

Brixham Beacon

FREE

An independent community newspaper - shedding light on local news for Fish Town, Cow Town, Galmpton & Churston

May 2026

Issue 6



All-Weather Lifeboat and crew member © Torbay RNLI

Brixham has once again proven why it is the "gem of the English Riviera," following a spectacular Bank Holiday weekend. The May 2026 edition of the Brixham Beacon arrives as the dust—and perhaps a little pirate gunpowder—settles on one of our most successful festivals yet.

From Saturday 2nd to Monday 4th May, our historic harbour and Old Fish Market were transformed into a swashbuckling haven for thousands of "infamous pirates and lowly scallywags". Whether you spent the weekend marveling at the re-enactments aboard the Golden Hind or simply enjoying the live music and themed food along the quayside, the atmosphere was a testament to our deep-rooted community spirit.

As a publication dedicated to "salt-air stories" and the people who make our town unique, we must extend a heartfelt thank you to the army of volunteers who made this free event possible.

- Volunteer Dedication:

The festival is run entirely by volunteers, from the organisers to the stewards, who keep our maritime traditions alive.

- Local Support:

Our shops, pubs, and businesses reported a welcome "upsurge in spending," proving that when Brixham celebrates, the whole town thrives.

- Generosity:

While the event remains free, the rising costs mean every "virtual doubloon" donated by residents and visitors is vital for future years.

- Looking Ahead to a Busy May . . .

The pirate flags may be lowered, but the

May calendar remains packed with events that highlight our local vibrant culture:

- Dart Music Festival: from 15th to 17th May 2026

- Brixham Heritage Sailing Regatta: A truly magnificent sight to see as old trawlers race across Tor Bay from 22nd to 24th May 2026

- English Riviera Airshow: Closing out the month with breathtaking displays over the bay from 29th to 31st May. In a world of fleeting digital noise, the Beacon remains your "steady light". We are proud to document the evolution of Brixham, from the early-morning hustle of the fish market to the quiet beauty of Berry Head.

Thank you for being part of our story. We believe information should be accessible and engaging. That's why the Beacon lives where you do—in print across our town's favourite cafés and shops, and digitally via our online monthly editions.

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Brixham Battery Gardens

Paul Scott

It was about three years ago when a group of local Brixham residents came together, fed up with the state of Brixham Battery Gardens and decided that enough was enough and urgent action was needed to stop the gardens further declining after years of neglect.

The first thing which needed to be done was a thorough clean-up of the gardens. This involved removing literally hundreds of dog-poo bags thrown into the undergrowth along with other rubbish. Then, after consultations with Torbay Council, overgrown non-native species of bushes which had grown into a thicket were cut back to restore the sea views. Paths were restored and laid with lorry loads of donated woodchip. Selected areas of the gardens have been planted to bring a little colour, but the intention is not to make Battery Gardens into a formal park, but enhance the natural, wild feel of the gardens, respecting the wildlife which also shares the park. Planting includes a herb area, a memorial wartime-themed rose border to honour the gardens' connections as a



World War II Home Guard base and a beautiful pop of colour from an area of tropical planting. Children also love the "Btingham Palace" wildlife themed area. For the past two years local sax and base duo "Blue Bossa" (both volunteer with the group) have put on free Summer Picnic concerts in the gardens, initially to raise funds to purchase tools. plants and equipment and last year to raise money towards Rowcroft Hospice. This year's first summer

picnic concert will take place in all but the foulest of weather, between 2pm and 4pm on Sunday 24th May and the theme will be "Sinatra in the Park". This year any kind donations will be split between Rowcroft Hospice and the Furzeham Voluntary Gardeners Group, who tend Furzeham Gardens and who are in need of tools and equipment to continue their fantastic work tending their own beautiful floral beds. Last year Swisco entered Battery Gardens into the

South-West in Bloom Competition, and the gardens have been awarded a Five Star Award in the prestigious South-West in Bloom Pride in Parks Award. Group Leader and local resident Tim Copic said "We are very pleased to have our work recognised, but our real reward is to see so many people, locals and visitors, being able to enjoy the gardens, plants, wildlife and spectacular views. Also, many thanks to Swisco for their continued support".

Brixham Beacon

Brixham Library

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 Farm Shop
Lupton House

Fore Street -

Brixham Greengrocers
The Chart Room
Porridge
Sweet Memory
Vermutti



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RNLI launch 113 times in 2025

Klaus Goddard



© Torbay RNLI

As a leading UK holiday destination, over a third of Torbay's shouts took place at the peak of the holiday season in July and August. With Torbay boasting 20 beaches and coves, two marinas and England's busiest fishing port, Torbay RNLI's Inshore and All-Weather lifeboats responded to shouts across the bay, helping kayakers, paddleboarders, swimmers, coastal walkers as well as sailors and their vessels further out at sea. Over the full year, the crew assembled a further 19 times before being stood down shortly before launch. To maintain the crew's readiness 24/7, 365 days a year, training also formed a big part of the station's work, with the lifeboat crews and their onshore launch authority colleagues taking part in 122 training exercises across the year. 2026 is continuing the busy trend, with 15 shouts already

recorded in the first three months of the year. And a new intake of volunteers joining the lifeboat crew has seen over 30 training exercises taking place since January. Torbay RNLI's newly-expanded Water Safety team has also been preparing for the busy holiday season ahead. With a remit to share potentially life-saving water safety guidance with users of our beaches and waters, the team of volunteers - all with expertise as sailors, swimmers or kayakers themselves - visits beaches, harbours, marinas as well as local schools and groups throughout the year.

Later in the year, StormFest 160, a day of events in-and-around Torbay, will celebrate this year's 160th anniversary of the lifeboat station's founding following the Great Storm of 1866.

Vigilance wins top honour at Classic Boat Awards



Vigilance under sail off Torquay. © Trevor Taylor

BRIXHAM / LONDON, 15 April — The historic sailing trawler Vigilance of Brixham has won a major honour at the annual Classic Boat Awards, taking first place in the category for boats that have achieved more than a century afloat.

The awards, held at the Royal Thames Yacht Club in London on Tuesday evening (14th.) are widely regarded as the "Oscars" of the sailing world. Accepting the Gstaad Yacht Club Centenarian of the Year award, Rob Murray, Chair of the Vigilance Trustees, praised the craftsmanship behind the vessel's revival. "It's a huge honour to receive this award, and I'd like to thank the readers of Classic Boat magazine for voting for us. I also want to pay tribute to the highly skilled shipwrights at Stirling and Son Limited of Devonport, who spent three years meticulously restoring Vigilance. We must also not forget the many volunteers who have worked tirelessly to save this historic vessel and are still completing the final

touches below decks." He also acknowledged the vital support of the National Heritage Memorial Fund and The National Lottery Heritage Fund, whose grants totalling £1.4 million made the restoration possible. "Without their generous support, this important vessel would have been lost forever," he said. Built in 1926, Vigilance was the last sailing trawler constructed at Upham's shipyard in Brixham and is listed on the UK Register of Historic Ships. She has recently returned to her home port following a three-year, £1.6 million restoration carried out on Stirling's historic Number One Slipway, where Nelson's flagship Foudroyant was built. Celebrations are planned for the vessel's centenary later this summer, when Vigilance will once again take locals and visitors on half-day sailing trips around Tor Bay.

Advance bookings are now being taken – full details on the website: vigilanceofbrixham.co.uk

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Brixham Town Chaplain

Darrell Holmes



Pirates Ahoy

Brixham puts the ARRR in Pirates.

Brixham shops and stalls sell as much BOOTY as you could ask for.

Brixham pubs and restaurants HOOK in many diners.

Brixham pubs and bars are awash with best GROG.

Brixham caravan parks, B&B's and Airbnb's provide a comfy BERTH for the night (that's enough! Ed)

It was "Pirates Ahoy" on 2-4th May where all the Pirate from around the land made hard for Brixham (maybe as many as 75,000 people). Few realise the hard work and planning that goes into the weekend and a big shout should go out to all those who've been grafting behind the scenes and even now are Raising the Mainsail to launch the fun and frolics. We prayed once again that there would be fine weather and a family-friendly, fun-filled atmosphere in the

town: that streets will be thronging, visitors come from around the world, costumes are donned and dusted down, music and entertainment will be all around as fresh and exciting as a gale force wind.

It may not be everyone's cup of tea, but I really believe it's good news for our town and businesses (many of whom have been needing some light at the end of the tunnel). So, we give the visitors a warm, Brixham welcome and make the most of all that happens, not just for the weekend, but for the holiday season that is already underway. Tourism is big business for the town and provides much-needed activity, income and employment for the community.

A strong image that comes to me from reading the life of Jesus in the bible is that he shared meal tables with a real cross-section of society, from sinners to saints, prostitutes to publicans, the hungry and the full, the oppressed and the oppressors. Jesus created a table where there was no guest list, nor place names, nor seating plan, where no-one was turned away and there was always a space for "just one more".

As Brixham Town Chaplain and follower of Jesus that's exactly what I want to create – a community where no-one



is judged for what they've done, but where everyone is welcome and celebrated for who they are becoming. People may dress up as treacherous Pirates but have a treasure-chest of experiences and abilities that can bless

others. Visitors and locals may have a swarthy reputation from the past, but their future contribution to community may be a rich legacy yet to be unlocked.

Darrell Holmes
Brixham Town Chaplain

Constituency News . . .



The saga around the Furzeham Green toilet block, which despite protests was eventually demolished, shines a light on the concerning relationship between Torbay Council and the people of Brixham. For months, the Brixham Railway Heritage Trail Group

had been trying to turn the block into a heritage information centre and coffee shop. Local businesses and tradespeople had also stepped up to donate roofing, plumbing, paint, and funding to bring the block back into use, at no cost to the council.

You would hope Torbay Council would be eager to support community projects like this and rejuvenate a block which many argue was only in disrepair because of a lack of council upkeep.

Unfortunately, they neither listened nor engaged with the community and rushed ahead to demolish a block which had been empty since 2006.

This is yet another decision taken by the Town Hall in Torquay without any meaningful consultation with local groups and residents in Brixham. I know how tired many of you are of decisions being taken that you have no sway over. It is a pattern we see all too often and it must stop. I am in dialogue with Torbay Council about this matter.

Caroline Voaden MP



If you wish to contact me about this or any other issue you are facing, please email me at: caroline.voaden.mp@parliament.uk I also hold regular surgeries in Brixham and the surrounding area. Please do email me or visit my social media to find out when the next surgery is and how you can book a slot.

Torbay Rambling Club: 75th Celebrations



Ready to set



Great views along the way

On Saturday 11th April thirty walkers gathered in Brixham Town Square for Torbay Rambling Club's Anniversary Walk, postponed from October last year. The Club, one of the oldest rambling clubs in the country, was formed in 1950. Last year saw various celebrations for the 75th anniversary, including a summer party, a boat trip, a canoe adventure, a cream tea and the unveiling of a plaque in Royal Terrace Gardens, Torquay by Torbay MP Steve Darling. When it came to the walk to commemorate the Club's inaugural walk from Brixham to Kingswear, however, a named storm forced its postponement to Spring 2026. This time the weather was kinder, though hail and strong

winds, as well as bright sunshine, were experienced along the way. The group took the coast path to Berry Head, where walkers separated into two groups, those intending to walk the coast path to Kingswear and those preferring a shorter, less strenuous walk, turning inland at Sharkham and returning to Brixham. Both groups completed their walks successfully, with 14 walkers doing the full 11 miles to Kingswear.

Torbay Rambling Club members come from across the Bay and beyond, with Brixham being particularly well represented. It's a friendly club, something often commented on by new members. Membership is only £10 a year and entitles you to join any of

the Club walks, which are held most Wednesdays, Saturdays and Sundays. Many are accessible by public transport and, where the start point is more remote, car share is available. Sunday walks tend to be harder than on other days and are frequently on Dartmoor. Forthcoming walks can be seen at www.torbayramblingclub.org.uk/walks-programme/ The June to September walks programme should be on the website by 21st May.

Prospective members are encouraged to take up the offer of three trial walks before joining to see whether the walks suit their fitness level.

As well as providing walking opportunities, Torbay

Rambling Club has a varied social programme. Members have recently enjoyed a skittles and fish and chips evening and a talk from Dartmoor Search and Rescue followed by musical entertainment. Events planned for later this year include a Hawaiian-themed summer party, an excursion by train to Lanhydrock House in Cornwall and a Christmas party.

For more information, contact:
Maureen Chivers
 Secretary
 Torbay Rambling Club
 Email: secretary@torbayramblingclub.org.uk



Happy but weary walkers at Kingswear

New Vision for Berry Head but will it reach the places that need it most?



Berry Head is one of Torbay's most important natural assets – a National Nature Reserve, a heritage landscape, and a sanctuary for rare wildlife. Yet its future now depends on a major piece of work quietly taking shape behind the scenes: the new Berry Head Integrated Management Plan, currently being developed by Torbay Council, SWISCo and Footprint Ecology.

This plan is intended to become the blueprint for how Berry Head is cared for over the coming years. It brings together everything the site needs but has long lacked in a single, coordinated strategy: habitat restoration, heritage protection, species conservation, grazing management, and – crucially – a modern, realistic approach to visitor management.

The pressures facing Berry Head are well-documented. Rising footfall, environmental wear, nutrient enrichment, vegetation encroachment and climate-related impacts are all placing strain on a landscape that is both fragile and heavily used. The new plan aims to address these

challenges head-on, ensuring that conservation and public access can coexist without one undermining the other. Public consultation is underway, inviting residents, visitors and local groups to help shape priorities. The message emerging so far is clear: people care deeply about Berry Head, but they also recognise that parts of the site are struggling. That brings us to one area in particular – an area that has, for too long, fallen between the cracks of active management.

Berry Head Quarry

A place of beauty, but also of increasing misuse. A place loved by many, but looked after by few. As the new management plan takes shape, the question now is whether the quarry's growing problems will finally be acknowledged – and addressed – before the damage becomes irreversible.

A meeting took place at the Visitors Centre at Berry Head on Tuesday 28th April 2026. Too late for us to report in this in this edition.



May Birth Flower

While the lily of the valley is the traditional primary birth flower for May, stargazer lilies are frequently used as a popular modern alternative for May birthdays. Unlike the bell-shaped lily of the valley, the stargazer is a "true" lily known for its bold appearance and upright, skyward-facing blooms.



CONSERVATION AREA MANAGEMENT PLAN



Local residents, businesses, heritage groups, and other stakeholders are invited to comment and share local knowledge.

For more information and details on upcoming events go to www.torbaycommunities.com/camp/ or use the QR code





Introduction
Torbay Council has recently updated its conservation area appraisals for Brixham Town, Old Paignton and Torquay Harbour. These explain what makes these conservation areas special and why they deserve protection. They set out what matters in the conservation area, so that future decisions can be made in a way that protects its special character.

The next step is the production of a Conservation Area Management Plan for the area.

What is a Conservation Area Management Plan
A Conservation Area Management Plan is a **plan of action** for protecting the special places we love. It's a clear, practical guide that explains:

- What makes the area unique and worth saving – its historic buildings, beautiful streets, landscapes, and character.
- What needs looking after – the things that give the place its charm.
- How we'll protect and improve it – smart ideas and actions to make sure the area stays special for future generations.

It's basically a **roadmap** for caring for historic places, helping everyone—from local communities to planners—understand how to keep the area looking and feeling its best.



What this project will do

Identify What's Special -
Using the new conservation area appraisals for Brixham Town, Old Paignton and Torquay Harbour, we will ask questions like:

- What's beautiful or historic here?
- What qualities or details must be protected?
- What is vulnerable or under threat?

Spot the Issues

We will then look at what's working well and what isn't. This could include:

- Buildings in poor repair
- Unsympathetic alterations
- Traffic or infrastructure problems
- Opportunities for enhancement
- The goal is to understand what needs attention.

Plan What to Do

Using all this knowledge, the plan will create practical, realistic actions to help preserve and improve the area.

Examples include:

- Design guidance for new buildings
- Advice on materials
- Public realm improvements
- Heritage-led regeneration opportunities
- Policies to manage change positively

This becomes the heart of the Management Plan; a toolkit for caring for the area.










Berry Head Quarry



Berry Head, one of Brixham’s most valued natural landmarks, continues to face ongoing challenges at its quarry site, with growing calls for more structured and effective management. Since the COVID period, local skipper and community figure Tristan “Mr Fish” Northway has been consistently documenting activity in the area, highlighting concerns including littering, byelaw breaches, and the taking of undersized fish. Working alongside fellow volunteer Ian

Chatterton, his efforts have contributed to regular clean ups and a visible reduction in problematic activity over time. A gate has since been installed at the quarry access point... a move widely welcomed by the community. However, questions remain around how such measures have been presented, with some local contributors suggesting that community led pressure and on the ground, input played a significant role in prompting action. A rope system, also introduced to manage the site,

was similarly short lived, with concerns raised over its effectiveness and reports that it may have posed a hazard if not properly maintained. Concerns around enforcement have also been raised. Despite repeated documentation of byelaw breaches, including the retention of undersized fish, there have been instances where enforcement officers were reportedly unable to act due to internal limitations. This has led to frustration among those regularly witnessing issues without consequence. Despite the availability of consistent, on the ground evidence, some feel these concerns have not been fully reflected in the wider Berry Head management plan. The quarry, in particular, is seen by many as requiring more direct and specific attention. The site sits within a protected and environmentally significant landscape, where unmanaged pressure risks damage to sensitive habitats, coastal ecosystems, and local wildlife.

The Sustainable Skipper



As such, there is increasing support for a more structured approach, particularly during peak seasons, including a managed on site presence, clear access control, and enforceable checks to ensure compliance. Without consistent and practical management on the ground, responsibility risks continuing to fall on individuals rather than the systems in place to protect one of Brixham’s most important natural assets.



Million steps in May for traumatised Children



This May, Brixham Army veteran David Middleton will take a million steps around Devon – equivalent to walking and running 500 miles – to raise funds to help children in the UK and worldwide who have been traumatised by wars, disasters and other catastrophic events. Father of four David said: “On my tours of duty with the

army around the world, I have seen with my own eyes how wars and disasters can devastate children’s lives – but there is hope. This month I’m raising funds for a small but expert charity led by psychologists that offers hope to these children.” Children and War UK provides easy-to-access psychological help for traumatised children so that they can overcome their experiences and build a brighter future. The charity’s therapeutic techniques, called TRT, have been used to help children affected by the Grenfell fire in London, by wars in Lebanon, Gaza and

Ukraine, and by earthquakes in Turkey. Since it was set up in 2021, it has helped vulnerable children in more than 26 countries – some of the most vulnerable people in the world. “In May I will be taking a million steps around Devon to raise funds for this wonderful charity, including being at the Pirate Festival in Brixham on 2-3 May where you’ll find me walking the streets dressed as a giant red parrot. Please come and say hello to the Macaw for CAW! Then you’ll find me pushing towards my million steps at Dartmouth Music Festival on 16-17 May and the heritage

trawler weekend in Brixham on 23-24 May. I’ll be out on the coastal path too. Throughout May I’ll be hiking, running, walking – probably by the end I may be crawling. I’d love local schools and community groups to take part – you can read all about how to help or to donate on our website at childrenandwar-uk.org My target is to raise at least £20,000 for the life-changing work of Children and War in the UK and overseas. Please come and find me at these events or via my website and help me step up the help for children everywhere.”

“Churchill’s Finest Hour” murder mystery evening

On Friday 6th June, The Chart Room will be hosting their fourth immersive murder mystery evening, titled “Churchill’s Finest Hour”. The date has been chosen deliberately, marking the anniversary of D-Day, and the evening is designed to reflect the spirit, tension, and resilience of wartime Britain. The event will centre around the figure of Winston Churchill and the critical moments of 1940–1944, brought to life through a live, interactive performance by the highly regarded theatre group Murder by Midnight.

Guests will be welcomed with a champagne reception and canapés, followed by a carefully prepared three-course dinner, all served within the unique ocean liner surroundings of The Chart Room. The evening combines theatre, history, and fine dining in an intimate

setting, with numbers strictly limited to just 30 guests. While period dress is entirely optional, guests are warmly encouraged to embrace the spirit of the 1940s, which always adds to the atmosphere and enjoyment of the evening.

To book your tickets, contact:

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e-mail:
bobhigginson@me.com

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TOP SECRET CRITICAL THREAT

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SATURDAY 6TH JUNE

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Military or Civilian wartime attire encouraged

Performed by the multi-talented
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Presented by The Brixham Steam Packet Company

JUNE 6 SATURDAY D-DAY

MURDER MYSTERY MENU SUMMER 2026

STARTERS

Devon Crab & Avocado Cocktail
A finely balanced crab blend paired with ripe avocado, served on crisp baby gem lettuce with a citrus and cracked black pepper dressing.

Beef Carpaccio
Finely sliced beef served with a drizzle of balsamic glaze, scattered black olives, parmesan shavings and fresh rocket.

Spanish Gazpacho (V)
A chilled medley of ripe marinated vegetables, blended to a silky finish and topped with extra virgin olive oil and homemade crostons.

MAINS

Herb-Crusted Salmon with Lemon & Dill Sauce
Perfectly baked salmon with a fragrant herb crust, served with a bright lemon and dill sauce, alongside garlic butter roasted asparagus and crispy new potatoes.

Red Wine-Braised Duck Leg
Slow-cooked duck leg in a rich red wine reduction, served with seasonal vegetables, glazed shallots and smooth mustard mash.

Summer Vegetable & Wild Garlic Paella (V)
A vibrant selection of seasonal vegetables gently cooked with wild garlic and saffron-infused rice.

DESSERTS

Traditional Eton Mess
A delightful mix of crushed meringue, fresh summer strawberries and softly whipped cream.

Artisan Cheese Board with Chutney & Crackers
A carefully selected assortment of fine cheeses, served with crisp artisan crackers, tangy chutney and seedless grapes.

Chart Room Tiramisù
Ladyfingers soaked in freshly brewed coffee from our local roasters, layered with sweet mascarpone cream and a dusting of cocoa.

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Brixham Railway Heritage Trail Project

The Brixham Railway Story (1868 – 1963)

The Brixham Railway, originally called the Torbay and Brixham Railway connected Brixham to Churston Railway Station, just 2.2 miles away.

It was affectionately named The Brixham Whippet, running back and forth between Brixham and Churston stations. Remarkably, the railway was almost entirely funded by one man – Richard Walter Wolston, a solicitor and businessman based in Brixham. Sadly, Mr Wolston ended up financially ruined in his determined effort to connect Brixham to the growing rail network. Brixham Railway ran for 95 years, opening in 1868 and closing in 1963 with the help of the infamous Dr Beeching’s Axe! The following year, the railway track was pulled up and subsequently the station

building was demolished to make way for residential housing.

Brixham Train at Churston Station platform, leaving for Brixham on 24 July 1958. Today, of the original 2.2 miles, there is approximately 1 mile of overgrown railway track bed remaining which is contained within private land owned by the Churston Barony.

The remaining track bed runs from Bridge Road in Churston, alongside Bascombe Road, over the bridge at Churston village, under a road bridge on Copythorne Road, and though fields to the edge of North Boundary Road in Brixham.

If you use the satellite view of Google maps, you can still see the route the line took, even through the housing estate to the location of the Brixham Railway Station.



Brixham Train at Churston Station platform, leaving for Brixham on 24 July 1958 - Photo courtesy of Ben Brooksbank, CC BY-SA 2.0 via Wikimedia Commons

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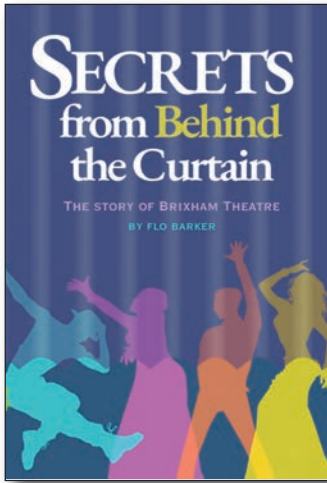
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Theatre entertainment for over 100 years!

Flo Barker



Brixham Theatre has been providing entertainment for everyone for more than 100 years. Now a new book has been produced telling the story of the theatre from the first shows back in the early 1920s, right up to the busy programme of events there today. Secrets from Behind the Curtain has been written by a

volunteer at the theatre and former journalist, Flo Barker, using information given to her by people involved with the theatre over the years. It tells how the auditorium has been transformed from a gas lit hall with hard wooden benches to a venue fit for the 21st century with comfortable seats, state of the art lighting and sound equipment and even a cinema screen. There's information too about the many people who have appeared on stage, including big names like the Z Cars TV star John Slater, Germaine Greer and Paul Daniels and youngsters who went on to make acting their career. It describes the many community events that have made the theatre such an important part of life in Brixham.

The book is available to buy at the theatre or using the link: <https://amzn.eu/d/017FnfGr>

All You Need to Know About Fat Loss

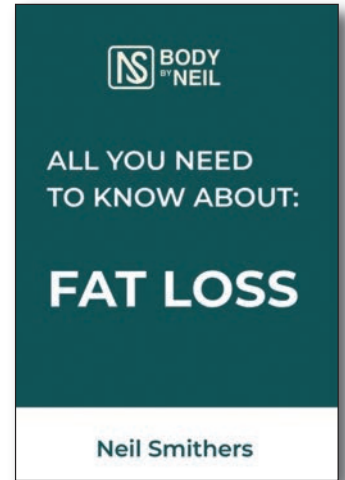
Neil Smithers

All You Need to Know About Fat Loss - by 'Body by Neil' provides a straightforward, evidence-based approach to shedding fat, focusing heavily on the fundamentals of calorie balance. The guide breaks down complex nutritional science into actionable advice, making it an excellent resource for beginners looking to understand sustainable weight loss without falling for fad diets.

Focus on Fundamentals: The book highlights that fat loss is ultimately driven by a caloric deficit, simplifying the often-confusing world of dieting.

Actionable Advice: The guide is praised for being practical, offering clear strategies that readers can immediately apply to their daily routines.

Accessible Information: It strips away jargon, making the science of metabolism and energy balance easy for anyone to understand.



Overall, this guide under the "Body by Neil" brand is a highly regarded, practical, and direct resource for achieving sustainable weight loss, earning top marks for its clarity and practicality.

The book is available to buy using the link: <https://amzn.eu/d/odAsobJT>



Sunday 9th August 2026

12:00 till 21:00

Brixham Harbour

www.sardinefestival.co.uk

A seaside celebration of British fish, fishing and fun!

Live bands playing all day - Entertainment for the little ones
A bar for the grown-ups

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Always be Authentically YOU!

Emily Papirnik

Starting again in a new place has a way of humbling you

Always be Authentically YOU Starting again in a new place has a way of humbling you—no matter how much experience you bring with you. When I moved to a new area as a therapist, I'll admit I was quietly confident. After more than 20 years of working in holistic, sports and remedial massage, I believed it would be relatively easy to rebuild. Many people I spoke to reassured me: "You'll have no problem—your work speaks for itself." While that was comforting to hear, the reality unfolded quite differently. This new place I now call home already had a strong community of established therapists. People had their trusted practitioners, their routines, their loyalty. It made me pause and ask myself a question I hadn't considered deeply enough before: why would someone choose me? It wasn't a question rooted in doubt, but in awareness. I realised that experience alone isn't always enough

when you enter a new space. Trust takes time. Connection takes time. Being known takes time. I had to shift my perspective. Rather than pushing or striving, I came back to what I know matters most - authenticity. Truly knowing who I am, the depth of what I offer, and the years of skill and intuition I've developed. My work has never been about a one-size-fits-all approach. It's about meeting each individual exactly where they are, combining hands-on therapy with an intuitive understanding of the body, and creating a space where change can happen. I needed patience. I had to allow myself the time to connect with local people, to simply do the work, and to trust that the experience would speak for itself. Word of mouth has always been the foundation of my practice. In my previous environment, it felt effortless - people knew me, trusted me,



and shared their experiences naturally. Starting again meant rebuilding that from the ground up. At times, it felt like a wake-up call. Having just a handful of clients after being so established was confronting, but it also brought clarity. Slowly, things began to shift. Those initial clients became regulars. Conversations started happening beyond the treatment room. People began sharing how their bodies felt—stronger, freer, more at ease. They spoke about reduced pain, increased movement, and a deeper sense of connection within themselves.

Most importantly, they told others which is where the momentum began. Looking back, the lessons feel simple but powerful: be patient, keep showing up, and stay true to who you are. Growth doesn't always happen as quickly as we expect, especially in unfamiliar spaces - when it comes from authenticity, it builds something far more meaningful, something lasting. This journey has reminded me that starting again isn't about proving yourself. It's about trusting that what you offer will find its way to the people who need it, in its own time.



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Fix the Root, Not the Symptom: *Natalie Wayne* BSc Hons Sport & Exercise Rehabilitation The Science of Rehab & Massage



Many people book a massage because something hurts - a tight shoulder, aching lower back, sore hips, stiff calves. And while releasing that tension often provides instant relief, lasting change only happens when we understand why the problem developed in the first place. Pain is rarely the true issue. It's a signal that something deeper isn't working properly.

Most aches come from a combination of:

- muscle imbalances
- weakness in key stabilising muscles
- poor movement patterns
- repetitive strain from work or training
- reduced mobility in surrounding joints

This is why two people can have the same pain in the same area... but need completely different solutions.

Massage is incredibly effective at:

reducing tension improving circulation restoring movement calming irritated tissues, but to stop pain from returning, we need to address the underlying function, that's where rehabilitation comes in. Rehab exercises activate the muscles that should be doing the work, improve joint stability, and retrain the body to move more efficiently. When massage and rehab are combined, the results are far stronger and far more permanent.

Here's the simplest way to picture it:

Massage removes the problem. Rehab prevents it



coming back. If you keep experiencing the same pain every few months, it's usually a sign you've been treating the symptom, not the cause. A tailored plan that blends hands-on treatment with corrective exercise can break that cycle for good. Your body is designed to move well, sometimes it just needs a bit of guidance to get there.



Pilates & Picnics

"This season I'm so excited to launch 'Pilates & Picnics' - a Saturday monthly gathering designed to energise the body, connect with nature, and to bring people together in the community. Expect a 75 minute Pilates class, in locations such as St

Mary's Beach, Berry Head and Sharkham point. After class we gather for a picnic catered for by some of our lovely local businesses. I'd also love for everyone to bring a small dish to share - simple, homemade or shop bought, to add to our relaxed communal feast.

If you have any questions please feel free to call on 07734 084151 or email clairehawkins4@icloud.com I hope to see you there.

Claire x

Claire Hawkins

To book, head to:

www.clairehawkins.co.uk/events

Where you will find the location for each date. All dates are 10am - 1pm and priced at £25.00

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Finding a solution for you!

My name is Michael Lawson. I'm a British Army veteran, who served on multiple overseas deployments, where I came face to face with some of the toughest sides of life. I'm also a professional boxing coach and the author of "Breaking the Cycle – Three Steps to Getting Clean." After 20 years of struggling with drug addiction, I confronted my inner demons and found a way through. I wrote this book to share how I managed to get clean—and, just as importantly, how I've stayed that way. Today, I'm a Neuro-Linguistic Programming (NLP) Trainer. I run NLP courses and coach individuals to help them become the very best version of themselves. NLP truly changed my life—and, in many ways, it may even have saved it.

How can I break the cycle of negative behaviors and addictions?

For many years, I struggled with destructive, obsessive thinking and drug addiction – battles that nearly cost me my life more than once. I went through 25 years of on-and-off therapy and tried countless prescription medications, yet nothing seemed to work. *Why?*

One of the main reasons was that I never truly understood the root cause of my behavior, what was really driving me to self-destruct.

You can't fix a car if you don't know what's wrong with it. I had a hole in my tyre, but I kept pumping air into it instead of removing the nail. So, what's the solution? I'm going to share with you the approach that saved my life and has helped many others. It's a simple three-step process that will give you the tools and understanding to let go of destructive patterns and begin living the life you truly deserve.

Step 1:

Understanding Why. Take a pen and an A4 notepad, and most importantly, be completely honest with yourself. If you're not honest, you won't achieve your goal. I won't pretend this is easy – it can be deeply uncomfortable, even heartbreaking. But it is absolutely necessary. Trust me, once you face the truth and allow yourself to process those emotions, something powerful begins to happen. You'll start to feel a sense of pride—and that's exactly where real change begins with honesty, self-awareness, and genuine intention. Now, ask yourself the following questions and write down your answers. Don't overthink it, just write the first thing that comes to mind, even if it doesn't seem to

make sense at first. Then, sleep on it. Come back the next day and add anything new that comes up. Repeat this process for a few days until nothing new arises. Finally, take a moment to feel your answers. Quiet your mind and tune into what your body and intuition are telling you—your heart, your gut, your deeper self. Sit with it. The clarity that comes may surprise you.

Ask yourself:

- Why do I do this? (e.g. Why do I take drugs?)
- What are the positives of doing it?
- What are the negatives?

Write these in a table, so you can clearly see them side by side.

- Why do I keep going back after stopping? (For example, if you quit for a week, what led you back?)
- Is my mind playing tricks on me? Am I seeing reality as it truly is—or just my mind's version of it?
- Am I the problem, or is it my environment (my job, location, social circle, etc.)? Once you've completed your lists, go back to each answer and explore it in more depth. When you do this properly, you will begin to understand your "why." And once you understand

Michael Lawson

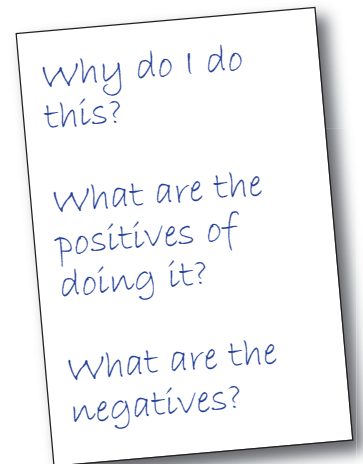


your "why," you've already taken the first powerful step toward change.

Next month:

I will guide you through Step two . . .

Mike



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The Grass Beneath the Surface

In a world that constantly pushes for visible progress, it's easy to believe that if you can't see results, nothing is happening. I was reminded recently just how wrong that thinking can be. Standing in my garden, I noticed something unusual. Beneath a layer of artificial grass - neat, controlled, and designed to replace the real thing - small patches of natural grass were pushing through. Not in large areas, not dramatically, but enough to be noticed. Despite being covered, despite the intention to suppress it, it was still growing. That moment carries a simple but powerful message. Real growth doesn't happen on the surface first. It happens underneath, quietly, gradually, without recognition. Much like the early stages of

any meaningful change in our own lives, whether it's building discipline, improving mindset, or working towards something bigger, the most important developments are often the least visible. They take place out of sight, in the background, long before any results appear externally. The problem is, we've become conditioned to expect immediate feedback. We start something new and, within days, look for evidence that it's working. When that evidence isn't there, doubt creeps in. We question the process, lose patience, and often stop altogether, not because it wasn't working, but because it wasn't working fast enough. The grass beneath that artificial surface didn't stop growing simply because it

wasn't visible. It didn't need validation or reassurance. It continued regardless, building strength beneath the surface until eventually it found a way through. That's how genuine progress works. The effort you're putting in, even when it feels unnoticed, is not wasted. The habits you're building, the mindset you're developing, the small actions repeated daily, they are all contributing to something beneath the surface, and given enough time, consistency, and patience, they will show. The danger lies in stopping too early, in abandoning something that is quietly working simply because it hasn't yet become visible. So, the question is worth asking - what have you given up on simply because you couldn't

Gregg Norton



see it working? Because growth isn't always obvious in the moment. Sometimes it looks like nothing at all, until one day it doesn't.

"Smiling is healing baby"



Torbay Prostate Support Association

John Clewer



Torbay Prostate Support Association (TPSA), a local charity which provides advice and support to those men, who have been unlucky enough to be diagnosed with Prostate Cancer. Currently Prostate is the biggest cancer affecting the population of the UK, with some 50,000 men being diagnosed, and 12,000 dying every year. At a time when the Government has refused to introduce a National Prostate Cancer screening programme, groups like TPSA are increasingly important. When The Times visited us in 2024,

they ended up with a headline which called us 'The Prostate Vigilantes', which we thought was very appropriate. As well as providing advice and support, we also run two PSA testing events every year, this is where men can access the PSA test which local GP surgeries will no longer offer patients. These are free events, but we do ask for donations, as each test costs TPSA £30. The team behind the most recent PSA testing event covered everything from car parking, registration, nurses, to collecting donations and generally chatting with

participants. As a charity we rely on donations from groups such as Preston Rotary, and those who attend testing events to fund our activities. Last year the two events were very successful and allowed us to offer tests to over 500 men. In October we tested no less than 369 men over the space of a few hours, with results showing 38 received 'red' referral letters and 38 'amber' borderline letters. Our last testing event in October was covered in some detail by the team from BBC Spotlight, in fact both presenters were more than

happy to be tested, and we were delighted that their tests came back as 'green'. This event took place shortly after the government published their decision to reject the National screening programme, and the presenters told me that they expected the feature might go nationwide. They were correct and the article ran on both weekday and Sunday versions of BBC Breakfast.

We can be found both on Facebook and online at tpsa.org.uk

Classic Cars

Spring is here at last and classic owners are opening their garage doors and activating their precious cars ready for summer motoring.

Traditionally this means that the recent Easter holiday has given us a bit of time to dedicate to servicing and checking over our cars, but also to plan the season ahead and look forward to the classic car shows that we all enjoy so much. Entries for these shows have to be booked these days and it is often no longer possible to just turn up. Also, it is only fair on the organisers to let them know in advance how many cars are liable to attend in order to be able to judge the viability of putting on a show. In this day and age that means entering the on-line world and booking your entry via their website or portal. Gone are the days when a scribbled note on a scrap of paper pushed through the organiser's door, is sufficient! Two of the biggest local shows are the Dartmoor Rotary event at Staverton on 28th June and the Torbay Steam Fair on 1st and 2nd August. Both events require on-line booking this year and for Staverton a payment of £10 towards Rotary funds for driver and passenger. Staverton bookings at tcvs.riverdartrotary.co.uk I note that there will be a goodly number of classic motorcycles also at this event because the Vintage and Classic motorcycle club are joint organisers and marshals at this event.

Torbay Steam Fair on 1st and 2nd August is back on the original field venue this year which means a much more compact and efficient layout

of exhibits and arena for the display of vehicles. However, for sheer variety of exhibits, the Steam Fair is hard to beat and the auto-jumble is always good for a nose around to stock up with those bits and pieces that we all need to keep our cars in good order.

Steam fair bookings are on torbaysteamfair.co.uk/forms or on torbaysteamfair1987@gmail.com tel: 07718 747823

As I write this article, I note that the May 2026 edition of one of my favourite magazines, Classic & Sports Car, features Hillman Imps. One of my past classics was a Sunbeam Imp Sports which I bought from the classic little old lady who had used it from new. She kept it in a heated garage alongside her bungalow from new and it was sold to her as a barely used demonstrator from the main dealer in Bristol. It fell into disuse because of oil and water leaks, very common on Imps. However, unlike many of its type it had virtually no rust in it and the original metallic paint was still shiny as was the chrome work. Definitely worth saving and we agreed that if I could get it running well enough to drive onto a trailer, I would buy it for £500. Armed with a new battery and can of fresh petrol plus some tools to strip and clean the carburettors and ignition components, I travelled North from my home in Somerset to Thornbury outside Bristol and set to work. It did not take much to get it to fire but once running, oil water leaked out everywhere. Once back home I started a rolling restoration with a bigger new radiator, lotus elan



drive shaft "do-nuts", re-built carbs, dynamo and new tyres. The registration number was a distinctive PAE 7F and whilst waiting in a ferry queue in France this was recognised by a gentleman driving a pickup towing a large, closed car trailer with Ferrari sign written on the side. We met on the ferry, and I learnt he was David Franklin, one of our best and fastest local racing drivers who ran his own "Huntsman" garage in Downend, Bristol. He knew the car from his days as a salesman in the main Cathedral Garages (Bristol) and told me that he always ordered a Sport version of the

Imp for demonstrators and obtained a number 7 for the registration plate. He admitted that he had used the car vigorously in sprints and driving tests and his wife commented that she had pictures to prove it! So sold as an ex demonstrator but never raced or rallied but given some spirited running in on driving tests and sprints!!!! I had great fun with it with 55bhp, same as a mini cooper, and we did drive in it from Somerset to the North Cape in Norway and return with lots of plenty sideways on the gravel roads as Stig Blomquest use to say!!!!



Volunteers Needed!

What Brixham Rotary Does:

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Brixham Rotary Club is a warm, welcoming group of local people, with a diverse mix of ages, backgrounds and experiences, who enjoy working together to support Brixham and beyond.

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Why Volunteer With US

Rotary is one of the World's largest volunteer organisations Brixham Rotary has been at the heart of our town since 1952

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- Use your skills - or learn new ones
- Meet New People and build friendships
- Make a real, lasting impact

For further information: email: RotaryBrixham@gmail.com
Telephone: 07554 343103 Visit: www.brixhamrotary.org
Facebook: Brixham Rotary

News from South Devon Players

Laura Jury

Sixty 18th century costumes being made, all of recycled fabrics found from charity shops - it doesn't sound feasible, but our incredible costume team are hard at work costuming our 20th anniversary national theatre tour of *The Scarlet Pimpernel*. Fittings have now just begun, and the cast are looking incredible. *The Scarlet Pimpernel* is a fast-moving, entertaining period drama whodunnit combining adventure, and humour, based on the novel by Baroness Orczy, including wider historical and cultural research of the time., suitable for all ages. In 1792, at the height of the French Revolution, in Paris, aristocrats destined for the Guillotine, begin to be rescued, by a mysterious figure, who always eludes capture. This rescuer can never be found or identified,

except by little slips of paper featuring the image of a small English flower, the Scarlet Pimpernel. Meanwhile, in London, Sir Percy Blakeney; who is widely known to be the leader of London fashion, and a carefree, whimsical fop, marries Marguerite, a beautiful, intelligent French actress and friend of the revolutionary government in France, and Citizen Chauvelin, an agent of the French government, arrives in London, seeking the identity of the mysterious Scarlet Pimpernel. We open our national tour in our hometown at Brixham Theatre on Saturday June 13th – tickets available from the theatre, or Brixham Library. While work continues for this show, our ongoing TV streaming deal goes from strength to strength, with last



winter's show, *Jekyll & Hyde*, which sold out at many venues, now available for streaming on the VOMO channel, available on Amazon,

and Roku, globally, as well as several others of our past shows. Check us out at www.southdevonplayers.com

Brixham Quay Lords

Hilary Emms

The Quay Lords of Brixham originated in 1759 consisting of twelve local fishermen and their wives who each purchased a portion of the manor (including the harbour), from Pomeroy Gilbert. This partnership established

them as, basically, stewards of the growing fishing port, which by 1850 was the largest in England. The twelve original shares were sub-divided among descendants and new buyers, so by 1850 there were a number of smaller proprietors.

The following surnames were consistently associated with the Lords, the title being a local mark of status:-

- Pomeroy
- Gillard
- Buller

- Seale
- Cutter
- Nowell
- Tozer
- Adams

Brixham's Pixies

Kevin Dixon



Violet Tweedale spotted a pixie at Lupton House in 1922

It was once believed that another race of beings lived alongside us; a little people who have become extinct, or have been forced far away to Dartmoor. Places were named after them, such as Chudleigh's Pixie's Cave, while the original 'The Three little Pigs' story has three Dartmoor pixies in place of the pigs. Pixies would supposedly kidnap babies, cause misfortunes by casting spells, prevent cows from giving milk, and cause infertility. And so we needed protection. It was believed that pixies feared the metal weapons of the more sophisticated humans, so we hung iron horseshoes over our front doors. Maybe we retained our belief in pixies as the far South West remained 'Celtic' for longer than other parts of England. Pixies have a Celtic root while fairies are later and are Anglo Saxon and never considered

to be the same species by our ancestors. There is even a tradition of war between the two races. The pixie has now been relegated to the status of a lucky charm. The mischief-making relic of our rich magical past is long gone... or perhaps not. Violet Tweedale remembered that in 1922, "I was walking alone along the avenue of Lupton House. A leaf was bending energetically, while the rest of the plant was motionless. What was my delight to see a tiny green man. He was about five inches long. His tiny green feet, which appeared to be green-booted, were crossed over the leaf, and his hands were raised behind his head. I saw a merry little face and something red in the form of a cap on the head. For a full minute he remained in view, swinging on the leaf. Then he vanished."

GOING THE EXTRA MILE MARATHON



Fundraising in aid of the RNLI

SCAN TO
DONATE



On the 31st of May at 10am I will be running a marathon on the Brixham breakwater raising money for the Torbay RNLI lifeboats. All donations are hugely appreciated. If you're free on the day come on down and give us a cheer



Kevin smith fitness

'The Grumpies'

An informal and friendly group - who meet for lunch on the last Thursday of the month at 12.30 upstairs at Old Market House The Quay, Brixham TQ5 8AW. We enjoy excellent food and service. *Newcomers are welcome to join us!* If you would like to join us, please contact Jeff Clarke email: jeff.clarke@outlook.com

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The May Spotlights are on . . .

Summercourt Way, Higher Brixham with FREE Customer Parking

The Pantry Local Shop & Parcel Hub



The Pantry, a quietly essential fixture. More than just a convenience store, it reflects the evolving role of local shops in modern British towns.

At first glance, The Pantry offers the expected essentials—groceries, fresh produce, and household staples—but they have adapted to modern life and offer parcel collections.

Customers note a wide selection of goods at competitive prices, alongside a willingness by staff to source specific items on request, a level of service you just don't find at larger chains.

This responsiveness helps foster a sense of trust and familiarity, reinforcing its position as a go-to destination for regular local shoppers. Equally significant is the shop's emphasis on convenience. Open seven days a week, The Pantry provides not only food and drink but also takeaway items such as pasties, salads, and cold refreshments.

Yet it is perhaps the atmosphere that most distinguishes The Pantry. Reviews consistently point to friendly, attentive staff and a welcoming environment, qualities that elevate a routine shopping trip into a more personal experience.

In an era increasingly dominated by impersonal retail, this human element remains a powerful draw.

In many ways, The Pantry exemplifies the enduring value of the independent high street shop: adaptable, community-focused, and rooted in service. For residents of Brixham, it is not simply a place to shop, but a cornerstone of everyday life.

The Pantry
12-14 Summercourt Way
Brixham
TQ50DY

Tel: 01803 883834
email: thepantrydevon@gmail.com

Fashionados Fish and Chips, Burgers & More



Fashionados, this brilliant little fish and chip takeaway continues to earn a loyal following. Nestled slightly away from the harbour in the residential Summercourt Way, this unassuming shop has quietly built a reputation for quality, consistency, and community spirit.

The team emphasises their pride in using the best local ingredients and producing food which they would like to eat themselves.

This dedication reflects Brixham's wider maritime heritage, where freshness is not just a selling point but an expectation. Customers frequently praise the shop's crisp batter and well-cooked fish, alongside generous portions of flavourful chips. Reviews consistently highlight both the taste and reliability of the food, with many describing it as among the best fish and chips in the area.

Beyond the food itself, Fashionados offers a modern and convenient experience. With online ordering and local delivery available, it caters to both traditional takeaway customers and those seeking ease and efficiency in their dining choices. Perhaps most notably, the shop retains a strong sense of community. From donating proceeds of bag charges to local Rowcroft hospice to offering a varied menu that includes vegetarian options, it demonstrates an awareness of its role beyond simply serving meals.

The Customer Service here is second to none like many of the establishments in Brixham, I have never been to a chip shop who take your order and then find you in your car in the car park to deliver them to you – it just adds that special something and is a special touch of magic.

Fashionados
10 Summercourt Way
Brixham TQ5 0DY
Tel: 01803 340908
www.fashionados.co.uk

Silverton Veterinary Centre



Pets are as much a part of the family as any human member and this is resounding anywhere you live all around the country, so it's important we take care of them as well as we can.

Silverton Vets has established itself as a cornerstone of local animal care. Situated conveniently within the community, the practice combines professional expertise with a human approach.

Founded in the mid-1980s, the clinic has decades of experience serving the pets of Brixham and the wider Torbay area. Its longevity is underpinned by a commitment to high clinical standards, with a team of qualified veterinary surgeons and nurses offering everything from routine check-ups to complex surgical procedures.

A key strength lies in the breadth of services available. From vaccinations and microchipping to preventative care and specialist referrals, the practice provides comprehensive treatment tailored to each animal's needs. This all-encompassing approach ensures continuity of care, allowing pet owners to rely on a single, trusted provider throughout their animal's life.

Equally as important is the practice's emphasis on compassion and communication. Clients note the attentive manner in which treatments are explained, fostering a sense of partnership between vet and owner. This transparency, combined with a calm and welcoming environment, helps to build lasting trust.

Silverton Veterinary Centre
8 Summercourt Way
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Our community club brings together swimmers aged 7 to 66, creating a supportive environment where everyone can thrive. We train at Brixham Admiral Centre every evening and Saturday mornings. With five structured squads, from our Learn to Compete group to our adult Gold Squad following a dedicated coaching plan, we cater to all abilities and ambitions. We're proud of our inclusive, team-focused approach. Whether you're aiming for local galas, County Championships, Regional competitions or Masters events, we support every

swimmer's journey. Our club is volunteer-run, driven by passion, and built on teamwork, encouragement, and a love of the sport. We also offer Water Polo training on Friday evenings for ages 10-14 years, and we've recently expanded into Open Water events.

If you'd like to be part of our welcoming, motivated team, please get in touch via our website:

*<https://uk.gomotionapp.com/team/swbsc/page/>
or contact our Club Secretary Adrian on email: brixhamswimming@hotmail.com*

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Pensioners urged to be alert to Winter Fuel Payment scams

Watch out for scams
as Winter Fuel Payment recovery starts



- Winter Fuel Payments paid in winter 2025 will be recovered from pensioners with income above £35,000
- Check if your payment will be reclaimed at GOV.UK - you don't need to contact HM Revenue and Customs (HMRC)
- Scammers may try to trick customers into handing money over. Pensioners are being warned to be on high alert for scams as the recovery of Winter Fuel Payments begins this month. Almost two million people are expected to repay their winter 2025 payment due to their annual income being more than £35,000 – for most, an automatic process. HMRC saw more than 25,000 Winter Fuel Payment scam referrals over the last 12 months and is warning that scammers may now use the recovery process as a hook to use texts, emails and phone calls to target this group. For most, the payment will be recovered through a change to their PAYE tax code from this month (April 2026) with no need to contact HMRC. For those in Self Assessment who

file online, the payment should be pre-populated in their 2025 to 2026 tax return, due by 31 January 2027. Customers should check and add it manually if it is not shown. Paper filers will need to add it on their tax return, due by 31 October 2026. This applies across the UK – including in Scotland, where the payment is known as the Pension Age Winter Heating Payment and in Northern Ireland, where payments were made by the Department for Work and Pensions on behalf of the Northern Ireland Executive. In all cases, recovery is handled by HMRC. Anyone who's unsure use the online tool at GOV.UK to check whether and how their payment will be recovered – there's no need to call us" HMRC will never contact people by text or email to ask them to repay their Winter Fuel Payment, or to request bank details. People can use HMRC's online checking tool at GOV.UK to see whether their payment will be reclaimed and how.

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Money Mike says . . .

Michael McCau

National Insurance Changes: What the new thresholds mean

Recent changes to National Insurance (NI) are having a significant impact on businesses, particularly smaller companies with employees or directors on payroll.

The secondary Class 1 NI threshold (the point at which employers start paying NI on employee earnings) has been reduced to £5,000. Above this level, employers pay NI at a rate of 15%, increasing the overall cost of employment. This lower threshold means that businesses will begin incurring employer NI at a much earlier point than before, placing additional pressure on payroll costs.

However, for some companies, with a low NI bill, this is balanced by a substantial increase in the Employment Allowance, which has risen to

£10,500. This allowance effectively reduces a company's annual employer NI bill, meaning eligible businesses can save up to £10,500 per year. For many small companies, this more than offsets the impact of the lower threshold.

However, we are starting to see higher levels of unemployment as a result of the changes. The changes seem to penalise companies for employing staff which is something that may hinder economic growth in the long term.

To qualify for the Employment Allowance, a business must have employer NI liabilities of less than £100,000 in the previous tax year. It is not available to companies where the sole employee is the director, and certain sectors, such as public bodies, are

excluded. For owner-managed businesses with additional staff, however, it can be a valuable relief.

On the employee side, primary Class 1 NI remains more generous. Individuals only begin paying NI once their earnings exceed £12,570, and contributions above this level are charged at 8%. This alignment with the personal allowance helps protect lower earners and ensures that many part-time or lower-paid employees remain outside the NI system altogether.

These changes create an interesting dynamic. While employees benefit from a relatively high starting threshold and lower rate, employers face increased costs earlier. The Employment Allowance is therefore crucial



in mitigating this burden and should be actively claimed where available.

For business owners, careful payroll planning is essential. Structuring salaries efficiently, particularly for directors, can ensure maximum use of allowances while keeping overall tax exposure to a minimum.

Teenager turning 16? Don't miss out on Child Benefit

Parents of 16-19-year-olds are reminded to extend their Child Benefit claim if their teenager is staying in certain types of education or training after their GCSEs or National 5s. Child Benefit will automatically stop on 31 August on or after a child's 16th birthday unless parents confirm their teenager's plans. Around 1.5 million reminder letters will be sent from late April, with most

landing on doorsteps in May. Parents don't need to wait for their letter. HM Revenue and Customs' (HMRC) digital service for extending claims opened on 1 April, so those who already know their teenager's plans can act today.

Claim extensions can be made on the HMRC app or online at www.gov.uk. The letters also include a QR code linking directly to the

digital service.

Child Benefit is worth £27.05 a week – or £1,406.60 a year – for the eldest or only child and £17.90 a week for each additional child. Last year, 874,000 parents extended their claim, with more than half doing so online www.gov.uk or through the HMRC app.

Child Benefit can continue for teenagers studying full time in

non-advanced education, or on unpaid approved training courses.

Visit www.gov.uk for the full list of eligible courses. If a Child Benefit claimant or their partner has an individual income of between £60,000 and £80,000, the higher earner may be liable for the High Income Child Benefit Charge (HICBC). Use the Child Benefit tax



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May Wellbeing:



Simple Food, Better Energy

By May, many of us feel ready to shake off the heaviness of winter. With longer days and more time outdoors, it's a natural point to focus on energy and feeling a bit lighter day to day. One of the simplest ways to support this is to focus on what you're adding in, rather

than what you're cutting out. Start with freshness. Early seasonal produce begins to come through in May, with things like leafy greens, herbs and asparagus making a return. Even small changes like adding a handful of greens to meals or snacking on fresh produce can make a noticeable difference. Shops like Brixham Greengrocers are

a great place to see what's in season and keep things varied. Balance is just as important. Meals that include a mix of protein, healthy fats and whole carbohydrates can help keep energy steady. Adding nuts or seeds to breakfast or building meals around simple staples like grains and vegetables, can help avoid those mid-afternoon dips. For some, this can also be a time to think about gentle nutritional support. Vitamin D is still commonly considered after the darker months, while magnesium can support energy and muscle function. Choosing good quality supplements and keeping things simple is often best. At Porridge, our family run health food shop here in Brixham, we focus on wholefoods, pantry staples and natural supplements that support simple, everyday living. We're always happy to chat if you're looking for a straightforward place to start. At this time of year, wellbeing

Cal Sherry of Porridge



doesn't need to be complicated. Often, it starts with better ingredients and a few small changes that stick.

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The Pantry's Voice

Pam the Cook - Just like your mother made



Starter:

Pirate's Cove Garlic Prawns

Ingredients: serves 2-3

- 200g raw prawns (peeled)
- 3 cloves garlic (finely chopped)
- 25g butter
- 1 tbsp olive oil
- Juice of one lemon
- Small handful of parsley (chopped)
- Salt and pepper
- Crusty bread (to serve)

Method:

Heat the butter and oil in a pan over medium heat. Add the garlic and cook briefly until fragrant (avoid browning). Toss in the prawns and cook for 2-3 minutes until pink. Season, add lemon juice and parsley, then stir. Serve immediately with bread to soak up the sauce.

Main:

Captain's Spiced Chicken & Potatoes

Ingredients: serves 2-3

- 2 large chicken breasts or 4 thighs
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp garlic powder
- 2 tbsp olive oil
- 500g potatoes (cut into chunks)
- 1 onion (sliced)
- Salt and pepper

Method:

Preheat oven to 200°C. Toss the potatoes and onion in half the oil, season, and roast for 20 minutes. Meanwhile, coat the chicken in remaining oil and spices. Add to the tray and cook for a further 25 minutes until the chicken is cooked through and potatoes are crisp.

Dessert:

Treasure Island Caramelised Pineapple

Ingredients (serves 2-3):

- 1 fresh pineapple (or tinned rings, drained)
- 2 tbsp brown sugar
- 25g butter
- Splash of dark rum (optional)
- Vanilla ice cream (to serve)

Method:

Melt butter in a frying pan, add pineapple and sprinkle with sugar. Cook for 3-4 minutes each side until golden and caramelised. Carefully add a splash of rum (if using) and allow to bubble. Serve warm with a scoop of ice cream.

Eating out . . . Harbour Kebabs

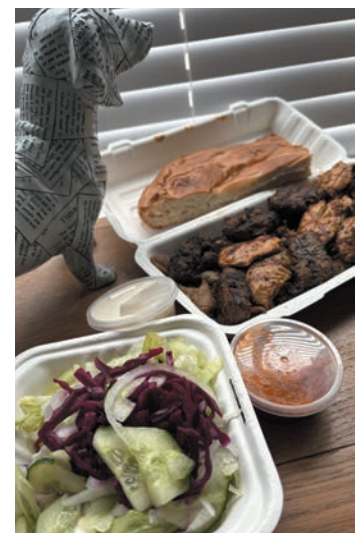


Brixham's busy harbour-side, The Quay, has welcomed another new addition to its food scene with the arrival of Harbour Kebabs. Following a recent visit, early impressions suggest the business is well positioned for success, offering freshly prepared food made to order and bringing a modern approach to a much-loved late-night staple. Ahead of our visit, we enquired about the "Harbour Special" and were told it could be prepared in advance if we were nearby—an accommodating and confident gesture that speaks volumes about the team's approach to

customer service. The dish itself proved generous, comprising doner meat, kofte, chicken shish, lamb shish, and chicken wings, served with fresh salad, bread, and two sauces—more than sufficient for two people. Upon arrival, we received a warm and friendly welcome, with customer service proving to be a clear strength. Service was prompt, efficient, and attentive, with staff demonstrating a willingness to go the extra mile. What distinguishes Harbour Kebabs is its focus on quality and variety within a traditionally simple format. The menu extends beyond the

standard doner, incorporating freshly prepared meats, flavourful sauces, and a selection of sides designed to appeal to a broad customer base. This emphasis on freshness and choice reflects a wider shift in takeaway culture, where convenience is increasingly matched by expectations of quality. Independent businesses such as Harbour Kebabs also play an important role in supporting the local economy, contributing to the vibrancy of the high street while sustaining employment and evening trade. Overall, Harbour Kebabs represents a welcome addition

Culinary Compass



to Brixham's food offering. Combining a prime location with a clear commitment to quality and service, it has all the ingredients to become a firm local favourite. Our Harbour Special was thoroughly enjoyed, and we look forward to returning.

Wordsearch

E	D	W	W	H	C	H	B	R	I	D	G	E	S
K	D	H	O	I	S	C	U	T	T	L	I	N	G
A	E	E	T	L	N	R	D	R	S	N	W	L	T
R	C	E	S	A	T	C	A	A	H	E	B	P	D
R	I	L	D	S	D	W	H	W	O	M	Y	B	T
D	G	H	I	R	L	I	M	L	O	U	C	R	R
R	A	O	E	E	A	T	A	N	T	R	A	I	A
A	L	U	R	M	H	O	E	E	I	D	T	D	W
G	E	S	I	E	T	A	B	T	N	T	C	L	L
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R	D	N	E	D	O	C	E	M	H	T	O	A	G
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- TRAWLNET
- BYCATCH
- OTTERBOARD
- PELAGIC
- BRIDGE
- WHEELHOUSE
- DECKHAND
- TICKLER
- WINCH
- HATCH
- TRAWLING
- DRAGGER
- CODEND
- NETDRUM
- SHOOTING
- BRIDLES
- HOLD
- SCUTTLING
- WARP
- SCUTTLING
- WARP
- DEMERSAL
- BEAM
- TRAWLER

Sudoku

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

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

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

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

April Competition Winners!

1st Prize: £50 -

Donated by Brixham Beacon

Winner is: Sam Ratcliffe

2nd Prize: Meal for Two Voucher

Donated by Golden Lion

Winner is: Diane Wright

3rd Prize: 45min Massage -

Donated by NLW Sports Therapy

Winner is: Sarah Dorsett

4th Prize: Fruit Hamper -

Donated by Brixham Greengrocer

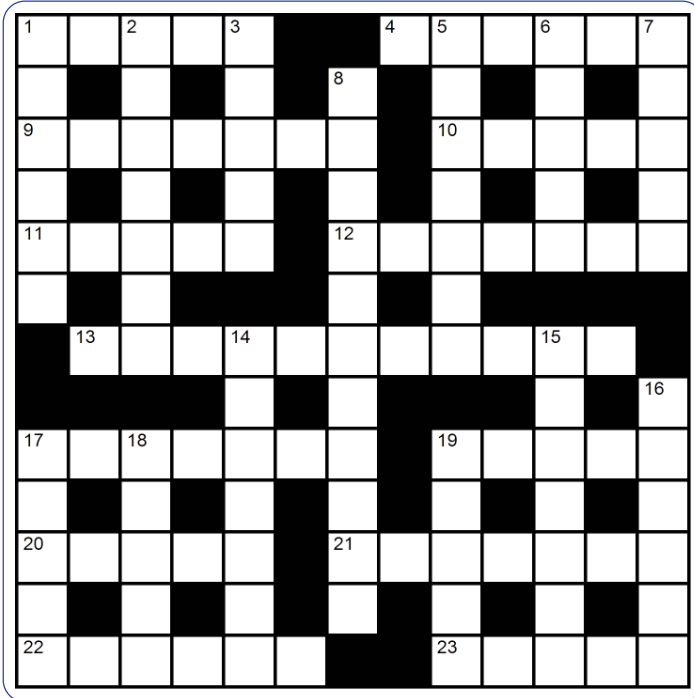
Winner is: Mary Thompson

Last month's Answers

	1	D	R	2	E	S	3	S		4	O	F	5	F	A	6	L
		E			Q			P		U				A			E
7	B	A	K	U			8	A	B	S	O	R	B	E	D		
		D			A			C		T		R		C			
9	P	S	A	L	T	E	R		10	C	A	C	H	E			
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12	H	A	V	13	A	N	A		14	A	N	O	R	15	A	K	
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7	5					8	2	
		3		9		4		
2	9					3	6	
			7	4	6			
8								7
4	7		2	8		5	1	

Crossword



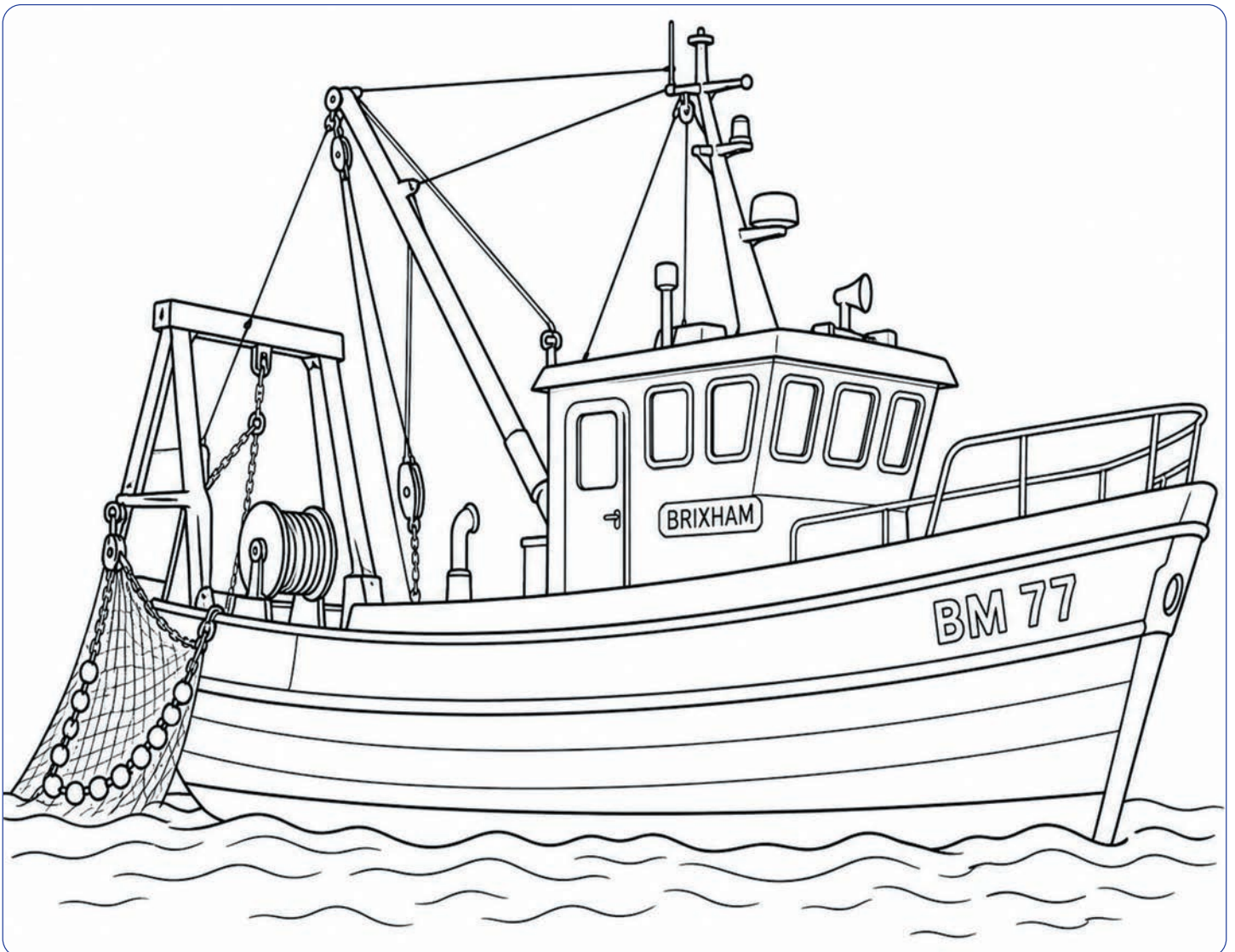
Across

- 1 Superior of a monastery (5)
- 4 Type of gum (6)
- 9 Waterproof fabric (7)
- 10 Chocolate ingredient (5)
- 11 Yellowish citrus fruit (5)
- 12 Mysterious (7)
- 13 French national holiday (8,3)
- 17 Begin (4,3)
- 19 Brother of Moses (5)
- 20 Precipitous (5)
- 21 Blow up (7)
- 22 Go back (6)
- 23 Intestine (5)

Down

- 1 Ancient Greek sun god (6)
- 2 Eating disturbance (7)
- 3 Kidnapped (5)
- 5 Adapt for new use (7)
- 6 Cured pig meat (5)
- 7 Insane (5)
- 8 Unentitled (11)
- 14 Cavalry soldier (7)
- 15 Flight personnel (7)
- 16 Imaginary (6)
- 17 Intense light beam (5)
- 18 Proficient (5)
- 19 Unscripted (2,3)

A chance for you to add your own bit of colour . . .



Look beyond blooms and borders . . .

As National Gardening Week (27th April – 3rd May) is upon us, British Garden Centres is encouraging gardeners to look beyond blooms and borders, embrace curiosity and focus on the vital role gardens play in supporting wildlife and biodiversity. As part of its Make It Bloom campaign, British Garden Centres is highlighting simple ways gardeners can help nature thrive by creating welcoming spaces for pollinators and wildlife right at home. National Gardening Week was started in 2012 by the Royal Horticultural Society to celebrate the joy of gardening and the curiosity that comes with it, from noticing the first bees of spring to watching plants grow, flower and attract wildlife. British Garden Centres is inviting gardeners of all abilities to take time to observe their gardens, ask questions, and explore how planting choices and simple changes can help bring nature closer to home. Gardens of all shapes and sizes, from balconies and patios to large outdoor spaces,

can provide valuable habitats for bees, butterflies and birds. By planting a diverse mix of flowers, leaving areas of shelter and choosing wildlife-friendly plants, gardeners can help support declining species while enjoying a healthier, more vibrant garden.

Simple ways to bring nature home

Take time to observe: Curiosity starts with noticing what already visits your garden. Watch a bumblebee work its way methodically around an allium, spot a blue tit hunting for insects along a branch, or look out for a hedgehog emerging at dusk from beneath a shrub. Keeping a simple note on your phone of what you see and when can reveal surprising patterns over the weeks and months.

Plant for pollinators: Choose a mix of flowers that bloom at different times to provide a continuous food source for wildlife throughout the season. Hellebores and crocuses offer vital early nectar for emerging bees in

late winter and spring, while alliums and salvias bridge the summer months. Echinacea, rudbeckia and verbena carry food value deep into autumn, long after many other plants have finished flowering.

Read your plant labels:

The symbols on a plant label are more useful than they might look. A sun symbol means a plant needs at least six hours of direct light to thrive, so planting a lavender or salvia in a shaded border will leave it struggling and prone to disease. A shade symbol, on the other hand, means a fern or hosta will do far better tucked beneath a tree than baking in an open bed. Getting placement right from the start saves effort later and produces healthier plants that attract more wildlife.

Let nature lead:

Leaving seed heads on plants through winter gives goldfinches and other birds a natural food source. Allowing a patch of grass to grow longer provides cover for beetles and grasshoppers,



while a small pile of logs or a bundle of hollow stems tucked into a corner can shelter solitary bees, worms and overwintering insects without any ongoing effort.

Every little space counts:

A pot of thyme on a balcony, a trough of marigolds on a patio, or a window box planted with nasturtiums can all draw in pollinators and support local biodiversity. Even a shallow dish of water left out on a warm day gives bees, butterflies and birds something they genuinely need. You don't need a large garden to encourage wildlife or even a garden at all to make a real difference; it's all about making the most of the space you have got.

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Poet's Quay

from the
'Poetry for Pleasure'
group

Pensioners who Pick Plastic

*Those of us who've passed the working age
but still want to be active and of use;
don't have the stamina for proper jobs
and 9-to-5 routine cannot be faced,
we do as much as we feel we can do,
collecting all your litter after you.*

*Each plastic discard strewn about our streets
must be removed before it blows away.
Our town is in the frontline, as we're faced
with gusty breezes, overflowing bins.
We must keep all this flotsam from the sea,
a heads-up for The Pickup Cavalry.*

*The job in hand calls for no special skills,
a pair of gloves, a bag, perhaps some tongs
is all the local litter-arty needs
to go alone or hunt in groups and gangs.
We stop pollution fouling up the tide
And go home smug, replete with civic pride.*

John Miles

The 'Poetry for Pleasure' group

meets at 10.30am on the
third Tuesday of each month
at Brixham Library

*Come along and read a favourite poem or
one you have written... or just
come along to listen*

See you next at the next meeting?

John Miles

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Fanciflair

Fanciflair creates a distinctive collection of marble hot pot stands, worktop savers, platters and coasters — each piece combining original artwork with practical function. Every item is carefully handmade in Devon, turning natural stone into a unique and useful piece of art. At Fanciflair, beautiful tableware meets everyday practicality. Our heat-resistant stone pieces can be used as trivets, cheese boards, serving platters, cake stands, plant stands, coasters or simply as decorative additions to your home. Each design is created by hand using a blend of original artwork, digital imagery and carefully selected papers, all applied to natural stone and

professionally sealed for durability. The result is a collection of functional art pieces that are both stylish and versatile. The business began in 2011, when Mandy first started creating handmade coasters. Since then, Fanciflair has gone from strength to strength. Mandy has been a regular trader at the Brixham Arts and Crafts Market for over 15 years, where you can still find her every Wednesday, Thursday and Sunday from Easter to the end of October. Fanciflair has also been a familiar presence at the Exeter Cathedral Christmas Market for the past eight years and was proud to receive a Silver Award at the Devon County Show.



The first Fanciflair shop opened in Dartmouth, before moving to a larger premises in 2021 at 60 Middle Street, Brixham, where the collection continues to grow. Today, Mandy offers over 200 designs, and she also can personalise and use your own

pictures each one a unique blend of craftsmanship, creativity and practicality — proving that everyday objects can also be works of Art. *Fanciflair, 60 Middle Street, Brixham TQ5 8EJ*
Tel: 07584 039071
www.facebook.com/Fanciflair

Arts & Craft Market

<p>Brixham Arts & Craft Market</p> <p>10am to 4pm Quayside beneath the old fish market</p> <p><i>from Easter through to the end of October (weather permitting)</i></p>	<p>Mondays</p> <p>Loveday Designs — <i>Handmade jewellery</i></p> <p>Emalini Art — <i>Coastal art and gifts</i></p>	<p>Tuesdays</p> <p><i>Stalls are generously made available for use by local charities.</i></p> <p>Come and Support Our Local Charities</p>	<p>Wednesdays</p> <p>Loveday Designs — <i>Handmade jewellery</i></p> <p>Soul Scented — <i>Hand-poured candles</i></p> <p>Oyster Cove — <i>Handmade magnets, soaps & candles</i></p> <p>Pirates Ahoy — <i>Original art by Bobby Hayes</i></p> <p>Fanciflair — <i>Handmade pot stands & coasters</i></p> <p>Yesteryears — <i>Coats of Arms & surname histories</i></p> <p>Jane Lancaster — <i>Fused glass artist</i></p>
<p>Thursdays</p> <p>Mackerel Works — <i>Create unique, artisan serving boards crafted by combining natural hardwoods with stunning full depth resin detailing</i></p> <p>Soul Scented — <i>Hand-poured candles</i></p> <p>Miss Beaujangles — <i>Handmade jewellery and artwork</i></p> <p>Fanciflair — <i>Handmade pot stands & coasters</i></p> <p>Decoupage Art — <i>Decoupage vases</i></p> <p>Jane Lancaster — <i>Fused glass artist</i></p> <p>Julia Finzel — <i>Paintings, printmaking & photography</i></p>	<p>Fridays</p> <p>Mackerel Works — <i>Create unique, artisan serving boards crafted by combining natural hardwoods with stunning full depth resin detailing</i></p> <p>Miss Beaujangles — <i>Handmade jewellery & artwork</i></p> <p>Emalini Art — <i>Coastal art and gifts</i></p> <p>Julia Finzel — <i>Paintings, printmaking & photography</i></p>	<p>Saturdays</p> <p>Loveday Designs — <i>Handmade jewellery</i></p> <p>Mackerel Works — <i>Create unique, artisan serving boards crafted by combining natural hardwoods with stunning full depth resin detailing</i></p> <p>Oyster Cove — <i>Handmade magnets, soaps & candles</i></p> <p>Miss Beaujangles — <i>Handmade jewellery & artwork</i></p> <p>Yesteryears — <i>Coats of Arms & surname histories</i></p>	<p>Sundays</p> <p>Soul Scented — <i>Hand-poured candles</i></p> <p>Oyster Cove — <i>Handmade magnets, soaps & candles</i></p> <p>Three Little Fish — <i>Ceramic fish art</i></p> <p>Fanciflair — <i>Handmade pot stands & coasters</i></p> <p>Jane Lancaster — <i>Fused glass artist</i></p> <p>Julia Finzel — <i>Paintings, printmaking & photography</i></p> <p>Meg Brett — <i>Handmade children's clothes & bags</i></p>

Port of Brixham Trawler Event - Saturday 20th June 2026



It's almost here!! A day to celebrate the most import Fishing Port by value of landed catch, at a time when fuel cost is adding to the normal difficulties of this Industry. The Event Commences at 9am with gates opening for the lucky guests to board the Trawlers. The Parade around the Bay starts at 10am. On shore we have entertainment from a variety of singers, soloists and bands to suit all tastes. Bays Brewery, MJR Catering, Sea, Sides & Tacos,

Marine related stalls and plenty of activities for children including a fair ground ride, face painting and arts & crafts. Awards at 3pm followed by our final musician after which the public part finishes. Pick your viewing points to watch the colourful parade. Come along and support the Fishermen's Mission let's make it even better than last year!

Follow the 'Port of Brixham Trawler Event CIC' Facebook page for further updates!

Community Builder

Helen Ambler



April was another incredibly busy month for Brixham with Coffee Mornings, drumming, arts, crafts, dancing, singing, music, swimming, poetry, yoga, pilates, bike repairing, knitting, nattering, bingo, scrabble, chess, bridge, lego, presentations, talks, a community breakfast and gardening, amongst many other things including some brilliant walks, which I will highlight now – please do come and join them when you can! Monday mornings Brixham Bay Walks meet 9:45am at the rear of Douglas House on Gillard Road. This walk splits into two. Some will walk the flat route and some will go the SWCP route. All end up at Berry Head together, to witness the wonderful views at the end and hopefully spot a dolphin or two. Then everyone splits off once again but this time for coffee, with some stopping at Guardhouse Café on Berry Head before heading home and some carrying on walking a bit further to The Berry Head Hotel. They welcome any level of walker from beginner to advanced. There will always be someone lovely to chat to and dogs are most welcome on a lead. The second Thursday of each month, we have a slow, gentle walk that the wonderful social prescribers facilitate from Compass House. Meet at Compass House 12:15pm and walk and talk around the harbour, up the breakwater, and then back for coffee at Bay Coffee Co. Always a lovely way to meet others in a very relaxed environment. The second Friday of each month, the Middle Street Walkers meet 2pm at Flour Flower coffee shop. This is another slow, gentle walk around the harbour and sometimes up the breakwater and then back for coffee at

Flour Flower. We gauge this walk depending on the abilities of the group on the day. Sometimes some will walk a bit further with one walk leader and others will walk a bit less with another walk leader due to mobility and health issues. For any of these walks, just give me a shout if you would like me to meet you there if you are nervous going on your own – I will happily introduce you to all the lovely walkers who will make you feel most welcome. They are all great for those who may be struggling with anxiety or just everyday life in general. Peer support in these groups is fantastic. In case you missed it, the Brixham Community Partnership AGM was held at Brixham Rugby Club in April, with speakers presenting and answering some very important questions from the audience. Subscribe to the mailing list to keep up to date with minutes from these public meetings and dates of upcoming ones: bcpchair@gmail.com If you would like to chat with me, your local Community Builder, please contact me on 07469 660873 or helenambler@torbaycdt.org.uk I am in Brixham most days and would love to meet you to discuss how I can help you or any isolated people you know, to get out and about to meet new people. I would love to hear from you!

Theatre Events

Sat 9th May 2026

Unplug'd – iconic performances from MTV's Unplugged series

Fri 15th May 2026

Brixham Comedy Club with Marcus Brigstocke (Suitability 18+)

Sat 16th May 2026

Soul Kinda Wonderful – A Tribute to the Music of The Drifters

Wed 20th May 2026

Movie Night – The Choral (2025 Cert. 12A)

Fri 22nd May 2026

The Invisible Man

Thu 28th May 2026

National Theatre Live -The Playboy of the Western World (2025 Cert. 12A)

Sat 30th May 2026

The Big Yellow Tambourine Man Band –

Bob Dylan & Joni Mitchell Tribute

Sat 6th June 2026

50 Years of Fender –The Stratocaster Story

Sat 13th June 2026

The South Devon Players Present – The Scarlet Pimpernel

Remember these are just some of what's on offer - head to our website and book early for the best seats in our lovely theatre!

Brixham Town Hall, New Road, Brixham TQ5 8TA

Tel: 01803 415987 Email: info@brixhamtheatre.co.uk

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

www.brixhamtheatre.co.uk



working with
TORBAY COUNCIL
COMMUNITY FUND



info@torbaycdt.org.uk



www.torbaycommunities.com



01803 212638



@TorbayCBuilders



4-8 Temperance Street,
Torquay TQ2 5PU

Shanties & Sea Songs 2026



Missin' Tackle Shanty Crew

Mondays 3, 10, 17 & 24 August 2026

19.00 – 20.00

Under the Old Fish Market, Brixham Harbour

(Next to The Golden Hind)

Voluntary Collections in aid of

Devon Air Ambulance



Chart Room Upcoming Events 2026

Whether it's a Murder Mystery, Jazz Supper, Maritime History Lecture, Sea Shanty Sing-a-Long, Nautical Quiz or Live Concert, we have something to make everyone's visit to the Chart Room a First Class experience.

Saturday 2nd & Sunday 3rd May

Brixham Pirate Festival Special:
Best dressed period costume photo competition
Win a First Class Afternoon Tea

Tuesday 12th May 2pm

Maritime History Lecture Lunch #3
The Transatlantic Queens:
Part Two "The Queen Elizabeth"

Saturday 6th June D-Day

"Murder on the High Seas"
"Churchill's Final Hour"
Murder Mystery Evening. Book online

Tuesday 16th June 2pm

Maritime History Lecture Lunch #4
"The Western Ladies"
Alasdair delves deep into the origins of
Torbay's favourite ferries.

Old Foundry Court, 60A Fore Street, Brixham TQ5 8DZ
Phone: 01803 856361 www.brixhamsteampacket.co.uk

In aid of



CHARITY WHIST DRIVE

Galmpton Village Hall
24 Greenway Road
Galmpton
TQ5 0LT

Saturday 6th June 2026
Starts at 2pm, please arrive by 1.45pm

£10.00 per person

Refreshments will be provided

A Raffle with donated prizes from various
businesses

For further information
contact:
Wendy Smallman - 07881
908865
or
Wendy Parr - 07761 025608



★ Coming Soon ★

'50+ Swim Sessions'

Tuesdays 2.15 - 3pm
Starting May 12th

ONLY £2.00 a session

Register your interest at reception
Runs for 8 weeks

- ★ Our swimming sessions will be charged at a reduced rate to enable all over 50's to participate.
- ★ A teacher will be in the water to help improve your water confidence and swimming stroke
- ★ We hope that as a result of these sessions you will have improved water confidence, better strokes
- ★ Be safer in water
- ★ Make friends
- ★ Increase your wellbeing and be motivated to continue swimming.



THE SPARK CHOIR
Sing. Unwind. Connect.

Led by Polly Pritchard-Davies

A friendly, mixed-voice choir singing popular songs in harmony.
No experience needed – No audition

📅 Wednesdays | 7-8pm
📍 Message for Brixham town centre Location
💷 £3.50 trial session • £7 per week
📞 WhatsApp Polly: 07890 010 191

Join us and be part of something uplifting.

brixhamtownband@outlook.com

100 Years!  Calling all current and former brass players! We'd love you to play with us!

Brixham Town Band is preparing to celebrate its 100th anniversary next year and we want you to be part of it. We're recruiting players on all brass instruments and welcome all abilities.

Recruiting now!



If you're interested, get in touch with us for a chat: 01803 853438

A friendly band with a focus on enjoyment.

Brixham AUCTION NEW! NEW! NEW!

A new local event in town, for local Charities and non-profits to raise funds from.

TO BE HELD ON
Saturday 23rd May 2pm
at **Brixham Yacht Club**
OVERGANG ROAD (near our fish market), BRIXHAM TQ5 8AR

This is a different type of Auction. You can donate valuable items, specifying which Brixham club, charity or local organisation you want the proceeds to go to!

AUCTION ITEMS MOST REQUIRED:

- ✓ Old collectable seafaring items
- ✓ Antique clocks & watches
- ✓ Military memorabilia
- ✓ Musical instruments
- ✓ Vintage posters
- ✓ Fountain pens
- ✓ Rare records
- ✓ Rare coins
- ✓ Early comic books
- ✓ Antique toys
- ✓ Vintage advert signs
- ✓ First edition books
- ✓ Jewellery
- ✓ Stamp collections
- ✓ Paintings & watercolours
- and portable items of worth etc.

ON **FRIDAY 22nd MAY 12 Noon - 4pm**
OR **SATURDAY 23rd MAY 10.30am - 1pm**
before the Auction begins at 2pm.

BRIXHAM FUTURE Registered Office: Kings Barton House, 37 Summer Lane, Brixham, Devon, TQ5 0DL

BATS - Brixham Arts & Theatre Society

Looking for a great 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

Whist Drives
held at the following locations:

Tuesdays -
Galmpton Village Institute
24 Greenway Road, Galmpton
TQ5 0LT at 6.50pm - 9pm

Thursdays -
Marldon Village Hall
TQ4 1SJ - from 1.45pm - 4.45pm
Tea and biscuits provided

Both are friendly Whist Drives, if you enjoy a game of cards then contact:
Jonathan or Wendy Parr on
07761 025608

Brixham Walks

Brixham has a diverse and interesting historical background, underpinned by its location by the sea and a deep-rooted fishing industry

Visit many areas linked to Brixham's history, culture and natural aspects

Available on your smart phone, tablets and computers

www.brixhamwalks.org

A simple to follow and use map, it takes your current location and automatically displays the information available in formats suitable for disability access requirements.

Coasters Run Club
A relaxed community run club in Brixham

Social runs along the coast and around town, mainly just to get outside, moving and meeting others followed by a coffee, a chat and always a sweet treat!

COASTERS

Instagram: @coastersrunclub
Email: coastersrunclub@gmail.com

Torbay Steam Fair
31st July,
1st & 2nd August 2026



The Old Showground
Churston Ferrers
TQ5 0JT

www.torbaysteamfair.co.uk

In Memoriam
Steve Longthorpe
Passed away on
23rd April 2026, - Aged 76
Funeral at St Mary's Church,
Brixham at 11:30am on
Thursday 21st May 2026
Family flowers only; donations
to Ibex Canoe Club and
Admiral Swimming pool,
via Stockman & Loram.

In Memorium notices are free of charge
Please include: Name, date of passing, age, funeral arrangements, flowers and donations information.
email: news@brixhambeacon.com

Beacon Directory

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	105 or 0800 678 3105
Marine Life Rescue	01825 765546

Banking

Brixham Banking Hub	0345 722 3344
Brixham Post Office	01803 882226

Healthcare

	Out of hours 111
Brixham Community Hospital	01803 881399
Compass House Surgery King Street & Galmpton	01803 855897
Mayfield Medical Centre	01803 495400
Community Dentist Service	01803 217777

Councils

Brixham Town Council	01803 859678
Torbay Council	01803 201201
Emergency out of Hours	01803 701310
Brixham Harbour Office	01803 208443
Waste Services, Swisco	01803 701310
Highways	01803 207740 / 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
Healthy Minds Torbay	07442 509736
Tourist Information	01803 211211
Victim Support	0300 303 0554
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
Waves Taxis	01803 446688

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
Tel: 01803 857727 Email:
admin@brixhamdoescare.co.uk

Brixham Future CIC

www.brixhamfuture.co.uk



Brixham Railway Heritage Trail CIC

Tel: 01803 854828
www.brixhamrailwaytrail.org.uk

Brixham Probus

Every Thursday 10:00-12:00 in the
Catholic Church Hall, New Road, Brixham
www.brixhamprobus.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



Brixham Swimming Club

Club Secretary Adrian email
brixhamswimming@hotmail.com
www.uk.gomotionapp.com/team/swbsc/
page/home



Brixham Youth Club

Ages 11 to 18 3:30pm - 5:00pm Term Time
Only. Fun & Games After School Free
Admission - Tuck Shop
Scala, Town Hall, Brixham TQ5 8TA



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 WI

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

South Devon Players Theatre & Film Company, Brixham.

contact southdevonplayers@gmail.com
www.southdevonplayers.com
www.facebook.com/sdevonplayers



The Friends Centre

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



Letter to Editor

Dear Editor,

How much better the harbour looks without the motley collection of unkept and

unused boats that usually litter our beautiful view.

Simon Cox



Brixham Beacon

**Copy Deadline for
June Issue - 18th May 2026**

To advertise -
email: advertising@brixhambeacon.com

FREE editorial -
(250/300 word article with photograph)
email: news@brixhambeacon.com

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Local 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 07778 510983

Services every Sunday 10:30am www.brixhambaptist.org.uk

Brixham Community Church

Brixham College main hall, TQ5 9HF 07772 591357

10:30am every Sunday. Email: admin@brixhamcc.co.uk

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

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

Volunteers Needed!

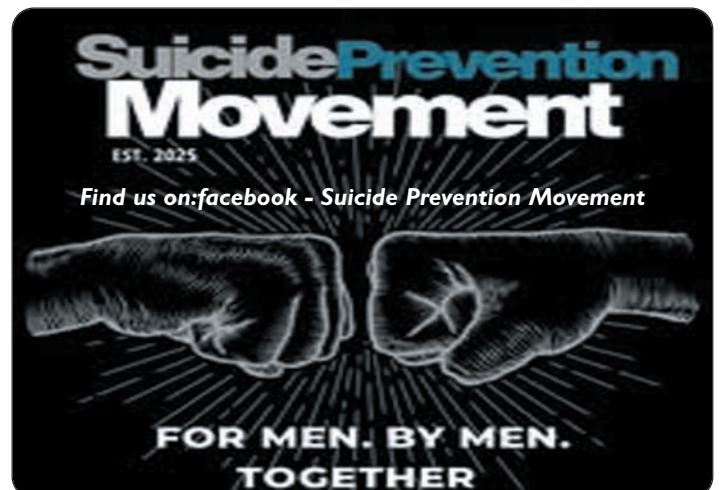
Brixham Battery Heritage Group is a bunch of local people dedicated to preserving the history, heritage and buildings associated with the artillery battery in Battery Gardens. This includes staffing and managing the museum above Fishcombe Cove. The museum opens three afternoons a week and for eight special open days each year.



Volunteers are needed to ensure that this local attraction continues to operate as it has done for the last 25 years. No specific experience is required but an interest in the history of Brixham and its military associations would be an advantage.

If interested please see our website at: www.brixhambattery.org or contact us on Facebook or via email: enquiries@brixhambattery.org

There is no upper age limit but you must be over 18



Brixham AFC

More Than a Football Club: Brixham AFC Opens Its Doors to the Community

Nestled at Wall Park in the heart of Brixham, Brixham AFC — affectionately known as The Fishermen — has become one of Devon's most remarkable footballing success stories. But for those who run it, the club has always been about far more than what happens on the pitch.

Formed in 2012 following the merger of two local clubs, Brixham United and Brixham Villa, the club has risen through the football pyramid at a remarkable pace. From the South Devon League to the South West Peninsula League — where they won the Premier East title in 2022/23 with an astonishing 19 consecutive victories — The Fishermen have never stopped climbing. A play-off victory in 2024/25 saw them

promoted to the Southern League Division One South, their highest level ever. Along the way, memorable FA Vase and FA Cup runs have brought unforgettable nights under the Wall Park floodlights, including a famous victory over Torquay United in the Devon Bowl.

[en.wikipedia.org] [fchd.info] [torbayweekly.co.uk]

Yet at its core, Brixham AFC is a community-focused organisation. The club's mission statement says it all: "to create a community-focused organisation, providing positive life-enhancing experiences using football to help the people of Brixham and surrounding areas achieve their goals." From its thriving youth teams at St Mary's Park to its dedicated volunteers and committee, the club strives to be a welcoming space for everyone — regardless of



background, age, or ability. [brixhamafc.co.uk] And it's not just about matchdays. The clubhouse at Wall Park is open on evenings and offers social activities including darts, making it a great place for locals to unwind, catch up with neighbours, and feel part of something special. Whether you're a lifelong football fan or simply looking for a friendly, welcoming spot to spend an evening, The

Fishermen would love to see more of the Brixham community through the doors. Come on up to Wall Park — you'll be glad you did. 🏆👀

Follow us to hear about opening times, fixtures and events

Facebook - Brixham AFC

Instagram - Brixham_afc_media

X - @BrixhamAFC

WAVES TAXIS
WANTS DRIVERS!
 — Taxi / Private Hire Drivers —
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Join the Waves Taxis team today.