



June 2023

Callington News

NOWODHOW RAG KELLIWIK



Borough & Manor of Callington 1593



Callington Heritage Centre

Enquiries to Chris Cansfield on 01752 851403 or call the Centre and leave a message on 01579 389506

I know I am writing this after the event, but feel I need to record something of this momentous occasion. For those of us of a certain age Charles' Coronation is our second, seems like only yesterday! I am sure there are plenty like me. Most back in the 50's didn't have a television set, so us kids of Isacombe Kelly Bray were invited over to "Snowy" Skinner' s farmhouse where we watched the whole spectacular event commented on by the inimitable Richard Dimpleby. What followed I am pretty vague about, although being gifted a Coronation Mug comes to mind, as did a party later at the WI Hall Kelly Bray with Pearce's "tuffs" and jam and cream!!

Here at the Heritage Centre for this season, we are putting on display some of our rather sparse collection of Charles memorabilia. However, it is all original material from the 50s as carried by "Picture Post" (the "Hello" Mag of its day) featuring a six year old Charles and later some of his Investiture as Prince of Wales. I might be wrong but the only time I can recall the Prince visiting Callington was in June 2006 for the occasion of the opening of The Disabled Access Project at Callington Bowling Club. The visit with photos is recorded in a recently published book "A concise History of Callington Bowling Club" now on sale at the Heritage Centre.



We are utilising our new free standing display boards in the foyer to exhibit our main theme this year which is "Music" in all its forms as played by The Town Band, Dance Bands, Jazz Bands, Choirs and musicians. Callington has a rich history of hosting big bands, these events usually at The Blue Cap Hotel, such as Hunt Balls - were very lavish affairs. This is such a diverse subject and features many of Callington's characters down the years that the only way to get across it is pay us a visit. Maybe a member of your family was involved? In which case if you have any photos bring them in, we can copy them and return them to you. While there why not join as a member £10 per annum good value I'd say or even volunteer?

We are open every **Friday 10am-4pm** and the **first Saturday of the month**.

Callington Town Band run the Marathon

Linda Trebilcock was greeted with a round of applause when she arrived for band practice with Callington Town Band on April 27th for she had completed the London Marathon in just over five hours. She ran it with her good friend, Helen, who had developed Thrombocytopaenia last year and wanted to raise money for the Antony Nolan charity for blood cancers. Their aim had been to raise £2,000 but this was quickly surpassed and, to date, they have raised over £4,000.

Long training runs across Dartmoor proved to have been worthwhile and Linda was successful in getting her marathon place from her running club, Plymouth Harriers. She had previously run the London Marathon 30 years ago but, not surprisingly, said that this one had been more difficult!

Well done, Linda and Helen. Callington Town Band is very proud of you both.



The next edition will be July 2023 and the deadline for this edition will be midday on the 9th June 2023 Editorial copy can be sent to the Editor by e-mailing news@callington-tc.gov.uk or call **01579 384039**

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.

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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I'm hiding in this newsletter, can you find me?



WHAT'S ON
CALLINGTON

Callington Town
MARKET

There are lots of stalls including Fresh Vegetables, Locally Produced Meat, Cakes, Homeware, Artwork, Organic Alcohol and Gifts. With an amazing array of old and new traders joining us, it's not to be missed! You won't be disappointed!



Come and support your local traders.
Pannier Market, Callington.

Toilets, including disabled and baby changing facilities, in the Town Hall and on New Road opposite the Town Hall.

1st Sunday of every Month

For more information, or if you are a trader wanting to book a pitch, please call 01579 384039
Or email market@callington-tc.gov.uk

primraf
THEATRE
Youth Theatre
Placing the spotlight on
our future stars

EVERY TUESDAY 6:00pm-7:00pm

AGES 8-16

These evenings are designed to let the children take part in fun and dynamic sessions involving music, playing drama games to develop theatre-making and performance, learn new skills and make new friends. Giving a great opportunity for children to grow in confidence, express creativity and socialise in a supportive environment.

MEMBERSHIP £10 per year

No further session fees apply

Enquiries to Lynda on the link below:

youththeatre@prim-raf.co.uk

For the children's safety and wellbeing, two DBS checked members and a First Aider will be present.

Callington Amateur Drama Society - Charity No: 1054831 - Registered in England & Wales - 2023
www.primraf.co.uk - <https://www.facebook.com/primraf>



'Callington Toddle In'

For babies, toddlers & their parents, grandparents, carers

CALLINGTON METHODIST CHURCH
Haye Road, PL17 7JJ

Each Thursday 9.30am - 11.30am
Term Time

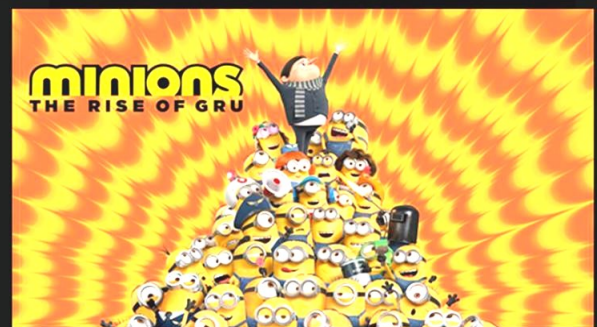
Toys, creativity, healthy snack, tea and coffee

Parking behind the Church

01579 388840 or

visit our Facebook page

FREE FAMILY FILM SHOW



Sat 10th JUNE

**Doors open at
2:00pm**

**Film starts at
2:30pm**

CALLINGTON TOWN HALL

WHAT'S ON
CALLINGTON

“LIVING WITH DEMENTIA?”



Callington Memory Cafe

- meets every other Saturday, 2 til 4.
- Methodist Guild Room (Free parking)
///amplifier.campus.nuzzling
- for those with memory loss & carers
- provides mentally stimulating activities
- in a safe, confidential & caring environment

Help someone live well with dementia



It's ok to ask for help

Find out more

<http://www.callington-memory-cafe.org>
secretary@callington-memory-cafe.org
07539 412 463

CALLINGTON HERITAGE CENTRE



2023-2024 Exhibition

Music in Callington

Opening times
(from 14 April)

Friday 10am-4pm
Saturday (first in month)
10am-1pm

Liskeard Road
CALLINGTON
Cornwall
PL17 7HA

callingtonheritagecentre@gmail.com
01579 389506 (answerphone when closed)



**Callington Town Council
PUBLIC INFORMATION**



Local Government (Access to Information) ACT 1985

NOTICE IS HEREBY GIVEN that, in normal circumstances, Callington Town Hall, New Road, Callington. PL17 7BE are open to the Public from 9.00am - 2.00pm except Bank Holidays or other official occasions.

Council & Committee Meetings

All meetings are open to the public to speak.

June 2023

6.30pm	Tuesday 6th	Planning	Town Hall and Premises to follow	Council Chambers
6.30pm	Tuesday 20th	Planning	Outside Services to follow	Council Chambers
6.30pm	Tuesday 27th		Finance & General Purposes	Council Chambers
7.00pm	Tuesday 27th		Full Council to follow	Council Chambers

Other Meetings & Events

10 am—2pm	Sunday 4th	Callington Town Market	Pannier Market
10am—12pm	Saturday 10th	Cornwall Councilor Surgery (Andrew Long)	Members Room
2.00pm	Saturday 10th	Family Film Show: Minions The Rise of Gru	The Town Hall
10am—12pm	Saturday 24th	Cornwall Councilor Surgery (Andrew Long)	Members Room

Find out more about events in the town and locally on:
callington-tc.gov.uk

Or Callington Town Council on facebook or whatsoncallington.com

Upload your events on whatsoncallington.com and to see what happens in your local community.

Please note that any matters to be considered by the Council or Council Committees should be submitted in writing, to the Town Clerk, Jo Taylor, Callington Town Hall, New Road, Callington. PL17 7BE or email clerk@callington-tc.gov.uk

01579 384039

primraf
THEATRE

Callington Amateur Drama Society

presents

'A Bunch of Amateurs'

Directed by David McCarroll

Written by: **Ian Hislop & Nick Newman**

From an original story by Jonathan Gershfield and John Ross

1, 2, 3 & 8, 9, 10 June 2023 at 7.30pm

Doors open at 7.00pm

Tickets - £12.00 available from
Noakes Habermehl & Kerr - Callington
or online at www.primraf.co.uk

This amateur production of 'A Bunch of Amateurs' is presented by arrangement with ConcordTheatricals Ltd., on behalf of Samuel French Ltd. www.concordtheatricals.co.uk

Performance includes some strong language and cigar smoke

Callington Amateur Drama Society - Charity No: 1054831 - Registered in England & Wales - 2023
www.primraf.co.uk - <https://www.facebook.com/primraf>

WHAT'S ON
CALLINGTON



LOVE TO MOVE

A fun, age & dementia friendly seated movement programme to music.

Physical, emotional & cognitive benefits designed to get you moving more and having fun.

Love to Move is the first cognitive enhancement exercise programme of its kind in the UK, based on scientific research.

Demonstrable benefits in the physical, emotional and cognitive aspects of older people especially those living with Dementia.

When?
Thursday mornings
10.00am – 12pm (From 15th June 2023)

Where?
Callington Town Hall
New Road,
Callington PL17 7BD

For more info:
Contact Christine Harris
07973418371
Love2move@callington-memory-cafe.org

£3
Includes refreshments.

This work has been supported by funding from Sport England and British Gymnastics Foundation.




Sustainable Development Fund 2023

Local grants for your communities

Now open for applications

If you have a project idea that could help to conserve and enhance the Tamar Valley, apply for £500 - £1,500 to turn your idea into reality.



Closing date - Friday 9th June

Full details and application forms
tamarvalley.org.uk/tvaonb-caring or call 01822 835030

Musician's We Need You!



Would you be interested in playing your music at our monthly market in Callington?

To boost your profile in the community and beyond.

Markets are held on the first Sunday of every month 10am - 2pm

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



We bring the joy of song

Saturday 24th June is a date for your diary for on that evening **Callington-based Tamar Valley Male Voice Choir** is proud to be presenting its ever-popular annual Gala Concert at St Eustachius Church, Tavistock.

Always a very special evening, in which the Choir sings much-loved songs as well as numbers new to the repertoire, this year the Concert will be even more special as the Choir welcomes its Guests, Mary and Leslie Mazur-Park, on piano and oboe, whose music delights audiences wherever they perform.

The Concert, supporting the DEC's Turkey-Syria Earthquake Appeal, will be compered by well-known broadcaster, Justin Leigh. It starts at 7.30 p.m. and tickets, £10 for adults, £5 for under 14s, can be purchased online by visiting the Choir's website www.tamarvalleymalevoicechoir.com or at Tavistock Visitor Information Centre in the Guildhall, from Ray Hinton 07817 521185 or at the door where payment can be made by cash or card. There will, of course, be an attractive raffle.

CREATE AND CELEBRATE!



Free soft play, toys, crafts, story time and refreshments for kids! All run by our Pioneer Family Worker, Katie Stevenson

Café, music and reflection for adults

New for 2023! Free family fun @ St Mary's Church, Callington. 1st Sunday of the month-11am



About the King

King Charles III, formerly known as The Prince of Wales, became King on the death of his mother Queen Elizabeth II on 8 September 2022.

In addition to his official and ceremonial duties in the United Kingdom and overseas as The Prince of Wales, His Majesty has taken a keen and active interest in all areas of public life for decades. The King has been instrumental in establishing more than 20 charities over 40 years, including The Prince's Trust, The Prince's Foundation and The Prince of Wales's Charitable Fund (PWCF).

His Majesty has worked closely with many organisations, publicly supporting a wide variety of causes relating to the environment, rural communities, the built environment, the arts, healthcare and education.

Ref: royal.uk/the-king

Churches Together

Enjoyable Coronation Celebration Service and delicious afternoon tea in Callington Town Hall on Sunday 7th May. Thanks to the Churches Together in Callington committee, the clergy and members of our town churches. Special thanks to the staff at the Town Hall, our standard bearers and our guest speaker Mark Thomas, who had served as High Sheriff of Cornwall.



Kelly Bray Coronation Banner

The completed Kelly Bray Banner was presented to the Portreeve by the Friends of Kelly Bray, Sue Pell, Jo Earl, Diana Nash and Pauline Abbiss and will remain on display at Callington Town Hall throughout the coming year.' Thanks for all your support Pauline Abbiss



Meet your Town Councillors



Tony Stentiford Town Crier & Councillor

I have lived in Callington for almost thirty years, your Town Crier for ten years and on the Town Council for four years. Callington is a great little town and I would not want to live anywhere else.

I work full time in Plymouth, but spend all my wages this side of the water in Cornwall. As Town Crier I represent my town to the best I can when visiting other towns for events and competitions.

As councillor I do my best to make Callington a safe and happy place to live and do my best for all of its residents. Hopefully I make a difference to make Callington a great place to live.

If you have a problem and you see me, please stop me and I will try to help, or pass the information on to somebody who can. And remember it's nice to be nice.

Kind Regards
Tony

Karen Gold Chair of Outside Services

I moved to Callington in 1982 with my husband and two children. Shortly after that I started working at Callington Community College, where I held many roles which involved me working very closely with external agencies for the benefit of youngsters at the College. My work within the College has helped me to understand the needs of the youngsters in the area. My family has grown up in Callington and two of my four grandchildren were born in Callington and attend the local school.

I joined Callington Town Council in 2006, I felt it was time to give something back to the community that had given myself and my family so much. I was Portreeve for two years, a time I thoroughly enjoyed, especially meeting so many local people and forging some good friendships. I am at present Chair of Outside Services and really enjoy the challenges this Committee gives me. I am also President of Callington Women's Institute.

I believe Callington has a lot to offer to all ages as there is a huge variety of groups and organisations in this area, no matter what your interests are. I will continue on the Town Council, for as long as possible, to help in the development of our community and help promote the growth of Callington as a major town in Cornwall.



PLANTERS/FLOWERS AROUND THE TOWN

A number of years ago there was a group formed called 'Callington In Bloom'. This group worked hard to brighten the Callington/Kelly Bray area. When the group disbanded the Town Council took over the planting and maintaining of the flowers to keep the area looking bright and welcoming. The Outside Services staff continue to do this sometimes battling the weather – either too hot or frosts! The planters in Fore Street have already been planted and the hanging baskets are up around the Town Hall.

Some of the planters are sponsored and maintained by groups or individuals. Thank you to Kernow Delivery (especially Lorraine Cole for all the knitting) who have made a spectacular display for the Coronation by the Town Hall steps. We look forward to their next display! Also thank you to Mr & Mrs Green who maintain the planters near the primary school. It is much appreciated the help that we receive with displays and we welcome anyone who would offer any help, either planting or watering.

Contact Callington Town Council on **01579 384039**

We look forward to another colourful and wonderful display this year.



Callington Food & Drinks Fair & Callington Town Market



As part of Callington's Coronation Celebration Weekend the first Food and Drinks Fair was organised by the Town Forum, running alongside Callington Town Market (held the first Sunday of every month) . Stall holders started rolling up early in the morning and soon stands were taking shape and preparation was underway for delicious food and drink, fabulous coffee , a great array of hand crafted gifts with an upbeat atmosphere. Drawn by the smell of spices and the vibes from the Caribbean Nights stand people were soon enjoying themselves in the Pannier Market.

The marquees were erected and dismantled by Callington Town Council with the invaluable assistance from Battling On, those lovely young people worked so well and were supplied with Ginsters pasties and coffees from Calli Pizza. Many thanks to the Rotary for all your help with the marquees, it is a huge help - we do really appreciate it!



Little Fudge Kitchen: don't miss their delicious bake treats (the sell out early in the day), chocolate!! preserves, pickled eggs, scotch eggs and much more. There was a variety of stalls for the people of Callington to enjoy.

COMPETITION
CREATE A PRESERVE FIT FOR THE KING

Open to all ages Judging 7th May 2023
Submissions to Calli Pizza by 30th April
Sponsors: The Cornwall Bakery
Prize: A Samworth Hamper

Enquiries: Jane 07974812721

Competition : Create a Preserve fit For the King

We had some delicious preserves entered for the competition but Judge Adrian Roper from The Cornwall Bakery chose the Melon and Crystallised Ginger as the best entry made by Hilary Fairhurst. Well done Hilary we hope you enjoy the amazing hamper from Samworth Brothers!



Fully Licenced Restaurant

Friday to Sunday

4pm to late

Serving handcrafted
unique food and
delicious pizza

Reservations 07861312661

Come and discover Callington's hidden gem.

Calli
Pizza
Cafe

New Outlook Callington

New Outlook Treasurer, Josee Williams, tries a Blood Bike for size when Blood Biker, Steve Moir, came to talk to the Club about the important work the service carries out. His very interesting talk, interspersed with humorous anecdotes, was well received by the members who kept him on his toes with numerous questions. Shirley Morse, Chairman, Callington New Outlook.



WANT TO ADVERTISE YOUR BUSINESS IN THIS NEWSLETTER?

From as little as £18.00 inc VAT

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



Callington AGE UK LUNCH CLUB



April has been a good month starting with our Easter Bonnet Competition reported last month. Since then we have met every week enjoyed delicious meals and good company. Entertainment has been mainly quizzes and on the last Thursday of the month we held our Annual General Meeting. The accounts from the Chair, Entertainment and Lunch Club Organisers were encouraging and our finances look good at the moment despite rising prices.

Our Committee were all willing to carry on and were all re-elected except the Chair, who, at 90, has decided to stand down. We are delighted to be welcoming Helen Dowdall to be our new chairperson and wish her a happy time with her. We were delighted too on that day to have Mrs Susan Hicks

join us for lunch. After more than 30 years cooking us roast beef, chicken, ham pies and delicious desserts, she has decided to retire. She was thanked by Jenny and presented with a bouquet of flowers.

Bouquets were also presented to Lesley Cheetham, our Entertainment Organiser, who works hard behind the scenes, and Lena Richards stepping down as Chair.

We're looking forward to starting May with a special meal celebrating the Coronation of King Charles III and Queen Camilla. We've been asked to wear "posh" clothes!!!

Don't forget if you feel you'd like to join us or become a volunteer, ring Jenny, our Organiser on 01579 383572 or email her on j.combe1@hotmail.co.uk



**Easter eggs and Bunnies
raise funds for charity**



This year local drinking establishments once again helped **Callington Lions** to raise funds with Easter Hampers.

The hampers provided by Callington Lions helped The Cornish Ancestor, The Manor, Who'd Have Thought It, Swingletree, Queen's Head, Rifle Volunteer and Tamar to raise **over £1000**. The charities chosen included The Little Princess Trust, Callington Youth project, Lions, The Food Bank, Air Ambulance and Mind Cornwall.

Thank you everyone who supported these well deserving charities.



Callington Lions Club is a charity registered with the Charities Commission of England and Wales, Registration No. 1181024, Registered Office: 15 Fowey Crescent, Callington, Cornwall, PL17 7PJ, UK

Callington WI

Callington WI held a very strange meeting in May, as we had other local WIs joining us by 'zoom'. This was because we were discussing the NFWI resolution for the AGM in Birmingham in June. Callington is the host WI going to represent eight other local institutes. Rob Price from the Tamar Management Catchment Devon, Cornwall and Isles of Scilly Environment Agency came to discuss 'Clean Rivers for People and Wildlife'. This is the WI Campaign for the coming year. All members were in full support of this topic.

Callington WI meet 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 14th June when the Speaker will be Dr Peter Brinsdon, talking about Pre-History of Malta.

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





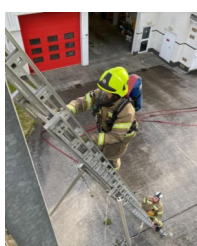
Callington Community Fire Station



Here at Callington Community Fire Station along with the whole of Cornwall, we respond to a range of incidents providing emergency response to those in need 24/7, 365. We are proud to provide fire service response and protection to Callington and surrounding areas.

We also deliver community engagement events involving, open days where the entire community can meet the crew and have a fun filled day with activities and demonstrations. We also take part in various community events, school visits, personal request visits, and scout groups. At each event, visit we deliver fire safety advice and information, show and tell, along with the day to day life of being an on call firefighter.

We have a social media platform where we share information on some of the incidents we attend, community engagement and road and fire safety advice. Please like and follow our Facebook page Callington Community Fire Station to keep up to date with your local fire crew.



Callington Slimming World groups support Cancer Research UK

Members of the Callington Slimming World groups have been busy bagging up clothes that they have slimmed out of for The Big Slimming World Clothes Throw 2023.

In total 123 bags were donated. Based on previous campaigns this should raise at least £3000 for Cancer Research UK, adding much needed vital funds to the more than £18 million that has been raised by Slimming World for Cancer Research UK since 2013.



The Clothes Throw was also a fantastic way to celebrate the difference that members have made to their health and the reduced risk of a range of health conditions including some types of cancer, whether they have dropped one clothes size, or six.

Slimming World supports members to lose weight without ever going hungry; introduce healthy habits in ways that are enjoyable, personalised and sustainable; build active habits at your own pace; and to fit all this around you and your lifestyle.

Research also shows that you're more likely to lose weight as part of a community than if you go it alone. Come and join one of our friendly, supportive groups in Callington Scout Hut every Wednesday to find out how.

Call Cathy Jones on 07774 852724 for information on morning groups.

Call Kathy Hocking on 07477 425715 for information on afternoon/evening groups.

The Friends of Tamar Valley

The Friends of Tamar Valley is a registered charity organisation that oversees the allocation of gifts and donations made to the Callington and Gunnislake Health Centres.

Over the years £1000s have been allocated to such things as defibrillators and ophthalmoscopes, the furnishings of the rooms for the paramedics and new examination couches as well as many small items such as ear irregulars and much more.

The group meets bi-monthly at Callington Health Centre for a short time to discuss and ensure that any donation is distributed as needed and appropriate. New volunteers are needed and if you are interested please contact Clive Grenfell on at clive.grenfell@btinternet.com

If you want to thank your GP and Health Centre Staff for the care received by you, your family or friends, donations can be made direct to the Health Centres.



HOW TO PLANT A HANGING BASKET

Lining: First of all, if you are using a standard wire basket, it will need to be lined. You can buy readymade cardboard liners and fibrous materials sold for the purpose, but a thrifty option is to collect moss from the lawn. Avoid sphagnum moss as it may not be harvested from sustainable sources. Aim to cover the inside with about a 1.5cm (½in) thick layer of the material.



Watering systems: Before you fill your basket with compost consider how you will water it. Hanging baskets tend to dry out more quickly than other types of container and water can easily be wasted from them. Plants grow better with rain water, especially if you plan to use soluble feed so avoid using mains tap water if you can. If you have many baskets, you might consider using an automated watering system. Drip irrigation systems deliver water slowly and directly to the roots so there is less risk of wasting water. They can be used with timers but still need to be adjusted as the plants grow bigger and the weather changes. Most drip irrigation systems are designed for mains tap water use as they need very clean and pressurised water for the drippers to operate correctly and avoid blockages.

Compost: A good quality, peat-free multipurpose is fine for a display that only has to last for one year.

AFTERCARE

Watering frequency: Check baskets every day in summer, watering always unless the compost is wet. Drying out is an increasing risk as the plants grow and days remain warm or windy. An easy way to check if they need water is to gently lift or nudge the baskets to gauge how heavy they are. If they are really light weight, they need more frequent watering. Try to avoid them drying out to the point where plants start to droop ('wilting point'), but if they do wilt, you can place a bucket underneath to capture the water that runs off the surface as you water them and return it to the basket. This will also save losing soluble nutrients that are needed for flowering. Although baskets don't dry out as quickly in winter, they still need regular checking. Aim to keep the compost moist but not soggy, and avoid wetting the foliage and flowers.

Feeding: Summer bedding plants and edibles benefit from regular feeding with a liquid fertiliser in spring, summer and early autumn (April to September). Winter hanging baskets don't need feeding - it can encourage soft new growth that is easily damaged by frosts. If you grow little shrubs or perennials in your baskets, feed them annually in spring by adding a slow-release fertiliser.

Deadheading: Deadhead regularly to encourage a succession of flowers and prevent the plants' energy going into seed production.



Free support to help farmers navigate the Agricultural Transition expanded in the South West

Business Information Point, alongside other local agencies are providing free, tailored one - one advice, workshops, and specialist webinars to help farmers and land managers navigate the changes brought about by the Agricultural Transition:

Following the success of earlier phases of the Future Farming Resilience programme, Devon County Council have received Defra funding to expand the initiative which will now cover Devon, Somerset, Dorset, Cornwall, and the Isles of Scilly.

The support will include:

Transition workshops: Local workshops to discuss the changes coming through the transition and look at new funding options, as well as planning strategies for the future. The upcoming workshops we are running locally are: 15th June - 7pm to 10pm Callington Town Hall, Callington

One-to-one support: Access free one-to-one support with an experienced agricultural advisor to talk specifically about your farm business and develop an agreed and documented action plan.

Small group webinars: Attend small group webinars covering topics such as digital skills, succession planning, woodlands, environmental schemes, soil management, diversification, marketing, business planning and grant schemes.

Digital training: Build digital confidence and gain IT skills to better manage your farm business. The sessions are delivered in a no-nonsense, practical, and supportive manner, free of jargon!

For full details of the support and to register on any of the workshops please visit our website - <https://businessinfopoint.co.uk/ffr/> or call 0800 592 872.



1st Callington Scout Group



To kick-start our Summer Term, 1st Callington attended the East Cornwall District Fun Day. Despite the drizzly rain and chilliness, all of our sections soldiered on in our wet weather gear. There were so many great activities, experiences and memories made. It was a SUPER DUPER day!

Squirrels have been focusing on the wild world, learning more about animals both BIG and small. After learning about endangered animals through storytelling and games, they each got creative and made their own animal mask. They have also been brilliant builders, working as a team to create a number of fantastic, big dens in the woods. In addition to this, they have also sowed their own sunflower seed to look after and grow. Some Squirrels believe that their sunflower is going to grow taller than our Scout Hut roof, past the clouds and all the way up to the Moon...wouldn't that be amazing!

Beavers completed a number of fun team games and challenges in their lodges. They have also started their cyclist badge, learning the importance of safety equipment and the different parts of a bike. Soon, they will be going out for a short ride. For this, they will demonstrate that they can correctly put on and wear a cycle helmet like Matilda the watermelon. They have also been busy doing all things gardening. They planted a nasturtium and sunflower to care for, learned what plants need to grow, what tools you need and how to use them safely and what happens to trees in each of the four seasons.

Cubs up-cycled tin cans into funky monster flower planters. They have also been working towards their Navigator Stage 2 badge. They played a game of North, East, South, West and gradually added more points of the compass. They located themselves on a map, drew a simple map from our meeting place to a point of interest, gained understanding on how to use the key of a map, discussed what they would and would not bring on a hike and made marble mazes.

Scouts raced in their Patrols to complete a hunt around the town. Using a map, they went to each marked point and found a letter. After finding all of the letters, they returned to the Hut to decode and unscramble, making two words. They have also completed a what3words walk. At each checkpoint, they had to answer a question related to the area. They also worked amazingly as a team to litter pick, clean windows, prune trees, clear a new space and do some weeding at the Hut. It is now in tip-top condition thanks to their hard work!

We have LOTS more planned for our Summer Term! If you would like to join, register your place on our waiting list by scanning the QR code. By joining us, you can gain skills for life, go on amazing adventures, experience new things, make friends and have lots of fun. So, what are you waiting for? Sign up now!



To join our waiting list,
scan the QR code and
fill in the required details.



1st Callington Scout Group

Squirrels (4-6yrs) (every Monday)

Beavers (6-8yrs) (every Thursday)

Cubs (8-10½yrs) (every Thursday)

Scouts (10½ - 14yrs) (every Friday)

4.00pm - 5.00pm Scout Hut Contact:

5.30pm - 6.30pm Scout Hut Contact:

6.45pm - 8.15pm Scout Hut Contact:

6.15pm - 8.15pm Scout Hut Contact:

07542 366 369

07542 366 369

07542 366 369

07542 366 369

June Wordsearch

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

- SUMMER SOLSTICE
- SWIMMING
- BREEZY
- CAMPING
- AFTERNOON TEA
- ROSES
- BEACH
- JUNE
- MOONSTONE
- HIKING
- FATHERS DAY
- RELAX
- FRIENDS
- GARDENING
- WARM
- SUNSHINE
- SEA
- FAMILY
- HOLIDAY

SUDUKO:

A 9x9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically .

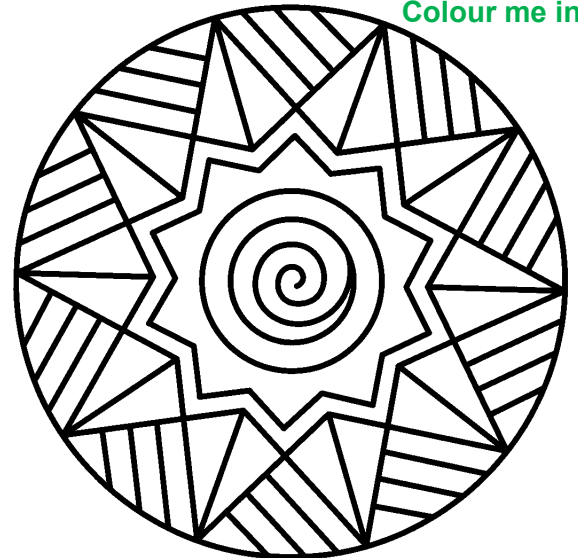
3		5		2				8
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		9		8	6	5	7	1
8			9	7	5	4		3
	5		6					8
9	3	7				6		5

Spot the difference:

there are 6 differences in this photo.



Colour me in



Children Activities

Vocal Footprint Drama Club - Town Hall -
Primary Theatre (Yrs 1-6) (term time) Mondays 4.00pm - 4.45pm;
Secondary Theatre (Yrs 7-11)
 5.00pm - 5.45pm
 Vocal Footprint Singing Club - Town Hall -
Primary Singing (Yrs 1-6) (term time)
Wednesdays
 4.00pm - 4.45pm
 Eleanor Valdebouze 07595 457 608
 01579 228 336 ellyvdb@hotmail.co.uk



THE SCOUT HUT - EVERY WEDNESDAY
 NEW CONSULTANTS

9.30am & 11am with Cathy
 07774 852724

3.30pm, 5.30pm & 7pm with Kathy
 07477 425715

slimmingworld.co.uk

RECYCLING PROJECT UPDATE

Every 6 months we can redeem the points accumulated from sending our shipments to Terracycle. The Manufacturers sponsoring the programmes convert this to money for charities.

TO DATE, since 2019, we have saved over 10 Tonnes from being incinerated.

And Raised £ 10,119

for KICKS COUNT charity, who help reduce UK stillbirths.

Plus collecting for and supporting other local charities.

To learn more visit www.south-hill.co.uk/charity-recycling



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.

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

6 NEWPORT
CALLINGTON
PL17 7AS

Tel: 01579 208300

E-mail: info@cornishancestor.co.uk

OPEN
 Monday - Thursday from 16.00hrs
 Fridays, Saturdays from 12.00hrs
 Occasional Sundays 14.00 - 18.00hrs



St. Mary's Church— June Services

Sunday 4th

9.15am—10.15 am Traditional Worship
 10.30am—11.00am Fellowship & Refreshments
 11.00am—12.30pm Create & Celebrate

Sunday 11th

9.15am—10.15 am Traditional Worship
 10.30am—11.00am Fellowship & Refreshments
 11.00am—12.30pm Mary's Café Church

Sunday 18th

9.15am—10.15 am Traditional Worship
 10.30am—11.00am Fellowship & Refreshments
 11.00am—12.30pm Informal Worship

Sunday 25th

9.15am—10.15 am Traditional Worship
 10.30am—11.00am Fellowship & Refreshments
 11.00am—12.30pm Informal Worship

A service of Holy Communion is held on 2nd and 4th
 Wednesdays of the month at 10.30 am.

Please see the website for further information
www.callingtoncluster.org.uk

Newell's TRAVEL

Independent and well connected



*Making Memories
 Let us help you make yours*

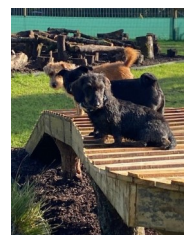
Personalised Service
 Expert Knowledge
 Financially Protected

Find us at 5 Market Street, Liskeard, PL14 3JH
 01579 344811 | liskeard@newellstravel.co.uk



Charwell Dog Adventure

Now Open



Web :

charwelldogadventures.simplybook.it

Email:

charwell_dog_adventures@outlook.com

Charwell, Callington, PL17 7HW

Tel: 07854984572



Find us on:



Stoke Climsland & District Gardening Club

Outside Visits,

Monday 5th June
Visit. Trevor Wiltshire's
Garden, Wadebridge
Leave Parish Hall 5.30pm

Monday 3rd July
Visit David /Lynn's Garden
Lower Tutwell
Leave Parish Hall 6pm

Information from Secretary

Mike Casebow
01579 371154

Qualified Dog
Groomer



Suzanne Page

Tel: 07737
899677

Hot Dogs
Grooming

Home Based in Callington

Kind & Caring Service

One to One

Bath, Groom & Nails

Small & Medium Dogs

10 years experience



Wednesdays@10.30



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

www.callingtonmethodist.org



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

Lymphoedema
Training Academy

Balti King

Indian & Bangladeshi Restaurant & Takeaway



Special Offer every Monday Banquet Night
 2 Papadom & Chutneys, Starter of your choice
 Any Main Course, Rice & Nan.

(King Prawns, English Dishes, Thali, Tandoori Mx Grill,
 Chiken Or Lamb Shaslick £3.50 Extra)

6 Course Meal For £14.95 Pp For Take Away
 Or £16.95 Eat In Price

This Offer is Not Available Bank Holiday Mondays,
 New Years Eve, Christmas Eve Or Valentines Day

There is no further discount on this special offer.

10% DISCOUNT ON COLLECTION OVER £10.00 CASH ONLY

OPEN 7 DAYS A WEEK
 Monday - Sunday 5:30pm - 11:00pm
 Including Bank Holidays

01579 383 818

5 NEW ROAD, CALLINGTON, PL17 7BE
 WWW.BALTIKINGCALLINGTON.CO.UK

PaintNPrint Callington

7 New Road, Callington, PL17 7BE
 Find our shop opposite Callington Town Hall / Bus Stop

Photo Gifts

All prices include YOUR photo
 or a design from our 1000's in stock

Mugs		Metal Keyrings	
White Basic £10	11oz white ceramic mug	Prices Start from: £5	
Large White Basic £15	15oz white ceramic mug	Add Engraving: +£4	
Coloured Inner Mug £12	Red, blue, pink coloured inner and handle	Pictures	
Mug with Spoon £15	Red, blue, pink, green & black coloured inner, handle & matching Spoon	Wooden Photo Panel £10	5x7inches
Reveal Black Mug £15	Add hot water to reveal your photo	Metal Photo Panel	wallet card / business card
Celebration Mug £12	Happy Birthday design, Love Design Christmas Design, Thank You Design	4 x 6 inches £5	
Heart Handled Mug £12	Heart handled White Mug	5 x 7 inches £7	
Travel Mug £15	White or Silver Stainless Steel 14oz Enamel Mug	6 x 8 inches £8	
Drinks Bottles		A5 £7	
White Sports Bottle £10	600ml bottle with 2 choices of lid	A4 £11	
Water Bottle Straw Lid £12	600ml white or silver bottle	Coasters	
Bowling Bottle £18	500ml white, silver, aqua, red, bottles	Ceramic, Slate, Glass	£8.50
Heat Sensitive Bottle £20	600ml bottle - Changes in Sunlight white to red, purple or blue	Square, Round, Heart	
UV ColourChange Bottle £20	600ml bottle - Changes in Sunlight white to red, purple or blue	Rock Slates	
Hanging Decorations		Heart Small £10	
Ceramic, Glass, Metal £8.50	Hearts, Circles, Stars, other shapes	Heart Large £15	
		Heart Hanging £15	
		Rectangle Small £10	
		Rectangle Large £20	
		Arch Large £15	
		Chopping Boards	
		Rectangle Glass £15	20cm x 28cm Smooth or Textured
		Bottle Shape Glass £15	11.4cm x 11.4cm Textured
		Cheese Board £15	11.4cm x 11.4cm Textured
		Wooden With Ceramic Tile insert, A6	
		A5	
		Ceramic Plates	
		Plain white 20cm £15	A4
		Gold Rim 20cm £17	A3
		T-shirt Printing	A2
		from £12	A1

Canvas Prints

Other sizes available
 Print your photos, or choose from our designs

Rectangle Canvases		Square Canvases	
8x10 inches £17.50	8x8 inches £15.00		
8x12 inches £20.00	10x10 inches £20.00		
12x16 inches £35.00	12x12 inches £30.00		
16x20 inches £50.00	16x16 inches £45.00		
20x24 inches £65.00	20x20 inches £55.00		
24x30 inches £80.00	30x30 inches £80.00		
30x40 inches £100.00			
36x48 inches £110.00			

Printing

Photo Prints		Photocopying & Printing	
Printed on a lustre finish as standard. Glass and Matt Finish available. Other size printing available on request. Add a mount to your print from £1.50		Discount for large runs	
6x4 £0.55	A4 Black and White £0.20		
7x5 £0.80	A4 Colour £0.50		
8x6 £1.00	A3 Black and White £0.35		
10x8 £3.00	A3 Colour £0.80		
10x15 £6.00	Wedding Printing		
A6 £1.00	Pop in to discuss your wedding printing. We can print on a variety of different cards and papers to match your theme.		
A5 £2.00	Invitation Printing		
A4 £3.00	Seating Plans Printing		
A3 £8.00	Menus		
A2 £12.00	Place Name Cards		
A1 £24.00	Wedding Thank yous		
	Order of Services		
Greetings Cards		Business Printing	
All cards come with envelopes included.		We specialise in small print runs. Please pop in for a quote.	
A6 Card £2.10		Business Cards	
A6 Cards multiples £1.20		Fliers	
A5 Card £2.50		Booklets	
A5 Cards multiples £1.30		Menu Printing	
7x5 Card £2.50			
7x5 Cards multiples £1.30			
140mm Square Card £2.50			
140mm Square Card multiples £1.30			


Dog Tag Engraving

Choose from our large range of dog tags

Single Side Engraved	£4.50
Front and Back Engraved	£8.50

07708455918 7 New Road, Callington, PL17 7BE
 Open Monday & Wednesday 7.30am - 3.30, Fridays 7am - 3pm
 and every Second Saturday of the month 10 - 2pm

 paintnprintuk
 paintnprintuk



South West Water

It's more precious than you think




With most of our planet being blue, you would not be alone in thinking we will never run out of water. The thing is, not all that water is drinkable. In fact, only 1% of it is accessible freshwater. And we need to protect it.

That is because whether it is us, the fish that live in it, the cows that drink it, the otters that play in it, the bugs that skate on it, or the birds who bathe in it – life depends on water. And all creatures, great and small, rely on the same 1%. The more tap water you use, the less is left in the environment for them.

Another reason to save water is that all aspects of human life depend on it. You drink it. It is used to make your food, your clothes, your house, your medicine. Things we take for granted like swimming pools and restaurants could not run without it. Try putting out a fire without water. Or treating a wound. Or cleaning the bathroom.

With so much depending on it, it only makes sense to save every drop.

RESERVOIR LEVELS AS AT 5 MAY 2023

 <p>ROADFORD Reservoir has expanded into most of Devon 67% This time last year: 92%</p>	 <p>COLLIFORD Reservoir has returned to place in Cornwall 68% This time last year: 76%</p>	 <p>WIMBLEBALL Reservoir has returned to place in Cornwall 100% This time last year: 96%</p>
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cream tea

THE BIG SOUTH WEST children's hospice SOUTH WEST

Friday 30 June 2023
 is National Cream Tea Day!

To celebrate, each of our hospices are holding cream teas for the families we support. Join us by hosting your own cream tea to help raise vital funds for children and young people living with life-limiting conditions.

Register for your free fundraising pack www.chsw.org.uk/creamea

Making the most of short and precious lives across the South West
 Registered Charity No. 1002214

Puzzle Solutions

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



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Fitness & Health

Class	Location	Time & Day	Contact
Lift Lean/ Fitness Pilates & Yoga Chi-Yoga Pilates Fitness Pilates (Beginners) Fitness Pilates & Yoga	Town Hall	Monday: 6.15pm - 7.15pm & 7.15pm - 8.00pm Tuesday: 1.15pm - 2.00pm Thursday: 9.30am - 10.15am Friday: 9.15am - 10.00am	Diane : 07876 332941
Pilates	Town Hall	Tuesday: 9.45am - 10.45am	Liz: 07526 899781
Dance & Tone Latino Dance	Town Hall	Tuesday: 11.30am - 12.30pm Friday: 11.00am - noon	Jo: 01752 206968
Beginners Belly Dancing	Town Hall	Tuesday: 6.00pm	Jill: 07850 043490
Purrfect Pilates	Town Hall	Thursday: 6.00pm—7.00pm	Chris: 07888 704917
Callington Town Women's Football Club		Wednesday: 7.00pm - 8.00pm	Jared: 07715 008987 Tim: 07716 357650
Functional Fitness Circuits	Callington Community College	Thursday: 7.00pm - 8.00pm	no24ish@yahoo.co.uk
Love to Move	Council Chamber—Town Hall	Thursday: 10.00am - noon	From 15th June

Local Groups

Group	Location	Time & Day	Contact
Callington WI	Council Chamber	2nd Weds of the month 7.00pm	Jill Trew: 01579 386939
Callington Town Band	Heritage Centre	Thursday	Shirley Morse: 01579 384728
Callington Community Arts 'CAVE'	Town Hall	4th Thursday of the month is film night	
Callington New Outlook	Town Hall	Tuesday : 10.00am - noon	Shirley Morse: 01579 384728
Callington Lions Club	Council Chamber	3rd Weds of the month : 7.30pm	0345 833 7527
Callington Community Centre		Coffee Mornings: Monday: 10.00am - noon Bingo: Mondays from 2.00pm	01579 384960
Callington Lunch Club (AGE UK)	Town Hall	Thursdays: noon - 1.45pm	Jenny Coombe: 01579 383572
Callington & District Royal British Legion	Bulls Head	2nd Tuesday of every month	7.30pm
Callington Singers	Callington Primary School	Thursday: 7.30pm	07878 368857
Callington U3A	Town Hall	1st Monday of the month: 10.00am - noon	07742 362993 u3asites.org.uk/Callington
Knit & Natter	Callington Library	Tuesday: 2.00pm - 3.30pm	callington.libary@cornwall.gov.uk
Man Down	Town Hall	7.00pm Fortnightly group session	support@mandown- cornwall.co.uk
Old Cornwall Society	Town Hall	2nd Thursday of the month 2.00pm - 4.00pm	
Slimming World	The Scout Hut	Wednesdays: 9.30am & 11.00am Wednesdays: 3.30pm , 5.30pm & 7pm	Cathy Jones: 07774852724 Kathy Hocking: 07477 425715
Callington Memory Cafe	Callington Methodist Church	2.00pm - 4.00pm Sat 3rd, 17th June, Sat 1st July	
Callington Town Forum	Calli Pizza	2nd Wednesday of the month : 6.00pm	
Youth Co-ordination Meeting	Calli Pizza	Every other month after the Town Forum 6.45pm	Paul Hackworth: 07721 433284 paul@hackworth-saint.com
Callington Bowls Club		Friday: 6.00pm turn up and play	Graham Body: 01579 350332 callingtonbowlingclub.co.uk
Homegroup	Town Hall	Drop-in service every Monday 10.00am- 1.00pm	10.00am- 1.00pm
Callington Rotary Club		Every Wednesday 7.00pm	secretary@callingtonrotary.org
Youth Theatre Prim-Raf		Tuesday: 6.00pm – 7.00pm	Contact Lynda Dawe - youththeatre@prim-raf.co.uk