

Brixham Beacon



Shedding light on local news for Fish Town, Cow Town, Galmpton, Churston & surrounding areas

Issue 2

January 2026

FREE



Brixham Fishing Fleet taken 22 Dec 2025 © Chris Slack Photography

Welcome to issue two. Whilst the mince pies and festive flair have been plentiful, we have been working hard to bring you even more Brixham News and events information. Thank you for all of your kind and positive comments we have received. The response has been amazing! Wishing you all a happy and prosperous 2026 in Brixham.

We contacted as many local organisations and businesses as we could for the launch edition. They are now sending us regular reports and informative articles. If we haven't already contacted you, please send us your event and/or organisation details to:

news@brixhambeacon.com.

Thank you to businesses that have agreed to be regular collection points for the monthly Brixham Beacon.

They are:

Bay Coffee
Berry Head Hotel

Brixham Greengrocers
Brixham Library
Churston Traditional Farm Shop
Crown & Anchor
David's Fish and Chips
Ella's Flowers
Galleon Stores & Post Office
Porridge
Smardon's Newsagents
Sweet Memory
The Chart Room
The Golden Lion
The Guardhouse Cafe
The Handyman
The Strand Bakery
Vermutti

You can also subscribe for free, to have the Brixham Beacon delivered to your inbox, by simply entering your name and email address and you will receive an email copy each month!

To register, visit:
www.brixhambeacon.com/subscribe

We hope you enjoy the January edition.

Best wishes for the New Year!

Traditional Sunday Roast Quiz!

Every Wednesday 7:45pm

Curry Club

Wednesday, Thursday & Fridays

Choose from Korma, Tikka Masala, Balti, Jalfrezi, Madras, Vindaloo or Phall
Served with Basmati rice
(subject to availability)



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07873 565765
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www.brixhamescaperooms.co.uk

Brixham Town Chaplain

Darrell Holmes

January Blues

In January when we take down the Christmas tree, tinsel, lights and the cards, we may perceive that the very same room suddenly feels a bit blank and empty. This is the "January blues". No longer is there a warm glow from the shiny things we temporarily put up, or the rainbow of colours imported for a season. All we have is some loose strands of tinsel that will haunt us for weeks to come, or tree pine needles that make a miraculous re-appearance in April.

Without the distractions of the December decorations, once again we are confronted by the walls and their imperfections – the watermark caused by a leak in the roof or the stain which reappears despite the many layers of paint we've applied. Which probably explains the January urge that many have to get decorating or rearrange the furniture just to make an impact: the depressing faults and blandness may spur us to action. However, usually that aspiration for a "Country Life" living room may be as short-lived as our New Year resolutions: we can quickly find reasons to "make do" rather than "make over" and settle back to accepting the way things are. We become blind to our surroundings that somehow disappoint: we settle into life with its background frustrations.

There may be other things that cause blueness. Ill or absent loved ones, a sudden fall in business trade, difficulties or challenges.

If you are a January Blues sufferer, then seek out Hope in



2026. It is found neither in the tinsel nor redecorating, neither in busy-ness nor in new activities. The bible wisdom says hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently – in essence, that hope is not in things that are seen, but in faith that is unseen: it is not gained instantly, but over time. Hope doesn't whitewash over reality, but gives strength because of weakness. Hope can be discovered by those who despair: hope can be found by those who seek. I still may experience bouts of the blues, but along with many others and through waiting patiently I have found a Hope that endures.

Darrell Holmes
Brixham Town Chaplain

[www.facebook.com/people/
Brixham-Town-Chaplain/
61574228723784](https://www.facebook.com/people/Brixham-Town-Chaplain/61574228723784)



Community Builder

Helen Ambler

Helen Ambler is your local Brixham Community Builder. There are 17 Community Builders round the Bay all working for a charity called 'Torbay Communities'. They encourage people of all ages to get involved in their neighbourhood. With extensive local knowledge, they can connect you with like-minded people, groups or organisations in your community.

They see lives transformed when people of all ages work together. Alongside your Community Builder, you can bring positive changes to the place where you live. They love to see new friendships forming and activities happening, from coffee mornings to social dog walking, parenting groups, to crafting workshops, to children's events, memory cafes and quiz nights. Most importantly, they encourage neighbours to help each other out on a day-to-day basis, with simple tasks like shopping or collecting a prescription or even just putting the wheelie bin out.

The value is in the power of personal connection, proven to reduce isolation and transform the quality of everyday lives. Community Builders can connect you with people, activities and events in your neighbourhood. They can explore strengths, skills and interests and plan how these can



be shared. They can identify changes you would like in your area and how you can take positive action. They harness what is strong in your community and promote this. If you would like to give some time to your community, they can link you with requests from the Torbay Community Helpline or introduce you to the Torbay Timebank.

Want to meet your local Community Builder?

Contact Helen on: 07469 660873 or email: helenambler@torbaycdt.org.uk

Helen is in Brixham most days and would love to meet you to discuss how she can help isolated people get out and about to meet new people or maybe support with setting up a new group! She would love to hear from you!

Office Hours:
Monday-Friday 9am-5pm
www.torbaycommunities.com



working with
TORBAY COUNCIL

info@torbaycdt.org.uk
www.torbaycommunities.com
01803 212638
@TorbayCBuilders
4-8 Temperance Street,
Torquay TQ2 5PU

Torbay Communities Stronger together



January's Birth Flowers

The carnation and the snowdrop.

The carnation is a long-lasting and versatile flower, while the snowdrop is a small, delicate white bloom that pushes through the snow in late winter.

Together, they symbolize love, devotion, purity, and hope.

Constituency News . . .

Caroline Voaden MP

I am so excited to be writing my first column for the Brixham Beacon – massive congratulations to Simon and Samantha for bringing this excellent new magazine to life! I hope it's a long-running success story.

In my monthly column, I will update you on how I am working on your behalf in Westminster and in the constituency.

Since the election, I have had the pleasure of visiting the Brixham area every month to meet with constituents, fishers and business leaders. It's been a real joy getting to know the town and those who make it so lively and welcoming.

Recently, I paid a trip to the winners of my Support Local competition, A Kick Up the Arts and the Cove Discovery Project – both really inspiring local projects.

When I totted up the entries, timed to coincide with 'Small Business Saturday', I was not surprised that two out of the three category winners came from Brixham, given the number of small businesses that populate the town.

It's a shame I couldn't give an award to every independent business! Despite the horrible blustery weather, it was great to see the high street so busy. Supporting independent businesses is vital and is



something we spoke about at length during my business roundtable in Brixham in October.

While most are struggling today thanks to Labour's reckless tax policies, I fear Brixham is uniquely vulnerable given the long shadow of the cryptosporidium outbreak. On that point, I hope the town will finally gain some closure once South-West Water appears before Exeter Magistrates court next March. As this is a live case, I am somewhat limited in what I can say, but rest assured I am following it closely.

*If you wish to contact me about any issues you are facing, please do so at:
caroline.voaden.mp@parliament.uk*

*And to keep up with my work as your MP, sign up for my monthly e-newsletter at
www.carolinevoaden.com/subscribe*

"If I cannot do great things,
I can do small things in a great way"

Dr Martin Luther King

Brixham Beacon Collection Points

Berry Head	- Berry Head Hotel - The Guardhouse Cafe
Bolton Street	- David's Fish and Chips - Ella's Flowers - Smardon's Newsagents
Brewery Lane	- The Strand Bakery
Dartmouth Road	- Churston Traditional Farm Shop
Fore Street	- Brixham Greengrocers - The Chart Room - Porridge - Sweet Memory - Vermutti
Pillar Avenue	- The Handyman
The Quay	- Bay Coffee - Crown & Anchor
Market Steert	- Brixham Library
New Street	- The Golden Lion
Galmpton	- Galleon Stores & Galmpton Post Office

David's Fish and Chips

is named one of the UK's 50 Best Takeaways

David's Fish and Chips on Bolton Street has been named as one of the UK's 50 Best Fish & Chip Takeaways 2026 - the only chippy in Torbay to make the prestigious list.

It follows two rounds of mystery dining visits by leading trade publication Fry Magazine in which judges meticulously inspected aspects including food quality, premises cleanliness, staff expertise, value for money, ease of ordering, and social media presence.

With the pass mark set high at 97%, David's Fish and Chips scored an impressive 97.5% with the mystery diner particularly praising the freshly cooked to order food, friendly staff, and a bright and clean exterior to the shop. "The exterior and interior were clean and tidy, there is a 5-star rating on the FSA website for hygiene, and a warm and friendly welcome was given on entering the premises."

Scott and Mark said: "What an honour it is to make the 50 Best takeaways again, even though we enter every year, for the last four years we have not won it,

especially as each year we were so close to winning with scores like 95% and 96% we were literally just slightly off the mark, due to things like not answering the phone quick enough".

Commenting on their success, Reece Head, competition organiser, says: "Congratulations to David's Fish and Chips.

Over the past 12 months, they have faced significant challenges, including higher wage costs, rising energy bills and pressure on fish prices. Despite this, they have maintained consistently high standards, supported and motivated their teams, and kept customers informed as changes were needed. That commitment was evident to our mystery judges and is what secured them a place among the UK's leading fish and chip shops.

An exceptionally high pass mark of 97% was set this year, demonstrating the consistently high shop standards in place. Starting the year as award winners is a fantastic way for fish and chip shops to kick off 2026, setting the tone for a successful year ahead."

Meet 'Bark Kent,'

Our Newest Four-Legged Reporter

Whilst many newsrooms have officially gone to the dogs.

This month, we are proud to introduce our newest staff member: a sharp-eared, keen-nosed Newshound named Bark Kent.

Named in honour of the legendary Man of Steel's (Superman) alter ego, Clark Kent, this intrepid canine was chosen for his uncanny ability to sniff out a scoop and his unwavering commitment to truth, justice, and the occasional treat.

While Bark Kent might not wear glasses to disguise his identity, he possesses all the qualities of a top-tier investigative journalist. Whether he is patrolling the local parks for breaking news or monitoring the harbour for the latest catch, Bark is always on the scent of a lead.

"He has a real nose for news," said the Editor. "He doesn't just chase cars; he chases the facts. Though, admittedly, his shorthand is mostly just paw prints."

Bark Kent's primary beat will include local community events,

park safety, and investigating the mysterious disappearance of tennis balls across the peninsula. He is also expected to assist our Culinary Compass Scribe on the "Eating Out" segment, providing a dog's-eye view of life in Brixham.

Residents are encouraged to say hello if they see Bark Kent out on assignment. Just remember: like his namesake, he has a weakness. It isn't Kryptonite, however— it's flat whites and a biscuit or two!

Thank you to Sharon Warren, winner of 'Name the Newshound' competition, Welcome to the team, Bark Kent. Up, up, and away!



A Year of Community, Atmosphere & First-Class Experiences!

2025 at The Chart Room First Class Coffee Lounge

As 2025 draws to a close, it stands out as the busiest, most rewarding, and most memorable year yet for the Chart Room First Class Coffee Lounge. It has been a year defined not just by events, menus, and exhibitions, but by people - locals and visitors alike - coming together in a calm, welcoming space that feels quietly different from anywhere else in Torbay. From the very beginning, the Chart Room has never been about profit. It has been about Brixham: creating a relaxed, friendly environment where people can slow down, enjoy good food and service, and spend time surrounded by genuine maritime history.



In 2025, that ethos truly came into its own.

A Calendar Full of Moments

Throughout the year, the Chart Room marked a wide range of special occasions, delivered in its own unhurried First-Class style. Valentine's Day, Mother's Day, and Father's Day were celebrated with warmth and understated elegance, while the introduction of the Britannia First Class Royal High Tea quickly became one of the most popular and talked-about experiences of the year. St Patrick's Day and St David's Day brought colour and character to the Lounge, while Black Tot Day and Merchant Navy Day allowed Britain's maritime traditions to be honoured in a way that felt authentic, thoughtful, and firmly rooted in Brixham's seafaring past.

Community at the Heart of Everything

Remembrance Day remains one of the most important moments in the Chart Room calendar.

The Lounge offered a quiet, reflective space that gently brought the community together. It was a particular honour to be asked by the Royal British Legion to present the wreath at St Mary's Church on behalf of the Merchant Navy - a moment of pride, remembrance, and deep personal significance. That sense of community ran through everything the Chart Room did in 2025. Locals dropped in for coffee, friends lingered over conversation, and visitors discovered a place where nobody feels rushed. Alongside the familiar favourites, Elvie's evolving Chef's Specials brought seasonal variety to the menu, while service remained attentive, friendly, and reassuringly old-fashioned. At the same time, the Chart Room has become a distinctive, child-free attraction for Torbay - offering visitors something genuinely different: calm, characterful surroundings, First Class service, and a space shaped by real maritime heritage.

From Laughter to Reflection

One of the joys of 2025 was the sheer range of experiences it brought. At one end of the scale was the Pirate Festival, where the Chart Room embraced the spirit of the day with enthusiasm and humour, taking part in the Best Dressed Pirate competition and enjoying a day full of colour, laughter, and good-natured fun.

In complete contrast, one of the most moving occasions was the tribute to HMS Saucy, marking the 80th anniversary of her sinking. Eighteen men from Brixham lost their lives when the ship struck a mine during the Second World War. The tribute was quiet and dignified, focused on remembrance rather than spectacle, bringing local names and stories back into the present. It was a powerful reminder that the Chart Room is a place for sociability and celebration, and also somewhere that remembers, respects, and reflects.



Music, Laughter & Giving Back Sea Shanty Days with the ever-popular Harbour Buoys filled the Lounge with harmony, laughter, and the unmistakable sound of the sea. These events perfectly captured the spirit of the Chart Room - relaxed, sociable, and full of character. Charity fundraising events in support of Shoalstone Pool and The Vigilance of Brixham further underlined our commitment to being a genuine asset to the town and its heritage, reinforcing the belief that a business should give something back to the community that supports it.

Murder, Mystery & Full Houses

Among the standout successes of the year were the Murder Mystery Nights. In collaboration with Murder by Midnight, the Chart Room was transformed into scenes of intrigue and suspense, with guests fully immersed in period settings and storylines.

Death on the Nile, The Pharaohs Curse, Iceberg Dead Ahead, and Murder on the Lusitania all played to full houses. Guests arrived dressed in period costume, enjoyed a champagne reception and a spectacular three-course meal, and stayed absorbed from the first clue to the final reveal. These evenings demonstrated just how perfectly the Chart Room lends itself to storytelling, theatre, and atmosphere.

New Evenings & A Softer Tempo

Alongside the drama, 2025 also saw the introduction of new evening experiences, including Jazz Supper Nights. With softer lighting, live jazz, and relaxed First Class dining, these evenings offered a more intimate way to enjoy the Lounge - elegant, unhurried, and quietly special.



A Summer on Screen & A Growing Exhibition

The summer brought a real highlight with filming for Channel 4's antiques series Antiques Riviera, produced by STV. The Chart Room and its ocean liner collection will feature in the upcoming series, showcasing Brixham's maritime heritage on national television. Throughout the year, more new exhibits were added to the Chart Room's ocean liner display than ever before, giving returning visitors fresh discoveries to enjoy with each visit.

Looking ahead to 2026

2026 promises even more momentum, creativity, and connection. With new events planned, further exhibition pieces on the horizon, and fresh ideas already taking shape, the Chart Room continues to evolve while staying true to its original purpose. The aim remains simple: To offer a relaxed First-Class atmosphere, to bring the Brixham community together, and to be something genuinely special for both locals and visitors to Torbay.

As the Chart Room looks ahead to the new year, it does so with gratitude, pride, and optimism - ready for more shared moments, good conversation, and calm seas ahead.

The Chart Room

Tel: 01803 856361 - Email: chartroombrixham@gmail.com
Old Foundry Court, 60a Fore Street, Brixham, TQ5 8DZ



Inspire Magazine

Believe you can and you are halfway there!

January gardening tips *Reg Moule Nurseryman & award winning gardening broadcaster*

Early January

Protect vulnerable plants from frost damage and scorching due to cold winds.

Warm up the soil for early sowings by covering an area with a polythene sheet, or cloches. If weed seedlings germinate under this all well and good, just hoe them off.

Seed potatoes are around now, buy them soon while there is still a good choice of varieties available. Stand them in trays with the end with the most buds uppermost in a light, frost-free place to begin to sprout or "chit". Plant them outdoors in late spring.

January is the best month to winter-wash fruit trees using Vitax, or Growing Success Winter Tree Wash.

Keep off frosted or wet grass. If dry, give the lawn a trim over before getting the mower serviced.

Cut all the foliage off Heleborus Orientalis (the Lenten rose) as this both helps with disease control and allows the soon to emerge flowers to be more obvious.

Remember to feed your garden

birds and make sure that water is also available for them.

Mid January

Continue to prepare the vegetable garden for the new season, unless it is too wet to dig. If you get desperate you could always spread your weight by working off a plank.

Apples and pears, but not plums, cherries or any stone fruits, as well as currants, gooseberries, and summer fruiting raspberries can all be pruned now.

If you have a heated greenhouse, plant up some sprouted seed potatoes in 12-inch pots of John Innes compost No 3. The crops should be ready in April.

Seeds are uppermost in gardeners' minds at the moment. Make sure that you buy yours soon, as some varieties may be in short supply.

Once you get your seeds home arrange them behind pieces of cardboard in an appropriate box according to the intended sowing time. This makes you less likely to forget to plant something.

Check over your trees and shrubs, as this is a good time to

prune off any dead, diseased or misplaced branches except on plums and cherries.

If your greenhouse is empty, clean and disinfect it, ready for the new season. In an unheated greenhouse, or cold frame, sow some early salads. Try winter lettuce, forcing radishes, spring onions and stump-rooted carrots. Avoid overwatering foliage plants, while plants in flower are likely to need more frequent watering. Keep an eye open for pests and diseases.

Late January

Cut back climbing plants, like Virginia creeper, ivy, climbing hydrangea etc. grown on house walls by at least 45cm (18in) from all window and door frames. The plants can continue growth in spring without obstructing them.

The ready germinated seedlings and young plug plants should be available now ready for growing on in a heated greenhouse. This method removes some of the risk of growing your own plants from seed, as well as offering young plants that can only be propagated by cuttings.



Privet hedges that have been allowed to get out of control can be cut back hard at this time of year. This will encourage strong new growth from the base. Hedges are often ignored when it comes to feeding, so give them a dressing of pelleted chicken manure now. It will provide a gentle boost through the growing season.

This is a good time to apply garden lime, especially in the vegetable plot. Lime and manure should never be applied at the same time, so where manure was dug in during the autumn, put the lime on now.

Root cuttings can be taken now from some hardy perennial plants, oriental poppies, delphiniums, phlox and scabious etc.

Lead on Ponies - Bringing joy to your events with our friendly ponies

Our ponies are available for:

- Care Home Visits
Bringing smiles and gentle companionship
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Join our club for fun, learning and bonding time with our ponies.

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Brixham's Chef & Baker wins B&B in France!



Roy, former chef/baker at the Chart Room, Brixham and his wife, Nicola have won channel 4's 'The Great B&B Challenge' when the final was aired on Friday 12th December. It can be viewed on Channel4 catch-up. The Bed and Breakfast has been named, Monsieur Morgan's. Set in the quiet countryside near Felletin, Monsieur Morgan's offers a thoughtful blend of French heritage and contemporary comfort.

Their bed and breakfast was created to be a place of rest and connection, somewhere to wake to birdsong, enjoy unhurried mornings, and explore the beautiful landscapes and villages that surround them.

Named after Nicola and Roy's cat, Mr Morgan, the house reflects their love of warmth, hospitality and simple, elegant living. A peaceful French retreat where heritage, charm, comfort, and countryside calm, come together.

Féniers is situated in the Creuse department (23) in the Nouvelle-Aquitaine region. A beautiful quiet village with approximately 108 inhabitants, Féniers is the perfect base to relax and enjoy the quiet countryside, while having many places to explore on your doorstep. Such as hiking, fishing, bike trails and



other attractions.

At the property there is:

- Free parking
- Outdoor seating area
- Quiet lounge upstairs
- TV lounge downstairs
- Free Bikes
- Table d'hôte meal (Extra charge)
- Picnic lunches to takeaway (Extra charge)
- Hot breakfast - Ulster Fry (Extra charge)

Room Features:

- Complimentary toiletries
- Hairdryer
- Tea / Coffee
- Robes and slippers
- All areas are non smoking



Enter The Letter Lottery Competition on page 27 - A chance to win a stay* at Monsieur Morgan's!

* 2-night stay for 2 adults at Monsieur Morgan's including continental breakfast. Must be used by 31 December 2026. Subject to availability. No cash alternative. Prize is non transferable.



MONSIEUR MORGAN'S Bed & Breakfast

Nicola & Roy Legge

2 Rue de Ganesclaire, Féniers, France

tel: +33 7 66 97 24 15

email: monsieurmorgan@hotmail.com

www.monsieurmorgans.com

Managing your finances ...

With Xmas over I would really like to start the New Year by trying to get my finances under control – I'm worried I might have overspent during the Xmas period and started the year getting into even more debt on top of rising bills, and I want to know what support is available. Do you have any advice on managing rising costs and what to do?

With energy, water and broadband bills on the rise, it's getting increasingly difficult for many people to cover their expenses. The additional expenditure you might well have had over Christmas can put extra pressure on household budgets but it's important to know you're not alone in finding things difficult and that financial support might be available to help ease the burden.

Try to create a simple budget
If you're finding it difficult to stay on top of bills, budgeting tools like the one on the MoneyHelper website can be very useful in helping you understand what money you have coming in and going out each month. Try to set yourself a limit for Xmas spending that minimises the risk of getting into debt. If you're behind on bills, you should prioritise paying rent, mortgage payments, Council Tax and energy bills, as these are known as 'priority' debts which have the most serious consequences if missed. Once you've got priority debts under control, you should look at credit card or store card debts, missed Buy Now Pay Later payments or payday loans.

Checking benefits eligibility
A significant number of eligible people don't claim the benefits that are available to them, so it's important to understand

what you're entitled to. You may be able to claim benefits if, for example, you're at working age and on a low income, you're sick or disabled, are of State Pension age with a low income or no income, or if you're a carer. You can check the Citizens Advice website for information on what benefits you might be eligible for.

Reducing outgoings

If you claim benefits or are on a low income, you may be eligible for a reduction in Council Tax. Discounts can also be given to students, those living with a carer, or people who live alone, to name some examples. If you have children and claim certain benefits, or are on a low income, you may qualify for free school meals, transport to school, or support with the cost of uniform. To reduce other expenses, you may be able to switch to a cheaper broadband deal, get a water meter fitted, or access discounted travel options. Find out more about ways to get help, including advice on saving money heating your home, on the Citizens Advice website.

Get help

Whatever debt you're dealing with, it's important to speak to the person or company you owe money to as early as you can. You could show them a copy of your budget to let them know what your financial situation is and then see if there are any steps you can take to start dealing with your debt. Just remember, there's lots of help out there and you're not alone. If you feel you need support with this, get in touch with your local Citizens Advice or another organisation like StepChange.

Citizens Advice



Torbay Citizens Advice
29 Palace Avenue, Paignton TQ3 3EQ
0808 278 7859
www.citizensadvice.torbay.org.uk

The Stealth Tax ...

Michael McCaul

Is hitting everyday people!

Rachel Reeves recently set out plans to raise around £26 billion in extra tax revenue, pushing the UK's overall tax burden towards a record level of more than 38 per cent of GDP by the end of the decade.

Although there were no eye-catching rises in income tax rates, one of the most significant measures was the decision to continue freezing income tax and National Insurance thresholds. This approach is widely described as a "stealth tax" because it increases the amount of tax people pay without ever formally raising the rates themselves.

A stealth tax works by allowing wages to rise while tax-free allowances remain fixed. Over time, more of each pay rise becomes taxable and increasing numbers of people are pulled into higher tax bands, even though their purchasing power may not have improved at all. The Office for Budget Responsibility has estimated that, by 2030, these frozen thresholds will result in around 780,000 additional people paying basic-rate tax, with a further 920,000 being pushed into the higher-rate band. This



gradual shift, often referred to as fiscal drag, quietly increases the tax take year after year.

The financial impact on ordinary workers is far from trivial. Someone earning £30,000 a year is expected to be paying around £1,500 more in tax annually by the end of the decade purely because thresholds have not kept pace with inflation. Higher earners feel the effect even more sharply, with those on £80,000 facing an additional tax burden of around £4,400.

For many households, the consequences will be felt in everyday life, through reduced take-home pay, shrinking spending power and pay rises that deliver less than expected. Rather than easing pressure on household finances, these measures mean more people will hand over a larger share of each extra pound they earn.

"A dream doesn't become reality through magic; it takes sweat, determination and hard work."

Colin Powell

Brixham Beacon 
Shedding light on local news for Fish Town, Cow Town, Galmpton, Churston & surrounding areas

To receive the
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by e-mail each month, visit:
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Relive the magic, minus the sugar



Sweet Memory is more than just a shop - it is a nostalgic journey back to the days of traditional glass jars and "old way" service. While we are famous for our vast selection of classic treats, we believe everyone should be able to enjoy a "taste from the past," regardless of their dietary needs. Our dedicated range of sugar-free sweets ensures that diabetics, those watching their sugar intake, and health-conscious snackers can still enjoy their favourite childhood flavours without the guilt or the sugar spike. We stock a variety of sugar-free versions of the British classics you know and love. *Our current selection includes:* Sugar-free Sherbet Lemons, Humbugs, and Rhubarb & Custard. Sugar-free Toffees, including Devon Toffee and Assorted Toffee mixes. -Refreshing Mints: Menthol Eucalyptus, Lemon Menthol, and clear mints. Zero-sugar options from around the world, such as Spanish Vidal toffees and Dutch "Candy Can"

sparkling zero-sugar drinks in flavours like Birthday Cake and Marshmallow.

Why Choose Sugar-Free?

Modern sugar-free confectionery has come a long way. By using natural sweeteners like Stevia or sugar alcohols like Erythritol, these treats offer:

- Blood Sugar Control:

They have a minimal glycaemic impact, making them a safer choice for managing diabetes.

- Dental Health:

Unlike traditional sugar, these alternatives do not promote the bacterial growth that leads to tooth decay.

- Fewer Calories:

Most of our sugar-free range contains significantly fewer calories than standard sweets, aiding in weight management. Whether you are a local or just Stop by to browse our 100+ jars of tradition.

Opening Hours:

Monday – Friday:
9:30 am – 5:00 pm
Saturday: 8:00 am – 5:00 pm
Sunday: Closed

Traditional Sweets

A taste of the past!

All your old favourites and more . . .



Pick 'n' Mix

Party Bags

Sweet hampers made to order

Sweet buffets

15 Fore Street, Brixham TQ5 8AA



Brixham Police

Police in South Devon are urging residents to keep their doors locked overnight and make sure burglars are not given an easy ride.

Several incidents have been reported of car keys being taken by opportunistic offenders but victims have also reported other personal items being stolen such as phones, jewellery and cash. Various towns and villages across South Devon such as Torquay, Paignton, Newton Abbot and Teignmouth have been affected and those victims reporting incidents so far have been from a range of ages.

Residents can heed some simple advice to make their homes more likely to stay safe and secure and prevent them being the next target for burglars. This includes door and window locks and better lighting. Detective Sergeant Jason Parsons, from South Devon CID team, said: "Both urban and rural residents have fallen victim to these offences and remembering to lock doors, especially at night, is very important. If you have a property alarm please remember to set it and during the dark winter evenings you may wish to use timer switches on lights, they give the appearance that your home is occupied. Those who have a garage for vehicles should use it and door cams can be very useful to see who is approaching homes.

"Residents may also want to consider locking windows and hiding valuables or installing better external lighting which is activated when someone gets close to a property or CCTV. "We want to reassure the public that we are working hard to track down offenders and bring them to justice but we need the public's eyes and ears to assist our officers. We know how distressing burglary can be for householders and this is not something that people want to happen over the



festive period – or at any time of the year."

Police in South Devon have already made several important arrests in relation to burglary and vehicle theft and some offenders have been convicted and are due before the courts next year to face sentencing. If you see anything suspicious, report it to police immediately via 101 or 999 if a crime is in progress and/or there is risk to life. You can also report incidents via the Force website. It will help if you can tell us:

- How many people did you see involved?
- Any description of those involved - height, build, clothing, etc.
- Details of the vehicle they are travelling in, including any identifying features, such as the registration number, dents, marks or stickers.
- Which direction did they leave the area in?

You can also report information to independent charity Crimestoppers if you wish to remain anonymous. Please contact them via 0800 555111 or via their website: www.crimestoppers-uk.org

Brixham Police Station

3 Rea Barn Close, Brixham TQ5 9EA

0845 277 7444

Open 24 hours

(excluding Monday's Open 9am to 6pm)

The Friends Centre

Brixham Does Care



The Friends Centre plays an important role within the community as it provides a variety of services. Our aim at the Friends Centre is to provide Day Care services with support, to encourage wellbeing and promote understanding. We aim to help individuals to overcome challenges and to provide befriending and support. We provide access to a variety of health and care services and enabling people to stay in their own home within their community along with providing signposting and enabling social interaction. At the Friends Centre we provide a healthy two course meal and twice a week we have Fish and Chips from David's Fish and Chip Shop. We provide transportation to those living in the TQ5 area. The Friends Centre enables choice when making decisions in their care and activities whilst attending. This provides caregivers a much-needed break in which to attend personal needs, or simply rest and relax, and to offer support and advice from a Carers Support Worker.

Who is eligible to attend?

If you think you or a loved-one may want to come to the Friends Centre, contact us for a free trial day. We will arrange an initial assessment to meet you and get to know you better before your trial day. We will arrange your transport and lunch for the day. If you have already been assessed by Health and Social Care as needing support and financially be below their threshold you may qualify for your placement

to be paid by them. If not, you can pay privately at a rate of £51.12 a day, including all your food, drinks and transport.

Room Hire

The Friends Centre also has a variety of meeting rooms available for those with a like-minded ethos.

We have three lovely rooms available at very reasonable rates. Each room has disabled access and facilities we will provide refreshments and Wi-Fi.

The rooms available are:

Maple Room, 4 - 8 people

Beech Room, 4 - 6 people

Cherry Room, 4 - 8 people

For further information please contact the Friends Centre.

Talkworks and The Carers Centre provide services at The Friends Centre by appointment only. Please ring Talkworks or The Carers Centre to book an appointment.

The Friends Centre is unable to book on your behalf.

We look forward to meeting and hearing from you.



The Friends Centre

Open:

Monday - Friday

9:00am - 4:30pm

Tel: 01803 224970

email:

tfc@brixhamdoescare.co.uk

Brixham Escape Rooms

A New Local Adventure



Step ashore and prepare for adventure at Brixham Escape Rooms, where high-seas drama, daring puzzles, and pirate mischief await.

Located just a short stroll from Brixham town centre and nearby car parks, it's a brand-new attraction right in the heart of town.

Born from a merry crew of friends and family who call Brixham home, Brixham Escape Rooms is proudly independent and full of personality. United by our love of puzzles, adventure, and the occasional

spot of dressing up, there was only one theme that felt right for us: pirates.

Players have 60 minutes to uncover Captain Minty's hidden treasure and escape his clutches. It's a fun, immersive experience designed for locals, families, friends, and visitors alike.

Gather your crew, steady your nerves, and book your adventure at Brixham Escape Rooms — where legends are made, and only the brave escape.

More details and bookings can be found at:

www.brixhamescaperooms.co.uk



Prostate Cancer Research

February Challenge

56 miles in February Challenge:

1st February - 2 miles

2nd February - 2 miles

3rd February - 2 miles

...and keep going...

...until you reach...

26th February - 2 miles

27th February - 2 miles

28th February - 56 miles completed!

Commit to the challenge now

We'll send you a free T-shirt to take part in...

And you'll help us with our mission to create a world free from the impact of prostate cancer.

To sign up, visit:

www.prostate-cancerresearch.org.uk/56milesinfebruary2026



**Prostate
Cancer
Research**

pccr.org.uk

A New Year and a New You –

Emily Papirnik

Or Just More Pressure?

A new year often arrives carrying an unspoken expectation: this is the moment to fix yourself. Be better. Do more. Finally get it right. How many of us place unnecessary pressure on ourselves at the beginning of the year – and what for?

To be perfect in our business, our home life, our relationships, and ourselves. This pressure can quietly pull us away from our natural evolution. Instead of moving forward, we pause, feel behind, or begin to believe we are failing.

What if this year we tried a different way of discovering ourselves — with feeling good as our North Star?

Rather than forcing change, what would happen if curiosity, play and gentle awareness guided us instead?

1. From Rigid Goals to Gentle Exploration

Traditional New Year goals often sound firm and uncompromising: exercise more, be more productive, eat better. While well-intentioned, they can disconnect us from how we actually feel.

What if instead we asked:

- What helps my body feel good today?

- What kind of movement or rest feels supportive right now?

Some days this might be a walk in nature, other days stretching, stillness, or simply slowing down. When we listen to the body rather than push it, change becomes something that flows — not something we force.

2. From “Fixing Yourself” to Befriending Yourself

The New Year can shine a light on what we think is wrong with us. But what if nothing needs fixing?

Growth doesn't always come from improvement; sometimes it comes from connection.



Noticing how you feel when you wake up. Pausing before saying yes. Allowing emotions to be felt rather than suppressed. When we begin to befriend ourselves instead of criticising, we create safety within — and from that place, real change can happen.

3. From Hustle to Playful Experimentation

What if new habits didn't have to be serious or rigid?

Trying something simply because it feels interesting — journaling, spending time in nature, exploring breathwork, or learning something new without an outcome in mind. When we approach change as play, there is no failure, only feedback.

Play softens the nervous system. And when the nervous system softens, creativity and clarity naturally emerge.

4. From Perfection to Feeling Good Enough

Perfection keeps us trapped in the mind, constantly measuring and evaluating. Feeling good brings us back into the body — into the present moment.

Instead of asking “Am I doing enough?”, try asking:

- Does this nourish me?
- Does this support my energy today?

Some days feeling good may look like action and momentum. Other days it may look like rest, simplicity, or doing less. Both are equally valid.

www.intentiontherapy.co.uk
www.mehelpingme.com

Be mindful of your reactions

Mike Lancaster

Milk will spill.
Plates will break.
Glass will shatter.
Clothes will get dirty.
All of these can be cleaned, replaced, swept away, or washed.
But words?
Once spoken, they don't disappear.
They linger.
They sink in.
They carve themselves into memory.
A harsh tone.
A careless insult.
A moment of unchecked anger.
These can plant seeds of shame, fear, and unworthiness scars invisible to the eye, yet heavy on the soul.
People don't forget how they were spoken to.

They carry it with them, sometimes quietly, sometimes loudly but always deeply.
So break the cycle.
Pause before the outburst...
Let patience rise where frustration burns.
Speak with intention, even in correction.
Because what someone hears today can echo in their heart tomorrow I promise.
Choose words that build, not break.!!
Choose a tone that heals, not harms.!!
Choose love again and again because people who are treated with love learn to offer it to themselves and others and that is a gift no accident can destroy.



relaxing body and mind

Discover holistic healing with Emily Papirnik, supporting mind, body, and soul. From EFT and Perspective Change to energy work, pregnancy, remedial, and sports massage, Emily tailors each session to your unique journey.

Now welcoming clients on the East Devon coast and returning monthly to Worcestershire, with Zoom appointments available.

Reconnect, gain clarity, and step into self-love and confidence by choosing sessions with Emily
www.intentiontherapy.co.uk

using 'me helping me' app
www.mehelpingme.com

or with the use of a weighted blanket
www.intentiontherapy.co.uk/shop-weighted-blankets



"The first step towards getting somewhere is to decide you're not going to stay where you are."

J.P. Morgan

www.intentiontherapy.co.uk

Tel +44 (0)1297 691029 or Mob +44 (0)7973 232177

The gift that gives back:

Sarah Taylor

Why Volunteering & Fostering at Dog Rescues Matters

As Christmas comes and goes, many of us start thinking about giving — not just presents, but time, care and kindness. One of the most rewarding ways to do that is by getting involved with a local dog rescue.

Rescue centres across the country are stretched year-round, but winter can be particularly tough. Volunteering makes a real difference. Whether it's walking dogs, cleaning kennels, helping with fundraising or simply spending time giving a nervous dog a bit of reassurance, every hour donated helps improve an animal's wellbeing and gives staff and fosterers vital support. But volunteering doesn't just help the dogs — it helps people too. Many volunteers talk about the sense of purpose, connection and calm that comes from working with animals. Time spent with dogs has been shown to reduce stress, boost mood and encourage routine and fresh air. For many, it becomes a highlight of the week.

One step further than volunteering is fostering. Fostering a dog means offering them a temporary home while they wait for their forever family. It's incredibly valuable, as it frees up space in rescue centres and allows dogs to experience life in a home — learning routines, building confidence and showing their true personalities. Our own fostering experience with Mabel showed us just how special it can be. Watching a dog arrive unsure of the world, then slowly relax, trust and start to thrive is something you never forget. Fostering isn't always



easy — there can be challenges and goodbyes — but it's deeply rewarding to know you've played a part in changing a life for the better.

With Christmas around the corner, it's also an important time to pause and think before buying a puppy as a present. While puppies are undeniably adorable, dogs are a long-term commitment, not a seasonal gift. Sadly, many dogs bought on impulse at Christmas end up in rescue once the reality of training, time and responsibility sets in.

Adopting or fostering instead of buying gives a dog a second chance — and often means gaining a loyal companion who already knows the basics of home life. Rescue dogs come in all shapes, sizes and ages, and staff work hard to match dogs with the right families. Volunteering, fostering and adopting are all acts of kindness that ripple far beyond one dog or one household. They strengthen communities, support overstretched rescue organisations and remind us of the power of compassion. This Christmas, the most meaningful gift might not come wrapped in paper at all — it could be time, patience and love given to a dog who needs it most.



Dog foster carers needed . . .

Animals in Distress Devon
www.animalsindistress.uk.com/dog-foster-carers-needed

Pet Fostering Service in Devon & Cornwall

Refuge4Pets
www.refuge4pets.org.uk/contact-us

Start Strong:

Natalie Wayne

BSc Hons Sport & Exercise Rehabilitation

How to prevent injury, when returning to exercise

January is the month, when many people decide it's time to reset their health, return to the gym, or start a new fitness routine. It is also, the month I see the biggest rise in avoidable injuries all caused by doing too much, too soon.

Whether you're lifting weights, running, or joining a fitness class, your body needs time to adapt.

Muscles tighten, joints stiffen over winter, and most people jump straight into high-intensity training without preparing their body first.

That's where sports massage and rehabilitation come in.

A structured approach makes all the difference.

At my clinic, I use a simple three-phase plan to help people stay pain-free:

1. Relief Phase - This targets the initial tension or pain. Massage increases blood flow, reduces stiffness, and helps muscles switch from "protective mode" to moving freely again.
2. Stabilise Phase - Here we address the underlying issues: posture, weakness, muscle imbalance or movement patterns. This is where real change happens.
3. Maintain Phase - Once your body is working well, a monthly treatment keeps you on track. Think of it like a service for your body: preventing flare-ups, improving recovery and keeping you moving at your best. If you're getting back into exercise this month, remember



injury prevention is far easier than injury treatment. Start gradually, listen to your body, and don't ignore small aches they're usually early warnings.

A strong start in January sets you up for a healthier, more active year.

NLW Sports Rehab

Phone: 07415 848606

Email:

NLWsportsrehab@gmail.com

Instagram- @nlwsportsrehab

Facebook- NLW Sports Rehab

Opening hours:

Mon- 12:00-20:00,

Tue & Fri: 10:00-14:00

Wed- 12:00-18:00 and

Saturday mornings by appointment request only.

www.nlwsportsrehab.co.uk



- Sports Massage

- Deep Tissue Massage

- Soft Tissue Massage

- Exercise Rehab

- Injury Assessment

- Dry Cupping

- Dry Needling

- Kinesiology Taping

- Pitchside/ Event First Aid

- IASTM



NLW
Sports Therapy + Rehabilitation

To book in, enquire or for more information go to:
www.nlwsportsrehab.co.uk

Call/text: 07415 848606

I @nlwsportsrehab - F: NLW Sports Rehab

The day I took my socks off the battlefield! Gregg Norton

I spent years serving as a soldier in the Royal Engineers. I was deployed on multiple tours, including the Balkans and Iraq. Like many who have worn a uniform, I left the Army changed in ways that aren't always visible. Alongside an ankle reconstruction that left me bone-on-bone, I carried something far heavier - severe PTSD. When I first left the service, I didn't recognise myself... I was angry... Bitter... Exhausted... I hated life... and if I'm being honest... I hated myself. I became a professional victim, blaming everyone and everything else for how I felt... The Army... The system... My injuries... Other people... The world... Blame can feel comforting at first. It gives you somewhere to aim the anger. But over time, it traps you. If everyone else is responsible for your life, then you have no power to change it. The turning point for me came when I learned something called the discipline model. At its core is a simple but confronting idea - take 100% responsibility for everything in your life. Not some responsibility... Not shared responsibility... One hundred percent! That doesn't mean bad things didn't happen. They did. War happened... Injury happened... Trauma happened... But what I realised was this - while I couldn't control what happened to me, I was responsible for what I did next.

That shift changed everything. When you stop blaming everyone else, something unexpected happens... The anger has nowhere to go. And who wants to stay angry at themselves forever? Responsibility, strangely, brought me freedom... It gave me peace... It gave me choice! From there, I started investing in myself. Not financially at first, but intentionally... I listened to audiobooks... I learned from people, who had already walked the road I was trying to find. I found a mentor - someone who held me accountable, challenged me, and pushed me further and faster than I could have gone alone. We don't need to do life solo. In fact, trying to is often what keeps us stuck. *And then there are the socks.* Every morning, without fail, I put on odd socks. To most people, it's nothing. To me, it's a daily reminder of who I used to be - and who I choose to be now. I used to sweat the small stuff relentlessly. If I was late... If I missed a deadline... If my clothes weren't right... If my hair was a mess... If something had a hole in it... All tiny things that, in the grand scheme of life, mean very little. Yet they made me stressed, reactive, and angry. The odd socks remind me not to sweat the small stuff. People notice them... Some laugh... Some judge... and that's fine. That is their opinion. They don't know

what's going on inside me, or why I do it... I know me... I know I'm good ... and I know my reasons. I also wear my socks inside out. Not as a fashion statement, but as a metaphor. I don't want the rough, uncomfortable bits next to my skin. I want the smooth, comfortable side on the inside. Just like life. I don't want negativity... resentment... and self-loathing on the inside. I'd rather deal with the rough edges on the outside and protect what's within. Small habits matter... Symbols matter... They ground us. Another habit that changed my life was smiling. It sounds almost too simple, especially when you're dealing with trauma... depression... or PTSD. But there's science behind it. Smiling releases endorphins, dopamine, and serotonin - chemicals that lift mood, reduce stress, and help the body heal. Here's the fascinating part - even a fake smile works. Your body doesn't know the difference. If you're having a bad day, take yourself somewhere quiet and force a smile or a laugh for 20 seconds. It might feel ridiculous at first. But something happens. The chemicals start flowing. The tension eases. Often, that fake smile turns into a real one. Over time, you find yourself smiling and laughing more naturally, even when life throws its punches. *Smiling is healing.* That's why I end every video I make with the same message,



and it's how I try to live my life now - do one thing today that makes you smile... Just one. It doesn't have to be big... maybe a walk... A song... A coffee with a friend... A memory... Even, odd socks. Those small moments add up. They build momentum and momentum builds a life. I'm not "fixed." I don't think any of us ever are. But I'm disciplined. I'm responsible and I'm grateful. If you're struggling, especially if you're a veteran, you're not weak and you're not broken... You're human. Take responsibility, not as a punishment, but as a gift. Invest in yourself. Find people who will walk beside you and don't sweat the small stuff. *Today, whatever else happens...* Do one thing that makes you smile. Do one thing every day that makes you smile....

"Because smiling is healing baby"



SPM - Men supporting men through conversation, connection & movement

SPM - The Suicide Prevention Movement is a not-for-profit organisation run by Tony and James. Set up in September 2025, the first meeting saw James, Tony and Kristian kicking off the very first meet up with a cold and powerful sea dip at Breakwater beach. It's not just about the cold water, it's about showing up, standing together, and proving that small steps can make a big difference. This is just the beginning. More dips, coffee mornings, and breakfasts to come. If you're a man who wants connection, support, or just a reason to get out and move... SPM is here for you.

For Men. By Men. Together.

Regular walks take place in the town along with regular meets on a Saturday morning at the Brixham Holiday Park. Members can meet and eat breakfast together in a group and just speak to each other, non-judgemental, great conversation in a safe controlled environment.

Find us on: facebook - Suicide Prevention Movement



"Smiling is healing baby"

Gregg Norton

Your health and wellbeing

Would you like to start a FREE Course all about empowering YOU to maintain and improve your Health and Wellbeing?

The course presents simple and practical steps that we can all take to maintain and improve your health and wellbeing. It is all about empowerment and choosing goals to move forward positively and enjoy healthy activities. An opportunity to focus on you and make new friends.

We have special guests who visit the classes and share information and practical tools and tips which include – Falls Prevention, Diet, Nutrition and Hydration, Breathing and Relaxation as well as short exercise routines which support over all movement and flexibility. We will be using 'body mapping' to help understand how participants' feel about themselves. This creative approach gets participants to think about their body, brain, and social circles, and capture what influences them. The body maps created from this will help us to understand what participants would like to achieve. They will be revisited at the end of the course to show where changes have been made, and their impact on the participant. All classes run weekly for ten weeks from 10:30am – 1:30pm, with an optional social lunch

from 1:30pm to 2:30pm.

- *Tuesdays in Brixham commencing 27th January 2026, Brixham Baptist Church, Market Street, Brixham TQ5 8EU*

- *Wednesday in Torquay commencing 28th January 2026, Upton Vale Baptist Church, St Marychurch Road, Torquay TQ1 3HY*

- *Thursdays in Paignton commencing 29th January 2026, Paignton Baptist Church, Winner Street, Paignton TQ3 3BN*

- *Activity Weeks*
Keep these weeks free 2nd to 6th March and 16th to 20th March for exciting, new, free activities to try.

The course consists of:
Week 1: Monday 26th January Understanding Ageing
Preventing/coping with disease
Week 2: Monday 2nd February We will be using a creative exercise called 'body mapping' to explore participants' relationships with their body and physical health, brain and mind Cognitive reserve, and there environment including social connections and activities.
Week 3: Monday 9th February Understanding and changing how people think about older people
Understanding the changing brain and mind
Week 4: Monday 16th February Reducing the risk of a bad death



Active Lives

Have fun and stay active!

South Devon and Torbay Healthy Ageing Programme

The importance of purpose and planning

Week 5: Monday 23rd February
Improving physical fitness
Increasing suppleness

Week 6: Monday 2nd March
Activity Week - This is a variety of local activities to try on each day of the week.

Week 7: Monday 9th March
Increasing stamina
Developing strength and power

Week 8: Monday 16th March
Activity Week - This is a variety of local activities to try on each day of the week.

Week 9: Monday 23rd March
Increasing brainability and reducing the risk of dementia
Maintaining and improving skill

Week 10: Monday 13th April
We will be revisiting the creative exercise called 'body mapping' to explore participants' relationships with their body and physical health, brain, mind and cognitive reserve, and there environment including social connections and activities. Also an opportunity to share feedback and ask any

further questions with next steps. Refreshments are provided each week, with a suggested donation of £2.

Key messages from the course include:

- Focus on YOU
- Feel Good physically and mentally
- Find fun activities you enjoy
- Make time for social connections
- Age Positively
- Live with Purpose
- Challenge yourself, try new things
- Create realistic plans and goals
- Change attitudes and perceptions

Booking is Essential –

For more details, contact:

Jess Slade 07772 023170

jessslade@torbaycdt.org.uk

or visit
www.torbaycitizensassembly.co.uk

/active-lives
Courses delivered for free through the Healthy Ageing Programme and Live Longer Better in South Devon and Torbay, Funded by Torbay Council and NHS Devon.

Brass Bands annual contest opens for entries



Wychavon Festival of Brass (WFB) is a competition for brass bands from all across the UK. Meeting at TDMS in Evesham, Worcestershire. Competing for the top trophies and prize money. Typically, there are over sixty band performances throughout the day long contest. There are separate sections for various grades of playing.

Championship, first, second, third and fourth section bands. They can also apply to enter an additional higher section, one above their national grade. Bands entering the Championship section, have a chance to win an invitation to compete at the prestigious annual Spring Festival in Blackpool. Prizes are awarded at the close of each section on contest day.

The Tracy Sollis Cup is awarded each year to 'The Youngest Player' playing at our annual contest.

Spectators can buy an all-day ticket, with access to all the performance halls throughout the day. Bar and catering will be available on-site.

All day ticket, with access to all performance halls throughout the day. Advance Tickets will be available online.

To enter your band or buy tickets, visit:
www.wychavonfestivalofbrass.org



Bringing brass band music to Brixham since 1896

Contact:

Kim Pettitt, Secretary, on:

01803 853438 or email:

brixhamtownband@outlook.com

www.brixhamtownband.org.uk

Middle Street Eat - Drink - Shop

Eat & Drink

Port Espresso - Artisan Coffee, Breakfast & Brunch
26 Middle Street Tel: 01803 411120

At 36 - Independent Bakery
36 Middle Street Email: asbakes36@gmail.com

Smugglers - Hotel & Restaurant
Church Hill East, off Middle Street Tel: 01803 853050

Middle Street Bagel Company - Artisan Bagels & Coffee
44 Middle Street Tel: 07349 570954

Flour Flower - Cafe and Florist
40 Middle Street 01803 414925

Crafty Cwtch - Tea Room Cafe & Gift Shop
66 Middle Street 07988 374245

At Thai - Daytime Cafe & Evening Thai Restaurant
46 Middle Street 01803 927876

Lucky Boat - Chinese Takeaway
8 Middle Street 01803 858848

The Wine Loft - Wine Shop & Deli
42 Middle Street 07814 672431

The Manor Pub - Craft Beer, Artisan Gins and Cocktails
28 Higher Street (Just off Middle Street) 07884 555293

Shop

Maison et Vie - Womenswear, Menswear, Jewellery & Home
24 Middle Street 01803 445142

Real Collections - Women's Clothing, Bags & Shoes
70 Middle Street 07889 033446

Nook Lifestyle & Gifts - Books, Cards & Gift Wrap
38 Middle Street 07889 033446

The Colours of Brixham Art Gallery -
Original paintings and quality prints
48 Middle Street 07929 265431

Flotsam 50 -
Makers Studio & Gallery of Interesting Objects.
50 Middle Street 01803 857757

Brixham Maid - Artisan Jams & Pickles, Cheeses & Deli
28 Middle Street 01803 362862

High Tide Fisheries - Fishmonger
6 Middle Street 07368 345409

Mimi's Art Designs - Upcycled furniture, Art & Decor
2-4 Middle Street 07935 749133

The Clothes Locker - Ladies Clothes
83 Middle Street 01803 414600

Lidstone Portraiture -
Photography Studio - New Born - Family - Maternity
?? Middle Street

Fanciflair Designs -
Handmade Unique Gifts for All
60 Middle Street 07584 039071

Primrose Properties -
Sales & Lettings of Property
22 Middle Street 01803 856663

Decades Past -
Antiques, Vintage & Collectables
52 Middle Street 01803 368155

Brixham Yacht Supplies -
Clothing Boating & Yacht Supplies
72 Middle Street 01803 882290

Tots 2 Teens Brixham - Baby & Children's Clothing
87 Middle Street 07804 656308

L G Brown & Co. Textiles - Quality Linens and Bedding
71-73 Middle Street 01803 852899

Hair & Beauty

Glow Holistic Hair & Beauty
30-32 Middle Street 01803 714179

Coastal Cove Beauty - Skin, Laser & Beauty
18-20 Middle Street 07917 840469

The Cutting Room - Hair Salon
68 Middle Street 07778 767214

Gem's Turkish Barbers - Hair, Beards/Mustaches Cut & Shaves
62 Middle Street - 07885 758904

Sean Glover Traditional Barber -
Hair, Beards/Mustaches Cut & Shaves
10 Middle Street - 07577 577199



Brixham Buy Local



The January Spotlights are on ...

Middle Street

Crafty Cwtch Tea Room Cafe & Gift Shop



Crafty Cwtch is a cosy, family-run cafe and gift shop that blends a warm Welsh welcome with South Devon charm. Founded by Janet and Dave in 2019, the name reflects the Welsh word for a loving hug ("cwtch"), embodying the shop's mission to provide a serene and welcoming "warm hub" for the local community and visitors alike.

Handmade Food & Welsh Specialties
Crafty Cwtch is renowned for its selection of homemade treats, particularly its Welsh cakes, which come in original, cherry, and rum and raisin varieties. Freshly baked cheese scones, homemade pasties, and cream teas served with locally sourced jams. The menu also includes light lunches such as paninis, toasties, and warming soups.

A Creative & Community Focus:
The venue is designed to be kid-friendly, offering activities like colouring and on-site craft-based gifts that children can make while parents enjoy a coffee.

Unique Gifts: The shop shelves feature artisan-made items, including quilled cards, resin jewellery, and handcrafted gifts.

07988 374245

66 Middle Street, Brixham TQ5 8EJ

High Tide Fisheries Fishmonger Quality Fresh Fish



High Tide Fisheries has established itself as a premier destination for high-quality seafood. Managed by Darren, an expert with over 25 years of industry experience, providing the community with the freshest daily landings from the Brixham Fish Market. Each morning, Darren hand-picks the best of the day's catch to ensure customers receive "top-notch" seafood. This local sourcing means the selection evolves with the seasons and daily landings, offering a true taste of the English Riviera. While the daily menu depends on what the boats bring in, customers can typically find a wide range of premium species: Turbot, Brill, Lemon Sole, Plaice, Seabass, Hake, Monkfish, Mackerel. White and brown crabmeat, Scallops, cooked Crevettes, and special fish pie mixes. Traditional smoked Haddock, Salmon, and Mackerel. Darren provides professional filleting and preparation, making high-quality fish accessible for home cooks.

For pre-orders or specific catch inquiries, contact the shop directly on:

07368 345409 or via email:

hightidefisheriesbrixham@gmail.com

6 Middle Street, Brixham TQ5 8ER

Maison et Vie Womens & Menswear, Jewellery & Home



Maison et Vie is a design-led lifestyle boutique that brings a sophisticated, personal touch. Founded by Andrea and her partner after relocating from London, the shop has become a hub for independent creatives. Specialising in a carefully curated selection of niche independent brands from across the UK and Europe. Unlike mass-market retailers, the boutique prioritises artisan craftsmanship and ethical production, with the owners often sharing the unique stories behind each designer they stock. Whether you are visiting in person or browsing their online store, the boutique offers a diverse range of products including: Design-focused womenswear, unisex t-shirts, and labels like One Hundred Stars, Religion and Meem Label. Men's grooming kits, handmade skincare, and luxury fragrances such as Bon Parfumeur and True Grace. A mix of contemporary accents, vintage finds, and the shop's own signature range of wallpaper and cushions. Unique pieces from brands like Scream Pretty and Louise Wade, alongside beautifully bound books and stationery.

www.maisonetvie.co.uk

24 Middle Street, Brixham TQ5 8ER



Our very own local... the Butcher, the Baker,



The Best Cuts of Meat to Cook in January

After the indulgence of December, January brings a shift in the way many people cook. With colder days still firmly in place but lighter meals on the horizon, home cooks tend to favour dishes that are economical, nourishing and suited to slow cooking.

Beef remains a January staple, but this is not the month for show-stopping roasts. Instead, butchers recommend tougher, flavour-rich cuts that benefit from long, gentle cooking. Shin, chuck and brisket are particularly well suited to stews, pies and slow-cooked casseroles. These cuts are often more affordable after the festive period and deliver deep flavour when given time, making them ideal for batch cooking and freezer-friendly meals.

Pork offers excellent value in January, especially cuts that respond well to slow roasting or braising. Pork shoulder is a favourite, producing tender meat that can be stretched across several meals. Belly pork is another winter highlight, offering

richness and comfort, while pork cheeks - once overlooked - are increasingly popular for their melt-in-the-mouth texture when cooked slowly.

For those looking to keep meals lighter without sacrificing flavour, chicken thighs are the cut of choice. More forgiving and tastier than breast meat, thighs work well in traybakes, soups and casseroles. Whole chickens also represent good value in January and can provide several meals, from roasts to stock made from the carcass. Venison is at its best in mid-winter, with haunch for roasting and shoulder or diced cuts for stews. Lean, sustainable and full of flavour, venison appeals to those seeking something slightly different after Christmas. With household budgets often under pressure, January cooking is about making ingredients work harder. Choosing the right cuts allows home cooks to create satisfying meals that are both economical and comforting.

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A Baker's January: Honest Bread and the Comfort of Routine

January is a very different month in a bakery. After the rush of December — the mince pies, the late nights, the last-minute orders.

This is the month when bread really matters. In January, people are less interested in novelty and more focused on everyday staples. A good loaf becomes the centre of the table again. The farmhouse white, wholemeal and seeded loaves are the ones people return to week after week, sliced thick and toasted, or torn into soups and stews.

There's comfort in routine, and bread fits neatly into that rhythm.

Sourdough remains popular, particularly in winter. The slower fermentation gives depth of flavour, and apparently it keeps better in colder kitchens.

Sweet baking doesn't disappear in January, but it softens.

Rich pastries give way to simpler treats: fruit loaves, buns lightly spiced with cinnamon, and oat biscuits that feel more sensible than celebratory.

January customers are thoughtful. Something nourishing rather than extravagant. It's a reminder that baking isn't always about celebration — sometimes it's simply about feeding people well, day after day.

By the time February approaches, the days begin to stretch out again and the pace slowly picks up. But January, with its quiet counters and steady ovens, has its own rewards. It brings baking back to its essentials — flour, water, time and care — and that, is no bad way to start the year.

The Strand Bakery
Brewery Lane
Brixham
TQ5 8DT

www.thestrandbakery.co.uk

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the Candlestick-seller & the Greengrocer!



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A family-run business offering carefully chosen products for everyday living, with a focus on quality, sustainability and friendly service. Whether you're picking up your essentials, browsing for something new or calling in for a coffee and a chat, we aim to make shopping feel simple, helpful and welcoming. However you choose to shop with us, we want you to feel at home.

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Eat Seasonally!

Did you know that produce grown in the right season not only tastes more delicious, but it's also got a lot more nutrients, because it's been grown in its ideal conditions. Funnily enough, seasonal vegetables often contain the nutrients we're lacking most during the same season! Nature is clever isn't it. Eating seasonally means eating foods that are naturally in harvest at that time of year, and eating locally means eating food that can be grown in the UK, supporting our growers all year round. Eating out of season produce, which you might not even know you are doing means, flying it in from overseas or using intensive farming methods such as pesticides and greenhouses to force them to grow year-round. Both use lots of resources and come with huge carbon footprints. Eating local and seasonal food is not only tastier and healthier, but better for the environment. Each month we will share the

best British seasonal fruit and veg to eat to maximise your health, the taste and help our planet.

January:

Apple
Beetroot
Brussel Sprouts
Cauliflower
Celeriac
Celery
Chicory
Horseradish
Kale
Kohlrabi
Leeks
Parsnips
Pear
Potatoes
Rhubarb
Shallots
Swede

Brixham Greengrocers
37 Fore St, Brixham TQ5 8AA
Phone: 01803 927858

**Brixham
Buy Local**



What's on!

Saturday 21st February 2026

Pre-Loved / 2nd Hand Sale

10am The Scala, Town Hall, New Road, TQ5 8TA

To advertise your event here, email:
news@brixhambeacon.com

Brixham Theatre Events



Thursday 22nd January 2026

National Theatre Live - Hamlet (Cert. 12A)

Saturday 24th January 2026

Brixham Comedy Club (Suitability 18+)

Saturday 21st February 2026

This is Floyd - Through the Years Tour

Saturday 28th February 2026

The Carpenters Experience

Saturday 7th March 2026

Fearlessly Taylor -
An international tribute to
the music of Taylor Swift

Fundraising Tea Dance



Thursday 5th February will see local sax and bass duo "Blue Bossa" hold an afternoon Tea Dance in Scala Hall in order to support and fundraise for local Brixham Charity Brixham Does Care. Doors Open at 2.30 pm. and the event will last until 4.30pm. Saxophone player Paul Scott, who is also on the presenter team on Torbay Radio will be joined by bass player Phil Evans. Paul said "This is a fantastic local charity which does a lot of great work to support our local community. February is a month in which

we need to cheer ourselves up- and that is exactly what we hope to do playing classic tea dance music such as Cole Porter, George Gershwin, Sinatra, Ella Fitzgerald and some latin music to bring a little latin sunshine into our lives. Dancing isn't compulsory. If you just want to sit and chat with friends and listen to the music that is fine."

Tickets will be on sale at the Brixham Does Care office next to Brixham Town Hall in January and will cost £5 which will include tea/coffee and cake.



Brixham Theatre

Brixham Town Hall, New Road,

Brixham TQ5 8TA

Tel: 01803 415987

Email: info@brixhamtheatre.co.uk

www.brixhamtheatre.co.uk

Regular Box Office Hours: Monday to
Friday 10am – 12pm



Mill Lane, Galmpton
TQ5 0ER

07595 396656

email:

L.clucks.smallholding@outlook.com

Brixham's Annual Events

Pirate Festival

Saturday 2nd - Monday 4th May 2026

Heritage Sailing Regatta

Friday 22nd - Sunday 24th May 2026

Brixham Trawler Race

Saturday 20th June 2026

Brixham Heritage Rally

Saturday 12th September 2026

To advertise your
event here, email:
news@brixhambeacon.com

Brixham Town Council

Full Brixham Town Council Meeting On 7th January 2026 Brixham Town Council (BTC) consists of twelve members, and to be able to make decisions a minimum of four need to be present at Full Council meetings. At their meeting on 7th January 2026, the following items were discussed and recommendations were discussed and agreed.

Budget

Members agreed with the recommendation from the Finance and General Purposes Committee that a precept demand of £656,123 be issued to Torbay Council to be included in the Council Tax demand for 2026/27. The figure equates to £99.07

for a Band D property, which is an increase of 24.23%, or £1.61 per month.

Shoalstone Seawater Pool CIO

While Shoalstone Pool CIO have enough funding to complete the extensive work that has been necessary at the site, they applied to BTC for a total of £35000 to ensure there is enough capital available to cover the re-opening of the pool in the Spring, and to support events to celebrate this year's 100th anniversary.

Following an extensive discussion members agreed to provide £12000 to support a number of events across the anniversary year, and a further £23000 to be drawn down, if

needed during the 2026 season, with a restriction that none of the funds can be used for construction works.

Asset Transfer Request

Members were asked to consider a list of public assets to be requested for transfer to BTC that are currently the responsibility of Torbay Council to manage and maintain. In order for a transfer to be considered BTC are required to provide sufficient justification and evidence to support the request.

Following a discussion members agreed to request the transfer of:

Churchill Memorial Gardens on Berry Head Road

Brixham War Memorial on Berry Head Road

Jubilee Gardens of Berry Head Road

North Boundary Playground on North Boundary Road

Monksbridge Skate Park on Monksbridge Road

It should be noted that Torbay Council are not obliged to agree to transfer any of the assets that have been requested.



TORBAY COUNCIL

Planning Application Ref:
P/2025/0701

Currently available to view on Torbay Council's website, is a request for a scoping opinion for up to 175 dwellings, a 105 bedroom hotel, and an 85 bedroom care home on land at Mathill Road and Monksbridge Road.

The UK Planning Inspectorate states that:

The purpose of a scoping opinion in the planning process is to determine the scope and level of detail required for an Environmental Statement (ES) when a development is likely to

have significant environmental effects. It is a formal request to the local planning authority to assess whether a proposed development requires an EIA - Environmental Impact Assessment.

The scoping opinion helps identify key areas that should be covered in the ES, such as noise pollution or ecological impacts and ensures that the public has early and effective opportunities to participate in the decision-making process. While no public comments can be taken into account at this stage of the process, this is one to watch in 2026.

Brixham Vision - Discussed by Torbay Council Cabinet

In December 2025 Torbay Council's Cabinet team discussed the authority's Brixham Vision that includes delivery of current regeneration sites, including the Central Car Park, and the development of future proposals, subject to investment.

The ideas are based on the following key principles:-

- To enhance connectivity between the harbour and the central car park
- Re-imagining the market structure
- Activating public spaces along the harbour
- Transforming the South Quay car park into a visitor attraction

- Creating family friendly zones
- Completing the harbour loop
- Upgrading the Town Square and bus shelter
- Revitalising Fore Street
- Development of a clear wayfinding strategy to signpost local attractions.

While all of these ideas are fairly broad brush strokes, they do provide our community the opportunity to understand current thinking relating to regeneration schemes that may come forward for Brixham in the coming years.

More information is available on Torbay Council's website: www.torbay.gov.uk

Churches

All Saints' Church

Church Street, TQ5 8HG
01803 851340

Beacon of Light Fellowship

11A Mount Pleasant Road,
TQ5 9RP
01803 473228

Brixham Baptist Church

Market Street, TQ5 8EU
0333 390 4619

Brixham URC Church

4 New Road, Brixham TQ5 8NE
01803 853794

Chestnut Community Centre

3 Poplar Close, TQ5 0SA
07855 090589

Church of St Mary the Virgin

Church Street, Churston Ferrers, TQ5 0JE
01803 845692

Fore Street Methodist Church

15 Fore Street Brixham TQ5 8AA

Higher Brixham Church

30 Milton Street, TQ5 0BX

Our Lady, Star of the Sea Catholic Church

43 New Road, Brixham TQ5 8NB
01803 853406

St Mary's Church

St Marys Square, Milton Street, TQ5 9JY
01803 857357



Eating out . . .



We had another thoroughly enjoyable visit to the Breakwater Bistro in Brixham, and once again it reminded us why we keep coming back. The atmosphere is relaxed and welcoming, with a real sense of

care and pride in the place. The setting is simply perfect; although we visited after-dark this time, the view was still magical in its own way. The lights of Torquay twinkled across the bay, and the occasional returning trawler quietly made its way home, which was lovely and very atmospheric. We ordered the local Brixham crab fishcakes and the seafood linguini, both of which were excellent. The crab fishcakes were full of flavour and beautifully balanced, while the seafood linguini was generous, fresh, and cooked just right. To drink, we had the hot ginger beer, which was surprisingly refreshing and a real treat. Service was excellent, as always. The staff were attentive, friendly, and professional throughout the evening. The owner, Tom, was particularly welcoming on arrival and personally showed

us to our seats, which really set the tone for the night. We would definitely return — as we have many times before. The menu is packed with lighter bites as well as main meals to suit all tastes, making it a place that works just as well for a casual visit as it does for any special evening out. A consistently lovely experience in a beautiful coastal setting. *The Breakwater Bistro*
Berry Head Road,
Brixham TQ5 9AF
tel: 01803 856738
www.brixham-restaurant.co.uk



Fish & Chips . . .

Last month our newshound accompanied by our Culinary Compass Scribe have been visiting Brixham's many Fish & Chip outlets! How Do the Town's Chippies Stack Up? We took a closer look at Brixham's best-known chippies to see how they compare. *Brixham Fish Restaurant & Takeaway:*

A Harbour Institution. Few places are as firmly woven into Brixham life as the long-established Brixham Fish Restaurant on the quay. For many visitors, this is their first taste of the town — paper-wrapped portions eaten by the harbour wall, or upstairs with views across the fishing boats. The menu sticks closely to tradition: cod, haddock, chips, mushy peas and bread and butter. Portions are generous, prices are fair, and the setting does a lot of the talking. It's a classic seaside experience and remains one of the town's most popular stops, especially in summer.

David's Fish & Chip Shop: Popular with the locals. Tucked away on Bolton Street, David's Fish & Chip Shop may not have harbour views, but it has something just as important: loyal local support. Frequently mentioned in regional "best chippy" lists and the recipient of industry awards, David's has built its

reputation on consistency. The fish is crisp, the chips are filling, and regulars say it's the place they return to week after week. If you want to eat like a local, this is where many point you. *Rockfish:*

From Market to Fryer. Sitting right beside Brixham Fish Market, Rockfish offers a more modern take on the traditional chippy. Customers can choose their fish based on what has been landed that day, with an emphasis on sustainability and seasonality.

While prices are slightly higher than a standard takeaway, the quality and provenance are clear. Rockfish appeals to those who want to know where their supper came from — and like it cooked simply, but well.

The views of the harbour from the men's toilet are worth a visit in itself!

Simply Fish: A Restaurant-Style Option. For diners looking for something closer to a sit-down seafood meal, Simply Fish provides an alternative to the classic chippy format. Menus change depending on availability, with a focus on Brixham-landed fish and shellfish.

It's a quieter, more relaxed option and popular with those wanting to linger rather than eat on the move.

Chish & Fipps Harbour Ease. A harbour shop



with a few seats to sit whilst waiting for your chips. Chish and Fipps offer large portions, and fish with crispy batter. There's a great gluten free menu and the usual items like crabby chips with sweet chilli sauce and cheese on top.

The Dutchy The Dutchy markets itself as a harbour-side classic with a wide fish selection and a no-nonsense approach — a dependable fry for walkers and marketgoers. Take-away or eat-in.

Fashionados: Customer Service at its best. Fashionados adds a more contemporary edge to the town's offering, mixing traditional fish and chips with burgers and other options. It's a useful choice for groups with mixed tastes and a reminder that Brixham's food scene continues to evolve. You'll not

regret going into Fashionados. The customer service is second to none. Once ordered, your chips get delivered to your car in the car park!

So, Who Comes Out on Top?

The answer, unsurprisingly, depends on what you're after and whilst these reviews are based on views of many people — your own taste is key, and it's important to make up your own mind and visit as many as you can. What's clear is that in Brixham, you're never far from a decent portion of fish and chips. With fresh local landings and a mix of old favourites and newer ideas, the town's chippies continue to do what they do best — serving food that reflects the place it comes from.

If you have a favourite fish and chip shop, let us know — the debate is far from over!

The Pantry's Voice



Chicken and Vegetable Soup

Serves 6

1 leek stem, washed thoroughly to remove grit and sliced thinly into circles

2 medium carrots, peeled and diced

1 courgette, diced

2 celery sticks, sliced

1 small broccoli or cauliflower head (or a combination), cut into small florets

1 tsp olive oil

2 pints salt reduced chicken stock

1 pint water

8oz high fibre pasta

8oz cannellini beans, drained and rinsed

6 chicken fillets (about 300g), chopped into cubes (3x3cm)

1 bunch parsley leaves, chopped

Freshly ground black pepper

Heat large saucepan on medium heat and gently fry leek, carrot, courgette and celery for 2 minutes. Add stock and water, bring to a boil. Stir in pasta, bring to boil and cook for about 5 minutes. Add broccoli to soup and boil for 3 minutes. Stir in cannellini beans and chicken pieces. Cook soup for 5 minutes to allow the small chicken pieces to cook but avoid boiling, as the chicken will become tough. Season soup with parsley and a little pepper before serving.



Easy Venison Pie

Make a venison pie packed with pancetta, mushrooms and red wine, topped with golden puff pastry. It's cooked low and slow for beautifully tender meat

2½ tbsp sunflower oil

1kg diced venison

100g smoked bacon lardons pancetta or chopped smoked streaky bacon

2 onions, roughly chopped

2 bay leaves

200g chestnut mushrooms quartered, or baby chestnut mushrooms, halved
3 tbsp plain flour
1 tbsp ketchup
150ml red wine or dark ale (optional)
2 beef stock cubes mixed with 600ml boiling water
1 egg yolk beaten (freeze the white for another recipe)
375g sheet of ready-rolled puff pastry

Heat the oven to 160C/140C fan/gas 3.

Heat half the oil in a large flameproof casserole, brown the venison well in batches for 10 mins over a high heat, then set aside. Scatter the bacon into the pan with another ½ tbsp oil and sizzle for 8-10 mins until golden. Stir through the onions and bay leaves, drizzling with the remaining oil, and cook over a low heat for 5 mins until browned. Lower the heat to medium, then add the mushrooms and cook for a few minutes more until softened.

Scatter over the flour, stirring until the flour turns brown. Tip the meat and any juices back into the pan along with the ketchup and give it all a good stir. Pour over the wine or ale, if using, and bring to the boil. Bubble for a few minutes, then pour over the stock. Season and bring to a simmer. Cover with a lid and put in the oven for about 2 hrs until the meat is tender. Will keep chilled for three days or frozen for up to three months. Leave to cool completely first.

Defrost in a fridge overnight before reheating thoroughly in a microwave or pan until the meat is piping hot.

To make the pie, heat the oven to 220C/200C fan/gas 7.

Tip the filling into a 24-26cm rimmed pie dish and brush the rim of the dish with some of the egg yolk. Unravel the pastry, drape it over the dish and use a knife to trim and press against the rim. Re-roll the trimmings to make a decoration, if you like. Will keep covered and frozen for up to three months. Defrost fully. Brush the pie with the remaining egg yolk and season with sea salt flakes, if you like. Make a few little slits in the centre of the pie to allow the steam to escape, and bake for 30-35 mins until deep golden.

Pam the Cook - Just like your mother made . . .



Chickpea & Sweet Potato Tikka Masala with Green Rice

You will love this beautifully spiced sweet potato and chickpea curry! When you need a warming dish, you can always turn to this aromatic and delicious plant-based curry.

2 handfuls of baby spinach

1 green chilli, finely chopped

1 small white onion, finely chopped

Freshly chopped coriander plus extra for garnish

1 tbsp vegetable oil

140g basmati rice

1 vegetable stock cube or 200ml fresh vegetable stock

1 pot of Tideford Organics Vegan Tikka Masala (or similar)

1 can chickpeas, drained

1 sweet potato, peeled and diced into 1cm chunks

3 tbsp of soya yoghurt

Place the basmati rice in a pan of water and add the vegetable stock. Add seasoning if required. Bring to the boil and simmer until tender. Meanwhile, place the Tikka sauce, chickpeas and sweet potato in a pan + bring to a simmer. Bubble gently for 10-15 minutes.

Drain the rice and keep warm. Heat the sunflower oil in a frying pan and add the spinach, chilli, onion and coriander. Fry until the onion is starting to brown slightly, then add the rice and turn off the heat. Stir in the vegetable gently so that the rice doesn't break up.

Serve topped with the Tikka sauce and dress with the soya yoghurt and a little coriander.



Healthy Apple Crumble

Serves 6

This healthy apple crumble packs a bundle of added goodness from the berries, oats, nuts and spices, and is very low in fat. It's also dairy-free and suitable for vegans – as long as you can resist serving it with custard.

Low-calorie cooking spray

6 large, sweet dessert apples (such as Fuji, Gala, Braeburn, Pink Lady or Jazz), approx.

800g/1lb 12oz peeled and chopped weight

200g/7oz frozen mixed berries

1 tbsp finely grated orange zest

1 tbsp cornflour

1 tsp ground ginger

1 tsp ground cinnamon

pinch of grated nutmeg

3 tbsp maple syrup

For the crumble topping

75g/2¾oz porridge oats

75g/2¾oz walnuts, chopped

1 tsp ground cinnamon

2 tbsp maple syrup

1 tbsp coconut oil, melt if solid

Preheat the oven to 180C/160C Fan/Gas 4.

Lightly spray a baking dish or pie dish (approx. 20x25cm/8x10in) with cooking spray.

Peel and core the apples. Cut the apples into 1.5cm/5/8in pieces and place in a bowl with the berries, orange zest, cornflour, ginger, cinnamon, nutmeg and maple syrup. Mix well and spoon into the prepared dish.

Press down gently with a spatula to create an even layer.

To make the crumble topping, mix together the oats, nuts and cinnamon in a small bowl.

Make a well in the centre and pour in the maple syrup and coconut oil. Stir until fully combined.

Crumble the topping over the fruit mixture to cover in an even layer.

Bake for 50–60 minutes, until the topping is lightly golden.

Leave to cool for 20–30 minutes before serving.

Property Investment

Shane & Kym Storey



Become financially free in 2026 - The answer is property! Come and join us on one of our full of value property training events. The Property Investment Academy (PIA) can take anyone from a beginner to a property millionaire. Join us to learn exactly how you can start and scale a profitable property business from scratch. THIS training will give you a plan to get from where you are now, to where you want to be through Property.

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- How do you navigate the changes to tax law?
- The best places to find off-market properties.
- The three things you need to focus on in 2026
- Why has now never been a better time to invest?
- Your journey to your first investment property and much, much more.

Your hosts will be seven-figure business owners, Kym and Shane Storkey. Both are highly experienced, qualified and proven in Property investment, construction and business growth.

They will use their knowledge to fast-track your results. By the end, you will have all the tools you need to get started in Property and a clear plan to build your portfolio over time.

Places are allocated on a first-come, first-served basis. If you're coming, click the link below and sign up now!

Friday 30th January

*The Alverton
Tregolls Road
Truro
TR1 1ZQ*

Friday 20th February 2026

*Castle Hotel
Castle Green,
Taunton
TA1 1NF*

Friday 20th March 2026

Location TBC

Thursday 23rd April 2026

*The Barnstaple Hotel
Braunton Road,
Barnstaple
EX31 1LE*

*Follow us on facebook:
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tel: 07446 063365 / 01803 540231

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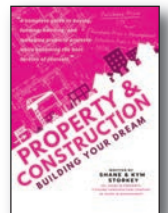


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By Shane & Kym Storkey

Available from Amazon: www.amazon.co.uk/property-construction-building-your-dream/dp/B0FVMKRZLQ



A journey through your family tree

Hilary Emms

With more than thirty years' experience in researching family histories, my passion for genealogy began with my own fascinating family story. For many years I volunteered as a researcher at Brixham Heritage Museum before, at the age of 70, establishing my own genealogy business.

Using a wide range of online resources, I specialise in research across the UK and the Republic of Ireland, providing comprehensive findings that include names, occupations, births, marriages, newspaper articles and more.

Each project culminates in a professionally presented printed family tree of direct lines, supported by relevant documentation.

Client testimonials are available on request. My fees are very competitive at £15 per hour, with a minimum commitment of four hours. Every enquiry is different, and I genuinely enjoy each one, like starting a new book. Beyond family history, I have researched, collated and recorded the lives of Brixham's female fish hawkers, documenting their resilience and the often-harsh circumstances they faced. This work has become a unique and important contribution to Brixham's social history and was later brought to life through song and costume.








Most recently, as a regional team leader, I completed a twelve-month contract on the Coastal Community Matters Project, a Heritage Lottery Funded Grant won by the Time and Tide Bell Charity. The role involved interviewing, recording and editing contributions from local residents, working with two Brixham primary schools, and undertaking conservation evaluations. A key focus of the project was recording significant changes in local waters and fish species linked to global warming along our coastline. Since my own primary school days, I have always been passionate about research and community projects — a passion that remains as strong as ever. Retirement is not something I see on the horizon.

*For further details or an informal chat, please contact
Email: hilary16@live.co.uk
Telephone: 07870 973655*

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-  A printed family tree report accompanied by supporting documents will be provided
-  Testimonials from clients are available
-  Competitive pricing at £15 per hour (minimum of 4 hours)
-  Official certificates can be ordered (provided by the General Register Office)

Freemasonry in Brixham

Michael Roche



THE OLD MASONIC HALL, BRIXHAM—1801 to 1886.

The Oldest Fraternal Organisation in the World -

The Lodge of True Love and Unity No.248

There has been a Freemasons Lodge in Brixham since 1781.

The first meeting was held at Brixham Quay, giving the town the distinction of having one of the oldest surviving Masonic Lodges in the country at 244 years young.

In 1801, due to increased membership, a new meeting room was erected at Great Gate [the area at the bottom of Rae Barn Road]. This building served until 1887 when the property on Church Hill West was built at a staggering cost of 336 14s. 0d. (equivalent to £336.70 in modern decimal UK currency). This is where we are still based today and along with two other Masonic Lodges we hold our monthly meetings. Following our meetings there is always a good meal and a chat with both old and new friends and we regularly see masonic visitors who are only here for the week, and their stay happens to coincide with

our meeting, some even end up joining.

Freemasonry is and always will be part of the community. We take part in community parades and activities, and our members actively give their time and financial support to local good causes. We still, continue to support many local charities and groups, in fact there are only two organisations that put more money into good causes than freemasonry, those being the National Lottery and National Government.

So, if you would like to become a member of the Lodge of True Love and Unity here in Brixham and become a part of something special, please do get in touch.



*If you want to know more about Freemasonry, please email:
secretary248craft@gmail.com*



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Beacon Directory

Useful Numbers

Emergency Services/Utilities

Action Fraud	0300 123 2040
British Gas	0800 111 999
CrimeStoppers	0800 555 111
Fire Station	01392 872200
Floodline	0345 988 1188
Police	101 or 0845 277 7444
(In an emergency always call 999)	
South West Water	0344 346 2020
Western Power	0800 678 3105

Banking

Brixham Banking Hub	0345 722 3344
Brixham Post Office	01803 882226

Healthcare

Brixham Community Hospital	01803 881399
Compass House Surgery	01803 855897
King Street & Galmpton	
Mayfield Medical Centre	01803 495400
Community Dentist Service	01803 217777
Tourist Information	01803 211211

Councils

Brixham Town Council	01803 859678
Torbay Council	01803 201201
Emergency out of Hours	01803 550405
Brixham Harbour Office	01803 853321
Waste Services, Swisco	01803 701310
Housing	01803 208723
To report faulty traffic lights or urgent highways issues call:	01803 207740
Roads, pot holes & pavements	01803 701310

Help & Support

Alcoholics Anonymous	0800 917 7650
Brixham Food Bank	07873 164211
Brixham Library	01803 853870
Samaritans	dial free from any phone 116 123 or 0330 094 5717 local call charges apply
Torbay Citizens Advice	0808 278 7859
Victim Support	0845 303 0900f
Help the Homeless	0300 456 4876

Taxis

AB Cabs Brixham	07936 860949
Brixham Minibus Taxis	01803 857050
Brixham Taxis	01803 853000
Dans Cabs	07947 546399
Homeward Taxis	07735 629880
Mainland Taxi's Ltd	07970 121466
Premier Cars	07964 078645
Town Taxis	01803 852619

Clubs & Associations



Brixham Cricket Club & Social Club

North Boundary Road, Brixham TQ5 8LH
Tel: 01803 853836



Brixham Does Care

Town Hall, New Road, Brixham TQ5 9JA
01803 857727 Email:
admin@brixhamdoescare.co.uk



Brixham Future CIC

www.brixhamfuture.co.uk

Brixham Rotary

More details of the club and its events, who meet at Brixham Yacht Club on the second and fourth Tuesdays of the month are available on the Club website:
www.brixhamrotary.org and Facebook page



Chamber of Commerce

Meet on the last Tuesday of the month in Feb, Apr, June, Sept and Nov
Email: info@brixhamchamber.co.uk
www.brixhamchamber.co.uk



Community Builder

Contact Helen on:
07469 660873 or email:
helenambler@torbaycdt.org.uk



Galmpton & Churston Women's Institute

Meet once a month on the first Friday of the month at 2pm. Usually with a speaker followed by tea and biscuits at Village Hall Galmpton, TQ5 0LT
Email: galmptonandchurston@devonwi.org.uk



The Friends Centre

Tel: 01803 224970
email: tfc@brixhamdoescare.co.uk



BATS - Brixham Arts & Theatre Society

Looking for a great Xmas present for a friend or relative who is interested in the arts, architecture, community or volunteering?

Gift the a membership to BATS for only £10 a year!

They will receive regular newsletters, social events and can help put the art into Brixham, whilst being fully covered by insurance when volunteering on events and projects.
See website for details or call 07884 166508

www.brixhamtheatre.org.uk

Classic Cars

Dr Chris Coote

This is the first of what maybe a monthly comment on the classic car activity in our area around Brixham. I moved here from Somerset in 1999 and brought a classic with me, although many would describe it as a bit of a wreck due to the fact it was a very bare pre-war special made by me as a hill climb and trials car based on a 1937 Alvis 12/70 saloon and with a minimalist aluminium and wood body. My son described it as a bit "bare" with no internal trim except two black vinyl covered pre-war bucket seats. With a play on words, it soon became known as the "Bear" special, and I had a teddy bear mascot made by a talented young girl potter, which adorned the radiator cap. It was not unusual to see admirers gently stroking the bear's head which became warm after a run! The car created quite a bit of interest when shown at the Breakwater car park mini classic car show organised as part of the Brix Fest week during the peak of the summer holidays. Talking to other classic owners in those days made me realise what a wealth of interest in classic and vintage cars there was locally, which was not expected from a 'marine' community. I was introduced to several local classic car clubs and their regular pattern of events and so began to make friends locally with the same 'screws loose' owners and restorers of classics in and around Brixham. So, what about the present day you may ask? Well, the answer

is lots of very varied interests and displays now occur all around us with regular meetings and shows organised by both dedicated classic car clubs and charitable organisations. Some are described below in no particular order, but just to show the variety available for classic car owners and those who are nostalgic for our motoring past and just like to go and view at shows.

1. Brixham Classic Cars -

A very informal group of now over 800 followers who meet at Broadsands car park every Sunday morning in winter and every Tuesday evening in the summer for a coffee and chat. There is a comprehensive Facebook page, which has pictures of attendees and comments often about the excellence of cake that has been consumed. They also organise a large classic show in September each year for both cars and bikes. Formerly this was held at Lupton House, Churston, but for 2026 may be at Devon Hills Caravan Park, Paignton.

2. Torbay Old Wheels is a long established more formal club with monthly evening pub meetings and their major big show event in mid-summer on Paignton Green. This will inevitably be changed in location for 2026 due to the works being done to 'improve' the sea front and may have an entirely different venue next summer.

3. Devon Vintage Car Club,



formerly the pre 49 club. A long-established general car club with regular monthly 'breakfast' meetings and 2 well known auto-jumbles held at the South Devon Railway in Buckfast every May and October.

4. Devon Crash Box Club based in Exeter and one of the oldest general interest clubs in our area. Famous for the largest and most comprehensive classics show locally with their massive Powderham Castle event in July which includes steam engines, motorcycles, commercial vehicles and every type of classic car from a multitude of one make car club stands. A large trade show and auto-jumble stand area provides everything you are likely to need for your classic and a lock on your wallet is recommended!

5. Numerous charity organisations invite classic car owners locally to show off their

cars at their summer events.

The biggest locally is of course the Torbay Steam Fayre held at Churston every August. You must book your vehicle in for any or all of this three-day event and dodge the large steam traction engines, but it has a wonderful party atmosphere and quite a few owners camp or caravan on the site with its funfair, beer and cider tents, food outlets, craft and model tents etc.

6. Trawler Inn, North Boundary Road, Brixham.

The large car park here is used for both classic car and bike displays raising money for local charities. The organisers are also involved in the Riviera Bike nights held on Paignton seafront each Wednesday in the summer from May to September.

Next time some stories and information on particular classic cars and perhaps on some of your favourites?

The Importance of Vaccination

Vaccinations are an important part of our pets' healthcare requirements. They are there to protect our pets from potentially deadly diseases, such as canine parvovirus, feline enteritis and rabbit hemorrhagic disease. As well as stopping the potential spread of diseases like leptospirosis to humans. Unfortunately, there has been a worrying trend of a reduction in the numbers of both pets and humans being vaccinated in recent years. This has led to regional outbreaks of serious diseases that have not been seen in large numbers for some time. Up to a third of pets are not kept up to date with their routine vaccinations. Vaccination, in part, works by 'herd immunity' - the more

animals that are vaccinated the less likely those vulnerable to the disease will become infected. With fewer animals being vaccinated the more at risk our animals are, even those that are routinely vaccinated.

Recommended vaccinations: Dogs

- Core vaccinations (those recommended for any domestic dog worldwide) are for canine parvovirus, canine adenovirus (hepatitis) and distemper, after the initial vaccination course these are needed every three years.
- In the UK countryside leptospirosis is not only a potentially fatal condition but can also be spread to humans, this vaccine is needed every twelve months.
- Kennel cough can lead to a

debilitating cough and is very contagious, it is recommended for dogs in any setting where there are multiple dogs present e.g. kenneling or training classes, or for dogs that are particularly sociable and enjoy greeting every dog.

It is a twelve-monthly vaccine usually given up the nose.

Cats

- Core vaccinations are for feline enteritis, feline herpesvirus and feline calicivirus (cat flu). Enteritis is given three-yearly and the flu viruses are needed yearly.

- Feline leukemia virus vaccine is given three-yearly and is recommended for any outdoor cats.

Rabbits

- Rabbits have a single

combined vaccination yearly which covers for rabbit hemorrhagic disease 1 and 2 and myxomatosis. Most vaccination appointments will include a general health check to catch other conditions early, such as dental disease and heart disease.

Contact your vet to make sure your pet is up to date with their vaccinations.



Dr. Whiskers

Poets Corner - The Poets Calendar

January

Janus am I; oldest of potentates;
Forward I look, and backward,
and below
I count, as god of avenues
and gates,
The years that through my
portals come and go.
I block the roads, and drift the
fields with snow;
I chase the wild-fowl from
the frozen fen;
My frosts congeal the rivers in
their flow,
My fires light up the hearths
and hearts of men.

February

I am lustration, and the
sea is mine!
I wash the sands and headlands
with my tide;
My brow is crowned with
branches of the pine;
Before my chariot-wheels the
fishes glide.
By me all things unclean are
purified,
By me the souls of men washed
white again;
E'en the unlovely tombs of
those who died
Without a dirge, I cleanse
from every stain.

March

I Martius am! Once first, and
now the third!
To lead the Year was my
appointed place;
A mortal dispossessed me
by a word,
And set there Janus with the
double face.
Hence I make war on all the
human race;
I shake the cities with
my hurricanes;
I flood the rivers and
their banks efface,
And drown the farms and
hamlets with my rains.

April

I open wide the portals of
the Spring
To welcome the procession of
the flowers,
With their gay banners, and
the birds that sing
Their song of songs from their
aerial towers.
I soften with my sunshine and
my showers
The heart of earth; with
thoughts of love I glide
Into the hearts of men; and
with the Hours
Upon the Bull with wreathed
horns I ride.

May

Hark! The sea-faring wild-fowl
loud proclaim
My coming, and the swarming
of the bees.
These are my heralds, and
behold! my name
Is written in blossoms on the
hawthorn-trees.
I tell the mariner when to
sail the seas;
I waft o'er all the land from
far away
The breath and bloom of
the Hesperides,
My birthplace. I am Maia.
I am May.

June

Mine is the Month of Roses;
yes, and mine
The Month of Marriages!
All pleasant sights
And scents, the fragrance of
the blossoming vine,
The foliage of the valleys and
the heights.
Mine are the longest days, the
loveliest nights;
The mower's scythe makes
music to my ear; I am the
mother of all dear delights;
I am the fairest daughter of the
year.

July

My emblem is the Lion,
and I breathe
The breath of Libyan deserts
o'er the land;
My sickle as a sabre I unsheathe,
And bent before me the pale
harvests stand.
The lakes and rivers shrink at
my command,
And there is thirst and
fever in the air;
The sky is changed to brass,
the earth to sand;
I am the Emperor whose
name I bear.

August

The Emperor Octavian,
called the August,
I being his favorite,
bestowed his name
Upon me, and I hold it
still in trust,
In memory of him and
of his fame.
I am the Virgin, and my v
estal flame
Burns less intensely than
the Lion's rage;
Sheaves are my only garlands,
and I claim
The golden Harvests as my
heritage.

September

I bear the Scales, where
hang in equipoise
The night and day;
and when unto my lips
I put my trumpet,
with its stress and noise
Fly the white clouds like
tattered sails of ships;
The tree-tops lash the air
with sounding whips;
Southward the clamorous sea-
fowl wing their flight;
The hedges are all red with
haws and hips,
The Hunter's Moon reigns
empress of the night.

October

My ornaments are fruits;
my garments leaves,
Woven like cloth of gold,
and crimson dyed;
I do no boast the harvesting
of sheaves,
O'er orchards and o'er vineyards
I preside.
Though on the frigid
Scorpion I ride,
The dreamy air is full,
and overflows
With tender memories of
the summer-tide,
And mingled voices of the
doves and crows.

November

The Centaur, Sagittarius,
am I, Born of Ixion's and
the cloud's embrace;
With sounding hoofs across
the earth I fly,
A steed Thessalian with a
human face.
Sharp winds the arrows are
with which I chase
The leaves, half dead already
with affright;
I shroud myself in gloom; and to
the race
Of mortals bring nor comfort
nor delight.

December

Riding upon the Goat, with
snow-white hair,
I come, the last of all.
This crown of mine
Is of the holly; in my
hand I bear
The thyrsus, tipped with
fragrant cones of pine.
I celebrate the birth of the Divine,
And the return of the Saturnian
reign;--
My songs are carols sung at
every shrine,
Proclaiming "Peace on earth,
good will to men."?

Henry Wadsworth Longfellow

Soundscape Chronicles...

"January"

"January" is a track from Elton John's 25th studio album, *The Big Picture*, released on September 22, 1997. While often overshadowed by the monumental success of Princess Diana tribute "Candle in the Wind 1997"—"January" stands as a notable example of the "state-of-the-art" pop and grand balladry that defined Elton John's output in the late 1990s.

Composition and Style

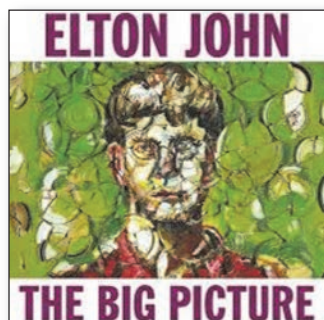
The song was written by Elton John (music) and his long-time collaborator Bernie Taupin (lyrics). Produced by Chris Thomas, "January" is described by critics as an "upbeat ballad" with a "driving arrangement". Unlike the darker, more introspective themes of loss found elsewhere on the album—which was dedicated to John's late friend Gianni Versace—"January" offers a more rhythmic and melodic pace.

Lyrical Meaning

The lyrics utilize the changing seasons as a metaphor for the evolution of a passionate relationship.

Key themes include:

- Cycles of Love: The chorus emphasizes that while "every month means a little something," "January is the month that cares," suggesting a period of renewal or particular significance in the narrator's romantic history.
- Nostalgia and Reflection: Verses recount specific memories, such as "counting every cloud" and "every single glass of wine," painting a picture of deep connection and shared experiences.
- Devotion: The song describes being "bound together" and tied in "love's knot" throughout



summer, winter, spring, and autumn.

Production and Musicians

"January" features the tight-knit band that supported Elton throughout much of the 1990s:

- Elton John: Piano and vocals.
- Davey Johnstone and John Jorgenson: Guitars.
- Bob Birch: Bass.
- Guy Babylon: Keyboards.
- Charlie Morgan: Drums.

The track showcases the polished, synth-layered production style of the era, which aimed for a "quality pop" sound while maintaining the emotional core of John and Taupin's songwriting. Elton John released the album *Don't Shoot Me I'm Only the Piano Player* on 26th January 1973, featuring hits like "Crocodile Rock" and "Daniel". The song "January" was released in 1997 on the album *The Big Picture* and his single: "Daniel" on 20th January 1973). It was his sixth studio album and marked his first number one album in the UK Albums Chart and second consecutive number one in the US.



December Competition Winners!

1st Prize: £50 cash -

Winner is: Lindsay Powell

2nd Prize: Meal for Two Voucher

Winner is: Val Singleton

3rd Prize: 45min Massage

Winner is: Jaime Graves

4th Prize: Fruit Hamper

Winner is: Tim Stubbs

The Letter Lottery Competition Time

Your chance to WIN

Simply re-arrange ALL the letters to one of the advertisers names, in this months Brixham Beacon



Ernst Partly Whops

Prizes

1st Prize: 2 Nights in French B&B - Donated by Monsieur Morgan's

2nd Prize: Meal for Two Voucher - Donated by The Golden Lion

3rd Prize: 45min Massage - Donated by NLW Sports Therapy

4th Prize: Fruit Hamper - Donated by Brixham Greengrocer

Brixham Beacon Competition Entry Form

January Issue - Closing date: 31st January 2026

Complete and return this form, enter online at www.brixhambeacon.com or email win@brixhambeacon.com for your chance to win!

Answer: _____

Name: _____

Tel/Email: _____

Return to: Brixham Beacon Competition Box see locations below, or enter online: www.brixhambeacon.com or email to: competition@brixhambeacon.com

Boxes located at: The Strand Bakery - Crown & Anchor
- Brixham Greengrocers - Sweet Memory - The Golden Lion

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by name the newshound competition winner, Sharon Warren

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Fun Quiz!

- 1) The Victorian era ended with the death of Queen Victoria in 1901. Which era followed?
- 2) Women over 30 gained the right to vote in 1918 and equal voting rights with men in 1928 as a result of which movement?
- 3) What was the name of the armed insurrection in Ireland against British rule in 1916, which ultimately paved the way for Irish independence?
- 4) Britain experienced high unemployment rates, economic hardship, and social unrest during the 1930s. What was this period known as?
- 5) What event triggered Britain's entry into the Second World War?
- 6) Which report, published in 1942 laid the groundwork for the modern welfare state in Britain?
- 7) What was the name given to the period of conflict in Northern Ireland, lasting from the late 1960s to the Good Friday Agreement in 1998?
- 8) The period of cultural revolution characterised by youth-driven movements, changes in fashion, music, and

attitudes towards social norms, during the 20th century became known as what?

9) What was significant about the Battle of Edgehill in 1642?

10) Who was the famous queen whose navy defeated the Spanish Armada in 1588?

11) Which historic document limited the power of the monarch and laid the foundation for constitutional governance in Britain.

12) In which century did the Industrial Revolution begin in Britain?

13) Which monarch is associated with the expansion of the British Empire during the 19th century?

14) In what year did England have its first Norman king?

15) Which cousin of Queen Elizabeth I was executed in 1587?

16) What was the name of the book, commissioned by William the Conqueror that was a survey of England's land and resources for tax purposes?

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Wordsearch

b	p	h	i	i	s	y	k	e	u	l	t	h	k	b
k	o	a	i	z	a	f	g	h	b	i	i	t	c	r
n	i	j	i	u	n	d	n	a	k	l	v	u	o	i
i	s	n	q	g	i	o	r	e	n	f	e	o	t	x
i	x	r	g	r	n	n	t	o	a	r	r	m	s	h
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i	x	p	o	n	i	n	i	e	k	m	l	n	t	c
p	l	y	m	o	u	t	h	g	t	b	k	l	j	y
e	d	r	o	f	e	d	i	b	n	e	i	m	u	v
e	x	m	o	u	t	h	p	m	e	t	x	x	j	c
p	h	t	u	o	m	n	g	i	e	t	o	e	p	l
h	s	i	l	w	a	d	p	n	o	t	i	n	o	h
a	b	b	o	t	n	o	r	t	h	a	m	r	o	k

BARNSTAPLE	HONITON	PLYMOUTH
BIDEFORD	ILLFRACOMBE	SIDMOUTH
BRIXHAM	IVYBRIDGE	TAVISTOCK
CULLOMPTON	KINGSTEIGNTON	TEIGNMOUTH
DAWLISH	NEWTON ABBOT	TIVERTON
EXETER	NORTHAM	TORQUAY
EXMOUTH	PAIGNTON	

“So I met the bloke who invented crosswords today.
I can't remember his name,
it's P something T something R.”

Tim Vine

Crossword

Across	Down
7 Ratchets (8)	1 Pinochet (8)
8 Moan (4)	2 All set (6)
9 Alone (5)	3 Elm (3)
10 Thirsts (1-6)	4 Pass (4)
12 Skater (6)	5 Inuits (2,4)
13 Usage (5)	6 Hats (4)
15 R D A (3)	11 Ewer (4)
16 Caged (5)	13 Dane (4)
18 Tea set (6)	14 Stir Asti (8)
20 An ulcer (7)	17 No meld (6)
23 Cruel (5)	19 Turing (6)
25 Lego (4)	21 Sang (4)
26 Resounds (8)	22 Dais (4)
	24 Gum (3)

Sudoku

Fill the 9x9 grid with numbers 1-9, ensuring each number appears only once in every row, every column, and every 3x3 subgrid

4	2		8		3		9	6
			4		7			
	8						5	
		9		4		5		
	4	5	3		1	9	6	
			7		5			
	5	2	9	7	4	6	3	
7		4		1		2		9
				3				

	4		7		3			6
	1		6		8		2	
		3		9		8		
		4		7		9		
2				6				8
	7			1		6		
		5		3		7		
	7		9		1		3	
	3		4		7		8	

Last month's Answers

1	S	2	W	3	N	4	S	5	L	6	G	7	P	8	S
9	O	B	E	S	E	10	A	M	A	Z	E	M	E	N	T
	P		A		W		S		N		R		I		
11	R	E	L	I	C	12	I	N	T	R	I	N	S	I	C
	A		T		O	13	W		N		P		U		K
14	N	A	H	U	M	15	G	L	A	S	S	W	A	R	E
	O				E		G				D		R		
16	S	H	R	U	17	B	18	E	A	19	G	L	E		
20	G		T			A								21	R
22	A	V	A	L	23	A	N	C	H	24	E	25	F	O	R
	S		M		B		T		27	N	E	T		H	U
28	E	M	P	L	O	Y	E	E	S	29	W	R	O	N	G
	O		E		A		R		U		R		O		H
30	U	N	D	E	R	M	I	N	E	31	A	I	S	L	E
	S		E		D		A		D		P		E		N

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**Copy Deadline for
February Issue - 19th January 2026**

Letter to Editor

Dear Editor

Congratulation on your first edition, and hope the remainder attain the high standards you have set!

Thank you for making such a positive contribution to the town!

Best Wishes

J.B.

Dear Editor

There are really so many people to thank both individually and collectively, that grateful if you circulate to your contacts, in the hope we reach everyone. It was a remarkable town effort ! We know the vital medical supplies got through and will save hundreds of innocent lives - so thanks to everyone the town can be very proud of itself !

Best Wishes

for the needs of our hospital.
Director Volodymyr HOROKH"
Yours,
Dr Andrey Varvinskiy
MD, DA(UK), DEAA, FRCA
Consultant Anaesthetist
EDAIC Examiner
Department of Anaesthesia
Torbay Hospital
Lowes Bridge, Torquay
Devon, TQ2 7AA, UK

John Brennan

Brixham Future CIC

Agratitude note from Sumy Clinical Hospital.

Translation is below:

"We express our sincere gratitude and respect for the humanitarian aid provided in the form of medicines and medical supplies as part of your social welfare activities



Situations Vacant

Brixham Beacon

would like to hear from anyone under 18, who is a keen writer or interested in journalism, content creation, graphic design, typesetting and page layout or photography as a career.

Send us your contact details,
what your ambitions are and
what you are currently studying at school,
college or uni and any interest/hobbies you enjoy.

Email: sam@brixhambeacon.com

In Memoriam

Notices are free of charge

Please include: Name, date of passing, age, funeral arrangements, flowers and donations information.

email: news@brixhambeacon.com

Fun Quiz Answers

- 1) Edwardian era. 2) Suffragette movement 3) The Easter Rising
- 4) The Great Depression 5) The invasion of Poland by Nazi Germany
- 6) The Beveridge Report 7) The Troubles 8) The Swinging Sixties
- 9) It is commonly considered the beginning of the English War.
- 10) Queen Elizabeth I 11) The Magna Carta 12) 18th century
- 13) Queen Victoria 14) 1066 15) Mary, Queen of Scots 16) Domesday Book

Sponsor a Seat

& support your local theatre



- As a gift for yourself or someone else
- In memory of a loved one
- To advertise your business

Brixham Theatre CIO, a charity run entirely by volunteers, is offering you the chance to show your support for this great community asset.

Thanks to the continuing support of our loyal customers, we have started re-upholstering our 258 seats. We now need your help to ensure our facilities match our exciting and diverse programme of events!

Sponsorship is for 10 years including a plaque engraved with the name of your choice!

Business and individual sponsorship is available
Discounts for members and 10 or more seats

**For further details contact:
membership@brixhamtheatre.uk**

Brixham Medical & Humanitarian Aid Convoy



On the 6th of November, six vehicles filled with Medical and Humanitarian Aid were dispatched for Ukraine. They were driven by five ex-servicemen and three other local Brixham men. They travelled over 1000+ miles, through France, Belgium, Germany and Poland over four days, before handing over the vehicles to the Ukrainians. What has happened to the six vehicles and the aid that was taken over to Ukraine. The Ambulance DT65

delivered the following aid to three locations, the first is shown below in the Kiev Area to a Medical Training Centre. Inside the Ambulance were ten combat lifesaving medical bags, that can be issued to trained medics on the front line, they also included replacement items for the bags once the aid has been used. Next was the delivery of the antibiotics and painkillers to the main hospital that have been in contact with in Sumy in Ukraine, who gave us a list of

antibiotics that they urgently required, also Panadol and Ibuprofen which should last them for twelve months. Also included were new crutches. The photograph shows the medical director of the hospital with a photograph of Brixham. Next to the Children's Hospital in Sumy in Ukraine, a lady in Brixham made these beautiful Teddies, Bunnies and Hearts, and we had other donations of soft toys for the children's hospital. Finally, the ambulance itself was delivered to front line medics in Sloviansk, where it is being used for saving lives on the front line.

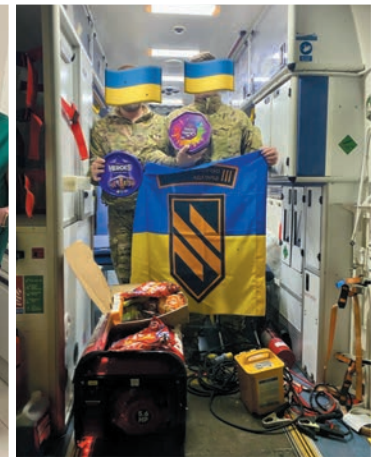
The second ambulance KE56 and all the medical equipment and aid has gone to the city of Dubno in Western Ukraine, once all the medical equipment aid has been transferred to the city hospital, the ambulance will go to the front line. The Red Fiat Ducato Van. This vehicle had warm clothing for Female and Male soldiers, also had hygiene products (wipes, toothpaste, toothbrushes, soaps deodorant and much more), sleeping bags, blankets, dried food, chocolates, tourniquets, underwear, painkillers, Ibrufen,

cold and Flu remedies etc, etc. This vehicle arrived in Lviv, with the other vehicles and was emptied and put into another vehicle and driven down to Eastern Ukraine and the aid will be distributed in the Dnipro and Zaphorizia Regions to the frontline.

The Red Ducato van itself will be distributed to another region and will be used on the frontline where it will be needed.

The Mercedes Van is still in Lviv but Mykota is going to collect and its cargo is being distributed among various units of 3rd Army Corps on the front line.

The other two pickup trucks, have been emptied as one had wheelchairs, walkers, crutches etc and the other had generators in and both pickup trucks are now on the front line being used by the Army.





Brixham Cricket Club & Social Club

Sean McGhee

We are currently looking for extra players to join our girls junior cricket team, any age up to 12 years old. This is a fun environment, and no previous playing experience is required. We also run both boys and girls sessions later in the year. So if you would be interested in discussing these and hopefully coming along, please contact Sean, email:

brixhamjuniorcricket@gmail.com who would be happy to answer any questions and pass on information on dates we will be running them.

The sessions we have early in the year will be indoors and then later in year; around Spring/Summertime will be outdoors at our cricket ground on N Boundary Road. The outdoor sessions at the cricket ground are great fun. Lots of

people involved and BBQ's, food/drink being served. The cricket ground is open for food all year round, so please feel free to come up and visit anytime.

Looking forward to seeing you all soon.

Brixham Cricket Club & Social Club

Monday 5pm – 11 pm

Tuesday 5pm – 11 pm

Wednesday 5pm – 11 pm

Thursday 5pm – 11 pm

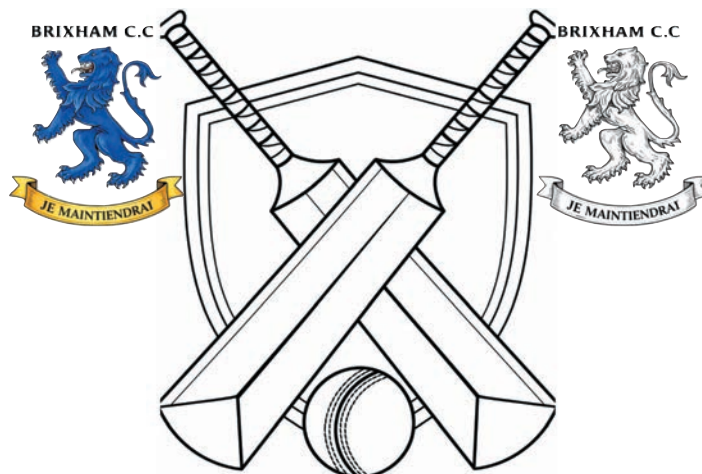
Friday 5pm – 12 am

Saturday 12 noon – 12 am

Sunday 12 noon – 11 pm

N Boundary Rd, Brixham TQ5 8LH

Tel: 01803 853836



JE MAINTIENDRAI

A French phrase meaning "I will maintain" or "I shall uphold," famously known as the motto of the Dutch Royal House of Orange-Nassau, adopted from the House of Châlon by William of Orange, signifying a commitment to uphold honour, faith, and law, and appearing on the Dutch Coat of Arms.

GIRLS JUNIOR CRICKET TEAM!



**STARTS
END
OF
JANUARY**

Brixham cricket club are delighted to announce that we will be running a girl's junior cricket team in 2026. This is open to anyone up to 12 years old, if you have played cricket previously or not. We are looking for extra players to join and would be keen to speak with anyone who may be interested.

We will be having some indoor practice sessions in January and February, an indoor game is booked in February and then arrange some outdoor games later in the year.

If you are interested in chatting about this further, please contact Sean at brixhamjuniorcricket@gmail.com

