft Fair being held in Upton Pyne and the Social Club quiz – both events not to be missed! The Brampford Speke Christmas Tree Festival in St Peter's Church is advertised on page 14 – more details next month – and on page 18

there is information about a weekend art exhibition in the BS village hall. There is a report on page 31 of the Friends of St Peter's Apple Pressing and Harvest Supper and details of their next meeting. The Friends of Upton Pyne are planning two Christmas-themed workshops and an evening of carols at Pynes House, details on page 9.

We hope you enjoy reading about these events, and so much more, in this issue.

cover design: **Sally Tuckey**

from the Speke Up team

BUS SERVICES

TO EXETER: Wednesday and Friday (678)

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

FROM EXETER: Wednesday and Friday (678)

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

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

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Full page (black & white) £100

" " (colour) £220 (£300 with guaranteed cover placement)

Half page (black & white) £65

" " (colour) £140

Quarter page (B/W only) £40

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

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

Advertising copy should be in **j-peg or Word doc format** with an accompanying PDF for checking purposes only.

The only PDFs we can accept for publication are full page ads. Artwork must be received by the **15th** of the month before publication. Material received after that is likely to be held over to the next issue.

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

Maximum dimensions :

Full page 18.2cm x 24.4cm

Half page 18.2cm x 12.2cm

Quarter page 8.5cm x 12.2cm

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



Local, Family-Run Company Enhancing Outdoor Spaces

Supply and Installation of:

- **Eco Composite Decking**
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Cover Notes

Snakes (Colubridae)

***Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;***

To Autumn, John Keats

Autumn colours seem to have come quite early this year and the welcome rain has totally renewed the garden – the dahlias for one, are happier than they've been all summer. The glorious oranges and reds of the pyracantha, rowan, holly and hawthorn berries and the rosehips are magical and the trees are laden with nuts. Everywhere there are conkers and chestnuts – I always wonder how animals negotiate the prickles on the outer casing of the chestnut. And the apples are extremely prolific this year. At least there should be plenty of food for the wildlife over the early winter.

The grass snake (*Natrix natrix*) (male length 60-70cm and female length 70-90cm) is our largest and longest terrestrial reptile. The adult has a slender body which is thicker towards the middle and tapers towards its tail. It is usually olive green with vertical stripes at intervals along the inside and outside of the coil. The neck is defined by black and yellow markings on the sides. There are no fangs but the jaws are curved with backward teeth shaped to help retain struggling prey as it is swallowed. The snake will hiss alarmingly if it is distressed.

The grass snake can swim and prefers to live near wetlands such as ponds, lakes, marshes and fens which are crucial because that is where they find their prey, *i.e.* frogs, toads and small fish. They also need dry ground for sunbathing, egg laying and, in winter, hibernation (October to April). Grass snakes are common in southern England but there are fewer in Wales and the north. They do not occur in Scotland or Northern Ireland. Mating occurs in spring when about 5-20 eggs are laid, possibly in decaying vegetation such as compost heaps and will hatch in a couple of months. They're most likely to be seen in spring or summer when they like to sunbathe. It is better not to pick them up because they can emit a horrible smell and soil your clothes with faeces.

The adder (*Vipera berus*) (male length 45-55cm and female length 50-60cm) is our only venomous snake and can vary from reddish-brown to greenish-yellow, grey and creamy buff. A black zigzag line runs the length of the body and there is a black inverted V on the head. It has been suggested that the zigzag

markings on the adder's body mimic bracken fronds on which they like to lie together in the sun. All adders have a vertical pupil in the eye and a red iris. They can be found throughout the British Isles except Ireland and favour heaths, moors, open woodland, rough grassland and coastal dunes. They spend more time basking in the sun than other snakes and hibernate between October and March. There has been a huge decline in numbers over the last 50 years and, if not carefully managed, could become extinct in the future. Unlike the grass snake, which lays eggs, the adder gives birth to a dozen or so young which are venomous from birth and have needle-like fangs. Adult adders will eat small mammals which they usually stun with their bite and then swallow whole, head first. They are unlikely to bite unless they feel cornered or attacked and their bite can be lethal for humans, so it is wise to seek medical advice. The last human fatality was in 1975.

The smooth snake (*Coronilla astriaca*) (male and female length 50-70 cm) is similar to the grass snake but is rarely seen except in a very small area in Dorset, Surrey and Hampshire (especially the New Forest and the East Dorset Heath). It has suffered from loss and fragmentation of its habitat through development of housing and forestry and the increasing number of heath fires.

The slow worm (*Anguis fragilis*) (male and female 30-40cm) may look snake-like but in fact is a lizard. They are able to close their eyelids, unlike snakes. They have attractive, elongated, shiny bodies which can be a pale yellowy copper-brown with a brown stripe down the middle and either side of the body. They can be found in sunny, open areas and mature gardens – preferably with no domestic cats, who prey on them. They, in turn, eat slugs and snakes.

Because of their ability to slough their skins, snakes have been seen as symbols of renewal, healing, rebirth and fertility. DH Lawrence in his moving poem, *The Snake*, demonstrates an ambivalence towards snakes which has aspects of an archetypal fear. In the poem, he feels he 'ought' to kill the snake which is venomous. He ultimately forces himself to do so against his new found feelings of respect, curiosity and kinship with the snake.

Caroline Fox



Brampford C of E Primary School

A Term of Learning, Adventure and Spirit

It's been a busy and productive start to the new term at our 'Small but Mighty' school, filled with hands-on experiences, creative exploration, and community spirit.

SIAMS Success!

We're thrilled to share that our school has passed its SIAMS inspection with flying colours! The inspection celebrates the distinctiveness and effectiveness of church schools, and we're proud that our commitment to nurturing a caring, inclusive, and spiritually rich environment was recognised so positively. A huge thank you to our dedicated staff, the wonderful Reverend Tim, our amazing children, and supportive families who all contribute to making our school such a special place to learn and grow.



Skylark Class at FarmWise Show, Westpoint

Along the theme of Harvest, Skylark Class enjoyed a fantastic trip to FarmWise, an annual hands-on event for primary school children in Devon that teaches them about food production, farming and the environment in a fun and interactive way.

The children had a wonderful time in a variety of interactive zones. Highlights included:

- Exploring farm wildlife, food chains, and food webs
- Watching a cow being milked—and tasting fresh milk
- Making fruit kebabs and wraps
- Watching recycled robotic dogs in action

The day was both educational and fun, sparking curiosity and plenty of smiles.



Harvest Festival at St. Peter's Church

Our Harvest Festival was a beautiful celebration of community and gratitude. The children spoke with confidence, shared their wonderful artwork, and filled the church with joyful harvest songs. A special thank you to Reverend Tim for leading the service, and heartfelt thanks to everyone who supported it so generously with their attendance and generous donations for the Crediton Food Bank.



Outdoor Learning

Our learning is complemented and enriched with our weekly outdoor learning sessions. These take place every week and include all year groups, from reception right through to Year 6.

During the outdoor learning sessions, the children spend their time outdoors learning while being surrounded by nature. The sessions are planned by our Forest School Lead and are based on the curriculum, the seasons and events.

This term the children have been learning about all things autumn – sharing stories around the campfire, investigating and creating animal habitats, cooking seasonal local produce and producing autumnal artwork.

They have also been completing activities working towards **The Woodland Trust's Green School Award** - this initiative encourages schools to engage in practical, eco-friendly projects that enhance the environment and school grounds. The children have already earned their bronze award and are now working towards their silver award. More updates to come next month.



Top left, peeling and chopping seasonal produce for our campfire soup (top right).



Some of our Year 5 children during their outdoor Science lesson learning about electrical circuits and creating their own.

Request for Kitchen and Sensory Resources

We are looking to collect a variety of items to support our classroom activities, particularly for sensory play and hands-on learning experiences.

If you have any of the following items at home that you no longer need, we would be very grateful for your donations:

Funnels, Jugs, Bowls (plastic or metal) Whisks, Potato mashers, Pestle and mortars, lemon squeezers, garlic press, salad spinners.

These resources help children explore, experiment, and develop fine motor skills in fun and engaging ways. If you are able to donate, please bring items to the school office or send them in with your child. Thank you so much for your support!

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

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



BOOK CLUB

The Vanishing Half by Brit Bennett

I loved this book, it is beautifully written and an absolute joy – I must now read her first novel, *The Mothers*.

It is a story set over three decades about twin sisters - Stella and Desiree - from a rural community in the south of the US. The girls escape to New Orleans but there their lives diverge due to one of them deciding to pass as 'white'. Central to the novel is the ramifications of that choice on the sisters and both of their daughters, looking at 'shadeism' that prizes lightness for its proximity to the authority of whiteness.

The novel also explores a myriad of other themes: domestic abuse, motherhood and also the hollowness of the American Dream.

CL

Watership Down by Richard Adams

The story about rabbits that nearly never saw the light of day, as publishers were wary of animal books for adults, especially one that featured a rabbit with extra sensory perception.

Fiver, a very small rabbit, can sense that something awful is going to happen in his warren, and he persuades his friend Hazel, and several others that they need to leave and find another place to live safely.

They gather a few rabbits together and set off on a journey that eventually takes them to Watership Down, where they start a new warren. The journey is fraught with dangers that they manage to get through, with the ingenuity of the rabbits in working together as a team. Hazel quickly shows that although still young, he is full of ideas and a good leader. Even when settled, new troubles arise, and there are battles to be fought to save the peace and safety of the new warren.

The rabbits are given their own language, and some chapters contain the stories and myths which they recount on stormy nights underground.

Adams learned about rabbits and their habits from British naturalist Robert Lockley, and several of his quotes appear as chapter headers.

Many of the rabbit characters are based on men Adams had known in the army during WW2, commemorating their bravery in animal forms, and there are lots of examples of army strategy and tactics in the book. It highlights the human ideal of living in peace, of fighting oppression, and the sacrifices that are made to obtain that.

This is a book I have read multiple times, and which never disappoints.

SG

The Mysterious Affair at Styles by Agatha Christie

As this month's quiz is about fictional detectives, this is a review the first Agatha Christie novel to be published.

She wrote it in 1916, during World War 1 when she was nursing in Torquay, but it didn't actually appear in print until 1921, having been turned down by a couple of publishers.

It's narrated by Captain Arthur Hastings, who has been invalided home from the Front to Styles, a country house in Essex, owned by an old friend's mother. He discovers that another old friend, Hercule Poirot, is living in the village near the house, a refugee from Belgium.

The owner of Styles, Emily Inglethorpe, is murdered early on in the book, and we learn that the people living in the house all have secrets to hide and reasons to want Emily dead.

So which one killed her? One of her two step sons from her previous marriage, who both live in the house?

Her companion? Her new husband, 20 years her junior? A nurse who lives nearby? Or someone else?

The book sets the standard of a limited number of suspects gathered (more or less) under one roof, and enables Christie to use her considerable knowledge of drugs and poisons gained from her nursing experience.

There are red herrings and mis-directions that keep the plot going, and the book became the 'ideal' for many of the Golden Age detection novels that followed. Years later, when she wrote the very last of the Poirot books, *Curtain*, the setting was at Styles.

SG

November Quiz

Fictional Detectives

- 1 Ngaio Marsh created which aristocratic police officer?
- 2 In which fictional town are Ruth Rendell's Inspector Wexford stories based?
- 3 What is the first name of Sherlock Holmes' brother?
- 4 Inspector Bucket is a character in which Charles Dickens novel?
- 5 What is the name of the Los Angeles detective played in the TV series by Peter Falk?
- 6 Which Golden Age detective was a Roman Catholic priest?
- 7 What was Agatha Christie's first published novel?
- 8 "Now we're sucking diesel" was a catchphrase from which TV series?
- 9 What unusual setting is the background for the Dorothy L Sayers novel *Gaudy Night*?
- 10 *Cover Her Face* was the first of P D James' books to feature which poetry-writing detective?

SG

Answers on page 37

FRIENDS OF UPTON PYNE

Work continues behind the scenes in sorting out renovations and planning our future projects to maintain the church. Our next routine inspection of the roof and exterior is due and that might flag up extra work. We already have plans for preserving some of the plaques in the church and we need to replace the ceiling of the lower tower room.

We are currently having the glass in the tower doors repaired with help from a grant from Devon Historic Churches Trust. Part of the damage was due to the doors having warped over the centuries, so an adjustment has been made to keep them more stable. We are awaiting a report on the statues on the tower in order to decide on the best way to conserve them.



Harvest Supper (**pictured**) was a great evening with autumn-themed songs from Ad Hoc and inspiring readings from Stewart and Helen Clapp. The main course of a variety of pasties and salads was followed by an amazing array of home-made desserts from a number of members of the village. Our thanks go to the performers, the chefs and all who made this such an enjoyable and successful evening.

Christmas is coming and preparations for the day include the **mosaic workshop** on Saturday 1 November (10am -1pm) where there will be the opportunity to make Christmas tree decorations and coasters. On Monday 3 November, the **card-making workshop** (10.30am - 12.30pm) will run alongside the coffee morning. Please see our adverts for full details.

Our popular **Carol Evening** will take place at Pynes House again on Wednesday 3 December. This year, we hope to have some more singers to swell the choir. Booking is essential (phone 07753 605726) and sharing cars is helpful for car-parking. Details are on the poster. We shall be planning events for 2026 very soon so please do contact Maggie Cormack (841198) if you have ideas for fund-raising.



An Evening of Carols  

at
PYNES HOUSE

Wednesday, 3rd December
7.30pm

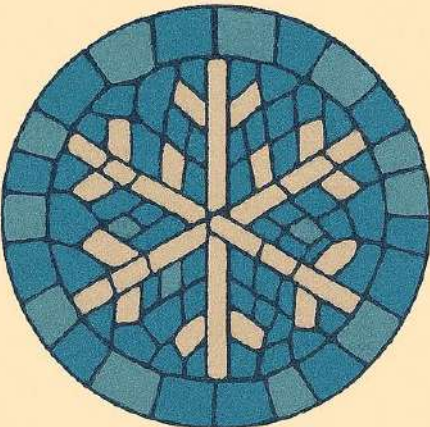



A fund-raising event for the 'Friends of Upton Pyne'
Booking essential
£10 each - please call 07753 605 726



Mulled Wine & Nibbles

Parking at rear of house - bring a torch!
(disabled parking at the front of the house)

**MOSAIC
WORKSHOP**

Saturday, 1st November 10am – 1pm
Upton Pyne Village Hall

Create your own mini masterpieces and take them home!

Adult £10 / Child £5
To book: sue@millcote.co.uk
All proceeds to The Friends of Upton Pyne

**Card Making
Workshop**




 **3 November • 10:30 – 12:30**

 **Upton Pyne Village Hall**

 Come and make home made cards
All materials and guidance provided

£5 All profits go to The Friends of Upton Pyne



Speke Up About Music

Song: *Bella Ciao (Goodbye Beautiful)* by Goran Bregovitch

Suggested by: Lyn and Will Embliss

Will says: my first experience of hearing this song was people singing it in a cafe in the Italian mountains, when I was cycling with 12 other musicians on a ride against Cruise missiles that the USA was going to base in Sicily in the 80s. Later, I heard a fantastic version by Goran Bregović and orchestra.

Lynn says: it's a very rousing song with a good melody which often speeds up dramatically.

Stu and Debbie say: this is an Italian protest song, famously sung by people opposed to Nazis and fascism after WW2. Originally, it was sung at the turn of the century by *mondines* – women who were exploited in rice paddy fields: “the boss is standing with his cane and we work with our backs curved”. The lyrics were changed to be a hymn of resistance against injustice and oppression: “One morning I awakened and I found the invader.” It was featured in the TV thriller series *Heist*.

It has a very singable melody with Yiddish origins and the chorus is ideal for crowds joining in. The tempo increases dramatically after the first verse and chorus and this feels like “now you know how it goes, here we go...faster!”. Then a slow verse and chorus, repeat – a really engaging way of bringing people on-board. The best protest songs are easy to learn with catchy melodies and strident lyrics.

Coincidentally, we included the song's title in the lyrics for our song *Closer I Am* as the phrase is laden with meaning. A brilliant suggestion that takes us outside of our usual genre of listening – thanks!

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

noordinaryfish@hotmail.com

Song title:

Artist:

Where were you or what were you doing when you first heard it? What is it about the song that makes it your favourite?

See also the **Speke Up About Music** Spotify playlist which we will add to each month with your suggestions.

 <http://tinyurl.com/y8ytdeyr>



Now we are fully into autumn, here are some questions relating to two auspicious days: Halloween and Bonfire Night.

Can you name the artist(s) for each of the following songs? There are a couple of tricky ones...

Q1: Monster Mash (1962)

Q2: Psycho Killer (1977)

Q3: Witchy Woman (1972)

Q4: Ghost Town (1981)

Q5: Werewolves of London (1978)

Q6: Firework (2010)

Q7: Rocket Man (1972)

Q8: Light my Fire (1967)

Q9: Girl on Fire (2012)

Q10: Firestarter (1996)

Answers on page 37

The Gardening Year



Apples on display at RHS Rosemoor's 'Plot to Plate' event

In October, we visited Rosemoor for the 'Plot to Plate' weekend. The tent for the identification of apples that people had brought with them from their gardens/orchards, was extremely busy. It is often difficult to identify apples from trees that you have not planted yourself, so Jim Arbury, fruit expert from RHS Wisley, was on hand. This tent also had many named varieties of apples on display including cooking, dessert and cider apples. Included in the photo is the variety 'Upton Pyne'.

There was also the opportunity to walk around the fruit and vegetable garden and heritage orchard with Peter Adams, the Edibles Team Leader at Rosemoor. In the vegetable garden the **Swiss chard** was looking very colourful with bright red varieties of 'Vulcan' and 'Celebration' and, as the name suggests, 'Bright Yellow', a yellow variety! If you are growing Swiss chard, it is recommended that you protect it during the cold weather by covering with a cloche or fleece. Picking the outer leaves first, while they are still tender, and working your way through to the centre will encourage new growth and enable you to keep harvesting throughout the winter. Chard is also known as perpetual spinach and leaf beet, and is easy to grow from seed. Sowing in spring or early summer will give repeated harvests through the summer into autumn. Sowing in mid-summer will give a harvest that overwinters outdoors, and also an early harvest the following spring.



This autumn has seen another bumper harvest of **apples**. If you want to be able to enjoy them, weeks or even months later, it is essential to store them correctly. The most important thing is to only store perfect apples. Any windfall or damaged apples will not keep for very long and are best used straight away either eaten, cooked and frozen, made into jam/jelly or juiced. Later-ripening varieties tend to keep for longer. Ideally your storage area should be cold, but frost-free, and well ventilated. Make sure that any containers that you plan to use are thoroughly cleaned.

As a child, I remember helping my grandparents wrap each apple individually in newspaper, making sure that the fruit was not bruised during handling. If you do not wish to wrap each apple, you should check them regularly. If possible, stack only one layer per tray but, if you do need to double stack then it is best to put a layer of cardboard between each layer.

Between 18 July and 10 August, over 125,000 citizen scientists took part in **Butterfly Conservation's Big Butterfly Count**, this was more than ever before, and the total of butterflies and moths recorded was 1.7 million. This year's **top five species were large white, small white, gatekeeper, red admiral and meadow brown**.

Participants recorded an average of 10.3 butterflies during each 15-minute count. Although this was an improvement on 2024's record low of just 7, this number is still only average by modern standards. Butterfly Conservation scientists have warned that butterflies are continuing to struggle and urgent measures are still needed to reverse long-term decline. It had been hoped that the sunniest spring and hottest summer ever recorded in the UK would provide good weather conditions for butterflies in 2025.

However, the results from the national count show that despite this, it was not the case. Butterflies which did show a rise in numbers this summer were the large white and small white, with both recording their best ever Big Butterfly Count results. The Jersey tiger moth also had a record year, being recorded more widely and in higher numbers than ever before. Unfortunately, 2025 was the second worst Big Butterfly Count result for the holly blue, the third worst for the common blue and the fourth worst for the meadow brown. The dates for the next Count are 17 July – 9 August 2026.

JOBS FOR NOVEMBER

- Finish planting any winter garlic, before the ground becomes too hard and cold
- Winter prune redcurrants, blackcurrants and gooseberries by cutting back around 1/3 of the older branches to the ground.
- Start to harvest any Brussel sprouts from the base of the stems. Yes, Christmas is coming!
- Check stored maincrop potatoes for signs of rot and remove any that are soft and beginning to rot.
- If you have grown turnips, they can be harvested once they are slightly larger than a golf ball size, as they will be tender. When harvesting remove the leaves and clean off any soil before storing in a cool dry location.
- The recent rain has greened up the grass, but if parts of your lawn are still showing signs of damage you may decide to lay turf. Even in November the soil should be warm enough for this. To prepare the soil, lift off the damaged turf and remove any signs of weeds. Rake and level the soil, and firm down before laying the new grass turf. It is best to work from a board to reduce damage to the lawn surface and lay the largest pieces on the edges, and butted close together. Water in well and allow to root.
- Don't be too tidy in your garden as the colder weather approaches. Leave seed heads for birds including tits and finches. Migrant thrushes from Scandinavia such as fieldfares and redwings, may have already arrived and the redwings will have headed for the berries on the rowan trees, also look out for bramblings. Hollow stems of plants not cut back will provide over-wintering homes for many insects, and windfall apples etc. will be a welcome meal for visitors to your garden.

WHAT'S ON?

- 12th – 25th November, Darts Farm 4pm-8pm **Garden of Light** "A peaceful display of glowing white roses each one dedicated to someone loved and remembered". Every dedication helps local families receive expert end of life care. Full details can be found at gardenoflight@hospiscare.co.uk or by telephoning Hospiscare on 01392 688020. Suggested donation £20
- 15th- 16th November 11am – 3pm - RHS Rosemoor – **Living Statues & Meet the Artist weekend**.
- 15th – 31st January 2026 RHS Rosemoor – **Winter Sculpture Exhibition**

- 21st – 23rd November 11am – 4pm and 28th – 30th November- RHS Rosemoor **Magic of Christmas Craft & Food Fair**. Please **note**: The fair will be closed between 4pm– 4.30pm. After 4.30pm, admission is included with the Glow tickets – see details below.
- 21st November – 30th December 4.30pm – 8.30pm- 1500 - RHS Rosemoor **Glow at Rosemoor**. Tickets must be booked in advance and admission prices vary.
- 22nd - 30th November is **National Tree Week**. The Tree Council, together with partners including RHS, Woodland Trust, National Trust, Natural England and RSPB, are bringing together the conservation sector, volunteers and tree lovers to mark the start of the annual tree planting season.
- Tuesday 25th November 7pm Crediton Library. Talk by Lori Reich **Pumpkins on Parade** (produce also on sale) A Crediton Garden Club event.

Happy Gardening!

Nicola Baker

Newton St Cyres Tennis Club

Winter is such a good time to play tennis, to get some fresh air and exercise.

The courts have been repainted and look amazing. It may inspire you to come and play tennis yourself. There are regular sessions for rusty rackets on Saturdays, contact Sue Bloomfield at sueblmfld03@gmail.com

Come and join the other club sessions, which cover a wide range of abilities and ages. Try the club for a couple of sessions before you join by contacting membership secretary Laura Leigh on 01647 24259.

The winter league started. There is one mixed team, one ladies' and one men's. Two teams are in the middle and one team is at the lower end of the league table.

Junior coaching, run by our club coach James Temple, takes place on Wednesdays after school during term time. If your child wishes to join, please email

juniors@newtonstcyrestennisclub.co.uk for further information. Jon Wills offers adult coaching both individually and for small groups, so if you feel you need to brush up your skills just get in touch via our website.

www.newtonstcyrestennisclub.co.uk.

The Tennis Club now has a super-duper ball machine which means you can brush up your skills by yourself, contact Frederiek at frederiekmaddock@gmail.com

B.S.T.A.



Friday 14 November
Brampford Speke Village Hall at 7pm

£15 each to include two course supper

Teams of 4 but do come along if not in a team and we will fit you in

Prize for the winning team

Cash Bar

Super Raffle

Please book by Monday 10th November to assist catering numbers. Contact Sue Satchell sue.exevalley@gmail.com 07784716921 or Kate Cavill kate.cavill@hotmail.co.uk 07513002708



Celebrating Women

Tuesday 4th November 7pm

Thorverton Arms, Thorverton

You are cordially invited to an evening exploring how we might celebrate - across our parishes and villages - the amazing, incredible contribution women have made to the rich tapestry of our society, our world, throughout history, and continue to do so now.

The Netherexe Parishes would like to put on a series of events – exhibitions, film shows, concerts, quizzes, discussions, talks, whatever – to celebrate women imaginatively and gloriously.

Come and let us know who you would like us to celebrate and how!

We look forward to seeing you there

For more information, please contact: Revd Tim Collins 01392 860767

tim.collins@netherexe.org

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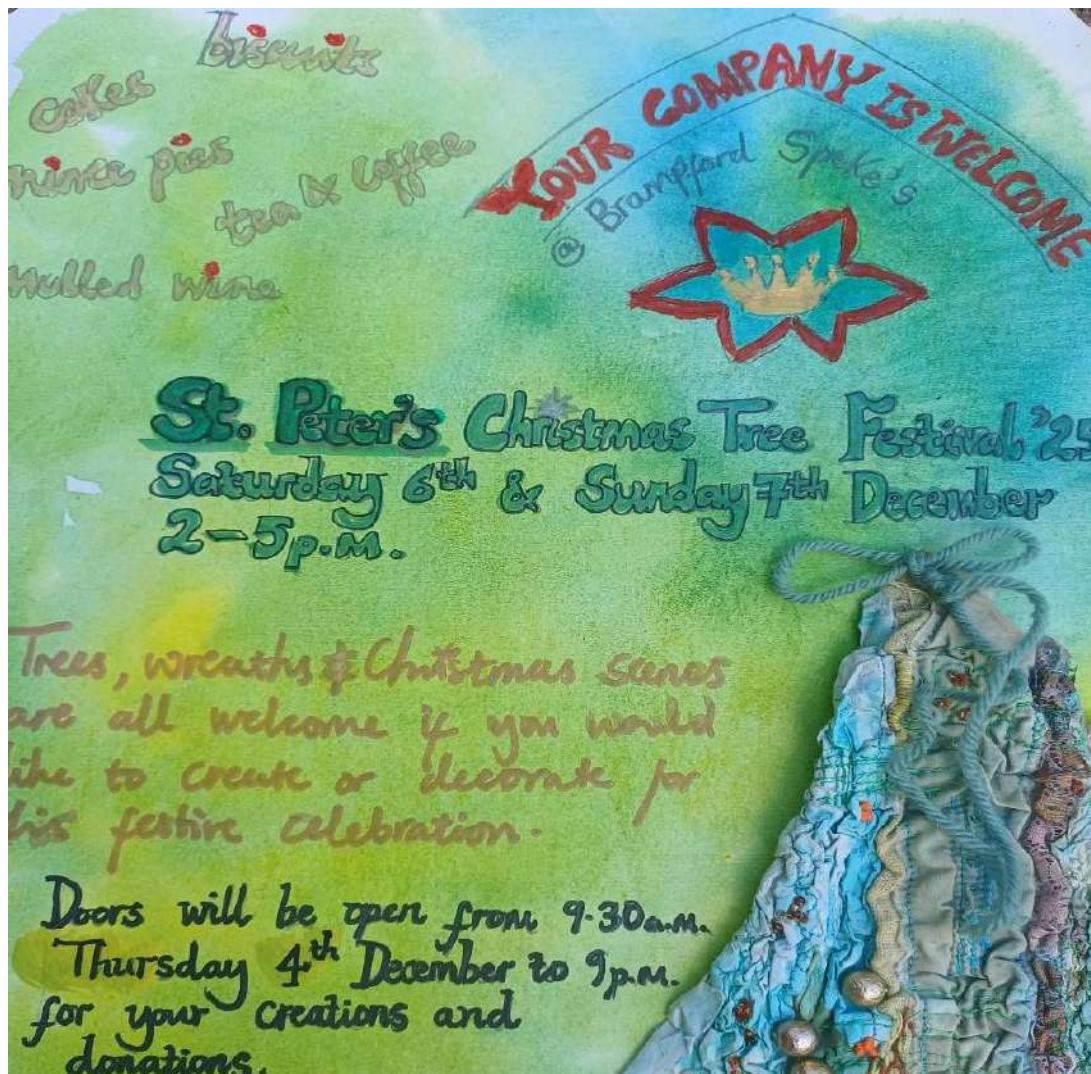
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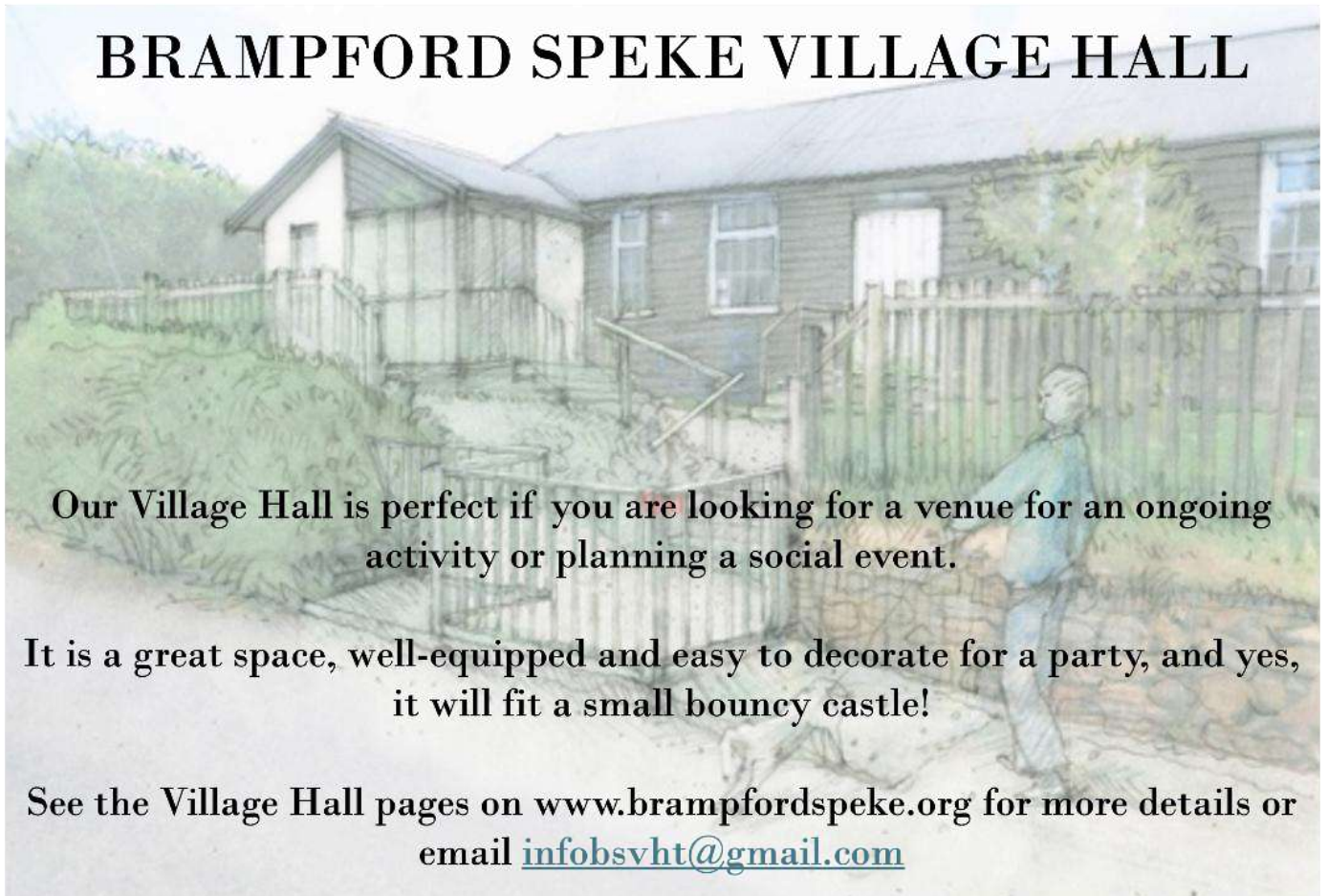
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UPTON PYNE CHURCH NEWS

Greetings from The Church of Our Lady in Upton Pyne. Now we are in November; the clocks have gone back, the harvest is in and Advent Sunday is on 30 November, which heralds the waiting time and preparation for Christmas.

But there is much going on in the church and community: 9 November is Remembrance Sunday and there will be a short form of the British Legion Service of Remembrance around our War Memorial in the churchyard at 10.50am. This includes the reading of the names of the fallen, the two minutes silence, The Last Post and Reveille.

We do hope there will be a good turnout from the local community to mark this annual occasion: after the outdoor service there will be a shortened version of Holy Communion in the church, at which all are most welcome.

On Sunday, 16 November our Rector, Tim Collins, will lead a short, reflective Taizé service in the church at 5pm. All welcome!

And then there are other activities in the village hall to enjoy: a Mosaic Workshop on Saturday, 1 November; a Card Workshop at the Coffee Morning on Monday, 3 November; the Craft Fair on Saturday, 8 November and the Garden Club welcomes takers to its Annual Christmas Dinner on Friday, 21 November. Details of all these events and more elsewhere in *Speke Up*.

November may be a winter month but there is much to enjoy!

VC

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. Do come along and support this community event. The next is on **Monday 3 November**.

Announcing the return of...

The Village 100 Club

Exciting plans are in place to launch the all-new 100 Club on 1 January 2026.

100 shares are available at an annual cost of just £25. Each share will be entered into a monthly draw at the village coffee morning.

3 prizes each month of **£40, £20, £10**. There are 36 chances to win a prize each year! All profits will go towards the running costs of Upton Pyne Church and all winnings to be spent and enjoyed by you!

Please see Lisa Clapp, Karen Taverner or Bev Horton for an application form or telephone 841339. Remember, there are only 100 shares so spread the news with all your family and friends. Once the shares are gone, they're gone.

Thank you for your support and good luck!!!

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.

THE LUNCH BUNCH

The Lunch Bunch continues to meet at 12 noon on the second Tuesday of each month; we welcome anyone who would like to join us for a convivial lunch together. We meet at the Exe Valley Farm Shop which has ample parking. **Next meeting of Lunch Bunch Tuesday 11 November 12noon, Exe Valley Farm Shop.** Tel. Pat on 841 599 or Veronica on 841 530 to book a place.

OWN UNIQUE ART

Local Brampford Speke artist Jon Granville displays his own affordable work and invites you to own something that is truly one-of-a-kind.

 Saturday 22nd & Sunday 23rd November

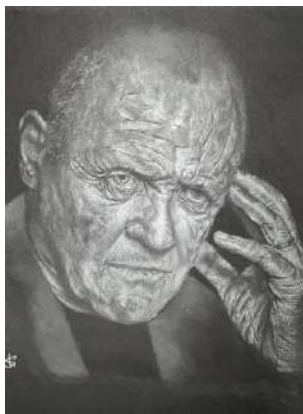
 11am – 3pm Free Entry

 Brampford Speke Village Hall

Explore an eclectic collection of original pieces in oils, acrylics, pastels, charcoals, and graphite, spanning a wide range of subjects—from the familiar to the unexpected.

There is something for everyone, both representational and abstract. Subjects cover movie scenes, portraits, wildlife, landscapes, townscapes, beach scenes, statuary figures and even human emotions.

Whether you're an art lover, or a curious passerby, or looking for a unique piece to brighten your home, or for a special gift or Christmas present, or simply fancy a browse and a chat, then this is your chance to come along and support a local artist.



Flags, Freedom, and the Power of Remembrance

Remembrance Sunday is one of the most poignant moments in our national calendar. Each November, communities across the UK gather at war memorials, churches, and public spaces to pause in silence. We remember those who gave their lives in the service of others, and we pray for peace. Yet remembrance is not only about looking back—it is also about shaping who we are today.

This year, remembrance comes at a time of much public debate about national identity, racism and even the meaning of our flags. For some, the Union Jack and the St George's Cross are powerful symbols of pride and belonging. For others, they have become associated with fear, prejudice and division.

Why is this so? Over the years, far-right groups have used these flags as emblems of exclusion, fuelling racism. From the white-supremacist National Front in the 1970s to the anti-Muslim English Defence League in the 2010s, and right up to today's 'Operation Raise the Colours', our flags—symbols that should unite—have too often been wielded to divide and intimidate. Because of this history, for many people today, especially those from minority communities or refugee backgrounds, the sight of a flag can stir unease rather than reassurance.

As Christians, we are called to stand with the vulnerable and to make a positive difference. Symbols matter—but what matters most is how we live out the values they are meant to represent.

When we remember those who fought and died in the two world wars and in more recent conflicts, we recall not only British soldiers but also those of many nations, ethnicities and faiths. Men and women from the Caribbean, Africa, India, Nepal and beyond stood shoulder to shoulder with British troops. Their sacrifices were no less costly, their families' grief no less deep. True remembrance must include them too.

Racism, whether subtle or overt, denies the dignity of those very people we honour on Remembrance Sunday. To remember faithfully is to acknowledge both their service and the injustices they endured—then and now. Honouring the fallen means committing ourselves to build a society where every person is valued equally.

Jesus said: *"Greater love has no one than this: to lay down one's life for one's friends"* (John 15:13). Love—sacrificial, inclusive, generous—lies at the heart of Remembrance. And his command to *"love your neighbour as yourself"* (Mark 12:31) knows no borders, no colour, no nationality. That love calls us not only to honour the fallen of the past but also to welcome the vulnerable of the present. Many of those seeking refuge in Britain today come from war-torn countries; they too carry the scars of conflict and loss. If we honour those who gave their lives for freedom, should we not also honour the refugees who long to live safely in that freedom?

So, what of the flag? Perhaps, rather than asking which flag we should fly, we might ask which values we choose to lift high in our communities. Are we flying the flag of peace? Of justice? Of welcome? The cross of Christ, which stands at the heart of our faith, reminds us that love is stronger than hate, reconciliation stronger than division, and hope stronger than despair.

This Remembrance Sunday, let us stand together—not in uniformity, but in unity. Let us remember the past, but also commit ourselves to shaping a future where diversity is not feared but celebrated, where differences do not divide but enrich. When we pause in silence, remembering the sacrifice of others, may our silence be filled with the promise of action: to live as people of peace, justice, welcome and love.

Revd. Deborah Leighton Plom
Netherexe Mission Community



It's feeling quite chilly and wintry now. I was reviewing ideas for recipes and a few people asked for Kimchi. I used to give various fermenting workshops and am tempted to offer a few in the new year. I see various products for sale and they seem rather pricey for essentially a jar of fermented veg. Anyhow, here's my favourite. It is so simple and yet packed with flavour. There are hundreds of variants if you peruse Korean recipes.

Kimchi is a traditional Korean side dish made from fermented vegetables, primarily cabbage, radish and sometimes carrot. Spices are added to create levels of flavour that may be spicy, sour or umami (savoury). Kimchi has become popular as a result of its reputation as a digestive tonic. The fermentation process produces beneficial bacteria to support and balance our gut bacteria, often referred to as our microbiome. It is considered nutrient dense, yet low in calories.



The intention is to eat a little, maybe a few tablespoons at the most. Ideally Kimchi is eaten at the beginning of a meal or alongside a main dish to initiate digestion and add some crunch, freshness and zing to a dish.



I enjoy eating it during the winter months and indeed this was the intention when the recipe evolved in Korea. I feel it enhances my immunity (all the chili and garlic!) and adds a crisp bite to a wintry dish and a bit more depth to a winter salad. I enjoy it spicy but not fiercely hot, so I use three to four chili peppers depending on the quantities of the other ingredients.

You will find Mooli or Daikon at Asian stores but as an alternative, ordinary radishes work well. Choose a dense Chinese cabbage, medium to large in size and those that look fresh and are not wilted or yellowing.

It is important to use a glass or plastic mixing bowl and not stainless steel or other metal that will taint and interfere with the brining process.

Kimchi

Yield: 2 x 1 litre Mason / Kilner jar or 4 smaller jars.

You will need:

- A very large glass or plastic mixing bowl (I use a clean washing up bowl!)
- Mason or Kilner jars (sterilised and with tight seals)
- High speed blender (to make the sauce)
- Plastic / rubber gloves help when handling the chili and garlic and handling the paste.

Brine:

Fresh, cold water	2 litres
Coarse sea salt	6 tbsp

Kimchi:

Chinese cabbage	1, cut into 5cm (2 inch) chunks
Mooli / daikon	½ sliced to half rounds (or 150g radishes)
Carrots	2, cut into rounds (plus 1 chopped to add to sauce if desired)
Red chili peppers	3 - 5 roughly chopped (& deseeded if you want less heat)
Garlic cloves	4, peeled and quartered
Fresh ginger root	40g, peeled and chopped

1. Put the water and salt into a very large glass or plastic bowl and mix thoroughly.
2. Prepare the cabbage, mooli (radish) and carrots, washing them well.
3. Soak the cabbage, mooli (radish) and carrots in the brine. Cover the bowl with a tea towel and leave for at least 8 hours (overnight).
4. Remove the vegetables from the brine and transfer to another bowl. Keep a mug of brine for making the sauce and if needed, topping up each jar.
5. Place the chilli peppers, garlic and ginger into a bullet or blender with four pieces of carrot. Add some of the brine (around 7 tbsp / 100ml) and blend until smooth. You can add more of the vegetables to get a thicker sauce if you wish. Take care as the mixture is very spicy when you open the lid.
6. Put on some disposable (or clean, rubber) gloves and pour the mixture over the vegetables. The mixture should be fairly thick; however, if it is runny it will work as well. Massage lightly, just to cover all the vegetables with the spicy sauce ensuring every piece is coated.
7. Pack the kimchi tightly into the fermentation jars. Make sure the sauce covers the vegetables. If necessary you can use extra brine water to ensure liquid covers the veg.
8. Set aside to ferment at an ambient temperature (kitchen worktop is fine unless very warm). After 24 hours it is wise to 'burp' the Kimchi. That means releasing the lid for 10 seconds or so to allow any gases to escape.
9. After 36 hours transfer to the fridge where it will keep for at least three weeks.

✓ Serve 2 tbsp with lunch or dinner.

A word of caution – that the mixture is very spicy.

It is tempting to have a good sniff of the mixture when you are blending it at point 4 in the recipe. I have had students reduced to tears and red eyes when doing this!

The same when massaging the soaked veg with the lovely sauce. I use disposable catering gloves for this and wouldn't dream of doing it without.

Now is the time to enjoy:

Brussels sprouts, cabbage, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichokes, kale, kohlrabi, leeks, parsnips, potatoes, swede, sweet potatoes, turnips, mushrooms.

Apples, clementines, dates, oranges, pears, pineapple, pomegranate, satsumas, tangerines.

Duck, goose, grouse, guinea fowl, partridge, pheasant, rabbit, turkey and venison.

Clams, cod, gurnard, haddock, halibut, hake, mackerel, mussels, plaice, scallops, seabass, seabream, turbot.

Sarah Lumley

Then and Now

An occasional article featuring scenes from the *Speke Up* circulation area. Thank you to Chloe Doyle for the taking the photo of Robins Cottage in Upton Pyne and for writing the words below.

The Watcher

*Watcher, guardian,
Worn and weathered,
A constant presence for all to see*

*Watcher, guardian,
Protecting, sheltering,
A village marker for travellers bound*

*Watcher, guardian,
What tales you could tell,
Of life passing by and the changing world*



Robins Court (as it was then known) by Frederick Parr



Robins Cottage today

UPTON PYNE & DISTRICT GARDEN CLUB

Events are held in the village hall. Contact: June Nicks 01392 841272
Annual membership £15. Non-members welcome at all events (£4 per talk)

Annual Garden Club

CHRISTMAS DINNER

Friday 21 November – 7.00pm

Free Welcome Drink – Raffle – Quiz

£20 per person

To book – call June 01392 841272



CHRISTMAS WREATH MAKING

@ the Village Coffee Morning

Monday 1 December – 10.00am

Make your own Xmas Wreath – guided by a professional florist, Katrina, from *BLOOM BLOOM* of Upton Pyne.

A ready mossed 12" ring and wire for fixing foliage, plus ribbon, will be provided. These rings can be made into a wreath of your own design. You will be asked to bring your own foliage or decorations. The tutorial will last for 2.5 hrs at a cost of £20 per person. **Please reserve and pay for your place by Saturday 22 November.**



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AGRICULTURAL

— I N N —

What's on at the Agi



Quiz Night



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



Live Music Bingo



Thursday 20th November 7.30pm

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£5 for 2 rounds - Call to book in!



Winter Wine Club



Thursday 11th November 7.30pm

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5 wonderful wines

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Locals Offer



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Friends of St Peter's

Harvest Supper and Apple Pressing

We had a lovely Harvest event (*pictured right*) with many members of the village bringing their apples to press and gallons of delicious apple juice produced. We also had a harvest supper in the churchyard - a simple but delicious Ploughman's plate with a glass (or two!) of cider.

A huge thank you to Rees Jenkins and Juliet & Stuart Bell for bringing their pressing equipment. An equally large thank you to Tesco's and Quicke's Cheeses for donating the food for the supper.

Finally, thank you to all those of you who came to support the Church.

Working party in the Graveyard 10am-12noon

Please do come and help us on Sunday 2 November to tidy the Graveyard; bring a pair of secateurs or some loppers and we can do an autumn clear up. Cake will be provided!

The next meeting of the Friends of St Peters is at 6.30pm on Wed 5 Nov at the Agricultural Inn, please come and join us, we always have a laugh!



Brampford Speke Baptist Chapel

Autumn is fully with us, and this season reminds us of endings as the leaves fall and the flowers wither. It is the season of Remembrance, as on the Sunday nearest to 11 November we think of the ending of the First World War and of the many wars since then. The Baptist church at South Street, Exeter will hold a service of Remembrance on 9 November to which all are invited. It will start at 10.45am in order that we can observe silence at the moment of 11am.

At the chapel we have three services this month. Our usual pattern is to worship together on the

first and third Sundays. However, in November there are five Sundays, so we will meet on the fifth Sunday as well. This will be led by Revd Peter Woolway, who is the Pastoral Associate for the two churches.

2 November: 3pm service led by Red Simon Taylor

16 November: 3pm service led by Revd Simon Taylor

30 November: 3pm service led by Revd Peter Woolway



History (Part 2)

The Widow and the Mines

Last month, I shared the early stories of my family and how the fortune of Jane Coster (pictured) helped shape the farm and village. This month, the story continues with her remarkable widowhood.

She brought tin miners from Cornwall to the farm, making Newton St Cyres and Upton Pyne, for a decade, the largest producer of manganese in the world. You can still see evidence of mine workings and miners' cottages and gardens around the farm. Derek Cann, who was farm foreman when I was younger, told me that when he was young, he was ploughing and the horse fell down a mine shaft, taking enormous amounts of work to recover it. Our family tradition is that the manganese was used to make blue glass in Exeter.

Mining has a long history here. The boundary with the older clay land to the south of the farm marks a geological fault and minerals seep up from deep

within the earth. There was a brief gold rush in the 1990's that came to nothing – though I did learn how to pan for gold in a wok!

Jane had one surviving son and several daughters. She had another son who died young and there is a touching memorial to him in Newton St Cyres Church. There are also four hatchments, painted wooden death notices that were hung outside people's houses when they died then brought into the church as memorials. These also date from John and Jane's time.

Mary Quicke



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Natural Healing

It takes many years to learn a language or play a musical instrument with skill, writes Dr.

Anthony O'Brien. 10,000 hours is the oft-quoted amount of time you have to dedicate to become a consummate Olympic athlete. When you do the maths, this is a number of hours per day over a number of years that is unimaginable for everyone other than those with the evident talent at a young age. However, underlying all these pursuits is the same formula: daily routines and practice.

Few of us harbour the talent or the realistic desire to win gold medals, however, we all have the potential to adopt regular short, simple daily activities that we will benefit from. A recent study reiterated the benefits of regularly interacting with nature. Being outdoors can trigger measurable changes inside your body from lowering stress hormones, easing blood pressure and even improving your gut health.

We think the reason for these positive body system responses is due to our autonomic nervous system; a network of nerves controlling unconscious processes. During our early life it learns to respond to stimuli associated with relaxation and recuperation. We are all aware of our flight/fight reflex that occurs the instant we feel danger. This is controlled by our peripheral nervous system and has evolved from when we were monkeys. Adrenaline pumps around the body, our heart races, our breathing rate increases, blood is diverted to our muscles as we prepare to defend ourselves. The autonomic system response is exactly the opposite: lowering blood pressure, dropping our pulse rate, relaxing all of our bodily systems.

Green spaces and bird song

Stimuli that we associate with feeling safe will trigger the autonomic nervous system. Green spaces, birdsong, the smell of citrus oils have all been shown to bring about these responses. It is not surprising that putting our bodies in their 'resting, safe, stand-by' mode regularly during the day is of benefit to both our physical and mental

well-being. Our immune system is also bolstered, the theory being that it has time to re-energise. Studies have shown that our virus-fighting ability is increased by 25% after an extended period in nature.

You don't have to hike for hours to benefit from exposure to nature as maximum impact happens after just 20 minutes. So, a lunchtime walk to the park and then a sandwich on a bench or in your garden a few times a week will suffice.

The smell of a pine forest

A diffuser producing the smell of a pine forest can make you calmer within just 90 seconds and that effect lasts for about 10 minutes. Flowers such as white or yellow roses have been shown to create the greatest calming effect on brain activity. Research has also confirmed that pictures of nature as your screensaver can trigger the same calming brainwave changes and reduce stress.

So, simple, short and regular relaxing stimuli can be just as healthy as regular visits to the gym. Turning on our autonomic nervous system every day is easy if we set up our environment and our routines to give it a regular and repetitive workout.



Photo: Steve Davidson



Defibrillator check at Brampford Speke

During my monthly custodian checks of the Automated External Defibrillator (AED), it became apparent that the heating element in the cabinet used to protect the AED in cold weather, was heating permanently. Working with the Parish Clerk, and with some guidance from Cllr Fabian King (EDDC), our Devon County Councillors Nat Vanstone and Henry Gent, kindly provided the funds required to replace the faulty cabinet. It has arrived and has now been installed in the same place. There is now only a twist lock to secure the door, and there is a permanent LED light inside to guide the way. The ancillaries pack is attached to the AED with tape.

If anyone wants further information about using an AED, I am now a qualified First Aid Trainer with the approval to instruct various courses, so please get in touch.

Pete Smiley morethanplasters@gmail.com

Brampford Speke Parish Council

New council email addresses: in line with other parish councils (and the rest of local government) we have been advised to adopt 'gov.uk' email addresses for

parish council business. These addresses offer greater security and identify the PC as a statutory body. **As a result, all PC email addresses changed with effect from 1st October; please see the new addresses at the back of *Speke Up*.**

Affordable housing:

Stonilands: we haven't heard from the Community Land Trust recently but understand that the Stonilands proposal is proceeding slowly towards a formal planning application.

Templer's field: we haven't heard anything further from the developers about this.

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

Bus shelter: we're exploring the use of a working group from the Community Payback Scheme (CPS) to tidy up and repaint the bus shelter and strim the verge, as well as clearing Station Hill. We used the CPS in the past (to repaint the village hall) and they did an excellent job. The scheme is run by the probation service and the work is done under supervision.

Croft Cottages seat: this was damaged earlier this year, and we are very grateful for a grant from our county councillors to replace it. The new seat is made of recycled materials and is stronger and more durable than the original.

Next PC meeting: these now take place on the first Tuesday of every alternate month. The next meeting will be on **Tuesday 4th November, at 7.30pm in the village hall.**

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

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

Upton Pyne & Cowley Parish Council

Police Report: One crime reported for violence and sexual offences.

Playground: Cllr Bramston continues to speak to various companies, who have asked for a likely price. A final figure will be decided at November's meeting when the budget for the financial year is agreed. Companies will then be able to plan the equipment they can supply.

Co-option: the Parish Council has co-opted Lulu Russell-Smith as Councillor for Upton Pyne.

Councillors' Responsibilities: As we now have a full complement of nine Councillors, we can decide on the various responsibilities of each Councillor. This was discussed and the Clerk will draw up a list.

Emergency Plan: It was agreed to update this plan. The Clerk will prepare a draft and send to all in due course.

Sandbags and sand: The Chair said he has sandbags. We ordered a supply of sand some time ago to be housed at Bernaville Nurseries. The Clerk will contact Mr Jackson to ask if this is adequate.

Ginkgo Tree in Glebe Close: It had previously been discussed whether East Devon District Council (EDCC) should pay. The Clerk has not heard to date from them. She will write again.

'SLOW' signage on road surfaces: Cllr Vanstone wrote to Highways on our behalf. Highways say they are unable, due to budget restrictions, to address this problem. The Clerk was asked to write to them again as the Parish Council consider this to be a safety concern.

Parish Lengthsman: Cllr Leach said that the hedges have been cut and trimmed.

Date of the next meeting: 10th November 2025.

Thorverton and District History Society

Fox Brothers - 271 years of Textile Manufacture in Wellington

Members and guests enjoyed a fascinating talk by Talitha Clarke who traced the history and developments of Fox Brothers' mills in Wellington, Somerset and beyond. As Quality Control Manager for Fox Brothers, Talitha has access to documents and archives not normally available to the public and had evidently pursued her researches with zeal and enthusiasm.

Through the Fox family's history, the audience saw how this Quaker family developed the textile business and looked after their staff extremely well by the standards of the day. We saw the goods that were produced, all with quality foremost, that ranged from domestic fabrics, through WW1 soldiers' puttees and khaki uniforms (itself a colour invented by Fox's) to today's finest flannel suitings used by Savile Row tailors where only the best quality will suffice. Their cheapest cloth now being £90 per meter.

No longer run by any of the Fox family, the mill is owned in partnership between Douglas Cordeaux and Deborah Meedon and continues as a very successful business.

Talitha brought samples and pieces of old mill equipment to supplement her talk and these were the focus of much interest. As were the details of the socio-economic history both in Wellington and worldwide that were explained with an obvious passion for the subject.

The Friends of

Wyndham House Surgery

The Friends of Wyndham House Surgery will hold their Annual General Meeting on:

***Wednesday 10th December at 2pm
in the Community Hall, Silverton.***

*Dr. Anthony O'Brien will speak on the
topic*

'What next for the NHS?'

All are welcome





THORVERTON MEMORIAL HALL

Saturday Market and Big Breakfast

On Saturday 8th November there will be Big Breakfast, and in addition the Christmas Market 9:30 – 11:00am. Christmas comes early to Thorverton!

Film Night

November's film is 'The Ballad of Wallis Island', on **Friday 21st November**

Set on a remote island, this British comedy has been described as a delight – the right side of zany, perfectly askew

The film starts at 7:30pm (doors open from 7pm) - drinks and snacks available. Adults £6 / Under 18s £4. Buy tickets on the door or from thorvertonmemorialhall.co.uk

Tickets will be available on the night but if you prefer to book in advance (no booking fee) visit: villagesinaction.co.uk

Wellbeing

Friends of Wyndham House Surgery continue to support various wellbeing activities in the Silverton Community Hall. These are open to all residents who live in the catchment area of Wyndham House Surgery. You do not need to be a registered patient.

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

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

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

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

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

Film Club - Meets monthly, for more information, contact Trish 07484 377298

NEWTON RAMBLERS

Sunday 16th November

Lockdown Exeter

This is a historical walk based in the centre of Exeter and will be led by Ian Maxted. We will meet at the Newton St Cyres car park at 10am to share cars or at 10.30am outside the Cathedral Cafe in the cloisters. The walk will be an exploration of the city walls and of the enclosures within the walls which made Exeter in the past a very 'locked down' city.

If you have any questions or need more information, please contact Ian Maxted on 01392 277041 (after November 2) or Nigel or Rosemary Chambers on 01392 851400.

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



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Answers to Fictional Detectives Quiz

- 1 Roderick Alleyn, firstly an Inspector, rising to Chief Superintendent.
- 2 Kingsmarkham
- 3 Mycroft Holmes
- 4 Bleak House
- 5 Columbo – his first name was never revealed, although it was possibly Frank.
- 6 Father Brown, from the stories of G K Chesterton
- 7 The Mysterious Affair at Styles, which introduced Hercule Poirot and Captain Hastings
- 8 Line of Duty, memorably quoted by Superintendent Ted Hastings
- 9 An all-female Oxford College (Shrewsbury College)
- 10 Adam Dalgliesh

Answers to Music Quiz

- A1:** Monster Mash (1962) **Bobby ('Boris') Pickett**
- A2:** Psycho Killer (1977) **Talking Heads**
- A3:** Witchy Woman (1972) **Eagles**
- A4:** Ghost Town (1981) **The Specials**
- A5:** Werewolves of London (1978) **Warren Zevon**
- A6:** Firework (2010) **Katy Perry**
- A7:** Rocket Man (1972) **Elton John**
- A8:** Light my Fire (1967) **The Doors**
- A9:** Girl on Fire (2012) **Alicia Keys**
- A10:** Firestarter (1996) **The Prodigy**

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Coughs and sneezes spread diseases

Prior to the Covid pandemic, all preparations for how to deal with a rapidly-spreading, life-threatening infection were focused on influenza. The public health campaign in the first six months of the 2020 pandemic concentrated on how flu spreads with the slogan *Catch it, Kill it, Bin it* and advice to wash our hands whilst singing *Happy Birthday*.

However, as we learnt more about Covid, the emphasis changed to social distancing. Over the last two years, Covid has become much more like flu in its pattern of symptoms and the way it spreads. Currently, there is a danger that we are becoming complacent about Covid and can be falsely reassured by tests that are not as good as we think.

Covid tests have never been that good, as the test depends on how well the sample is taken and none of us are very good with sticking swabs up our own noses. The test does have a very high specificity rating; this means if it is positive then you definitely have Covid. However, the sensitivity of a test is much more important and, unfortunately, Covid tests have never scored well. The test will miss maybe one in three of all positive cases (more if the sample is not taken optimally). These are the reasons why, towards the end of the pandemic as restrictions were lifted, the health advice was to pay more attention to symptoms rather than the tests.

As we enter the winter months both Covid and flu will become more prevalent. Vaccination is very important to protect ourselves and others but it is even more important to pay attention to your symptoms. If you have viral symptoms and a temperature, please isolate yourself. Whilst a positive test confirms Covid, a negative test does

not mean you have not got it. The evidence strongly encourages any patients with Covid-like symptoms to not do any testing; stay at home, reduce contacts, keep your distance and wait for symptoms to resolve.

The title of this article was first used as a health slogan in the United States during the influenza pandemic that occurred after the First World War. It still holds today as a more modern variant – this winter make sure you keep your symptoms to yourself.

Anthony O'Brien
Wyndham House Surgery



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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	

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



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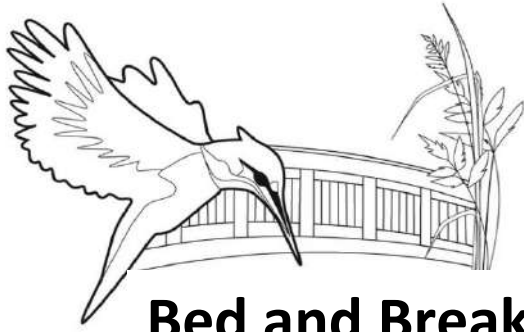
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2. **Monitor** the Devon Home Choice website for vacancies
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SERVICES & INFORMATION NOVEMBER 2025

The Netherexe Parishes - A community of Anglican churches in Devon

Please see our website at www.netherexe.org under "Services" section.

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

Sunday 2 November

10:00 am	Communion	Stoke Canon
10:00 am	Baptism Service	Newton St Cyres
06:00 pm	Remembering Service	Cadbury

Wednesday 5 November

09:30 am	Mid-week Holy Communion	Thorverton [Exe Valley Farm Shop]
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Sunday 9 November

10:00 am	Remembrance Service	Thorverton [joint with Cadbury]
10:00 am	Remembrance Service	Stoke Canon
10:50 am	Remembrance Service with Communion	Upton Pyne
10:50 am	Remembrance Service	Brampford Speke
10:50 am	Remembrance Service	Newton St Cyres
11:15 am	Remembrance Service	Rewe

Tuesday 11 November Armistice Day

10:50 am	Armistice Day Service*	Rewe War Memorial, Green Lane, Rewe
10:50 am	Armistice Day Service*	Thorverton War Memorial, Thorverton Churchyard

**Please note these are open air services, please dress accordingly*

Sunday 16 November

09:30 am	Communion	Brampford Speke
09:30 am	Bubble Church	Thorverton
10:30 am	Coffee & Chat	Newton St Cyres
11:15 am	Communion	Cadbury
05:00 pm	Taizé Service	Upton Pyne

Sunday 23 November

09:30 am	Communion & Baptism Service	Newton St Cyres
10:00 am	Messy Church	Stoke Canon
11:15 am	Communion	Rewe
06:30 pm	Choral Evensong	Thorverton

Sunday 30 November

10:00 am	Mission Community Service [with Communion]	Thorverton
----------	--	------------

Every Tuesday at 6:00pm we gather for prayer in Rewe Church

At **Communion** services we share bread and wine: you are welcome to join us for the service and to share communion if you wish. A lay minister occasionally leads this service.

At **Coffee and chat** we enjoy time together in conversation with coffee and cake to hand.

At **Services** we share together in song, prayer and the bible. Special services are noted in the description.

Bubble church is for young families and **Messy Church** for families who enjoy craft.

Revd Tim Collins Tel: 01392 860767 tim.collins@netherexe.org

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

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Email: administration@netherexe.org	Email: administration@netherexe.org

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Tim Collins
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Curate

Deborah Leighton Plom
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Reader

Laura Ford
Tel 07741 491946
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Netherexe Parishes website: www.netherexe.org

Administrators

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Church Wardens (BS)

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Dan Downes 07355 497 901

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Jenny Codling (UP)

Tel 07872 922 202

Brampford Speke Baptist Chapel Revd. Simon Taylor Tel: 279485

Brampford Speke Parish Council

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

Clerk

Tracy Watkins 07811 938614 clerk@brampfordspekeparish.gov.uk

Councillors

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

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

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

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

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

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

Other Contacts in Brampford Speke:

Village Hall website

School

Brampford Area Baby and Toddler Group

Friends of BS School (FOBSS)

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Tree Warden, Elaine Hollingsworth

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www.brampfordspeke.org.uk

841414

Catherine Bending 07964 967278

hellofobss@gmail.com or 841414

Molly Luxton 841270

footpaths.BSPC@gmail.com

01392 841434

Kate Cavill 0751 3002 708

Upton Pyne & Cowley Parish Council

Council website www.uptonpyne-pc.org.uk

Clerk Jacqui Ward

01392 851918

parishclerk@uptonpyne-pc.gov.uk

Councillors

Bob Short	UP	bobshort@uptonpyne-pc.gov.uk	Chairman
Maggie Cormack	UP	maggiecormack@uptonpyne-pc.gov.uk	
Sophie Ward	UP	sophieward@uptonpyne-pc.gov.uk	IT & Communications
Mark Hewlett	Cowl	markhewlett@uptonpyne-pc.gov.uk	CLT representative for the PC
Mike Leach	UP	mikeleach@uptonpyne-pc.gov.uk	
Ross Bramston	UP	rossbramston@uptonpyne-pc.gov.uk	
Amanda Cullen	UP	amandacullen@uptonpyne-pc.gov.uk	

Other Contacts in Upton Pyne

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

East Devon District Council

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

Councillor: Fabian King 07791 093 204

Dog Warden: 01395 571517

Devon County Council

Councillors: Henry Gent Henry.Gent@devon.gov.uk
Nat Vanstone nat.vanstone@devon.gov.uk

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

Redlands 01363 727111 (inc. Thorverton Surgery)

SpekeUp www.spekeup.org

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

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

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

For further information please contact:

Upton Pyne & Cowley: Linda Findlay 07598 753088

Bramford Speke: Richard Tillett 01392 841268

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

November 2025 DIARY

Monday	3 rd November	From 10.30am	Coffee Morning Upton Pyne Village Hall and card making workshop	Veronica Clarke 841 530
Tuesday	4 th November	7.30pm	Brampford Speke Parish Council Meeting Brampford Speke Village Hall	Tracy Watkins 07811 938614
Saturday	8 th November	12 noon – 4pm	Upton Pyne Craft Fair <i>Gifts, Decorations, Crafts, Raffle and Delicious Refreshments</i> Upton Pyne Village Hall	Linda Findlay 07598 753 088
Sunday	9 th November	2pm	Whist Drive Upton Pyne Village Hall	David Taverner 01884 855459
Monday	10 th November	7.30pm	Upton Pyne and Cowley Parish Council Meeting Upton Pyne Village Hall	Jacqui Ward 851 918
Tuesday	11 th November	12 noon	Lunch Bunch Exe Valley Farm Shop	Pat 841 599 or Veronica 841 530
Friday	14 th November	7pm	Brampford Speke Twinning Association Quiz Night <i>Teams of 4. Tickets £15 to include supper (vegetarian and GF available) plus Bar and Raffle.</i> Brampford Speke Village Hall	<i>Phone or email to book Kate Cavill 07513 002708 or Sue Satchell 07784 716921 by 10th November</i>
Thursday	20 th November	7.30pm	Brampford Speke Twinning Association AGM Brampford Speke Village Hall	Nibbles and drinks. All welcome.
Friday	21 st November	7pm for 7.30pm	Upton Pyne & District Gardening Club Annual Garden Club Christmas Dinner <i>Free welcome drink – Buffet Menu – Raffle – Quiz</i> Upton Pyne Village Hall	To reserve your place, please contact June on 841 272
			Weekly	
Monday		9am & 10am And 7.30pm	Pilates Brampford Speke Village Hall (Term Time only) www.connectedpilates.com	Nicki Stumpf 07838 260290
Wednesday		10am	Art Class Upton Pyne Village Hall	John 07816 846562
Thursday		9.15am – 11am 9.30am (term time) 2-4pm	Toddler Group Brampford Speke Village Hall (Term time only) Zumba Upton Pyne Village Hall Tea Upton Pyne Village Hall	Emily 07511 623314 Caroline 07796 950652 canstead4@gmail.com Adrienne 07791 609068
Friday		10.30- 11.30am	Pilates Upton Pyne Village Hall	Rebecca Cunningham 01363 866047



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