

# THE PARISH PUMP



September 2022  
Edition 490



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



Service veterans from 'Battling On' undertook a thirty mile "Yomp" across Dartmoor at the start of August.

(Full story on page 13).

## 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

Alan Moss (chair)	01579 362064	Marlene Carr (vice-chair)	01579 362919
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Ivor Vaughan	07979 934604	Craig Vaughnley	01579 364083
Sharon Daw (Cornwall Councillor) 07837 379305 slash.dash.daw@gmail.com			

## Meetings of St Ive Parish Council

Meetings are now being held on the 2nd Monday of the month except August and December when no meetings are held. 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: CIOSNBMLLST@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. Ive 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

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

Millennium House enquiries and reservations: 01579 363096

email: 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 ADVERTISING COSTS

The prices for advertising in the Parish Pump are as follows:

The below prices include VAT at 20%:

**Quarter page: £10:00 per month or £100:00 for 12 months.**

**Half Page: £20:00 per month or £200:00 for 12 months.**

**Full Page: £33:00 per month or £330:00 for 12 months.**

## 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, or Millennium House reception.

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.

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

## From the Editor

It's great to hear that a weekly youth club is starting up at Millennium House. The building has been the source of quite a bit of controversy over the years, but through no fault of its own! It is an amazing facility for our parish, and we all should be proud of it. Let's hope that the young people that attend the youth club now, will grow up valuing the building and appreciating how it helped them when they were young. Because then, one day, they will be the ones in charge and, hopefully, giving up their time to organise activities and events for their own and the next generation.

It's good to hear from Merryhue Farm again (front cover and page 13). For as long as there are wars, there will be people who are damaged by war, and we should all be immensely grateful to those people for their sacrifice, but also those who dedicate their lives to trying to put things right. Keep battling on.

That's it for this month. Tomorrow my wife and I are off for a long -delayed family reunion. I believe it will be my first time crossing the Tamar for three years!

Keep well everybody - Joe

### St Ive Village Hall

Gardening Club	1st Monday monthly 7:30pm	01579 382762
St Ive Snooker Club	Monday & Thursday 7:00pm	01579 382315 R Bunkum
Yoga	Tues 4:30-6.00 & 7:00-8:30pm	07947 785554
Post Office	Wednesday 10:30 - 11:30 am	
Coffee Morning	Wednesday 10:30 - 12:00	
Art Group	Fridays 11:00am - 4:00pm	07772 639942
Social Evening	Fridays from 7:30pm	01579 384810 Rosemary

**St Ive Village Hall is available for hire, £5.00 per hour. Includes use of the kitchen & electric (except wall heaters which are on a £1 coin meter). Ring Amanda Eveson on 01579 388782**



## **Chairman's Report September 2022**

Although the Parish Council has a Break from meetings in August, the Councillors continue to keep in touch and discuss items which concern the Parish. Millennium House still needs to be managed. Staff and bills still have to be paid.

There is currently a vacancy on the Parish Council. (See notice below). Serving as a Councillor, for me, has been interesting and rewarding. If you feel that you would be interested or would like to know more about the position, please contact our Parish Clerk. It's important that we maintain a Council in the Parish as the current council members may retire in a couple of years. If there is no local council, Cornwall Council will appoint a one. The biggest responsibilities of the Council are the management and administration of Millennium House along with the Parish finances. Millennium House has been managed by numerous Councils over the years, but to secure its future and to have continuity, the Parish Council has decided to employ a manager and over the last few weeks interviews have been taking place. The manager will bring in new ideas and events and make MH the hub of the community that you, the parishioners, deserve.  
Alan Moss - Parish Chair.

### **St Ive Parish Council**

#### **Vacancy for the position of Councillor in the Pensilva Ward**

A casual vacancy currently exists for a councillor in the Pensilva Ward.

If you are interested in serving the community in this capacity and would like further information about the duties and responsibilities of a Parish Councillor, please contact the Parish Clerk.

Applications for this position should be in writing or by email and sent to the Parish Clerk at the address below.

The council hope to fill this vacancy at their meeting on the 12<sup>th</sup> September 2022

Jenny Hoskin, Parish Clerk, St Ive Parish Council

Millenium House, Princess Road

Pensilva, Liskeard, PL14 5NF

Email: [stiveparish@btconnect.com](mailto:stiveparish@btconnect.com)

Telephone: 01579 363096

**ST. IVE VILLAGE SHOW**

To be held on

**SATURDAY 3<sup>rd</sup> SEPTEMBER 2022**

In St Ive Village Hall

To be opened at 2:15 p.m.

**Handicraft Classes**

**Cookery Classes**

**Horticultural Classes**

**Photography Classes**

**Various classes for children**

Schedules will be available very soon.

All enquiries please to Rosemary Farley 01579 384810

## Opening times for the Mel Bar at Millennium House

Tuesdays	7 -11 pm but only when Function Room is in use	
Thursdays	5 -11 pm	
Fridays	5 -11 pm	Last orders always half an hour before closing.
Saturdays	5 -11 pm	
Sundays	12 noon - 5 pm	

### **AMENDED BUS TIMETABLE WILL BE BAD FOR PENSILVA RESIDENTS**

Some of you may know that bus services in SE Cornwall are due to change again on Sep 4th. Since the changes in April, I have been “on the case” with the County Council, our local Councillor, Sharon Daw, and Councillor for Liskeard Central, Nick Craker. Problems with local services were raised by members of the public (me included) at a meeting in Liskeard Town Hall last month. I was in the process of setting-up a passenger forum, to report back in time for the September review of services, but guess what? It had already been done! From the advance online timetable, it looks like Pensilva will no longer have a service to Liskeard until 10.08 (236 Liskeard – Launceston route, via Tremar Coombe.) The No. 74 will exist no longer, and we will be unable to access central St Cleer. **PLEASE** write to Councillor Nick Craker, either c/o The Town Hall in Liskeard or direct by email to – [cllr.nick.craker@cornwall.gov.uk](mailto:cllr.nick.craker@cornwall.gov.uk). If you are not a bus user, please think of those of us who are, and take a few minutes to plead our cause. This 10.08 service will be too late to connect with other routes that depend on being in Liskeard much earlier, quite apart from not helping those working or with appointments in town. Thank you. Judy Ransley.

## **Supporting Guiding & Scouting Activities in Pensilva 200 CLUB Draw Results for July 2022**

<b>1st No. 175 Mrs J Wilton</b>	<b>2nd No. 71 Mr J Blackler</b>	<b>3rd No. 133 Mrs J Bicarregui</b>
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**Thank you for your support**

## Tregovenek visit to Huxham's Cross Farm, Dartington, 12<sup>th</sup> August, 2022

A visit to Huxham's Cross Farm (<https://www.apricotcentre.co.uk/huxhams-farm>) has been on the cards for a while with the hope that it would inspire the design process for Tregovenek. Eighteen of us put aside the day for a tour of the farm, which more than fulfilled our hopes. The team there has created a productive, diverse, profitable and regenerative farm from depleted soil in just 5 years. It was exactly what we needed to see! A big thankyou to POSICRP for funding the visit.

### This is some of what was shared in our feedback circle after the tour:

It's about having a clear vision and going for it!

The farm really connects people together to share experiences and knowledge

It's ok to learn from mistakes!

It gives a sense of hope

Challenging times call for courage

There is a great diversity of activities and numerous ways to get involved

Farm Club for children is a beautiful idea

There's a need for art/creative spaces

Design in green manures and windbreaks

Community outreach is so important

Young people need to be involved from the start – this is for now AND the future

We need to build in resilience for an uncertain climate and economy

Healthy soil can sequester carbon and grow healthy food

It shows good use of scale for manageability

A healing element is so important

What we're doing is creating an oasis

We're standing on the shoulders of giants!

Good water design/management is key

It's about celebrating the simplicity of being human

To top it all off, Mariana (who runs the farm) has just published a book called 'designing regenerative food systems' which many of us purchased on the day. It's a perfect toolkit for Tregovenek outlining organic, biodynamic, permaculture, agroforestry, agroecology and regenerative farming methods. I'm already half way through!


Tregovenek ('the place of hope') is the proposed community farm on Attwood Lane next to Pentiddy Community Woodland. If you would like to sign up for regular updates about Tregovenek, please visit the website and click 'subscribe'.

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



## Pensilva Film Club

Firstly apologies again to anyone who turned-up for our scheduled film club in July, which had to be cancelled at short notice, and thanks to those who attended the extra viewing on the 5th August, when we showed our planned July movie – “The Duke”. This film followed the real-life, and little-remembered, story of an elderly gent who was a 1960s activist, one of his pet concerns being the cost of TV licences for OAPs. A famous Goya painting was stolen and then ransomed in the cause of free licences for those over 65. The film raised a good few laughs and was admirably acted out by Jim Broadbent and Helen Mirren. As I write this, the Downton Abbey screening hasn’t happened yet, but by the time you read this it will have. I hope you enjoyed it!



Pensilva Film Club (Part of C-Fylm, Creative Kernow)  
Presents: At Millennium House, Pensilva  
**Ali and Eva** Friday 16th Sept: 7pm for 7:30 start.

Our September film is “Ali and Eva”, a drama/romance movie, starring Claire Rushbrook and Adeel Akhtar. It’s probably a less well-known title for many, so please come and “give it a go” on the 16th. We look forward to seeing you.

Doors open at 7pm for a 7.30 start. The charge for C-fylm members is just £3 with £6 for new members which includes membership for one year. The Mel Bar will be open both before and after the showing.

Pensilva Film Club - In association with C-fylm, part of Creative Kernow

## News from St Ive Methodist Chapel.

There is an old joke that goes: - Someone once asked a Methodist Minister how many Methodists it takes to change a light bulb? To which he answered CHANGE? We do not do change!!!!

Well, you cannot say that about the Methodist Church in St Ive as we move into a new Church year. You will see over the coming month and into the future some big changes to the way we do things on a weekly basis.

Firstly, you will notice in the Sunday Services opposite that our Harvest Festival Celebrations on Sunday 18<sup>th</sup> September will be the final Service in the building which has been home to the Methodist Church in the village since 1860. This does not mean that the Methodist Church has come to an end, (as the Church is not a building, it is the people) rather it just means we are moving on and will be meeting in the Village Hall from 25<sup>th</sup> September onwards.

Please take notice of this date as we will be holding a Macmillan Coffee afternoon between 3 & 5pm rather than a Service on that day and you are all invited to pop along and share in this special event.

This is not the only change as from the 1<sup>st</sup> September our name has changed and from now on we will be known as Unity Methodist Church at St Ive. There is a reason for this as, due to rule changes within the whole of the Methodist Church, to be a classed as a Church we need to have 12 members, and as we are below that number we have been asked to look at amalgamating with other small congregations. To this end, and after much discussion, we are merging our business meetings etc with our friends at Bealbury Methodist Church, near St Mellion, and Blunts Methodist Church.

We will all be known as 'Unity Methodist Church' followed by the name of the community in which we will continue to meet for Worship. It will also give us the chance to work even more closely with our sister Church in St Ive at the Anglican Church and also with St Johns at Pensilva, along with our links to the Callington Methodist Church.

Like a lot of things, the pandemic has changed the ways in which we work, but on a positive note it has given us the push we needed to look forward rather than backwards, and hopefully outwards rather than inwards.

If there is anything that you would like your Church to do for you, or for the community as a whole, or if you have never been inside the Chapel building and would like to before we close the doors, please contact me, Keith Mutton on 01579 382334



## Liskeard consulting on major highway changes for the town

Liskeard Town Council is consulting on some major highway proposals, around the town and in the town centre. The Council is urging all residents and visitors to have their say on the biggest changes to the town's layout in years.

Working with consultants at Sustrans, the Council has commissioned a local cycling and walking infrastructure plan, aimed at making it easier and safer to walk and cycle in and around Liskeard. A first public consultation a few months ago looked at barriers to cycling and walking around the town. The Council has now developed some draft detailed proposals on which they would like your views. The plans can be viewed on the Council's website <https://www.liskeard.gov.uk/active-travel/>

Some of the main changes include:

- More 20mph zones.

- Reducing Charter Way to 30mph.

- New segregated cycle and footpath on Charter Way.

- New two-way cycle path on Plymouth Road.

- A new town centre bus station, or extension of existing Barras Street bus stops.

- Closing off Castle Street & Pound Street to through traffic (bus and locals only).

- Changes to Barras Street town centre.

- Changes to Bay Tree Hill.

- Safer crossing on Dean Street/Limes Lane area.

There is an online survey, or a paper copy of the consultation survey is available on request at Liskeard Town Council's offices on West Street.

Survey link: <https://www.surveymonkey.co.uk/r/WVTZVWW>

If you, the public, like these plans, the Council can develop them and start applying for funding to make it happen. It's important to have your say now, before funding is sought or shovels go in the ground.

The public has until the end of September 2022 to have its say.

**Mayor of Liskeard Cllr Simon Cassidy** said: *"We are looking to make some big highway changes to make it safer for all road users in Liskeard. We have seen and heard a lot of comments from the public about wanting to make it easier to walk and cycle – now is everyone's chance to have their say on our proposals."*

**Cornwall Councillor for Liskeard Central Cllr Nick Craker** said: *"I urge the public, businesses and visitors of Liskeard to have their say about these proposals. Whether you're a taxi driver, local resident, shopkeeper or work in the town, we want to hear from you all. It's important we don't make changes that lots of people are anti or knew nothing about. Now is the time to spend a few minutes looking at the proposals for our town, and respond to the survey."*

**Chair of the Active Travel Working Group Cllr Rachel Brooks** said: *"We can make Liskeard a place where more people enjoy walking and cycling to go shopping, travel to school and work and spend time with family and friends. That will help keep us healthy too. Please fill in the survey so we get a wide range of views and can show funders what local people want."*



## Veterans Striding Out



Between Aug 1st and 2nd, twenty-two veterans aged 35 -92, from Battling On, undertook the Royal Marine Commandos challenge, a 30 mile Yomp across Dartmoor leaving from Okehampton Battle Camp to Dewistone Rock.

The veterans all of whom are struggling with a wide

range of complex problems, from PTSD, dementia, life limiting, and terminal illnesses, decided to take up the challenge to raise funds to support other veterans in crisis through a Go Fund Me Page called Striding Out which can be found at [https://gofund.me/97e\)3196](https://gofund.me/97e)3196)

The 30 miles yomp was split into sections to allow all the veterans to contribute to the challenge. Twelve of the younger veterans completed the whole walk with thirty-five in total completing sections.

The walk was organised by Former Royal Marine Sean Fraser, Battling On's Veterans Programme Manager who, despite only recently having undergone surgery to replace his knee, worked with the veterans, building up their strength and stamina with regular walks on Dartmoor. Sean was supported by Paul White who also works at Battling On.

Sean said, "To begin with I used the walks to help veterans suffering from mental health issues, who had served in conflict zones, many of whom could not face being indoors or in large group situations. As the walks progressed it was suggested that they could be used to generate some good by raising funds to help other veterans, and so the challenge



was set. The remarkable thing about the Striding Out Challenge was that it inspired our other veterans many of whom have limited mobility or are facing serious and terminal health conditions. It gave them something to rally around."

Battling On is a veteran-based service that supports over 120 local veterans with complex needs. Battling On is based in a 124-acre care farm outside Callington that provides a wide range of services and activities to help veterans get back on track, forming friendships and having fun while learning new skills.

For further information about Battling On and how they support veterans, please visit [www.battling-on.com](http://www.battling-on.com)



## Important Local Event! How to reduce your energy costs and understand the financial support available.

Building more resilient local communities has never felt so important as we face increasing uncertainty on a global scale. The Together Project is looking at how we can embrace these times as a chance to bring the parish of St Ives together in support of each other and in our care for our environment. Not just for now but for our children's children.

With all of us worried about rising energy costs we want to offer some support to the community by offering two information events in partnership with Community Energy Plus. This is an award-winning social enterprise providing complete energy answers to help householders in Cornwall enjoy warmer, energy efficient homes as part of a more sustainable future.

One event will focus on how you can improve the energy efficiency of your home in easy steps and options for introducing renewable energy. This event will be held on **October 13 from 7pm in Millennium House**. Everyone is welcome to attend. There will be opportunities to ask questions and to hear some inspiring stories about how other people have made simple changes to their homes to save money and fossil fuels.

We have yet to set the date for the second event but it will be on a morning in October. Community Energy Plus advisors will be on hand to provide information on the financial and other help available to householders. We will put up posters in Millennium House and around the Parish to publicise the events as well as put details on FaceBook.. Please spread the word to anyone who you feel could benefit from coming along - we're in this together.



## Pensilva Preschool Gala Day

The Together Project enjoyed a wonderful day at this year's Pensilva Preschool Gala Day, we hosted a free bug/ bee hotel making table. It was so exciting to see all of the children getting involved in providing extra homes for our local wildlife. We want to extend a wholehearted Thank you to everyone who came along to

support the event. We're especially grateful to our volunteers Hilary, Barbara, Hui and Martin, who manned the stall and braved the extreme heat.



## **Meadow Cutting in the Community Garden**

Having been rained off on Monday 22nd August we will have to find another date soon, to cut the hay from the meadow. It has looked really beautiful this year. We have some interesting plants in the mix. Pig Nut, Greater Birds-foot Trefoil, Yellow Rattle, and a couple of wild orchids. The usual meadow butterflies had a few added Marbled Whites this year which may hopefully colonise the meadow. Removing this growth will encourage more flowers and diversity in the meadow. The majority of it will be used to make compost on site but some will be taken to other areas of meadow to receive the seeds and boost diversity.

## **POWER OF THE PARISH**

### **Nominations.....**

The Together Project has been established not only with the aim of improving our local environment, but also to help strengthen our community. Part of this aim is to recognise and celebrate our existing strengths.

So with this in mind, we would like to hear from you if you know someone within our community who is making a positive difference to our parish, whether it be social or environmental. We would like to connect with them and collectively celebrate the good things that are going on.

### **Together Project Blackboards**

Part of our many-faceted approach is to ask people what they feel is working well within the parish and what they think would help to create a more beautiful and secure future.

We would love to hear from as many different people in the parish as possible. We have a large blackboard with a couple of questions on it, tailored to suit particular groups or locations and we would love to hear your responses! These responses will be used to inform the creation of a Community Resilience Plan for the parish which will be completed by the Spring of 2023.

If you are part of a group who would be interested in 'hosting' the blackboard for one of your meetings in September or early October. We would be very happy to come and introduce the concept, taking no more than 5 minutes of your time. Responses can be written during a break or at the end of the meeting. We would then collect it after the meeting.

We would also like to find central venues that could 'host' the blackboard for a few days so that people passing could write their comments. We can discuss the specifics of this in more detail once dates and venues are agreed.

So please get in touch if you're interested in being part of this and look out of the boards during the Autumn so that you can add your responses - the more the merrier!

Together we can make St Ives Parish even stronger!

Email: [posicrp@gmail.com](mailto:posicrp@gmail.com), Tel: 07768 130520 or message us on FaceBook  
Together Project

## TWELVE YEARS 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 which I see at my home on the edge of Pensilva on a daily basis. Whilst insects are not an area that I am very knowledgeable about, when I see something new to me I like to photograph it and try to find out a bit more about it. This month I am going to share a couple of these with you. Whilst very different, they do share innovative ways of defending themselves against predators. The first is the intriguingly named... **DEVIL'S COACH HORSE BEETLE**



As in this picture, the devil's coach horse beetle raises its tail when threatened (on this occasion by me taking a photo), giving it a scorpion like appearance. In the middle ages it was thought that if it raised its tail towards you, it would curse you. In Ireland it was thought that it could strike a person dead on sight and that it ate sinners. Perhaps I should be worried! Apparently they can also emit a foul smelling secretion, which thankfully this one did not. Their jaws are very powerful and can give a nasty bite if you get too close.

Their jaws are also used to catch a range of invertebrates such as worms, slugs, caterpillars, spiders and woodlice. They move fast and hunt on the ground. Although they can fly, they are rarely seen on the wing. They are powerful predators and can grow up to 3cm. This one was a bit less than that. They are nocturnal, hiding under stones and leaves in the day, so I was lucky to spot this one.

After mating, the female finds a damp area in which to lay a single egg. The larvae live and feed underground. Several months later, they pupate, emerging as an adult a month later.

Devil's coach horse beetles live in a variety of habitats, but this one was seen while walking on Caradon Hill.

The second insect I would like to share with you is...

## THE DARK EDGED OR GREATER BEE FLY.



The bee fly's defence against threats is also to mimic another creature. In this case its disguise is defensive rather than offensive. The dark edged or greater bee fly is the most common of 10 bee fly species found in the UK and has a furry body like a bee moving from flower to flower buzzing much like a bee. It also has a long thin pointed tongue like a spike, which looks much like a mosquito. Both will make predators wary of it, though it can neither sting nor bite. It is an excellent pollinator, although it does sometimes use its proboscis to enter the flower from the back, so stealing the nectar without pollinating the flower. Usually, the pollen will stick to its tongue while it feeds on the nectar and is then deposited on the next flower, so pollinating it. They can be seen from early spring through to early summer on warm days, but don't usually fly in temperatures less than 17 degrees centigrade.

The larvae of bee flies are parasitic and unusually, go through two metamorphic phases. They are parasitic on solitary true bees during this part of their life cycle. The mother bee fly moves her abdomen to coat her eggs in sand and gravel to disguise them and to make them heavier. She then flies over the solitary bees nest in order to 'throw' the eggs towards it so that they land near to or in it. The hatching bee fly larvae then enter the nest to feed on the nectar brought in by the true bee for her young. After the first metamorphosis, the much larger larvae eat the young bees before metamorphosing into the adult form. Despite this, bee flies do not significantly threaten the bee populations.

Nature is so varied in both appearance and behaviour - there is always something fascinating and unexpected to find out about.



## **My name is Emily Welch.**

I've recently qualified as a level 2 hairdresser and I'm looking to build up my clientele.

I specialise in hair-ups, braiding, blow-dry & perms. As I'm just starting up, all services will be at discounted rates.

**Please contact me on 07939 509643**

**Interested in joining a group of birdwatchers?**



**Join the EAST CORNWALL BIRDERS**

All levels of experience welcome, beginners to experts. We learn from each other. Bird Outings on the first Thursday of each month, to coast, estuary or moor etc. We focus on east Cornwall and west Devon, with occasional trips further afield.

**Interested?      Want more information?      Contact: Angus Parker**  
**E-mail: [angusmmparker@gmail.com](mailto:angusmmparker@gmail.com)      Mobile: 07860 109586**

Organisations offering speedy support for people in financial hardship:  
<https://www.lightningreach.org/> (Thanks to Fiona Wood for this.)

Did you know that your medication blister packs can now be recycled at Superdrug in Liskeard. Just collect at home and drop off when in town doing other things. Easy-peasy! (Thanks to Judy Ransley for this.)

## **CALLING ALL COUNTRY DANCERS AND CALLERS**

Pensilva Country Dancing Club would like to start up again in September, and would welcome new members. We also need one or two more people who would be willing to take a turn at calling for the dances. We meet fortnightly in the Art Room at Millennium House, Pensilva for a couple of hours, usually on a Thursday evening, and would suggest 7.30 to 9.30pm. If you are interested in joining or calling would you please ring Carolyn on 01579 362698. We look forward to hearing from you.



Action for  
Children



# NEW YOUTH GROUP FOR 11-19 YEAR OLDS

UP TO 25 YEAR OLD WITH SEND  
**EVERY FRIDAY 5.00-7.00PM**  
**STARTING 2ND OF SEPT.**

***FREE OF CHARGE & OPEN TO ALL.***

**VENUE: MILLENNIUM HOUSE, PRINCESS RD, PENSILVA,  
LISKEARD PL14 5NF**

**ACTIVITIES, DRINKS/SNACKS & A CHANCE TO HELP BUILD A  
YOUTH LEAD GROUP IN YOUR AREA.**

**FIND OUT ABOUT US @:**

**[WWW.SERVICES.ACTIONFORCHILDREN.ORG.UK/KERNOW-CONNECT](http://WWW.SERVICES.ACTIONFORCHILDREN.ORG.UK/KERNOW-CONNECT)**

## St Ive & District Gardening Club Report - August 2022

On Mon, Aug 1, we visited 2 gardens in Dobwalls, both in the National Garden Scheme.

We started at Dove Cottage, nestled away behind the village. We were encouraged to wander the garden, asking questions as we went. Striking were the colours & use of space. Unusually, there is no gap where the house ends & the garden begins. The garden starts right next to the house: a conservatory-like structure with wild plants growing between the paving slabs to match the outside - a great way to view the garden away from inclement weather; also a raised decking area right up against the house. An array of greenery dotted with bright flowers; a feeling of being abroad. It's not a huge area, but an outdoor mirror gives the illusion of much more space.

Down the steps from the decking, the path leads to an area with a very natural, wild feel. Some plants venture onto the path trying to get to the other side. To the right of the path the plants are in height order, tallest at the back, but they mix well together; a 'deliberate but natural' pose. I mentioned colours, well this section includes the full spectrum of purples & pinks, from deep purples to the faintest of pinks. All holding their own in the greenery of heights. Around a corner, we found a hidden green oasis. Mini ponds made from plant pots, large & small, sit by huge & small green leaves. The path borders are tree branches. Flowers take a back seat to the mass and variety of green plants, shrubs & trees, boasting that they too can be colourful in just one colour. However, the flowers in a supporting role were outstanding in their bright orange petals. No tranquil area like this would be complete without a pond. This pond is no frills, simple & so, so effective: a solar-powered water feature runs from an old tree stump in the ground, easily accessible to pond wildlife & within view of the sitting area. Back up the path and under the archway tunnel, the purples & pinks were once again a top feature. Trailing plants delicately winding their way up, around & down the structure like in a fairy tale. It was very hard to believe that only 5-7 years ago this was a lawn, a cherry tree & hedges. A lot of work has clearly paid off; a peaceful garden which suits the property perfectly.

The second garden, at 9 Higman Close, I thought could not be very big as it's on an estate. Wrong! The front of the house sets the scene: colourful, diverse, a gardener's garden. Along the side of the house are rows of fuchsias: single, double, very small, very big, same colours, mix of colours, changing colours! Clearly a favourite. As the back garden came into view I realised just how wrong I had been – the garden seemed to go on forever! The owners have been there 35+ years & are very keen, knowledgeable gardeners. There had once been a pond in the front, but sadly frogs would die in there leaving not a nice pond. Instead of renovating the area they simply punctured the bottom of the pond, let the water drain away & filled it with plants which are thriving. We followed the path that began as raised decking, then passed different varieties of hydrangeas, one with small petals, a deep blue colour. Under an arch with trailing plants hugging the sides; the purple clematis flower working alongside the bright pink everlasting sweetpea. Facing the garden boundary, a fuchsia had been fanned out on some trellis, treating the neighbours to something more beautiful than a standard fence panel. Opposite stood an apple tree (or so we thought) branches weighed down with fruit. The tree turned out to be 7 varieties of apple, the trees all spliced into one another! A clash of purple & orange flowers at the front of the seating area: a clash that more than worked. A restful area to relax and admire the huge variety of plants, flowers & shrubs. Then a greenhouse (1 of 3 – I said it was big) full of cactus & succulents; another favourite! Circling around, a close-up view of the stunning true indigo shrub; a tendril of purple flowers. Through the tendrils a large patch of oxeye daisies next to a cream hydrangea, the 3 colours complementing each other. Peering over the daisies & hydrangeas, tall sunflowers in all their various colours & shapes. Nearly at the end of our tour & there was a bed of common zinnia; pink petals looking outstandingly bright in the setting sun.

Two gardens in different areas with huge variety but in some ways very much the same.

Next meeting – first indoors one of the year: Monday Sep 5, 7:30pm. Speaker: Jeremy Wilson. Topic: The Scented Garden. St Ive Village Hall – PL14 3LZ. Refreshments (tea/coffee & biscuits): 50p. We are a friendly bunch that would love some new members! Feel free to come along to the meeting with no obligation to join – we'd be pleased to welcome you.



## SHARE Recycling for Charity project

Why did the bread roll?

Because it saw the butter fly!

Save your bread bags and your burger buns, hot dog rolls, wraps, naans, pita, thins, flat bread and crumpets packets.



We send them to Terracycle and they end up as garden furniture!

The manufacturers give money to our charity, Kicks Count, who help reduce UK still-births. It's a win, win, win.

Bring your items to a drop off point near you.

Due to my accident (I fell off a horse) there will be no collection at St. Johns church in September, but there are 2 blue bins in Upton Cross hall car park, or you can drop to Horizon Farm Shop Tremar.

YOU HAVE HELPED US RAISE OVER **£8000** FOR OUR CHARITIES NOW AND SAVED TONNES OF VALUABLE RESOURCES FROM BEING WASTED, WHICH HAVE BEEN MADE INTO NEW PRODUCTS. Thank you.

### Want to be more involved?

Arrange to bring people's items to Golberdon.

Contact the local pubs and collect their bread and cheese packages and empty crisps, snacks & nuts packets.

Ask your local groups to save their biscuit wrappers.

Arrange to collect everyone's Blister Packs and take to Superdrug.

**Lets stop throwing stuff away that can be easily recycled.**

You can contact me by email [iamalihumphreys@yahoo.com](mailto:iamalihumphreys@yahoo.com)

or text if possible or call 07305 044049 Thank You Ali.

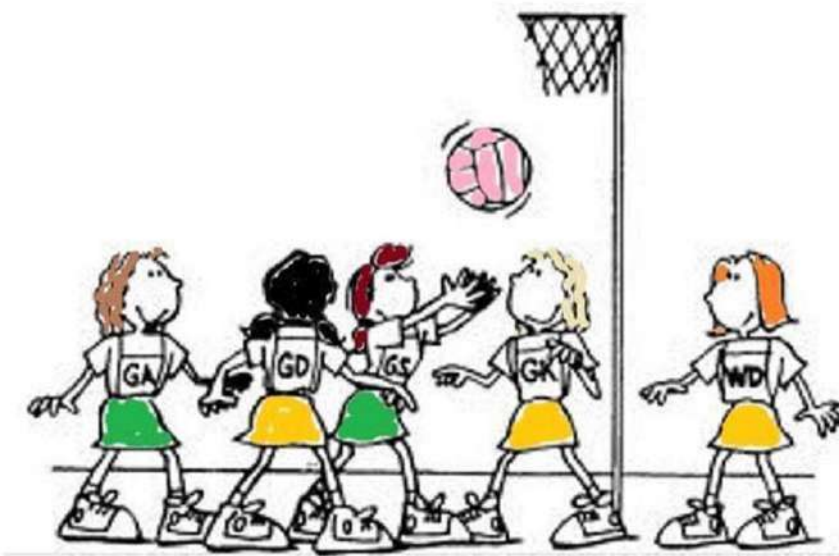
For more information about drop off points and an updated list of accepted items go to [www.south-hill.co.uk/charity-recycling](http://www.south-hill.co.uk/charity-recycling)

**Thank you for your continued support.**

**Ever tried...**

# **Ladies Walking Netball?**

**Come along to Millennium House, Pensilva**

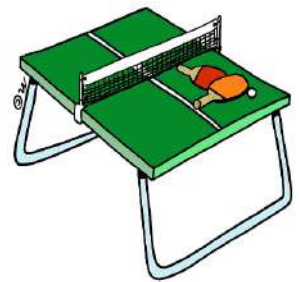


**Thursdays  
4.00pm - 5.00pm**

**£2 per session**

**For further info contact [rosemaryfarley@gmail.com](mailto:rosemaryfarley@gmail.com)  
or Tel. No. 01579 384810**

## **ST. IVE COMMUNITY SOCIAL EVENING**



**VILLAGE HALL  
FRIDAY NIGHTS 7.30PM**

# MILLENNIUM HOUSE

COMMUNITY CENTRE, AND DYNAMIC EVENT  
VENUE IN THE HEART OF EAST CORNWALL



#### Conferencing

We have four meeting rooms for all your corporate needs.



#### Function Room

For parties, discos, or just larger events; with adjoining kitchen and bar.

### Our Facilities

#### Sports Hall

For sports or larger events requiring a stage, the sports hall is our biggest venue.



#### Coffee Shop

Providing tea, coffee and cake. And for something stronger, there's the Mel, a licensed bar.



**Enquire today:**  
**01579 363096**

[www.millenniumhouse.org.uk](http://www.millenniumhouse.org.uk)  
PRINCESS ROAD, PENSILVA, PL14 5NF

## What Do We Do?

From wedding to wakes, kids or adults, corporate or community, we can host and cater your event. If you have an idea that's not covered here, get in touch and see if we're the right venue for you.

#### We're also home to:

- ✓ The Mel bar
- ✓ All Being Well Fitness Centre
- ✓ Post Office
- ✓ Sunflower Park kids playground
- ✓ Extensive playing fields
- ✓ Community Library



## **Millennium House Community Transport**

### **Do you need transport to and from the doctor or hospital?**

Millennium House Community Transport's aim is to connect local communities and reduce social isolation.



If you need transport to Hospital, doctors or vaccination and have mobility issues, or are unable to drive to your appointment, please contact Millennium House on:

**01579 362919 or 01579 363096** and we will try to help.

To volunteer as a driver please call Millennium House on **01579 363096**.

### **CITIZENS ADVICE CORNWALL - APPEAL FOR VOLUNTEERS.**

Citizens Advice Cornwall is appealing for people to come forward as volunteers, to not only help with providing advice and support, but to also help with fundraising and raising awareness.

Like many charities, Citizens Advice Cornwall relies heavily on volunteers to be able to continue its work. As the cost of living and energy crisis deepens, the demand for the charities services across the county is increasing.

Fundraising Ambassadors are needed for a variety of roles including organising and attending fundraising events, talking to groups and organisations, organising collection tins etc. We also need volunteer advisors and administrators.

Last year, Citizens Advice Cornwall helped more than 9,000 people, with almost 40,000 issues, write-off debt worth a total of over £1 million and gain income worth more than £8.1 million.

It costs Citizens Advice Cornwall around £1.5m to run the service each year, a figure that is set to rise as the need for help increases.

Citizens Advice Cornwall provides free, independent, confidential advice on a range of subjects for everyone, including benefits, debt, housing, relationship issues, employment and redundancy, consumer, legal issues and more.

To find out more please email [tamsin@citizensadvicecornwall.org.uk](mailto:tamsin@citizensadvicecornwall.org.uk)

# Millennium House Coffee Shop Opening Hours

We are open Tuesdays, Wednesdays and Fridays, 9am to 1pm  
(to coincide with Post Office days).

Our intention is to open more days and for more hours as soon as Covid regulations allow.

Covid precautions are in place at all times, providing a safe environment for our customers.

## *All Being Well*

We are still open for three mornings a week. A maximum of six members can now attend at one time.

### Opening hours:

Monday, Wednesday and Saturday, 9am to 1pm.

Maximum six members at a time for each of three slots within each session: 9:00 to 10:20, 10:20 to 11:40 and 11:40 to 13:00

### **Prior booking is essential**

To book yourself in or for any enquiries, call in at the gym or telephone on **01579 363890**, during the opening hours listed above.

**22 years working in our local community to improve health, fitness and well being.**

# Badminton has restarted at Millennium House

Come and join our relaxed and friendly group.

**Mon & Tue 7:30 - 9:30pm**

For further info phone Nigel or Carol on 01579 363594 or 07885 798370

**Gorfenna Community**  
**Welcomes You to**  
**Tea at the Farm**

**FREE Refreshments and**  
**Entertainment for ALL**

**Every Wednesday until Sept.28<sup>th</sup>**



**1.30-4.00pm**



**01579 384810**

(Gorfenna, St Ive, Liskeard, PL14 3LX)

Visit our website [www.gorfenna.co.uk](http://www.gorfenna.co.uk) or email:  
[community@gorfenna.co.uk](mailto:community@gorfenna.co.uk) for more information

**Those living with Dementia are especially Welcome**

Supported by



**McCARTHY STONE**  
FOUNDATION





# Gorfenna Community Welcomes You to Join us



## Gardening!



**NO COST** – improve your mental health by planting fruits, vegetables, hanging baskets and take some home **FOR FREE!**

**Every FRIDAY until September 30th**

**10.30am–12.30pm**

**01579 384810**

**(Gorfenna, St Ive, Liskeard, PL14 3LX)**

Visit our website [www.gorfenna.co.uk](http://www.gorfenna.co.uk) or email: [community@gorfenna.co.uk](mailto:community@gorfenna.co.uk) for more information

**Supported by**



**Gardening with  
Disabilities Trust**



**WESTERN POWER  
DISTRIBUTION**  
*Part of Alstom's South Western NLS*



# ST. Ive Community Games



Want to meet up on Sunday afternoons during the summer months for family games in the park?

Football

Rounders

Cricket

Start your own teams

---



# CALLINGTON TOWN MARKET

**4th September 2022**

**Come and Support Your Local Traders**

**10.00am until 2.00pm**

**Pitches start from only £10 each!**

**Pannier Market, Callington**

**Car parking is FREE in all car parks on Sundays**

Access to the market can be gained from Fore Street (between Spar and John Smith's Tyres) or through the Town Hall

**For more information, or if you are a trader wanting to book a pitch, please call 01579 384039**

**or email [market@callington-tc.gov.uk](mailto:market@callington-tc.gov.uk)**

**Future 2022 Markets held on - 2nd Oct, 6th Nov, 4th Dec**

# Teatime Church



For children and their families

Sunday 11<sup>th</sup> September

3.45pm

St John's Church  
Pensilva

Sharing a Bible Story

Playing Games

Singing and Praying Together

Eating Tea



For more information contact: Rev Becca Bell  
Rev Li Selman

[revbeccabell@gmail.com](mailto:revbeccabell@gmail.com)  
[revliselman@icloud.com](mailto:revliselman@icloud.com)



# AFTERNOON TEA

St John's Church  
Pensilva

Friday 16th September  
3.00 pm



*Bring & Buy Stall*  
*Donations in aid of*  
*church funds*

## Pensilva



## MemoryCafé

Thursday 22<sup>nd</sup> September  
2.00 to 4.00 pm

If you have  
memory problems  
or  
you are a carer  
for somebody  
who does  
and  
would like to  
meet others  
who understand  
your situation  
then join us at  
St John's Church

Contact Geoff 01579 362698





**Please come & join  
us for our**

# **162<sup>nd</sup> Harvest Festival**

**& to help us celebrate  
our Final Service at  
St Ive Methodist  
Chapel**



**Sunday 18<sup>th</sup> September 2022**

**Rev. Jonathon Budd**

**6.00pm start, Supper to follow.**







# FOOD for THOUGHT



SUNDAY

25<sup>th</sup>

September  
5.00 PM

St John's Church  
Pensilva

A time of fellowship  
and informal worship  
with a shared afternoon tea



For further information  
& to arrange transport:  
Geoff 01579 362698

**knit and natter**

Do you enjoy stitching,  
knitting, crocheting?

Join our friendly knit and natter group.  
Come and meet new friends and swap tips  
and ideas – all ages and abilities welcome!

Drop-in!

There is no charge  
for this activity but there  
is a Donation Back if you  
would like to make a  
cash contribution.

**Tuesday  
27<sup>th</sup>  
September**

**St John's  
Church  
Pensilva  
on the  
last Tuesday  
of the month**

**2.00  
to  
4.00 pm**

**Contact Kathleen  
01579 363686**



# An evening with...

**JOHNNY  
COWLING**

Supporting



children's hospice  
**SOUTH WEST**

Registered Charity No. 1003314



**ELIOT HOUSE, LISKEARD**

**FRIDAY 30TH SEPTEMBER 2022**

**AT 7.30PM**

**TICKET ONLY EVENT**

**£15.00 Including Pasty Supper**

**Contact Pat**

**On—01579 362959 or**

**07436438567**

## **PENSILVA VILLAGE HALL**

**We are now open and back in business!**

Anyone wishing to book the hall for 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



## **MOBILE LIBRARY**



**The County Mobile Library** visits our area every four weeks, always on a Friday. You can now browse the shelves again, but you can still pre-order books if you prefer.

Next visits: **Sep 23, Oct 21, Nov 18, Dec 16.**

Stops at The Victoria Inn, Pensilva from 10.25 to 10.45am; and Quethiock bus stop from 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

Assistive Technology: Advice on products

Benefits Advice: Assistance to claim entitlements

Equipment Demonstration: Advice on gadgets

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)

## **Heligan's lit paths new location for memory walk**

Children's Hospice South West (CHSW) is excited to announce a new location for its annual Moonlight Memory Walk.

The event, usually held annually in Falmouth, is this year taking place at The Lost Gardens of Heligan, which is supporting CHSW as its charity of the year, on Sat. 12 Nov. from 6pm.

The Moonlight Memory Walk will give people the opportunity to remember and celebrate the lives of their loved ones by participating in an uplifting memory ceremony before walking 5km in the calm and beauty of Heligan's lit paths. There is also a virtual option for those wishing to take part in their own time and location.

Kiley Pearce, Events Fundraiser for CHSW is excited to be bringing the event to Heligan; "We feel very fortunate to have the opportunity to hold our Moonlight Memory Walk at Heligan this year. It is a very poignant event for everyone who takes part and this incredible location is going to make the evening all the more special."

Walkers are encouraged to raise sponsorship in memory of their loved ones, helping to raise funds to ensure children and young people from across Cornwall can access the care and support offered by Little Harbour children's hospice located just a few miles from Heligan in St Austell.

Sam Dickenson from St Austell, whose son Seth died in May 2021 aged 7 following a three year battle with a brain tumour, describes the impact that Little Harbour had on her family:

"People see hospices as very medical but Little Harbour was so much more than that to us. They are an extended family, a security blanket, there was never any judgement, they let us do what we needed to do but were there for us all."

Anyone over the age of 12 can take part and dogs on leads are welcome.

Ticket tiers:

- £10.50 super early-bird 25% discount price running until 5 September
- £12.60 early-bird 10% discount price from 5 - 30 September
- £14 full price ticket from 30 September – 10 November

To get your ticket simply visit [www.chsw.org.uk/moonlight](http://www.chsw.org.uk/moonlight) or call 01726 871 800 for enquiries.

This year's event is being generously sponsored by Surf Bay Leisure.

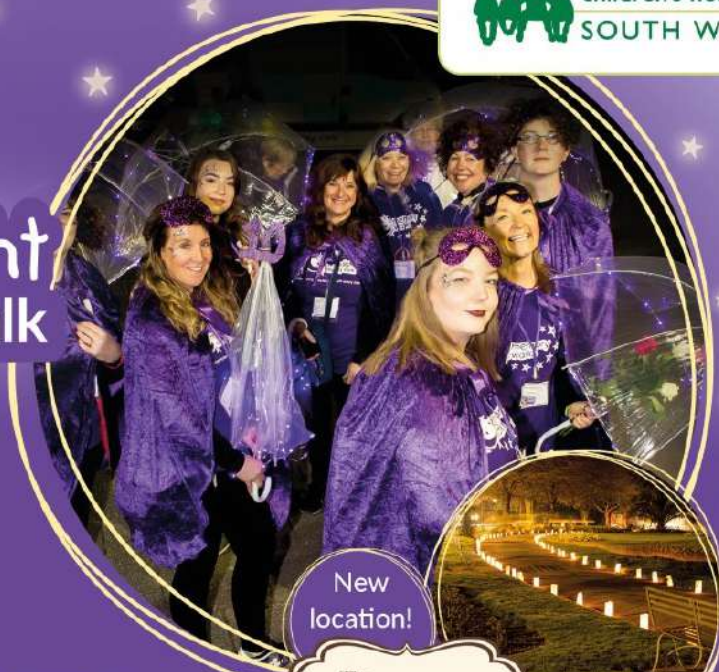
See poster on opposite page, top.



Sponsored by:



# moonlight memory walk



New  
location!

The  
Lost Gardens  
of  
Heligan

## Walk in memory of your loved one

### Saturday 12 November 2022

Walk in the calm and beauty of Heligan's lit paths, or join us virtually,  
for an uplifting evening whilst supporting local families with every step

Register today [www.chsw.org.uk/moonlight](http://www.chsw.org.uk/moonlight)



Making the most of short and precious lives across the South West  
Registered Charity No. 1003314



## ST JOHN'S CHURCH, PENSILVA

A united congregation of the Church of England & the Methodist Church

### **Services for September 2022**

- Sunday 4<sup>th</sup> 11.00 am Mr Barry Hocking & members of the congregation
- Sunday 11<sup>th</sup> No service at St John's  
10.30 am Cluster service at Menheniot Parish Church
- Sunday 18<sup>th</sup> 11.00 am Rev Becca Bell *Holy Communion*
- Sunday 25<sup>th</sup> 10.30 am St Cleer PC celebrating 45 years of Rev Martin Sellix being a priest  
or 11.00 am Mr David Nicholls *Holy Communion*  
5.00 pm Food for Thought

### **SEPTEMBER EVENTS** Please see posters for full details

- Sunday 11<sup>th</sup> 3.45 - 5.00 pm Tea Time Church for children & their families
- Friday 16<sup>th</sup> 3.00 - 5.00 pm Afternoon Tea
- Wednesday 21<sup>st</sup> 3.00 - 5.00 pm Good Grief Café
- Thursday 22<sup>nd</sup> 2.00 - 4.00 pm Memory Café
- Tuesday 27<sup>th</sup> 2.00 - 4.00 pm Knit & Natter

*For further details of the services and events at St John's, or if you know of any illness or need in the village, please call Geoff, 362698 or Frances, 363718*



## Tamar Area Prostate Support (TAPS)



### DON'T IGNORE THE SIGNS

- A need to urinate frequently especially at night
- Difficulty in starting to pee
- Weak flow
- Feeling that your bladder has not emptied fully

If you would like to know more about us please contact one of the steering group listed below or email [tapsinfo555@gmail.com](mailto:tapsinfo555@gmail.com)

**Come and join us on the first Tuesday of the Month  
10.00 at the Compton Park Engine House Callington  
for a friendly chat and a coffee.**



**Paul Mansell 01822 832179 - Harry Lawson 01579 383258**

**John Stewart 01822 833343 - Stephen Williams 07735 389883**

**Albert Doidge - 01822 832471**

**Prostate Cancer UK is a registered charity in England and Wales (1005541)  
and in Scotland (SC039332). Registered company 02653887.**

# Bargain Corner Free Ads up to £50

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

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

Scandinova **Chest Freezer** gwc. **£30**.  
**Chest of drawers** for boy's bedroom. 3 drawers. Industrial-style design. **£10**.  
Pine single **wardrobe**. **£20**.  
2 **single mattress** gc. **£15 each**.  
**07976 790825** or **01579 673123** Pensilva

Car roof box. Free for collection. **01579 363281**.

**Four motor biker jackets at £10 each**  
1. Red/Black, Frank Thomas, Size 44.  
2. Black leather, ladies, Size 12-14.  
3. Black leather, Size medium.  
4. Black/Red, Size XL.  
**All in good condition**  
**01579 346986**.

Prestige 5 ltr high dome **pressure cooker**. As new. **£25**.  
Delux Gourmet **stove top grill**. **£10**. As new. **01579 363281**.

A selection of **vintage china & bric-a-brac**. **£30**. **01579 363626**.

**Car roof box**. Opens both sides. Only used once. Full instr's. L 2300mm W 820mm H 360mm. **£50**. **01579 362217**.

**3-piece cane suite**. 2-seat settee & two single chairs. Ideal for conservatory / lounge. Washable cover. Fire resistant. In good condition. **£50** the set.  
**01579 362819**.

Axminster 2 speed forward and reverse **drill**, in GWO **£10** and a **Power Planer** PPL800 - 800W in GWO requires a new blade **£10** or **£15** for the two items.

**2 Empty Dewalt Tool Cases**, 1 general tool box with free Dewalt cordless drill no battery. **£30**.

10 wooden **moulding planes** Usable cond. 1 wooden spirit level & scribe. **£50**.

Small **boat anchor** 19" h x 13" w. **£15**.

Six coils of **industrial steel cable** now surplus to requirements **£35** the lot.

**01579 384658** (Safe Distancing if reqd.)

**Single bed & headboard**. Never used. St. Ive area. **£15 ono**. **07522 484979**.

Ladies Rocketdog wedge **flipflops** black with red and mixed colour beads on material, size 5. still in box as new paid **£10**.

**Upton Cross/Minions area**  
**07368 528398**.

Canon IP2700 **Printer**. **£20**  
**Computer screen** 19" **£20**.  
Epson Perfection v350 **Scanner** Photo **£20**  
Sony Revia 42" **TV**. **£45**.  
All in working order. **01579 363200**

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



# Colin Swinburne Electrical Services



All aspects of domestic and commercial electrical work.

Inspection and testing (EICRs), fault finding, new installations, rewires, consumer unit replacement, additional sockets, lighting upgrades, garden power and lighting, extractor fans and more.

Electrician in Pensilva. Free advice and quotes.



CSES@btinternet.com 07974499138



## Debbie Hicks - Counselling and Psychotherapy

*Caring, confidential counselling for all.*

*I work in a therapeutic relationship to help you understand yourself better.*

*I offer a warm, approachable, relaxed environment for you to untangle your thoughts and emotions.*

**www.debbiehickscounselling.co.uk**

**Email: debbiehicks10@gmail.com**

**07851 133782**

*More info on my website or by contacting me.*



## Naomi's Footcare Service

I provide a personal toenail-cutting service within the comfort of your own home.

To include removal of calluses, corns, hard skin, and reduction in thickening nails.

- ✓ Trained foot health practitioner.
- ✓ Fully insured
- ✓ DBS checked.

**naomiturner84@gmail.com**

**07809 690385**



# Trystan Phillips



## Carpentry/Joinery & Property Maintenance



### 35 Years' Experience

Fully Insured Including Public and Product Liability

All aspects of Carpentry undertaken including:

Bespoke Carpentry & Joinery , Kitchen Installations, Doors, Partitions, Skirtings, Architraves, Shelving, Timber Floors renewed & repaired, Laminate Floors fitted, Timber Windows repaired including 'Sliding Sash'. Plus General Property Maintenance, including Painting/Tiling & much more!

07397 153792    [trystanphillipscarpentry@gmail.com](mailto:trystanphillipscarpentry@gmail.com)    01579 363150

### Debbie's Care Services

**Tel. 0777 948 3230**

Hello, my name is Debbie. I am a local lady who has been working in the community for over 30 years.

I provide the following services and more!

- Assisting bathing / showering
- Preparation of meals
- Cleaning / Shopping / Ironing
- Companionship / Friendship and emotional support
- Assisting with mobility
- Day, Evening and Night Care

New, High-Quality, Local  
Decorating Service

### EDEN SERVICES



Interior / exterior decorating, including spraying

All work fully insured and guaranteed

References available

High quality work at sensible prices

Over 25 years experience

Call Julian for a free, no obligation quote

**Mobile 07775 515036    Office 01579 641129**

Find us online:  
fresh\_prop.co.uk



Top quality carpet, upholstery & hard floor  
cleaning services based in Callington

Long-established cleaning professional

Domestic & commercial

NCCA qualified & member

Steam cleaning & dry carpet cleaning

Tile & grout + natural stone clean & seal

Vinyl & LVT including Amtico & Karndean

Call 0800 3893393 or 07905 188459

Or email [nevil\\_fresh@msn.com](mailto:nevil_fresh@msn.com)

## TRADITIONAL STONE SERVICES

CLASSIC & TIMELESS  
STONE MASONRY  
AND LETTERING

MEMORIAL CLEANING

COMMISSIONS TAKEN

**01579 363693**

OR

**07507 782282**



Domestic Electrical  
Property Maintenance  
Interior & Exterior Work  
Carpentry :: Decking  
Kitchens :: Bathrooms  
Wall & Floor Tiling  
General Plumbing

**MCCARTHY PROPERTY MAINTENANCE**

**Electrical Safety  
Register**

incorporating  
ELECTSA  ECA  
Certification Ltd

HIGHLY REGARDED LOCAL BUILDER  
COMPETITIVELY PRICED  
COVERING THE SOUTH WEST

Contact Dominic

07968 599 675

01579 362 945

[info@mccarthypropertymaintenance.co.uk](mailto:info@mccarthypropertymaintenance.co.uk)

[www.mccarthypropertymaintenance.co.uk](http://www.mccarthypropertymaintenance.co.uk)



Maintaining and preserving our  
countryside for the benefit of all

Dry Stone Walls

Cobblestoning

Stone faced walls

Hedgelaying/steeping

Land management

All aspects of Landscaping

Mobile: 07539 296799 or

Email: [info@just-in-stone.co.uk](mailto:info@just-in-stone.co.uk)



# Westwood Garden Maintenance



*Antony Watts*

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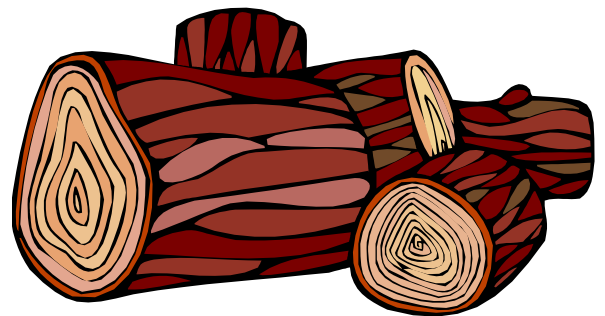
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