

Brixham Beacon

FREE

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

Issue 7

June 2026



Vigilance under sail off Torquay © Trevor Taylor

Rising Tides and Anchored Hope —

Charting Brixham's Course in June 2026

As the 'May-day' pirate festivities of early May fade into the background and the longer, brighter days of June 2026 fully arrive, our charming, historic port stands at a pivotal crossroads. It is a time that perfectly encapsulates what it means to live in Brixham today: an intense blend of industrious progress, community spirit, and the perpetual, passionate debate over how to protect our unique character.

Brixham is truly humming. The 2026 English Riviera Airshow has left us looking upward, and the 2026 English Riviera Walking Festival (6th–21st June) brings visitors to our shores, inviting everyone to discover the stunning coastline. We are not just a sleepy fishing village; we are a vibrant, bustling, and internationally recognized destination. Yet, this success brings pressure. The Brixham Fish Market expansion plans, driven by record sales of nearly £78 million, highlight the immense success of our fishing industry—the bedrock of our community. But expansion requires

infrastructure. As residents and the town council have rightly pointed out, we must ensure that such growth does not overwhelm our narrow roads or sacrifice essential community spaces like those near the yacht club. Development must move forward, but it must be, "Brixham-first," balancing industrial needs with the quality of life for those of us who live and work here.

This sentiment is mirrored in the conversations around the Monksbridge greenfield site, where developers are proposing 175 homes. We hear the anxiety of residents who want to protect our green spaces and the voices of others calling for affordable housing. The message from the community is clear: growth is welcome, but it must be sustainable, respectful, and planned carefully. It is encouraging to see our local community groups flourishing, bringing people together through everything from textile groups to community bands, proving that the heart of our community remains strong and connected.

As we look ahead to the Brixham Trawler Event on 20th June, celebrating our maritime heritage, let us carry that same passion into the conversations about our town's future. Let's keep up the energy, engage with the 2026 consultations, and make our voices heard.

Brixham is a place that feels deeply, cares strongly, and works together. Here's to a busy, safe, and prosperous June.

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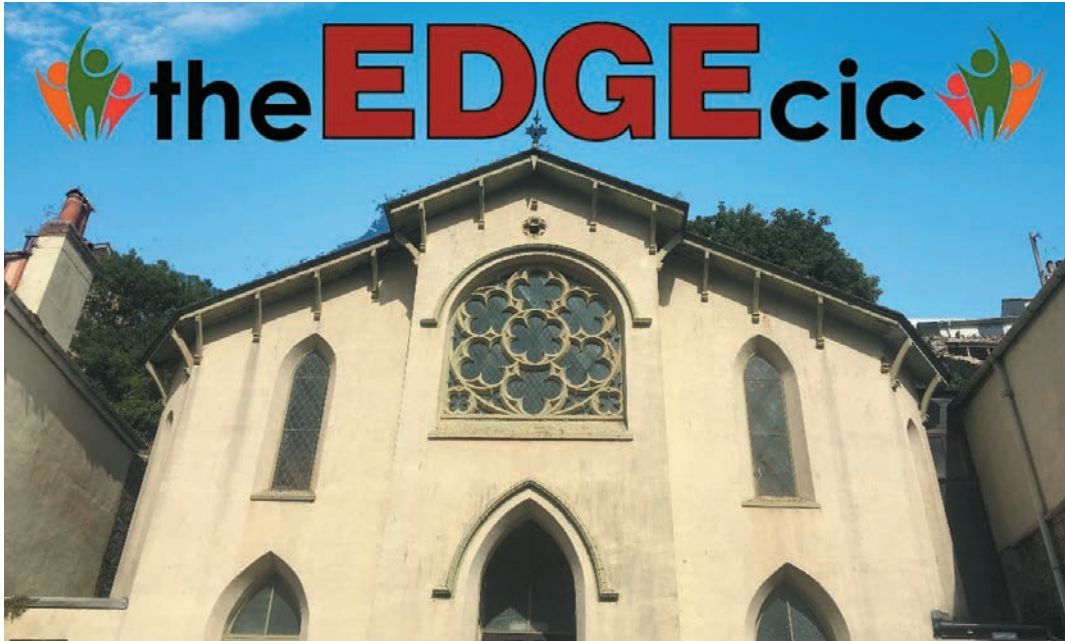
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We're writing to you from our offices at The Edge on Bolton Street — a remarkable Grade II listed building that has stood at the heart of our community for more than 170 years. Many of you will know The Edge as a place of welcome, support, creativity, and connection. For over a decade, the charity YES Brixham ran this historic building as a valued community hub, providing wellbeing

projects, creative activities, and vital local services. When the charity, YES Brixham, sadly went into administration in 2025, there was a real danger that both the building and the services it housed would be lost forever.

In response, our not-for-profit Community Interest Company (CIC) was formed to protect this important community asset and continue its legacy of

care, inclusion, and opportunity. Over the past year, we have worked tirelessly not only to keep The Edge open, but also to safeguard this treasured building for future generations. Alongside developing plans for its long-term preservation and sensitive refurbishment, we have continued to provide essential services including; A community food bank, Citizens Advice support, yoga

classes, music sessions, arts and crafts workshops, volunteering opportunities, room hire, and public events — all while ensuring The Edge remains a warm and welcoming space for the people of Brixham. The Edge now faces an uncertain future. This extraordinary building is at risk of being sold for commercial use, or potentially left vacant and neglected, bringing to an end more than a century of public service and community connection.

As a not-for-profit CIC, we are passionate about the preservation, refurbishment and long-term stewardship of The Edge.

Our vision is to transform it into a vibrant, fully accessible Arts and Community Centre that celebrates local heritage while providing a creative and inclusive space that builds on our mission to support and enrich our community.

If you would like to be part of the conversation to help shape the future of The Edge, we would love to hear from you. You can contact us on 01803 658672 or by email: theedgebrixhamcic@gmail.com or drop in and say hello!

Brixham Beacon

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Brixham Soroptimists

Soroptimist International of Brixham is a high-profile club in the South West Region of Great Britain. We are a club of some 40 members from all walks of life, and our club is 78 years old.

What is a Soroptimist and what do we do?

Soroptimist International is a women's voluntary organisation covering more than 100 countries. We focus on local, national and international projects that help and benefit women and girls. We strive to educate women and girls to have better access to learning opportunities, to empower womems rights in all corners of the world and enable women

to have better health care, food, and to end abuse. We have a voice at the United Nations and is a NGO representing women all over the world.

We meet at Brixham Rugby Club on the 1st and 3rd Thursday of each month upstairs in the Danny Irvine Room and the meeting starts at 7.30pm.

We do have an annual holiday, so we don't meet in August.

We enjoy friendship and fun with other like-minded ladies in our area. We have a lot of fun raising money for various charities both locally and internationally. We make heart shaped cushions for the Breast Care Unit at Torbay Hospital. Along with the Brixham Harriers, we organise the



annual Brixham Seaside Santa Run every year. We support local resident Liz Long who runs Lisa's school in Kenya and has helped to provide toilets for girls, food, uniforms and sanitary protection. We hold coffee mornings, quiz nights, theatre visits, beetle

drives and various other activities and we extend a very warm welcome to anyone who would like to come along to any of our meetings, or if you would prefer to speak to someone beforehand then please telephone 07884 370100

A million steps in May for traumatised children



Brixham resident David Middleton has been running and walking a million steps in May to raise funds to help children in the UK and worldwide who have been traumatised by wars, disasters and other catastrophic events. The challenge is the equivalent of covering over 535 miles, or

like doing a half marathon every weekday and a marathon every weekend day!

He is fundraising for a charity called Children and War. Most charities tell their story in terms of the people they have helped. Sadly, in a world where conflict and environmental disasters fill the news, the story for this charity is about finding ways to help so many children in need. 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 2021, the charity has helped children in more than 26 countries – some of the most vulnerable people in the world.

You may have seen David up and down the coast path, around the harbour - walking or running with a red banner on his back and quite a lot of physio tape on his legs! His target is to raise £20,000 for the life-changing work of Children and War in the UK and overseas.

Please support him and donate if you can, using the QR code or text giving numbers. Thank you.



or Text to 70480

Text 5MAY to give £5

Text 10May to give £10

Text 20May to give £20

Texts will cost the donation amount plus one standard network rate message

Can you help us?

If you walk past the Christian Community Centre in Fore Street on a Tuesday evening, as well as the sound of singing, listen closely and you will also hear a lot of laughter. What's taking place is a rehearsal for the Riviera Singers, a three-part ladies' choir who have been singing in the area for many years. There is a sense of harmony in more ways than one as we rehearse a wide range of music from show tunes to ABBA and prepare for our next concert.

That next concert could be in a variety of settings from churches and community halls to memory cafes and

care homes. We will be singing to bring joy to others and to raise funds for a number of both local and national charities such as Southwest Children's Hospice, Shoalstone pool and the RNLI. We may also be arranging our next social event be it a coffee morning or a meal together; our choir is a community as well as a hobby for many of us.

Currently we are rehearsing with an acting musical director but, thinking of our future as a choir, we would love to have a permanent musical director join us. We are a small choir who want to ensure that members are not



priced out of attending, to do that we offer an honorarium for the position of musical director and are looking for someone with a love and knowledge of music who would like an outlet for their skill and may have the available time.

If that could be you and you are interested in joining our happy choir. . .

*Please contact:
Chairperson,
Anne Adams on:
01803 473678 or
07864 045196*

Brixham Town Chaplain



Little Things

Keith Sayers started his job in 1986 emptying bins and has been doing so ever since. He's travelled the equivalent of 10 laps of the world, collecting nearly a billion items. This commitment was noted by Rushcliffe Borough Council recently for 40 years of service.

He's done the one task repeatedly and made a huge difference to his community – namely, collecting and removing rubbish. Keith stated "I've just got up in the morning and I've done my job and life has just carried on." Take a look around Brixham and you'll find many people like Keith doing little things consistently and well. Serving in shops, running businesses, working for the council, in schools, or providing care in nursing homes and the homes of the elderly or vulnerable. They collect our rubbish or discarded dog poo bags, plant and maintain flower beds, work on the Fishing Quay, Fish Market, or on Trawlers and boats. Others serve as police officers, coastguards, on

lifeboats, ambulances, in the fire service, hospitals or charities. Some drive buses, taxis, maintain roads, telephone, gas, electricity or water networks. Creative types paint murals, write, illustrate or even write computing code or design websites. Some do housework, care for family, cook and clean. Then some simply walk, smiling at and chat to passers-by, the lonely, the stranger or tourist. In Brixham there are many doing such tasks but few will get an award: they won't appear in lifestyle magazines, be praised as "an influencer", or earn appropriate financial recompense. They just do the little things and do them well. One time, Jesus was watching

Darrell Holmes

the crowds coming to the temple and making a show of throwing in their large offerings: they all made sure their giving was observed (and praised!) But then an old widow shuffled up and furtively put in two small copper coins (think 1p coins). Jesus praised this widow more than others who'd given far more, saying "they gave out of their wealth; but she out of her poverty put in all she had to live on".

So you don't have to be rich or influential to make a difference. Just do the small things within your capability and do them well. It may not be removing rubbish from the community, but you'll definitely be adding immense worth and value.

Darrell Holmes

Constituency News . . .

The proposals for the Monksbridge development have been submitted to Torbay Council. By the time this piece is out, the Council may have signed off the construction of up to 175 new homes and half a hectare of commercial and employment land. Even if the council says no, they may well be overruled by central government. While I have no ability as MP to influence planning decisions, I want to take the opportunity to make a broader point about homebuilding, and crucially, what we mean when we use the word community. Labour came into office promising to build, baby, build.

In practice, this means delivering 1.5 million homes by the end of this parliament – and nearly a thousand of these will be in Torbay. They believe this will solve our housing crisis, but as I said in my response to the King's Speech in parliament, enabling developers to build homes that are way out of the reach of local peoples affordability will do nothing to meet local housing need. And simply building swathes of houses is quite different to creating communities. Inglewood is a case in point. When that development is finished, it will have 373 new homes. In its early stages, new

residents were promised a school, a pub and a nursery, but there is no sign of any of those. And as people move into the new homes, pre-existing services are being stretched. Nowhere is this clearer than with our GPs. Inglewood could result in up to 800 new patients joining the nearest surgery. How can they be expected to manage this influx without additional GPs, nurses or physical space? This is a pattern happening across the UK. It's little wonder record numbers are waiting over a month for a GP appointment. The Lib Dems have a clear plan to resolve this: no GPs, no development.

Caroline Voaden MP



No spades should be in the ground before investment in new or expanded GPs is guaranteed. If you do not take steps like this, these developments will just remain stretches of new houses. They need the services that turn them into communities.

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Seven university students stranded on Thatcher Rock

A shout on 14th May 2026, saw the volunteer crews from Torbay's All-Weather (ALB) and Inshore (ILB) lifeboats working closely together to rescue seven university students stranded on Thatcher Rock, off Torquay. Helped by northerly winds and calm waters earlier in the afternoon, the visiting group of international students, swam and paddle-boarded the short distance to the rock. By late afternoon, with temperatures dropping to around 10°C, the group – now getting dangerously cold in the freshening winds – correctly judged the return journey back across the narrow channel to be too hazardous. Alerted by HM Coastguard shortly before 6pm, Torbay RNLi's Coxswain and Launch Authority assessed that the number of casualties and their reported condition, plus the need to quickly access and recover them from the rock, would need the crews of both the ILB and ALB to coordinate the rescue. With the ILB and her three volunteer crew launching at 5:58pm, followed by the ALB with her seven



Torbay's lifeboats off Thatcher Rock, Torquay © Torbay

volunteer crew launching at 6:00pm into increasingly gusty headwinds. The casualties, located on a ledge on the north-easterly part of the rock, were reached shortly before 6:15pm. An ILB crew member was landed onto the rock to report back to the nearby ALB on the casualties' condition and assist the first two casualties onto the ILB. Transferred by the ILB to the ALB stationed a little further offshore, the casualties were then medically assessed by a volunteer crew member who, in her professional life, works as a fully-qualified

doctor. Two further journeys back to the rock saw the remaining five casualties brought back into the ALB for medical assessment and supervision. A final journey back to the rock to collect the ILB crew member assisting the casualty transfers into the ILB, also enabled the crew to recover the paddleboards and other equipment to prevent it washing into the bay and obstructing other users or marine wildlife. Once in the ALB, dry robes, kindly donated last year by Brixham's Latitude Clothing Company, came into their own

and helped warm the casualties as they were brought – relieved to be safe-and-sound – to nearby Torquay Harbour and left in the care of the waiting Torquay Coastguard Rescue Team. Returning to Brixham Harbour, the crews, who included one of Torbay RNLi's eight new trainee crew members working aboard the ALB, readied the ALB and ILB for further service by 7:45pm. *If you find yourself in an emergency situation or spot someone else in trouble, always call 999 or 112 and ask for the coastguard.*

Blister pack recycling

Hannah Beaumont



A collaboration between Me & The Plastic Sea and Prospect Brixham CIC (Hannah and Natasha!) are introducing a new recycling scheme to the town. Blister packs are notoriously difficult to recycle due to being made from multiple materials (plastic, foil, medication residue) yet with the help of the company 'My Group' based in Hull, we are helping reduce Brixham's medication waste. 'My Group' are able to recycle every bit of the product, which is

amazing! So please save up your empty blister packs and bring them along on Saturday 11th July, to our first community collection on Fore Street! We'll be there from 9.30am till 1pm, outside Tesco. And if you'd like to support the scheme moving forward funding wise (we have to pay per box we fill and send off) do please get in touch! So remember folks, save those empty blister packs and spread the word!

Blister Pack Recycling Brixham

Let's stop them going to landfill

New community collection

Get collecting now...

Bring your empty blister packs!

Next 'Big Box' collection:



Saturday 11th July 2026
10am -1pm Outside Tesco on Fore Street

Contact Hannah for more info:
meandtheplasticsea@gmail.com



PROSPECT
BRIXHAM

Blister Pack Recycling Brixham is a collaboration between Me and the Plastic Sea and Prospect Brixham CIC

Supported by the 'Social Blister Pack Recycling Team' project

Brixham in Bloom & Love Your Brixham Garden (LYBG)

Brixham in Bloom is a small group of eight volunteers consisting of committee members, an IT specialist and a graphic designer. There is a far wider group of local people who contribute their time into making Brixham a wonderful place to live and visit. Our place within the town is as an umbrella group for all the gardening groups, looking to connect and support them and share our passions around the love of gardens.

Brixham in Bloom is entered in the RHS South West in Bloom competition and achieved Gold Award in 2025. The group works closely with the Its Your Neighbourhood entries such as Friends of Furzeham Green, The Middle Street Nature Garden, Friends of St Marys Park, Brixham Library and many others. Along with local businesses and other organisations to spread our message of both the physical health and the mental well-being benefits of gardens and outside spaces, regardless of age or ability. We promote this through talks, social media and inclusive involvement in all we do.

Our very own gardening competition, Love Your Brixham

Garden (LYBG), is now in its sixth year and continues to grow. It is open to all in Brixham with entries ranging from a single hanging basket, small and large private gardens, through to allotments and vegetable gardens, there is a place for each of Brixham's keen gardeners. With separate categories for business entries including pubs, cafes, care homes, guest houses... there is a space for everyone. Judging takes place over the summer, usually towards the end of July, with artists and gardeners casting their eye over the entries. A grand celebration evening is held in October for all the participating townsfolk to come together and enjoy the friendship and community that thrives around a simple love of growing things.

Would you like to get involved, either by entering the LYBG Competition or by joining up with one of the already existing garden groups or maybe even starting up something new? If so get in touch via our email: hello@brixhaminbloom.org.uk call on 01803 414925 or maybe pop in to Flour Flower on Middle Street & have a chat.



Love Your Brixham Garden 2026

Name:
Address:

Telephone No:
Email Address:

Post Code:

Private Entry £2.50

Property Type:

- House/Bungalow
- Flat
- Other

Category:

- Small Garden
- Large Garden
- Vegetable/Allotment
- Container
- Doorstep
- Courtyard/Patio

Commercial Entry £5.00

Property Type:

- Pub
- Shop
- Hotel/Guesthouse
- Holiday Let
- Flats/Housing Complex
- Other

Category:

- Small Garden
- Large Garden
- Beer Garden
- Container
- Shopfront
- Other

* By entering you are agreeing for your name and photos to be used for publicity purposes.

The South West Sardine Festival Returns!

Sunday 9th August 2026, 12noon - 9pm



Chris Slack Photography



Britain has some of the best fishing waters in the world - home to an incredible variety of fish - and the South West sardine is proof of it. This summer, Brixham's getting ready to celebrate... The South West Sardine Festival returns to Brixham Harbour on Sunday 9th August, this is a free to attend, family-friendly celebration of the sardine in all its glory. Midday until 9pm. In August, the sardine is in season, abundant and absolutely delicious, and yet somehow this brilliantly humble fish is often overlooked.

Sound Seafood bring them in fresh from local waters at the peak of their season and this festival exists for one reason: to put them front and centre where they belong. Grilled simply over charcoal by some of the UK's top chefs and served with bread and salad for £12 a plate, this is seafood at its honest, brilliant best. Behind the grills this year are familiar South West faces Mitch and Ben Tonks, Jane Baxter, Luca Berardino of Andria and Simone Cook of Beamers, alongside names making the journey down especially for the occasion:



TV favourite Matt Tebbutt, seasonal seafood aficionado Mark Hix, Neil Borthwick of The French House, and Sam White of Fortnum & Mason's 45 Jermyn Street... to name just a few of a stellar lineup! Never tried a sardine before? Now's your chance, fresh and at their best. You might just find a new favourite! And there's a full day to enjoy. Live music, street performers, communal tables by the water, and family-friendly fun from start to finish - including a visit from a mermaid, naturally. For anyone who wants to go a little deeper, a panel discussion on sustainable fishing explores why looking after our seas matters now more than ever, and what we can all do about it. Start the weekend early with fireworks over Brixham Harbour the night before on Saturday 8th August at 9.30pm. Then come back Sunday, hungry and ready. The event itself is free to attend but plates sell out quickly so pre-order yours at www.sardinefestival.co.uk Brought to you by Rockfish, Sound Seafood, and the community of Brixham.



Chris Slack Photography



Chris Slack Photography

An amazing maritime rescue! *Vigilance of Brixham*

Trevor Taylor

Vigilance under sail in Tor Bay © Trevor Taylor



Vigilance is a traditional Brixham sailing trawler. Launched in 1926 at the famous Upham's shipyard she was the last to be built in the town. From elite fishing smack to a near hulk – but could she be saved in time to celebrate her centenary?

This is her story:

It was early morning in Plymouth. The sea mist had cleared but the silence was broken by the screech of a chainsaw as it tore into ancient oak. Sawdust and splinters filled the air as a shipwright cut into the bow of Vigilance of Brixham BM76 – one of Britain's most important sailings trawlers. Listed on the UK Register of Historic Ships she looked as if she was being destroyed rather than saved. Skipper Neil Murray described it as "One of the most frightening things I've ever seen."

That was four years ago, at the start of a major restoration project that would eventually return the classic sailing trawler to better condition than when she first left Upham's yard a century ago.



© Sterling and Son Ltd.

Vigilance has lived more than most vessels ever will. She was built at a turning point, when sail was giving way to power. Her fishing career was short-lived. During the war she served as a barrage balloon tether, protecting Brixham's fishing fleet from German bombers. She was later converted into a gentleman's yacht and sailed to the Arctic. She became a life-long labour of love for Ken Harris, who owned her for 42 years. But she needed more than Ken could give her. Slowly, she slipped out of sight and into disrepair.

By chance she was found in a poor state in Peel Harbour on the Isle of Man by a visiting former Brixham fisherman. He knew skipper Bill Wakeham had been searching for a classic sailing trawler. He picked up the phone. "Bill, I think I've found what you're looking for." Bill was cautious. "How do you know it's a Brixham trawler?" There was a pause. "Because it's got a sodding great BM 76 on the side." That was enough. Bill was convinced. A crew was assembled. Lines were cast off. Vigilance began the long journey home. It quickly became clear just how bad things were. The bilge pumps never stopped. Not for a minute. They ran day and night, fighting a steady, unseen ingress of water. The crew listened constantly to their rhythm, because if that sound changed, if it faltered, there would be no second chance. Every mile south was a mile closer to Brixham. She made it. To make her shipshape again would require far more than enthusiasm. A preservation society was formed, later

becoming a charitable CIO. Volunteers came forward, dozens of them, giving their time, their labour, their skill. For a while, it seemed enough. She even sailed again, taking locals and visitors out into Tor Bay. But the sea has a way of exposing weakness. The leaks worsened. One skipper gave her a nickname "The Leaky Wench", half affection, half warning. The joke didn't last long. It soon became clear that what was needed went far beyond paint and patchwork. This was structural reconstruction. And there was no one to pay for it. No wealthy benefactor. No fishing tycoon. No safety net. It began to look like the end for this precious piece of maritime history. But one thing you learn quickly about the Vigilance volunteers is that they are a determined lot, and defeat is not in their salty vocabulary. They raised money locally, but it was only a trickle. What they needed was an avalanche of cash. Despite brave faces, gloom began to set in. A surveyor declared her unseaworthy. She stopped sailing immediately, bookings were refunded, the outlook was bleak. Her bilges had to be constantly monitored, the pumps switching on even while she sat at her mooring. The furthest she travelled was vertically with the tide. Then, one morning, just as things had reached their lowest ebb, a white knight appeared on the horizon in the form of the National Heritage Lottery Fund, clutching a cheque for £820,000. It was enough to replace the timbers below the waterline.

The transformation was immediate. Where there had been silence and worry, there were now smiles and real optimism. Hope flickered back to life. There was even talk of where she might sail once repaired. But there was still one problem. There were no specialist repair yards in Brixham. Vigilance, in a poor state, would have to be moved. Stirling and Son, specialist boatbuilders based in Devonport, was one of the few yards capable of undertaking such a restoration. They could rebuild her hull if the volunteers could get her to Plymouth. Masts were removed. Weight reduced, only the essentials remained. Skipper Colin



Skipper Neil Murray at the helm © Trevor Taylor

Mawbey watched the forecasts and waited. When a narrow window of weather opened, he made his decision. Crew were called in. Lines were slipped. Under power, Vigilance set out on the 45-mile journey west. For most of the journey they had an escort of dolphins. It seemed a good omen. Their destination was Stirling's Number One Slipway, a place steeped in nautical history, the size of a cathedral and a registered ancient monument in its own right. Nelson's flagship Foudroyant had been built there. Now Vigilance, weathered, leaking, but still afloat, took her place on that same slipway. Skipper Mawbey handed her over to the yard's owner, Will Stirling. Then he left, but not before saying what everyone was thinking: that one day, somehow, she would come home. Built in Brixham in 1926, Vigilance was approaching her centenary. Colin Mawbey's greatest wish was to be at the helm for her return.

Next month, disaster strikes. The vessel proves to be in far worse condition than anyone imagined, and once again the volunteers face the prospect of losing her—unless they can somehow raise the money needed to save her for a second time.



1926-2026
VIGILANCE
OF BRIXHAM

A Cracking Ride (and read!)

Ella Montgomery



his late wife's ashes on Porthminster beach. On his journey, he visits places they loved, unravels their love story and their life together, and re-lives memories. He also encounters challenges that re-shape his understanding of moving forward after tragedy. Much of the book is set in Devon and Cornwall, bringing a strong local element to the narrative. The story was inspired by a friend of the author who travelled with his dog on his motorbike, an image that also features on the novel's cover. Speaking about the book, Ella Montgomery said: "I wanted to write about how people deal with grief and how love can last beyond a lifetime. The journey is physical but it is also a pilgrimage, finding a way to live a full life after a major loss." Blending themes of love, companionship and adventure, *A Cracking Ride* aims to resonate with readers looking for both an emotional story and an uplifting adventure.

The novel is now available in paperback and e-book on Amazon.

Brixham Author Releases Debut Novel Inspired by a Motorbike Journey with a Dog.

A grieving man and his loyal dog set out on an emotional motorbike journey to honour a promise to his late wife. Ella Montgomery, who took up writing while recovering from cancer, has just released her debut novel, *A Cracking Ride*, an emotional love story with an adventure road trip. The novel follows a widower who sets off from Harrogate on a motorbike journey with his faithful Jack Russell dog, J.R., and travels to St Ives, where he promised to scatter

The Way I See It:

Nothing Changes... Until You Do Gregg Norton

A 'Swiss Army Knife' for the Mind - Self-Help / Personal Growth
Rating: ★★★★★

The self-help aisle is crowded with books promising overnight transformations through rigid routines or relentless toxic positivity. Gregg Norton's debut book, *The Way I See It: Nothing Changes... Until You Do*, is a refreshing departure from that noise. Written with raw honesty and zero psychological jargon, Norton offers readers a grounded, highly practical toolkit for navigating modern anxiety, self-doubt, and life's daily pressures. Rather than a dense textbook meant to be read cover-to-cover, Norton deliberately structures his book as a "Swiss Army knife for the mind." It is designed for non-linear reading. Readers can jump straight to specific, standalone chapters depending on the hurdle they face that morning—whether that is a spiral of overthinking, a lack of career motivation, or relationship friction. A standout element of the book is Norton's vulnerability regarding his own life. He writes candidly about the exhausting trap of living as a "chameleon"—constantly changing his personality and wearing different masks to fit into various social circles. By sharing his own setbacks and the process of stripping away these manufactured identities, he creates a safe space for readers to examine their own habits without judgment.



The core thesis of the book relies heavily on personal accountability. As the subtitle suggests, Norton firmly believes that external circumstances rarely improve until an internal shift happens first. He challenges readers to stop reacting blindly to life's chaos and start intentionally directing their default behavioural patterns. Its simplicity is its ultimate strength. By ditching the textbook theories, *The Way I See It* delivers immediate, actionable mental checkpoints that anyone can implement. It is an ideal, comforting read for anyone feeling stuck in a rut and looking for a practical map to help them get out of it.

The Way I See It: Nothing Changes... Until You Do is out now online. To order, visit: <https://amzn.eu/d/odsZojVz>

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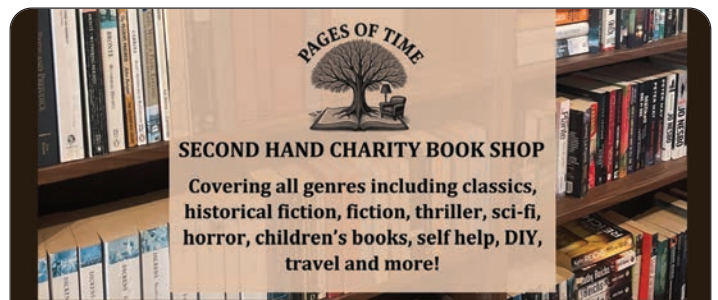


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Sometimes the message is for us too

Emily Papirnik

As therapists, healers, and space holders, we often believe that we are the ones guiding others towards insight and change. Yet over time, many of us come to realise something deeply humbling – every client teaches us too. Sometimes quietly, sometimes profoundly, and often at exactly the moment we need it most.

There are occasions when a client sits before us sharing their struggles, frustrations, fears or grief, and as we respond with compassion and wisdom, something unexpected happens. The words we are offering to them begin to echo back towards ourselves.

“Be gentle with yourself.”

“Try looking at it from a different perspective.”

“How could this feel better?”

“What small step could turn this into a more positive outcome?”

As therapists, we are trained to listen deeply, but perhaps one of the greatest lessons is learning to hear our own voice within the support we offer

others. It can feel almost as though fate, timing, or something greater than ourselves brings people to us carrying not only their own healing journey, but also messages we need to remember for our own lives. There is something incredibly powerful in recognising this. We begin to understand healing as a shared human experience. The therapist is not “finished” or beyond struggle. We are continually evolving too. Life still presents us with uncertainty, overwhelm, self-doubt, and moments where we forget our own wisdom. Our clients can become mirrors. A client learning to trust themselves may remind us to trust our own path. Someone navigating change may encourage us to stop resisting our own transitions. Another finding courage to speak honestly might inspire us to do the same.

When we remain open to these moments, our work becomes richer, more authentic, and deeply reciprocal. This can also become a valuable learning tool for therapists

and anyone working in supportive roles. At the end of each day, it can help to pause and reflect:

- What did I learn from my clients today?
- Which words stayed with me?
- Was there advice I needed to hear myself?
- What emotions surfaced in me during sessions?
- Is there an area of my own life asking for gentleness, perspective, or change?

Writing these reflections in a journal can help uncover patterns, personal growth, and deeper self-awareness. It allows us to continue learning not only through



training and qualifications, but through the beautiful human connections we experience every day. Healing is never one-directional. The people who sit opposite us are not only there to receive support, but also to unknowingly remind us of truths we have temporarily forgotten.






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

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The Athlete's Secret Weapon: How Regular Massage Boosts Performance

Natalie Wayne BSc Hons Sport & Exercise Rehabilitation



Whether you're a runner, gym-goer, weekend footballer or simply someone who enjoys staying active, performance isn't just about training hard it's about recovering well. One of the biggest performance advantages people overlook is regular sports massage. When you exercise, your muscles go through a constant cycle of stress, repair and adaptation. Small amounts of tightness are totally normal, but if tension builds up faster than your body

can clear it, movement becomes restricted and performance starts to drop.

Here's what sports massage does behind the scenes:

- 1. Improves Muscle Function**
Massage helps muscle fibres glide smoothly and reduces the "sticky" feeling that limits flexibility. Better tissue quality means better movement.

- 2. Enhances Recovery**
By increasing circulation, massage speeds up the removal of waste products from training and brings fresh nutrients into the muscles. This reduces soreness and helps your body bounce back faster.

- 3. Prevents Overuse & injuries**
Most sports injuries don't appear suddenly they build up silently. Regular massage identifies tight or overloaded areas before they reach the point of pain.

- 4. Improves Joint Movement**
Tight muscles restrict how your joints move. Freeing up those tissues means better technique, smoother lifting, faster stride length and reduced compensation.



- 5. Supports Consistent Training**
The real secret to performance isn't one amazing session it's staying injury-free long enough to train consistently. You don't have to be an elite athlete to benefit from this. If you enjoy being active, sports massage is one of the smartest tools to keep you performing well, recovering quickly and enjoying your training all year round.

Healthy Minds Torbay - wellbeing and support in the community



Healthy Minds Torbay

Healthy Minds Torbay provides wellbeing and support in the community; emotional wellbeing support, support for those renting locally, activities and training and awareness courses.

*Our motto is:
"Be seen, Be heard,
Be supported"*

We do this by offering in person, telephone and online appointments. Appointments are offered quickly, so that there isn't too long to wait, they are delivered by a small team of

volunteers trained in active listening and support. For those renting homes locally, we know that sometimes it can be hard to resolve issues that might arise- like repairs for instance. We help you to understand your rights and what might be the best approach to take towards solving the issue. Our volunteer has been part of the campaign for renter's reform. When life is lonely it can be hard to know where you can go to feel included, we work closely with other organisations like Middle Street Walkers, and

Brixham Community builders. We also run our monthly gamers group for over 18s which not only brings people together who are like minded in a safe space, there is a volunteer on hand to talk to if life has been challenging. Training and awareness are important to us, our volunteers all receive up to date training on various topics- we are also starting to offer this out to the wider community - recently we collaborated with Adrian Kandes who delivered an autism awareness session. We hope to repeat this and other courses in the near future. We have worked in the community for three years and we look forward to continuing for many years to come.

*Healthy Minds Torbay support service
Telephone number is
07442 509736*



Finding a solution for you! Part 2

Michael Lawson

Welcome back!

Well done for writing your lists in the last edition. I am sure it wasn't easy, but you DID IT.

Now you're positively moving forward and have taken control of your situation.

If you missed the first edition or can't remember the steps - follow the process from the start online, visit:

www.brixhambeacon.com/archive-articles/michael-lawson/finding-a-solution-for-you

Step 2:

What steps must be taken to change:

From step 1, and filling out the positive and negative table you should recognise the following:

Is it worth carrying on the way you were, why have you been carrying out the behaviour that is not serving you and any other relevant points.

If you still aren't sure, go back and check if you've missed

something or were not completely honest with yourself.

Now I want you to write a list of all the possible things that you feel could help you to get out of your situation.

Bearing in mind all the points and revelations from Step 1.

To give you an idea there are a couple of things that I wrote when fighting out of my drug addiction.

1. Acceptance and forgiveness
2. Habit-changing (physically / mentally)
3. Change my circle of friends
4. Must change as I have no choice

Acceptance: *(this is the version that I have in my book)*

Without accepting your situation, it's not possible to move forward and repair yourself. It's like your car has

a damaged gearbox, but you keep on repairing other parts because you don't believe the gearbox is the problem. Will your car ever run right, or keep breaking down?

It is very, very hard and painful to look in the mirror or deep inside yourself and say, 'I have a problem. I have lost the battle. I am a drug addict/alcoholic/[insert your own issue here]. I don't have the power to say no to this substance. This substance is more important to me than my kids, family, friends and everything I love in this world.' It's sad to say, but I put drugs and partying first in terms of my actions. I always claimed to love my kids more than anything, but this did not show through my actions. I put my drugs first and risked everything for that high.

Remember:

Talking is easy and means ZERO. It's your actions that count and matter.

When I truly admitted this to myself, I broke down in tears,



a broken man. The proud man I once was – Mickey One Punch (a nickname given to me in my army days) – was no more.

I cried uncontrollably for a while; the pain in my soul was terrible. But once I calmed down, I felt a huge sense of relief and hope. There was light at the end of the tunnel. After completing these steps you should know the WHY and what needs to be done to change.

In the next edition. . .

I will explain the third Step. Till then, be kind to yourself

Mike

A Foster Carer from Torbay

David Giles

Fostering in Torbay

It has always seemed entirely logical to me, that if our society were to ensure that young people received the best care, education and support from an early age, later life problems, such as mental health issues and criminality would surely be substantially reduced. During my time as a Foster Carer, along with my wife I was able to provide a safe haven for children who were removed from their homes, sometimes because of extremely poor care or abuse, but also because their parents lacked the skill sets to look after them, despite loving them greatly.

Once in the care of Children's Services, it is easy to come to a foundational belief that a child's worries and concerns are behind them, as they are now being protected by a professional body, and entrusted to the loving care of a foster family.

While this is usually true, it is also the case that the dedicated social workers who

provide support for children and carers within the safe haven of a temporary, but loving family unit, are often working in extremis as they do so, lacking the financial ability to build and sustain a well-rounded and successful service.

Despite the chronic shortage of both carers and social workers, it is truly remarkable that Torbay Council's Children's Services Department has followed a journey from inadequacy during the early years of my involvement as a Foster Carer, to a point where it has been consistently rated as a Good care provider over the past 5 years or so.

It is a testament to the dedication of the staff, senior management and carers that these high standards have been maintained over such a long period, despite the difficulties of recruiting and retaining the numbers that are required to ensure the ongoing success of the service. While we have some very good Foster Carers here in Brixham, it is very much the

case that more are needed to come forward to join the community of carers that support children around the Bay.

From my own experience I can attest that the greatest gift that we can give to children whose circumstances require removal from their family, is a warm and loving home, where calmness, care and an ability to listen to them when they feel the need to convey their feelings, coupled with good guidance as they navigate their passage through uncertain waters.

In occasional circumstances children may return to their parental homes, but often the next chapter of their lives will be with an adopted family. When this occurs the good Foster Carer carefully prepares the child or children, alongside their Child Support Worker and the professional staff at Adopt South West, all of whom operate as a team to ensure that the journey to a new home is carefully managed to ensure a smooth transition.

While it is not always the case,

very often Foster Carers will develop a close relationship with the adoptive families and will maintain contact with both them and the children in the years that follow their adoption.

If you have a spare bedroom in your home, and feel that you can provide the love and care that is needed to look after a child as part of the local Foster Care team, please feel free to call me on 07591 104034, or email dgdmvc@gmail.com, in the 1st instance, and I will be happy to talk to you over a coffee, and provide the connections to Torbay Council's Children's Services Department, where you will be able to explore the options for joining the team.



Your Life is a Book

I think one of the biggest mistakes people make in life is believing the chapter they're currently in is the whole story.

A bad few months suddenly becomes "my life is ruined." A mistake becomes "this is who I am."

A difficult period becomes "things never get better." But life doesn't work like that... Life moves in chapters - Some chapters are exciting... Some are peaceful... Some are painful... Some are confusing... Some feel like everything is finally making sense, while others feel like you're completely lost. The problem is, when we're inside a difficult chapter, we often convince ourselves the story ends there. It doesn't...

A chapter is not the entire book.

I think a lot of people carry old chapters around for far too long as well - They keep reading the same painful memories...the same regrets...the same mistakes and the same moments that hurt them. It is almost as if they've accidentally become emotionally trapped inside those pages. Meanwhile life is still trying to move forward.

You can't change the chapters that have already been written - but you can influence the next ones. That's the important part... and I invite you to read that line again !!

Not pretending bad chapters never happened... Not ripping pages out... Not ignoring difficult memories - But understanding that one chapter does not define the entire story.

Some people spend years believing they are broken because of one period of their life.... Others allow one failure to stop them ever trying again.

But if every good story ended during the difficult part, nobody would ever finish the book.

Growth often happens in the chapters we'd never choose for ourselves - The uncomfortable ones... The lonely ones... The uncertain ones etc.

Because those chapters usually teach us the things comfort never could.

And sometimes the strongest thing a person can do is stop obsessing over the chapter they're in and remember there are still plenty of pages left to write.

So what are you waiting for - start writing!

Gregg Norton



"Smiling is healing baby"



Could you be a Foster Carer?

Chris Gomm

"Life-affirming - Rewarding. Fun - Challenging - Exhilarating"

Torbay Council asked local foster carers to sum up in one word what it felt like to them to foster a child. Above are some of the words they used. Torbay always needs more foster carers. If you are thinking of becoming a foster carer and want to know more, please get in touch.

You can be a foster carer in many different and rewarding ways.

Children sometimes need to be cared for:

- On an emergency basis and only for the short term
- Alone, or with their siblings
- In a specialist assessment situation known as a parent and child placement

At other times we are looking for people who can provide a break or respite. This is also known as stay over care to the main foster carer. It may be to give families of children with a disability regular support under our short breaks scheme. Sometimes children need more long-term options. This gives them the stability and security they need to thrive.

If you Foster with Torbay you can access a range of support and benefits including:

Extensive support and training from:

- Torbay's Fostering service
- External trainers
- Torbay's Learning Academy
- A dedicated social worker.
- Mentoring and support from an experienced foster carer.
- A weekly payment and lots of benefits and discounts.
- Additional professional support. For example, teachers, doctors, health visitors, school nurses, etc.
- The opportunity to attend local support groups with other foster carers.
- A phone line for support, guidance and visits if needed.
- The opportunity to attend a quarterly foster carers forum.
- Regular fun events with the children, including:
 - Summer Barbecue
 - Annual Christmas Party
 - Various tickets / discounted tickets for attractions in and around Torbay.
 - Tickets for the Christmas Train of Lights with Dartmouth Steam Railway and Riverboat Company.



Interested?

You can contact the Fostering service on 01803 207845, email

fostering@torbay.gov.uk, or visit our Fostering webpages www.torbay.gov.uk/fostering

The Fostering team are also attending a range of events across the summer, including

Galmpton Gooseberry Fair at Warborough Common, Slade Lane, Galmpton, Brixham, TQ5 0JY on Saturday 5th July from 11.00am to 6.30pm.

More information on events is on the Torbay Council website or search: #FosterWithTorbay



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Change a child's future

Find out more on 01803 207845 or fostering@torbay.gov.uk torbay.gov.uk/fostering





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TORBAY COUNCIL

Classic Cars

Classic car enthusiasts celebrated "Drive It Day" on April 26th as part of the country wide initiative encouraged by the FBHVC (Federation of British Historic Vehicle Clubs) to get out on the road in our cars and publicise our hobby and interests. The FBHVC is a national organisation recognised by Parliament as the main lobbying organisation to communicate with and to seek advice from the not inconsiderable numbers of classic car enthusiasts countrywide. I always try and support this day, and it is fun to travel a bit outside your immediate locality and try and spot/record any classic cars you meet on your travels. My local FBHVC registered classic car club is the DVCC (Devon Vintage and Classic Club) They decided to meet at the South Devon Railway (SDR) at Buckfastleigh with which we have a very good relationship and they have a big field for parking!! Spotted on my journey up from Brixham were a classic Mini, MG Midget and two Morris 1000 convertibles both filled with passengers waving enthusiastically at my large bright red Bristol 409 saloon. On arrival at the SDR a wide variety of classics were already in attendance. The oldest was a Crossly five-seater tourer dating from 1924. This was part of a fleet of 8 similar cars exported to New Zealand in that year for use as a fleet for the royal visit

of King George V in that year. After the many years since that use the car was restored in recent years in New Zealand and then returned to its homeland in the UK a few years ago. Crossly were a Manchester heavy engineering firm of world-wide repute making cranes, large steam and gas engines for powering cotton and spinning mills etc before designing and building some very rugged large cars. These cars were used extensively in WW1 as military staff cars behind the trenches. The over 20 strong DVCC group on the day were a very varied mix running from the Crossly right up to a pair of full rally prepared Ford Escort Mk2's with my 1967 Bristol 409 gentleman's saloon parked right on the end of the line. Spotted in Brixham central car park ready for Drive it day was this lovely Triumph Stag in gleaming white, which I believe belongs to a local owner in my part of Brixham (Gillard Road). Every classic owner likes to have pictures of their cars and in this day of mobile phones with excellent cameras it is no problem to capture multiple images of your favourite cars. However, what if you have a favourite picture that you would like to enlarge or improve? What about a painting of your car? What about a framed painting as a gift to the car owner? I was recently contacted by a local artist who specialises in automotive



subjects and offers to paint from a photograph in full colour in return for a modest fee that goes to our wonderful local charity, Rowcroft Hospice. I intend to immortalise my own bright red Bristol in this way and if you want to do the same, I suggest you contact John Taylor, via email: pontaylor808@btinternet.com The largest and most varied classic car show in our immediate area is the Riviera classic car show on Paignton Green on Sunday 26th July. Organised by the Torbay Old Wheels club this very well-

established show is always well supported with some entrants making a weekend of it and travelling from beyond Devon's borders to attend. I hope that the sea front flood prevention/seawall reinforcement works will not impinge too much this year. What's on in Torbay should have all the details as part of our local council publicity web site and magazine.

If you have any comments or items, you are curious about please contact me on ctc8242@gmail.com or via the editor.



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Quay Harmony Ladies Choir

Janet Bradley



Quay Harmony, a Brixham based social ladies choir recently delighted an appreciative audience as guests of the Brixham Male Orpheus choir at a Spring concert held at St George's Church, Goodrington in aid of Children's Hospice South. Conducted by their very talented Musical Director, Jeremy Kenyon and accompanied by an accomplished pianist, Karen White, they performed a varied repertoire including May It Be from Lord of the Rings, Fix You by Cold Play and Anthem from Chess. They

sang two pieces, namely Harbour and Swing Low Sweet Chariot with the Orpheus Male Voice Choir, who were conducted by Llana Jacobs. The whole concert was a resounding success and Quay Harmony hope to sing with the Brixham Male Orpheus Choir in the future. The choir are still recruiting new members but have a limited number of vacancies in all voice sections. There is no necessity to be able to read music, just to have enthusiasm and a love of music. We sing a wide selection of music from

Musical Theatre to Classical. Rehearsals are held at Brixham Rugby Club 7 - 9pm on Tuesday evenings and everyone is welcome to attend two free sessions before they decide to join. The cost per session is then £7 and music is provided. Contact Kim Wilson on: 07532 762580 for more information or look on our facebook or Instagram page.



Our Summer Concert this year is on Tuesday 16th of June 7pm - 9.30 pm at Churston Church. Guest performers are the Galliard Recorder Trio and the very talented folk group, The Sea Hounds. Refreshments will be provided by the church community members. Proceeds from the concert will be split equally between Churston Church and the Choir. The cost of entrance to the concert is £8 payable on the evening. Please support us!

News from South Devon Players

Laura Jury



June is the launch of our 20th anniversary theatre production, starting in our hometown of Brixham, then touring, including making our company's London debut, and then streaming on TV globally. With a cast and crew of 25, and 60 handmade period costumes from recycled materials, we would love to see you support local creatives

at our Brixham matinee and evening performances of The Scarlet Pimpernel at Brixham Theatre on Saturday 13th June. Based on the famous novel, and suitable for all ages, The Scarlet Pimpernel combines adventure, intrigue and humour in equal measure. In 1792, at the height of the French Revolution, in Paris,

people destined for the Guillotine, begin to be rescued. This rescuer can never be identified, a pseudonym – the Scarlet Pimpernel. Meanwhile, in London, Sir Percy Blakeney; who is widely known to be the leader of London fashion, marries Marguerite, a beautiful, intelligent French actress, while Citizen Chauvelin, an agent of the French government, arrives in London, seeking the identity of the mysterious Scarlet Pimpernel.

You can book tickets for the Brixham shows from Brixham Theatre or Brixham Library and find out about the rest of the tour on our website www.southdevonplayers.com We will also shortly be announcing open auditions for our autumn production of Jack the Ripper.





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The June Spotlights are on . . .

Dartmouth Road, Churston Ferrers

Gliddon Cars & Motorcycles



Driven by Local Values: Gliddon Cars & Motorcycles of Churston

A family owned and managed business, Gliddon's sits in the heart of Torbay — perfectly placed between Brixham and Paignton on the A3022.

Specialising in quality used Ford cars and light commercial vehicles, and as stated in Autotrader, the team pride themselves on sourcing nearly-new and low-mileage examples of the very highest standard. Whether you're after a nimble Fiesta for the coastal lanes or a capable Kuga for family adventures across Dartmoor, there's something on the forecourt worth a look.

According to the Motor Ombudsman... Beyond sales, Gliddon's manufacturer-approved service centre is staffed by factory-trained Ford technicians using genuine Ford parts, with fixed-price servicing and repairs for full transparency. The workshop is regularly inspected by the RAC as part of a stringent quality programme — so you leave with real peace of mind, not just a receipt.

In a world of faceless online car buying, it seems that Gliddon's is a reminder that local, personal service still wins.

**Brixham
Buy Local**

Gliddon Cars
Dartmouth Road,
Churston Ferrers,
Brixham TQ5 0LH
Tel: 01803 842245
www.gliddoncars.com

Churston Traditional Farmshop



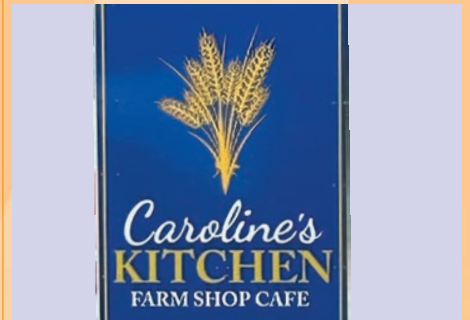
From Field to Fork: Churston Traditional Farm Shop

Churston Traditional Farm Shop. Founded in 2008 by long-standing livestock farmers with a passion for showcasing the finest produce of the South Hams and wider South West, it has grown into far more than a shop. Locally sourced meat, vegetables and dairy, sit alongside chutneys, jams, home made cakes, made fresh on site, biscuits, and pasties, freshly made on site, (a particular favourite in our household is the Steak and Stilton, which is packed full of succulent beef and strong stilton cheese.) You can find local wines and ales — all displayed, as the founders intended, with the elegance you'd expect from a luxury food store. Nominated for Best Independent Food Shop and Butchers of the Year for six consecutive years in the Devon Life awards, this is a place that takes quiet pride in doing things properly. There's also a garden centre, ample parking, and you can even have your car washed while you eat in Caroline's Kitchen Cafe. A proper Devon gem.

**Brixham
Buy Local**

Churston Traditional Farm Shop,
Dartmouth Road,
Churston Ferrers,
Brixham TQ5 0LL
Tel: 01803 845837
www.churstontraditionalfarmshop.org.uk

Caroline's Kitchen Cafe



A Table Worth Pulling Up: Caroline's Kitchen at Churston Farm Shop

Tucked inside Churston Traditional Farm Shop on the Dartmouth Road, Caroline's Kitchen is the kind of café that earns its reputation one plate at a time.

Offering everything from a hearty breakfast to a proper Devon cream tea, the menu is built around the same award-winning local produce you'll find on the shop shelves next door — meaning the food on your plate has rarely travelled far.

Everything is cooked on site, the restaurant is fully child-friendly with half-portions for younger diners, a nappy-changing area, and an all-weather play area outside — making it a genuinely easy choice for families. Dogs are welcome in certain areas too, so four-legged holiday companions needn't be left in the car.

The location on the main route into Brixham means it's easy to find, with plenty of parking — and if you time it right, you can hand your keys to the car wash next door and return to a clean car and a full stomach.

Simple, local, and thoroughly Devon.



Caroline's Kitchen,
Churston Traditional Farm Shop,
Dartmouth Road, Churston Ferrers,
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Money Mike says . . .

Cash flow is King: Why small UK businesses live or die by their accounting

Michael McCau

Ask any small business owner in Britain what keeps them up at night, and most will give you the same answer, cash flow. Not sales, not competition, it's always cash flow. And yet, despite it being the single most critical measure of a business's health, accounting is still the task that gets pushed to the bottom of the to do list, often until HMRC forces the issue. The truth is, accounting for small businesses in the UK is about far more than filing a Self-Assessment return or submitting VAT. Done well, it's a live dashboard of your business telling you not just what you've earned, but whether you can afford to

hire, invest, or simply make it through a slow January. There's a significant difference between accounting for compliance and accounting for decision making. Most small business owners do the former and only record transactions because they have to, then hand everything to an accountant once a year. But the businesses that grow sustainably tend to be run by owners who actually understand their numbers month to month. That means knowing your gross margin, tracking whether your largest customers are actually your most profitable ones, and understanding the difference

between profit on paper and money in the bank. A business can be technically profitable and still run out of cash, a situation that catches far too many UK small business owners off guard.

The most common accounting errors in small UK businesses are surprisingly consistent: mixing personal and business finances, failing to set aside money for tax throughout the year, and neglecting to reconcile accounts monthly. Each one is preventable, and each one can cause serious damage when left unchecked. Hiring a solid bookkeeper, even part time, often pays for itself within months. The time saved, penalties avoided, and



financial clarity gained far outweigh the cost. From my personal experience, good accounting won't grow your business on its own. But poor accounting has ended more than a few promising ones.

Brixham Caves

Hilary Emms

Ash Hole Cavern is located between the town and Berry Head and was partly explored in 1840 by the Reverend Henry Lyte and later by William Pengelly. Remains of many animals' including reindeer were found. There is a legend that a subterranean passage connects it with Kingswear or Dartmouth. Windmill Hill Cavern was discovered in 1858 and later explored in 1858 and 1859 by a committee set up jointly by the Royal Society along with

the Geological Society. This Cavern is otherwise known as Philps or Brixham Cavern. It is recorded that in 1858, builder John Lane Philp recovered a pickaxe which had fallen into a hole in the ground during construction of a house in Mount Pleasant Road, this revealed the existence of the cave. It was proved that humans co-existed with extinct fauna. 36 Palaeolithic artifacts were discovered, the first being a flint knife. Also, remnants of

an ancient species, the auroch (an extinct species of bovine wild ancestor of modern domestic cattle), woolly mammoth and spotted hyena (long absent from Europe). The caves were very popular and opened to the public but

closed in 1977. There was also a third Cavern known as Bench Bone Cavern which was located in the quarry at Freshwater, this was destroyed by later quarrying although some evidence remains of it.

“ Accounting is the language of business ”

Warren Buffett

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For more information, visit:
vesselcore.co.uk and complyright.co.uk

The full story will be featured in the July edition of Brixham Beacon

New parents urged to claim Child Benefit



One in three new parents are missing out on Child Benefit payments in their baby's first year, new figures reveal. HM Revenue and Customs (HMRC) is urging parents who welcomed a baby this Spring to claim now via the HMRC app or online at GOV.UK.

While more than 6.8 million parents received Child Benefit in the year to August 2025, only 68.8% of them claimed the crucial government support before their baby's first birthday.

More than 140,000 babies were born between April and June last year and while many parents are enjoying new beginnings this Spring, the latest statistics show thousands of families could be missing out on much-needed cash by delaying their claim. Child Benefit is worth £27.05 per week - or £1,406.60 a year - for the eldest or only child and £17.90 per week - or £930.80 a year - for each additional child, with no limit as to how many children parents can claim for. Child Benefit can be claimed

48 hours after the baby's birth is registered but can only be backdated for up to 3 months from the date HMRC receives the claim, meaning thousands of families are not getting what they're entitled to receive. Parents can access their Child Benefit account quickly and easily via the HMRC app. In a recent survey, half of parents with children under the age of 18 said that they would like to be able to conduct all of their tax matters digitally.

To make a new claim for Child Benefit, parents can create an online HMRC account and will need:

- child's birth or adoption cert.
- bank details
- National Insurance number for themselves and their partner, if they have one
- child's original birth or adoption certificate and passport or travel document, for children born outside the UK.

HMRC has released a YouTube video explaining how parents can make a claim, with payments usually paid every 4 weeks automatically into a bank account.

Recognition of Longterm Member of Rotary Club

David Bulmer, a member of the Rotary Club of Brixham, has just been awarded a Rotary Paul Harris Fellowship Award by Rotary's District Governor, Sam Cross. She commented: "A Paul Harris Fellowship award is a prestigious award, named after the founder of Rotary, it is given to individuals who have made an exceptional contribution to their community, David has proved himself worthy of this accolade."

Rotary Brixham President, Maggi Douglas-Dunbar said: "David has been a member of Rotary for over forty years and in his time has always adhered to the principles of the organisation. It is a well earned award and David putting service before self is a fine example of this."



David Bulmer receiving his award from Sam Cross, District Governor of Rotary in the South West

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June Wellbeing:



Supporting Hay Fever Naturally

For many people around Brixham, June is when hay fever season really starts to kick in. While the warmer weather and longer days are welcome, high pollen levels can leave people feeling tired, foggy and generally run down. What many people do not realise is that hay fever can affect more than just sneezing and itchy eyes. Poor sleep,

headaches and fatigue are all common during this time of year, especially when symptoms continue for weeks. Alongside conventional treatments, some people find that small lifestyle changes may help reduce the impact of symptoms. Keeping windows closed during high pollen days, showering after long walks and drying clothes indoors can all help make a difference. Certain foods and supplements

are also commonly looked at during hay fever season. Local honey is often talked about anecdotally, while vitamin C and quercetin are popular choices that some people choose to include as part of their wider wellbeing routine during periods of high pollen. Herbal teas and soothing natural products may also help people feel more comfortable day to day.

It is also important to support general wellbeing through good sleep, hydration and balanced meals, particularly during busy summer months when routines can become more disrupted. At Porridge, our family run health food shop here in Brixham, we often help customers explore natural products, herbal teas and supplements that may support wellbeing during hay fever season, alongside a healthy lifestyle and any advice from their healthcare professional. For many people, a few small adjustments can make summer feel much more enjoyable.

Cal Sherry of Porridge



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The Pantry's Voice *Pam the Cook*

Starter



Garlic Mushroom Bruschetta

Serves 4

1 baguette or sourdough loaf
300g chestnut mushrooms, sliced
2 cloves garlic, crushed
25g butter

1 tbsp olive oil

Small handful fresh parsley,
chopped

Salt and black pepper

Optional: grated parmesan

Method:

1. Slice the bread and drizzle lightly with olive oil.
2. Toast under the grill for 2–3 minutes each side until golden.
3. Heat butter and olive oil in a frying pan over medium heat.
4. Add the mushrooms and cook for 6–8 minutes until softened and golden.
5. Stir in the garlic and cook for another minute.
6. Season with salt and pepper and stir through parsley.
7. Spoon the mushrooms onto the toasted bread.
8. Finish with parmesan if using and serve warm.

Main Course



Steak with Crispy Roast Potatoes & Peppercorn Sauce

Serves 4

For the Steak

4 sirloin steaks

1 tbsp olive oil

Salt and black pepper

For the Roast Potatoes

1kg Maris Piper potatoes

3 tbsp vegetable oil

Salt

For the Peppercorn Sauce

25g butter

1 shallot, finely chopped

1 tbsp green peppercorns

100ml beef stock

100ml double cream

Splash of brandy (optional)

Method:

Roast Potatoes

1. Preheat the oven to 220°C (200°C fan).
2. Peel and chop the potatoes into chunks.
3. Boil in salted water for 10 mins
4. Drain well and shake in the pan to rough up the edges.
5. Heat oil in a roasting tray in the oven for 5 minutes.
6. Add potatoes carefully and roast for 45–50 mins, turning halfway.

Peppercorn Sauce

1. Melt butter in a saucepan.
2. Cook the shallot gently for 3–4 minutes. Add peppercorns and brandy if using.
3. Pour in beef stock and simmer for 5 minutes.
4. Stir in cream and cook until slightly thickened.

Steak

1. Remove steaks from the fridge 20 minutes before cooking.
2. Rub with oil and season.
3. Heat a frying pan until very hot.
4. Cook:
 - Rare: 2–3 mins each side
 - Medium: 4 mins each side
 - Well done: 5–6 mins each side
5. Rest for 5 minutes before serving. Serve with the crispy potatoes and spoon over the sauce.

Dessert



Chocolate Brownie Sundaes

Serves 4

Ingredients

4 chocolate brownies

Vanilla ice cream

Chocolate sauce

Strawberries or raspberries

Whipped cream

Chopped nuts (optional)

Method

1. Warm the brownies slightly in the microwave or oven.
2. Cut into chunks and place into serving glasses or bowls.
3. Add scoops of ice cream.
4. Drizzle with chocolate sauce.
5. Top with whipped cream, berries and nuts if using.
6. Serve immediately.

Eating out *Culinary Compass Scribe*

The Railway Inn, Brixham



Another Sunday lunch outing for us this month...

Who doesn't love a Sunday lunch?

Our recent visit to The Railway Inn, Brixham certainly did not disappoint!

Nestled beside the historic steam railway line, this charming pub offered not only fantastic food, but also a wonderfully relaxed atmosphere in its spacious beer garden.

We chose the roast dinner, which arrived beautifully presented and generously portioned. The meat was tender and full of flavour, accompanied by perfectly cooked roast potatoes, seasonal vegetables, rich gravy and towering Yorkshire puddings that were crisp and golden. Every element tasted homemade and carefully prepared. A special mention must go to the cauliflower

cheese side dish, which was exceptional. Creamy, cheesy and indulgent, it was the perfect addition to an already impressive meal.

As we sat outside enjoying the sunshine, the experience was made even more memorable when a steam train passed by, adding a touch of nostalgia and charm to the afternoon. The service throughout was friendly, welcoming and attentive, making us feel genuinely looked after. Delicious food, generous portions and a unique setting make The Railway Inn a wonderful spot for a relaxed and satisfying Sunday Lunch.

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Citizens Advice Torbay reports 100% rise in housing enquires as renters' rights act comes into force

Citizens Advice Torbay has recorded a significant increase in local residents seeking support with housing issues, with data from April 2026 showing that housing-related enquiries doubled compared to the same period last year. The surge in demand coincides with the Renters' Rights Act 2025 that came into force on 1 May 2026, which abolishes assured shorthold tenancies and ends Section 21 and no-fault evictions for private renters in England.

In the weeks leading up to this change, Citizens Advice Torbay observed a notable rise in Section 21 notices being issued to local tenants — a trend that has contributed to the heightened pressure on the service.

Sue Julyan, Chief Executive of Citizens Advice Torbay, said: "The doubling of housing enquiries in just one month highlights the level of uncertainty currently facing

many residents in Torbay. As the new law comes into force today, our priority is ensuring that both tenants and landlords understand their rights, and that stable housing remains accessible for everyone in our community." *Enhanced Support for Residents*

To help residents navigate these changes, Citizens Advice Torbay operates the Housing Advocate Scheme in partnership with Torbay Council. This specialist service provides in-depth support for more complex housing concerns, including:

- Legal Guidance — helping tenants understand their rights under the new Renters' Rights framework, including changes to rent increases and tenancy protections
- Eviction Prevention — supporting residents who received Section 21 notices prior to legislative changes
- Expert Advocacy — providing dedicated casework

New rights for private renters

Find out what they are and how affect you.



citizens advice

for those at risk of homelessness or in dispute with their housing provider Residents concerned about their housing situation, or seeking clarity on how the new laws affect them, are

encouraged to seek additional specialist support Torbay for free, impartial, and confidential advice.

To contact Citizens Advice Torbay call Advice Line on 0808-278-7859

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Poet's Quay

from the
'Poetry for Pleasure'
group

Soul

*Arrogance is appalling
when people say
I know what you are thinking
They do not
I know what you are feeling
They do not
Thoughts and feelings are private
Locked away in our own treasure
chest marked 'SOUL'
Hackers cannot steal away
We alone know the combination
CONFIDENTIALITY SUPREME*

Christine Barnes

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

River Trip (A verbal picture postcard)

*Splash, splash, splash; the paddle wheels turn; the
pistons pump away
We're going up the river Dart and it's a lovely day
The bright sun warms our body, whilst a soft
breeze cools our face
As we pass by the green-clad hills at such a
leis' rely pace.
Boop, boop, boop the whistle blows,
"Good morning everyone."
The steam train toots its own hello while passing
on the run.*

The UK's fastest-growing sport is here in Brixham!



Pickleball is now officially the fastest-growing sport in the UK, and you can play it right here in Brixham.

Founded in September 2025 by local resident and Level 1 pickleball coach Ray Armstrong, Brixham Picklers has quickly grown into a friendly and welcoming community club for all ages and abilities. The club runs four weekly indoor sessions at Brixham College Sports Hall on Lytes Road, with sessions designed for both beginners and more experienced players. New players can join the beginner-friendly sessions on Mondays from 6:00–7:30pm and Saturdays from 9:00–10:30am, while improvers and advanced players play on Mondays from 7:30–9:00pm and Saturdays from 11:00am–12:30pm. Whether you're looking to try a new sport, keep active, meet new people, or enjoy some friendly competition, pickleball is a fun and inclusive game that's easy to learn. All equipment is provided, and sessions cost just £4. Membership of the club is



free and has already grown to more than 150 members. The club has also become a strong part of the local community, recently raising £725 for Children in Need and £888 for Shoalstone Pool through fundraising events. Another charity fundraiser, supporting the RNLI, is planned for later this year. Sessions are carefully organised to help beginners learn the basics and build confidence, while more experienced players are grouped together for competitive games and continued development. *If you would like to give pickleball a try, contact Ray on 07825 009285 or visit: www.brixhampickleballclub.co.uk for more information. Come along and see what the fun is all about!*

*The folks aboard the small boats wave as we splash onward by.
On deck we chatter cheerily; above, the seagulls cry
Splash, splash, splash; the paddle wheels turn; the pistons pump away
We're going down the river Dart; we've had a lovely day -
A rest from work, a good day out, a sandwich and a cake;
A boat trip up the river Dart makes such a lovely break.*

Ken Wood

Wordsearch - Ice Cream Flavours

C	A	S	A	H	O	K	E	Y	P	O	K	E	Y
O	T	E	T	N	U	T	A	E	E	I	C	S	T
T	B	C	C	R	T	C	O	O	C	A	N	K	A
T	U	O	H	A	A	U	E	T	A	R	S	C	Y
O	N	O	O	E	T	W	A	A	N	U	L	A	C
N	E	K	C	T	U	O	B	T	C	I	N	R	V
C	O	I	O	N	E	O	T	E	A	T	L	T	A
A	P	E	L	E	A	R	O	T	R	Y	R	E	N
N	O	D	A	E	C	E	R	A	C	R	O	S	I
D	L	O	T	R	E	E	S	E	S	T	Y	O	L
Y	I	U	E	G	G	F	U	D	G	E	W	O	L
U	T	G	S	I	A	N	A	N	A	B	E	M	A
E	A	H	T	U	N	O	C	O	C	I	A	O	N
L	N	N	N	T	D	A	O	R	Y	K	C	O	R

COCONUT

STRAWBERRY

VANILLA

FUDGE

ROCKY ROAD

COOKIE DOUGH

NEOPOLITAN

COTTON CANDY

HOKEY POKEY

CHOCOLATE

MOOSE TRACKS

GREEN TEA

TIGER TAIL

PECAN

REESES

BANANA

Sudoku

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

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

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



June Birth Flower

The rose (Rosa) is the primary birth flower for June, widely considered the universal emblem of love, passion, and timeless beauty. As a quintessential summer bloom, roses reach their peak vibrancy during this month, making them a perfect representation of the early summer season.

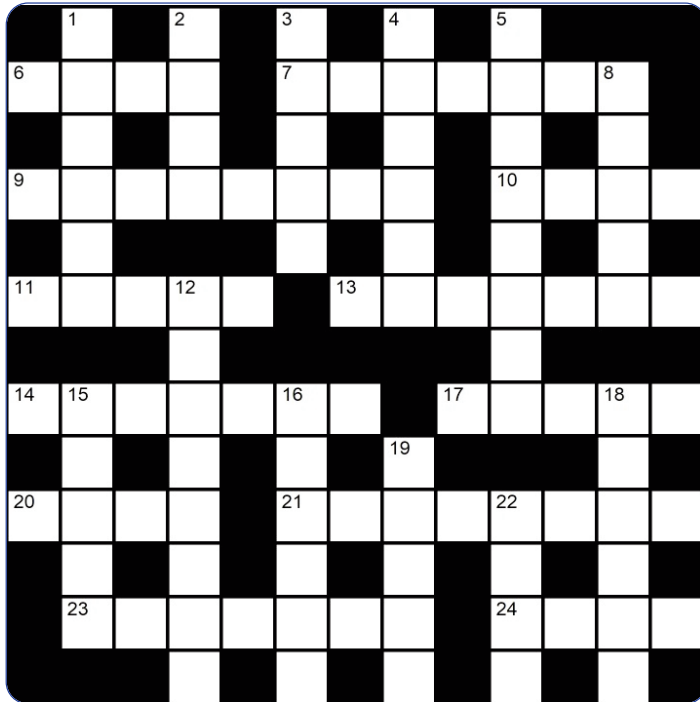
	2						7	
5			2	4	7			8
		8	9		5	3		
	4	5	8		9	6	1	
	8							3
	9	3	4		6	8	5	
		7	5		4	2		
4			3	7	2			5
	5							4

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

Last month's Crossword Answers

1	A	2	B	3	B	4	O	5	T	6	A	7	R	8	A	9	B	10	I	11	C
	P		U		A		U		E		A		R								
13	O	14	I	15	L	16	S	17	K	18	I	19	N	20	C	21	O	22	23	24	25
	L		I		E		Q		Y		O		Z								
11	L	12	E	13	M	14	O	15	N	16	U	17	N	18	C	19	A	20	21	22	23
	O		I				A		L												
			13	B	14	A	15	S	16	17	T	18	I	19	L	20	L	21	22	23	24
17	L	18	E	19	A	20	D	21	O	22	F	23	F	24	A	25	A	26	27	28	29
	A		D		O		I		D		C		R								
20	S	21	T	22	E	23	E	24	P	25	E	26	N	27	L	28	A	29	30	31	32
	E		P		E		D		I		E		A								
22	R	23	E	24	T	25	U	26	R	27	N	28	B	29	O	30	31	32	33	34	35

Anagram Crossword



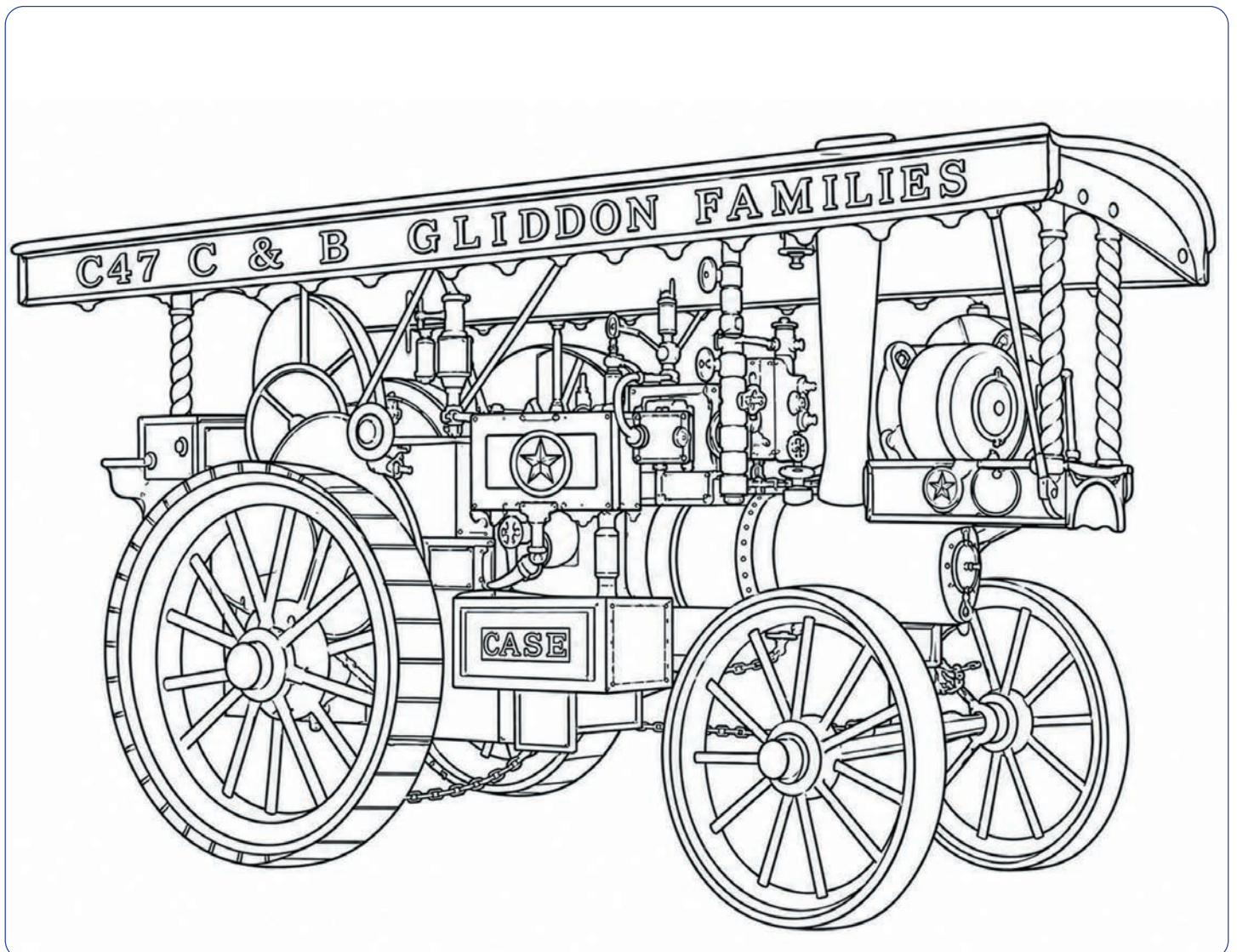
Across

- 6 Tora (4)
- 7 Bastion (7)
- 9 Replayed (8)
- 10 Arne (4)
- 11 Sheer (5)
- 13 Tea sets (7)
- 14 Trained (5-2)
- 17 Neaps (5)
- 20 Stan (4)
- 21 Blessing (8)
- 23 Rebrand (7)
- 24 Goes (4)

Down

- 1 Molars (6)
- 2 Lair (4)
- 3 Kyoto (5)
- 4 Adds to (2,4)
- 5 Webinars (4,4)
- 8 Gears (5)
- 12 Rudeness (3,5)
- 15 Brand (1,3,1)
- 16 Arming (6)
- 18 Atones (6)
- 19 Grids (5)
- 22 Eden (4)

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



The Torbay Galliard Recorder Consort



The Torbay Galliard Recorder Consort is a Brixham based group of enthusiastic instrumentalists who mainly reside in Brixham.

Members play a wide range of recorders namely, Descant, Treble, Tenor and Bass and are enthusiastic to share the music performed on this combination of instruments. Their repertoire covers music from the Baroque and

Renaissance period up to present day compositions including Folk Music. They are very grateful to Churston Church for letting them rehearse there every week.

In 2025 they performed on numerous occasions at Churston Church. Firstly, at the Quay Harmony Choir concert, secondly during Agatha Christie week and at

the Ponsettia Remembrance morning. They have also performed at Brixham Folk Club and have performed on two occasions for the children of Furzeham Primary school and would love to perform for other schools in the area. Their time is given freely. Recently they played at a fund-raising event at the Galmpton Institute for Dart

Sailability and entertained members of the Good Companions Club at the United Reformed Church Brixham.

The Consort will be playing at the Galmpton Open Gardens on June 14th and also three members of the group will be playing during Quay Harmony's Annual Summer Concert on 16th June, 7 pm at Churston Church.



Missin' Tackle Shanty Crew

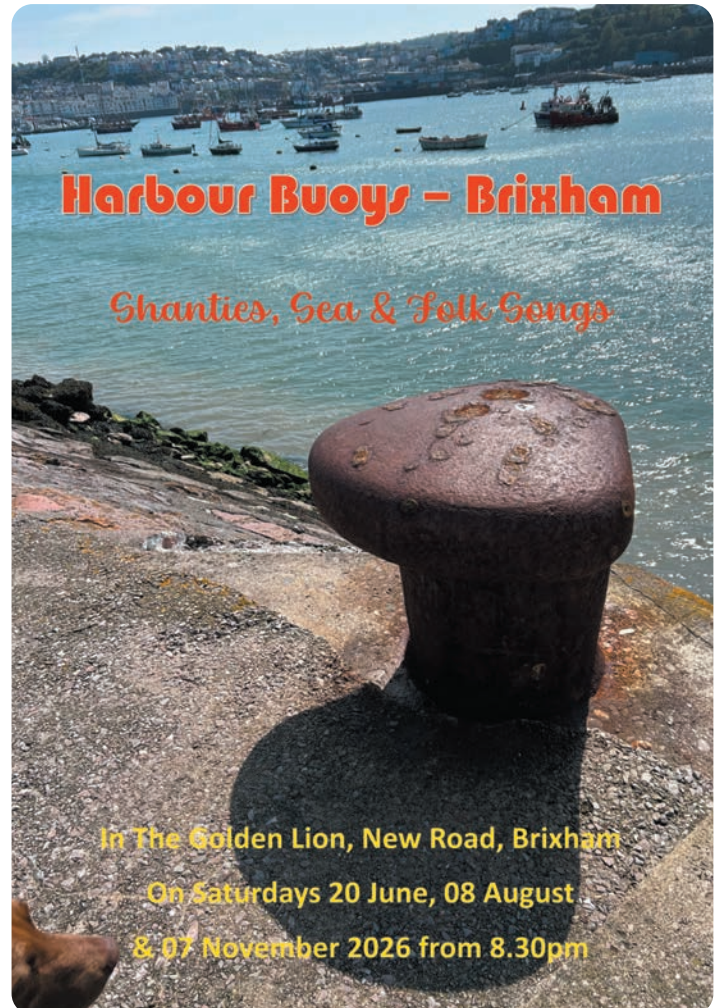
In the Golden Lion, New Road, Brixham

On Saturdays 11 July, 05 September

& 28 November from 8.30pm



So why not come along and join in as they sing songs both haunting and toe tapping from their extensive repertoire of shanties and sea songs



Harbour Buoys - Brixham

Shanties, Sea & Folk Songs

In The Golden Lion, New Road, Brixham

On Saturdays 20 June, 08 August

& 07 November 2026 from 8.30pm

Community Builder

Wow! The last month since writing here, has been a rollercoaster as always in Brixham! So much happening from Coffee mornings, to music and dancing, to community breakfasts, to art and crafting. If we don't have it, we make it happen. The community speak to me regularly asking if we have a certain group and if we don't, they would like to volunteer their time to start the group up and run with it. We have recently set up a new Photography group at The Edge CIC on Bolton Street. A lovely small group of people who love taking photos of the glorious Brixham Town and Harbour and flowers all around. They meet at 2pm on a Thursday at The Edge, have a chat about where they would like to go that day, maybe round the Harbour towards Breakwater, or Battery Gardens and Fishcombe Cove. There is so much to see each time. The last photography group, we left The Edge building and one of the young ladies said, it would make my day if we get to see a seal today and I can get a picture of it – well lo and behold, we were on our way to Fishcombe and she spotted a seal! Suffice to say we did not make it to Fishcombe as spent all our time watching the lovely seal and taking pictures of it and the flowers all around before heading back to

The Edge for refreshments and look through all the photos and videos. Anyone is welcome to join, you don't need to book, please do just turn up, the more the merrier!

We have set up a new Skittles group at The Brixham Constitutional Club (formerly the Brixham Conservative Club), on Tuesdays 2pm – 4pm. No need to book, just turn up. Any questions, give me a call. We have also had another couple of lovely 'Wellness Coffee Morning' fundraisers take place at The Front Room cafe, organised by Natalie from Middle Street Walkers, who wanted to offer a safe space for people to come along to on a weekend because so many people are incredibly lonely and isolated on weekends. A lovely group of people attended and another £50 was raised for The Baton of Hope Torbay, raising awareness of suicide and suicide prevention. Please do remember to come along to the Middle Street Walkers on the second Friday of each month for a leisurely well-being stroll around the Harbour with a chat over tea and coffee at the end. Meet at Flour Flower café at 2pm. Come and meet friends you have not met yet. The Brixham Community Partnership (BCP) hosted another public meeting at

Brixham Rugby Club, with Susie Colley as one of the speaker's raising awareness of the heart campaign.

David Thomas, leader of Torbay Council was the other speaker talking about the proposed Fish Quay development and the Central car park proposals. Thanks go to both speakers and big thanks to the Brixham community for attending and caring about the town in which they live. *Join the BCP mailing list email: bcpchair@gmail.com*

The Edge Brixham CIC on Bolton Street are trying to save their building from being sold please follow their facebook page for updates on how you may be able to help – it is a fantastic community space offering so much including an IT club, Drum Circle, Art Club, Form filling, Yoga, Make do and Mend, a Textiles group, Community Band, Rock Band, Photography and a Folk Club.

Open Mon to Thurs each week – contact 01803 658672 or email: theedgebrixhamcic@gmail.com for more information.

I had some fantastic engagement from local residents about the Brixham 'Have your say' conservation area project I was working on, so thank you to all of you who gave your time to have a voice

Helen Ambler



in this. As always, there is so much going on in Brixham due to the fantastic community spirit, enthusiasm and drive that exists and thrives here! Collaboration, networking and working together is a recipe for making incredible things happen. It is very special to witness and be a part of.

SAVE THE DATE –
Friday 10th July

We have a Fundraiser for our Charity 'Torbay Communities' at Scala Hall with The Stargazy Pie Ceilidh band playing! It will be a fantastic night, entry £10pp, 7pm – 10pm, hope to see you there!

Like and follow my Facebook page 'Helen Ambler, Community Builder for Brixham' to keep up to date with what's happening.

Email me on: helenambler@torbaycdt.org.uk to receive my what's on guide or call me on 07469 660873 for a chat.



Brixham Theatre has been providing entertainment in the town for more than a hundred years. This year, there are more shows and events at the theatre than ever before with live music, drama and films, meaning there's something for everyone. But now the trustees and volunteers who run the theatre as a charitable organisation, want help to plan ahead for 2027. They are asking everyone to take part in the Your Theatre - Your Say survey to find out what people like about all the events and activities and what else they would like to see. Everyone is invited to special open mornings at the theatre with one planned for Saturday 27th June from 10 am to 12 noon

for coffee and a look round the auditorium.

"We have an amazing series of events planned for this summer and the rest of the year," said Brixham Theatre Co-Chair, Vanessa Fitzgerald. "But now we are looking ahead to 2027 and want to be sure that we are giving local people and visitors what they want." "We understand that the current cost of living means everyone has to be careful how much they spend. So it's particularly important that we continue to give our audiences value for money and a wonderful experience when they come to our theatre." "It's also important that we continue to support creativity and the arts in our community



and so we want to hear from local organisations and businesses too."

Survey forms will be available at the theatre in the Town Hall in the centre of Brixham and also online by

visiting the website: www.brixhamtheatre.uk

The volunteers look forward to hearing more about what people think about the theatre at the open morning on 27th June 2026.



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.

THE MUSIC FACTORY  cic

GUITAR 101 

Learn guitar! Beginner workshops


Free to access,
Instruments available

Every Thursday Morning
10.30-12

Come and join us!

Contact Martin
07952443203

The Edge,
Bolton St Brixham



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



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



Fabulous entertainment within Art Deco surroundings

As we steam towards another busy summer season in beautiful Brixham, all of us at the Brixham Steam Packet Company and The Chart Room First Class Coffee Lounge would like to thank our wonderful customers, supporters and visitors for helping make recent months such a success.

The recent Pirate Festival Photography Competition proved enormously popular once again, attracting some truly outstanding entries and helping capture the unique spirit and atmosphere that makes Brixham such a special place to live and visit.

Meanwhile, another successful Murder Mystery event has now been safely "put to bed" following yet another evening of suspense, fine food and fabulous entertainment within the Art Deco surroundings of The Chart Room. These increasingly popular evenings continue to attract guests

from far and wide who are looking for something a little different from the ordinary. We were also delighted to feature in the popular television series Antiques Riviera, an experience which has helped broaden awareness of both The Chart Room and the fascinating maritime heritage collection housed within it. The programme introduced many new visitors to our unique ocean liner themed venue and highlighted the growing importance of maritime history and heritage tourism within Brixham itself. Community involvement also remains at the very heart of everything we do. Our recent Shoalstone Pool fundraising events proved tremendously successful, raising valuable awareness and support for one of Brixham's most treasured landmarks. We firmly believe local businesses should play an active role in supporting the wider community, and we are proud

to continue doing our small part. Adding to the atmosphere on a regular basis are performances from the ever-popular Harbour Buoys, whose sea shanties and maritime music have become a firm favourite with both locals and visitors alike. Their appearances at The Chart Room continue to create a wonderful traditional seafaring atmosphere that perfectly complements our maritime surroundings. One area that has grown beyond all expectations is our Maritime History Luncheon Lecture series. What began as a modest idea to combine good food with fascinating maritime history has rapidly developed into one of the highlights of our calendar, with several lectures now repeated due to overwhelming demand. So far, guests have enjoyed talks exploring the great Transatlantic Liners,

including RMS Lusitania, RMS Queen Mary and RMS Queen Elizabeth, with another major lecture planned later in the year covering the tragic and often forgotten Lancastria disaster. At the same time, our resident naval historian Alasdair Anderson is preparing a series of more locally inspired talks which we believe will resonate deeply with both Torbay residents and visitors alike. Perhaps the most eagerly anticipated is "Brixham's Forgotten Ferries", celebrating the famous Western Ladies ferries which for generations carried passengers across Torbay and along the River Dart. Affectionately remembered by so many, these much-loved vessels have a remarkable history. Before becoming popular excursion and ferry boats, many began life as Harbour Defence Motor Launches during the Second World War.



Volunteers Needed!

What Brixham Rotary Does:

- Community fundraising - Youth Programmes & Competitions
- Environmental Projects - Support for Local Groups & Individuals
- Social Events for Members & Friends
- International Humanitarian Work

Who Can Join ?

- Anyone Enthusiastic and Willing to help
 - No special skills required, just a willingness to get involved
- 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.

We meet on the 2nd and 4th Tuesdays of each month at Brixham Yacht Club. Guests always Welcome

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

As a Volunteer, You Can :

- Support local charities and community projects
- Help organise events that bring people together
- 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

PILATES SCHEDULE



MONDAY
6.30 - 7.30PM
JUBILEE GARDENS

THURSDAY
10.00 - 11.00AM
SCALA HALL

FRIDAY
11.00 - 12.00PM
SANDRIDGE BARTON

www.clairehawkins.co.uk
07734084151
clairehawkins4@icloud.com

To book, visit:
www.clairehawkins.co.uk
 or email: clairehawkins4@icloud.com

Reminder:

Father's Day Sunday 21st June 2026

Don't wait until the last minute.
 He's always been there for you -
 make sure his gift arrives on time.
 Shop in Brixham Now!



visitbrixham.uk



Sunday 9th August 2026

12:00 till 21:00 Brixham Harbour

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

Join us quayside in Brixham as we fire up the BBQs, line the harbour with long communal tables, and raise a glass to the great British sardine

This year's festival is ticketed to help us manage numbers and keep things running smoothly.

£12 gets you: A plate of BBQ'd British sardines - grilled by the likes of Matt Tebbutt, Mitch Tunks, Sam White, Steven Lamb & more -
 A fresh salad with a bread roll

Food tickets available at: www.therockfish.co.uk/products/sardine-festival-brixham

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, Jun, Sep 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

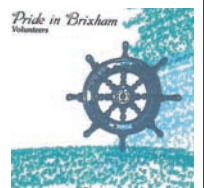
Meet once a month on the first Friday of the
month at 2pm.

Usually with a speaker followed by tea and
biscuits at Village Hall Galmpton, TQ5 0LT
Email: galmptonandchurston@devonwi.org.uk



Pride in Brixham Volunteers

Contact Patricia Lihou Tel: 01803 882623
Email: patlihou@btinternet.com



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,
I am really pleased to see how the Beacon is going from strength to strength. It's an excellent quality magazine and you can be very proud of your achievement in producing it.

Brixham needs it!

Many thanks for your continued help

Kind regards

W.O.

Brixham Beacon

Copy Deadline for July Issue - 19th June 2026

To advertise -
email: advertising@brixhambeacon.com

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(250/300 word article with photograph)
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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

In Memoriam

In Memoriam notices are free of charge

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

email: news@brixhambeacon.com

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

THE COACH HOUSE
LUPTON HOUSE

Café Shop Plants

Nestled in the beautiful grounds of Lupton House, the Coach House Café is the perfect spot to relax with coffee, cake or a light lunch. Browse our charming gift shop, second-hand book shop and plant shop while you're here.

Café open Tuesday to Friday,
10am-3pm
(shop opening times may vary)

www.discoverlupton.com 01803 845800

Suicide Prevention Movement

EST. 2025

Find us on: facebook - Suicide Prevention Movement

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Brixham Beacon

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We are showing all England World Cup games.

17th June, 9pm
England vs Croatia

23rd June, 9pm
England vs Ghana

27th June, 10pm
England vs Panama

plus all knockout games.

Live singers performing at the club:

27th June, 7.30pm -
Stephanie Blackley - The England vs Panama Game will follow after 10pm KO

31st July, 7pm - 9pm -
Eloise

Brixham AFC - Wall Park Road, Brixham TQ5 9UE

Meat Draw

last Sunday of every month

We have a monthly meat draw that takes place live in the Clubhouse at 2pm on the last Sunday of every month.

All the meat is from Evans the local Galmpton Butchers.

Tickets available from behind the bar at the club during opening hours.

Our 1st team preseason football schedule features

Sat 4th July 3pm - Away
Willand

Sat 11th July 3pm - Home
KO vs Torquay United

Wed 15th July 7.30pm - Away
KO vs Exmouth

Sat 18th July 3pm - Away
KO vs Tiverton

Tues 21st July 7.30pm - Home
KO vs Newton Abbot Spurs



Our league fixtures due out very soon and we will update on our socials, once released.

Facebook -
Brixham AFC

Instagram -
Brixham_afc_media

X -
@BrixhamAFC

Clubhouse Bar & Kitchen opening times

Thursday	7pm - 10pm
Friday	7pm - 10pm
Saturday	12 noon - 10pm
Sunday	12 noon - 10pm

www.brixhamafc.co.uk

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