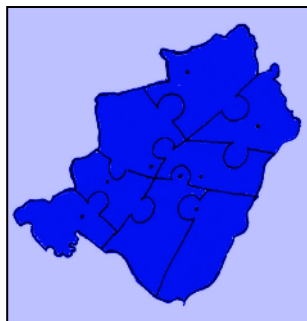


Pieces of Eight



September 2020, Issue 262

News, views and issues from: Chapel Amble, Pendoggett, St Kew, St Kew Highway, Trelill, Tregellist, Trequite, Trewethern

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Thank you

On behalf of my wife, Jean, and myself, I would just like to express our sincere gratitude to all our friends and neighbours, old and new, in St Kew Highway, who have helped and supported us, or have offered to do so, both before and during this awful pandemic period.

I must admit that in the recent past, given the dearth of community events and entertainment at the Community Hall and the apparent 'downsizing' of the playing field Fun Day, it seemed to me that community spirit in the village was on the wane. Added to this, the loss of the post office, the downgrading of the village shop and the absence of medical services at the Doctor's surgery, had me thinking that it was perhaps time to move on.

However, the behaviour of villagers of all ages, ranging from teenagers to folk even older than ourselves has been amazing and has reconfirmed my belief that although Highway may not be the prettiest village in Cornwall, the residents make it the best place to live.

I can't name you all but you know who you are and once again thank you all.

Bob Plater

Deep Field

The view from here is not what it was, the horizon jagged with jumbled roof-line, in-fill estates in cubist grey, the crazed geometry of fractured lives. Once you could gaze on a landscape unpainted even by Palmer with his sheep in the byre; a place instead to scrape for a living, to launch a small boat and farm the sea.

This field is deeper-fathomed than Crofty, lost Levant, Wheal Honey, Wheal Rose. Here they only scratched the surface winning the limits of blood and gold. Coming to grass they lay back at nightfall, counted the deep field constellations, wondered how many miles to travel under the spent light of heaven.

David Penhale

EDITORIAL

Welcome to the September edition of Pieces of Eight, we trust that everyone is keeping well and are now able to start to do more of the things you would usually be doing at this time of year.

I know a lot of people have been busy in their gardens and allotments, many undertaking projects that had been put off for a while, I found myself tidying a small patch of ground behind my garage which I had been meaning to do for a couple of years. The more I looked at it the more I thought this would be worth doing "properly". I borrowed a rotavator from a friend and started moving soil. During the dig I unearthed paving slabs, a few building blocks and many bricks, these will come in handy I thought to myself. After about four weeks fairly hard labour and with kind donations of stone and wood chippings from friends I finally completed what for me (I'm more surprised than anyone) is a nice quiet seating area which has been complemented by our much moved grapevine and a tub (in a reused IKEA storage box) of green beans. Throughout the project I received many words of encouragement from friends and neighbours all of which were and are greatly appreciated.

As usual with this time of year the roads are getting busy again with people visiting our beautiful county. I had to go into Wadebridge about a week ago and thought that it seemed no different in terms of numbers of people than this time in any other year. The main difference is that people seem more aware of

others around them and try to make room for others, the other thing is people who are about to enter a shop only to say "I've left my mask in the car" then rushing back to get it.

Hopefully as time moves on things can start to return to normal, with children being able to safely go back to school to resume their education, businesses getting back on their feet and being able to employ or reemploy people and generally us all being able to do the things we all want to do.

We aren't entirely sure how many people have been able to read the magazine whilst it has been "online" only but we can see from the website that it has been looked at by a number of people, hopefully we will be able to print and deliver the magazine from October.

We hope you find the magazine both useful and enjoyable, if you happen to use any of the services provided by the advertisers in the magazine please mention that you read about them in the magazine. Take care and stay safe.

Steve

Please note that the magazine will still be produced while we are getting used to the new 'normal' but will be electronic only. You can either read the magazine at: www.stkewparish.org.uk/Po8.html or, if you'd like your own copy please email us at stkewmag@gmail.com and we will email you a copy in PDF format.

Contacting the Editorial Team

The Editorial Team are:

Philippa Harkness - Children's page & History
Steve Liddiard - Advertising Manager & Treasurer
David Penhale - Events & Poet in Residence
Nicky Pickard - Main editor who puts the magazine together, assisted by husband Mike.

We can be contacted by email at stkewmag@gmail.com. Please use this address for **ALL** correspondence, the in-box is checked regularly. Alternatively you can phone Nicky's mobile - **07813 603776**. Leave a message if you can't get through and she will phone you back. Advertisers should contact Steve, our Advertising Manager via this email address, putting 'Advertisement' in the subject line. Steve can provide information on advertising costs, space availability, formats, etc.

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www.communitymagazineprinting.co.uk,
01288 341617

Copy date for the Octobers issue is: *Friday 11th September*

We will aim to get the next edition of the magazine on-line before the beginning of June. **Please could all contributors send us copy or advertisements as soon as possible, and before the copy deadline.** If your article or advert is going to be late it would be very helpful if you could let us know in advance.

Note to Readers

When responding to an advertisement, **please** mention that you saw it in Pieces of Eight. This shows our advertisers that the magazine is **the** place to reach local customers.

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St. Kew Community Gardens Association

The View from the Allotments and we have produce coming out of our ears!

What a strange year it has been – and promises to continue so for some time, in “normal” life, as in the allotments.

Back in February, we were worrying that the plots had become sadly neglected because of all the wet weather during the Winter months. Then came the dreaded lockdown and weeks of hot, sunny weather, which meant that we used our hour’s permitted exercise every day on the allotment and almost immediately we started to see a difference. Rotavating, strimming, weeding, tidying – it didn’t take long for the plots to be readied for seeding and planting and now we are reaping the rewards.

We’ve been eating our own peas and beans for weeks now and the little yellow courgettes are a delight as usual. And last Saturday we had our own sweetcorn for the first time this year, with many more to come. And nearly all the onions are now lying flat and I intend to bring them back to the house to lay them on newspaper in the little greenhouse to dry out. There are a few puny ones but most of the onion crop looks thick and chunky. The leeks are looking healthy, too and we have staggered the planting a bit so that we have them throughout the Winter months.

We put three tomato plants in the greenhouse and they have done very well, despite the extreme heat at times – up to the high thirties on many days. But we have kept them copiously watered throughout and the fruits are large and healthy and delicious.

The big operation over the past couple of weeks has been the erection of a netted cage to protect the brassicas. Last year was devastating, as in the space of two or three days, all our greens were stripped. And we do love our purple sprouting in the Winter! So Tony has erected a large, walk-in cage and planted a whole lot of new cabbages and sprouts and broccoli and so far, not a single butterfly has got in. Keep fingers crossed.

The only real failure this year has been the Queensland Blue squash – again! Last year not one fruit appeared and this year the plants simply never developed. We brought them on in the greenhouse, I planted them out carefully and dug a little mound around each plant and watered them through the hot days but no luck. Not even the hint of growth. Just up from us, several plots have HUGE squashes and pumpkins, so what are we doing wrong? Any hints gratefully received.

And now I’m off round the corner to pick yet another bag full of runners, most of which will land on people’s doorsteps in the neighbourhood. We do like to put together little “care packages” and give to people who don’t have veg. gardens. One of the great joys of an allotment is giving away produce. And doing swapsies, of course!

Judith Mott,

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Some comments from St. Kew Parish Council on the online services of Port Isaac Practice.

Firstly I must apologise, this article should have been published a few months earlier. Owing to the Covid-19, technical problems, sickness and a month without a magazine.

As you may be aware the Port Isaac Practice has introduced online services. When we on the council first heard of this, we were concerned that there are many residents in the parish who either do not have access to the Internet, or the knowledge to use it.

On contacting the Surgery, it was nice to know that if anyone is not sure how to use the system, they should phone reception who will arrange for someone to talk you through it. There is help available just ask. No one will be stopped from booking a GP appointment.

Originally patients would register for an online service, and they would be able to do just about all that used to be done by phone. Then eConsult came along, a much more comprehensive program which would cover everything needed for patient care and convenience. The original online service is still used, mainly for repeat prescriptions, asking questions or sorting out a query. At present it cannot be used for booking an appointment with a GP.

The eConsult system, for GP diagnoses and appointments, is a very comprehensive program, you enter the home page and choose what type of problem you want dealt with and then follow the on screen instructions. It asks a lot of questions and triages you as you go, if it thinks your symptoms are urgent it will direct you to the appropriate service to use, if not when you reach the end you can ask to have a consultation with a GP, who will phone you back within 48 hours. Or you can ask for a named GP to call you if it is an ongoing problem. This is an

excellent way of getting a prompt response to a problem if you don't actually have to see your doctor.

Now I must admit this is not the same as meeting your GP face to face but with pressure growing on the NHS it will be a step forward in getting advice.

The eConsult is convenient to use and avoids waiting for the phone.

The surgery will reply within 48 hours, normally it will be a lot sooner depending on the problem. If the GP thinks a face to face meeting is required an appointment will be made.

Overall I found the system easy to use, saved time on booking and obtaining a consultation from a GP. The only fault I found was that even if you had an ongoing problem and wanted to contact your GP dealing with it, you still had to answer all those questions again, surely a short-cut could be found.

I also heard that the district nurses from Wadebridge, Camelford and Port Isaac areas have teamed up to share resources- a good idea. Maybe other services could be joined this way to provide a better service for the area, perhaps even a minor procedure unit, shared by all the GPs in the area.

Reports have come in that staff at the surgeries have been subject to abuse, mainly over the Covid-19 restrictions. The doctors, firemen, police and all the NHS front-line staff are doing a very stressful job under very stressful circumstances. They are there to help you and me and anyone who wants help. How some people can be so arrogant as to issue abuse at them is unbelievable, and I hope if anyone is convicted of it, the authorities clamp down hard on them.

RG



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FARMER JULES

In the last issue, the various methods of beef production were covered; which naturally leads me onto sheep systems this month.

Naturally, because very often beef and sheep are farmed together side by side - they complement each other: not only by giving a mix of enterprises from a business perspective but also in their differing grazing technique (cattle yank longer grass with their tongues while sheep nibble shorter swards, the combination improving and making efficient use of pasture). Mixed grazing is also a tool in reducing worm burdens in livestock (therefore reducing the need for routine dosage with wormers). The flip side of this can be, in a high health flock or herd, either species can be a carrier - and route of infection - for inter-species diseases; but that's another article altogether!

A passing point of interest: when sheep get up from lying down, you'll notice them up on their front legs before raising their hindquarters; while cattle put their rear-ends up in the air first with straightening their front legs last. My late father's theory was (and I've never heard a better explanation): sheep are historically mountain beasts that needed their heads up first to view the landscape for predators, while cattle were animals of woodlands and grass prairies that keep their heads low as they stood to 'eye' the under-canopy for danger.

Sheep are primarily kept these days (in the western world) for meat production. There are some milk-sheep flocks, but we'll cover them next month in the dairy article. Wool used to be a major income from a flock, at one time almost being more valuable than the meat production (remember school history lessons, with land clearances in the 18th & 19th centuries to make way for landlord flocks? And closer to home: the bridge 'built on wool' across the Camel at Wadebridge). Just a hundred years ago, the flock's wool clip paid a farm's rent for the year, whereas now you're lucky if the wool value pays the cost of the shearing gang.

Production of synthetic fibres has replaced the demand for wool, although I've never quite worked out how it is cheaper to produce a man-made fabric than use an existing core ingredient. But it has to be to do with corporate business in some way (dare I mention sweat-shops and manufacturing emissions?) In any case, most UK wool now goes into carpet production or niche woollen wear; usually at the expensive end of the market. There is also a

movement to encourage using wool as loft insulation.

So why do we shear sheep if it's not driven by financial gain? For the welfare of the animals. To minimise flystrike (more commonly known as maggots - flies are attracted to warm, damp fleeces in summer, where they lay eggs which turn into maggots that then eat the sheep alive), and also to prevent heatstroke in summer (remember sheep were bred for increased fleeces a few hundred years ago - not something that can instantly be reversed, although some shepherds are now pursuing 'naturally shedding' bloodlines; but they do leave a mess around pastures as wool takes an exceedingly long time to rot and incidentally is difficult to burn).

It's worth mentioning here that shearing sheep, by skilled shearers, is not in any way a distressing procedure for the livestock. They of course need gathering and penning first, but most shearing set-ups these days include a purpose designed catching-pen (often brought by the shearers if a contracted-in gang are doing the job); and the technique of shearing is a skill learnt by keen youngsters from other shearers and attending British Wool Marketing Board courses.

So to the main purpose of British flocks: meat production. Which usually means prime lamb (the alternatives I'll come to shortly). A big proportion of flocks will be spring lambing, which can range from February/March time in sheltered lowland areas like St Kew; through to April/May in upland areas where spring comes later (think Bodmin Moor or Cumbria).

As the gestation period of a sheep is roughly 5 months, the rams (or 'tups') will have run with the ewes back in the autumn, then the ewes will have been scanned mid-pregnancy so ewes carrying multiple lambs (doubles or triples) can be split out from the single-bearing ewes. The latter can be put on plainer grazing so their 1 lamb doesn't get so big it causes lambing difficulties; while the former are rotated round the best pasture and receive some supplementary feeding in the last 6 to 8 weeks of pregnancy.

This encourages an even size of sibling lambs and ensures the ewe has adequate nutrition to prepare for colostrum (buzzy milk) production as well as grow her lambs. If the shepherd gets this perfected, there'll be almost no incidents of twin-lamb disease (a metabolic disorder) at lambing time; although the tiniest stress-factor can trigger such problems. Hence housing of sheep for the lambing period is best done either gradually (in by night & out by day for 10 days just prior to full housing) or done a whole month or so prior to the lambing start date.

Ewes with their lambs at foot (known as couples) are returned to pasture - if lambled indoors - ASAP

once they've 'mothered-up' and the lamb is strong enough to weather outdoor conditions. This is when you may see temporary spray marks on the side of ewes and their lambs. These individual numbers signify which lamb(s) belong to which ewes, so in the lambs' first few weeks the shepherd can ensure all individuals are paired up appropriately out field. Mis-mothering is fatal (lambs will starve to death), and is why farmers initially turn out couples into small groups; preventing unnecessary complications. Disaster can strike either by a fox looking for a midnight snack, or unattended domestic dogs out on a frolic.

In good farming country (like this area), the 1st prime lambs can be picked at 3 - 4 months of age and are still running with their mothers as 'suck lamb'. These will be the creme de la creme: fresh with a wonderful bloom on them. It's always a real juggling game in this scenario re weaning the rest of the lambs as weaning will give a growth check and lamb prices tend to start falling as more lambs come to market. But the optimum time for weaning is around 16 weeks beyond which lambs are just plain distracted by mother's milk when they'd better utilise 'dry' feed (which does primarily mean grass - it's a technical reference to 'dry values' in various feeds). In harsher country than St Kew area, you'd not expect to pick any 'fit' lamb prior to weaning, and wherever you farm the weaned lambs become known as 'stores' (loosely similar to beef animals). Some farms will go on and finish these lambs themselves, while others will sell stores for others to finish; these finishers may or may not have a breeding flock of their own but will have fresh pasture and/or greencrop e.g. turnips for the lambs to graze. 'New Season Lamb' (up to 9ish months in age) attracts the best pence/kilo but as mentioned above, the price starts dwindling as the summer progresses. 'Old Season Lamb' (12 months-ish old) will be on a lower pay grid while markets are waiting for NSL to become available, typically in the New Year and early spring.

The keen amongst you might be wondering how NSL could be coming to market in early spring, when spring lambs are only just being born! That'll be from the early-lambing flocks of really lush pastures (we have them in the parish). Suck flocks are largely based on the Dorset breed that has a quirky characteristic that enables them to come into season at any time of year (although the ewes won't cycle quite so well in extremely hot weather). Other breeds are programmed by nature to come into season as the days shorten in the autumn, therefore giving their offspring the best chance of survival by being born in the spring; when there's a flush of grass growth for the ewes to produce milk from. Pedigree breeders aside, the early-lambing flocks will use a pure or crossbred Dorset ewe with a terminal sire tup; which means a ram from a breed that throws meaty-shaped lambs e.g. Suffolk or

Hampshire Down (native to the UK) or a Continental breed such as the Charolais or Texel. (If you're really sharp, you'll have noticed there's not just a breed of sheep but also a breed of cattle that comes from the Charolais region of France!)

The early-lambing flocks will be aiming to hit the Easter market with NSL (probably suck-lamb right off the ewe); filling a market peak with the most advantageous prices. They will need the best prices though as it takes more time, care and attention to keep baby lamb 'doing' (growing) through the worst of the winter months. It's certainly NOT a system you'd find in the bleaker climes of Yorkshire or Northumberland!

In my father's day, the Easter lamb trade would have been filled by hogs or hoggetts (no reference to anything piggy, this is the sheep term for 1 year + lamb, the sheep equivalent to 'yearlings' in the cattle world). A generation ago, we had more of a palette for mutton; which has a stronger taste to it so there wasn't the demand for younger lamb (and fatter meat was also desirable).

There is a niche market for prime mutton (hogs finished for a specialist outlet), but most 'main-stream mutton' now is cull ewes going into the Ramadan market. In any livestock venture where there are breeding animals, the word 'cull' will pop up occasionally. This is an individual at the end of their breeding life.

The selection process for culling is the skilled identification of individuals that'll have health issues if kept another year, and sometimes highlighted by the vet when undergoing their annual review with the farmer (this is a requirement of farm assurance schemes). Reducing over-reliance on medicines such as antibiotics and high levels of animal welfare is paramount. No farmer enjoys parting with his breeding stock, they've been faithful co-workers and individual characters. Just like the difficulty of saying goodbye to a family pet, it's a bitter pill but unavoidable.

Most sheep farms are to be found in the grassland regions of the UK: the Westcountry, Wales, the north of England and Scotland. Upland or lowland, sheep will be out grazing all year round. Some cattle farms that house their stock overwinter, will rent-out sheep grazing in early winter ('on-tack') to improve the pasture before spring growth. This gives the shepherd's own ground a rest when nothing's growing and provides a good 'change' (of ground) to the flock for a few months.

It's a great system that benefits everyone, including the pastures! Apart from some lowland flocks being housed for a few weeks over lambing, British lamb is truly a grass product.



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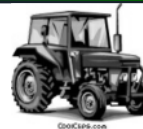
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COMING SOON

We are bringing a local community farmers market to Port Isaac. Are you local, would you like to get involved, volunteer or offer your services?

We would like to hear from you!
Please join our Facebook group:
@Port Isaac community farmers market
Or call: 07835255607

Everyone and all ideas welcome

From St. Kew's Past

Jacob Stone.

Eighty years ago the former Headmaster of the St Kew CP school Jacob Stone died on 25 September 1940. He was buried in the same plot as his wife Jane who died four years earlier, and with Maude Mary their daughter who had died aged 21 years. Three boys survived them. Whilst Jacob was former head of St Kew CP school, his wife Jane was the sewing mistress and daughter Maude a pupil teacher. Jacob was also a churchwarden, choir master and organist and a Parish Clerk. They lived at Trequite. In the church there is a commemorative plaque stating The Electrical Light Installation was given to the church by their son Frederick H Stone in 1949 in memory of his mother.



William and Mary Netting.

Opposite the church main door is the grave of William and Mary Netting (formerly Buscumb). William died 2 September 1913 aged 83 and Ann on 6 November 1910. For over 40 years they were Sexton and Caretaker of the Parish Church. They had three children and in 1881 were living in Peppermint Cottage, St Kew. Later they lived at Barton Row. The Parish Magazine of November 1913 stated, "By the death of William Netting of The Rowe, a well-known figure is removed from St Kew. He was one of the oldest and most respected of our parishioners... he faithfully fulfilled the office [Sexton] for over 40 years."

William



Cynthia Cooks

As we're into September already there is a rustic early autumnal feel to this month's recipes, but still using those lovely fresh summer vegetables.

Chicken, courgette and olive casserole

Ingredients

Serves 4

- 8 chicken thigh fillets
- 2 tbsp olive oil
- 1 large onion, halved lengthways and sliced
- 3 garlic cloves, chopped
- 2 sprigs of rosemary - strip the leaves and finely chop if you like, but I just put the sprigs in in whole
- 150ml of red wine - cheap plonk is fine
- 1 tbsp runny honey
- 400g fresh tomatoes, roughly chopped - skin them first if you wish but I think it's a bit of a faff.
- 2 tbsp tomato paste
- 100g pitted green olives
- 2 small courgettes (yellow ones make for a colourful dish), halved lengthways and cut into 2 cm slices
- Sea salt and ground black pepper.
- Handful of fresh parsley, roughly chopped.

Pre-heat the oven to 180°c.

Heat the oil in a large casserole and fry the onion for a few minutes to soften, then stir in the garlic and rosemary. After a few minutes add the chicken thighs and stir round with onion for 5 minutes or so until lightly browned all over. Tip in the tomatoes & stir again until the tomatoes have softened and are starting to collapse. Finally pour in the red wine, stir in the honey and tomato paste, bring to the boil, cover and cook in the oven for around 25 minutes.

Season to taste and gently stir in the courgettes. Continue to cook for a further 5 minutes or so to just soften the courgettes. If the sauce is a bit watery bubble gently on the hob with the lid off to thicken it.

Sprinkle over the parsley and serve with any summer vegetables you fancy - home-grown runner beans and the last of the 2nd early potatoes would be good, or perhaps the roast beetroot from my second seasonal recipe.....

Roast beetroot with garlic and thyme

Serves 4

Slow - roasting beetroot really enhances their subtle earthy flavour and adds a pleasing sweetness.

Ingredients

- 4 medium sized beetroot - roughly 150g-180g each.
- 4 cloves of garlic, sliced
- 8 bushy sprigs of thyme
- 4 tsp olive oil.
- 4 tsp balsamic vinegar
- Sea salt and ground black pepper

Top and tail the beetroot and scrub well under a running tap. Don't peel them - it's a very messy (albeit colourful) job and the skin will soften in cooking.

Quarter the beetroot and divide among 4 squares of kitchen foil large enough to form a spacious sealed parcel. Drizzle a teaspoon each of olive oil and balsamic vinegar over each of the beetroot servings, along with 2 sprigs of thyme and a sliced garlic clove.

Add a pinch of salt and a grind of pepper, gather up the edges of the squares and scrunch them up to form loose but tightly sealed parcels.

Put the parcels on a baking tray and roast in a pre-heated oven at 180°c for 40 - 45 minutes, or until they are soft enough to easily pierce with a skewer through the foil.

Carefully open the top of the parcels and serve.

Shop locally, eat seasonally

KEW & A - Twenty Questions & Answers

We've had so many really interesting 'Kew & As' over the last few years, and we're sure there are lots more condensed life stories out there in our parish just waiting to be published in ultra-short form in 'Pieces of Eight'.

You know the format - just get in touch to share your 'Kew & A'.

Simply email us at stkewmag@gmail.com (with 'Kew & A' in the heading), or telephone David on 01208 841669.

All the news and highlights from the top of the hill! Don't forget, you can keep up with all the school antics in our weekly newsletters, published on our website: www.st-kew.cornwall.sch.uk

What a busy end of term it was for all at St Kew. Keep on reading to find out what's been going on!

End of the Summer Term & 2019 – 2020 Academic Year



One of the strangest academic years came to an end on Thursday 23rd July with our 'bubbles' thoroughly enjoying the time they have spent back at St Kew and preparing for the Summer Holidays ahead.

Fond farewells to Year 6



We said fond farewells to our Year 6 pupils as they left St Kew ready to tackle the next stage of their school careers at Wadebridge. It was delightful to have them back at St Kew for the short period, before the Summer Holidays, after lockdown and to see them busy

preparing their legacy to leave with us. They have been busy painting the school logo in rainbow colours – which will help us to remember this time and the time Harry, Arlin, Ruth, Bethany, Izzie, Kayden, Billy, Holly, Oliver, Sheldon and Heath have spent with us.



They have created a board of memories 'St Kew made me...' using the logo and their memories of school. We wish them all the best knowing they are well prepared for their next step in their education!



and Mrs Lindsey Mitchell



Our thanks, best wishes and love to Lindsey Mitchell who resigned at the end of the Summer Term to concentrate on the farm and her

lovely family. We thank her for her work over the last 20 years and support of 'all thing St Kew' throughout this time. We hope she will be able to pursue other ventures and wish them all the best with these!

Back to School in September

We are delighted to be able to come back to school in September and welcome all pupils back to St Kew, ready for some more 'Discover, Learn, Develop' activities for all! There are exciting topics for the children in Little Learners, Newton, Armstrong and Einstein Class with learning focussing on 'All About Me', 'Me and My Family', 'Courage and Friendship' and 'Fantasy Worlds' respectively.



Looking forward to seeing you all soon



Exciting Times for our pupils ahead!
RM

Retirement

Saturday comes but once a week.
Sunday too is rather weak.
Twice a week would be very nice,
Even better if twas thrice!
That would really be admired.
Looking forward to being retired.

David Balmford



and all Key Workers.
Thank you

SUNDAY SERVICES IN SEPTEMBER

If you would like to come, please contact Revd Elizabeth, stating the date, time and place of the church service you wish to attend.

Email: elizabeth-wild@live.co.uk Phone: 07758 407661

If that service is already full, we will let you know.

Please note that you must wear a face covering while attending church services and follow all Covid-19 precautions.

Please do not come if you are ill.

For online services visit
www.northcornwallclusterofchurches.org.uk

Sunday 30th August

Online: Morning Worship
9.30am – Cluster Service at St Kew: Holy Communion
11am – Cluster Service at St Endellion:
Holy Communion

Sunday 6th September

Online: All Age Worship
9.30am – Cluster Service at St Minver: Holy Communion
11am – Cluster Service at St Kew: Holy Communion

Sunday 13th September

Online: Morning Worship
9.30am – Cluster Service at St Endellion:
Morning Worship
11am – Cluster Service at St Minver: Holy Communion
6pm – Cluster Service at St Kew: Evensong

Sunday 20th September

Online: Morning Worship
9.30am – Cluster Service at St Minver: Morning Worship
11am – Cluster Service at St Endellion: Holy Communion
6pm – Cluster Service at St Kew: Evensong

Sunday 27th September

Online: Taize Prayer
9.30am – Cluster Service at St Kew: Holy Communion
11am – Cluster Service at St Minver: Holy Communion
6pm – Cluster Service at St Endellion: Evensong



For the parishes of St Kew, St Endellion with St Peter's, Port Isaac
and St Minver with St Enodoc (Trebetherick) and St Michael (Porthilly)

www.northcornwallclusterofchurches.org.uk



St Kew Help!

In response to Covid-19, we got together locally and St Kew Help volunteer teams have been formed to cover all parts of the parish and offer support.

Our aim is to help those who are self-isolating or shielding from Covid 19 and who don't already have assistance from friends, neighbours or family. If you are unable to get shopping delivered for whatever reason, we can pick it up for you as well as provide a list of local shops who now take telephone payments and who do home drop offs. We can also collect medical prescriptions or supplies, post letters, or just chat on the phone. Or maybe you know somebody who you think might need help who you can put in touch with us.

We are affiliated with the national Covid Mutual Aid organisation, registered with Volunteer Cornwall and have representatives from the Parish Council, Church and Health professions overseeing what we do.

Two weeks ago we leafleted most of the houses across the parish to provide telephone numbers for volunteers living locally in each village. You can also contact us by telephone on: 01208 841366, e-mail at stkewhelp@gmail.com or via our Facebook page – see our poster on the next page. So don't hesitate to get in touch if you can't get out or are struggling in other ways because of the current Covid-19 crisis – we would love to help!

Rob Soley

Dear Beachcarer.

I am pleased to advise that Beachcare litter-picks are resuming after an absence of 3 months. Distancing rules and attendance notes will be sent separately for our future action.

14 people attended the July Beachcare and the equivalent of 3 bags of litter picked up, cumulative 19 bags picked on Beachcare dates, and a total reported of 28 for the year. Biffa have been very active in taking a lot of litter of the beach and Baby Bay has much post-party/bonfire litter left around.

No pictures taken due to social distancing.

Do please report in any litter collected on an ad-hoc basis please. We do need to report the full extent of beach littering.

Now, I must advise that after 10 years of leading Beachcare here in Polzeath I am stepping down from this role for a variety of reasons. I am delighted to advise that Tina Robinson is taking over this

responsibility, particularly as she was our first recruit here. I do hope to continue to attend most Beachcare events and I look forward to catching up with some of you then.

Some of you may know that Beachcare had its official launch here in March 2010 and there are now 45 Beachcare groups in the UK.

Kindest regards and many thanks for all your support and beach litter-picking over the years.

Stay safe, triga salow.

Nick Pickles
Founder KBT Beachcare in Polzeath

Children's Hospice South West (CHSW)

Remember loved ones by moonlight and support Children's Hospice South West.

Children's Hospice South West (CHSW) has had to adapt many things over the last few months, including the care and support it offers to children, as well as its fundraising events which help to fund the vital support it offers to local families.

CHSW's 11th annual Moonlight Memory Walk was due to take place in Falmouth in March and would have seen hundreds of people completing the 5 mile sponsored walk around the town in memory of loved ones. The event was postponed to 26th September however the charity has decided to use this opportunity to adapt the event and open it up to people across the south west and beyond.

The charity is inviting people to remember and celebrate the life of a loved one and raise vital funds through its new Memories by Moonlight event which will include some elements of the annual Moonlight Memory Walk but with the flexibility for people to be involved however they wish.

Instead of being held on the Moor, a Memories by Moonlight ceremony will be broadcast live on Facebook from CHSW's Little Harbour children's hospice in St Austell at 9.00pm on Saturday, September 26, giving people the opportunity to light a candle and join together virtually for a special evening of reflection.

The poignant and uplifting ceremony will feature readings from all three of the charity's children's hospices – Little Harbour, Charlton Farm near Bristol and Little Bridge House near Barnstaple. It will also include music, poems and a two-minute applause to celebrate loved ones whose names will appear on the screen.

Kiley Pearce, Events Fundraiser for CHSW said:

"We are obviously sad not to be able to bring the Moonlight Memory Walk to Falmouth this year as it is such a special evening, however we are delighted to have this alternative option."

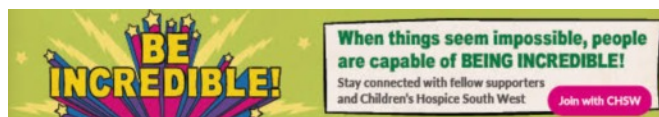
"We hope our new Memories by Moonlight event will give people a lovely way to support the work we do while remembering their loved ones."

Everyone who registers to take part in the event, which is being sponsored by National Friendly, will get the chance to join the virtual memory ceremony. People can then choose to simply donate in memory of their loved one, or complete a walk or activity that reminds them of their loved one at a time and location that suits them and ask friends and family to make a donation towards this.

Participants will receive a beautiful memory pack in the post, which will include a candle bag to decorate, memory box to personalise, along with a tea light to light on the evening and a booklet to accompany the memory ceremony.

Kiley added: "We look forward to connecting with everyone joining us for the memory ceremony on the evening of September 26, which we are sure will be a very special night."

To register to join the Memories by Moonlight ceremony simply visit www.chsw.org.uk/moonlight. Registration is just £10 and a memory pack, along with details of how to access the Memory Ceremony, will be sent in the post. For more information about the event, you can also call the CHSW Fundraising Team on 01726 871800.



*** WANTED ***

Senior lady's carer to cover maternity leave, potentially permanent part-time role within a small team.

Initially 1½ hours, 2 mornings/week + 4 or 5 evenings/week (8.30-10am + 5-6.30pm)

Some additional day cover every 3rd week.

Experience with dementia & diminishing mobility preferable.

Positive but kindly attitude & driver with own car essential.

References required.

£12.50/hour self-employed.

juliet.cleave@gmail.com

NB situation now filled, subject to references

SOUPER LUNCH

We are still hoping that it will be safe to meet again in the not too distant future.

We miss you all. In the meantime take very good care of yourselves!



The Puzzle Page

Codeword

9	10	8	19	13		17	10	12	3	7	23	
10		4		4		16		8		8		2
14	4	11	5	16	1	6		4	10	24	24	6
19		10		25		20		10		10		19
24	16	19	11	5		10	2	15	10	19	21	23
23				16		7				21		
19	23	4	16	25	4		23	4	26	6	12	23
			16			3		16				18
22	8	15	19	16	3	23		4	8	21	5	24
23		24		3		5		15		23		19
20	16	19	24	23		14	4	24	23	4	4	14
24		10		15		1		16		8		11
	8	12	2	23	22	23		2	7	23	14	24

29

1	2	3	4	5	6	7	8	9	10	11	12	13
	P		N									
14	15	16	17	18	19	20	21	22	23	24	25	26

Sudoku

	3				2		5	
9				5		8		6
		7	1					
4								5
		2	9		3		1	
	7			4		9		
				8		3		
2		1						
					5		7	

M10

Word Square

A	O	L
I	P	N
E	M	C

How many words of 4 letters or more can you find? No proper nouns or plurals are allowed, and the centre letter must be used in each word. There are 53 words listed in the solution this month, which includes 1 **nine letter** word to find.



For further details please contact
Alison on 01208 841469

www.facebook.com/StKweWI



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CHILDRENS PLAY AREA. RIDE-ON TRACTORS AND DIGGERS. PETS CORNER...

FIND US ON THE B3314 at St Endellion. Follow us: [f](#) [t](#) [i](#)



Dust off those trainers ... Runway Runaround is back for 2020

Last year over 600 people took part in Cornwall Air Ambulance's Runway Runaround. Those that did will surely remember the 5.00am start on a rainy Sunday morning in November and that incredible moment of crossing the finish line. Due to the impact of Covid-19 on events, Cornwall Air Ambulance has decided to run the event virtually this year. They are asking supporters to run, walk or cycle either 5k or 10k in a location of their choosing, on the weekend of 26th and 27th September. It costs £10 to sign up and all participants will receive a medal.

More information can be found on www.cornwallairambulancetrust.org, or you can contact Steph on steph@cornwallairambulancetrust.org or 01637 889926.



Bell Ringing

For the first time since the beginning of lockdown Ken rang one bell for a short church service beside the war memorial. This was to commemorate the 75th anniversary of VJ Day.

Hopefully at the end of the month there will be a few church services where we should be able to ring 3 bells for 15 minutes.

For any enquiries please phone Ken Godden on 07968 481520, or message us on our Facebook page.

Puzzle page solutions

6	3	8	4	9	2	1	5	7
9	1	4	3	5	7	8	2	6
5	2	7	1	6	8	4	9	3
4	9	6	8	2	1	7	3	5
8	5	2	9	7	3	6	1	4
1	7	3	5	4	6	9	8	2
7	6	5	2	8	9	3	4	1
2	8	1	7	3	4	5	6	9
3	4	9	6	1	5	2	7	8

Sudoku

plains, compline, POLICEMAN.
 pineal, police, compile, polemlic, com-
 pine, compel, encamp, impale, pencil,
 pinal, piano, place, plain, plane, al-
 pel, maple, opine, panel, panic, pecan,
 poem, pole, ample, capon, clamp, im-
 palm, pane, peal, pile, pine, plan, plea,
 opal, open, pace, pall, pain, pale,
 leap, limp, lode, mope, nape, neap,
 Camp, cape, clap, cope, epic, lamp,

Word Square

Q	U	I	R	K	J	U	M	B	L	E						
U	N	N	N	N	O	I	O									
A	N	C	H	O	V	Y	N	U	T	T	Y					
R	U	U	W	F	U	U										
T	O	R	C	H	U	P	S	U	R	G	E					
E																
R	E	N	O	W	N	E	N	Z	Y	M	E					
O																
B	O															
X																
D	I	S	R	O	B	E	N	I	G	H	T					
R																
E	T	B	T	E	H	S	E									
F	O	R	T	E	A	N	T	E	N	N	A					
T	U	S	U	S	V	O	I	O								
T																
I	M	P	E	D	E											
P	L	E	A	T												

Codeword

CHILDREN'S CORNER

Welcome back!! We hope you have had a lovely summer and that you are looking forward to starting back at nursery/school!

I know you can buy apples all year round, but September is the month when most of the apple trees near us are covered in fruit. How about making some fun bunting to decorate your bedroom?

You will need

- Some old newspaper
- Some cardboard
- One apple
- Some red paint
- A green felt tip or crayon
- Some string



Cut about ten big triangles out of your newspaper. Cut your cardboard into 10 triangles as well. Cut the apple in half from the stem down. Spread the paint on the apple and stamp it onto the newspaper triangle.

Leave to dry. With your green felt tip draw in the apple stem. Glue the red apple triangles onto the pieces of cardboard. Punch holes into the top corners of the triangles. Thread the string through the holes and hang up in your bedroom!



Richard Thomas

Like many other local residents, I was very saddened to learn of the death of Richard and my thoughts are with his family.

Although many people in St Kew Parish may be familiar with the name of this local farmer and landowner in connection with planning applications past and present, many residents, particularly those more recently moved to the parish, may not realise what a considerable contribution he made over the years to Parish facilities and the community generally, and I would like to take this opportunity to put on record my own knowledge of his service to the people of St Kew.

When I came to live in St Kew Highway in 1996, Richard was the very 'hands-on' Chairman of the St Kew Highway Community Hall Management Committee, and had served on the committee for many years. At that time, in addition to other events such as Easter and Christmas bazaars etc., the committee arranged and financed a Guy Fawkes bonfire and fireworks event with refreshments, held on one of Richard's fields. He personally used his farm vehicles and machinery to collect fuel for the fire from around the parish and to build the huge fire, topped with a guy, which was the centre piece of the event. Entry was free but the large appreciative crowds the event attracted, were usually generous with donations towards the cost.

His major service to the parish via the Community Hall, was to initiate an application to the National Lottery for funding to enlarge the hall, provide access and toilet facilities for the disabled, and to provide a fully equipped, viable venue for increased activities such as further education classes and entertainment, including the subsidised events provided by the Carn to Cove organisation. This meant that residents no longer needed to travel to Wadebridge or elsewhere for such activities. The application was ultimately successful, and together with top-up grants from the Parish and former North Cornwall District Councils, has provided the excellent Parish facility we have today.

Richard was also Chairman of the former St Kew Community Bus organisation, and often drove the bus himself on scheduled trips to Truro and Trago Mills, or when he organised visits to places such as Sterts Theatre. He also drove the vehicle to be serviced/repaired/MOT'd etc. as well as ensuring that all the required paperwork was in order. The Community Bus project was ultimately wound up due to a lack of eligible volunteer drivers and not by any failure of management, as there were still funds in the accounts.

Although like most farmers he complained about the increased bureaucracy and paperwork associated with Britain's membership of the Common Market and its successors, when it was decided to reduce the 'meat mountain' created by the organisa-

tion's pricing policies, by way of providing hundreds of free tins of stewed steak to member states, Richard undertook to deal with the distribution of St Kew's allocation by taking delivery and storage on his farm and driving the Community bus to deliver to eligible households throughout the Parish.

As I have previously referred to in this magazine, Richard Thomas is the person without whom there would be no St Kew Playing Field. It was his idea to create an outdoor recreation facility for the use of everyone in the parish. Not just a sports field, but a safe, open space with a particular emphasis on children's play facilities. It was his vision, initiative, hard work and sheer determination that brought the project into being, overcoming numerous obstacles, and not inconsiderable opposition.

Richard was able to obtain a 'start up' grant from the National Playing Fields Association and the financial and moral support of the former North Cornwall District Council. However, he was acutely aware that the project could not rely solely on grants and donations and needed to generate its own running costs. Accordingly, in addition to jumble sales and car boot sales etc., he proposed the idea of an annual 'Fun Day' to be held during the school summer holidays, which would provide entertainment for local families and also holidaymakers, who would hopefully be happy to spend some of their holiday cash. The original idea was to provide a 'miniature Royal Cornwall Show' with a main ring for demonstrations of activities like Cornish Wrestling, together with games, side shows and music. This was an immediate success, both socially and financially, and over the years, with the help and cooperation of other parish organisations and businesses, developed into one of the major parish social events.

In all his enterprises, Richard was ably assisted by his wife and family and an army of willing volunteers but it was his ideas and dogged persistence that maintained the momentum of the organisations and projects he was associated with. Although I am not aware of the details, I believe he was also involved with a mentoring scheme for young farmers and business people and hopefully his ideas and initiative have been passed onto a younger generation.

I would add that although he was aware of my own opposition to his planning applications to expand St Kew Highway, this made no difference to our friendship as he was not a man to harbour grudges and readily accepted that not everyone agreed with him. In the circumstances, I feel it would be an appropriate time to reconsider the possibility of renaming the playing field 'The Richard Thomas Recreation Ground' as a suitable memorial to this parish benefactor.

Goodbye Richard and thank you.

Bob Plater

Parish Council News

Chairman: Cllr A Godden

Clerk: Mrs Stephanie Tiplady

The Barn, Kitts Hill, Chapel Amble



The Parish Council meets in the Parish Hall, St Kew Churchtown at 7.00pm on the second Tuesday of each month. Members of the public are welcome to attend and address the meeting on any subject of concern.

Meeting held on Tuesday 14th July 2020 by Conference Call

Present: Chairman Cllr A Godden, J Rowe, R Godden, A Prophet, A McMahon, Cllr P Bishop, Cornwall Councillors S Knightley and R Moorcroft.

Apologies: Cllr T Mott, J Lethbridge, B Finnemore,

The Coronavirus restrictions continue to curtail the Council's activities at present, but we are hopeful that things will improve soon.

A representative from the council has been talking to the head of Post Office Services about a post office at St Kew Highway. Unfortunately, although they say they would like one there, no plans are in place at present.

The Council's finance records and working processes have passed the annual audit.

Councillor Moorcroft, reported on "wild camping" and asked if anyone saw any, to report it to the Police, or Cornwall Councillors Moorcroft or Knightley.

Planning Applications

PA20/04031- Mr S Dally, land NW of Lower Amble. Dirty water tank. **Recommend approval.**

PA20/03811- Mr P Kent, land W of Middle Amble. Moving of bird hide. **Recommend approval.**

PA20/04676- Ms S Bennett-Haynes, Penmarie, Pendoggett. Conversion of double garage to bedrooms, staircase and other alterations. **Recommend approval.**

PA20/05033- Listed building consent on plan **PA20/05034.** **Recommend approval.**

Planning Decisions

PA20/03707- Mr J Whitten, Hale School Lane, St Kew. New vehicle access. **Approved.**

Meeting held on Tuesday 11th August 2020 by video link conference call.

Following a poll of how the Parish Councillors wished to run their monthly meetings during Covid restrictions, it was decided to use Google Meet for the August meeting. Parishioners were able to supply their email address to the Parish Clerk so that they would be able to take part.

Present: Chairman A Godden, Vice Chairman J Rowe, Councillors T Mott, R Godden, A Prophet, A McMahon, J Lethbridge, P Bishop and Cornwall Councillors S Knightley and R Moorcroft.

Apologies: Councillor B Finnemore.

Dog mess in the parish is proving a problem again, specifically at St Kew Highway and St Kew Churchyard. It seems that there is a small minority of offenders and the Parish Council would like to remind all dog owners of their responsibilities, and ask them not allow their dogs to foul any public footway, road, verge or footpath and to pick up and dispose of the mess properly. It was further discussed that some dog owners are allowing their pets to roam freely in fields well away from designated footpaths and the Council asks that dogs are kept under control on these fields.

The Council was sad to hear that St Kew Fete was cancelled for this year.

Councillor Moorcroft informed the meeting that Molesworth Street in Wadebridge will be closed Monday to Saturday 11.00am to 3.00pm starting on Monday the 17th August for a 3 month trial. During these times no vehicular access will be allowed.

Planning Applications

PA20/048874- Mr & Mrs Harkness, Highcroft, Trellill. Demolition of existing house and outbuildings, and construction of replacement house and garage. **Recommend approval.**

PA19/09950, PA19/09960- Mr & Mrs Macfarlane, the Coach House, Treharrook Manor. Consent for conversion of old coach house and store to living accommodation. **Recommend approval.**

Contd. overleaf.....

PA20/04618- Mrs Loveday, Craig Wood, Treharrock Lodge. Change of use of land to domestic. **Recommend approval.**

PA20/05358- Paul Griffiths Trust, Land W of Mill House. Restoration of barns and listed stables. **Recommend approval.**

PA20/03470- Mr R Thomas, land W of Pandora, Wayfields, St Kew Highway. Outline permission for affordable housing scheme (min 50% affordable) comprising of 10 dwellings. **Recommend refusal.**

PA20/05974, PA20/0733 & PA20/03732- Mr & Mrs Courtland, Bokelly, St Kew. Demolition of existing bar replacement doors and window to listed building and erection of identical barn on existing footprint. **Application not decided at going to press.**

PA20/05632- Kathryn Pennington, Menhay, Pendoggett Road, St Kew. Amendment in reduction of footprint of new building.

Recommend approval.

PA20/C7- J Yeoman, Carclaze Farm, Chapel Amble. Proposed garage to service barn conversion. **Recommend approval.**

Planning Decisions.

PA20/03911- Mr Peter Kent, land W of Middle Amble **Approved**

RG & TM



The North Cornwall Book Festival 2020 at St Endellion

As previously mentioned, it is with sadness that the above Festival is to be postponed until 7th - 10th October 2021.

In lieu of this year's book festival, a series of short films have been produced. They are 5-15 minutes long and contain interviews with many of the authors who were due to attend this year. The authors talk about their new books, other wide-ranging points of interests and are filmed in their writing environs.

They can be found on the website:

www.ncornbookfest.org/north-cornwall-book-festival-at-home, or look for North Cornwall Book Festival at Home on YouTube, Facebook, Instagram or Vimeo.

The aim is to publish one every Friday and the first one was launched on 14th July with Patrick Gale. As

well as an esteemed author he is the Festival's Artistic Director; the second is Petroc Trelawney, from The Lizard and of BBC Radio 3 fame; the third Amanda Craig, whose novel is based in Cornwall and the next is Rachel Joyce. Please check out the link for more.

For anyone who contributed to the Calor Gas fundraiser, a massive thank you, as an incredible £7000 was raised which will enable new lighting, sound equipment and staging to be purchased for use at all Endellion events. In addition, we have been selected to go through to the final of this rural fundraiser and may receive further funds for additional projects.

Please share this information with your friends and thank you for your ongoing support.

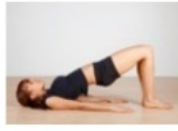
Deborah Hilborne

Pilates Classes in North Cornwall

St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30

Bodmin Lakeview Country Club Lanivet - Tuesdays - 10.00 & 11.15



What does Pilates do?

- ✓ Targets the deep core stabilising muscles, improving balance and co-ordination
- ✓ Improves muscle tone, strength and joint mobility
- ✓ Improves posture, alignment and overall body awareness
- ✓ Corrects muscle imbalances and encourages pain-free movement

How do the classes work?

- Classes are limited to a maximum of 12 people Small classes mean you receive good personal attention and ensure you are performing the exercises safely, and correctly.
- Classes are progressive and operate on a school term basis
- All equipment required is provided.



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martin@northcornwallpilates.co.uk
www.northcornwallpilates.co.uk

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**ST KEW HIGHWAY
METHODIST CHURCH**

Services held in the Community Hall at 9.30am.

All services have been suspended until further notice.

Catholic Church Services

Wadebridge

St Michael's Church
Trevanson Street
01208 72833
Please see <https://stmarysbodmin.org.uk/mass-times/>
and Covid regulations.

stmarysbodmin.org.uk

Tintagel

St Paul The Apostle
Bossiney Road
01840 770633

stpaultintagel.btck.co.uk

Wadebridge Christian Centre

Molesworth Street, Wadebridge. Tel 01208 813110,
wadebridgechristiancentre.org

We are a lively, active, family church where everyone is welcome. We have a crèche and Sunday school, and all our children's workers are DBS checked.

Reflections

Marcus Muse

How are you getting on with the "New Normal"? The old normal feels like it was such a long time ago now and as much as we want to return to the old normal it is like a will-o'-the-wisp that eludes and confounds us.

"New Normal" is a shadow space of what was and what is yet to come. Shadows of the past overlapping with shadows of the future can equally comfort and distress us at the same time though each of us may experience this in different ways. Some of us will be mourning for something that has been lost while others will feel that it has served its time and are ready for the next new thing. There is no right or wrong about, a person will feel or not feel but being able to understand and support each other is what will give light in a world full of shadows.

While there is something unprecedented about these times, whole communities and countries have travelled through the shadow times before us. It is not surprising then to find that in the Bible the stories, prayers, poems, regrets and laments of

**St James the Great Church
at St Kew**



Please see the latest update from the North Cornwall Cluster of churches a few pages back.

communities and country that went through such shadow times living in the "New Normal". Throughout the stories there is always vision of hope that God is calling the people to a better life and a better way of being. The light of God shines from behind and before us and so the shadows of the past and of the future that comfort and distress us are signs of Emmanuel, God with us.

New Normal will for the time being, be a state of flux for the time being and the shadows may disorientate and unsteady us at times, but human hope and God's light will always come through.

*Marcus Jones
Children and family worker
North Cornwall Cluster of Churches*



How our Foodbank helps our community

During these unprecedented times, the need for our service is even greater and likely to continue. During the lockdown period we have continued to create food boxes and deliver to people living in Bodmin, Wadebridge and Camelford and the surrounding areas. Huge thanks to everyone who kindly stepped in to volunteer with us during lockdown and have now returned to work, with your help we were able to continue supporting people in crisis. Between March and May we experienced an 82% increase in referrals and we provided 1,065 emergency food parcels to local people. Of this number, 476 were children, which is an increase of 110% compared to the same period last year. Our Foodbank in Bodmin has been helping people for the past 10 years now and we are so grateful to Helen Watson and our team of volunteers who have supported us throughout this time.

We are overwhelmed by the kindness of St Eval Candle Company who donated some of their gorgeous candles to our Foodbank. Such a lovely gift and very much appreciated.

Thank you so much Carol Whitting and Anne Holmes who have been busy creating some lovely face masks and donating the proceeds to our Foodbank.

The photograph is George and Thomas Weekes from Blisland who created these lovely Bottled Lamps and used the proceeds to buy much needed items for our Foodbank. These items will be packed in to food boxes for people referred to us.

If you would like one of their bottles, they have a selection available at Blisland Village Shop.



We have also been including some fun activity packs in our food boxes, kindly donated to us by Cornwall's Regimental Museum. They were created for Children's Art Week and look great for all the family.

We now have a collection point in Morrisons in Bodmin. Thanks to everyone supporting our Foodbank, every donation really does make a difference.

Wadebridge Foodbank, Unit 2 Trevanson Street, Wadebridge PL27 7AR Tel. 01208 815374

Registered Charity No. 1166301

Email: contact@wadebridgefoodbank.org Website: www.wadebridgefoodbank.org

Mobile Post Office

The mobile Post Office local calling point each week are as follows:

Monday
St Kew Highway **13.30-15.00**
(Community Hall)

Thursday
St Kew Highway **14.00-15.00**
(Community Hall)

St Kew Historical Society

All talks and meetings are held at St Kew Parish Hall on the second Thursday of each month, from 7.30pm.

Please come along to our next meeting after lockdown has ended.

Please check our Facebook page for further details:

www.facebook.com/StKewHistoricalSociety

John Raybould - Secretary.



William and Philippa's outdoor grown peach.

News from St Kew Parish Hall

Summer is usually a quiet time for the hall but not this quiet.

Hopefully by the autumn we can think of holding activities in the hall again but in the meanwhile we hope everyone stays safe.

Take care everyone.

Kathy

To book the hall, please contact Lianne Sproull on 01208 841808.

The Regal in Wadebridge

Tel: 01208 812791

www.wtwcinemas.co.uk



Check on-line/phone for their COVID-19 measures

September

1st 'Tenet'

4th 'The New Mutants'

16th 'The King's Man'

Live Screenings

Book on-line or contact cinema.

Tuesday 1st 'Jonas Kaufman – My Vienna' - 7.30pm

Wednesday 16th A Night at the Louvre: Leonardo da Vinci - 7.30pm, also Sunday 20th 2.30pm.

Saturday 26th 'Andre Rieu: Magical Maastricht – Together In Music' - 7.30pm, also Sunday 27th 5.00pm.

Monday 28th David Attenborough: A Life On Our Planet - 7.00pm.

Recycling

Recycling takes place on a variety of days in the same week within the parish.

Recycling collections are in the weeks Beginning 7th and 21st September.

Please see Cornwall Council's website for full details.

ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

Registered Charity No 294140

Sun	Methodist Church Service	Marion Dingle	01208 841388
Mon	Yoga 10.00-11.30 am	Bonnie Suchodolski	07540 838267
	Pilates 2.30-5.15 pm	Martin Brooks	07812 959879
Tue	Pilates 1.15-2.30pm	Martin Brooks	07812 959879
Wed	1 st , 3 rd & 5 th in a month	West Country Embroiderers	
	10am-3.00 pm	Pat Scarborough	01841 521323
	2 nd in month St Kew WI 7.00 pm	Alison	01208 841469
Thurs	Chair Aerobics 2pm	Pat	01208 841260

**IMPORTANT : BEFORE ARRANGING YOUR EVENT AT THE HALL
CHECK AVAILABILITY AND BOOK WITH SHIRLEY ROWE 01208 841257**

Life's tough sometimes



Relationship breakdowns and disputes about children or finance can be the most stressful time in your life. We are here to help, talk to Sproull.

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email: stkewinn@btconnect.com





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Les Oliviers is ideal for family holidays as the pool area is enclosed for the safety of small children, as is the lower lawn. Guest enjoy wifi broadband internet, a 65" curved screen TV with UK Freesat and a good selection of English books.

We'd love to help you plan your next holiday in Provence !

Contact Tim for the further details

See lots more photos and video on
provence.emotional-escapes.com

timothy.dunn@orange.fr
 +33 647 662 593