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Summer 2017



HARROWBARROW & **M**ETHERELL **NEWS LETTER**

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SUMMER DIARY 2017

Events held at Village Hall unless otherwise stated



JULY

Sat 01	Social Committee Coffee Morning at The Coppins, Harrowbarrow	10am to noon
Sun 02	Songs of Praise at All Saints Church	3pm
Mon 03 & 17	Luncheon Club	12 for 12.30pm
Tue 04	SHAME monthly meeting	7.30pm
Wed 05	All Saints Church Community Coffee Morning	10am-12noon
Wed 12	Guided Walk with Jean	2pm
Sat 15	Harrowbarrow and Metherell Annual Show (*see piece by Steve Matcham on pages 10 for details)	2.15pm
Tue 18	T. V. Flower Club - 'It's About Time' Pat Boundy	1.45 pm
Tue 18	Film Club - 'The Shell Seekers'	7 for 7.30pm
Wed 19	W.I. 'Making a Necklace' - Pat Mallett	7.30pm
Sun 23	Open Gardens, Harrowbarrow, for St Luke's Hospice	11am - 4pm

AUGUST

No lunch club this month

Tue 01	SHAME monthly meeting	7.30pm
Wed 02	All Saints Church Community Coffee Morning	10am-12noon
Thu 03	Chiropody Clinic	1.30pm onward
Wed 09	Guided Walk with Jean	2pm
Mon 14	Village Hall deep clean - any help welcome!	10 to 12 noon
Mon 14	Village Hall Management Committee meeting	7.30pm
Tue 15	Film Club - 'We Bought a Zoo'	7 for 7.30pm
Wed 16	W.I. 'Royal Jewellery Alphabet' - Janet Cowlard	7.30pm
Sat 26	W.I. Scarecrow Trail (see details at end of Hamlet page 22)	

SEPTEMBER

Mon 04 & 18	Luncheon Club	12 for 12.30pm
Tue 05	SHAME monthly meeting	7.30pm
Wed 06	All Saints Church Community Coffee Morning	10am-12noon
Wed 13	Guided Walk with Jean	2pm
Thu 14	Chiropody Clinic	1.30pm onward
Tue 19	T.V. Flower Club A.G.M.	1.45 pm
Tue 19	Film Club - 'Maggie's Plan' and AGM	7 for 7.30pm
Wed 20	W.I. Annual Harvest Supper & Auction	6.30 for 7pm
Mon 25	Community Association Meeting	7.30pm



Village Hall Bookings Secretary

Lorraine Palmer, 2, School Lane, Harrowbarrow PL17 8BS
tel: 01579 350911 e-mail: lorriepalmer44@btinternet.com
PLEASE contact Lorraine during reasonable hours,
preferably not at weekends.

Deadline for Hamlet (Summer) contributions : BEFORE 15th September

Sally Eccles, Wallcroft, Coombe, Harrowbarrow, PL17 8JH
01579 350329 sallyeccles1@gmail.com

Harrowbarrow & Metherell Community Association



It was our Community Association's (CA) Annual General Meeting at the end of May. Chris Miller welcomed 18 members to hear Annual Reports and accept the Accounts for the year ended 31/03/2017. Of our four Parish Councillors he was pleased to welcome 3 from the Harrowbarrow Ward. John Roberts is well known to CA members as he is chair of the Hall Management Committee.

Less well known are the others: Glynis Rooker, Dougal McLachlan and Terry Letchford. Dougal and Terry gave members a quick résumé of their lives and interests and said they would welcome queries that residents in the ward might have. Contact them through the Parish website.

35 members were duly elected to the various committees, some keen to serve on more than one! The Association is always willing to accept new members either to help in the background by volunteering to pick up litter, do a bit of gardening, help at the annual deep clean - usually held in August, deliver HAMLETS or open and close the hall by joining the team of Hall Supervisors. The more people helping the less onerous the tasks. All committees would welcome new members to toss in new ideas or look at different ways of doing things so don't let missing the AGM get in the way of you putting yourself forward. Just contact **Jean Miller - 01579 351081** - and she will be happy to answer any questions you have about what may be involved.

The Chair, Chris Miller, thanked all for their contribution to the smooth running of the Village Hall and making it a highly sought after venue. He regretted the move to school grounds of the Pre-school Group this year but knew Hall Management were actively seeking to fill the big gap left. The Community Association is grateful to John Bassett for

carrying out the independent examination of the CA accounts for the Charity Commission. The Accounts were received and accepted. They showed an overall deficit of £7,537 with cash funds at the close of the year of £90,421. Chris noted that the Village Hall was over 20 years old and equipment was gradually being replaced. The next large item would be replacing the heating system.

The sub-committees had had a busy and productive year. Hall Management spent some of Brenda Alexander's legacy on a new warming cupboard and stainless steel table in the kitchen. Brenda was a driving force of the Luncheon Club and wanted her legacy to be spent on kitchen equipment. The Hall looks resplendent, light and airy with new flooring and curtains. It was with regret that the committee had to increase the hourly charge by 5% from April to cover a projected shortfall in revenue.

As an Association we are grateful to the care and attention Calstock Parish Council gives to our children's play area. We voted to pay for half the cost of the recent replacement of the zip-wire posts, the CA's contribution amounting to £450. Having voted yet again to uphold the ban two years ago on exercising dogs in the grounds of the village hall it is disappointing to notice that people are still ignoring this; allowing dog mess near where children play and grass is strimmed is unacceptable. The move now is to install signs in the grounds in a bid to raise even higher awareness. Social Committee had organised a varied programme with some popular events such as coffee mornings, quiz and May Day, and also Bingo and Pig Racing. A nett profit of £2090.79 was made.

HAMLET publication continues quarterly, dropping on over 700 doormats in the locality. It too had shown a good profit due to the generosity of advertisers. The cost to advertisers has remained at £40 for the last 5 years and a nett profit of £793.30 was made for the CA. 14 Welcome Packs were delivered to new residents this year many of whom chose to be welcomed in HAMLET. It was encouraging to see that many who have moved in and received a pack have joined in with many of the village activities on offer.

The HAMLET Film Club became an independent sub-committee during the year and members are renewing their memberships. A healthy profit of £322.62 was made when it was part of the Social Committee and £419.97 since becoming independent. Costs are minimised by being affiliated to C-Flym. There is a varied programme of films - the third Tuesday each month - with membership at £5, a free viewing on the first visit and £4 thereafter. All are made welcome.

Among other matters discussed was the improvement of the

Broadband which is currently unacceptable. Hopefully, hall users needing internet connection will have a better and speedier connection soon. A c-PAD is due to be fitted to the outside of the village hall and will be a great community asset. Ideas have been coming in to develop the now vacated grassed area at the front of the hall for adult 'play' - so far a substantial table tennis table, picnic area with more seating, a boules pitch and a fitness trail have been put forward. More ideas welcome. The Social Committee is working on promoting this and seeking additional funding. The signage at the junction by Wesley house fell down. Jean Miller has been assured that a sympathetic fingerpost will be put in place once there is funding. She is also following up re the broken sign at the end of School Road.

The next meeting of the Community Association will be Monday 25 September at 7.30 p.m. in the Games Room. 35 members were elected to serve on the committees at the Community Association AGM that was held on 30 May 2017 in the Village Hall. Listed below are the officers of those committees and sub-committees. Should you be interested in joining any of the committees or volunteering as a Hall Supervisor then please get in touch with Jean Miller on 01579 351081 or e-mail jean.g.miller@btinternet.com

Community Association General Committee

Chair - Chris Miller, Secretary - Jean Miller, Treasurer - Verona Davis

Hall Management

Chair - John Roberts, Secretary - Karen Ward, Treasurer - Jill Roberts

Social

Chair - Lorraine Palmer, Minutes Sec - Eileen Sturt, Treasurer - Jill Roberts

Bookings Lorraine Palmer

200 Club Mandy Parkes

HAMLET

Chair - Jean Miller, Editor - Sally Eccles

Hamlet Film Club

Chair - Vacant, Secretary - Eileen Sturt, Treasurer - Hilary Dent

Welcome Pack Co-ordinator Jean Miller

SOCIAL COMMITTEE report.....

The Social committee started off the year with a very successful Pig Racing Evening. Followed by the usual Quiz in February. April saw an Easter Bingo Night but this was down on numbers and the Social Committee are in the process of discussing when to hold the next one. We think possibly later in the year. May Day was a challenge due to the very inclement weather (in other words it poured down) so executive decisions were made and all activities were held in the hall (see below treasurer's report). The members of the Social Committee and the band of helpers all pulled together as usual and the day worked out well. (Special mention must go to Harry and Kelsii who did sterling work on behalf of their Nan.)

The next Social event is Eileen's Coffee Morning on 1st July and in October we have a Crooning by Candlelight Concert. More events are in the process of being arranged and details will be available as soon as we know them.

All in all the Social Committee has had a successful year so far and are committed to making the rest of the year just as successful.

Lorraine Palmer



MAY DAY 2017

Raffle	£127.98
Refreshments	£112.33
Cake Stall	£64.40
Lucky Dip	£4.94
Children Stall	£1.45
Tombola	£63.40
Candy Floss	£23.20
Sweet Stall	£1.50
Balloons in Car	£22.50
Mystic Millie	£10.00
Treasurer Map	£15.80
Plant Stall	£54.50

**Come and help at the VILLAGE HALL's ANNUAL DEEP CLEAN
MONDAY 14th August 10 am - 12 noon**

The Village Hall is due for its annual deep clean which means washing & cleaning inside windows, outside fascias & paintwork, ovens, fridge & heat cupboard. If anyone (male or female, young or old) can spare the time we'd be most grateful. It would be great to see some new faces! Bring your rubber gloves! Ladders & cleaning materials provided!



**CANCER RESEARCH U.K.
ANNUAL FUND RAISER
Saturday 25 March 2017**

Many thanks to all who helped to achieve the wonderful result below.
INCOME by Stalls

Auction	£729
Bric a Brac	£93.85
Books	£106.05
Cakes	£229.73
Craft	£39.57
Denise's stall	£35.42
Donations	£403.27
Fancy Goods	£159.9
Jigsaws	£73.5
Kitchenware	£138.19
Nearly New	£59.65
Plants	£115.35
Raffle	£258
Refreshments	£131.3
GRAND TOTAL	£2,572.78
OUTGOINGS:	Hire of Village Hall £50

Cheque to Cancer Research UK £2,522.78

Jenny Snuggs - Chairman John Eccles - Treasurer
Linda Pearce - Secretary Elaine Moyle - Assist. Treasurer

You are invited to **Songs of Praise at All Saints, Harrowbarrow**
on Sunday 02 July at 3pm
Followed by a cream tea
Donations are invited for **Cancer Research UK**
We look forward to seeing you

Hamlet Film Club

The Hamlet Film Club has some great films planned for the rest of the year so please make a note of the dates and titles in your diaries. Don't forget that membership of our club automatically gives you membership of any C-Fylm club in Cornwall. To see a trailer of the films, either click on the appropriate title on our village website or simply Google the name of the film, followed by "the movie". There is always a synopsis of each film on the posters displayed around the villages if you don't have access to the internet.

Tuesday July 18th

Tuesday August 15th

Tuesday September 19th

Tuesday October 17th

Tuesday November 21st

Tuesday December 19th

The Shell Seekers

We bought a Zoo

Maggie's Plan & AGM

I Daniel Blake

Miss Peregrine's Home for Peculiar Children

A Street Cat named Bob



Harrowbarrow Art Group

2 - 4 p.m. in the Games Room
of the Village Hall

Mondays: 10 & 24 July

Watercolour, pastels, ink, acrylics,
water based oils & mixed media

Enjoy a special time set aside to
paint or sketch over a cup of tea.

Newcomers very welcome

Contact: **Christine Hart 350909**

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### Saturday 15 July Harrowbarrow and Metherell Annual Show

This Hamlet again contains a most important document - the Schedule for the Harrowbarrow and Metherell Annual Show, one of the most popular village community events in the calendar. This is the 61st show held in the villages of Harrowbarrow and Metherell and the 22nd to be held in our village hall - a remarkable record !

The range of produce, cookery, plants, flower arrangements, arts, crafts and photography is astonishing and heartwarming, demonstrating the continuation of the tradition of growing and showing, still strong in our fast changing world.

The introduction of the Cider class only 4 years ago proved



popular and entries grow each year. More recently we added any alcoholic and non alcoholic drinks, so again we are looking for the elderflower cordials as well as the home made damson gin! We still want to see plenty of home made wines (no kits please) so dust off the bottles from your wine rack and put your polished bottles of delicious and unusual wines on the competitors' table.

For children – from pre school to 16 years – we have a range of classes, the chance to walk away with a very fine rosette - even a cup, and we would like to see children of all ages having a go. There truly is something for everyone. Art, handicrafts, models and handwriting appeal to and are important to children of all ages .

It will help the organisation immensely if as many competitors as possible bring their entries to the hall on FRIDAY early evening as Saturday morning is busy with setting up and then the all important judging, before we throw open the doors at 2.15pm.

It would also help us a great deal if those stars who won cups last year could return them (cleaned please) to any committee member – look at the back page of the show schedule - or to the hall on Friday evening. The Show is a popular and important part of village tradition so please “show” your support with lots of exhibits in all classes and then join us on Saturday afternoon to admire all entries, enjoy tea, cream and cakes and meet your friends.

We look forward to seeing you there on SATURDAY 15TH JULY.

**Steve Matcham**

### **People.....People.....People**

**From Ellie Garrard:** “I would like to send a big thank you to all my friends in Harrowbarrow for all the cards, messages and offers of help during the time I was ill. They really helped me to get better more quickly I’m sure and I am so happy to be back amongst you all again. I can’t put into words how much it meant to me to know you were all there and thinking of me. Bless you all.”

**Welcome to new residents:** Chris & Tresca Pascoe, Matt, Mia & Skyla & their very friendly dog Buzz from Tavistock who have moved to Willow Tree House, Metherell

**Congratulations to:** Debie Walker & Colin Robinson of ‘Mountjoy’, Maneley Way, Harrowbarrow, on their marriage 15 April at The Green, Upton Cross

**and to:** Claire Rowlands and Henry Samuels of Rising Sun whose marriage took place at Calstock Parish Church on 20 May at 12 noon, followed by a lovely reception at Tredudwell Manor, Lansallos. (Billy their Cavapoo attended both the wedding at the church and reception.....)

**and also to:** Louise and Ricky Williams of 2, Callington Road, Harrowbarrow, on the birth of Jack Alexander on 05 June

**Good luck to:** Mike Green who sent the following. "I moved to Higher Metherell in August last year with my dog Snoopy, having previously lived in Tavistock for 6 years. Having taken some "time out" I have decided to start up my gardening business again. I originally started gardening in Mid Devon but had to stop after 5 years due to an injury. Now after a few years of less strenuous work thankfully I'm ok to resume doing what I loved. Unfortunately Snoopy won't be with me this time, as he got very ill earlier this year and I lost him in March. I'm loving exploring this area, and have found everyone very friendly. My last job kept me from going to many of the social occasions that happen in the villages, but hopefully this year I'll be able to get to some." (See Mike's business details in his advertisement.)

### **Dog Fouling**

I don't like to moan but yet again this morning I walk down my drive to find another deposit from an obviously large dog whose owner can't be bothered to pick up after it. These irresponsible dog owners are giving everyone a bad name. As this is now happening on a more and more frequent basis in both villages I have today contacted the Council who have confirmed they have a number of non-uniformed officers able to issue fixed penalty notices of £80 directly to offenders and also to issue fines to dog owners caught without poop scoop bags. Be warned - our villages will now be on their radar!

If we want to put a stop to this, we need to work together - keep reporting it direct to the Council (particularly if you know the offender). You can do this by emailing [publicprotection@cornwall.gov.uk](mailto:publicprotection@cornwall.gov.uk) or by telephoning **0300 1234 212**. The more reports they get the more likely they are to send officers out on a regular basis.

**Name and address supplied to the editor**

### **Harrowbarrow and Metherell W.I Breast Care Cushions**

I would like to take this opportunity to update all you lovely ladies who were kind enough to provide us with material, trimmings and cottons for the breast care cushions that we make for the Mustard Seed at Derriford Hospital. We started the project in December 2015 and to date have completed 85 cushions, 4 of which have been given to local women and the rest to Derriford. We have had great feedback from Derriford and know that the cushions are well received and appreciated.

Without your generous donations we couldn't have started the project let alone completed so many pillows, and for that we want to say a very big thank you. Don't forget, if you know of anyone who could use a heart shaped cushion for any reason, please let us know. We would be happy to supply you with one.

**Jo Tall (01579 350120)**

### **The following concerns were recently addressed to the Highways Department on behalf of local motorists by Kate Jennings**

There has been a lot of concern in Harrowbarrow, Metherell and Rising Sun about the traffic calming narrows adjacent to Double White Rise, St Ann's Chapel. When travelling east towards the A390, the motorist is put on the wrong side of the road, thus facing a blind bend. We have so far had two instances of near head-on collisions.

Travelling west from the A390, the sightline is better, but the eastbound driver has to hope that he has been seen, and that the westbound car has stopped, even though westbound has the priority.

In addition, between the traffic calming and the A390, an "edge of carriageway" solid white line has been painted. If the eastbound motorist regards this as the edge of the carriageway, he is again forced onto the offside of the road onto a blind lefthand bend.

The need for traffic calming is obvious, with regard to the housing estate now built there, but some serious thought should be given to altering this situation for safety's sake

P.S. We will publish our contact with you in the village magazine and would welcome your reply to publish in the next edition

Since the above was written the highways dept have made a 'walkway' for pedestrians with red grit reducing the road by 25%. They have also said they would look into the matter further.

## **July and September - International Yoga course in Harrowbarrow!**

Just breathe out! There is still in Harrowbarrow! Have you sigh can feel? Your shoulders least, the world seems easier. body to relax, which helps



time to join the yoga course ever noticed how good a big drop, and for a moment at Sighing is a great way for the the mind to relax too.

Relaxing and actively de-stressing are key benefits from doing yoga. Yoga really can help you get less stressed in the first place, and let go of stress when you're worked up.

There's a rare opportunity to find out much more, with a locally run, internationally recognised yoga course, run by Dru Yoga South West at the Harrowbarrow & Metherell Village Hall. Locals can experience firsthand the many health and other benefits of yoga, and can also learn how to share them with others, through teaching.

The course is primarily run on weekends, every 6-8 weeks, over 2 years. It started on 17-18 June - but people are also welcome to join the course on the 2nd weekend, 22-23 July, or the 3rd weekend - 02-03 September (and make up missed weekends).

The course organiser is local resident Anne Smale who has lived in Harrowbarrow for 34 years and wants to see more Dru Yoga happening in the South West. Anne comments, "Courses like this are usually run in very big cities like London or Manchester which makes it very hard, and expensive, for people living in the South West. So we're delighted to be offering this on our doorstep."

You don't need to be very experienced in yoga, or even very flexible, to do the course! Dru Yoga is adaptable to each individual which makes it accessible to people with a wide range of health conditions. People do this course for their own enjoyment and benefit as well as to teach yoga.

For more information contact Anne 01579 351385 or at [southwest@druworldwide.com](mailto:southwest@druworldwide.com). Dru Yoga website [www.druyoga.com/uk/events/south-west-yoga-teacher-training-17-06-2017](http://www.druyoga.com/uk/events/south-west-yoga-teacher-training-17-06-2017)



## **Bird report March to June by Geoff Roberts**

What a fantastic spring into summer we have had, mostly dry with some rain required for the gardens. I spotted the first swallow on the 8th April. After the long flight to its summer home it could take up to 1,000 pellets of mud to construct a new nest.

We had a pair of great tits make a nest in the cambox and things were looking good, six eggs laid, then that cold snap and 9 weeks later the female is still sitting on the eggs, with only five now but they are destined to failure I am afraid.

I eventually saw cuckoos up on Kit Hill four weeks ago. After all these years of only hearing and not seeing them, like London buses there are six to look for, the highlight of the summer so far for me. You should see some youngsters, if a successful hatching was achieved, until August/September time.

So far in and around the village and garden, I have seen Swifts, Wrens, House Sparrows, Chaffinches, Bullfinches, Greenfinches, Greater Spotted Woodpecker, Blackbirds, Great, Blue, Coal and Long Tailed Tits, Yellowhammers, Starlings, Goldfinches, Jays, Magpies, Robins and their chicks, Dunnock, Mistle and Song Thrush, Wood Pigeons, Collared Doves, Jackdaws and Rooks. Bit of a worry that there is no Nuthatch so far.

Up at Kit hill, as well as Cuckoos, were Bramblings, Tree Pipits and Linnets.



### **Open Gardens for St Luke's Hospice**

**Sunday 23 July 11am - 4pm**

**£5 entry to 7 lovely gardens**

Please note that refreshments this year will be at Concordia (just up from the Post Office, opposite Queen's Terrace).

People who kindly baked cakes for the event last year, if you would be kind enough to do the same this year please deliver them to Concordia before 11am on the event day.

Do come and support us on the day.

Thank you, **Jo Parsons**

### **Maggie's story and The Healing Power Of Gardening**

I suffer from an incurable form of Lupus, diagnosed when I was 35 years old. Lupus is an autoimmune disease which causes damage to all organs alongside chronic fatigue, pain and depression. Like MS it follows a pattern of acute flare ups and periods of remission. I moved to 1 Rose Cottages in 2013 and have suffered two life- threatening episodes resulting in prolonged hospitalisation and months of being housebound requiring 15 carers to enable me to recover. Thank you to Tavy Care for their wonderful caring service.

It is the pleasure I get from my small private garden that keeps me going and I'm sure helps therapeutically both physically and mentally to numb the pain. This for me is nature's healing process.

With the help of Juliet (Tamar Valley Personal Assistants) and my young and talented gardener Luke Wilson I shall be able to open my garden for St Luke's Hospice this year. Being house-bound for whatever reason can be very lonely and isolating and so I look forward to sharing my garden with you all. Please come and support St Luke's Hospice - anyone may need their help one day.

**Maggie Keen**

I work as a self-employed Personal Assistant. My aim is to provide support and enablement, promoting wellness in every aspect of daily life from personal care to recreation and companionship. Nature is an essential part of physical and mental well being. Gardening is a distraction from pain and promotes physical strength, mental health and coping strategies. Social care provision and funding recognise this which means everyone can find support to help with gardening, pet care and social activities. From a simple indoor terrarium to planning, planting and maintaining a garden - get in touch with your world.

Maggie's efforts in her garden bring joy to her and all who visit. Living with a debilitating condition or disability means the effort required is often monumental but the benefits are plentiful: traipsing round a garden centre in the rain and planting up certainly give a good night's sleep! Maggie has battled slugs, coped with weeds, walls and wilt and now hopes to inspire you to give it a go, get down and dirty with your garden. Let's take a leaf out of Maggie's garden - be brave and get busy!

The St Luke's Open Garden Scheme also gives people who are unwell or less able an opportunity to break the isolation and welcome visitors. Maggie's garden is gorgeous and I love being there but if I am honest there would be no garden without Topsy - a little dog with big attitude who is Maggie's best friend and the best tonic in the world! **Juliet**

**Vive le Jumelage! (Long live Twinning!)**

**by current Chairman Louise Marsh 01579 351264**

Little did I know that seven years on I'd still be enjoying involvement with the Calstock Parish Twinning... let alone chairing it! My first experience with the group was whilst teaching at Harrowbarrow School when I was asked to try and foster some younger interest. The group has been running twenty-seven years I believe and some members have kept in contact and forged ties with families now spanning 3 generations but



we need to keep the interest going for the partnership to continue.

Once again at the end of May we had a wonderful weekend with our Twinning hosts in the town of St Thuriau in Brittany. We were welcomed as ever by families from the local area wanting to give us a taste of local culture and good old Breton hospitality (which translates as plenty to eat and drink and much laughter). This time our visit included a fascinating trip to a bee and ant farm in Le Faouet (with a huge thank you to Red Platten for his amazing translation skills) and a trip to the 15th century chapel of Sainte Barbe as well as the usual evening of supper, music and dancing. There is a real sense of community in the group where children and adults are able to enjoy each other's company and form lasting friendships with French families. We are happy to say that our group is thriving, with more young members each year. It has been wonderful to see the children grow in confidence each time we meet. (Don't be put off if 'Bonjour' and 'Merci' are the limit of your French - speaking the language is not essential. We all come back knowing a few more words than we went with.)

Next May it will be our turn to host. In the interim we will hold a number of fundraising events where the money raised subsidises the entertainment we provide for our French visitors and our travel for the next trip to France. If you are interested in joining us please get in touch.

### Community Bus Drivers Needed

As most of you will be aware **The Tamar Valley Community**

**Bus** is a charity  
volunteers. It  
timetabled service  
Tavistock and  
used by members  
who would



run by a group of  
provides a regular  
to Truro, Trago Mills,  
Callington, and is  
of the community  
otherwise struggle to

live independently. It provides trips and outings for all ages which are well supported by many members of the local community. It is also available for private hire by community groups. If you could offer a few hours a month as a driver to support this invaluable community asset, please contact me on: [carolin-cornwall@gmail.com](mailto:carolin-cornwall@gmail.com) or ring me on 07977486915

## TAMAR VALLEY Bus trips &amp;



## outings for all ages

| Date                    | Destination                       | Cost plus cost of entry          | Depart | Home  |
|-------------------------|-----------------------------------|----------------------------------|--------|-------|
| July - booking now open |                                   |                                  |        |       |
| Mon 3rd                 | U3A Callington                    | £2.90                            | 9.30   | 12.30 |
| Tue 4th                 | Afternoon Tea                     | £4.00                            | 1.30   | 4.00  |
| Mon 10th                | Friendship Club                   |                                  |        |       |
| Tue 11th                | Trago Mills Liskeard ***          | £5                               | 10.00  | 4.00  |
| Thur 13th               | Callington /Library*              | cancelled due to driver training |        |       |
| Mon 17th                | Truro***                          | £8                               | 9.30   | 5.00  |
| Tue 18th                | Exmouth                           | £6                               | 9.30   | 5.00  |
| Mon 24th                | Duchy Nursery Lostwithiel         | £5                               | 10.00  | 4.00  |
| Tue 25th                | Pub lunch                         | £4                               | 11.00  | 4.00  |
| Mon 31st                | Fairground Heritage Centre Lifton | £5                               | 10.00  | 5.00  |

## August– Booking opens Monday 12th July

|           |                                  |    |       |      |
|-----------|----------------------------------|----|-------|------|
| Tue 1st   | Afternoon Tea                    | £4 | 1.30  | 4.00 |
| Thur 3rd  | Callington /Library*             | £3 | 2.00  | 4.00 |
| Tue 8th   | Trago Mills Liskeard***          | £5 | 10.00 | 4.00 |
| Mon 14th  | Friendship Club                  |    |       |      |
| Tue 15th  | Cornwall at War Museum Davidstow | £5 | 10.00 | 4.00 |
| Mon 21st  | Truro***                         | £8 | 9.30  | 5.00 |
| Tue 22nd  | Mount Edgcumbe                   | £5 | 10.30 | 5.00 |
| Thur 24th | Callington /Library*             | £3 | 2.00  | 4.00 |
| Tue 29th  | Pub lunch                        | £4 | 11.00 | 4.00 |

\*\*\* TRAGO and TRURO free to concessionary pass holders \*50p to concess.

WEDNESDAYS 9.30 - 1.30 – Callington/Co-op/Tesco - £2.90 return

THURSDAYS 9:45-12:15 - Post Office Gunnislake /Coffee morning

FRIDAYS 9.30 – 2.30 (approx) – Tavistock/Morrisons - £2.90 return

BOOK with JACKIE 01822 832998 Monday to Friday 11.00am to 5.00pm



## News from your Neighbourhood Planning Board

The Neighbourhood Planning Bill received Royal Assent on 27 April 2017 and is now an act of Parliament. This will now strengthen the weight given to Neighbourhood Plans such as the one Calstock Parish is developing. The plan is community led and parishioners have been involved from its inception. The plan will dictate how the parish meets the needs of the community for the next 20 years and will form the framework for safeguarding what was identified as important to the community in the initial survey: conserving village character, affordable housing, green spaces between villages, transport links, wildlife habitats, facilities for young people and families, and sites where development both for housing and work could/should be allowed, plus facilities and parking for local people.

The board continues to develop its plan and the Parish Council has agreed to fund a Project Manager, Steve Beresford Foster, to pull all the elements together and incorporate our findings to date in order to highlight gaps and move us forward to a draft plan.

**Jean Miller**



Our Patient Online Services is now taking requests for access to online services. From Saturday 1st July, the way in which prescriptions are ordered online is changing to a much improved system, called 'Systmonline'. To use this new service, you will need to register for 'online services' with the surgery. Once your application has been processed you will be provided with a User Name and Password by the Practice. The new system will also allow you to book routine appointments with your named GP and see, with permission, part of your medical record. To register for online services, you will need to attend your usual Health Centre in person with the form, together with photo identification. If you do not have photo ID, or are unable to attend in person, please discuss alternative options available to you, with a member of staff. The form can be downloaded from the Tamar Valley Health website [www.tamarvalleyhealth.org.uk](http://www.tamarvalleyhealth.org.uk) or ask at reception for a copy. While the new online system is settling in we would be grateful if you would use the notes section to remind us if you have any special

requirements such as extra medication for holiday, medication to be delivered, etc. If you are unable or do not wish to register for 'Online Services' you will still be able to telephone for an appointment or take your prescription in as usual.

Our website provides considerable information for patients so please take a look [www.tamarvalleyhealth.org.uk](http://www.tamarvalleyhealth.org.uk)

### **Harrowbarrow Preschool**

As we reach the end of another school year we are reflecting on what we have achieved. It was quite a momentous year for us! To begin with we moved from the Village Hall into our new premises the Eliot Building at the Primary School. This has been beneficial for us in so many ways, from enabling us to open more hours to our relationship with the school going from strength to strength. This will ultimately benefit children who leave us to start school at Harrowbarrow. They will already be familiar with their surroundings and being on site allows smoother and more focussed 'learning together' sessions with Mr Taylor in the reception class, enabling a more effective transition for those starting school.

We also said a sad goodbye to Sarah who was our setting leader for many years. We wish her all the best for the future. We are amazingly lucky to have Emma Ferguson as our new setting leader who, as you may know, was voted apprentice of the year this year, and is doing a fantastic job taking the preschool forward. Whilst on the subject of staffing, we welcome back Jess Davis, and welcome Sharron Stidwell as our 2 new members of staff. I must also use this opportunity to say a massive thank you to Loren Sprosan who has been with us for just over 12 months to help cover while Sarah was away. We wish her well for the future too.

This year being as successful as it has means we start September with record numbers. If you would like to add to these, please contact any of our staff at Preschool (or committee members) or take a look at our website (which is in the process of being updated so please bear with us) and arrange to come and have a look around or take up a free trial session. We take children from 2 years old and have funded places available (subject to status). We are delighted to confirm we will be able to remain open for 30 hours from September and will also be able to offer 30 hours funded places. Our opening hours are Monday-Friday 08:45 – 14:45 (with morning sessions finishing at 12:45 for those who prefer a half day) and we follow the same term as the Primary School.

**Hannah Warne (Preschool Chairperson)**

## **CANTICORUM SUMMER CONCERTS**

**FRIDAY JULY 7TH - JOINT CONCERT WITH MEVAGISSY  
LADIES' CHOIR IN ST MARY'S CHURCH, CALLINGTON  
AT 7.30PM**

**TO BE CONFIRMED: SATURDAY JULY 22ND AT ST  
DOMINIC**

### **A few Autumn Dates for your Diary**

**Saturday 21 October 10.30am to 12 noon at the Village Hall  
C.R.U.K. Pink Coffee Morning  
for Breastcare Awareness Month**

**10 and 11 November**

**S.H.A.M.E.**

**presents**

**NEVER AGAIN!**

Keep a space in your diaries for 10th and 11th November when S.H.A.M.E. will be performing NEVER AGAIN! a 3 play Theatre Night followed by a Light Bite at the Village Hall. Full details to follow in the next edition of Hamlet.

### **Christmas Tree Festival 2017**

Though I hesitate to use the 'C' word so early in the year, the Friends of Calstock Parish Churches have already made plans for this year's festival. This will be the fourth festival and the venue on 8th, 9th and 10th December will be St Andrew's Church, Calstock. There will be plenty of room for lots of trees of all sizes and types (real or artificial) so if you are part of a group or organisation in the parish and would like to know more, please contact **Kathy Thomas, (kathy.tigerella@gmail.com)** for further details and an entry form. All those who entered trees last year will be contacted in September but new ones will be most welcome to join in this popular event.

Come and celebrate Harrowbarrow & Metherell WI's  
5<sup>th</sup> Scarecrow Trail featuring Inspiring Women



*The Rylstone & District WI's  
Calendar Girls*

at their  
**'Afternoon Tea'**  
on

**Saturday 26 August 2017**

at

**Harrowbarrow & Metherell Village Hall  
School Road ~ Harrowbarrow**

Open from 2.30 p.m. to 4.30 p.m.

Entry by ticket £6 ~ Children up to 11years old £3.00

Tea to include a selection of finger sandwiches, scones with jam and cream and lots of cake  
served with bottomless cups of tea & coffee

Prizes awarded to the winners of the best scarecrows and winner of the scarecrow trail quiz

Garden themed Raffle & a Bring & Buy Stall

Tickets available from 01 August at the Post Office or Kathy Thomas 350659  
Trail Quiz Sheets (£1) available from 19/08/2017 at the PO

Funds raised will be shared between WI & FLEET

A big thank you to Rising Sun Nurseries & Plant Centre for sponsoring this event

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Thurs 13, Fri 14, Sat 15 July 2017

10am - 4pm at South Hill Parish Hall

Refreshments, Charity Quilt Raffle,  
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Admission £2

*If you are interested in joining our group contact Elaine  
Taundry 01579 384787 [elaineruthbrewer@hotmail.co.uk](mailto:elaineruthbrewer@hotmail.co.uk).*

*Meetings are held on the 1<sup>st</sup> and 3<sup>rd</sup> Monday evening  
7.30pm - 10pm and 2<sup>nd</sup> and 4<sup>th</sup> Tuesday afternoon of each  
month 1.30pm - 4pm. The cost of membership is £30 for a  
year and entitles you to attend all meetings. If you want to  
try the group out you can attend up to 3 'taster' sessions  
(£2 each session) before making a decision to join.*



**LCCP** SHOW 2017

**Latchley Chilsworthy  
& Coxpark Show**

At Delaware Road from 12 Noon.

**Saturday 29th July 2017**

Read the Schedule on

**[www.lccpshow.org](http://www.lccpshow.org)**

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\* Funding for 2 year olds subject to status



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**15th July** MOTOWN MAGIC DISCO from 8pm-free entry

**MINI FARMERS MARKETS** Sunday mornings.

**13th August** - SUMMER FAIR - bigger than ever !

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