

EXETER SPREAD EAGLE CLUB

www.exeterspreadeagles.org

www.facebook.com/exeterspreadeagles/

Contacts:

Chairman, Garry Adams

Tel: 01363 775424 email: garada9@gmail.com

Secretary, Barbara Johnson

Tel: 01297 599086 email: barbj@talktalk.net

NEWSLETTER – JULY 2026

A Welcome from The Chair

Welcome all, to our Summer '26 newsletter which I hope finds you all safe and well, but if not, then on the road to recovery. At the time of writing it is the middle of Wimbledon fortnight and we are in for another heatwave. I hope you are all taking appropriate precautions during the heat of the day and not doing too much gardening. Watching the tennis is a good option!

Since last April we have had a wonderful cream tea again at The Hartnoll Hotel, Bolham and our late Spring lunch (in early June) at The Belmont Hotel in Sidmouth where we were made very welcome with 47 able to make it for an excellent meal with lovely company.

By the time you read this we will also have been to Powderham Castle Bistro for a coffee morning where 29 are booked in.

In this newsletter you will find details of our annual theatre visit to Sidmouth Pavilion on Thursday August 27th to see a comedy titled "Outside Edge" which has a cricketing theme.

This will be followed by our September free cream tea event at a new venue – Exe Valley Farm Shop and the Ruby Room upstairs (Thursday 24th Sept.) near Thorverton. It is easy to find just off the Exe Valley road from either Cowley (Exeter) or Bickleigh (from Tiverton).

Finally in October we will have our annual informal subsidised Pub Lunch at The White Horse, near Aylesbeare (Weds 21st October). Please put these events into your diaries and remember to book in!

Beyond that, we have a free Coffee morning in central Exeter with the opportunity of some Christmas shopping (16th Nov.) and our usual Christmas Lunch at The Victoria Hotel in Sidmouth (3rd Dec.). It is a full

programme to see us through this year. Please do come and join us at one of these events which are either free or heavily subsidised.

We have just welcomed Richard and Sandra Lewis on to our committee and have Jan Russell adding items and photos on to our website. Please take a look at www.exeterspreadeagles.org.

Finally, I look forward to seeing many of you at our remaining gatherings and wish you all a relaxing summer.

Chairman **Garry**

Financial Review

Our finances are in good shape with a grant received this year of £4356 from H.O. which we are keen to spend! As always, your Committee is working hard to keep the Club going, finding new venues and things for us to do together, so if you have any bright, practical ideas, do let us know.

Best wishes from Treasurer **Garry**.

Secretary's Notes

After a sweltering heatwave at the end of June, we seem to be into another one - phew! What amazes me is how the plants in the garden cope with these conditions. The roses and in particular our hydrangeas have been super (and weeds, of course!) and continue to flourish and give amazing displays despite the heat.

This is the third Newsletter this year and the final one for 2026 will be issued in October – so please keep a look out for it around the middle of that month. If you don't receive anything, please let me know, but do check your 'Junk/Spam' email boxes first! Note: If you do not hold an email account, we will continue to post a paper copy to your home address.

The details of our forthcoming events are described later in this newsletter and please check your diaries if you want to come along to any of them. Then, the sooner you 'sign up' the better which is also a big help to the committee members who are organising these events, thank you. As you will appreciate, we have to advise the event location of our final number,

usually 2 weeks before the event so that they can prepare for us, especially when food is involved!

If you can't print a form, don't panic, simply write your details and requirements on a piece of paper to post OR type them onto an email and send them to us.

In the meanwhile, I hope you are all keeping well and keep drinking lots of water and do take care please.

Best wishes,

Barbara, Secretary

Wellbeing

Writing this in the midst of our latest Heat Wave! Sincerely hope that you have been able to enjoy this extraordinary weather, rather than endure it, but it seems these occurrences will be the norm.

We still have a vacancy on our Wellbeing Committee, and I do hope to fill this position in the not too distant future.

Transport can become a problem if you don't drive or have to give up your car. If any of you are willing to give a local person a lift, please let us know and whilst we, the committee, cannot undertake to organise anything, we can, with your agreement, put you in touch with them.

Ray, Wellbeing Coordinator

Obituaries

We are all disappointed that in the periodic issues of *Connection* magazine, they no longer include a list of all the recent obituaries but they do mention a few people that have passed away. In Issue 88 Summer 2026 edition, on page 22, there is a short article of 'How to find the obituaries list'.

This involves logging into your Wilson Towers Watson ePA account with your User ID and password and you will probably be sent a One-Time Passcode (OTP), so have your mobile or telephone close by to input the number. Once, you are logged in select 'News & Information' and then 'Obituaries' from the drop-down menu.

Homesitters

We have been approached by a company called Homesitters Ltd to tell you about the service that they provide in offering UK home and pet owners a live-in service to care for their home and pets whilst they are away on holiday. And, apparently, some of the company's Homesitters employees are retired bank people and this, of course, offers an opportunity to top up their pension etc.

Homesitters Ltd has a good website so if you are interested in any aspect; do have a look at www.homesitters.co.uk and contact them.

Social Functions

Wednesday 8th July at 10.30am – Free Coffee and Cake morning at The Bistro at Powderham Farm Shop, Powderham Estate, Kenton, EX6 8JQ.

This was our most recent club event and the staff at The Bistro Café looked after us very well. The reserved tables were laid up ready and included jugs of cold water which was much appreciated by the members who attended. Once we had all arrived, the staff came round and took our orders for coffee or tea and brought out plates of small bite-sized cakes along with a list of what they all were! Afterwards, we had the opportunity to visit the Farm Shop, Garden Centre and Gift shop where there was a wonderful choice of items to buy. Please see our website for report and photos.

Thursday 27th August – Theatre Visit to the Manor Pavilion, Sidmouth, EX10 8RP. Curtain up at 8.00pm

Please see the attached Application Form, complete and return as soon as possible if you wish to attend. (Cut-off date Tuesday 4th August)

We have reserved our usual block of seats for this performance of "Outside Edge" – a comedy by Richard Harris with a theme centred around the unpredictable hilarity of village cricket.

Thursday 24th September at 2.30pm – Free Afternoon Cream Tea with Coffee/Tea at The Exe Valley Farm Shop (Ruby Red Café), Thorverton, EX5 5LZ.

Please advise Barbara or Peter by e-mail or Phone if you wish to attend, as we need to confirm numbers by Tuesday 8th September.
(Do please look at their website for directions – www.exevalleyfarmshop.co.uk)

Wednesday 21st October 12.30pm – Pub Grub Lunch at The White Horse Inn, Woodbury Salterton, EX5 1EP.

Please see the attached Application Form, complete and return with your menu choices if you wish to attend.

We have again opted to offer similar selections as last year. (Payment at the Bar on the day – don't forget to settle up including your drinks)

As in previous years our very generous Treasurer will be handing out "a little something" towards the cost of your meal.

Future dates for your diary: (full details will be given in the October Newsletter)

Monday, 16th November

Proposed Coffee Morning and visit to Exeter Christmas Market

Thursday, 3rd December

Christmas Lunch at The Victoria Hotel, Sidmouth

Photograph Policy

BARCLAYS BANK EXETER SPREAD EAGLE PENSIONERS CLUB takes photographs during events for social purposes, which are posted on our website including social media (Facebook).

- **Lawful Basis:** We process these images based on your explicit consent which is assumed unless you tell us otherwise.
- **Your Rights:** If you are featured in a photo on this website and wish for it to be removed, please contact the Club Secretary by email [barbj@talktalk.net], or in writing. We will remove your image promptly upon request.
- **Data Retention:** We keep photos only for as long as necessary for their intended purpose.
- **Withdrawal of Consent:** If you have previously provided consent, you have the right to withdraw it at any time by contacting the club Secretary.