

Callington News

February 2023

www.callington-tc.gov.uk



CALLINGTON'S CHRISTMAS FESTIVITIES

Callington was buzzing on Saturday 3rd December with all the events organised for the day by the Town Council in partnership with organisations and businesses in Callington. The day started with the Christmas Craft Fayre, where locally handmade gifts were on sale and was really well attended. Thank you to Mariposa; Bobbins & Buttons, Councillors and staff for donating raffle prizes. Santa was also in attendance and youngsters could visit him in his Grotto. The Grotto had been erected by Outside Services staff and was well worth a visit to see how spectacular it was.

The lights were turned on by Santa, who turned up on his sleigh. The new flag pole lights, in St Mary's Square, looked spectacular and thanks go to Cornwall Resources Ltd and Cllr Andrew Long for the donations to purchase these lights. Also, thank you to Walter C. Parson and RPB Motors for hosting two of the Christmas trees. Thank you to Callington Fire Brigade and the Lions Club of Callington for their assistance with the organisation of the switch-on. Whilst waiting for the lights to be turned on there was community carol singing led by Callington Town Band and other entertainment by Vocal Footprint. Thanks go to Melvin Symons of Lost Surfers, who sponsored the Carol sheets, which were printed PaintNPrint who also sponsored the posters and leaflets. Also to Rising Sun Nurseries, who supplied the Christmas trees for Callington and Kelly Bray and to Radland Haulage who stepped in at the last minute to assist in putting the trees up. The procession of spectators then headed to the Pannier Market where the Victorian Market, organised by the Rotary Club, was being held with a variety of local stalls, entertainment and refreshments. A good attendance ensured the Victorian Market was a very lively place.



The day was finished off with a Family Christmas Disco in the Town Hall, organised by the Town Council and Callington Lions. The disco was full of youngsters who persuaded parents to get up and join in the fun with them.



Thank you to everyone who supported and sponsored these events and to all who attended. It was really good to see so many businesses in the town helping and supporting the events. It showed a real community spirit, created a great atmosphere and showed that we can all work together in Callington. A date for your diary – Saturday 2nd December 2023 – see you there.



The next edition will be March 2023 and the deadline for this edition will be Thursday 9th February 2023. Editorial copy can be sent to the Editor by emailing news@callington-tc.gov.uk. Copy can also be sent to the Town Hall. Please post or hand in copy to the Editor, Callington Town Hall, New Road, Callington PL17 7BD.

Telephone 01579 384039 or email: news@callington-tc.gov.uk

The Town Council telephone line is operational from 9am - 2pm Monday - Friday. Please leave a message with your contact details and someone will get back to you.

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2022 was a very challenging year for the Tamar Valley Health practice. It was only a year ago we had the Omicron shut down of the country yet despite this there have been several fantastic achievements provided via the new primary care network. These achievements included over 10,500 COVID vaccinations through the Spring and Winter program, completing 7,500 flu vaccines during the Winter, restarting the chronic disease reviews and welcoming more clinical and non-clinical roles to the practice to support great patient care. Saturday clinics have been expanded with a new service 'Enhanced access', which will provide increased capacity to see and support more patients with their health. This initiative will help to meet the Tamar Valley Health mission pledging to support healthier lives for our communities through providing outstanding health care.

NHS Digital published figures for October 22 showing that Tamar Valley health completed 12,161 face-to-face patient appointments. TVH is the 9th biggest practice in the County but are ranked third for appointments in October, a huge achievement considering the challenges the Practice has faced. They have also continued to invest in both individual practice sites to improve the experience of both staff and service users, while expanding the clinical space they have to see patients.

Nationally there were more than 3,700 patients a day in hospital with flu in recent weeks and the number is rising according to the latest data from NHS England. There is also high demand for people needing specialised care in critical care beds. NHS England warns pressures on the health service continue to grow as viruses like flu re-circulate after a hiatus during the pandemic.

What is affecting the TVH practice at the moment is the massive increased patient demand from the spike in winter illnesses, RSV, flu and cold viruses. As flu rates are increasing, if you are at high risk and have not already done so, please consider booking a flu vaccination. The TVH practice still has the flu vaccine available. Contact them on 01579 382666 and book your appointment now.

On behalf of the TVH Patient participation group, best wishes for a healthy and Happy New Year.

Sharon Trafford. Chair. TVH Patient Participation group



At the WI meeting in December, members enjoyed a social evening and a buffet supplied by the Committee. Members bought along their chose of music and poems. Everyone enjoyed having a great time chatting and socialising.

Instead of having a secret Santa present this year, members had decided to spend the money on purchasing items and donating them to the Foodbank. Pictured is Karen Gold, President of Callington WI, handing over the array of goodies to Alex Polglase of the Foodbank.



Callington WI meets on the second Wednesday of each month in the Council Chamber of the Town Hall at 7.00pm and we would welcome anyone to come along and see what we get up to. Our next meeting is Wednesday 8th February where members will hear about Pete Watson's travels to the Antarctic.

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



The (now retired) Portreeve Mike Tagg, recently presented a bouquet of flowers to Callington resident Joan for her 100th Birthday. Joan spent the day celebrating her birthday with family, including her son Peter Astrew who came all the way from Australia and her daughter Val Kidman. A super day was had by all! Happy birthday Joan!

COUNCILLOR SURGERIES

Councillor surgeries, with Cornwall and Town Councillor, Andrew Long, are on the second and fourth Saturdays of the month

10am - 12 noon

February 11th and 25th

These are drop-in sessions so no appointment necessary. COVID measures will be in place.

Members Room, Town Hall Complex (accessed from the Pannier Market)

Please note parking in the Pannier Market is limited to 30 minutes only. Parking tickets may be issued if you over stay.



FUTURE FAMILY FILM SHOW DATES

11th March - Bad Guys

15th April -- Dolittle

20th May - Lightyear

10th June - Minions: The Rise of Gru

8th July - DC League of Super Pets

12th August - Strange World

9th September - Turning Red

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Callington Town Council

coordinator@callingtonfoodbank.org.uk
01579 550 374

New Year's Resolutions...

Don't talk about it, take action!

Recycle more and
Make money for charities
Drop off, collections close by

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

Many thanks to the Town Council, Council staff, Lions, Rotary, Town Band, stall holders and anyone else who made Saturday, December 3rd such a brilliant day. Not forgetting Father Christmas, of course.

The Christmas Fayre with its Santa's Grotto the Victorian market, the carols before the lights were switched on and the Family disco.

It was lovely to hear the youngster sing 'Away in a Manger' accompanied by the Town Band and to see the town so full of people.

Well done, everyone.

From a Grateful Resident

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Red, blue, green, pink & black

Mug with Spoon £15
Red Blue pink, green & black
coloured inner, handle & matching Spoon

Reveal Black Mug £15
Add hot water to reveal your photo

Celebration Mug £12
Happy Birthday, Love Design

Christmas Design, Thank You Design

Heart Handled Mug £12
Heart handled White Mug

Travel Mug £15
White or Stainless Steel 14oz

Enamel Mug £12
White Enamel Mug

Drinks Bottles £10
White Sports Bottle

Water Bottle Straw Lid £12
600ml white straw bottle

Bowling Bottle £18
500ml white, silver, aqua, red, bottles

Heat Sensitive Bottle £20
600ml bottle - Changes by warmth of hand

UV Colour Change Bottle £20
600ml bottle - Changes in Sunlight

white to red, purple or blue

Hanging Decorations £18.50
Ceramic, Glass, Metal

Hearts, Circles, Stars, other shapes

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Single Side Engraved £4.50
Front and Back Engraved £8.50

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Rectangle Canvases

8x10 inches £15.00
8x12 inches £20.00
8x16 inches £35.00
10x12 inches £30.00

16x20 inches £50.00
16x16 inches £45.00

16x24 inches £55.00
20x24 inches £60.00
20x30 inches £75.00

30x40 inches £95.00

30x48 inches £100.00

36x48 inches £110.00

Square Canvases

8x8 inches £15.00

10x10 inches £20.00

12x12 inches £30.00

16x16 inches £45.00

20x20 inches £55.00

30x30 inches £80.00

Printing

Photo Prints

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Other size printing available request.
Add a mount to your print from £1.50

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10x8 £3.00
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A6 £1.00
A5 £2.00
A4 £3.00
A3 £8.00
A2 £12.00
A1 £24.00

Wedding Printing

Please do us your wedding printing
We can print on a variety of different
cards and papers to match your theme.

Invitation Printing

Seating Plans Printing

Menus

Place Name Cards

Wedding Thank yous

Order of Services

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We Specialise in small print runs
Please pop in for a quote.

Business Cards
Flyers
Booklets
Menu Printing

A6 Card £2.10
A5 Cards multiples £2.50
A5 Card £1.30
A5 Cards multiples £2.50
7x5 Card £1.30
140mm Square Card £2.50
140mm Square Card multiples £1.50



Outside Services Committee

Thank you to the Outside staff who worked extremely hard in December getting the town and Kelly Bray ready for Christmas. The trees and lights made the areas look so welcoming. The sleigh and grotto for Santa looked brilliant. We hope that everyone enjoyed the effort that had gone into making everything look so wonderful.

We are now into the season where a lot of maintenance and repair work will be taking place. There are over 70 benches within the parish that need to be checked.

There will also be maintenance work taking place in the car park by Saltash Road Recreation Ground.

If you are out and about and see anything that needs attention please contact the Assistant Clerk at the Town Council Office.

Cllr K. Gold
Chair of Outside Services

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CALLINGTON

THE SCOUT HUT - EVERY WEDNESDAY

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9.30am & 11am with Cathy

07774 852724

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Rotary



Walking Carnival. We hope that the enthusiasm and inventiveness of the participants will rub off on other local groups and individuals when Carnival next comes around.

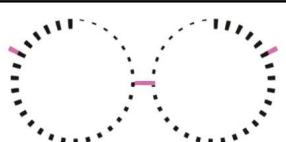
Rotary was delighted that the Victorian Christmas Market could take place once again and would

like to thank the Town Council for the help and support in erecting the two magnificent marquees. This allowed an increased number of stallholders to attend, secure in the knowledge that they would remain safe and dry. As it was, the evening was crisp and dry and attendance was excellent. It was pleasing to see so many people enjoying the wide range of products and tucking into the food and drink



on offer: with Calli-pizzas from Italy, Rotary *tartiflette* from the Alps and Jamaican goat curry all on offer, along with cocktails from the Lost Surfers, what more could you want? Don't miss out on next year's event!

Christmas is a time of giving and we were pleased to work alongside Battling On in providing food parcels for the needy over the Christmas period. In addition, we were particularly touched when we received six carrier bags full of non-perishable items from an anonymous Callington resident with the wish that we find three families who could do with some "Christmas cheer". This was achieved with the assistance of Nikki Markham from Battling On. Thank you for your kindness!


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To register your place on the waiting list,
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Squirrels

Monday 4:00-5:00pm 4 to 6 years Open to ALL!



BEAVERS

Thursday 5:30-6:30pm 6 to 8 years Open to ALL!



cubs

Thursday 6:45-8:15pm 8 to 10½ years Open to ALL!



SCOUTS

Friday 6:00-8:00pm 10½ to 14 years Open to ALL!



Callington Town Women's Football Club

Steady improvement for Callington Town Women



The season has seen mixed results. December saw Callington sitting mid table having lost more league games than won. However, games have in the main been much more competitive and November saw the biggest win for quite a while a 14-0 over Redruth Ladies. Another notable result was the 5-3 cup win over Padstow, coming back from 0-3 down. This demonstrated the resolve this group of players have and when the full squad is available we can compete with any other team in our division. The team continues to improve on individual skills and fitness whilst also working hard on team plays.

As always we are on the lookout for new players to strengthen the squad number wise, work commitments, sickness and injury have a great impact on the results at this level so more players available the more consistent our results can be.

Our thanks again go to Palladium Building Services and we also continue to look for match day volunteers for home games who can help out in the club house to prep and cook after match team food (nothing complicated) and cover the bar for hot and cold drinks.



Training at Callington Community College's all weather pitch started back on Wednesday January 4th, 19.00-20.00. Please come along and join us and see if we are the team for you. Alternatively if you want to get more information first, call Jared (Manager) on 07715 008987 or Tim (assistant) on 07716 357650.

Home matches are played Sundays, kick off 14.00 (or 14.30) at Ginsters Marsh, Callington Community College, Launceston Road, Callington, PL17 7DR.

The Cornish Ancestor Micro Pub



Callington's unique drinking establishment for
Real Ale Traditional Cider
Craft Lager Wine
& always good conversation
Soft drinks and coffee available.

Enjoy your drink with a Pizza delivered from Calli Pizza Cafe or a takeaway of your choice. (Opening times vary)



Available for group/business meetings prior to normal opening times
Enquiries Welcomed

OPEN

Monday - Thursday from 16.00 hrs
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Closed Sundays



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FREE FAMILY FILM SHOW



Sat 11th February
Doors open at 2:00pm
Film starts at 2:30pm
Free Entry

CALLINGTON TOWN HALL



'Callington Toddle In'

For babies, toddlers & their parents, grandparents, carers

CALLINGTON METHODIST CHURCH

Each Thursday 9.30am - 11.30am
Toys, creativity, healthy snack, tea & coffee.

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Wednesdays@10.30



Each Wednesday morning at Callington Methodist Church - a relaxed time of Intergenerational Creativity, Spirituality, Tea, Coffee and For further details please visit our Callington Methodist Church Facebook page or our website www.callingtonmethodist.org

Focus on Retail



How about the good news? What if we did something totally different and focused on the good stuff? Imagine the difference that could make! Reading and seeing good news!

As Callington grows with the new housing developments we know that the town needs to grow too, we could do with more choice for food, we could do with another or larger pharmacy to cope with the growth, and we could focus on what we don't have and yet, in just a few hours, I managed to find all this good stuff!

"Did all my Christmas shopping in Callington this year. It was nice to have the personal service and I was amazed at what Callington had to offer."

"If you look you can find almost anything in Callington shops."

"Lovely morning keeping it local in Callington."

"I'd like to say a big thank you to SW Flooring who went above

and beyond today helping me with a kitchen flooring problem - it definitely pays to support our local companies."

"The shop is now officially 1 year old!

THANK YOU for your support
Callington!"

"Many thanks for your support and custom
since I opened my little shop!"

And that was just by looking on One Callington, which too gets its fair share of criticism, so imagine what I might find if I went out looking for news...

With not long to find it before the deadline to go into the magazine, I visited just a few retail outlets in our town, the first one being the one that closes the earliest, and why do they close so early?

Because they open so early! Paper Phil's Paper Shop opens at 5.30am and sells newspapers and magazines, milk, cold drinks and tea and coffee. They deliver papers in Callington and outside of Cally for a small delivery charge and have been here for over three years! "Why!" was a question I asked, "When you can read the newspaper online". Because it's more than that, it's more than just the paper, it's about the interaction, the service and the chat, I was informed with a smile!



Nipping round to SW Flooring I met the youngest of the three brothers, who really wanted me to talk to Mum, "she's so much better at this stuff," but in all fairness, the whole family are great at what they do, and have been for years! Sean knows the business started before he was born and under that beard he is 33. Mum, Dad, three brothers, and when they are really busy, Uncle comes in to help and they can supply and lay so many different types of flooring and are on your doorstep; and whilst I was there we talked about shoes and not wearing them on your new floors and how Tesco no longer does them, but Sean pointed me in the direction of Colins...



How many of you know where Colins is? It's not New Road, or Fore Street but in Church Street, past the Bulls Head, the hairdressers, and the fabulous smell of the baking from the Pasty Shop, the long gone Langmans restaurant and there it is on your left, opposite Trewartha, Gregory and Dodge, which has been there since 1934 and is somewhere you can send your husband with a packed lunch on a Saturday!

In the 60s Colin Gilbard bought Trewarthas and then in 2010, the siblings split the business and Colins was created. It has a plethora of things in it, and shoes! So there is still somewhere to get shoes, work boots, wellies, trainers, school shoes and formal shoes! And kitchen wear and dresses and wedding dresses!



Wandering back of Church Street, knowing that if it was later you'd have your choice of Fish and Chips, Mexican, Calli Pizza, Chinese, Indian or Castle Chicken you can walk past the Spar and stock up on your stamps and food, with a smile from one of the many lovely friendly staff on hand to help, before wandering further into Fore Street, but the deadline for the article awaits, so a brief wave to Jim and Tracy in The Snack Stop Café, by the bus stop, as I whizz in to see Melissa and Gary at PaintNPrint, to be greeted by their news of post Christmas treats!

“Can’t say too much, but... new plans, new printer, new stuff” says Melissa with that fabulous smile on her face! The amazing thing about PaintNPrint of course is you don’t have to be computer savvy, just take your photos in, whether they are printed or on your phone and one of the team will turn your photo into an amazing gift! Put a picture of your choice on a mug, a cushion, a t shirt, a poster, a calendar even! They’ll engrave pens, keyrings and dog tags and photo’s come to live on canvas and in large format. And with Valentines soon approaching they have their beautiful Photo lockets that can be engraved and their Card and Mug set for just £15!

All of these things might need protecting and who better to do this than Zoe and Darren at Security Dynamics? You could be fooled for thinking this is just an office and yet, it’s a shop too, somewhere for you to get some technical help, knowledge, friendly advice and the warmth and service that this friendly couple supply when they offer you the DIY camera security systems or video doorbells, something you don’t get from a parcel left on your doorstep!



A final whiz around the corner and through Callington

Arcade, I bump into Toby, who is on his own today, at South West Spectacles. Toby and his business partner Jack, both grew up in Callington, Toby having spent most of his working life in optics decided to open South West Spectacles to give people options. It’s like a optical boutique dispensing practice and soon it will also have a test room, and yet for now, you can take your prescription in, once you have made your appointment online or via the telephone, and pick your glasses. With a great after care service, accurate measuring and fitting, products that aren’t available online and some great prices, it’s nice to see something different in town!

But that’s all I had time for before I came back to my shop to see if my award had arrived yet! Taking the long way around past the delights of the cards and crystals available at Victoria Eyton, waving to Sam and the team in Bradleys Estate Agents, I opened up the door to Mariposa Creations, my little shop, full of paintings, resin art, wood art, handmade candles and gifts. My table full of paints, my head full of ideas and my book full of commissions for gifts for Valentines day, The Love Buddies, Resin Love

words, Engraved Slate Hearts, Personalization gifts – which are different to personalised gifts, it’s where we talk about the person, their character and what they like and then I make a present to suit them, but alas no award. I’m waiting for my plaque to arrive; I won the Global Women’s Business Award for Creative Business in December 2022... so you know something, without catching a bus into any nearby towns or going online, there’s quite a lot going on in Callington, and I’ve only scratched the surface!

Leanne Elliott



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Indian & Bangladeshi Restaurant & Takeaway

Special Offer every Monday Banquet Night
2 Papadom & Chutneys, Starter of your choice
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Paintings from £10 per week!!

Hand crafted 'personality' Valentine gifts made to order, made to suit. Tell me about your loved one and I'll make something to suit!
From as little as £15

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Includes all materials

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**Callington Lions
Table Top Sale**

Saturday 25th February 2023
in
Callington Town Hall
Doors open for traders at 09:30
And Public at 10.00am To 1.00pm

The charge is £5 per table

To reserve your place please telephone
Tina on 01579 383605 in the evenings.

This is a popular event so make sure you reserve early.

If you would like to donate some saleable items for the Lions' charity stall, please contact Tina.

Callington Lions Club is a charity registered with the Charities Commission of England and Wales
Registration No. 1181024

BREAKFAST CHURCH

Breakfast Church at Callington Methodist Church on Sunday 5th February - yummy breakfast including Bacon Rolls served from 9.30 am then relaxed intergenerational worship to include creativity, prayer and praise from 10.30 am - all ages welcome.



Callington Town Council Town Councillor Vacancy



Callington Town Council have a vacancy for a Town Councillor.

Local Councillors are the champions of their community who invest time in local projects and issues to the benefit of residents and the local community. As a Councillor representing your community, you will help to keep Callington a great place to live and work.

Councillors individually can, and should, be very different in their skills base, experience and work status, all of which can contribute to a good and balanced representation of the town. The ability to take the initiative, be creative and have time to give to the role are all very important aspects of being a good Councillor.

Meetings take place three times a month on the first, third and fourth Tuesdays of the month with no meetings held in August.

If you are interested in applying for the role please contact Jo Taylor, Town Clerk on 01579 384039, email clerk@callington-tc.gov.uk or come along to one of our Full Council meetings to see what goes on. Agendas for meetings can be found on the Town Council website at www.callington-tc.gov.uk. Deadline for applications is 17th March 2023.

ANTI-SOCIAL BEHAVIOUR

The police have reported that there is a problem with Anti-Social Behaviour within the town. Large groups of teenagers are gathering in various places and intimidating business owners and members of the public, one area is the bus shelter. Unfortunately those being intimidated are not reporting these incidences when they occur. Mostly because, they say, that it takes too long to get through to 101.

The Beat Manager advised that it is much quicker to e-mail 101 on - 101@dc.police.uk

If anyone has any complaints or concerns, about any non-emergency Police matter within the town they should contact 101 via this method. It is very quick and easy and most people can do it from their mobile phones.

Andrew Long
Cornwall Councillor

The Flipping Marvellous Pancake Party
at Callington Methodist Church
on Wednesday 15th February
from 10 am to 12 noon



Games, creativity and pancakes with choice of toppings.

All ages welcome.

No charge, pay as you feel.

Proceeds to Callington Foodbank and Callington Methodist Church



Charwell Dog Adventures

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charwelldogadventures.simplybook.it

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Tel: 07854984572

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A very busy Christmas for Callington Lions

Callington and District Lions have had a busy Festive Season with assisting at Callington Town lights and helping Father Christmas around the area this year. Lions' President, Don Berrey, said: "that they had been able to bring a smile on many children's faces with such events as Santa's Grotto in the Christmas Market. He has also taken time out to visit many of the schools around Callington".

With the Lions' help, Santa managed to land his sleigh at Tre Pol and Pen Farm Shop and Restaurant and bring some cheer to the youngsters dining there.



Seen here are Evie & Rosie Preston, Zelda Scott and Mabel Lockyer having a ride on his sleigh.

Ian Robertson who has been looking after Santa while he is in the Callington area said that it was an enjoyable time for all.

Enjoying a chat with Santa here are Amelia and Oliver Mullard



Santa also managed to fit in a visit to Tesco, Callington, where children were given a small treat courtesy of Tesco.



Derek Prickett assisting Santa at Tesco Store, Callington

Don added "that with the money raised over the Christmas period Callington Lions are able to help some families in need and to make donations to Callington Foodbank, Plymouth Soup Run and other good causes".

Senior Citizens Celebrate the New Year at the Callington Lions' Party

The New Year started off with a swing for 80 Senior Citizens who attended a party in Callington Town Hall. The event was organised by Callington and District Lions and included a full buffet lunch of pasties, sausage rolls and cream teas.

There was also entertainment by Atonement choir and Callington's one and only Town Crier, Tony Stentiford, compered two bingo sessions.



Some of the Senior Citizens at their New Year's party in Callington Town Hall

So, a good time was had by all!

Lion President, Don Berrey "said that it was good to see so many smiling faces, especially as the last similar event had been pre-covid in 2020. He added that Callington and District Lions were looking forward to a very busy year with many events on the calendar such as the Coronation, Honey Fair and much more". The next three dates that are planned are: a Pop Music Quiz on Saturday 11th February; Table Top Sale on Saturday 25th February and a General Quiz on Friday 10th March.

For Further information on Callington Lions see their website: <https://www.facebook.com/CallingtonLionsNews>

LOVE YOUR SKIN UK

An advanced skin studio offering a range of results driven skincare treatments from a luxurious ground floor studio, based in Callington.



Treatments include:
Deep Cleansing Facials
High Frequency Facials
Dermaplane
Chemical Peels
Microneedling
Dermalux LED Light Therapy

We also provide: Spray tanning, brow & lash treatments.



We offer free skin consultations to discuss your skin goals, concerns and set you on the right path to skin confidence. If it's just a good pamper and some skin TLC we can do just that also!

Want to find out more? Head to our social media pages, or contact:
loveyourskin_uk@outlook.com



CALLINGTON TOWN MARKET

Don't Miss It!

Sunday 5th February

10.00am until 2.00pm

Stalls inside the Town Hall

Car parking is **FREE** in all car parks on Sundays

For more information, or to book a pitch, please call 01579 384039 or email market@callington-tc.gov.uk

NEXT DATE - Sunday 5th March 2023

Callington Lions



QUIZ NIGHT

Quizmaster: Ken Aspinall
BYO drinks and nibbles, £2.50 a head
Maximum number in Teams 6

Friday 10th March

Doors open 7pm, Quiz starts 7:30

Callington Town Hall

Callington Lions Club is a charity registered with the Charities Commission of England and Wales,
Registration No. 1181024



Callington Lions



1960s onwards

POP



Quizmaster Tony Stentiford

£2.50 a head BYO drinks and nibbles

Maximum number in Team 6

Saturday 11 February

Doors open 7pm Quiz starts 7.30pm

Callington Town Hall

Callington Lions Club is a charity registered with the Charities Commission of England and Wales,
Registration No. 1181024



Station Rd, Kelly Bray,
Callington PL17 8ER
01579384195
bawdenslimited.co.uk

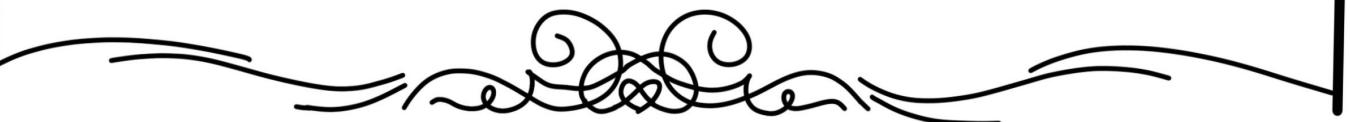


Built in the 1890's, this bakery has been restored under new ownership, and with new ownership comes a new life!

We've kept the traditional bakery life with the distinctive Cornish pasty and popular saffron cakes but added a homely coffee shop and handy takeaway so you can eat in or on the go. There's even the option to order online through 'The takeaway in the Bakery' app!



We always look forward to seeing our customers and having a chat, so if you're looking for a local, quiet place to relax and unwind with some tasty food and drink, this is the bakery for you. We'll see you soon! - Bawden's, The Old Bakery.



07989 957242 fitforlife_cornwall@yahoo.co.uk
www.fitlifetherapy.co.uk

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

Sports Massage

Helps recovery from sporting injuries, muscle aches and pains and improves flexibility and range of motion



Therapeutic Massage

Relaxing deep tissue massage relieves muscle tightness and soreness, increases circulation, eases tension headaches and increases joint flexibility



Manual Lymphatic Drainage

- Treatment for managing lymphoedema
- Lymphoedema is a swelling caused by a build-up of tissue fluids, maybe due to radiotherapy, surgery, cancer treatment or trauma
- Fit for Life will work gently with the client to help manage arm and leg oedema and help the client learn self-lymphatic drainage techniques.



St. Mary's Church February Services

Sunday 5th February

9.15 am Traditional
11.00 am Celebrate and Create

Sunday 12th February

9.15 am Traditional
11.00 am Café Church

Sunday 19th February

9.15 am Traditional
11.00 am Informal

Sunday 26th February

9.15 am Holy Communion
11.00 am Informal

Please see the website for further information

www.callingtoncluster.org.uk

Coming Up at the CAVe

Please see callingtoncave.weebly.com for more details



THE 4th THURSDAY IN THE MONTH IS FILM NIGHT IN CALLINGTON

Callington Community Arts is delighted that the return of the monthly films has been met with such enthusiasm.
Join us in February for:

“Banshees of Inisherin”

Running Time: 1hr 49m

Set on a remote island off the west coast of Ireland, **THE BANSHEES OF INISHERIN** follows lifelong friends Pádraic and Colm, who find themselves at an impasse when Colm unexpectedly puts an end to their friendship. A stunned Pádraic, aided by his sister Siobhán and troubled young islander Dominic, endeavours to repair the relationship, refusing to take no for an answer. But Pádraic's repeated efforts only strengthen his former friend's resolve and when Colm delivers a desperate ultimatum, events swiftly escalate, with shocking consequences.

"The Banshees of Inisherin is not just a beautifully written screenplay. This deeply affecting, warmly humorous, beautifully acted and handsomely photographed (by Ben Davis) film is a major work and top of my list for the best film of 2022."

"I The film toggles masterfully between comedy and tragedy; realism and fable. It manages to be both of the moment and completely timeless"

Thursday 23rd February

Doors open at 7.15pm for membership registration
Callington Town Hall



Members' entrance:

Adults: £4 U18s: £3

TWINNING NEWS

Callington Twinning is off to a busy start in 2023. With the annual Burns Night Supper already behind us as you read this, the Annual General Meeting will be held on Friday 3rd February in the Council Chambers of Callington Town Hall, starting at 7.30pm. Do go along to see what's been happening and what is planned for the coming year. You will also have the chance to chat with members and see how you and your family might benefit from personal contact with our fellow twinnings in France, Germany and Estonia.



The annual Twinning Quiz is always a popular event and you can pit your wits against other local teams in the Town Hall on Saturday 25th February. The questions always cover a wide and varied range of topics and don't cause too many headaches. Please gather some friends and neighbours and come along to join us. Teams consist of a maximum of 6 persons and entry is just £2.50 a head. The quiz starts at 7.30pm. Please note that, due to ongoing instances of Covid, no refreshments will be served, so pack your favourite tipple and some goodies to nibble throughout the evening and try out a bit of mental gymnastics.

The highlight of 2023 will be the May visit to Guipavas, our French twin town in Brittany. If anyone would like to know more about this visit, please ring Sue on 01579 382705. Who knows? It could change your life.

Fitness & Health

Lift Lean/Fitness Pilates & Yoga - Town Hall	(every Monday) 6:15 –7:00pm & 7:15pm - 8:00pm	Diane	07876 332941
Pilates - Town Hall	(every Tuesday) 9:45am - 10:45am	Liz	07526 899781
Dance & Tone - Town Hall	(every Tuesday) 11:30am - 12:30pm	Jo	01752 206968
Chi-Yoga-Lates - Town Hall	(every Tuesday) 1:15pm - 2:00pm	Diane	07876 332941
Beginners Belly Dancing - Town Hall	(every Tuesday) 6:00pm	Jill	07850 043490
Callington Town Women's Football Club	(every Wednesday) 7:00pm - 8:00pm	Jared	07715 008987
		or Tim	07716 357650
Fitness Pilates (Beginners) - Town Hall	(every Thursday) 9:30am - 10:15am	Diane	07876 332941
Purrfect Pilates - Town Hall	(every Thursday) 6:00pm - 7:00pm	Chris	07888 704917
Functional Fitness Circuits - Callington Community College	(every Thursday) 7:00pm - 8:00pm	no24ish@yahoo.co.uk	
Fitness Pilates & Yoga Town Hall	(every Friday) 9:15am - 10:00am	Diane	07876 332941
Latino Dance Town Hall	(every Friday) 11:00am - 12 noon	Jo	01752 206968

Council Meetings & Councillor Meetings

For more details at www.callington-tc.gov.uk All meetings held in the Council Chambers

Tuesday 7th 6.30pm Planning followed by Town Hall & Premises

Tuesday 21st 6.30pm Planning followed Outside Services

Tuesday 28th 6:30pm Finance and General Purposes followed by Full Council

Cornwall Councillor Andrew Long Surgery Saturday 11th and 25th February 2023 - Members Room, off the Pannier Market 10:00am - 12 noon - **07812 597257**

Community Events

Country Market - Town Hall	(every Wednesday) 8:45am - 12 noon
Family Film Show - Town Hall	Saturday 11th February - Doors open 2:00pm
Monthly Market - Town Hall	Sunday 5th February - 10:00am - 2:00pm

Children Activities

Vocal Footprint Drama Club - Town Hall

Primary Theatre (Yrs 1-6) 4:00pm - 4.45pm

Vocal Footprint Singing Club - Town Hall

Primary Singing (Yrs 1-6) 4pm - 4:45pm

Eleanor Valdebouze 07595 457 608 01579 228 336 ellyvdb@hotmail.co.uk

1st Callington Scout Group

Squirrels (4-6yrs) (every Monday) 4:00pm - 5:00pm Scout Hut Contact: 07542 366 369

Beavers (6-8yrs) (every Thursday) 5:30pm - 6:30pm Scout Hut Contact: 07542 366 369

Cubs (8-10½yrs) (every Thursday) 6:45pm - 8:15pm Scout Hut Contact: 07542 366 369

Scouts (10½ - 14yrs) (every Friday) 6:15pm - 8:15pm Scout Hut Contact: 07542 366 369

Local Groups

Callington WI - Council Chamber (Second Wednesday of the month) 7:00pm Contact Jill Trew 01579 386939

Callington Town Band - Heritage Centre Band Room (every Thursday) Contact Shirley Morse 01579 384728

Callington Community Arts Venue 'CAVe' - Town Hall 4th Thursday of the month is Film Night

Callington New Outlook - Council Chamber (every Tuesday except 4th week) 10:00am - 12 noon Contact Shirley Morse 01579 384728

Callington Lions Club - Council Chamber (Third Wednesday of the month) 7:30pm

Callington Community Centre Coffee Mornings - Mondays 10:00am - 12noon; Bingo Mondays from 2:00pm 01579 384960

Callington Lunch Club (Age UK) - Town Hall - every Thursday 12 noon - 1:45pm Contact Jenny Coombe 01579 383572

Callington and District Royal British Legion - Bulls Head 2nd Tuesday of every month, 7:30 pm

Callington Memory Café - Callington Methodist Church every other Saturday 2:00 pm - 4:00pm

Callington Singers Callington - Primary School (every Thursday) 7:30pm - 07878 368857

Callington U3A - Town Hall (1st Monday of the month)10:00am - 12 noon Tel: 07742 362993 Web u3asites.org.uk/Callington

Knit & Natter - Callington Library (every Tuesday) 2:00pm - 3:30pm email: callington.library@cornwall.gov.uk

Man Down - Council Chamber 7:00pm (fortnightly group session) no need to book email: support@mardown-cornwall.co.uk

Old Cornwall Society - Council Chamber Thursday 16th Feb 2.00pm - 4.00pm

Slimming World - The Scout Hut Wednesdays 09:30am & 11:00am - Contact Cathy Jones 07774852724; 3.30pm, 5.30pm & 7.00pm - Contact Kath Hocking 07477425715

Callington Memory Café - Callington Methodist Church - 2:00 pm - 4:00pm - Saturday 11th and 28th February

If you would like your class, group or event listed on this page, please email news@callington-tc.gov.uk