

# THE OLD SCHOOL NEWS

Issue 260  
March 2025



## RIDING FOR THE DISABLED - DUCHY GROUP PRESENTS

An evening of popular piano classics

Performed by musicians **Clive Pinkham and Alan Christie**  
in the Old School on **Saturday 5th April 2025**



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the interval

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AFTERNOON TEA

DISPLAYS - HISTORY OF THE OLD SCHOOL  
VICTORIAN CLASSROOM & CHILDRENS' GAMES

Heritage Fund

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THE OLD SCHOOL, STOKE CLIMSLAND PRESENTS A  
**DINNER & BLUES NIGHT**  
WITH

**THE MIGHTY HOWLERS**  
Roaring Rhythm & Blues

INCLUDES A DELICIOUS 2 COURSE MEAL

<b>Saturday</b> <b>8th March</b>	AT THE OLD SCHOOL STOKE CLIMSLAND, CALLINGTON PL17 8NY
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<b>TICKETS</b> <b>£20</b> ADULT <b>£16</b> UNDER 18'S	<b>7.30</b> <b>PM</b>
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FOR MORE INFORMATION CONTACT THE OLD SCHOOL  
01579 370493 OR VISIT:  
WWW.OLDSCHOOLSTOKECLIMSLAND.CO.UK

This News Sheet has been produced by the Trustees of The Old School, Stoke Climsland, Callington PL17 8NY. All enquiries should be made to the office at The Old School, tel 01579 370493 or by email at [theoldschool78@gmail.com](mailto:theoldschool78@gmail.com)

The News Sheet can be viewed on The Old School Facebook page and is available for download at [www.theoldschoolnews.co.uk](http://www.theoldschoolnews.co.uk)

For more information about The Old School go to [www.oldschoolstokeclimsland.co.uk](http://www.oldschoolstokeclimsland.co.uk)

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**Cornwall Women's Healing Circle**  
at Stoke Climsland Village Hall  
Sunday, 9 March, 6 April & 4 May  
2-4 pm. Get in touch to book.





**PARISH HALL MARCH 2025**

**Regular Events:**

Monday	7 pm	1 <sup>st</sup> week only	GARDENING CLUB
	7 pm	2 <sup>nd</sup> week only	CIO (back room)
	7 pm	3 <sup>rd</sup> week only	PARISH COUNCIL
Tuesday	9 am - noon	Weekly	POP-UP CAFÉ
	7:00 pm	2 <sup>nd</sup> week only	W.I.
	7 pm	Weekly except 2 <sup>nd</sup> week	BOWLS
Wednesday	4.00 - 6:30 pm	Weekly	SJS DANCE
Thursday	9:30 - 11 am	Weekly	KEEP ACTIVE
	4 - 7:30 pm	Weekly	SJS DANCE
	8 - 10 pm	Weekly	CALLINGTON GOSPEL CHOIR
Friday	7 - 10:30 pm	Weekly	BRIDGE
Saturday	9 am - noon	1 <sup>st</sup> week only	TABLE TOP SALE
	2 - 6 pm	1 <sup>st</sup> & 3 <sup>rd</sup> week only	SEWING GROUP

**PLEASE NOTE** Some events are subject to change due to holidays etc. Please check with individual events if unsure.

**Together with:**

March 1		SCATS performance
March 9	1 - 5 pm	PRIVATE HIRE
March 22	9 am - 1 pm	WI COFFEE MORNING in aid of Marie Curie
March 29	8 am - 6 pm	HOLISTIC DAY

For further information regarding bookings please contact:  
Brian Lupton 07766305376 or email [luptonb@btinternet.com](mailto:luptonb@btinternet.com)

**OLD SCHOOL MARCH 2025**

**Weekly Events:**

Mondays	9 am	ACUPUNCTURE (by appt)
	8:30 am	PILATES (RUTH NEVILL)
	7:30 pm	SCOTTISH DANCING
Tuesdays	10 am - 1 pm	RAGS ART GROUP
	1:30 pm	MAHJONG
	1:30 pm	LOVE TO MOVE
Wednesday	10 am - 3 pm	CROSS BORDER ARTS
Thursday	10 am - 11 am	PILATES (JAYNE DOWDSWELL) (Dec 24)
	11:20 am - 12:20	MATURE MOVERS DANCE CLASS (Dec 24)
Fridays	9 - 11:30 am	TODDLER SINGING GROUP
	12 noon	FRIDAY LUNCH all welcome - please book in advance. 01579 370493

**Together with:**

March 1	9 am	VILLAGE MARKET
	2 - 5 pm	MESSY CHURCH
March 4	3 - 7 pm	CHILDRENS COOKERY
March 6	7 pm	INVESTMENT CLUB
March 8	7 pm	THE MIGHTY HOWLERS: Blues band, booking online/Old School Office 01579370493
March 11	3 - 7 pm	CHILDRENS COOKERY
March 13	1 - 4 pm	U3A
	3 - 4 pm	LEGO CLUB
March 14	7:30 pm	FILM CLUB
March 15	9 am	REPAIR CAFE
	2 - 5 pm	NATIONAL LOTTERY HERITAGE OPEN DAY
March 18	9:30 am	BOOK CLUB
	3 - 7 pm	CHILDRENS COOKERY
March 25	3 - 7 pm	CHILDRENS COOKERY
	7 pm	LOCAL HISTORY GROUP
March 27	1 - 4 pm	U3A
	7 pm	INVESTMENT CLUB
March 29	8 am	BREAKFAST TO RAISE AWARENESS OF HOMELESSNESS

**PARISH CHURCH MARCH 2025**

March 1	3 pm	The Old School - Messy Church
March 2	8 am	Morning Prayer
	10 am	Morning Worship
	2.30 pm	Remembering God
March 5	7 pm	Service of Holy Communion with Ashing
March 9	8 am	Morning Prayer
	10 am	Holly Communion
March 16	8 am	Morning Prayer
	10 am	Morning Worship
March 23	8 am	Morning Prayer
	10 am	Morning Worship
	6.30 pm	Cluster Informal Communion
March 30	8 am	Morning Prayer
	10 am	Mothering Sunday Family Service

**METHODIST CHURCH MARCH 2025**

Sunday Worship 11am (unless stated)

March 2	Helen Pengelly
March 9	Brenda Grundy
March 16	Rev Tim Wilkinson - Holy Communion
March 23	Mark Pellow
March 30	Judith Allen

Wednesday 26 March 3.30 - 5pm  
Tea in the Afternoon

**OLD SCHOOL 200 CLUB WINNERS**

Dec 06	J Llewellyn	Dec 13	R Knowles
Dec 20	D Glassborrow	Dec 25	P Palmer
Jan 03	L Galer	Jan 10	T Wilson
Jan 17	M Makin	Jan 24	F Toft
Jan 31	Mr Knowles		

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News, diary and other information should be sent directly to: [osneditor@gmail.com](mailto:osneditor@gmail.com)  
All advertising enquires should be sent to: [gillhiscott@hotmail.com](mailto:gillhiscott@hotmail.com)



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**Theta Maths**  
Group Maths Tutoring  
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When: Monday or Wednesday 6-7pm by arrangement.  
Where: Old School, Stoke Climsland, PL17 8NY  
Over 10 years teaching experience. Enhanced DBS Checked.  
Contact: thetamathstutoring@gmail.com  
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## Letter from the Editor

As the incoming Editor of the Old School News the first thing I would like to do is thank Wendy for her time, energy and effort over the past year as the outgoing Editor - Wendy, I salute you and we thank you.

I have lived in the neighbourhood for the last four years and was quite happy in winding down to retirement when a group of ladies launched a scurrilous plan for me to take over as the Editor - to the extent that people on whom I had never laid eyes before stopped me in the street and congratulated me on picking up the gauntlet! Well, truthfully it wasn't that bad and I am more than happy to do it. Having lived 3 miles from an even smaller village in the far North of Scotland I understand village life and so it gives me great pleasure to say that here in Stoke Climsland (and even more accurately, Venterdon) I have landed on my feet: I have been welcomed, looked after and made to feel at home.

A few words about me: a Scot, born and bred, educated in England and Scotland, a Royal Marine, retired Metropolitan Police officer, an Army Reservist and veteran (34 years), a farmer of Highland cattle for 18 years, and currently a Project Manager for Moray Council (Working from Home!). The wonders of technology.

## Upcoming Events at The Old School

**Saturday 8th March @ 7.30pm**

**DINNER & BLUES NIGHT - THE MIGHTY HOWLERS.** Includes a delicious 2 course meal. £20 Adult/£16 Under 18's. Book online via our website or contact the office 01579 370493

**Saturday 15th March @ 9.30 am - 1pm**

**REPAIR CAFE**

Bring in items for repair or enjoy a cuppa and slice of cake. No booking required.

**Saturday 15th March @ 2pm - 4pm**

**NATIONAL LOTTERY HERITAGE LOTTERY OPEN WEEK**  
Afternoon Tea, Displays about the history of The Old School, Victorian Classroom and kids activities celebrating our 25th anniversary and the support received by The Heritage Lottery fund. Visit The Old School website for details.

**Thursday 3rd April @ 7pm**

**A BEGGINER'S GUIDE TO MEDICINAL MUSHROOMS**  
a thought provoking talk and Q&A. Tickets £5 (includes soup and roll), proceeds will be donated to Man Down, a men's mental health charity. Book online via our website.

**Friday 16th May @ 7pm**

**DINNER & LIVE MUSIC with BLACK FRIDAY** a fab local Celtic Folk Punk duo which have even played at Glastonbury! £20 Adults/£16 Under 18's. Includes delicious 2 course meal. Book online via our website or contact the office 01579 370493.

**Friday 16th May @ 7pm**

**DINNER & CLASSICAL CONCERT - PHILLIPA MO**  
Details and tickets to follow...

**For more information visit:**

www.oldschoolstokeclimsland.co.uk or  
The Old School Stoke Climsland Facebook page

I believe that the Old School News is a force for good that seeks to bind the community together: the secret of good relationships is communication - without it they die. In the March edition there are several articles written by people who want to thank, publicly, people and organisations for their work. The OSN provides that voice and I would encourage anyone who has something worthwhile to say to get in touch. After discussion I may not, in the event, publish the submitted article, (for reasons that I will state) but that is my privilege but that should not stop anyone from trying.

Old School News is your news sheet - it is produced by you, for you with your input. Together we will make sure it continues to provide that focus.

**Hamish Johnston**  
Editor

**STOKE CLIMSLAND REPAIR CAFE**

If you can carry it, we'll take a look at it.

**The Old School  
Stoke Climsland  
March 15th**  
9:30am to 1pm  
Last repair from 12:15

A meeting place of volunteers, dedicated to fixing things, sharing their expertise and knowledge with the aim of repairing, not replacing household

Checks, laptops & PC diagnosis (repair if possible), clothes, curtains, family heirlooms, vacuum cleaners, portable goods, lamps, radios, bikes toys and other small items.

Also, tea, coffee, cake and a chance for a chat

Donations for repairs & drinks, etc. are welcome to help cover costs





## “Conclave”

**Starring: Ralph Fiennes, Stanley Tucci, Lucian Msamati, John Lithgow and Isabella Rossellini.**

Adapted from the 2016 novel by Robert Harris, Conclave follows one of the world’s most ancient and secretive events - selecting a new Pope. Cardinal Lawrence (Fiennes) is tasked with running this covert process after the death of the beloved Pope. Once locked in the Vatican halls, Lawrence uncovers a trail of deep secrets left in the dead Pope’s wake.

“Conclave is a thought provoking drama delivering edge of your seat suspense with a venerable Ralph Fiennes.”

“You might think that being locked in a room with a group of elderly men attempting to shaft each other wouldn’t be a lot of fun, but trust me, Conclave is an absolute blast.”

“ A major awards contender, this is a deftly executed and gripping tale of secrets, lies and human ambition.”

“ Watching brilliant actors face off over issues of idealism, pragmatism and occasionally faith makes for captivating viewing, one of the year’s standout films”

Doors open at 7pm for Refreshments  
Film starts 7:30pm

NEW MEMBERS ARE ALWAYS WELCOME

Friday March 14th 2025



## Cornwall Handyperson Service

### Proposed Discontinuance

The other day I came across an excellent scheme run by Cornwall Council designed to support the elderly and disabled. It’s called the Handyperson Service which consists of five staff members, one of whom provides administrative support, while the others conduct home visits to carry out the necessary handyperson tasks and can be called upon by the over 60’s and disabled in the community to sort out everyday problems such as plumbing, electrical and minor works around the house. The recipient of these services pays for any parts and a ‘subsidised’ labour rate.

The benefit of this scheme is that the householder can get a trusted handyman assured by Cornwall Council to undertake work in their house. This is of particular importance to vulnerable pensioners living on their own who can have peace of mind that the handyman will do the job at agreed rates and, most importantly, can be trusted.

For those receiving means-tested benefits, such as Guaranteed Pension Credit or Housing Benefit, the cost is £12.72 per hour, including VAT, plus the cost of any materials. For others, the cost is £22 per hour, including VAT.

On average, approximately 150 individuals use this service each month.

The forecast for 2025/26 is for the service to run at a net loss of £171,949. And Cornwall Council are considering cutting this service in April.

In a county with an aging population and living in a parish where 30% of the population is over 65 do you think that this is the sort of service that should be cut?

Our County Councillor Adrian Parsons is on the case, but it would help if you have concerns that this valuable service is about to be lost if you write to either Adrian or Cornwall Council directly.

Cllr Richard Davies

## Recycling for Charity project UPDATE



Pringles. We can only accept Pringles tubes with metal bases, please flatten.

Tea & Coffee. No ground coffee and coffee beans packets accepted. We can still accept coffee pod packets, instant coffee packets and sachets and all tea packets.

Plastic Sweet tubs and plastic milk bottle tops have now been collected by DCW Polymers for their charities Life Trust and Dartmoor Zoo. We’ll be collecting again next year.

The Dental programme has now closed, we can no longer accept any toothbrushes or any dental related items.



Playground Contest. We teamed up with Brunel school in Saltash to win a Playground made in part from recycled plastic. A massive clear out of food containers of every size and style and reusable drinks bottles poured in from individuals, groups and businesses and were sent to TERRACYCLE.

Over 100 boxes were sent, totally just over ONE TONNE of plastics.

We earn points for every kilogram sent translating into £1,148 to be paid directly to Kicks Count our nominated charity, dedicated to reducing UK’s stillbirths. [www.kickscount.org.uk/our-mission](http://www.kickscount.org.uk/our-mission)



THANK YOU to everyone who contributed. A FANTASTIC RESPONSE! We can still accept any food containers, lunch boxes and reusable drinks bottles. Terracycle will be putting out a press release in April.

Thank you to all our collectors and the volunteers that keep our project going. If you’d like to get involved in ANY way, we have loads of options for anyone that has a couple hours a month or more. Plus we’d love to hear from Duke Of Edinburgh students. Contact Ali Humphreys [cornwallrecycling@outlook.com](mailto:cornwallrecycling@outlook.com) 07305 044049



For updates please check our FB page or web page [www.south-hill.co.uk/charity-recycling](http://www.south-hill.co.uk/charity-recycling)

## OLD SCHOOL FARMERS MARKET March 1st - from 9:30am



JOIN US  
FOR  
BREAKFAST



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- Jeremy Daw - Butcher - 01579 350410
- Karen Cooper - Cards - 01579 370536
- Chris George - Wood Turner- 01579 370654
- Helen Webb - Skin Care Products - 01579 683471
- Linda Losty - Aprons, Masks etc. - 07494 939086
- Sandra Jane - Leather products - 01579 370966
- Sue Cook - Plants & Glass Ornaments - 01579 383885
- Val Kidman - Preserves & Cakes - 01579 370297
- Suzanne Shone - Felting - 01579 386992
- Veryan Barneby - Jewellery - 01579 370680
- Kendale Courts - Local Fresh Vegetables - 07813 157961
- Rosemary Hamby - Action for Children - 01579 383773



### A BEGINNER’S GUIDE TO MEDICINAL MUSHROOMS

#### A THOUGHT-PROVOKING TALK FOLLOWED BY Q & A

HEAR FIRSTHAND ACCOUNTS OF THE BENEFICIAL EFFECTS OF THESE MARVELLOUS, MAGICAL, MYSTICAL ORGANISMS

A FASCINATING INSIGHT INTO THE WORLD OF FUNGI AND HOW THEY CAN BE USED TO HELP ALL MANNER OF ILLNESSES AND AILMENTS.

LEARN HOW RESEARCH SUPPORTS THEIR USE FOR A WIDE RANGE OF CONDITIONS, BUT WHY THEY ARE NOT MORE WIDELY AVAILABLE TO US.

LIGHT REFRESHMENTS AND BAR

£5 ENTRY TO INCLUDE HOMEMADE SOUP AND ROLL.

BOOK ONLINE VIA TICKET TAILOR ...

PLEASE BRING NOTE PAD AND PEN IF YOU WISH TO TAKE NOTES

PROCEEDS WILL BE DONATED TO MAN DOWN THE MEN’S MENTAL HEALTH CHARITY

@ STOKE CLIMSLAND OLD SCHOOL  
THURSDAY APRIL 3<sup>RD</sup> 7PM

World Day of Prayer Service - Callington Area  
The Mustard Seed Evangelical Church  
Friday 7th March @ 11 am  
Followed by Light Lunch

## A short message from \*SCARPER

Hello - the purpose of SCARPER is to support the emergency services in the event of a ‘life threatening’ incident. Our local knowledge and resources might be needed, i.e. in the event of an evacuation the Parish Hall would be our ‘command centre’.

But we may also need to guide the emergency services to those needing assistance and as such we plan to develop a list of those who may need such help. Or, in the case of an extended power cut to receive help (of course you may have already registered with your service provider). Don’t forget you should also register for assistance to South West Water (look on-line for registration forms).

So, if you feel you would like to be included in our assistance register, please contact me (details below).

Also, some of you will be concerned about the switch from cable phone calls to the new internet-based system from BT. At SCARPER we are in liaison with Cornwall Council Emergency Management team and the local emergency services to better understand the back up systems available to us in the event of a protracted power cut. We will report in future editions of the OSN.

Geoff Giles, Email: [geoff\\_a\\_giles@hotmail.com](mailto:geoff_a_giles@hotmail.com) 9 Feb 2025

\*SCARPER (Stoke Climsland Area Resilience Plan & Emergency Resources)



## Coming to the Parish Hall in 2025



- March: 29th March from 9am  
Well Being Day  
Holistic therapies, massage, aromatherapy  
Shiatsu and more.
- April: 5th April (1st Saturday of the month)  
Table top Sale
- May: 3rd May (1st Saturday of the month)  
Table Top Sale
- 18th May from 9am  
Woman's Pamper Day  
Manicure, pedicure, facials

There will be other events so keep an eye on the Old School News and facebook. If you have any ideas of events to raise money for the Parish Hall - Contact: [louisepowerack@msn.com](mailto:louisepowerack@msn.com)

## Cosy Nights

Over 40 people met at the Old School on 6th February to discuss improving domestic heating efficiency, regardless of boiler type, and the 'truth and myth' about heat-pumps. This meeting was arranged in response to interest on a legacy action from the Carbon Zero Homes and which was funded by a grant from the

The first speaker was James Fortune from local Dartmoor Energy. To everyone's surprise, James explained that the first heat-pump technology was invented in 1834 in the form of a refrigerator compressor and the first UK installation of a heat generating system was as far back as 1945. James went on to explain the efficiency advantages and science behind heat-pumps and the different forms they take. James concluded with tips on achieving a good installation and how to use it effectively.

Andy Nevill followed with a specific case study of his own installation - an air-source heat-pump installed 2 years ago into a 19th century miner's cottage. The biggest challenge was fitting under-floor-heating, but heat pump systems can operate in radiator only dwellings. Motivations were to achieve a healthy living environment, to save money and to reduce household emissions. They have measured a 90% reduction in energy use, a 96% reduction in emissions and a 64% reduction in energy costs and now have a healthier, lived-in environment.

Jennie Stopford of Cornwall Council gave the audience the big picture of the Council's program of de-carbonising which stretches to 2045 when the objective, for example, is to have 30-50% of houses fitted with photo-voltaic solar panels. With regards to heat-pumps, Cornwall is leading all other counties in the UK with more than 5% of dwellings now fitted with one.

Kate Royston from Tamar Energy Community explained how they can support Parish households, including a free visit by one of their retrofit energy advisors to explain all the technical and funding options available, including grants and loans.

Also exhibiting and taking part in a Q&A session chaired by Richard Davies, were Clare Moody from Community Energy Plus, Jack Morewood from University of Plymouth and Rob Tapsen from Eco NRG. Questions ranged from smart-meters, radiator and/or under floor heating combinations to on-going heat-pump servicing.

Amongst the delegates were residents who already have heat-pumps installed, including one Lockett resident who had a system installed as far back as 2010. A bit like speed-dating, residents who had systems installed were matched with those considering if a heat-pump is right for them!

A huge thank you to Edah and her team of community volunteers who gave up their valuable time to refresh and support this meeting, including an amazing spread of canapes.

Scan the QR code here to access a handout from the meeting with contains lots of useful information, contact details and a link to the presentations.

Stay Cosy!



this topic from across the Parish, becoming Project which was led by the Parish Council, Community Levelling Up Programme.

renewable energy & retrofit specialists, which stretches to 2045 when the objective, for example, is to have 30-50% of houses fitted with photo-voltaic solar panels. With regards to heat-pumps, Cornwall is leading all other counties in the UK with more than 5% of dwellings now fitted with one.



## Local Author Event

STOKE CLIMSLAND VILLAGE HALL

Saturday 5<sup>th</sup> April at 7pm for 7.30pm

£7.50 admission to include a glass of wine and nibbles

All Proceeds to go to Stoke Climsland Village Hall

To reserve your seats please email: [maglesdenning@gmail.com](mailto:maglesdenning@gmail.com)

### FLYING BOAT PILOT IN WAR & PEACE

A TALK BY THIS LOCAL AUTHOR ON THE EXTRAORDINARY LIFE OF CAPTAIN ROLY ALDERSON, PIONEER FLYING BOAT PILOT IN THE GOLDEN ERA OF COMMERCIAL FLIGHT



this topic from across the Parish, becoming Project which was led by the Parish Council, Community Levelling Up Programme.

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# STOKE CLIMSLAND SPORTS AND SOCIAL CLUB

OPENING TIMES

Wednesday to Saturday 7:30pm to 11:00pm

### UPCOMING QUIZ NIGHTS

Teams of 4 - £5 entry per team  
7:30pm for 8:00pm start

Saturday 15<sup>th</sup> March - Georgia & Maurice  
Saturday 19<sup>th</sup> April - David & Bernard



### SIX NATIONS RUGBY

The club will open about 30 minutes before kick-off with food available (keep an eye on Facebook).

Saturday 8<sup>th</sup> March Ireland v France 2:15pm  
Scotland v Wales 4:45pm  
Saturday 15<sup>th</sup> March Wales v England 4:45pm



### 70<sup>TH</sup> ANNIVERSARY: MAY 2025 CELEBRATION

The club is 70 years old this year. To celebrate, we'll be hosting a weekend of revelry on the Sports Field on 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup> May.

Live music, activities such as a tug-of-war competition plus the obligatory Beer Festival. Make a note on your calendars; everyone welcome.

Follow us on Facebook

Club Secretary: Louise Power  
01579 370819 [louisepowerack@msn.com](mailto:louisepowerack@msn.com)

### LIVE MUSIC

Sunday 23<sup>rd</sup> March - "Black Friday"

The club is playing host to a Sunday afternoon live music session with Celtic Folk duo "Black Friday" from 2:30pm. Check them out before their subsequent gigs with our friends at the Old School and Lockett Social Club.

Friday 28<sup>th</sup> March - "Pork Chop with a Cider Banjo"

Don't miss the return of Pork Chop and his mates. Folky takes on popular tunes coupled with humorous bants. Doors open from 7:30pm and food will be available.

### ANNUAL GENERAL MEETING

Saturday 29<sup>th</sup> March 7:30pm

ALL members are invited to attend the club's AGM. It will entail a brisk run-through of the statutory business followed by a drink or two in affable company. If anyone is remotely interested in joining the committee, don't be shy; please let us know in advance of the meeting. We make a pretty good team but we would welcome new blood.

**WITHOUT WHOM:** Another tremendous Valentine's meal: we can't thank Bonny, Jane and Louise enough for keeping our 37 diners suitably fed. And a round of applause to Gary and Magles for hosting the recent quiz night.

## Holistic Well Being Day

In the Parish Hall  
On Saturday 29<sup>th</sup> March



Come to the Parish Hall to sample some holistic therapies, such as:

Shiatsu, Aromatherapy, Tropical Skin Care, Crystal Therapy and more.

Doors will be open from 10am to 4.30pm

Coffee, tea and cake for sale  
Contact [louisepowerack@msn.com](mailto:louisepowerack@msn.com)

### STOKE CLIMSLAND VILLAGE SHOW

## JUMBLE SALE

SATURDAY 26<sup>th</sup> APRIL 2025

9:30am to 1:00pm

PARISH HALL &  
THE OLD SCHOOL

REFRESHMENTS AVAILABLE  
(INCLUDING BACON BUTTIES!)  
RAFFLE

Save the date for the Village Show's next Jumble Sale. This time we are introducing a new jumble donation arrangement:

Jumble to be dropped off on Friday 25<sup>th</sup> April only (from 7:30am to 5:30pm).

Clothes: Parish Hall Other Jumble: The Old School

All money raised will go towards staging the annual Village Show.





## Ring In The New?

The Bells of St Sampson's: The Story so Far and a Plea For Help to Bring Them Home.

Who doesn't love the sound of church bells? For centuries church bells have rung out to mark personal, local and national events. It is very sad that St Sampson's bells at South Hill have been silent for so long. But hopefully not for much longer! Can you help bring them home? We need to raise £25,000, to bring the bells back and they will chime out across the parish once again.

### So what is the story of our parish bells?

As church bells go, ours are old, and they are listed as "worthy of preservation". The four oldest bells were cast in 1698 by Exeter bellfounders Pennington and Stadler. The fifth and largest bell, the tenor, cast by Pannell and son, of Cullompton. The bells of 1698 probably replaced much older ones. They may have been cast in the churchyard, as was common

practice. In 1684 Sampson Manaton died and in his will left £10 to the Churchwardens of South Hill to be paid to them within one month after they "new cast those three bells & make them fine". Sampson's instruction suggests that the old bells were to be melted down and made into new ones. If this was so, our existing bells retain something of the originals which were there in the 1500s. Andrew Ogden, bell hanger commented "these are some of the oldest bells I have ever worked on".

Each bell has an inscription recording the names of the churchwardens/priest at the time and/or those who contributed towards the cost of the bells. The late Charles Harding of Brookfield, South Hill, organist at St Sampson's, used to chime one of the bells until about 2010, when it became unsafe.

### So why were the bells taken down and what happens next?

Advice from specialists was clear. The bell frame was dangerously rotten, the bell metal in the four oldest bells was too thin to be safely tuned without cracking and even if it was attempted "the bells are so far out of tune with modern expectation that sympathetic corrective tuning would not be possible". In December 2020 the PCC agreed that the best solution was to remove the bells from the tower, have them properly conserved and restored by bellfounders Taylors of Loughborough, fitted with new headstocks, and rehung for stationary electronic chiming.

Thanks to local fundraising and grant funding £4,800 was raised, enough to begin the process, and in November 2023, with the help of a great team of volunteers, the bells were brought down, and we waved them off to Loughborough on the back of a flatbed truck. It is time to bring them back. We have raised £5,000. And applied for grant funding totalling £10,000. Can you help us to raise the remaining £7,000?

Donations to: St Sampson's Historic bells - JustGiving.

To read the full article: <https://www.callingtoncluster.org.uk/>

By Miranda Lawrance -Owen & Judith Ayers

stsampsonssouthhill@gmail.com



For patients, carers, relatives and helthcare proffessionals

Hearts Together Hospital Hotel is an amazing charity. Situated very close to Derriford Hospital, overlooking the beautiful nature reserve.

They provide low-cost accommodation to patients requiring treatment, and loved ones visiting their relatives, in Derriford and the other hospitals in the Plymouth area.

I have been fundraising for them for 18 months now, by doing sales, selling items online etc. In particular, I make recycled greetings cards, so if anyone has any used birthday, get well, thank you, or general greetings card, I would be delighted to have them to make into new cards, and sell for this amazing charity. Also, if anyone is involved with any groups, or clubs etc, that would like a speaker to do a talk to your members, do please get in touch.

Diana Manning dimann@live.co.uk



Do you have any unwanted used Christmas, Birthday, greeting cards that Diana can use?

Either contact Diana directly, or you can drop them into the Repair Café - 3rd Saturday of the month, and we will pass them on.



Thank you in advance.



## Lockett Social Club

By: Geoff Howlett

Following the Christmas break Club activities continued once more into January 2025 with a Membership evening and Geoff's New Year's Quiz on Saturday 4th. Thank you to all those who have paid their subscription on the night and since. Congratulations go to Team 3 (Mac & Maxine and Karen) on winning the quiz, which included the last round accumulator with the numbers of answers and points increasing after each question.

The following Saturday it was Eyes Down for Bingo with Martin taking home the most amount of money. Unlucky for Kim who didn't win anything.

On Saturday 18th a high speed evening of Beetle Drive was the action with 8 players all eager to win. Sandra had the highest score of 197 body parts winning £ 9. Kim was 2nd (£ 5) and Eileen (Bridget's house sitter) picking the booby prizes (her money back).

The last Saturday of the month we held our Burns Night Celebrations on 25th. Thanks to Christine for co-ordinating the evening and to everyone who contributed in making it a lovely evening. Martin and David & Margaret Seward won the just for fun mini Quiz on Scotland.

### Dates for your March diary:

Saturday 1 <sup>st</sup>	A Beetle Drive	Saturday 8 <sup>th</sup>	Kernow Quiz. Annette Williams will be asking the Questions. £ 5 entry to include a Pasty Supper. Booking essential
Friday 14 <sup>th</sup>	Bingo. All the tickets you need for just £ 5	Saturday 22 <sup>nd</sup>	Curry Night. Tickets £ 12 Booking essential.
Saturday 29 <sup>th</sup>	A Film Night featuring Tom Hanks. Two films. Starting at 7pm Moneypit to be followed by BIG. All welcome.		
<b>Events start at 8pm with Club and Bar open from 7:30pm unless stated otherwise.</b>			

England's 6 Nation Rugby Matches will also be shown on the screen at 4.15pm on Sunday 9<sup>th</sup> March, Club open half an hour prior to kick off.

**Keep the dates free:** Saturday 31st May Lockett Duck Day at Byenleigh, Lockett  
Saturday 26th July Skittles Evening at Deer Park Farm from 6.30pm  
Saturday 2nd August Music in the Barn, Deer Park Farm with BlackFriday

For further info visit our facebook page The-Lockett-Social-Club.

## Glimmers

Our nervous system responds to everything around us but it is wired to pay more attention to negative events than positive events. Why? Because negative events are (potentially) threats. And the main function of our nervous systems is to keep us alive and safe.

However, every day we have small experiences called Glimmers; this is a term created by therapist Deb Dana. It refers to small moments in our lives that give us feelings of wellbeing. Usually these moments are so small we don't notice them. Examples of glimmers might include:

- Sipping our morning coffee;
- Going on a walk or spending time with nature;
- Tasting something really delicious;
- Getting a hug from a loved one;
- Feeling the sun or warm breeze on our skin;
- Losing ourselves in doing something creative .

As you can see, Glimmers are simple moments, but they can have a powerful impact on your nervous system and your emotional state. They are also the opposite of triggers. When we experience a trigger, we might feel worried, anxious or even panic. When we experience a Glimmer, we feel more calm, peaceful and safe.

With practice, we can train ourselves to notice our glimmers and the more we do this, the better we get at noticing them. When we experience them, it's important to soak them in and savour them instead of taking them for granted and not paying them much attention. Modern life moves at such a fast pace and we spend so much of our time on autopilot. This means not noticing those glimmers is all too easy. But our brains are very retrainable and so a little persistence on your part will pay off!

If you practice savouring your glimmers, you will notice a shift in your sense of wellbeing. You might write them down - it could feel good to look back over your glimmers that week - or you might go back over them in your mind as you settle yourself to sleep.

You might consider going tech-free for a few minutes each day. Instead of scrolling on your phone while you drink your mid-morning drink, you could look out of the window at the view. Even better, if the weather allows, enjoy your drink outside and really notice what you can see and hear. Then, even more importantly, notice how that makes you feel. Maybe let others know about glimmers? Most of us know what triggers us but fewer of us know about glimmers. You could spread the word.



## Riding for the Disabled

By Sarah Thomas

What was I saying about time? No sooner have I accepted that another year has rolled around that we are careering headlong for Easter - at least it's not until well into April this year so we'll have had time to get used to it being 2025.

One of my repeated reminders tends to be about our continuous need for more helpers. We all have lives outside RDA (believe it or not!) and Life has an annoying way of intervening - as now. We are currently missing one of our coaches - me - so one of the remaining two has to fill in for the extra ride. I'm sitting at home with one wrist over twice the size of the other, having had an encounter with a combination of a steep downhill area of tarmac and a vicious attack by gravity, which did my wrist no good at all. (I think there was more than usual of the aforementioned that day!)

While on the subject of 'Coaches' - the current name for 'instructor' - joining us as a helper may be only the beginning of your RDA journey, as happened to me. If you enjoy helping at our sessions, becoming a coach could be your next step. There I was one day, quite a few years ago now, happily leading one of our beautiful horses, when one of the coaches asked me if I'd train to become a coach. I was so surprised that I couldn't think of an excuse, and here I am, years later, and still enjoying it!

As I've said before, you will never be expected to do anything with which you are not comfortable at an RDA session and, as with all the roles within RDA, extensive training is available. The organisation runs a variety of training days as well as on-line courses to help trainee coaches. Even if this is not your aim, there are many Training Days and on-line resources designed for all members of the organisation. The training days can be particularly enjoyable since you will often meet people from other groups, with whom you will, no doubt, have much in common. To coin a phrase, "What's not to like?"



## It's what you CAN do that counts

Riding for The Disabled Duchy College group has been supporting disabled children and adults in our community for over 30 years.

We teach basic horsemanship, starting, stopping and steering and then the fun begins!

We play Grandma's footsteps, magnetic fishing, egg and spoon and many more activities which all help to develop core strength, balance and confidence.

Coming along to one of our sessions can also help to combat loneliness through new friendships formed.

But now we need your help.

With ever increasing costs we are hoping to raise £3000 to help support our three wonderful horses and to continue to provide a valuable local service.

So please come along to the Old School on Saturday 5th April to hear wonderful music, sample some refreshments and enter a raffle.

Please help us, our riders need our support, and we need yours!



## Down on the Farm

By: Martin Howlett

Ask any farmer what their most valuable asset is and the answer will inevitably be, 'the land'. Not for Mrs Reeves to tax on wealth or sale disposal, but for its true value to the farm business - to grow crops, raise its livestock, look after nature and to ply our trade as have generations before.

Measured in terms of its potential agricultural production output and gauged by soil type, depth and quality, together with its aspect and topography, farmland is officially graded on a scale of 1 - 5; 1 and 2 being the most fertile land suitable for arable crops and field vegetable production, 3 - 4 grassland, 5 the poorest moorland. Cornwall is classified mostly grade 3 and 4 / 5.

Historically, as either landowners or tenants, we have worked with our given soils and their limitations. At the same time we accept that we are but mere custodians and through good husbandry we seek to improve what we inherit and have a generational, moral duty to hand on the land in a better condition than that which we inherited.

However, in today's society there is an ever increasing demand for alternative land use beyond its primary agricultural purpose of food production to feed a growing population (estimated to be 73 million by 2030) which remains a real challenge to all. There is an exponential urban sprawl into the countryside with its associated road and other network infrastructures to meet government target of 1.5 million new houses; along with the further expansion of ground-based solar arrays and wind turbines (to meet net zero renewable energy commitments), each requirement displaces farmland usage from its current total of 3/4 land mass of the UK.

So welcome news of the launch by DEFRA of a National Land Use Framework (LUF). Quoted as a landmark moment, the creation of a LUF will provide decision makers with data to protect our most productive agricultural land - Grade 1 & 2 - boosting Britain's Food Security at a time of global uncertainty and changing climate. It will hold similar legislative powers as the existing National Planning Policy Framework. The 12 week public consultation - dubbed a 'National Conversation' - aims to address all aspects of its land use in England, with an indication of up to 10 percent of farmland lower grade areas to be dedicated to nature restoration, whilst still having 'British Food Security at its Heart'.

Striking the balance with an ever shrinking land bank - remember we do not make it anymore - whilst incentivising the actual business landowners, plus attempting to meet the demands of a growing society living on a crowded island remains the greatest challenge moving forward for us all 'Down on the Farm'.

## What does Community mean?

A community is described as a social unit (a group of people) with a shared socially-significant characteristic, such as place, culture, religion, values, customs, or identity. Communities may share a sense of place situated in a given geographical area (e.g. a country, village, town, or neighbourhood) or in virtual space through communication platforms.

From experience I think we 'do' community really well in social groups, clubs, village shows, celebrations, church, uniform organisations and lots lots more. Perhaps this was brought home to us five years ago in 2020 when our lives changed. On 23rd March Prime Minister Boris Johnson gave a speech with included these words: "From this evening I must give the British people a very simple instruction - you must stay at home," and everything changed.

We had to adapt and re-learn how to 'be community' in Lockdown.

Zoom became a 'thing'. The only Zoom that I had known was an ice lolly in the 1970's !! Zoom - a cloud based video conferencing platform that allows users to communicate with each other using audio and video (other platforms are available) - became a way of connecting with people for meetings, social catch ups, quizzes, village shows and more. Now Zoom is the norm for a lot of us (as long as the technology behaves!) Our Open the Book Teams at Callington and Copper Valley (Delaware) Primary Schools made videos of Bible stories which we sent to the schools; the Callington Team met in the Saltash Road Recreation Ground when we could meet in small groups to pray for the school. To keep in touch with children and families I sent out a weekly email with attached Bible activity sharing what I had been doing and people and events I had read about.

I have kept these emails in a journal and looking back I was reminded of Eva, aged 91, from Lincolnshire who during lockdown walked to the overbridge where she lived to clap and wave to lorry drivers. One of the truckers, David, who hadn't been home for over 5 weeks, managed to track her down and sent her some flowers to say thank you.

Arthur, aged 8, from Whitley Bay was really missing his favourite school dinner and so wrote to his Head Teacher 'Dear Mr Jones, I hope you are well. I have missed

you, but what I have missed most is the dinner ladies mince and dumplings. Please can we have the secret recipe. My Dad tried to make it once and it was very bad. Please help.'

Just 2 examples of inspiring community stories, you probably remember others. In the Bible we read (Acts chapter 2) that the early Christian believers lived in close community, sharing their possession with one another.

Hopefully we all learnt something from this time and may still have connections with people and things from our time during Covid and Lockdown.

Kind regards Louise,

Children & Families Worker, Methodist Church 01579 388840



### CALLINGTON MAYFEST WORKSHOPS

MayFest is not just about the activities on the day but also about bringing opportunities to local people to get involved with some creative aspects; this may mean picking up some new skills or revisiting and renewing past interests. This year we have workshops for musicians, singers and, for the first time, anyone who would like to explore the fun of circus skills. So, once again, seek out Rosie Fierek (music), Sarah Owen (singing) and Rosie Rainbow (circus skills) and meet up with friends from past years or get to make new ones!

**Music with Rosie Fierek in the Town Hall**  
(NOTE: \*Guild Room in Methodist Church)

29th March	5th April	12th April
19th April	26th April *	3rd May

**Singing with Sarah Owen in the Methodist Church**

29th March	5th April	12th April
26th April	3rd May	

**Circus Skills with Rosie Rainbow at a location to be confirmed**

5th April	19th April	26th April
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**Coffee Morning in aid of**

**Marie Curie**

**Saturday 22<sup>nd</sup> March**

**10am-12noon**

**Stoke Climsland Parish Hall**

**Coffee, tea and homemade cakes**

**This event will be hosted by**

**Stoke Climsland WI**

There will be a raffle all proceeds to Marie Curie

**Callington Toddle In for babies, toddlers and their parents/carers**

**Thursday (term time) 9.30 am - 11.30 am**

**at Callington Methodist Church**  
**Haye Road, Callington, PL17 7JJ**



## Stoke Climsland Scout Group



The Scouts are working on various pioneering skills, including splicing, coiling and whipping ropes.

The Scouts had a bake off style evening where they had to make and decorate butterfly buns.

We had our delayed Christmas trip to the soft play barn at Trethorne.

We have the first camp of the year coming up, as well as starting to walk the 2 moors way, this time from North to South.

If you'd be interested in helping with scouts please email [scouts@1ststokeclimsland.org](mailto:scouts@1ststokeclimsland.org)

## Stoke Climsland Gardening Club

By Mike Casebow

Our recent meeting held on 3rd February, was a talk on "Jungle Style Gardening" by Caroline Strudwick, a garden designer from Gunnislake. Jungles tend to have dense profusions of leaves but with few flowers. Caroline gave us many leafy planting suggestions, ranging from trees and perennials down to ferns, bulbs and rhizomes. The next meeting on 3rd March will be our AGM followed by a Quiz. Village Hall, 7:30 pm. Then on 7th April, a talk by Jim Stephens on "Camelias". Subsequent monthly meetings will be outdoor visits.



By Deri Parsons

The next meeting of the Stoke Climsland Local History Group will be on Tuesday March 25th at 7.30pm at the Old School. Our speaker will be David Robert King who will be talking about 'Drake's Island: Past, Present and Future'. An iconic feature of Plymouth Sound and one that has been in the news recently with questions about its future. Come and hear the latest.

All are welcome to come along and if you want more information, please contact Deri Parsons on 01579 370319 or via email: [derrick.parsons@btinternet.com](mailto:derrick.parsons@btinternet.com) You can also contact him if you'd like to be added to our mailing list for details of our meetings.

## A Thank you to SCATS

I was delighted to see the £250 bursary offered to young members of SCATS, who wish to develop their performance skills. It will be brilliant if they are involved more in our local SCATS productions following their training and no doubt, with raised skills and confidence in poetry, drama, talent shows, or pantomime.

We are so lucky to have a local group who wants to pass on their enthusiasm for the arts and also a parish hall to accommodate it. Also of course there are other performance venues not too far away to attract many people into the geographical area especially during the summer, and these also offer other opportunities and experiences.

It is my opinion, that the way that the children of Stoke Climsland Primary took on the production at the school last summer, with such eagerness and engagement, may have boosted the numbers of the 2025 SCAT'S pantomime cast. Are there lots of small rats in the play?

As there is little chance of self expression in the prescribed 'educational' curriculum these days - any opportunities are so valuable. Thank you SCATS.

Melanie Guy

## STOKE CLIMSLAND WI

By Ros Hardy

In January our speaker was Max Simpson who brought along a selection of unusual tools from his collection. He encouraged the audience to guess what each tool/ implement was used for. There were plenty of suggestions but not always the correct answer! Some were fairly obvious such as a shop bell and an early steam iron but others needed an explanation. The items he showed us form just a small part of his large collection and he has promised to return in the future with more items to confuse and amuse us!



### Dates for your Diary:

11th March Chrissie Le Marchant - Overland adventures in a Willys Jeep

8th April John Burden - The Time of our Lives

Why not come along and join us for our social 'Larf and Craft' evenings held on the 4th Thursday of the month at the Social Club. You don't need to be a member of the WI and you don't have to be able to knit or crochet; you are welcome to bring along any sort of craft project you are working on, we look forward to welcoming some new crafters! See our Stoke Climsland WI facebook page for future dates.

Meetings are held on the second Tuesday of the month in Stoke Climsland Parish Hall at 7.30pm.

New members and visitors are always welcome. There is a charge of £4.50 which includes homemade refreshments (no charge for members of other WI's). We look forward to welcoming you to one of our meetings.

Look out for information about future events on the local notice boards and on our facebook page Stoke Climsland WI or you can email us at :

[stokeclimslandwi1920@gmail.com](mailto:stokeclimslandwi1920@gmail.com)



## The Cornish Way

### A Big Thank You

We would like to thank everyone who supported our Exhibition, The Cornish Way, on November 16th. We raised £1300 which we divided equally between the R.N.L.I. and Cornwall Air Ambulance. The Charities both had Donors who match funded our donation. We had chosen these Charities as they are both vitally important to Cornwall and, despite making the difference between life and death for many in the County, neither receive any direct funding from Government.

Chrys, Julie and I are very grateful for everyone's generous support! Jo Pescod, Chrys Bundy and Julie MacIntosh

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Callington Rotary  
\* Rotary's Challenge to Young People \*  
[www.callingtonrotary.org](http://www.callingtonrotary.org)

As this article is being written Callington Rotary are preparing to host the local first round of the national Youth Speaks competition.

Participants are asked to select a topic that is important to them, allowing them to delve deep into research, formulate ideas, and expand their knowledge. In teams of three, they then present structured arguments and rebuttals before taking a question from the audience. Teams are asked to challenge their public speaking abilities and perform, persuade, and entertain the audience with their display of knowledge of their chosen topic.

Taking part helps build self-confidence and develop public speaking skills, including how to keep an audience engaged. Winners of our local event will then proceed to a regional contest and, hopefully, have their eyes set on the national finals.

Our first fundraising event of 2025 will be held on Saturday 1st March in Callington Town Hall when the doors will open for a family-friendly Race Night. It's a guaranteed brilliant night out for young and old.

FIND OUT MORE ABOUT ROTARY AT THIS AND OTHER OF OUR EVENTS!

THERE'S NO BETTER TIME TO JOIN ROTARY!

## WOW! NO GIANTS? MayFest 2025

WE NEED YOUR SUPPORT TO ALL BUSINESSES IN AND AROUND CALLINGTON

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Michael Clements MA.Lic.Ac.  
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[Movementmedicineuk25@gmail.com](mailto:Movementmedicineuk25@gmail.com)

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07989 957242 [fitforlife\\_cornwall@yahoo.co.uk](mailto:fitforlife_cornwall@yahoo.co.uk)  
[www.fitforlifetherapy.co.uk](http://www.fitforlifetherapy.co.uk)

Fit for Life Massage Therapy is based in Callington, Cornwall. We offer individually tailored massage in a calm, relaxing environment.

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