

Callington News

April 2020

www.callington-tc.gov.uk

You will have noticed, no doubt, that this edition of the Callington News is smaller than usual. This is, of course, due to the many, many events and classes that have had to temporarily postpone, or even cancel, due to the COVID-19 virus.

As guidelines for self isolating and social distancing come into play, we have found that most, if not all, of the events planned in and around Callington over the next month or so have been postponed or cancelled. Events that we have publicised are going ahead as at time of print, but we do know that things can change overnight at the moment so please check with the organiser to see if it is still go ahead.

Although there is not much by way of entertainment going on in the Town over the next month, we have tried to bring you a mix of information and news to at least make sure you have something to read over that cuppa!

We have also put together some advice which may help you cope with the difficult times we are experiencing at the moment. There is a wealth of information online and on social media but we are very aware that there is a large proportion of our community that don't have access to a computer/tablet let alone the internet!

Please, please do not sit at home and worry, there are people out there in the community who want to help you.

Call the Town Council offices on 01579 384039 between 9.00am and 2.00pm and we will get help to you as best we can or pass your details on to one of the voluntary groups who can help you. There are some wonderful people in Callington who are ready and willing to help you with anything from getting your shopping, walking your dog, posting a letter or just having a friendly chat so that you don't feel that you're alone.

THE COMMUNITY IS HERE TO HELP!

The copy deadline for the May 2020 issue is 12 noon on Thursday 9th April 2020

(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

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 Jo Taylor, Callington Town Hall, New Road, Callington PL17 7BD. Telephone 01579 384039 or email: news@callington-tc.gov.uk

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

The Information Service (formerly One Stop Shop) is now located in Callington Library. General Enquiries 0300 1234 100

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

CORONAVIRUS - Advice for the elderly

I'm elderly, should I self-isolate?

The latest advice from the Government's Chief Medical Adviser is that everyone - regardless of age - should now be stopping non-essential contact with others to help stop the spread of the virus and to protect the most vulnerable. That means avoiding gatherings with friends and family as well as crowded places, such as pubs, restaurants and clubs.

This is particularly important for people over the age of 70 and those with underlying health conditions because they are at higher risk of developing more severe symptoms if they become infected.

In the coming days, people at the highest risk of complications - around 1.4 million people - will be asked to isolate at home for 12 weeks to protect themselves. They will get special guidance from the NHS.

Charity Director at Age UK recommends that people with elderly friends and relatives make sure they check on them regularly. Older people and their families can call Age UK Advice for free on 0800 169 65 65

CORONAVIRUS and Benefits

The Government have announced some additional help for people whose household income has been affected due to coronavirus.

For people in work and not claiming benefits: If you are unable to work due to coronavirus and are eligible for Statutory Sick Pay you will get it from day one, rather than from the fourth day of your illness.

Statutory Sick Pay will also be payable if you are staying at home on Government advice, not just if you are infected by coronavirus. The changes to legislation regarding Statutory Sick Pay and coronavirus will be changed from 13 March 2020.

If you are liable to pay Council Tax for your home, you may qualify for help through our Council Tax Support scheme. You can use the Cornwall Council website <https://www.cornwall.gov.uk/advice-and-benefits/benefits/claiming-housing-benefit-and-council-tax-support/> or call 0300 1234 171

For other help including help with rent or mortgage payments please visit the Universal Credit website or call the Helpline number on 0800 328 5644.

If you think you will have problems paying your mortgage during these uncertain times, please contact your mortgage lender for more information and advice.

USEFUL CONTACT NUMBERS

CUT OUT AND KEEP

Emergency Services	999
NHS non-emergency	111
Police non-emergency	101
Western Power emergency information	0800 6783 105
Gas Emergency Services	0800 111 999
Crimestoppers	0800 555 111
Samaritans	0845 7909 090
Callington Health Centre	01579 382666
RSPCA	0901 545 1387
Department for Works & Pensions	0843 487 1838
Cornwall Council General Enquiries	0300 1234 100
Rubbish & Recycling	0300 1234 141
Libraries	0300 1234 111
Concerned about a child's safety?	0300 1231 116
Trading Standards	0300 1234 191
Foodbank	07931 011 459
Calweton Vets	01579 383231
Cornwall Council Public Health Desk	01872 323583
Universal Credit Helpline	0800 328 5644
Age UK Advice	0800 169 65 65

CORONAVIRUS and Mental Wellbeing

Information about Coronavirus or COVID-19 is all over the news on TV and the radio.

This can create feelings of stress and being overwhelmed with the unknown and uncertainty over the spread of the virus. This may include feelings of fear and anxiety, irritability, insecurity or being unsettled, lack of control, trouble sleeping or eating, and excessively checking for symptoms.

Whilst for some people these feelings can be part of daily life, others can find these are disruptive to their everyday living.

Being worried at this time is normal, but it is important to consider how this may affect our mental wellbeing and impact on the communities we live in.

Protecting the mental wellbeing of us all is really important. There are a lot of things we can do to help protect and promote our mental health and wellbeing, which applies to all ages including those of us who are working from home and/or self-isolating.

Five Ways to Wellbeing

Following the five ways to good wellbeing can help protect your mental wellbeing;

1 CONNECT:

Whatever your age or situation, it is important to stay in touch with friends and family and even making new friends. If self-isolating this could be setting up group chats via social media, email, facetime/video calling or just picking up the phone and having a chat with friends and family. It is a good idea to discuss your fears with someone you trust and focus on positive stories (e.g. listen to the voices of local people who have recovered or who have supported a loved one through recovery), practice gratitude together and talk about a mutual topic such as a book or film.

2 BE ACTIVE:

Whether in or outside your home, it is important to keep active to maintain both your physical and mental wellbeing. Walking or running, if you are able to, around your local environment is the best way to get some exercise as it is great for your physical and mental wellbeing. Depending on your age and ability and/or need to self-isolate there is also a range of exercises at home guided videos designed by our Healthy Cornwall service at <https://www.healthycornwall.org.uk/make-a-change/physical-activity/>

They have been designed for anyone to use, you can make them as easy or as hard as you feel comfortable. They have been designed for people who might have low mobility or a cardiac condition too. You won't need any special equipment just a chair, a couple of tins of food or bottles of water, and a couple of shopping bags.

3 KEEP LEARNING:

Doing something different such as trying a new hobby (e.g. a puzzle, craft, drawing, listening to new music or photography) is also a good way to keeping active and connecting with people. Whilst it is important to be factual, it is also important to take time away from the news and take part in the things you enjoy. This is particularly important for children and older people, so the activities need to be age appropriate.

4 GIVE:

Supporting others in the community who are in need of help, or volunteering can help make new friends, keep active and gain new skills. Avoiding stigma that may come with the impact of Covid-19 and helping others in your community can make a real difference to your own and someone else's wellbeing. Lots of people are offering help during the outbreak, if you'd like to volunteer you can register with [Volunteer Cornwall](https://www.volunteercornwall.org.uk/coronavirusvolunteer) at <https://www.volunteercornwall.org.uk/coronavirusvolunteer>

5 TAKE NOTICE:

Try to be mindful of your environment in and around your home. Make the time to get as much sunlight, fresh air and nature as you can.

CORONAVIRUS - If you're self-employed

You can't get Statutory Sick Pay if you're self-employed.

If you have to take time off work and you don't get paid while you're off, you might be entitled to claim benefits. If you're already claiming benefits, you might get more money.

If you already get benefits like Tax Credits or Housing Benefit, tell the office paying you that you can't work because you're sick. You might be entitled to more money while you're off work.

If you're not claiming any benefits you might be entitled to claim Employment and Support Allowance (ESA) or Universal Credit to top up your income. Check if you can claim ESA at the following link: <https://www.gov.uk/employment-support-allowance/how-to-claim>.

Check if you can claim Universal Credit at the following link: <https://www.gov.uk/apply-universal-credit>

How can those self-isolating get a copy of this newsletter?

If you are reading this newsletter and know of anyone who is currently self isolating and can't get out to pick up a copy, please make them aware that, if they have access to the internet, they can view the newsletter on the Town Council website at <https://callington-tc.gov.uk/newsletter/>.

We are hoping to put plans in place to deliver the newsletter to the areas of Callington that have a high proportion of elderly and vulnerable people. However, if you are able to pick up a handful from one of the many outlets in the town and deliver to your neighbours that can't get out and about at the moment we would be very grateful and so would they!

Many thanks



PLEASE HELP US SOLVE A PROBLEM!

As the lead organisation in the Callington Carnival, Callington Rotary has been informed that the use of tractors to tow trailers with people on board is no longer viable due to insurance regulations. Along with our partner organisations, Callington Town Council and Callington Lions, we no longer feel that the Carnival in its present form can be continued.

Although the presence of magnificent classic cars and spectacular Harley Davidsons has provided visual impact in recent years, entries for both the floats and the walking categories have not been particularly well supported by entries. Furthermore, to be quite honest, the pavements along the Carnival parade route are hardly thronging with onlookers.

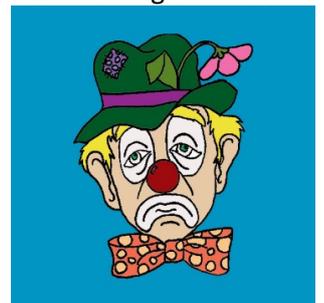
Is it too close to the school summer holidays? Two years ago, the Carnival date had to be changed and it was moved from the traditional slot in early July to the beginning of September. That did not suit many youth groups! Is it time for a change?

The town calendar is already pretty full and, for a variety of reasons, it would seem advisable to keep the Carnival and the MayFest as far apart as possible. Obviously, MayFest belongs in May – so that limits things somewhat! To bring a fresh approach and a new challenge to participants, it has been suggested that a lantern parade might be introduced and this would require dark evenings to show them off at their best – but are there any other bright, new ideas that could be considered?

Last year saw no grand fireworks display in Callington. Might a lantern parade in November be one idea to replace that? Could, or should, it be nearer Christmas?

If you have any constructive comments on how we might proceed – or if you would like to become a member of the organising committee – please drop an email to: callingtoncarnival@gmail.com to share your thoughts.

Richard Lumley
President





Callington Heritage Centre

The Heritage Centre opening date is on Friday 3rd April and how quickly the time flies! Steady progress is being made on this season's multifarious production. Main themes are Fire & Rescue, Emergency services generally including the Police (who remembers Callington's original Police Station, in Tavistock Road on the right hand side, down past the Chapel)? Any photographs or postcards showing this building would be very much appreciated as at the moment we are sadly lacking.

The situation around the Secondary Modern School has improved immensely with school photos from the 50s, 60s and 70s being kindly loaned or donated, another one from the 60s being brought in this week. These photos are fascinating as it is a frozen moment in time and reveals once again the faces, names of your old school chums and usually in keeping with others, instigates a competition to identify the ones you can't quite remember! This happened to me this week when looking at a 1960 photo of the Secondary school and I saw a face I haven't seen for some 50 years, who I recognized immediately, but couldn't pull out the name. Thanks to Shirley, she said "that's John Hocking". Of course, our St Mellion Full Back from the East Cornwall Premier League days when I played Inside Right 61/62 Season, it doesn't take much to keep us amused! As I touch briefly on football, I heard some sad news this week that David Rowe had passed away. David was a Callingtonian and fellow pupil at the Junior School (goalkeeper in the school team 55/56, that famous photo in the school playground with Mr Harris and Chas Lovell with the SE Cornwall School's Shield which we'd won) and was "one of the gang". So, returning to the theme of the Secondary School, any school uniform ie caps, blazer badges would also be welcome.

Those interested in Cornish authors will find plenty to admire, although as ever we are short on space. Some were born here, some moved here and it became their home and inspiration. Attractive displays including Daphne du Maurier, Winston Graham, AL Rowse, Leo Walmsley, John Betjemen, Quiller Couch and as they say many more! There should be something of interest for everybody as we are retaining The Mining Board, the Callington Station model and information board, our wonderful display of Chapel China, radio active Uranium glass! Oh, and one more thing, I was out Kelly Bray way

during the week and see that Venning's Fountain is still in a moribund state, no running water (what has happened to it) **doesn't anyone care** about this piece of Callington's history? Well, we look forward to seeing you, opening times Fridays 10.00am-4.00pm and first Saturday of the month, same hours. Any info in the meantime please call me on 01752 851403 or leave a message at the Heritage Centre 01579 383209.



Callington Cricket Club with David Rowe standing in civvies on right hand side, holding a folder.



Tribute to Councillor Graham Fox

It was much sadness when we received the news that our friend and fellow Councillor, Mr Graham Fox, sadly lost his battle to cancer on Boxing Day.

Graham was relatively new to Callington but had previously served on other council authorities and was able to bring much knowledge and experience to our table, which was invaluable. He would always listen to both sides of an argument in order to understand a topic and then put all his strength and passion into supporting causes that were important to him.

Graham was a committed, fun-loving and well-liked colleague, he will be sorely missed and our thoughts remain with his family and friends over the coming months.

Callington Volunteer Litter Pick

Saturday 18th April

Meet in St Mary's Square at 10.00am

Please wear clothing and footwear appropriate for the weather.
Hot drinks and a pasty available in the Town Hall afterwards

EVERYONE WELCOME



Callington New Outlook

ALLOTMENTS AVAILABLE

Would you like to grow your own fruit and veg but don't have space at home? Want to spend more time outdoors enjoying the fresh country air?

We have allotments available at both sites in Callington, rent is £30 per year including water, get in touch and you could have a plot just in time for Spring!

Call Jo on 384039, email jo.taylor@callington-tc.gov.uk or pop in to the Town Hall for a chat

Fourteen members of Callington New Outlook were taken on a tour of the Tamar Bridge Visitor and Learning Centre by Mark Tebbs, the Project Assistant, and his volunteer Bridge Ambassadors.

Once they had all been kitted-up with hi-viz jackets and hard hats Mark took them out to the picnic area where he explained the work that was being carried out to repair the walk-way which meant that a shuttle bus was needed to take them over to Saltash.

Arriving at the bottom a Fore-Street a long, downhill walk took place enabling them to reach the Anchorage where, in two groups, they were taken inside to have a look at the huge cables which held the bridge in place. Each group was given a very interesting talk by one of the volunteers about the history of the bridge as they waited their turn to go inside the Anchorage.

A long climb back to the shuttle bus and back to the Visitor and Learning Centre where, having shed their protective clothing, and been provided with a very welcome hot drink, they watched a most interesting video about the history of Plymouth and the building of the Royal Albert Bridge and the Tamar Bridge.

Callington New Outlook, which is a club for men and women, meets on a Tuesday morning at 10am in the Council Chamber of Callington Town Hall and new members are always welcome. For more information please contact Chairman, Shirley Morse on 01579 350336 or shirleyamorse@gmail.com.





CALLINGTON WOMEN'S INSTITUTE



Callington Women's Institute held their Annual Dinner, in the Masonic Hall at the beginning of March. Members enjoyed a delicious meal prepared by Emma Burnard and everyone enjoyed a great evening.

Earlier, in February, members were entertained at the monthly meeting by Les Deering, talking about the Tamar Valley ANOB. He talked about the River Tamar from source to ending near Bude and about the many bridges that cross from Cornwall to Devon. It was a very interesting talk and enjoyed by all members.

Pat Paxton, County Adviser attended the Annual Meeting in March. The WI Committee, as it stands, was once again voted in by members and Karen Gold was elected as President for another year.

Callington WI meets on the second Wednesday of each month in the Council Chamber of the Town Hall at 7.30pm and we would welcome anyone to come along and see what we get up to.

Contact Jill Trew, Secretary, for further information, callingtonwi@gmail.com or 01579 386939.

CALLING ALL BUSINESSES!!

Did you know you can add your business to the Town Council website **FREE OF CHARGE?**

Just visit www.callington-tc.gov.uk, click on the 'Business' tab at the top of the page and following the instructions to create a listing.

<https://callington-tc.gov.uk/local-businesses/>

FIRST CALLINGTON SCOUT GROUP



Hedgehogs have built cosy bug hotels to put in their gardens and made some pipe cleaner bird feeders. They have shown us what skills they can do themselves and tested their senses using blind folds and hidden objects in a box. They have celebrated St David's day by making daffodil biscuits and pinwheels. Not to mention playing lots of high energy games.

Beavers have now completed the Space badge. We've made moon phases using Jaffa cakes, (yummy), and diamond shaped boxes, looked at the stars, made different constellations, put together a picture of our solar system, played a space quiz, listened to some space mission facts and learned the names of the different new moons. Did you know, this year we have a blue moon?!

Cubs have now completed their scientist badge. We had explosions, bath bomb making, midget gem tower building, densities of different liquids and many more cool things. They have also all had a go at changing light bulbs. A skill for life! On a separate evening they cooked pancakes on a baked bean can!

Scouts have had a visit from Mikkie, from Callington Litter pick and Alison Humphries from Kicks Count. They interacted with the Scouts about why it's so important to keep our surroundings clean and litter free. They then heard about what happens to the litter once it's collected for recycling. They also have a litter pick planned for a weeks time.

We are always open to new members, children and adults! Do you ever wonder what it's like to volunteer with Scouting? Well don't just wonder, come join us!! You can do as much or as little as you like! We are always on the lookout for helpers to join our ever increasing group.

It's great fun and extremely rewarding. You would be helping the youngsters of the local community to get outdoors, try new things, gain confidence and most importantly have fun! Times and days we meet are at the back of the newsletter. Alternatively, type this link into your internet browser to add either yourself or young person to our list. <https://www.onlinescoutmanager.co.uk/waiting-list/1st-callington-waiting-list/8fb47544-2bae-4000-baa4-76de4c4329cb/apply>

For more information please email:
callingtonbeavers@gmail.com cubs@1stcallingtonscoutgroup.org.uk

MARKET GARDEN CAFÉ, PANNIER MARKET SOUP DRAGONS

On Monday 27th April, The Market Garden Café will open its doors at 5.00pm for delicious food available for anyone in need of a hot meal. No vouchers or referrals needed, **FREE** of charge. If you're hungry and are finding it difficult to produce a decent meal for yourself or your family, come along and grab a seat at a table, or take food away.

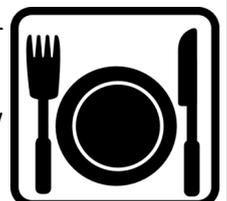
Supported by Tamar Grow Local and local chef 'katie and crow', we'll be pulling together the best fresh ingredients from local producers. There'll be meat and vegetarian options on the menu.

We have twenty seats in the café - and along with our ethos to build a longer table - we want to share a nutritious meal and offer a night out for people who aren't able to pay for such simple pleasures. If we run out of spaces, you can take your portion away to eat at home.

We hope to make 'Soup Dragons' a monthly event, depending on demand. If you love it and keep coming, we might be able to do it more often.

The Market Garden Café is in the Pannier Market in Callington, and we've timed the event for teatime so families can come along.

If you'd like to support us or want our support, we can receive donations via the Tamar Grow Local Offices or contact Kate our chef at kate@katieandcrow.co.uk or call 01579 208412



A warm message to all

We are facing uncertain and challenging times, but it is heartening to see such a great response from organisations, businesses and individuals in our community.

There are the beginnings of a coordinated mobilisations of society's resources and an evident humanitarian response at this time.

Our DIAL advice line is open 9am - 5pm Monday to Friday. Should you require any advice or be feeling a little isolated and in need of a chat, or perhaps in need of practical support such as shopping or collecting medication, we will endeavour to source this for you. Our friendly and professional advisers are here to help you and they will source the support you need.

Tel: 01736 759500

Email: advice@dialcornwall.org.uk

Just a word of caution: please be careful about letting strangers into your home, and certainly don't give them cash or bank cards to purchase things on your behalf. We will put you in contact with groups of volunteers who are right in your community, or organisations who will have trained and checked staff

"The true measure of any society can be found in how it treats its most vulnerable members"

- Mahatma Gandhi



News from the Town Council Outside Services Committee

With not a lot of improvement in the weather the Outside Services staff are still struggling to get on with work but they take advantage of dry days to get on with planting and maintenance work and they await drier weather to get on with grass cutting. The wildlife project in the cemetery is starting to take shape with plants growing and a bench has been installed there made from reclaimed wood. There will be three fruit trees planted there in the Spring, these have been donated by Cllr Raphael and members of his family. We are also waiting for some signs to be made that will explain what we are trying to achieve in this area.

Thank you to The Lions Club of Callington who have made a brilliant job of clearing the roundabout area approaching Callington from Liskeard. They have also made some lovely planters with wood kindly donated to them from Travis Perkins. The planters have now been planted up with flowers funded by Callington Town Forum. The area in front has been planted with some daffodils but more bulbs will be added for next year and the area will be seeded in the spring. It has made a huge difference to this area and the approach now into Callington looks so much better. Our thanks to the Lions for their hard work in this Community project. If anyone or any organisation would like to offer any help or assistance please contact the Town Clerk, help is always appreciated.

As part of our environmental initiative the Town Council has also purchased ten bee hotels which will go up around the area. These were kindly made by Dale Wood, who belongs to the Kit Hill Beekeeping Group. These hotels will hopefully encourage solitary bees to lay their eggs as bees are important pollinators.

The Outside Services Committee and staff will continue to work to keep the Parish looking tidy and clean but help to maintain this is always appreciated, so please let us know if you can help in anyway.



CALLINGTON TOWN MARKET

• www.callington-tc.gov.uk •

Sunday 3rd May

10.00am until 2.00pm Town Hall, Callington

Car parking is **free** in all car parks on Sundays.
Refreshments available within the Town Hall

**For more information please call 01579 384039
or email market@callington-tc.gov.uk**



PLUSS - Job Club

Pluss Job Advisers will be in Callington Town Hall every Wednesday morning between 9.30am and 12.30pm.

Advisers can help people who are looking for work. No appointment necessary, just pop in and see us.

The Pluss Advisers can support people on a journey into lasting employment through the following steps:

Sign Up; have a 1-2-1 meeting, help with a CV, apply for jobs; interview, practice or training skills; access to exclusive vacancies, support with costs for travel, work clothes or organising childcare; help with paying for courses if not funded, such as CSC and Food Hygiene; ongoing help once you start work.

Please come into the Town Hall
on Wednesday mornings
to meet the Advisers and find out more or telephone the
PLUSS Office in Plymouth and ask for Work Routes
Programme on
01752 680011 or online at <https://www.pluss.org.uk/>

Adding to Life
pluss

Don't Bin It, Recycle It.

For a **FULL LIST** of Locations and Plastic Items
that can be Recycled for Kicks Count charity
visit www.south-hill.co.uk/charity-recycling and

Join Recycling for Charity. **FB Page** for updates

KICKS COUNT

reducing the UK's
still birth rate



Recycling

Saving Lives by Recycling
these Plastic items
sponsored by the
manufacturers through



by

SHARE South Hill
Association for
Renewable Energy

www.south-hill.co.uk/charity-recycling

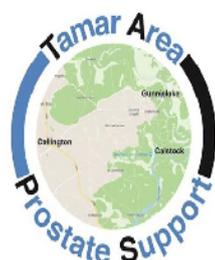
**SHARE have saved a staggering amount of
empty packets and plastic items from being wasted
and destined for the incinerator,
and have sent them to be made into new products.**

In January alone, SHARE collected:

400 PRINGLES tubes
1000 Baby food pouches
2550 Bread loaf bags
300 Soft tubes, hand creams, lipsticks, mascaras etc
1425 Toothbrushes & toothpaste tubes weighing 18kg
12240 Sweets wrappers 8kg & Biscuits wrappers 20kg
70kg Crisps packets & 20kg of KP nuts & snacks
740 Triggers, hand pumps and wipes packaging
AND 170kg Pet food bags & pouches

**You can all help by sorting your items before dropping off
and do not include items that are not on the list.**

**Volunteers join our team to collect, sort & computer work,
tracking and recording parcels. SHARE@south-hill.co.uk**



SUPPORTING
**PROSTATE
CANCER UK**

Throughout January, February, and March we were watching the TAPS token collection boxes at Tesco in Callington, and by the time you are reading this we'll know how much Tesco will be donating to us via their "Bags of Help Scheme". If you put your tokens into our box, we are very thankful to you. At our February meeting, Rachel Mansell (Infection Control Nurse at Nuffield) showed us how to wash our hands properly. With COVID19 causing so much concern around the world her talk was very timely.

On 22nd April, Simon Francis of Nuffield Health will be back (by popular request) for Part 2 of his mission to keep us all fit & healthy. This will be an "active" session, for some of us at least, so bring a light weight or even a 'kettle bell' if you have such a thing.

On 27th May, Mark Stone, Pharmacist at Tamar Valley Health, will give us an insight as to how the Pharmacy keeps us all going.

Don't forget, our meetings take place on the fourth Wednesday of each month and are held in the

Council Chamber in Callington Town Hall at 6.00pm

TAPS membership is free and open to men and their partners. For more information on TAPS please contact Chris Greensted by phone on 01822 834797 or by email to tapsinfo55@gmail.com.

LADIES LUNCHEON CLUB

Ladies, as we welcome the coming of Spring let us hope that April will be a month of Rebirth, Regrowth, Renewal.

We welcome back the singing birds with their babies, watching budding trees and hedgerows come alive, mentioning too the joy of Easter tide which is almost upon. What a wonderful world we live in.

We had a great luncheon at the Bulls Head' once again, a couple of ladies were missing so not wanting the meals to be placed in the bin, they were handed out to the locals. It is always good to share.

Our March luncheon was yummy, we always have a choice of three dishes at each luncheon session, plus coffee, at a very reasonable price. Personally I want to mention what good chefs The Bull's Head have, we love the venue and the staff, who are always very courteous to all the ladies. they certainly pamper to our needs. We love being pampered! Thank you Tracy and team for your continued hospitality with a smile.

We meet up again for luncheon on Wednesday April 1st, (APRIL FOOLS DAY!) same time same place, we'd better watch out for naughty goings on! Let us breakout of the Easter Egg, which symbolizes our ability to break out of the hardest shell we've surrounded ourselves with. Nothing is quite as beautiful as someone who has survived losing everything and still has a tender heart.

Easter Blessings all the way.

Valerie williamsvalerie897@gmail.com

Callington Methodist Church Celebrations

On the way to the Health Centre you will pass Callington Methodist Church. Built in 1845, enlarged in 1868, with further schoolrooms and vestries added in 1872, it has been remodelled a number of times, the most recent being in the late 1960's, when the pews and the all round gallery were removed. (Perhaps another remodelling is due.)

Well known preachers have spoken from the pulpit, including Sir Isaac Foot; George Thomas MP who rose to become Speaker of the House; missionary to China Gladys Aylward and Revd Steve Wild, darling of BBC Radio Cornwall Sunday Breakfast show.

The church has been used frequently for concerts by local choirs and musicals, presented by members of the Methodist Circuit Churches. 'Joseph' was probably most memorable, when the church was filled to capacity (twice).

Food is an important element at all Methodist events – from tea and biscuits after Church services to full blown roast meals, chiefly prepared by willing helpers. This is a modern form of Christian outreach, open to anyone who has need of either physical or spiritual sustenance.

The Church is also active as a Community Centre being regularly used by Tamar Valley Male Voice Choir; Slimming World; U3A; the Cornish Language Society and Callington Memory Café.

The programme of monthly events for this 175 Celebratory year is full and varied, including a Youth presentation, a Flower Festival with Exhibitions, a Coffee Morning by Junior Church, Summer games and a concert by the BBQ, Tamar Valley Choir. There will be a special Anniversary meal (with cake!) in November. Small charges may be made to cover expenses, but the emphasis is on **food, fun, friendship and fellowship**. Watch this space!!!

Sheila Tredinnick



TWINKLE TOES CHIROPODY



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