

## Should they stay or should they go?

The Callington Mural Project is unique in Cornwall and something we have been very proud of over the years. However, a number of the murals have not managed to stand the test of time, with increasing signs of structural problems such as damp or deteriorating render, weather damage or sadly in recent years, acts of vandalism or graffiti.

It's not all doom and gloom though. We were very fortunate to have a local art group re-invigorate the mural at the New Road Public Conveniences back in 2014 with a theme to commemorate Callington's connection with the World Wars and our very own Councillor, Dave Williams, completed a new mural, The Forge, in Biscombe Lane also in 2014.



Love them or loathe them, the murals have provided our Town with uniqueness over the years for many people, both residents and visitors, to enjoy. They provide a wonderful talking point and allow us to capture and reflect on the area's strong links with the sea, surrounding farmland, Brunel and the infamous secret pasty factory, to name but a few.

Should we be encouraging the resurrection of a Mural Committee to look at exploring opportunities to source funding and manpower? What are your thoughts on this matter? We could be looking at several thousands of pounds and several hundreds of hours to work on this project. Could you provide support in the form of redesigning the Mural Trail leaflet? Or providing a few hours with a paint brush? Or sourcing Grant Funding? With our Annual Parish Meeting on Tuesday 19th April in the Council Chamber at 7.00pm, please come along and let us know your thoughts.

**The copy deadline for the May issue is 12 noon on Saturday 9th April 2016**

**(We will be working on a strict 'first come first served' basis, so get your articles in as soon as possible!)**

Editorial copy can be sent to the Editor by emailing [news@callington-tc.gov.uk](mailto:news@callington-tc.gov.uk)  
Copy can also be sent to the Town Hall at the address below

Advertising space needs booking in advance. Please post or hand in copy to the Jo Taylor, Callington Town Hall, New Road, Callington PL17 7BD. Telephone 384039 or email: [jo.taylor@callington-tc.gov.uk](mailto:jo.taylor@callington-tc.gov.uk)

The Town Clerk's Office is open from 9am - 2pm Monday - Friday

The One Stop Shop is now open from 9.30am-1.30pm Mon, Tues, Wed & Fri. General Enquiries 0300 1234 100

Post can be put in the letter box in front of the office or through the entrance door.

## Church Matters

### **Our Lady of Victories Catholic Church**

Good Friday Stations of the Cross 5.00pm followed by afternoon tea Hot Cross Buns

Easter Sunday Holy Mass 7.45am followed by Easter Breakfast

Sunday 3rd Feast of the Divine Mercy Holy Mass 5.00pm

All other Sundays in April Holy Mass at 5.00pm

All other services see notice board

### **St Cuthbert Mayne Launceston**

Sunday 3rd Feast of the Divine Mercy. Mass 10.00am  
Bishop Mark will be visiting for Celebration of Confirmation

Please note. St Cuthbert Mayne is the major Parish for the three churches. Therefore the full celebration of the Easter Triduum will be celebrated at St Cuthbert Mayne.

We extend an invitation to all who wish to join us in our Easter celebrations. OUR DOOR IS OPEN WIDE. Easter Blessings.

Parish Priest: Father David Annear 01566 773166

### **Callington Spiritual Church**

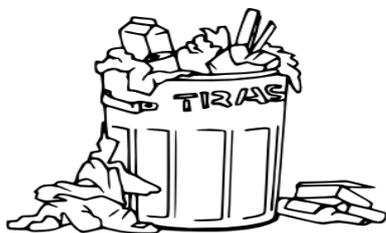
Wednesday 13th Spiritual Church in Council Committee Room 7.30pm Ricky Whitmore

Wednesday 27th Spiritual Church in Council Chambers 7.30pm Clare Hinke

## **HOUSEHOLD RUBBISH**

Household rubbish is collected weekly and collections begin at 7.00am Please make sure your rubbish is out by this time. Put it at the boundary of your property, as close to the public highway as possible.

**Your rubbish is your responsibility until it is collected.** If it creates a litter problem and you don't take steps to stop it from happening again, you may receive a fixed penalty notice. You must bag your rubbish in tied, disposable plastic sacks. If you put your rubbish out in bins, it still needs to be bagged.



### **St Mary's Church**

St. Mary's Church Services for April

Sunday 3rd 8.00am Holy Communion BCP  
10.00am Family Service

Sunday 10th 8.00am Morning Prayer  
10.00am Morning Worship  
[6.30@SMC](#) Informal Service

Sunday 17th 8.00am Holy Communion  
10.00am Morning Prayer  
6.30pm Chill Out Worship

Sunday 24th 8.00am Morning Prayer  
10.00am Holy Communion

A service of Holy Communion takes place at  
10.30am every Wednesday

Further details of all our activities can be found on our website [www.callingtoncluster.org.uk](http://www.callingtoncluster.org.uk)

### **Methodist Church**

Coffee and Chat - the Church is open each Friday morning for coffee from 10.15am - 11.15am

Messy Church - Sunday 10th from 3.30pm - 5.45pm  
Crafts, fun, games and food for all the family. Children to be accompanied by an adult please.

Do you, as a parent or carer, have a baby or pre-school child? If so, you will be most welcome to come to 'Toddle In'. We meet each Thursday at Callington Methodist Church from 9.30am - 11.30am and offer an informal and relaxed time for play and chat, tea/coffee for adults and snack for children. Parking is available behind the Church off Valentine Row and it's all free.

Please visit our website [www.callingtonmethodist.org](http://www.callingtonmethodist.org) for details of our other regular activities and services.

### **Mustard Seed**

Meetings are held at 10.45am every Sunday. The first Sunday service of each month is followed by a celebration of the Lord's Supper. We also meet on the second and fourth Sunday evening in the Church Hall at 6.00pm for "Reading the Bible for all of its worth". This is a series on the great themes of the bible. Please contact Peter Thatcher for further details by telephone on 01503 262720 or e-mail at [mustardseedchurch@btinternet.com](mailto:mustardseedchurch@btinternet.com).

We hold house groups on Monday afternoon, Wednesday evening and Thursday morning. Details available by contacting Peter as above.

Second Tuesday of the month at 12 noon we hold a lunchtime fellowship. Join us for a light lunch and a chat.

## LADIES LUNCHEON CLUB

It was good seeing you all enjoy your meal at the Cheeswring amid lots of laughter and banter. Because of numbers we sat at two long tables, the food was great and was served impeccably. I have often heard that "March comes in like a lion" but this year it seems to be slinking in more like a wet dog. The aptness of those words make me smile, and yet I rather liked. I realised the fact that so many things in life don't conform to our expectations, for example, when we find that that a nondescript plant has suddenly produced brilliant flowers or when an unremarkable journey reveals unexpected glimpses of beauty.

Of course, such surprises do not always fall into the category of pleasant, but even they can highlight the nice ones. So, you see, the fact I like a little serendipity in life probably comes as no surprise at all!

On April 6th, for our luncheon date we cross over to Devon for our second visit to the Royal Oak at Horsebridge. The hospitality was second to none last year.

Some of us visited the Plymouth Theatre to enjoy the musical Billy Elliot which was organised by two members of our group, Hilary and Sue. It was truly a wonderful musical, lively and funny. A must see. I have been practising my tap dancing since seeing the show and am getting no where with the steps. We also got £13.00 knocked off the price of the tickets thanks to Lorraine, another member of our group. We are now preparing for our next visit to the theatre. I am now reviewing my luncheon list once again as some members have not made an appearance for some time, sad to say they will be removed from our list as I do have ladies wishing to join. On May 4th we will be lunching at the Bedford Hotel Tavistock just over the border, please keep that date in mind.

Have a wonderful Easter celebration, I look forward to meeting you all at next meeting at The Royal Oak, Horsebridge Devon.

Val

Nothing to do in  
Callington?

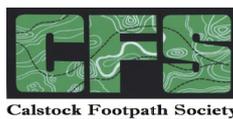
Then why not come along to

**CALLINGTON'S  
COMMUNITY DAY**

**Saturday 23rd April  
10.00 a.m. - 2.00 p.m.  
Callington Town Hall**

*and see the various clubs and  
organisations you can join or  
where you can get help and  
information from*

***There is always something to do!***



Calstock Footpath Society

**Calstock Footpath  
Society**  
monthly walk

**Sunday 24 April 2016  
Torpoint, Wilcove, Antony Estate,  
Maryfield Church**

Meet 11.00am - The Lawn Thanckes Park -  
free car park on Antony Road, Torpoint,  
opposite Torpoint Community College.

**(GPS N50° 22' 43.29" W4° 12' 22.96"  
SX 43220 55520 (Nearest PL11 2JP))**

Lanes and tracks, a few fields. No stiles,  
one steep descent, gentle inclines. Walking  
shoes or boots recommended. Please bring  
a packed lunch and something to sit on.  
Sorry unsuitable for dogs. £3.00 for non  
members or yearly membership is a £5.00.

**For further information please  
email Secretary and visit the web site  
for FREE walk guides.**

<http://cfs.btck.co.uk>

tvhPPG

www.tamarvalleyhealth.co.uk

**Tamar Valley Health  
Patients' Group**



tvhppg@outlook.com

## HOW TO LOOK AFTER YOUR MENTAL HEALTH



**Prevention!** 10 practical ways to look after your mental health. Making simple changes to how you live and think doesn't cost a fortune or take up loads of time. Anyone can follow this advice. Start today!

1. **Talk about your feelings** can help you stay in good mental health and deal with times when you feel troubled.
2. **Regular exercise** can boost your self-esteem and help you concentrate, sleep, look and feel better. Exercise keeps the brain and other vital organs healthy, and is a significant benefit towards improving your mental health.
3. **Eat well.** Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.
4. **Drink sensibly.** We often drink alcohol to change our mood. Some drink to deal with fear or loneliness, but the effect is only temporary. When the drink wears off, you feel worse. Drinking is not a good coping strategy to manage difficult feelings.
5. **Keep in touch.** There's nothing better than catching up with someone face-to-face, but that's not always possible. Give them a call, drop a note, or chat online. Keep the lines of communication open: it's good for you!
6. **Ask for help.** None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If you feel you can't cope, ask for help. Friends will offer a listening ear or local services are there to help you.
7. **Take a break.** A change of scene or pace can be enough to de-stress you. A five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new can help. Give yourself some 'me time'.
8. **Do something you love doing.** What activities can you lose yourself in? What did you love doing in the past? Doing an activity you enjoy probably means you're good at it, and achieving something, boosts your self-esteem and can help beat stress.
9. **Accept who you are.** We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.
10. **Care for others.** Friends are really important. We help each other whenever we can, so it's a two-way street, and supporting them uplifts me.'

Thank You

Sharon, tvhPPG Volunteer and Keltic Coaching (Personal coaching, counselling and mental health) 07766 800575



### CELLIWIC EVERGREENS

No, we are not a Gardening Club! We are a Group which meets on the second Wednesday of each month (not August) in the Town Hall at 2.00pm. Our next meeting is on April 13th, our speaker is Barbara Snowling, who will talk about the time she carried the Olympic Torch.

Why not come along, meet the members, and perhaps consider joining? The subscription is only £4.00.

### UK Navigators - Callington

We are a new structured youth group. We work towards badges, try out new activities, play games and sports, help in the Community and most of all have fun. If you are aged between 7 and 18 years of age why not come along and see what we do.

We meet every Thursday 6.30pm-8.00pm at Golberdon Village Hall starting on Thursday 14th April.

For info contact Cheryl - 07770 797627  
Email - [callington.navigators@aol.co.uk](mailto:callington.navigators@aol.co.uk)

# Callington Heritage Centre



Extract from the Cornish Times, not sure when taken, but certainly taken at the old Primary School probably late 1940s. Left to right - WF Harris (Headmaster) Mr Monk, J Wonnacott, Mrs Herring, Miss E Rickard, Miss V Harris. Missing from this photo are Miss Hutchings and Miss Townsend who were also teaching at that time.

The Heritage Centre is now open. As I write this we are still building the Exhibition "Schools and Education" and, thanks to a number of donors, it is shaping up nicely. Two interesting items were found by Scott Sanders when he lived at 18 Valentine Row in the 1970s. Whilst rummaging in the loft, in a recess in the wall, he found two pottery inkwells with assorted ink pens (the dipping type). As the building was believed to have been used as an annexe for one of our Schools (possibly Mrs Maker's) that would explain their presence. A picture of this building is Item 10 in the booklet "Callington Town Trails" available at the Heritage Centre. Another "find" from our own archives is an 1850 School exercise book, the property of a Miss Rowland. The work contained therein in beautiful calligraphy in black ink, includes the Alphabet and on subsequent pages long workings out for division, addition and multiplication. Unfortunately, there is no hint as to her age at the time it was completed or even which school she attended. Perhaps she was a teacher? The more we look at this subject we have to acknowledge the huge advances that have been

made this Century with notably the recent layering in of IT facilities. However, nothing beats a very good teacher with the innate ability to get his or her subject across whilst retaining order, respect and making the very business of learning exciting and engaging. We all remember our teachers. So come along and pay us a visit, you may see yourself in one of our many School photos! Opening hours Fridays 10.00am – 4.00pm and the same hours on the 1st Saturday of the month. Enquiries to Kay Greenstock 01579 383209 and Chris Cansfield 01752 851403 or at the Heritage Centre itself on 01579 389506. Yes, we are still in Liskeard Road in the Chapel Building at the entrance to the Cemetery.



## CALLINGTON BOWLING CLUB

Well it's that time again. We did well in the Winter Shortmat leagues, the Eagles won the Premier League, well done to them. The Falcons came runners up in Division One, just missing out to East Taphouse by one point. Well done to them, they both gained promotion to the Premier League, good luck next year. The Hawks, after a sticky start at the beginning of the season, finished about halfway up in Division One. Good luck next year, go get 'em.

The Skittle team in their first season, they have won more than they lost. Keep it up guys and gals.

The Club Triples was held on the 5<sup>th</sup> March, six teams took part. Well done to the winners, Mike Cox, Maureen Huckvale and Annette Healy. A great day was had by all, special thanks to our dedicated kitchen team led by Val Dillow, a true star.

Our Shortmat competition starts on 15<sup>th</sup> March until 20<sup>th</sup> March. If people want to pop in for a cuppa and a chat they can see what the Shortmat is all about. Good matches, great company. Hopefully we shall be at Tesco on 2<sup>nd</sup> April to explain what bowling is about and show off our plans for the new club!!! April 9<sup>th</sup> is the opening of the green, come on down EVERYBODY WELCOME. It will be opened by the Principal of Callington Community College. This will be followed by our taster weekend on 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> April, again come on down and try it!

Thanks to the Club for a great Bingo evening on 4<sup>th</sup> March. WATCH THIS SPACE, more bingo to come SOON.



## CALLINGTON WOMENS INSTITUTE



Callington WI celebrated their 70<sup>th</sup> birthday on 2<sup>nd</sup> March with a dinner held in Callington Town Hall. Members enjoyed an excellent meal prepared by Emma of the Hideaway Café in the Pannier Market.

In February members welcomed three Sixth Form students from Callington Community College, Issie, Jenny and Jake together with member of staff Becky Wilkins. They had come along to talk about their visit to the Johnson Space Centre and the Kennedy Space Centre. Their visit to America had been a fantastic experience which came across in their presentation. The meeting closed with the

presentation of trophies: firstly the Jeanette Stockel Plate for competition entries was won by Lena Richards and secondly, the Flower of the Month Cup which was presented to Barbara Abbott.

Callington WI meets in the Town Hall Council Chamber on the second Wednesday of the month at 7.30p.m. On Wednesday 13<sup>th</sup> April our speaker is Peter Hearn, Greyhound Messenger. We would be delighted if you would like to come as a visitor to see if joining the WI is for you.

## CALLINGTON U3A

This month we were privileged to have Glyn Dean from Prickly Haven Hedgehog Rescue Centre as our speaker. Glyn has nursed many hedgehogs back from near death, and released them back to the wild. After thirty years as a psychiatric nurse, and looking forward to retirement, she was taken by surprise one day when her dog brought her an injured hedgehog. She searched the garden and found a litter of babies and nursed mum hedgehog and her pups back to health. This was the start of almost six years of caring for injured adults and babies.



After some research she then decided to set up the rescue centre. Glyn went to study at the Vale Wildlife Hospital in Gloucestershire and gained a qualification in Hedgehog First Aid. Glyn was now ready take in her prickly patients, or rather open the flood gates to the many casualties of bonfires, strimmers, road and predators. Her local vet supplies free of charge any care she cannot manage herself. If you want to encourage this struggling little creature into your garden, leave some messy areas in your garden, have an open compost heap for them to burrow and nest in, leave wood piles for them to rummage in and find beetles, or set aside piles of leaves. Do these things and the hedgehogs will reward you with their presence. You can make a donation towards the work of Prickly Haven, which will help to buy specialist food, heat-pads or fleece blankets, via the Prickly Haven Facebook page or by calling Glyn on [01579 641141](tel:01579641141). Hedgehogs are now coming out of hibernation so it looks like Glyn will be grateful of any help.



## DATES FOR YOUR DIARY AT YOUR LOCAL FLORIST

Here at Jane's Floral Designs, Art Gallery & Gifts, I am inviting Artists in and around the Tamar Valley to display their artwork at this venue in the Pannier Market, Callington. This year the exhibitions will be themed, run for a month at a time and each one will have a preview evening where light refreshments will be available. Remember, there is no charge to browse the Art and with FREE parking now in Callington's New Road car park there are lots of reasons to visit your town. The dates and themes for the first three months are below. To reserve wall space please telephone 01579 389331 or email me at [janesfloraldesigns@googlemail.com](mailto:janesfloraldesigns@googlemail.com)

April - "SPRING TIME" (4th April- 30th April) Preview evening Tues 5th April, 6.00pm - 8.00pm

May - "MINING IN THE WESTCOUNTRY (3rd May - 28th May) Preview evening Tues 3rd May, 6.00pm - 8.00pm

## **Annual Kelliwik Lecture 2016**

**(Callington Town Forum)**

**Sunday 24<sup>th</sup> April at 2.30pm, Callington Town Hall**

**(Free Entry)**

### **The Power of Gifts in Tudor England**

We all love to receive gifts: frequently we enjoy giving as well. This talk will be about the significance of gifts in Tudor England. First it will look at modern attitudes to giving, asking what is going on when we exchange presents or provide hospitality. Then it will turn to the past. After a brief look at evidence of gifting in Cornwall, the rest of the talk will be about the centre of political power – the Tudor court - and the reigns of Henry VIII and Elizabeth I. The glittering ceremony of exchanging gifts at New Year will be the central focus – with images of the few precious objects that have survived the centuries. The talk will conclude with the problem of 'gifts gone wrong' – how contemporaries understood bribes, and what to do about them, a theme that has modern resonances.

**Dr Felicity Heal**, MA, PhD (Cantab), FBA, is Emeritus Fellow at Jesus College, Oxford. She was also a lecturer in History at the University of Oxford from 1980 to 2011. She is the author of numerous books and articles on sixteenth and seventeenth century Britain, including *Reformation in Britain and Ireland* (2003), *The Gentry in England and Wales 1500-1700* (with Clive Holmes, 1994), and *Hospitality in Early Modern England* (1990). In recent years her research interests have focused on gifts and social exchange, and also on Tudor chronicles and the history of the early Church in England. Her latest book is *The Power of Gifts: Gift Exchange in Early Modern England* (Oxford University Press, 2014). She is a Fellow of the British Academy.

**Light refreshments will be available from 2.00pm.**

## **FAMILY EASTER DISCO**

**FRIDAY 1ST APRIL**

**CALLINGTON TOWN HALL**

**6.00 p.m. - 8.00 p.m.**

**Refreshments**



**Raffle**

**Fancy Dress Optional**

**Tickets available from  
Callington Town Hall**

**Adults - £1  
Children - 50p**





# NEWS FROM CALLINGTON COMMUNITY COLLEGE

## April 2016

Academy students delivered a workshop to a group of adults with special needs, at the Morley Tamblyn Centre in Liskeard. In the run up to this, the Dance students took part in some preparation sessions with Leroy Ward from Attik Dance. This enabled the youngsters to devise their own workshop to deliver to the adults. The main focus was on improvisation; contact work and solo work, creating shapes within the body. Overall, everyone thoroughly enjoyed the workshop.



Before February half term nineteen students in Years 9 to 13 travelled to the College's Spanish partner school, IES Huerta Alta, just outside Malaga in the south of Spain for the return visit of the annual Spanish Exchange. Students stayed with their Spanish partners and took part in a range of activities including road safety with the local police; visits to the cities of Malaga, Granada and Ronda and attended some lessons with their partners.

In Malaga, the group went on the open top tourist bus to take in the sights of the city. In Granada, they visited the Parque de las Ciencias which gave everyone the opportunity to find out about science in a hands-on way. The group also visited Albaicin, the beautiful old part of the city. The joint excursion to Ronda included a tour of the famous bull ring which led to much discussion among British and Spanish students.

Also in February, ten Year 10 students had the opportunity to spend the day at Oxford University finding out about higher education. The day started in Corpus Christie College with a talk about studying at university. A current student then gave a tour of the City Centre taking in sights such as the Bodleian Library and the Bridge of Sighs. Students were then treated to lunch at Oriel College before having a look around the College's facilities. The main event for the afternoon was an academic session on competition law which got everyone thinking and tested their knowledge of this topic. The day certainly gave students plenty to think about and some are now keen to find out more about what Oxford University has to offer and what they need to do to gain a place to study there.



Year 10 GCSE Drama students performed at the Hall for Cornwall in the secondary drama showcase in February. This was the fifth year the College contributed a piece to this event. This time the students were asked to bring to life an original script written by a local writer, Ellen Moule. The ten minute play, 'The Walk', was about a woman who walked from Newlyn to London to see the Great Exhibition of 1851. The piece was a great success and the students got to experience what it was like to perform on a professional stage.

## **Are you a keen cyclist?**

**Should more be done to improve the cycling provisions in our area?**

**Let's talk about it....**

If you feel more could be done to improve the cycle provision in this area please contact Kate Glancy on 01579 382582. Kate is a local resident and would like to form a group to look into potential new cycle routes and to make recommendations in this regard.



With the development of the Neighbourhood Plan in the town progressing, it would be timely to encourage a cycle provision formula for future housing developments. Give Kate a call and share your thoughts on cycling provisions for our area. This would benefit the town, help the environment and encourage more visitors to this area.



# Annual Parish Meeting

Callington Parish  
[includes Kelly Bray]

Council Chamber  
Tuesday 19th April 2016  
7.00pm

YOUR CHANCE TO SAY WHAT YOU WANT,  
ASK QUESTIONS, MAKE COMMENTS

EVERYONE WELCOME

## Patchwork and Quilting Exhibition St Mary's Church, Callington

Thursday 21<sup>st</sup> April 10.30am - 4.00pm  
Friday 22<sup>nd</sup> April 10.30am - 6.00pm  
Saturday 23<sup>rd</sup> April 10.30am - 3.00pm

Entrance £1.00

Refreshments available

Fabric for sale

It has been three years since our last exhibition. Come along and enjoy this wonderful, colourful and creative event. For more information please contact Denise Bomyer 01579 384351

I could help deliver POSTERS

I could help keep the ROADS CLOSED

I would LOVE to build a GIANT

I could play MUSIC

I would like to DANCE



WE NEED YOU!

Fancy offering to help out with CAve events?

MayFest would not happen if it were not for the small band of volunteers that we have. As MayFest gets bigger (and we get older!) it would be good to have some NEW blood to start sharing some of the roles in order for this festival to continue to develop and grow.

If you have some spare time to help us, please talk to any of the CAve members at our events, pick up a leaflet in the Town Hall or email Pete Watson on [caveatcallington@gmail.com](mailto:caveatcallington@gmail.com)

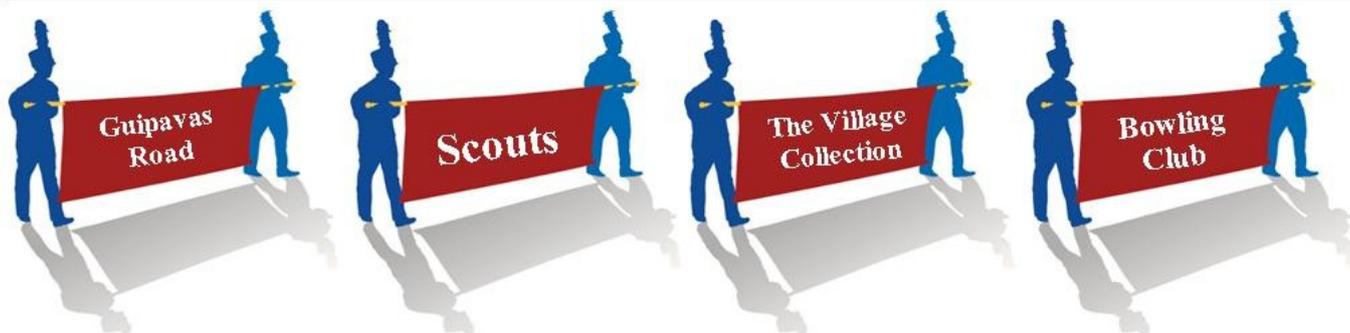
## FAMILY FILM SHOW



Saturday 16th April  
Doors open at 2 pm  
Film starts 2:30 pm  
Free Entry

CALLINGTON TOWN HALL

# Are YOU up for a challenge?



How about promoting the **street** you live in? The **estate** you live on? The **club** you belong to?  
The **organisation** you're a member of?  
The **school** you go to?

Are YOU a **team manager**? A **club president**?  
A member of the **PSA**? **Chairman** of a society?  
**Someone with a bit of energy and enthusiasm**?

Wouldn't we all benefit from a bit more  
**community spirit**?  
Wouldn't we feel better if we joined in more  
**community events**?

The start of summer sees two major events in Callington: the MayFest and the Carnival. Both of these need people to participate and crowds to attend.

Why not make your interest group figure as one of the major contributors to one or both of these events and get in the public eye? It will help your group to gel, will promote team building and will inevitably lead to better communications across the generations.

How about building a **GIANT** to be part of the procession at MayFest and the parade at Carnival?

Why not take full advantage of the **FREE** workshops for:

- **CORNISH DANCE,**
- **MUSIC-MAKING,**
- **SAMBA DRUMMING and**
- **GIANT-MAKING?**

## WORKSHOP DATES FOR APRIL:

<b>Saturday 2nd April</b>	Music Workshop	Methodist Church	10.30am-12.30pm
	Cornish Dance Workshop	Methodist Church	10.30am-12.30pm
<b>Saturday 9th April</b>	Samba Drumming Workshop	Mustard Seed	10.30am-12.30pm
<b>Saturday 16th April</b>	Music Workshop	Methodist Church	10.30am-12.30pm
	Cornish Dance Workshop	Methodist Church	10.30am-12.30pm
<b>Saturday 23rd April</b>	Samba Drumming Workshop	Mustard Seed	10.30am-12.30pm
	Music Workshop	Methodist Church	10.30am-12.30pm
	Cornish Dance Workshop	Methodist Church	10.30am-12.30pm
<b>Saturday 30th April</b>	Music Workshop	Callington Town Hall	10.30am-12.30pm
	Cornish Dance Workshop	Callington Town Hall	10.30am-12.30pm

## FOR MORE DETAILS

Pick up an information leaflet from the Town Hall.

Ring: 01579 384509

Email: [caveatcallington@gmail.com](mailto:caveatcallington@gmail.com)

**MAKE 2016 THE YEAR YOU MADE A DIFFERENCE TO LIFE IN CALLINGTON!**



# CAVe Film in April

[www.http://callingtoncave.weebly.com](http://callingtoncave.weebly.com)



## Suffragette

Academy Award nominees Carey Mulligan and Helena Bonham Carter, and three-time Academy Award winner Meryl Streep lead the cast of a powerful drama about the women who were willing to lose everything in their fight for equality in early-20th-century Britain. The stirring story centres on Maud (played by Carey Mulligan), a working wife and mother whose life is forever changed when she is secretly recruited to join the UK's growing suffragette movement. The drama tracks the story of the foot soldiers of the early feminist movement, women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal State. These women were not primarily from the genteel educated classes; they were working women who had seen peaceful protest achieve nothing. Radicalized and turning to violence as the only route to change, they were willing to lose everything in their fight for equality - their jobs, their homes, their children and their lives. Maud was one such foot soldier. The story of her fight for dignity is as gripping and visceral as any thriller; it is also heart-breaking and inspirational.

starring  
**Carey Mulligan**  
**Helena Bonham Carter and**  
**Meryl Streep**

*"This is a beautiful film, not just in its narrative but also in its astounding cinematography and production design."*

*"Suffragette paints the heroic events of a social movement that happened more than a hundred years ago with a modern-day relevance sure to resonate with audiences of today."*

*"The cast is top-notch and the characters are compelling."*

*"Suffragette highlights how much the world has changed for the better over the past century. However, it also highlights there is still much room for improvement."*

**THIS FILM WILL BE SHOWN IN THE MAIN HALL TO PROVIDE A BETTER EXPERIENCE FOR THE AUDIENCE.**

**Doors open at 7.15pm for registration to C-Fylm £5 (cash only)**  
**FIRST FILM FREE**

**Members' entrance: Adults: £4      U18s: £3**  
**Start time: 7.30pm**  
**Callington Town Hall**

**NOTE: C-FYLM MEMBERSHIP REQUIRED (AVAILABLE ON DOOR)**

**Fancy helping to formulate the future programming of CAVe films? Ring 01579 382705!**

## Get your Carnival Thinking Caps on!



Entry for the Callington Carnival this year is FREE so there are no excuses in 2016 not to make an entry into the carnival parade. With the carnival date set

for Saturday 2nd July there are still three months left for you to seek inspiration, gather your thoughts, form a team and get to work on that germ of an idea.

If you think you might need some help in getting materials together, get in touch with the Carnival Committee (Tel: 01579 382705) and we will do our best to provide what we can.

If you wish to use a float, please contact Denise Winfindale in Kivells, who will be only too pleased to put you in contact with a farmer with a suitable trailer.

There are 3 basic categories: walking entries, floats and commercial vehicles. Entry for all categories is FREE, so if you know of any business, large or small, who would like to raise their profile in the community, get them to ring the number above.

If anyone has any contacts with groups who are involved with:

CLASSIC CARS  
AGRICULTURAL VEHICLES  
MILITARY VEHICLES

or any other interesting types of vehicles which would add interest to the parade, please ring the number above.



Many years ago Callington had its own majorette group and a number of people have said how great it would be if a new troupe could

be created. Is there anyone in Callington or the neighbourhood who might be able to help out in any way?

In the run-up to the parade passing through the centre of Callington there will once again be a street performer to entertain the children (and adults!). Are there any willing people who would be prepared to busk to the crowds as they wait in Fore Street?

**We know Callington's got talent....  
Let's see some of it!**

### Callington and District Twinning Association

invite you to their

#### ANNUAL QUIZ EVENING

Saturday 9th April at 7.30pm

Callington Town Hall

Teams of up to six - £2.50 per head

Please ring Dorothy on 01579 363854 if you wish to bring a team

**Nibbles provided**

**Bring your own drinks/refreshments**

**ANNUAL**



## Quiz Night

Theatre Fund Raising Night



**Saturday 23rd April**

**PrimRaf Theatre**

**Biscombes Lane**

**Callington 7.00 for 7.30pm**

**Teams of Four**

**£2.50pp**



**Bring Your Own**

**Drinks and Nibbles**

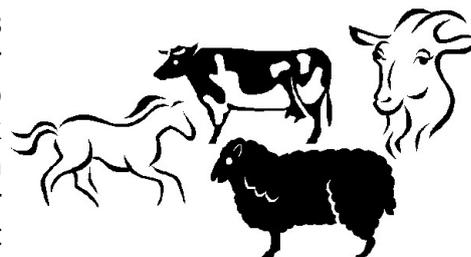
**Information Contact 01579 383811**

**www.primraf.co.uk**

**Callington Amateur Drama Society**

## Dogs and livestock

Now Spring is upon us and, hopefully, the good weather is on its way, many of us are keen to get out into the countryside with our dogs. However, before you allow your trusted friend off its lead to run free, please be mindful of the fact that there are livestock (sheep, cattle, horses, pigs, chicken, geese etc) and their young in many of the fields around Cornwall. Although you may think your dog will never chase livestock, the law states that it must be kept 'under close control', ideally on a lead. Even the best trained dog can potentially chase livestock either for the fun of it or with the intention of attacking them. It's not just the injured that suffer, when dogs chase sheep they are placed under stress (even if it does not bite them), and it can have several effects; they may die later that day or later that week from shock (yes really), they may abort their lambs, they may be too stressed to conceive and some just lie down and won't get up again. People don't realise how badly it affects farmers. To find any animal suffering is horrific - to find one of your own in pain causes real upset and distress.



Please do not assume that the empty field next door to your house or down the lane is a suitable place to walk your dog. This land is private property and you will be trespassing if you do not have permission to be there. The farmer may be intending to place livestock in that field or animals may be in an adjoining field. Your dog can legally be shot by the livestock owner if it is seen to be out of control on his/her land, worrying and/or attacking livestock and you will be prosecuted. Please don't take the risk, keep your dog on its lead at all times while out and about enjoying this beautiful countryside. There are plenty of dog friendly places to walk your dog in the area. Pick up a leaflet of local walks and footpaths in the Town Hall if you are unsure of where they are.

*'The Dogs (Protection of Livestock) Act 1953 makes it an offence to allow a dog to chase or attack livestock, or to be 'at large' in a field or enclosure in which there are sheep. 'At large' is defined as not on a lead, or otherwise under close control. **Remember** - A farmer may shoot a dog which is attacking or chasing livestock. This gives added weight to the Country Code which states that you must 'Keep your dogs under close control'.*

### **Co-Op, Callington**

#### **20 year Reunion**

Sunday 15th May 2016

Callington Town Hall

7.00pm - 10.00pm

**All past employees and staff are welcome**

Tickets £8.00

Please contact Margaret Hardy on 382808  
or pop into the Co-Op Kiosk

### **VOLUNTEERS NEEDED**

Do you enjoy meeting people?

Can you spare a few hours a week?

Oxfam in Callington need more volunteers in their shop in the Pannier Market to help with sorting, displaying etc.

If you feel you can help for just a couple of hours a week, or more if wanted, please pop into the Oxfam shop, Pannier Market, Callington for an application form.

## **Calling All Brass Players**

Callington Town Band is keen to recruit players for its bass, baritone horn and euphonium sections.

Instruments will be provided and enthusiasm is at least as important as ability.

The Band rehearses on Thursday evenings in the Heritage Centre Band Room, Liskeard Road, 6.15 - 7.15pm for the Training Band and 7.30 - 9.30pm for Main Band.

All other instrumentalists would be welcome so contact Shirley Morse, Band Secretary (01579 350336) for more information, or visit our website [www.callingtontownband.com](http://www.callingtontownband.com).

## **Fitness & Health:**

**Fun Keepfit Class (every Monday)** Town Hall 1.30pm - 2.30pm  
**WeightWatchers (every Monday)** Council Chamber 10.30am - 11.30am  
**Pilates (every Tuesday)** Town Hall 10.00am - 11.00am  
**Dance & Tone (every Tuesday)** Town Hall 11.15am - 12.15pm  
**Kettlercise (every Thursday)** Town Hall 9.30am - 10.30am  
**Tonefit (every Thursday)** Town Hall 2.15pm - 3.15pm  
**Diane Watson Yoga (every Friday)** Town Hall 9.15am - 10.15am  
**Latino Dance (every Friday)** Town Hall 10.30am - 11.30am  
**Zumba (Monday and Wednesday)** Callington Sport and Leisure 7.00pm - 8.00pm  
**Doryoku Ryu Karate Jutsu (every Monday)** Town Hall 6.00pm - 7.00pm  
**Slimming World (every Wednesday)** Cricket Club 9.30am, 11.30am, 3.30pm, 5.30pm and 7.30pm  
**Salsa (every Monday)** Town Hall 7.15pm \*\*\*NEW CLASS\*\*\*

## **Council Meetings & Councillor Meetings:**

**Town Council Meeting – (Tuesday 5th)** 6.30pm Planning followed by TH&P  
**Town Council Meeting – (Tuesday 12th )** 6.30pm FGP followed by OS  
**Town Council Meeting – (Tuesday 19th )** 6.30pm Planning, 7.00pm Annual Parish Meeting followed by Full Council  
**Andrew Long Surgery - (Saturday 9th)** 10.00am - 12 noon Town Hall  
**Sheryll Murray Surgery - (Saturday 16th)** 12.30pm - 1.30pm Town Hall complex (by appointment only - call 01579 344428)

## **Community Events:**

**Country Market in Scout Hut, (every Wednesday)** New Road Car Park 8.45am - 12.00 noon  
**Stonham Housing Advice Centre (every Wednesday)** Town Hall 10.00am - 12.30 pm  
**Community Pop-In Cafe (every Thursday)** 10.00am-12.00 noon Coronation Close Community Centre  
**CAVe Film Show (Thursday 28th)** Council Chamber, Town Hall Complex 7.15pm  
**Community Day (Saturday 23rd)** Town Hall complex 10.00am - 2.00pm

## **Children Activities:**

**Brownies (7-10yrs) (every Tuesday)** 5.30pm - 7.00pm 07837440634 or 01579382015  
**Guides (10-14yrs) (every Tuesday)** 7.00pm - 8.30pm 07837440634 or 01579382015  
**Seniors (14-25yrs)** will be running the same time as Guides 07837440634 or 01579382015  
**Beavers (6-8yrs) (every Thursday)** 5.45pm - 7.00pm - Beaver Leader - Jan Rider - 07970 462458  
**Cubs (8-10½) (every Tuesday)** 6.00pm - 7.30pm - Cub Leader - Fran Bariball 07896 363696  
**Scouts (10½-14) (every Tuesday)** 7.15pm - 8.45pm - Scout Leader - Fran Barriball 07896 363696  
**St John Ambulance Badgers (5-10 yrs) (every Friday)** 5.00pm -6.30pm Badger Leader- Paula Richards - 07817964361  
**UK Navigators - (7-18yrs) (every Thursday)** 6.30pm - 8.00pm Golberdon Village Hall starting 14th April. New structured youth group. We work towards badges, try new activities, play games and sports, help in the community and most of all have fun. Come along and see what we do. For info contact Cheryl - 07770 797627 Email - [callington.navigators@aol.co.uk](mailto:callington.navigators@aol.co.uk)  
**FREE Family Film Show (Saturday 16th April)** Town Hall 2.00pm - 4.00pm (see poster above)

## **Local Groups:**

**U3A,** Monthly meeting (**Monday 4th** ) Town Hall 10.00am - 12.00 noon  
**Ballroom & Sequence Dance, (Saturday 2nd)** Town Hall 7.30pm - 10.30pm  
**Age UK Lunch Club (every Thursday)** Town Hall 11.45am - 1.45pm  
**Celliwic Evergreens (Wednesday 13th)** Town Hall 2.00pm - 4.00pm  
**Caradon Social Club for Disabled (Wednesday 20th)** Town Hall 2.00pm - 4.00pm  
**Callington New Outlook.** A club for men and women (**every Tuesday**) Council Chamber 10.00am - 12 noon during term time except for 1st Tuesday of month  
**Callington WI (Wednesday 13th)** Council Chamber 7.30pm  
**Callington Town Band (every Thursday)** Cemetery Chapel, Liskeard Road. Training Band 6.15pm Main Band 7.30pm  
Contact Shirley Morse 350336  
**Callington Singers (every Thursday)** Callington Primary School 7.15pm - 9.00pm  
**Callington Tea Dance (Friday 1st, 15th & 29th )** Town Hall 2.00pm - 4.30pm  
**Callington Memory Cafe (Saturday 9th )** Council Chamber, Town Hall complex 2.00pm - 4.00pm

---

### NICOLA GREENE CHIROPODY

BSc (hons) Podiatry McHs  
HPC Registered Chiropodist/Podiatrist

#### Home Visit Practice

Full range of footcare treatments including:

- Nailcare
- Corns and Calluses
- Thickend Nails
- Dry cracked skin
- Diabetic foot assessments

Tel: 01579 590027 Mob: 07786164 205

### BRUCE SWEEPCLEAN



PROFESSIONALLY REGISTERED  
RELIABLE CHIMNEY SWEEP



Excellent service  
 'Mess free' work  
 Cowl & Bird Guard Fitting  
 Removal of bird nests and  
 blockages  
 Camera Surveys/Stove  
 Installations  
 Chimney Liners & Twin Wall Liners  
 Supply of stoves and accessories



Appliance and Chimney safety advice  
HETAS Registered Sweep and Member of APICS

Call us now 01579 351478 or  
07772 686772/07768 750669

CHIMNEYS SWEEPED FROM JUST £35.00

[www.brucesweeps-clean.co.uk](http://www.brucesweeps-clean.co.uk)



## DARREN'S CARS



Your local - near and far - Private hire "TAXI" service.

For booking call

01579 556 141

OR

07861 303 101

4 to 8 seater vehicles available

Airport - Seaport - transfer specialist

### MARTINE COX

ITEC Diplomas in Anatomy, Physiology & Body  
Massage and Sports Massage

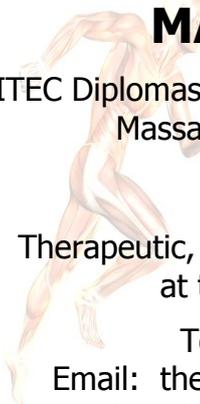
#### MASSAGE

Therapeutic, Sports and Remedial Massage  
at the THERAPY ROOM

Tel: 07807 777 173

Email: [therapyroom1@btinternet.com](mailto:therapyroom1@btinternet.com)

The Old School, Stoke Climsland



### Your local

#### Donkey and Animal Sanctuary

#### Tamar Donkey Sanctuary

(Charity No 1138221)

Lots to see and do, 5 minutes from Callington at  
St Ann's Chapel, Gunnislake PL18 9HW

The Donkey Park is open daily  
from 10.30am - 5.00pm

(last entry 4.00pm)



Come and visit our rescued donkeys and other animals  
Play in our enormous play barn with the largest Soft Play in the  
area **PLUS** outdoor play

Enjoy coffee and cake at the coffee bar or a meal in Holly's  
Cafe. No time limit to visit, come and stay all day if you wish

Day Tickets, Summer Season Tickets and Annual Passes  
available. Summer Season Ticket gives entry for 209 days  
(24th March - 30th October) for £29.50pp = FREE after 4  
visits. Adopt a Donkey and Children's Birthday Parties

Visit [www.donkeypark.com](http://www.donkeypark.com) for dates times and prices

### GIST INSURANCE BROKERS LTD

53-54 Fore Street Callington

WE WON'T KEEP  
YOU HANGING ON

We believe in face to  
face service

01579 383 456

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



# SALISBURY HENDERSON

ESTATE AGENTS

THE LOCAL INDEPENDENT ESTATE  
AGENTS THAT REALLY COVER THE  
TAMAR VALLEY AND EAST  
CORNWALL. CALL US ON

## 01579 382260

OR COME IN AND SEE US AT  
**12 FORE STREET  
CALLINGTON  
PL17 7AA**

## Home Visiting Foot Health Practitioner

Callum Hill DipCFHP, MPSPract

Now covering this area at competitive  
rates

- Thickened Nails
- Corn Removal
- Callus Reduction
- Ingrowing toenails
- Complementary Foot Massage



### 01579 388 736

Now Delivering to Your Area  
Call today: 01837 55700

Great Prices On:

- ★ Heating Oil and Tractor Diesel
- ★ Oil Tank Cleaning
- ★ Boiler Servicing
- ★ Lubricants
- ★ Coal



moorland fuels  
part of your landscape

## BODMIN'S GOLDEN FRY On The Move

Bringing Quality Fish & Chips to your Area



Serving you Thursday nights from  
5pm—7pm  
at  
Callington Cricket Club

Also available for Events, Fetes Etc

Phone Gerald 01208 74055

For a more extensive menu, take away and restaurant try  
The Golden Fry Higher Bore St Bodmin

