



# Callington News



October 2023

**NOWODHOW RAG KELLIWIK**



## Cornwall and Devon Sending Love to Ukraine Group

On behalf of the Cornwall and Devon Sending Love to Ukraine Group, I would like to thank everyone who supported our recent Quiz Night Fundraiser.

Nintey-two people attended Callington Town Hall for a very enjoyable fun Quiz Night, including Pasty Supper and Raffle.

Our Quiz Master and his wife (Phil and Jill who drive on our aid missions) did an excellent job in entertaining everyone. There was a very good selection of topics and questions which were enjoyed by all.

The Winning Team being the QUIZZY RASCALS, one of many local teams who entered.

A profit of £575 was made on the night, to assist us with fuel delivering our next lot of aid donations to the desperate people in Ukraine.

Thank you to everyone who attended, donated raffle prizes and made the evening a great success.

Your support was much appreciated, by our team and those in Ukraine who we deliver your valuable lifesaving donations too.

Thank you for your support

ANDY, EMMA, PHIL AND JILL



## Neighbourhood Plan – Consultation on the Draft Callington and Kelly Bray Neighbourhood Plan

Following on from the adoption of the Vision for Callington and Kelly Bray in February 2020, the Town Council, Steering Group and consultant team have been working to develop the Neighbourhood Plan. The Draft Plan is now ready for pre-submission consultation. This is also known at the Regulation 14 consultation.

We would like to hear what people think about the document. After considering the comments received and making any necessary modifications, the Neighbourhood Plan will be finalised and submitted to Cornwall Council for Independent Examination. If the Examiner finds the Plan to be satisfactory, then Cornwall Council will arrange for a referendum to take place. This will allow local people to decide whether the Neighbourhood Plan should be used to help decide planning applications in the area in the future.

Jo Taylor, Clerk to the Town Council said “The Neighbourhood Plan provides an opportunity for local people to have a say in how the area is going to shaped in the future. After a lot of hard work, the project is very close to being completed. We now need your views on the Draft Plan and to know whether you would like to see any changes made before it is submitted for independent examination”.

The consultation runs from Monday 2<sup>nd</sup> October 2023 to Monday 13<sup>th</sup> November 2023. The Draft Plan and consultation documents can viewed online at <https://callington-tc.gov.uk/all-news/council-news/neighbourhood-development-plan-news/neighbourhood-development-plan/>. There will also be a display in the town Hall for the duration of the consultation.


Comment forms will be available to fill in at the Town Hall or can be accessed vias the link below. Forms need to be completed and returned by Monday 13<sup>th</sup> November to:

Callington Town Council  
The Town Hall  
New Road  
Callington  
Cornwall  
PL17 7BD

Or by email to [clerk@callington-tc.gov.uk](mailto:clerk@callington-tc.gov.uk)

**Scan Me**

View the Callington & Kelly Bray Neighbourhood Plan on the **Callington Town Council Website**



## **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](mailto:news@callington-tc.gov.uk)



Can you find me in this edition of the newsletter?



# 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 Morning  
10am -12 noon

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

**For more info:** Christine Harris

☎ 07973418371  
✉ [Love2move@callington-memory-cafe.org](mailto:Love2move@callington-memory-cafe.org)

£3 Refreshments provided




FREE!

## Stretch & Strengthen

with Crèche & Cake

*Relaxed class suitable for all abilities and body types*



St Mary's Church  
Monday's 9.15 - 11am

For more information email:  
[pioneerfamilyworker@outlook.com](mailto:pioneerfamilyworker@outlook.com)

Crèche leader is fully DBS checked & Safeguard trained

# primraf

THEATRE

Callington Amateur Drama Society

## QUIZ NIGHT

Hosted by Rose & Steve Hill

**TEAMS OF FOUR**

**£2.50 per person**

**PRIZES for winning team members**

Bring your own drinks and nibbles  
Refreshments in the break for donations

To book your team, contact Lynda on 07979 548624 or  
email: [socialmedia@prim-raf.co.uk](mailto:socialmedia@prim-raf.co.uk)

Join us on **28th October 2023** at **7:30pm**  
Doors open at 7:00pm

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



## FREE FAMILY FILM SHOW

**Sat 14<sup>th</sup> OCTOBER**

**Doors open at 2:00pm**

**Film starts at 2:30pm**

**Refreshments available to purchase**

# CALLINGTON TOWN HALL



# WHAT'S ON CALLINGTON

**CALLINGTON SOCIAL CLUB**  
Well Street, Callington  
01579 384235



What's on in October

Saturday 7<sup>th</sup> Live music with The Merlians from 9.30pm

Saturday 14<sup>th</sup> Live Music with Stargazer from 9.30pm

Saturday 21<sup>st</sup> Live music with Pheonix 5 from 9.30pm

Sunday 22<sup>nd</sup> Quiz Night from 5.30pm. Teams of up to 6.  
£2/Person

Saturday 28<sup>th</sup> Live music with Fastlane from 9.30pm

Happy Hour from 8.30pm-9.30pm every Saturday with offers on selected drinks.

Opening Times;

Monday – Friday 4pm – Close

Saturday & Sunday 12pm – Close

New Members are always welcome

We will be raising money, throughout the year, for our chosen charity, Callington Memory Café.

## COMING UP AT THE CAVE



Please see [callingtoncave.weebly.com](http://callingtoncave.weebly.com) for more details

THE FOURTH THURSDAY OF THE MONTH IS FILM NIGHT

Join us in October for

### "A BUNCH OF AMATEURS"

Running Time: 1hr 35mins



A thoroughly moving and ultimately joyful documentary, A Bunch of Amateurs follows the members of Bradford Movie Makers, one of the oldest amateur filmmaking clubs in the world. Once a thriving community, these days the membership is dwindling and the group struggles to keep the wolf from the door, but its group of ageing cinephiles attempt to save their beloved club.

"Extraordinary..... A profoundly moving and funny film."

"A thoroughly moving and ultimately joyful affair."

"It brought me to tears, made me laugh hysterically & warmed my heart so much."

"This was absolutely brilliant. The enthusiasm, love and a shared joy of cinema is only the start of it."

### Thursday 26th October

Doors open at 7.15pm for membership registration

Members' entrance:

Adults: £4 U18s: £3

Start time: 7.30pm (Doors open at 7.15pm)

Callington Town Hall Council Chamber

NOTE: ANNUAL MEMBERSHIP REQUIRED (AVAILABLE ON DOOR). £6 PER CALENDAR YEAR;

# Quiz Night

Saturday, 14<sup>th</sup> October

7pm Callington Town Hall

Quiz Master: Ken Aspinall

supporting

## Callington Town Band

(Registered Charity No. 1096165)

£2.50pp - teams of up to 6 people  
(a minimum of 4, please)

Raffle

Bring your own refreshments!

To book a table please call Shirley  
01579 384728 or 0792 638 4949  
or email: [shirleyamorse@gmail.com](mailto:shirleyamorse@gmail.com)



Come and join us for Arts & Crafts this October at the

### Mustard Seed, Callington!

Caring for the Carers Course (Taking place at South Hill Parish Hall - Transport available from Mustard Seed at 9am)  
Thursday 7th September

Adult Pottery Course  
Thursday 5th October 1:00pm - 3:00pm

Wax Resist Art  
Tuesday 10th October 1:00pm - 3:00pm

Lavendar Bag Making  
Thursday 12th October 1:00pm - 3:00pm

Abstract Mindful Watercolour Doodles  
Tuesday 17th October 1:00pm - 3:00pm

Gel Plate Printing  
Tuesday 24th & 31st October 1:00pm - 3:00pm

(£2 p.p. donation suggested)

### Free Refreshments!

Contact: [sue@wssw.org.uk](mailto:sue@wssw.org.uk)



WINNING STEPS SOUTH WEST

# WHAT'S ON CALLINGTON



**HALLOWEEN PARTY**

**Tuesday 31<sup>st</sup> October**  
**at the**  
**Callington Town Hall**

**Family Disco : 6.00pm – 8.00pm**  
Children under 11 must be accompanied by a responsible adult

**Entry Adults - £1.00**  
**Children – 50p**

Entry on the door  
Refreshments available to purchase  
Raffle  
Fancy dress



eat the food you love and still lose weight!

**yes you can**  
with **Slimming World**

**FREE recipe book** worth £4.95 when you buy a Countdown course! (20th May to 17th June 2023)

Contact your local Slimming World Consultant and join a friendly and super-supportive group today!

**Callington Scout Hut**  
Every Wednesday

**8am, 9.30am & 11am**  
with Cathy Jones  
Call 07774 852724

**3.30pm, 5.30pm & 7pm**  
with Kathy Hocking  
Call 07477 425715

read Joe, Sapphire and Abby's stories here  
[slimmingworld.co.uk](http://slimmingworld.co.uk)

\*At participating groups. Price shown is RRP. Terms and conditions apply. Visit [slimmingworld.co.uk](http://slimmingworld.co.uk) for more information.

**Slimming WORLD**  
touching hearts, changing lives

**Callington Book Fair**  
**Town Hall**  
**Saturday 4<sup>th</sup> November 2023**  
**10am – 3.00pm**  
with **Mark Simmons.**

Hundreds of books, new and second-hand

Collectibles; children's; military; transport; history; craft; novels etc.

Something for everyone.

Refreshments available, Cuppa and cake  
£1.50

Free entry but cash donations for Children's Hospice South West would be appreciated.




**Callington Lions TableTop Sale**

**Saturday 28<sup>th</sup> October 2023**  
in  
**Callington Town Hall**  
Doors open for traders at 09:30  
And Public at 10.00am To 1.00pm

The charge is £5 for each 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 Charitable Interest Organisation, registered with the Charities Commission of England and Wales, Registration No. 1181024, Registered Office: 15 Fowey Crescent, Callington, Cornwall, PL17 7PJ.

**Would anyone be able to offer me French Lessons?**



Daytime or Evening  
Would Happily Pay  
My Level is A2/B1

Please contact  
[markjerman@live.co.uk](mailto:markjerman@live.co.uk)  
**07821 702500**



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](http://www.callingtonmethodist.org)

# Callington

**u3a**  
learn, laugh, live

Have you ever wondered what u3a stands for? It stands for the University of the Third Age anyone who is no longer in full time gainful employment can get involved. There are now over 1,000 u3a groups in the UK that are self-run by a committee and overseen by a National Office. The committee is made up of members who serve for a maximum of 3 years so members involvement is encouraged.

Members can join 'groups' in their u3a. These range from Art to Philosophy, Baking to Walking, with subjects such as Quizzes, Crime Writing, Needlework, Pub Lunches and Skittles among the 25+ groups currently running at Callington. Groups meet in members homes or hired premises where the cost is covered by members attending.

There is no study or exams. The groups are to share interests, ideas and skills and to have some fun. You also get to meet new people, make new friends and maybe improve your social life. There is a monthly meeting on the first Monday of the month in Callington Town Hall at 10am. Coffee/tea and biscuits and a chat. Any news is shared at 10.30 and then there is a guest speaker.

The current annual fees are £13.00 single and £25 joint membership. Anyone interested is welcome to come along to a couple of monthly meetings free and see what we do before committing to joining. For more information visit our website [u3asites.org.uk/callington](http://u3asites.org.uk/callington).

### St Sampson's Church South Hill

Join us for what promises to be an amazing evening of sea shanties and songs from our very own Tamar based mixed Acapella group - Barrett's Privateers. Many of the songs explore our rich local heritage as well as the wider West Country traditions.

**This will be a very special gig. Wednesday October 4<sup>th</sup> 7.00pm. Free entry, donations welcome towards the St Sampson's Unlocked restoration project. Bar and pasties available. Booking advisable.**

[Barrett's Privateers Tickets, Wed 4 Oct 2023 at 19:00 | Eventbrite](#)

### **Living Churchyard**

St Sampson's continues to discover more species growing in the Churchyard and a recent visit from lichen expert Bob Hodgson 7<sup>th</sup> August recorded over 40 varieties.

We want to add more benches in the Churchyard, so people can sit and enjoy the space. If you would like to sponsor a bench or part bench, please contact me [judithayers@yahoo.co.uk](mailto:judithayers@yahoo.co.uk). We are aiming to use benches made from recycled plastic (approx. £250) which are environmentally friendly, maintenance free and last 5 times longer than timber. Perhaps you would like a bench in memory of a loved one.

Please can I gently remind anyone putting flowers on graves, that they should not be plastic. This is because the plastic gets brittle and broken and then small pieces are scattered in the grass, making it very difficult to remove and become a hazard to wildlife. St Sampson's is proud of being an eco-church and we strive to be environmentally friendly in all that we do, whilst creating a peaceful and beautiful haven for our loved ones no longer with us, for those visiting graves and our wildlife residents. The fence on the East boundary has been replaced by the Community Payback team and they are in the process of painting the gate.

We hope to put up more bird boxes this autumn and create an information board with many of the plants and animals that have found a home in the churchyard. More on this next month.

Please visit and enjoy the Church and Churchyard. Explorer packs are available in the porch for families and children.

Judith Ayers  
Churchwarden and Local Lay Leader.

We meet on the third Friday of the month and you will receive a warm welcome, along with our years of training and experience, oh and not forgetting tea and cake.

Our next free drop in session is on **Friday 21st October 10am – Noon** and we would love to see you. Chyvarhas Care Home, 22 Saltash Road, Callington. PL17 7EF  
01579 383104

**dementia  
coffee mornings**

Chyvarhas Care Home

CornwallCare

 Sanctuary Care



**Scarecrow Competition**

This year at Hays Road allotments and The Labouring Poor allotments on Launceston Road held a scarecrow competition. A few of the allotment holders took part with some very imaginative scarecrows being made. The judging took place on the 12th September and here are a few of the entries. Well done to everyone who took part.



**Multi Use Games Area**

Work has nearly been completed on the MUGA. There was a slight delay because the goal posts had not been manufactured correctly. This has now been resolved and work has restarted.



Tamar Close Park has undergone a make-over with new equipment being installed. There is still work to be done with replacing the fencing in and around the park.



There has been a few instances of vandalism taking place in the public toilets on New Road. Also there was recently a gate on Launceston Road Recreation ground that had been broken. Please can we be considerate to others and respect our Town. This all costs money and time to repair.  
Please report any incidents or issues to the Town Council email [enquiries@callington-tc.gov.uk](mailto:enquiries@callington-tc.gov.uk)



**Road Traffic Regulation Act 1984, S.16A**

The below event road closure request has been received.

Event: 25/11/2023 - Kelliwik Golowi  
Date: 25th November 2023  
Times: 15:30 to 23:00 hours

Please click the following link for Intention Notice and map :  
<https://one.network/?tm=135600156>



## Remembrance Wreaths

This years Remembrance Service will take place on Sunday 12th November 2023.

We are currently compiling the order for Poppy Wreaths to lay at the War Memorial, if you would like to order one for your group, organisation or as an individual, please contact enquiries@callington-tc.gov.uk or telephone 01579 384039

### The Mustard Seed

Connect and pray together

#### 1 Launceston Road Callington

##### Dates for services for October

Sunday 1st @ 10.45 am  
Beverley Bedford. Counties evangelist  
6.30pm Rodger Parkyn with Darren & Petra Franklin

Sunday 8th @ 10.45am  
Mr Mark Pellow

Sunday 15th @ 10.45am  
Harvest service with pasties served after  
Mr Mark Thomas speaker  
Stephen Dennis FCN (The Farming community network)

Sunday 22nd @ 10.45 am  
Pastor Martin Bunkum

Sunday 29th @ 10.45 am  
Pastor Martin Bunkum

P.S. Pr Martin will be starting a series of sermons on "The 12 Steps Alcoholics Anonymous" programme.

Sunday 22<sup>nd</sup>: Step one

We admitted we were powerless – that our lives had become unmanageable.

Sunday 29<sup>th</sup> :Step two

We came to believe that a power greater than ourselves could restore us to sanity.



#### 'Callington Toddle In'

For babies, toddlers & their parents,  
grandparents, carers

CALLINGTON METHODIST CHURCH,  
Haye Road, PL17 7JJ

Each Thursday 9.30 – 11.30 am term time  
Parking behind the Church.  
01579 388840 or visit our Facebook page

## St. Mary's, Callington

### St. Mary's Church

**Sunday 1st** 9.15 Traditional  
11am Create and Celebrate with  
activities for children and Café style worship for the adults

**Sunday 8th** 9.15 Traditional  
11am Café Style Contemporary Worship

**Sunday 15th** 9.15 Traditional  
11am Café Style Contemporary Worship

**Sunday 22nd** 9.15 Traditional with Holy Communion  
11am Café Style Contemporary Worship

**Sunday 29th** No services at St. Mary's but meet as a Cluster  
8am Stoke Climsland Communion  
or  
11am St. Paul's Upton Cross for a family friendly service

On 2nd and 4th Wednesdays there is Holy Communion at  
St. Mary's at 10.30am.

Please see the website [www.callingtoncluster.org.uk](http://www.callingtoncluster.org.uk) for  
details of other activities



### Callington Christmas Festivities Saturday 2<sup>nd</sup> December 2023

Arrangements have started for this year's Christmas festivities in Callington on Saturday 2<sup>nd</sup> December. There will be a Christmas Craft Fayre in the Town Hall from 10.00 am – if you would like to book a stall please contact the Town Hall on [enquiries@callington-tc.gov.uk](mailto:enquiries@callington-tc.gov.uk) or call into the Office. The Victorian Market will also be taking place in the Pannier Market from 3.30pm and if you are interested in having a stall please contact Richard Lumley on [rick@callingtonrotary.org](mailto:rick@callingtonrotary.org).

Santa will also be visiting Callington and will be in his Grotto from 10.00 am – tickets for this will be available in October.

More information about events and entertainment will be in next month's newsletter.

# Kelliwik Golowi Lighting up Callington

Join us on  
**Saturday 25th November 2023**  
At  
**6pm**

For a procession through the town followed by  
performances in St Mary's Square



Step into a world of wonder as we ignite the streets of Callington with an extraordinary festival of light, music and dance, inspired by the spirit of our town. Prepare to be entertained by a showcase of performances as we bring light to a dark, November evening. Be a part of our torch-lit parade through the heart of Callington or watch in wonder as you feel the warmth, witness the flickering flames and let the fiery passion warm your soul!

## Performances include:

The Callington Town Band  
The Kelliwik Golowi Band  
Fire Eating & Fire Display

Jilly Belly Dancers  
Cornish Dancers  
Morris Dancing

The Egyptians  
Drumming

## Volunteers Needed

We are looking for volunteers to help at various road closure points: helping to direct traffic and pedestrians.

There are various shifts that need covering between 4pm– 9pm

If you can help, please contact Paul Carey on 07904 269495 for more information.

**Free Workshops - All Welcome** (children must be accompanied by a responsible adult)

Come to one of our free workshops and make your very own costume, headdress and lantern for the parade. All materials will be provide and help will be on hand to guide you through the process.

**Workshops will be held at The Town Hall, Callington 10am - 12pm**

**Dates for your Diary 2023:**

**14th October**

**21st October**

**28th October**

**4th November**

**11th November**





# Calling All Local Musicians... Your town needs you!

We are looking to form Kelliwik Golowi Band to play at the Kelliwik Golowi festival on  
**Saturday 25th November 2023**

There will be some weekly practice session leading up to the event so you can meet your fellow musicians and support each other as you get to grips with the tunes.

If you are interested in being part of this exciting opportunity,  
**text Paul Carey on 07904 269495** for more information.

## Practice Sessions

All sessions will be held at The Bull's Head,  
Callington 10am—12pm

Dates for your Diary 2023

7th October

21st October

11th November

18th November

25th November

## Tunes List for 2023

Name - Fooch No.

- \* Nine Brave Boys - 24
- \* Delkiow Sevy - 01
- \* Quay Fair - 16
- \* Tregajoran Furry - 26
- \* Saltash - 19
- \* Bodmin Riding - 21
- \* Duncan Hunkin - TBA

We look forward to welcoming you  
As you become a part of this exciting, fun event!

Facebook: <https://www.facebook.com/profile.php?id=100092233195473>

Tik Tok: <https://vt.tiktok.com/ZGJnN11xW/>

Instagram: <https://instagram.com/kelliwikgolowi?igshid=OGQ5ZDc2ODk2ZA==>



tvhPPG

Tamar Valley Health  
Patients' Group

### **TVH FLU AND COVID VACCINATIONS ARE AVAILABLE TO BE BOOKED NOW!**

Tamar Valley health seasonal COVID & FLU vaccination appointments are now available for booking. The program starts on September 16<sup>th</sup> 2023 and enables you to opt for your vaccination at Callington or Gunnislake health centre. The clinics will be running as double vaccination clinics as per government guidance. Both vaccines have been approved to be given together.

If you do not want the flu and COVID vaccinations together, you will be booked into the single vaccination clinics in mid/ late October for COVID and will need to attend twice to be vaccinated against both influenza and COVID.

Single flus can be booked now, including private flus if patients who are not eligible want one at our Saturday clinics.

To book an appointment the phone lines will be open from 10am – 12pm and 2pm – 4pm, this is to ensure the Practice is still able to take regular on the day phone calls from patients who need to see or speak to a clinician. Staff may offer to book you an appointment whilst you are on the phone discussing other matters if you are eligible. You can use the NHS app and systemone online applications to book an appointment reducing phone waiting times. You do need to register for these systems. The Practice will also be sending invitations via text message which will include a link to booking an appointment. You can also use the TVH website and click on RECEPTION & ENQUIRIES then "ask a receptionist a question", send your availability and an appointment will be booked and confirmed with you.

Housebound patients are coded as such on the clinical system. Patients do not need to ring to confirm their housebound status unless they are temporarily housebound (recent operation or disability) or have recently become housebound. If you are housebound and have not heard from the Practice regarding a home visit by mid-October, please contact the surgery for further information and to check when your visit is scheduled.

Appointments are available every Saturday starting September 16<sup>th</sup> to and including October 28<sup>th</sup> from 08.30 to 1430.

For eligibility and more information go to

<https://tamarvalleyhealth.org.uk/practice-information/flu-and-covid-vaccination-delivery-plan/>

Sharon Trafford. Chair. Tamar Valley Health Patient Participation Group.

### **Callington Heritage Centre**



Well after saying things were quiet, its gone berserk lately! Kicking off with a visit from a party of thirteen from Lezant Heritage for whom we opened especially. They enjoyed the afternoon and found some missing links to add to their trees so they went away satisfied and kindly made a donation of £20 to show their appreciation. Glad to say Karen is back with us after her recent prang not quite right yet but nearly good news. On the health front also welcome back to "Mitch" who it is fair to say was struck down with a very rare condition affecting his movement and general mobility-like Karen taking it slowly, but everyday is getting better. All goes to show you never know what's around the corner! Contacted recently by a family from Birmingham whose ancestors were "Callingtonians". Great Grandparents and Grandparents were of the RICKARD family of Hays Road Farm and who had a Butchers Shop down Church St / Lower St (as it was then). Her parents left Callington and moved to Salisbury since when she revisits Callington when she can. Kindly donated two watercolours, one of Callington Grammar School painted in 1945 by W Martin, the other a smaller naive view of Kit Hill showing a man working in his garden / allotment in the foreground. Looks to me as if the view was painted from the bottom of Valentine Road? The family (four of them) came in to hand the pictures over last Tuesday and took the opportunity to look around the Museum at the same time they were suitably impressed. After recommendations where to go for a good meal or alternatively a proper Cornish Pasty they went on their way. Apart from the up-front activities needed to keep the Museum running there are many behind the scenes duties we have to perform. The principal of which is our Annual Audit of our Books kindly undertaken by Clive Kidman, the stats for these take many hours to prepare before we can submit them to the Charity Commission. Our thanks to him for his assistance. Whilst talking admin matters we are considering having Wildanet as our Internet provider, this has been prompted by the sky high charges for this provision which we currently pay we can now halve them!! Our invitation remains the same come and pay us a visit, you wont be disappointed or give us a ring on 01579-389506 / 01752-851403 or e-mail [c.cansfield@btinternet.com](mailto:c.cansfield@btinternet.com)



CUT ME OUT

# Sorry...



no trick or  
treat this  
Halloween



**Devon & Cornwall Police**  
Building safer communities together

DOP/PA/Super/12

### HALLOWEEN SAFETY

- Keep clear of all flames such as candles and lit pumpkins, which could cause costumes to catch fire or cause burns
- Plan your trick or treat route beforehand. Only go to houses where you or your friends know the residents. Always go in groups. Don't go without an adult
- Be cautious about eating what people give you when out trick or treating. Check with an adult when you get home
- Be visible, stay in areas that are well lit with streetlights. Take a torch just in case
- Remember '**STOP, DROP and ROLL**' if clothing catches fire. STOP where you are. Do not run. DROP to the ground. Lie down flat. ROLL over and over on the ground until flames are out
- Don't wear masks that restrict your vision. You need to see when crossing roads
- Don't enter any house when trick or treating, stay on the doorstep
- Don't knock on doors where you see a 'No trick or treat callers' sign.



## Pause for Pizza



A free drop-in session for teens

Chill with pizza, music, café ...and more pizza!

Help with homework/revision delivered by trained teachers ☺

Thursday afternoons 3.15 until 5pm.  
@ St Mary's Church, Callington.  
• Contact Katie for more details or to sign up - [pioneerfamilyworker@outlook.com](mailto:pioneerfamilyworker@outlook.com)



## LOGS



£90 DUMPY BAG  
£5 NET BAG

FREE COLLECTION  
DELIVERY AT COST

Lucy 07966 649 009  
Jimmy 07792 524 771



## Charwell Dog Adventure Now Open






Web :  
[charwelldogadventures.simplybook.it](http://charwelldogadventures.simplybook.it)

Email:  
[charwell\\_dog\\_adventures@outlook.com](mailto:charwell_dog_adventures@outlook.com)

Charwell, Callington, PL17 7HW  
Tel: 07854984572



Find us on:



**SUDUKO:**

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

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



# Halloween Word Search



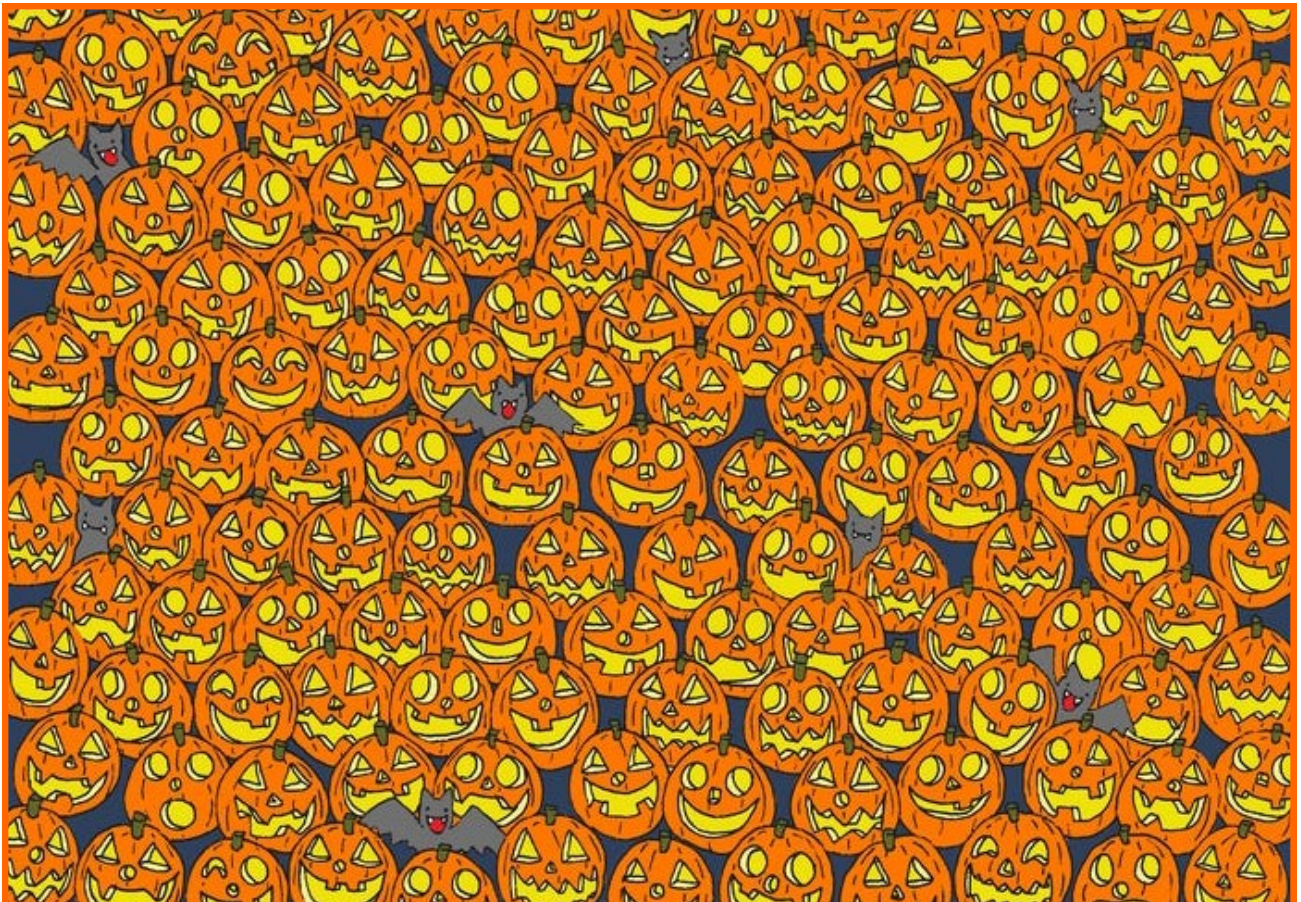
Find the words hidden in the puzzle.

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

- |        |           |          |        |
|--------|-----------|----------|--------|
| BAT    | COSTUMES  | MUMMY    | TRICK  |
| BOO    | GHOST     | PUMPKIN  | TREATS |
| CANDY  | GOBLIN    | SKELETON | WITCH  |
| COBWEB | HALLOWEEN | SPOOKY   |        |



Can you find the pumpkin without a nose?



Callington  
Rotary



### Can you help?

Coats that are no longer needed can make a real difference to the homeless and vulnerable during Winter time. Wrap Up is a project run by Rotary Clubs working in partnership with Hands On London. Our sole aim is to provide coats, that go directly to people who struggle to keep warm during the winter months. During **October and November** we will be collecting coats to provide to those in need. Would you be willing and able to host a collection point? This year more than ever your donated coat will be needed by someone.

### Frequently asked questions

#### Is Wrap Up a charity?

Wrap Up is a campaign run by local Rotary Clubs, in partnership with the registered charity Hands On London (1140291).

#### Do you collect coats all year round?

The Wrap Up Campaign only runs during October and November each year.

#### Where do the coats go?

Coats donated to Wrap Up are distributed via homeless shelters, refugee centres, organisations supporting the elderly, women's refuges, children's centres and other charities helping people in crisis.

#### Will you take duvets, sleeping bags or other clothes apart from coats?

The Wrap Up project is being powered exclusively by volunteers through Rotary Clubs, we do not have the operational capacity or connections to accept anything other than coats.

#### Can you guarantee donations really do go to someone who needs it?

We work with many of our charities and beneficiaries throughout the year, so can confidently confirm that they serve the UK's most vulnerable people. Should we have a surplus of coats will look for other organisations to ensure your donation reaches a vulnerable person.

#### Will any coats be sold on?

No. For the small percentage of coats that are donated in very poor condition, we work with various recycling organisations. These organisations offer ethical use of the recycled products.

#### Your campaign looks like you've spent a lot of money on it...

The Wrap Up campaign is delivered by a team of dedicated volunteers from local Rotary Clubs. We are lucky that so many wonderful organisations and individuals believe in the campaign and want to make it a success; it is their generosity that enables Wrap Up to happen. Every year, Rotarians across the country give up their own personal time to help vulnerable individuals by making Wrap Up happen.

#### There are homeless people on the streets – why don't you just take the coats directly to them?

We have worked very closely with our charities and their advice is to distribute the coats we collect through them rather than directly. This is to ensure that the coats reach those most in need. People who receive the coats are encouraged to collect them from shelters, centres etc. Whilst there, they are able to access other services that can help them rebuild their lives.

Every coat counts in our quest to provide warmth to the homeless and vulnerable!

For further information please contact Keith [keith@callingtonrotary.org](mailto:keith@callingtonrotary.org)

\*07855 820 226



**PUMPKIN PIE RECIPE**

**Ingredients**

- 750g/1lb 10oz pumpkin or butternut squash, peeled, deseeded and cut into chunks
- 350g sweet shortcrust pastry
- plain flour, for dusting
- 140g caster sugar
- ½ tsp salt
- ½ tsp fresh nutmeg, grated
- 1 tsp cinnamon
- 2 eggs, beaten
- 25g butter, melted
- 175ml milk
- 1 tbsp icing sugar

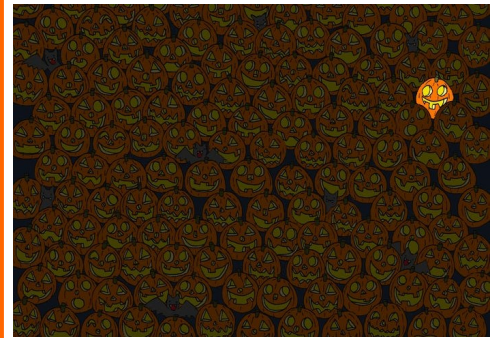
**Method**

1. Place the pumpkin in a large saucepan, cover with water and bring to the boil. Cover with a lid and simmer for 15 mins or until tender. Drain pumpkin; let cool.
2. Heat oven to 180C/160C fan/gas 4. Roll out the pastry on a lightly floured surface and use it to line a 22cm loose-bottomed tart tin. Chill for 15 mins. Line the pastry with baking parchment and baking beans, then bake for 15 mins. Remove the beans and paper, and cook for a further 10 mins until the base is pale golden and biscuity. Remove from the oven and allow to cool slightly.
3. Increase oven to 220C/200C fan/gas 7. Push the cooled pumpkin through a sieve into a large bowl. In a separate bowl, combine the sugar, salt, nutmeg and half the cinnamon. Mix in the beaten eggs, melted butter and milk, then add to the pumpkin purée and stir to combine. Pour into the tart shell and cook for 10 mins, then reduce the temperature to 180C/160C fan/gas 4. Continue to bake for 35-40 mins until the filling has just set.
4. Leave to cool, then remove the pie from the tin. Mix the remaining cinnamon with the icing sugar and dust over the pie. Serve chilled.



<https://www.bbcgoodfood.com/recipes/pumpkin-pie>

**Puzzle Solution**



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



**The Cornish Ancestor  
Micro Pub**



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

Available for group/business meetings  
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Fridays, Saturdays from 12.00hrs  
Occasional Sundays 14.00 - 18.00hrs

**6 NEWPORT  
CALLINGTON  
PL17 7AS**

**Tel: 01579 208300**

**E-mail: [info@cornishancestor.co.uk](mailto:info@cornishancestor.co.uk)**



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**Special Offer every Monday Banquet Night**

2 Papadom & Chutneys, Starter of your choice  
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(King Prawn), English Dishes, Thali, Tandoori Mix Grill,  
Chicken Or Lamb Shaslick £3.50 Extra

**6 Course Meal For £14.95 Pp For Take Away  
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*This Offer is Not Available Bank Holiday Mondays,  
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*There is no further discount on this special offer.*

**10% DISCOUNT ON COLLECTION OVER £10.00 CASH ONLY**

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**WWW.BALTIKINGCALLINGTON.CO.UK**

6x 10000 10000 10000 10000 10000 10000 10000 10000 10000 10000

# 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**
- White Basic £10  
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- Large White Basic £15  
15oz white ceramic mug
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- Mug with Spoon £15  
Red, blue, pink, green & black coloured inner, handle & matching spoon
- Reveal Mug £15  
Add hot water to reveal your photo
- Celebration Mug £12  
Happy birthday designs, Love Design Christmas Designs, Thank You Design
- Heart Handled Mug £12  
Heart handled White Mug
- Travel Mug £15  
White or Silver Stainless Steel 14oz
- Enamel Mug £12  
White Enamel Mug
- Drinks Bottles**
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400ml bottle with 2 choices of lid
- Water Bottle Straw Lid £12  
600ml white or silver bottle
- Bowling Bottle £18  
500ml white, silver, aqua, red, bottles
- Heat Sensitive Bottle £20  
600ml bottle - Changes by warmth of hands
- UV Colour Change Bottle £20  
600ml bottle - Changes in sunlight - white to red, purple or blue
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Other sizes available  
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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
16x24 inches £55.00	20x20 inches £55.00
20x24 inches £90.00	30x30 inches £80.00
20x30 inches £75.00	
30x40 inches £95.00	
30x48 inches £100.00	
36x48 inches £110.00	

## Printing

- Metal Keyrings**
- Prices Start from: £5
- Add Engraving: +£4
- Pictures**
- Wooden Photo Panel £10  
5x7 inches
- Metal Photo Panel  
wallet card business card
- 4 x 6 inches £5
- 5 x 7 inches £6
- 6 x 8 inches £7
- A5 £8
- A4 £11
- Coasters**
- Ceramic, Slate, Glass £8.50
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- Rock Slates**
- Heart Small £10
- Heart Large £15
- Heart Hanging £15
- Rectangle Small £10
- Rectangle Large £20
- Arch Large £15
- Chopping Boards**
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20cm x 28cm Smooth or Textured
- Bottle Shape Glass £15  
11.4cm x 11.4cm Textured
- Cheese Board £15  
Wooden With Ceramic Tile insert
- Ceramic Plates**
- Plain white 20cm £15
- Gold Rim 20cm £17
- T-shirt Printing**
- from £12
- Greetings Cards**
- All cards come with envelopes included.
- A6 Card £2.10
- A5 Cards multiples £1.20
- A5 Card £2.50
- A5 Cards multiples £1.30
- 7x5 Card £2.50
- 7x5 Cards multiples £1.30
- 140mm Square Card £2.50
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- We specialise in small print runs
- Please pop in for a quote.
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- Photocopying & Printing**
- Discount for large runs
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- A3 Colour £0.80
- Wedding Printing**
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- 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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Choose from our large range of dog tags

- Single Side Engraved £4.50
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Open Monday & Wednesday 7.30am - 3.30, Fridays 7am - 3pm  
and every Second Saturday of the month 10 - 2pm

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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.



The next edition will be November 2023 and the deadline for this edition will be midday on the Monday 9th October 2023, items included in the newsletter are put into the article on a first come first serve basis. Editorial copy can be sent to the Editor by e-mailing [news@callington-tc.gov.uk](mailto:news@callington-tc.gov.uk) or call **01579 384039** or by post or hand in copy, 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.

The views expressed in each article reflect the author(s) opinion and are not necessarily the views of the publisher or editor

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### Fitness & Health

Class	Location	Time & Day	Contact
Lift Lean/ Fitness Pilates & Yoga  Pure Stretch 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	Christine Harris: 07973418371

## Local Groups

Group	Location	Time & Day	Contact
Callington WI	Council Chamber	2nd Wednesday of the month 7.00pm	Jill Trew: 01579 386939
Callington Town Band	Heritage Centre	Thursday: Training Band 6.00pm - 7.00pm Main Band 7.30 pm - 9.30pm	Shirley Morse: 07926 384949 shirleyamorse@gmail.com
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 Wednesday 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	Thursday: 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	07711 281924 u3asites.org.uk/Callington
Knit & Natter	Callington Library	Tuesday: 2.00pm - 3.30pm	callington.library@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	Wednesday: 8am, 9.30am & 11.00am Wednesday: 3.30pm, 5.30pm & 7pm	Cathy Jones: 07774852724 Kathy Hocking: 07477 425715
Callington Memory Cafe	Callington Methodist Church	Every other Saturday 7th & 21st October, Saturday 4th November 2.00pm - 4.00pm	07539 412463 secretary@callington-memory-café.org
Callington Town Forum	Calli Pizza	2nd Wednesday of the month : 6.00pm	
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		Wednesday: 7.00pm	secretary@callingtonrotary.org
Youth Theatre Primraf	Primraf Theatre	Tuesday: 6.00pm – 7.00pm	Lynda Dawe - youththeatre@prim-raf.co.uk
Callington Amateur Dramatic Society	Primraf Theatre	2nd Tuesday of every month 7.15pm for 7.30pm	Lynda Dawe - socialmedia@prim-raf.co.uk
Callington Dog Meet Up	Kit Hill Summit, Field next to mine stack	Sunday 11am - 12 Noon	Penny & Carly Ward <a href="https://www.facebook.com/groups/1358638591334416">https://www.facebook.com/groups/1358638591334416</a>
Vocal Footprint Drama Club Vocal Footprint Singing Club	Town Hall	Monday: Term Time Primary Theatre 4.00pm - 4.45pm Secondary Theatre: 5.00pm - 5.45pm Wednesday: Term Time Primary Singing: 4.00pm - 4.45pm Secondary Singing: 5.00pm - 5.45pm	Eleanor Valdebouze 07595 457608 01579 228336 ellyvdb@hotmail.co.uk
Callington Cycle Riders	Callington Town Square	Every Tuesday: 6pm	Peter: 01579 386824

## Markets

What	Location	Time & Day	Contact
Callington Country Market	Town Hall	Wednesday 8.45am - noon	callingtoncm@gmail.com
Callington Town Monthly Market	Town Hall/ Pannier Market	1st Sunday of the Month 10.00am—2.00pm	01579 384 039 market@callington-tc.gov.uk