

# THE PARISH PUMP



March 2021  
Edition 472



**The Newsletter for the Parish of St Ives**

Sorry, but the Parish Pump is online only, until further notice.



**Millennium House Pensilva, serving as the Covid vaccination hub for South East Cornwall. Story on page 6.**

## Disclaimer

The articles appearing in this magazine do not necessarily reflect the views of the Parish Council nor of the Parish Pump Editor.

## Parish Councillors Telephone List

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## Meetings of St Ive Parish Council

Meetings are now being held when possible. Please see the Parish Council website for meeting dates, agendas and minutes.

<http://st-ive-parishcouncil.gov.uk/minutes-agendas/>



Devon & Cornwall Police  
Building safer communities together

 **101**

Minicom 18001 101

## Police Community Neighbourhood Office

Your Community Support Officer is PCSO Steve Edser 30173.

email: CIOSNBMLiskeard@devonandcornwall.pnn.police.uk

To report a crime call 101 or go to [www.devon-cornwall.police.uk](http://www.devon-cornwall.police.uk)

In an emergency call 999

## Contact details for St. Ives Parish Council and for Millennium House

Address for correspondence: Millennium House, Century Square, Pensilva PL14 5NF

General Parish matters should be raised initially with the Parish Clerk, Jenny Hoskin, who will present them to the Parish Council.

Telephone: 01579 363096, email: [stiveparish@btconnect.com](mailto:stiveparish@btconnect.com)

For accounts matters for the Parish and for Millennium House contact John Body, Finance Officer: 01579 362102, email: [millenniumhouseadmin@btconnect.com](mailto:millenniumhouseadmin@btconnect.com)

Millennium House enquiries and reservations: 01579 363096  
email: [millenniumhouse@btconnect.com](mailto:millenniumhouse@btconnect.com).

On the web: Millennium House Website: [www.cornwallvenue.com](http://www.cornwallvenue.com)

Parish website: [st-ive-parishcouncil.gov.uk](http://st-ive-parishcouncil.gov.uk) Facebook: [facebook.com/stiveparishcouncil](https://facebook.com/stiveparishcouncil)

## Parish Pump Information and Contact Details

To contact the editor please email: [parishpump@btconnect.com](mailto:parishpump@btconnect.com)  
or phone the Parish office: **01579 363096**.

Hardcopy submissions by post or by hand to the Parish office, Millennium House.

Softcopy submissions: By email to the editor in MS Word, MS Publisher, pdf, Tiff or jpeg. Please use A4 pages and minimum 16 point font as the Pump is initially produced in A4 size and reduced to an A5 booklet at the printing stage. If in doubt please contact the editor.

**Current Advertising Prices** including VAT at 20%

Per issue:    Quarter Page £7.50            Half Page £15.00            Full Page £25.00

10% discount for 12 months paid in advance.

Bargain Corner free ads by email to the editor or drop off at the Parish Office.

**Deadline for the Parish Pump is STRICTLY 15th of every month**

## LOCAL BABYSITTER

Hi, my name is Megan and I live in Pensilva. I'm studying a level 3 childcare course at St. Austell College. I'm 17 years old and I'm available most evenings for child or baby sitting.

I charge £4.50 per hour for hours between 19.00 and 00.00.  
After midnight £7.00 per hour.

**Phone 07401 295024**

## From the Editor

As I write this on Saturday, February 20th, all the water in creation is once again rushing past our house in Middle Hill. If this was the Old Testament, I would be outside, busily building an ark and running around kidnapping pairs of unsuspecting local fauna. Two dogs, two cats, two horses, two sheep, two cows; so far so good, and easy enough (though probably not entirely legal). I happen to know where I can find llamas and donkeys of all shapes and sizes, so that's OK, but it gets trickier and trickier as the list of animals gets longer. Even my friend the robin, who loves to watch me work whenever I am outside, would probably draw the line at allowing himself to be popped into an ark. If it hadn't been for Hilary's article this month, I probably wouldn't have thought of dormice, and she says that you would be very lucky to see one, and anyway you aren't allowed to catch them. So dormice would have to be left behind, which is a shame because they are indescribably cute and totally adorable! And then there are the Covid restrictions! What exactly are the Government guidelines for socialising on an ark? Would it count as indoors or outdoors? Actually, I bet nobody even gave a thought to arks at those pandemic emergency planning meetings! So I've decided not to bother with any of it, and just sit indoors and write this. Anyway, I've just remembered; this isn't the Old Testament!

Keep well. Joe

## ALLOTMENTS ANYBODY?

We are investigating the possibility of providing allotments within the Parish for people who would like to grow their own fruit and veg but do not have enough space of their own.

If you think you might be interested, please call

Paul Wiscombe on 01579 382341 or email

[pmwiscombe@hotmail.com](mailto:pmwiscombe@hotmail.com)

**Parish of Saint Ive Community Resilience Project**

## CHAIRMAN'S REPORT

Signs of spring are showing in the hedgerows and our gardens, but I was sad to see the canes supporting the young saplings on the triangle at the end of Slade Park Road had been taken. With the recent strong winds, trees were knocked to the ground, and some did not survive. I feel for the Volunteers who spent time clearing and planting for others to enjoy.

Vaccinations continue at Millennium House (MH) and approximately 17,000 people have passed through since mid-January. MH has had numerous donations of food from the public Tesco, Morrisons and Blakes, destined for the medical staff and volunteers working on the vaccination project. We'd like to thank all the donors for their kindness.

The AGEUK Electric Vehicle has been busy too, ferrying people to and from MH for their vaccinations, which is good news and a good reason to keep it at MH. After my appeal, we now have 12 volunteer drivers. If you have mobility issues, for example if you are a wheelchair user, or are unable to get to your vaccination appointment, or require transportation to a hospital or doctors' appointment, or to do some shopping, please contact Millennium House on 01579 363096 and we will endeavour to help.\*

Finally, the Parish Council is pleased to announce that we have been able to assist Pensilva School in the purchase of 10 new computers to aid children of the Parish who are studying at home, and their parents.

Alan Moss

*\* More details about the AgeUK Electric Vehicle scheme on page 12. Ed.*

## Cover Story: MILLENNIUM HOUSE - VACCINATION CENTRE FOR SOUTHEAST CORNWALL

The picture on this month's cover shows the Sports Hall in Millennium House, Pensilva (MH), in use as a Covid 19 vaccination centre.

Discussions between St Ive Parish Council and East Cornwall Primary Care Network (PCN) began before Christmas and, once it was decided that MH would be a suitable facility, vaccinations began on 14<sup>th</sup> January, 2021.

Teams from across East Cornwall Primary Care Network (PCN) have been working together to offer residents within the priority groups the vaccine at various clinics including Millennium House, China Fleet Country Club and Torpoint Council Office. Nine doctors' practices have so far been involved in the MH operation.

About 30 volunteers have been helping the NHS roll out the vaccination programme at MH. They have worked cheerfully through snow, sleet, rain and high winds and they are very much part of the vaccination success story.

As well as the volunteers, MH staff and parish councillors have been supporting the effort by opening MH very early, closing late at night, cleaning after every session, and supplying snacks and about 50 meals per day for the volunteers and clinical staff. Generous donations of food were received from Tesco Launceston, Morrisons and Blakes, and well-wishers have baked cakes, sent food parcels, confectionary and more. This has all helped to build morale!

*"Everyone has been amazing and so supportive, helpful, kind and simply lovely,"* writes Caroline Chick, Communications and Engagement Officer, NHS Kernow Clinical Commissioning Group.

Approximately 200,000 vaccines have now been offered across Cornwall & the Scilly Isles.

Dr Penelope Atkinson, clinical director for the East Cornwall Primary Care Network, said: *"This is a huge undertaking for us as a healthcare system and we are so grateful to all of our wonderful volunteers who have supported and continue to support this effort."*

From the point of view of MH, it seems likely that for many people who attended for their vaccine, this was their first ever visit to our community centre. Let's hope that they liked what they saw and will return to use the facilities when life returns to normal! Feedback on social media regarding all aspects of the operation has certainly been extremely positive!

**Thanks to everyone involved for a great effort!**

You can find out more about the vaccination programme on the dedicated NHS Kernow COVID vaccine page:

[www.kernowccg.nhs.uk/your-health/coronavirus/covid-19-vaccine/](http://www.kernowccg.nhs.uk/your-health/coronavirus/covid-19-vaccine/)

Vaccination centres  
in our area.  
How lucky we were to  
have a vaccination  
centre on our doorstep!



# THE Growing Project

PENSILVA

We have adapted to the pandemic restrictions, spreading volunteering work over the week, gathering vegetables like cauliflowers, leeks and some perennial veg. from around the world, digging, weeding, sowing, and planting native hedges.

The Growing Project is still keen to recruit, especially now, with Spring and the lifting of lockdown just round the corner. Want to know more? Contact details opposite.



**Interested in our organic vegetables?**  
 Everything is either grown at The Growing Project or supplied by local organic growers. You can buy directly from our outside stall, 7 days a week 24 hours a day - money in the letter box. Or order a box from us: large box £11, or smaller box £8.50.



Contents of your veg box vary from week to week... To give you an idea, on 24/02/2021 the boxes contained:

- |                      |             |
|----------------------|-------------|
| Brown Onions         | Carrots     |
| Potatoes             | Cauliflower |
| Red Cabbage          | Courgettes  |
| Tomatoes             | Artichokes  |
| Celery or Baby Leeks |             |
| Herbs                |             |



**To order, or for more information:**

Call us on 07854 353865

Or send us a message via our Facebook page @thegrowingprojectpensilva. If ordering, please place your order by midday Monday. Collect your box on Wednesdays, 1 pm to 1.30 pm, or we can deliver within 5 miles,



You can find the Growing Project on Higher Road, Pensilva, PL14 5NH. On the right going up, about halfway between the shop and the Glen Park junction.

## TEN YEARS PLUS OF WILDLIFE WATCHING IN THE PARISH OF ST. IVE

Since moving to the Parish at the end of 2009, I have been photographing and recording the wildlife I see on a daily basis. Have you been watching David Attenborough's series on "The Perfect Planet"? With this fresh in my mind, I thought that this month I would focus on a local animal which illustrates some of the problems he highlighted in his final episode.

### The Hazel Dormouse



Dormice have been found in various locations around Pensilva. As a protected species it is illegal to disturb them unless you have a license issued by Natural England. Since coming to Pensilva I have been lucky enough to train locally and do have a license. I manage and monitor a site on the edge of the village where I have found both dormouse nests and evidence of nuts eaten by them. Sadly, so far none of them have been at home when I have checked their boxes. The photos of dormice were therefore taken on another site nearby.

Firstly, dormice are not mice! They are in fact members of the squirrel family and like their cousins spend almost all of their time in the trees. This combined with the fact that they are largely nocturnal means that you would be very lucky to see one. The only time they willingly come to ground is when they hibernate and make nests amongst tree roots or other nooks and crannies down where the temperature will remain relatively moderate. These nests are small and tightly woven. Dormice are the only British mammal to truly hibernate. (hedgehogs will go in and out of hibernation when conditions allow) However, recent research has found that at least some will rouse sufficiently to change hibernation site midwinter. Hibernation typically lasts from October/November until March/April, but global warming is leading to signs of this shortening. As well as winter hibernation, dormice will frequently go into a state of torpor for about 8 hours in order to conserve energy - hence the Alice in Wonderland sleepy dormouse. That is why the one above is staying still in my hand. It's not quite so easy when they are wide awake!



This one is wide awake and about to be weighed for monitoring purposes.



To keep themselves safe, they make summer nests with a woven centre, using materials such as strips of honeysuckle bark. This is covered with fresh leaves and is beautifully camouflaged and tucked away, making them incredibly difficult to find unless the nest is in a box. Slightly larger nursery nests are built and an individual may have several nests scattered about.

Woven nest centre, unusually left without a covering of leaves.



Completed nest with covering of whole, fresh leaves.



Finding nests is one way to detect the presence of dormice; another is the very distinctive way that they eat hazel nuts. They make a circular hole on the side of the nut using their 'hands' to turn the nut against their front teeth (making it look like a tiny clog!), This leaves a faint groove going round the hole edge akin to a screw top jar and scratches radiating round the edge and at a bit of an angle to it. Bank voles and wood mice also make similar holes, but with grooves going up and down the rim rather than around it.



The females tend not to move far, but the males need to travel further to ensure a healthy gene pool. Given their reluctance to go to ground, this makes a mix of connected tree cover and well maintained dense (but not too tidy!) hedges really important to them.

Their annual cycle means dormice must be able to fatten up sufficiently in the autumn and find plentiful food quickly when they emerge after winter, if they are to survive. Staples such as hazel nuts and blackberries are essential in autumn. However, global warming tends to encourage dormice to stay active longer, whilst nuts and berries are fruiting earlier and earlier, meaning that there is now a mismatch where once there was synchronicity. Similarly, in the spring, they are waking up earlier, needing to feed on insects and caterpillars to help them to recover a viable weight speedily. However, not all insects are changing their habits at the same rate making food less plentiful.

I have seen either a nest or nut evidence approximately every other year, which would seem to indicate a population just hanging in there. There are mixed results in the wider area and variations year on year, probably largely due to weather conditions and levels of human disturbance.



Let's hope we can hang onto this endearing local inhabitant. If you think you have seen evidence of their presence, do send me a text (with photo if possible) to [hdjtaylor@excite.com](mailto:hdjtaylor@excite.com)

HAPPY WILDLIFE WATCHING!

Hilary

## **LET'S MAKE OUR PARISH RESILIENT!**

Resilience means being more adaptable to a changing World, living in harmony with our environment, making our lives better and our area a better place to live and work!

Here we are at the start of 2021 and all of us wishing for better times ahead. Alongside the difficulties we have experienced and, for some, the suffering, 2020 has also made many of us think differently about various aspects of our daily lives...

### **About our Community**

Perhaps we value people in our community more now and have a different view about the kind of community we want to live in.

### **About our environment**

Many of us have spent more time outdoors, discovering more about nature, growing our own food, enjoying the wildlife, the relative quiet and the spectacular skies.

### **About Our Lifestyle**

Perhaps in some ways our lives have changed for ever. Many of us have taken time to repair instead of buying new, or to shop more locally. Others have worked from home or home-schooled their children - and enjoyed it! For many of us, our long-term priorities have changed.

## **Building a stronger future for our community**

How can we use what we have learnt about ourselves and our community to create a more positive future?

A small group of us have been working quietly for about two years, thinking about how our Parish can adapt for the better, and about how we can do our little bit to help to solve the problems that confront our planet, particularly climate change. Some of the things we have done are:

To take forward small projects such as tree planting, a community garden, more footpaths.

To raise awareness about environmental issues such as waste reduction and recycling, and greenhouse gas emissions.

To publish advice about carbon footprint reduction methods we can all adopt, home insulation, low-carbon heating, green energy, and electric cars.

To run a permaculture design course (free for St Ive Parish residents). The people who took the course have produced an exciting plan, listing specific projects that would help our Parish to thrive in an uncertain World.

All of that was done while the group was known as the St Ive Parish Climate Action Group, but we have now decided to become a Charitable Incorporated

## **LET'S MAKE OUR PARISH RESILIENT!**

...Continued from the previous page.

Parish of St Ive Community Resilience Project was set up on the 8<sup>th</sup> of January 2021 and a submission has been made to register as a charity, at which point we would become a CIO.

**We are run entirely on volunteer power.**

Our aim is to build resilience, sustainability and a greater sense of community to improve all of our lives, whatever problems are thrown our way. That includes problems that we know about already, such as climate change, and the inevitable changes that this will bring to our lives, but also any new problems that may emerge. Building resilience is about improving our ability to adapt.

**We need YOU!**

We need many more people to join in so we can get more done, more quickly. **Everyone who shares our aim is welcome.**

**No specific skills or experience are required. Anything you can do to help will be very welcome.**

**To get involved, please email [fionajane.wood@gmail.com](mailto:fionajane.wood@gmail.com) or phone 07768 130520**

Thank you!

On Sunday 21st Feb, several members of the Parish of St Ive Community Resilience Project helped to plant about 600 trees at Orchard Park, Rilla Mill, in the neighbouring parish of Linkinhorne.



It is a site recently bought by the Ecological Land Co-op, which develops affordable, low impact, smallholdings for ecological agriculture.

Not daunted by the rain and mud, we persisted and got all the trees planted, supported and protected, in just a few hours. By the end, we were rewarded with sunshine and beautiful views. [Klaudia van Gool](#)

## Could you or someone you know benefit from this Electric Vehicle?



**Age UK Cornwall and the Isles of Scilly** has generously provided an Electric Vehicle for use by people in South East Cornwall who have trouble getting around. The vehicle can be used by the public, not just for essential trips to doctors or hospitals, but also for shopping trips or even just for a day out.

### **This is how the scheme works.**

The electric vehicle (pictured) is based at Millennium House, Pensilva, where charging points have been installed, powered by Millennium House's photovoltaic roof panels. The vehicle is wheelchair friendly.

The vehicle can be used by individuals or by groups, such as doctors' surgeries, churches, charities, clubs or societies. Prospective users would need to register with Age UK: this costs £18 per year for individuals and £36 per year for groups.

Once registered, the group or individual can book the vehicle at very reasonable rates: £40 for a full day (9 hours). £25 for half a day (4 hours). Or 50p per mile for short trips, like visits to the doctor or dentist or local shopping trips. These contributions are donations to support the running and ongoing maintenance of the electric vehicle. The rates compare very favourably with the cost of taking a taxi. Users will not even need to pay for fuel and the range of the vehicle is such that recharging would not be necessary except for a very long trip. You just need to make sure that you plug back into the charging point on your return.

The person driving the vehicle on behalf of the registered individual or group must hold a valid UK driving licence. Age UK will provide a short training exercise covering wheelchair accessibility and vehicle familiarisation at a location to suit the volunteer. Electric vehicles are very easy and safe to drive. Five similar vehicles are based elsewhere in Cornwall.

More information, including terms and conditions and registration forms, can be obtained from Age UK on 01872 266388 or [email@ageukcornwall.org.uk](mailto:email@ageukcornwall.org.uk); ask to speak to Lee Davies or Ann Lewis.

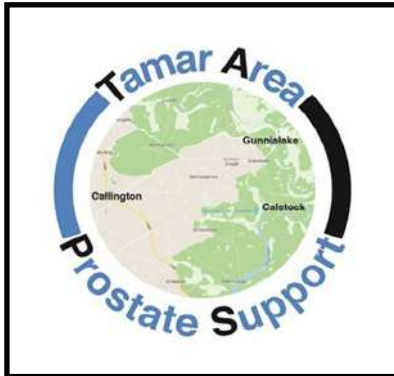


Millennium House itself will be registering as a group and is looking for volunteer drivers who could spare some time to help others. Other parish or town councils in the area can do the same. To join the Millennium House volunteer drivers group, contact Millennium House on 01579 363096 or [stiveparish@btconnect.com](mailto:stiveparish@btconnect.com)

## PENSILVA MEMORY CAFE

Like many village organisations, Pensilva Memory Cafe is unable to meet at present because of the Covid 19 precautions. We do, however, try to keep in contact with our members through the Sparkle, a news sheet telling of events in the past that happened during that month. It is entertaining and informative and guides thoughts back to those previous years, thus stimulating memories. We deliver a copy each fortnight.

If you have memory problems, or are looking after someone who does, and would like to make contact with this friendly group, call Geoff on 362698.



As a result of COVID-19 our monthly meetings are postponed until further notice. We are still available to support anyone who needs us during this period and have members who have experience of various surgical procedures, radiotherapy, and hormone therapy. If you are recently diagnosed and just want to have a chat about your treatment or your options, don't hesitate to make contact.

TAPS membership is free and open to men and their partners. For more information on TAPS please contact Chris Greensted by phone on 01822 834797 or by email to [tapsinfo555@gmail.com](mailto:tapsinfo555@gmail.com).

Other excellent sources of support are: -

Prostate Cancer UK (PCUK): 0800 074 8383

Tackle Prostate Cancer (UK): 0800 035 5302

The Chestnut Appeal: 01752 792736

(Derriford Hospital)

The Mustard Tree Centre: 01752 430060

(Macmillan Cancer Support)

# Pensilva Post Office

Located through the Café on the 1<sup>st</sup> floor of Millennium House



## Opening times during lockdown:

Tuesday - 9am to 1pm

Wednesday - 9am to 12 noon

Friday - 9am to 12 noon

**Note - Back open on Wednesdays**

**The travelling post office at St Ive Institute is open on Wednesdays, 10:30-12 noon.**

## Saint Ive Parish tree-planting survey

Please let us know about any trees that you plant within the Parish. We will include them in our own survey and we will notify the Forest for Cornwall on your behalf, if appropriate.

Contact us by phone: 01579 383967, or by email:

[parishpump@btconnect.com](mailto:parishpump@btconnect.com), or via the Saint Ive Parish

Climate Action Group Facebook page. Pictures very welcome.



# Bargain Corner Free Ads up to £50

Ads are free for items up to £50. £5 charge for items over £50. Please ring the Parish Office on **01579 363096** or leave a note at Millennium House reception or email **parishpump@btconnect.com**.

**\*\*\*Please let us know when your item has sold\*\*\***

**Baby things.** Job lot free to anyone struggling to make ends meet. Unused for over 1 year. Items used infrequently at Nanas house. All in good condition. Car seat for newborn. Travel cot and travel stairgate. Changing mat. Baby bedding. Back rest for bath.  
**Barbara 01579383967 or 07933960113**

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Maximuscle **home gym system £100** ono.  
Black leather **chaise longue**. Excellent condition. **£100** ono.

Set of 3 **suitcases**, red, vgc, Antler, **£40** ono. **07770 747353.** Pensilva area

**Scelextric Sport Le Mans** set. Still in box. Great condition. **£100.**

Toshiba **sewing machine £30.** New **pond liner 5m x 5m £30.** Five **Crittall windows 900mm x 1000mm** approx. Suitable for shed or greenhouse. **Free. 01579 363573**

**Plastering gear:** 110v paddle mix with transformer, various trowels, hawk and other bits. Good for DIY etc. **£70** ono.  
**Easycamp Tour Ligata 6 berth tent.** Used only 3 times. **£100** or offers.

Set of **Snow chains**, new and unused fit 14" to 19" rims, self adjusting. **£40**  
Pensilva **01579 362207**

Dark brown **leather chair. £50**  
**07980 380224 - Pensilva area.**

Brown speckled **carpet**, 2m x 5m. Brand new (over ordered). **£50.**

Arch design **headboards. £20** each or **£35** pair. **01579 362211**

**PLEASE LET US KNOW WHEN YOUR ITEM HAS SOLD**

## **PENSILVA VILLAGE HALL**

Due to the Coronavirus outbreak all activities in the hall are cancelled until further notice.

Anyone wishing to book the hall for future meetings, birthday parties or fundraisers please contact Peter or Jackie Browning on **01579 363212** or email **peterpensilva@gmail.com**

Please note that as well as hall rent there is a coin meter for heating at 60p/hr.



## **MOBILE LIBRARY**

**The County Mobile Library is back.** It visits our area once a month on Fridays of "week 3" (not necessarily the 3rd Friday of the month).

Next visits: **12th Mar, 9th Apr**  
Stops at The Victoria Inn, Pensilva, 10.25-10.45am; Quethiock bus stop 11.00 to 11.20am.



## **Struggling with Sight Loss?**



iSight Cornwall offers practical help to people living with sight loss in Cornwall including:

Low Vision: Advice for low vision aids

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Social Clubs & Activities: Links to clubs & activities in the county

For more details Telephone 01872 261110 or visit

[www.isightcornwall.org.uk](http://www.isightcornwall.org.uk)



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## Please support our advertisers!

### Advertisers please note:

Due to restrictions in place as a result of the COVID19 outbreak, the Parish Pump is currently being published online only. For as long as this situation persists, we will continue to run the ads placed by our regular advertisers FREE OF CHARGE. For those of you that have paid in advance, the end date of your advertising run will be extended accordingly.

New and occasional advertisers, please call the editor on 01579 364016 to discuss. Many thanks.

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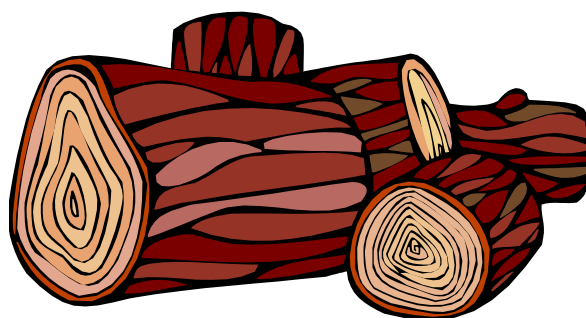
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