



Callington News



December 2023 & January 2024

NOWODHOW RAG KELLIWIK

Callington's Christmas Festivities

Saturday 2nd December 2023



PROGRAMME OF EVENTS

10.00am - 2.00pm

**Craft Fayre in the Town Hall
Visit Santa in his Grotto**

3.30pm - 7.30pm

Victorian Market in the Pannier Market with entertainment

4.30pm

Community Carols in St Mary's Square with Callington Town Band

4.50pm

Santa Arrives in St Mary's Square for the Official Light Switch on at 5.00pm



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From as little as £18.00 inc VAT

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



Can you find me hiding in this editions of the newsletter





**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.

December 2023 & January 2024

6.30pm	Tuesday 5th	Planning	Town Hall & Premises to follow & Outside Services	Council Chamber
6.30pm	Tuesday 19th	Planning	Finance & General Purposes and Full Council	Council Chamber
6.30pm	Tuesday 9th January 2024	Planning	Town Hall & Premises to follow	Council Chamber
6.30pm	Tuesday 16th January 2024	Planning	Outside Services to follow	Council Chamber
6.30pm	Tuesday 23rd January		Finance & General Purposes & Full Council to follow	Council Chamber

Other Meetings & Events

10 am - 2pm	Sunday 3rd	Callington Town Market	Town Hall
10am - Noon	Saturday 9th	Cornwall Councillor 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

**ST. MARY'S CHURCH
CALLINGTON**

WREATH
Workshop



SATURDAY 2ND DECEMBER 2023

TWO CLASSES AVAILABLE

10AM - 12PM & 1.30PM - 3.30PM

JOIN US FOR A GUIDED WORKSHOP TO CREATE YOUR OWN FRESH FOLIAGE OASIS CHRISTMAS WREATH ALL ITEMS SUPPLIED. JUST BRING SECATEURS & GARDENING GLOVES. MINCE PIES & REFRESHMENTS INCLUDED.

TICKETS £30 (£10 NON REFUNDABLE DEPOSIT REQUIRED) - LIMITED SPACES

PLEASE CONTACT:

DENISEBOMYER@HOTMAIL.COM FOR TICKETS

Free entry

1st -16th Dec

St Mary's Church
Callington

Christmas Tree Festival

Opening Night

Friday 1st December from 6pm to 8pm

Join us for an evening of Carols, Mince Pies and Mulled Wine to celebrate the start of the St. Mary's Christmas Tree Festival an event for all.

Also late opening 2nd Dec open until 8pm, festival to run until 16th December all other days open during daylight hours.

Christmas

Joy with

**TAMAR VALLEY
MALE VOICE CHOIR
AN EVENING OF CAROLS
AND CHRISTMAS SONGS**

with guest artist: Claire Fry (flautist)
compère: Adrian Wilton

**7.30pm on Friday 8th December 2023
at Callington Methodist Church**

**TICKETS £7.00 (including supper)
AVAILABLE AT THE DOOR**

WHAT'S ON
CALLINGTON



LOVE TO MOVE

- Fun and friendly seated movement programme to music.
- Designed to get you moving more and having fun
- Age, Dementia, Parkinson's, and Stroke Friendly

Join us Thursdays
10am until 12 noon
Callington Town Hall


For more information contact-
Christine Harris
07973418371
love2move@callington-memory-cafe.org

£3.00 per session, Includes Refreshments

Love to Move is the first cognitive enhancement exercise programme of its kind in the UK, based on Scientific research carried out by AGE UK



“ LIVING WITH DEMENTIA? ”



Callington Memory Café

- 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

The Community Christmas Day Lunch

**Don't be on your own on Christmas Day!
Come and join us for a Community Lunch**

**Call to book
Peter & Jenny Coombe
01579 383572**

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!

SUNDAY 3RD DECEMBER

10AM – 2PM

Come and support your local traders.
TOWN HALL, 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



Community Hub Arts & Crafts in December Mustard Seed Callington!

Christmas Table Decorations:

5th December 1pm – 3pm

Christmas Pottery Decorations:

7th December 1pm – 3pm

Winter Watercolours:

12th December 1pm – 3pm

Bead Jewellery Making:

19th December 1pm – 3pm

Christmas Fayre:

21st December 1pm – 3pm

£2 p.p. donation suggested

FREE REFRESHMENTS

Contact: sue@wssw.org.uk

CALLINGTON SOCIAL CLUB Well Street, Callington 01579 384235

What's on in December

Saturday 2nd Live music with Fully Amped from 9.30pm

Saturday 9th Live Music with Red Howler from 9.30pm

Saturday 16th Live music with Booster from 9.30pm

Saturday 23rd Lexi's Disco from 9.30pm

Sunday 31st NEW YEAR'S EVE Live music with Star-gazer from 9.30pm. 70's Fancy Dress
Members – Free, Guests - £5.

No entry after 11pm

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

Opening Times;

Monday – Friday 4pm – Close

Saturday & Sunday 12pm – Close

Christmas opening times may vary, please see posters or our Facebook page

New Members are always welcome

Wishing all of our Members a very Merry Christmas & a Happy New Year!

Stoke Climsland and District Gardening Club

Invite you to join us at,
Parish Hall Stock Climsland
meeting at 7.30pm

Talk Monday 4th December 2023

Adrienne Lloyd

“From Farmland to Garden”

Talk: Monday 5th February 2024

Derek Ross

“Vegetables”

Information from Secretary Mike Casebow:

01579 371154

All Gardeners Welcome

FREE FAMILY FILM SHOW



Sat 13th JANUARY

Doors open at 2:00pm

Film starts at 2:30pm

Refreshments available to purchase

CALLINGTON TOWN HALL

The PROBUS Club of Callington



So you have taken retirement, perhaps early retirement, or maybe just have more spare time on your hands, and you have a long list of hobbies, pastimes, and projects to undertake. But at the back of your mind is that little nagging doubt that your new life might be missing something. That something is what you enjoyed during your professional or business life namely the regular interaction with like-minded people on a range of topics; that social intercourse that keeps "the little grey cells" active.

The PROBUS Club of Callington is an independent club that seeks to provide just that. It comprises retired, or semi-retired Professionals and BUSINESS people from the local community.

We meet monthly on the fourth Tuesday of the month in the Callington Town Hall normally at 1000 and finish by midday. We seek to keep club business to a minimum to maximise the time allocate to our guest speakers, who are either internal or external, to cover a wide variety of topics. Recently these have included; The History of Coinage, Nelson and Malta, Return of the Vikings, Calstock Viaduct, The Princetown Railway, The Career of Pete Allen and his Jazz band, Rome - Foundations of Empire, and Cattle Emissions and Climate.

Throughout the year we have a small number of lunch runs where we meet socially accompanied by spouses, partners, and friends. We also attend external visits such as to David Trewin's wood working workshop in Kelly Bray.

Membership costs are kept as low as possible. Both men and women are eligible to join; we welcome guests to come along and see what we are about. There are no lower or upper age limits, nor do you have to be retired!

A little bit of history: The PROBUS movement has its roots in Rotary clubs and was founded in 1965. The focus was on people who had previously travelled for work and were disadvantaged as they knew few people in the towns where they lived. In 1974 PROBUS expanded into New Zealand and by 1976 the idea had spread to Australia. The first PROBUS club in North America was formed in 1987 in Cambridge, Ontario, Canada. Although PROBUS membership has its greatest concentrations in the United Kingdom, Australia and New Zealand, clubs today exist in all parts of the world, including the US, Eire, Belgium, India, Portugal, the Netherlands, Germany, South Africa and several other countries in Africa and Asia. Today there are an estimated 1,700 PROBUS clubs in the United Kingdom. Our constitution dates from 1994.

So why don't you come along and get those "little grey cells" fizzing again and enjoy an opportunity to meet like-minded people. You will be made most welcome.

Gavin Short (62 years young!)

For further details please contact Vic Harman (vic.harman@btinternet.com) or Alan Davis (alan.verona0251@gmail.com)

Spooktacular Happenings in Callington

Callington Town Hall was full of ghosts, witches and ghouls having a spooktacular time at the Halloween disco, organised by Callington Town Council. Thanks to the Lions Club of Callington who helped the Town Council to run the community event. A great time was had by everyone who attended with a lot of dancing and screaming! The disco run by HD Sound & Lighting was fantastic and the youngsters really enjoyed the music. Would recommend them if you are organising an event. Thank you to everyone who came along and supported the evening.



'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



Joan Pluckrose celebrated her 90th Birthday
at the Lunch Club. Happy Belated Birthday!





1st Callington Scout Group



To start the Autumn Term, Squirrels played lots of games with their friends. Over a couple of weeks, they have completed the Elmer Challenge. One week they read the story 'Elmer', made their very own patchwork elephant using a milk bottle and played elephant themed games. Next, they read 'Elmer and the Lost Teddy' and completed lots of different activities: retold the story using character stick puppets, played Elmer's dice game, completed a patchwork puzzle and helped Elmer find his way out of a tricky maze. They have also been busy making a mini parachute person that can fly and worked together to bake some delicious chocolate hazelnut cookies. Yum!

Beavers were also welcomed back with games, games and even more games! The following week, they spent the session completing their Cyclist badge, showing the Leaders that they can ride their bike sensibly, put on and wear their cycling helmet correctly and pump up a tyre. They also made a start on their Navigator badge. They learned the eight compass points, located themselves on a map, identified features and locations on a map and demonstrated that they knew how to dress appropriately for a hike. They have also completed the International badge by completing a number of activities: played a game from another country, found out about Beavers from all over the world, matched flags to their countries, tried a variety of foods from other countries and learned how to say greetings in different languages. Lastly, they have made bookworm bookmarks, designed a cover for their favourite book and created a short story using finger puppets towards their Book Reader badge.

In their Sixes, Cubs completed a number of problem solving activities: gutterball, ball bucket, protect the egg, cross the hut and save fred. They also went to the woods and learned/followed the Countryside Code, made a piece of art using natural materials, completed a blind trail and hunted for tiny treasures to fit in a match box. For the Animal Carer badge, they gathered information from all around the hut to make a pet licence. Additionally, they identified possible dangers to wildlife and made a poster to show these. They have also completed the Home Safety badge, covering lots of different elements: what to do in the event of an emergency in your home, common causes of accidents and how they can be prevented, precautions to take to protect your home from crime, useful emergency numbers and where you could make an emergency call in Callington.

In Patrols, Scouts took part in a couple of problem solving activities and games. They even worked together to create a costume that could be worn and exhibited at the newspaper fashion show. Over a few weeks, they completed the Artist badge. They made salt dough models, drew a portrait of their partner, created a poster on something that interests them, painted a landscape, made mini clay models and exhibited all of their work. They have also worked in Patrols to create their own board game, then had the chance to play them all. The following week, they started the International badge. They found out about the World Scout Movement, took part in a craft from another country and made scrumptious Brazilian Brigadeiros.

If you like the sound of the above and want to gain skills for life, go on amazing adventures, experience new things, make friends for a lifetime and have lots of fun then you need to register your place on our waiting list by scanning the QR code now! Join us for our Spring Term!



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



Squirrels (4 - 6 yrs) - Monday 4:00 - 5:00pm **Beavers (6 - 8 yrs) - Thursday 5:30 - 6:30pm**
Cubs (8 - 10½ yrs) - Thursday 6:45 - 8:15pm **Scouts - (10½ - 14 yrs) Friday 6:15 - 8:15pm**

Cornwall and Devon Sending Love to Ukraine
Trip 16

On 25th October an All Lions Crew set off from Callington at 2.30am.

Lions Clubs from Callington, Tavistock and Weymouth battled the weather conditions from the word go, the terrible weather claiming one broken windscreen and broken wiper blades along the way.

Lions Andy, Keith, Jamie and Thomas headed the team across European countries to deliver your kind donations Direct to Ukrainian people in Warsaw.

Several Ukrainians made a special 2 day journey to meet our team, pass on their thanks to you all and return with our aid.

The very same evening all medical equipment including a medical bed, wheelchairs, medication, bandages, crutches etc were taken straight across the border to frontline hospitals, and occupied dangerous territories, to those desperately in need. And the remainder of your donations is currently on their way to more Ukrainian folk as we speak.

Everything you donate is gratefully received in Ukraine followed by Watts App videos of where it goes from the people who receive them.

We were presented with coloured drawings from children from the Orphanages who no longer have any parents.

It was their way of thanking you all for Teddies and toys sent to them.

It was very emotional, and as on all trips we hear of the sad reality of their situation these people are suffering.

We returned late last night, and now getting ready for more trips on 25th November and a special Christmas Trip on 17th December.

We thank you for your continued support, and please keep following us on Facebook to keep up to date with our team

Kind Regards
 On behalf of Trip 16
 Lion Andy Burnard



Callington WI



Prior to Callington WI's meeting in October, members presented two cheques for £500 each. One to Alex Polglase and Peter Whitting from Callington Foodbank and the other to Amy Harper Brewer, Fund Raising Officer from East Cornwall Search & Rescue Team. This was money raised by members from various fund raising events over the past year.

Our monthly meeting followed this presentation by fellow WI member Jill Trew telling members about her life 'walking the streets of East London'. With the help of photos from the internet of the 1980s Jill told members about her years living and working in the Tower Hamlets area of East London. Walking was the only sensible way to travel in the borough so walking was usually what all community nurses did! Health visiting was a much appreciated service then offering developmental assessment, advice and support to families at home and in clinics as they adjusted to parenting. Jill had many roles within the service during her twenty-four years, the best was visiting families in their homes helping them to manage and enjoy their children.

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 13th December, when members will be making 'Christmas Angels' and partaking of refreshments by the Committee.

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



Online Home Fire Safety Check

Improve fire safety in your home

By completing this simple online home fire safety check you can complete your own fire risk assessment to improve fire safety for you and your family.

Our online tool will take you through a step-by-step assessment, provide you with relevant fire safety advice and offer you a personalised action plan to print off.

More Information

- ✓ A quick and easy way to improve your home fire safety
- ✓ Online home fire safety check can be translated into over 100 languages
- ✓ Receive a personalised action plan

Start your online home fire safety check

To start your online home fire safety check go to www.ohfsc.co.uk/cwif or use the QR code



St Sampson's Church Window Restoration

Thirteen is a good number for St Sampson's Church, South Hill. All thirteen windows have been restored to their prime with the help of thirteen grant funders and three individuals. A grand total of £53,000. Our funding research took us in all directions and we made some fascinating discoveries. Many pleasant hours were spent wading through family trees and church records. We discovered connections all around the world, as well as a short distance down the road.

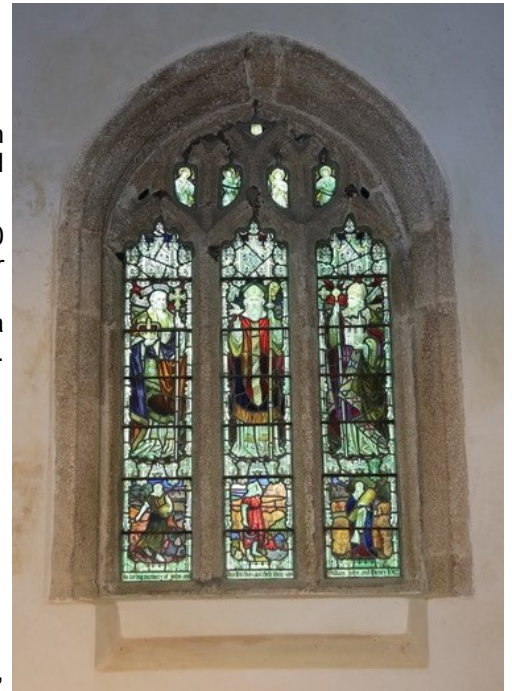
The chancel (south) window is dedicated to Major Percy John Rice (1810-1850) and Lucy Maria Elton (nee Rice) (1814-1846), brother and sister of the then Rector of South Hill, Revd. Horace Rice. The Inscription contains the words "Ah my brother! Ah my sister!" Lucy Maria was the great, great, Grandmother of Julia Rice Elton, who we traced. She was unaware of her family window but delighted to discover it.

I have a fascination with one particular dedicatee who remains somewhat of a mystery, a woman called Mary Fookes (1754-1812). I spent many hours on a Cornish misty November morning looking at every gravestone in the churchyard to no avail, but she is here somewhere! Maybe one day someone will trace themselves to St Sampson's church and Mary's window.

My favourite window, for its images, is in the Manaton Chapel. The righthand side shows Edward White Benson (1829-1896), first Bishop of Truro and later Archbishop of Canterbury. St. Sampson of Dol, our patron saint, is in the centre and Frederick Temple (1821-1902), Archbishop of Canterbury after Benson, is on the left-hand side. Beneath these figures are pictures of a sower, a reaper and a gleaner representing the biblical allusions and the agricultural nature of the parish of South Hill.

In November 2021 the work to repair the windows started. What a wonderful moment in January when the first three restored windows were replaced. I don't think anyone realised exactly how much difference it would make. No more rusty bars, no more wobbly glass panes, simply beautiful windows letting in the light and allowing us to see the trees outside.

Five more windows were taken out in the intense heatwave of August 2022 and put back in December, amid freezing temperatures. The inscriptions could all now be easily read, the colours of the stained glass vibrant and fulsome. It felt like a true honouring of the families Trehaine, Body, Dunston and my mystery lady, Mary Fookes. The final five windows were removed in May 2023, including the East window, which was a sad sight to see boarded up, but glorious when replaced in August. By the end of September 2023 all our windows were back. How wonderful that all our windows are now fully restored. Watching the skilled heritage craftsmen of Dan Humphries Stained glass Ltd and C.F. Piper & son at work has been amazing. Their knowledge is immense, and we are very grateful to them for the sensitive restoration that they completed. And it came in under budget!



LiveWireBus

A free service for young people (13 - 18) to go to LiveWire and The Core youth clubs in Saltash

It's free and easy to book!

Most Monday evenings during term time (and some Tuesdays and Thursdays, but please check in advance)

Departs St Mary's Square, Callington at 6.30pm; returns around 10.00pm You just need £1 to get into LiveWire and The Core

**Call or text 07778 709 274 to check timings and to book
Ask your parents for permission!**

How to help your children stay safe online



As parents, we naturally want what's best for our children. We want them to be healthy and happy ... and that includes doing the things that are appropriate for their age and maturity.

One thing that is becoming more concerning to parents is the safety of children online. Whilst the internet is a fantastic resource for learning, communicating and entertainment, it is also largely unregulated and, unfortunately, the channel of choice for many people who have bad intentions and are not fussy about who they are harming.

As adults, we are aware of the potential issues connected with being online. If not, there is a wealth of information available to guide us in the right direction, for example at www.getsafeonline.org

Children, however, are more innocent and usually more trusting than we are, and certainly less prepared to handle the negative situations they may come across on the internet. They are also full of natural curiosity, which is a great thing.

But that's why today, you need to be switched on to how to protect children online ... not just with parental controls and specialist software that you may already be using, but by engaging with your children from an early age, and keeping engaged with them as they grow up in their digital world.



Get Safe Online – the UK Government's preferred source of online safety advice – has put together an invaluable guide for parents of children of all ages.

Partnering with Neighbourhood Watch and Norton, the guide can be found on our website and takes you through the different ages of your children, detailing some of the risks they face online, suggesting practical ways in which you can engage with them and helping you put the appropriate steps in place to keep them safe.

The advice is written by experts, easy to follow and implement, and better still ... it's completely free.

Start today by visiting www.getsafeonline.org and clicking on the 'Be a switched on parent' button on the home page. You'll find loads of advice to keep you safe too.

Concerned about your children's social networking? Gaming? Downloading? Texting? We cover all these and much, much more.

Sign up for your free monthly updates.



CALLINGTON AMATEUR RADIO SOCIETY

6th DECEMBER "ON-AIR" NIGHT

As our November meeting was cancelled due to the storm we will try again! On Wednesday 6th December we hope to have a demonstration amateur radio station on the LF / HF "shortwave" bands and a second station using the QO-100 Amateur Radio Satellite to communicate with other radio hams around the globe from the Callington Town Hall Council Chamber.

The centre of Callington is not exactly an ideal place from which to talk to the world - but we'll give it a try! We intend to use voice and data and perhaps even Morse Code. If you have an interest in electronics and radio or just want to hear voices from around the world, then this is for you.

THIS IS AN OPEN MEETING AND ALL ARE WELCOME.

For further details see <https://www.callingtonradiosociety.org.uk/>
Or contact secretary@callingtonradiosociety.org.uk



Food Banks in East Cornwall LPA

ISSUING A FOOD BANK VOUCHER

Food Bank Vouchers can be issued by Devon & Cornwall Police, Doctors, Health Visitors, Social Workers and the Citizens Advice Bureau.

A food Bank will issue at least 3 days worth of food.

When Issuing a Food Bank Voucher please make a note in your PNB of the:

- recipients name
- recipients address
- date of issue
- vouchers reference number

Pass this information on to your Neighbourhood Beat Manager or PCSO at your station via email.

BODMIN

Bodmin Christian Fellowship,
Berrycoombe Road,
Bodmin PL31 2NS.

T. 01208 815374

Monday 13:00 - 15:00
Wednesday 13:00 - 15:00

CALLINGTON

1 Launceston Road, Callington,
Cornwall PL17 7BS

T. 07931011459
E. callingtonfoodbank@gmail.com

Monday 14:00 - 16:00
Wednesday 14:00 - 16:00
Friday 14:00 - 16:00

CAMELFORD

St Thomas Church PL32 9PD

T. 01208 815374

Tuesday 14:00 - 16:00

LAUNCESTON

Unit 13D Newport Industrial Estate,
Launceston, Cornwall, PL15 8EX

T. 01566 779550

Monday 10:00 - 12:00
Wednesday 10:00 - 12:00
Thu 10:00 - 12:00
Friday 10:00 - 12:00

Central Methodist Church,
Castle Street, Launceston PL15 8BA

Tuesday 10:00 - 12:00

To check the latest locations visit: www.trusselltrust.org

LISKEARD (& LOOE)

Unit One, Barras Place,
Liskeard PL14 6AX

T. 07512 011452

Monday 09:30 - 12:30
Wednesday 09:30 - 12:30
Friday 09:30 - 12:30

ST AUSTELL

The Light & Life Centre, Units 4-5
Brunel Business Park, The Sidings,
St Austell, PL25 4TJ

T. 01726 65313

Monday 13:00 - 15:00
Tuesday 13:00 - 15:00
Thursday 13:00 - 15:00
Friday 13:00 - 15:00

Par St Mary's Methodist Church
Chapel Lane, Par, PL24 2AE

T. 07531 352030

Wednesday 12:30 - 14:30
Friday 14:00 - 16:00

The Dennison Centre, Roche CP
School, Fore Street,
Roche PL26 8EP

T. 07563 712319

Monday 12:00 - 14:00
Friday 12:00 - 14:00

To check the latest locations visit: www.trusselltrust.org

SALTASH

Lower Ground Floor
18 Belle Vue Road, Saltash
PL12 6ES

T. 0800 328 2124 (free)

Monday 14:00 - 16:00
Wednesday 14:00 - 16:00
Friday 14:00 - 16:00

TORPOINT

St James Church Hall, Salamanca
Street, Torpoint PL11 2BD

T. 07512 011452

Monday 09:30 - 11:30
Wednesday 09:30 - 11:30

WADEBRIDGE

Bridge End, Wadebridge,
PL27 6DA

T. 01208 815374

Monday 10:00 - 16:00
Tuesday 10:00 - 16:00
Wednesday 10:00 - 16:00
Thursday 10:00 - 16:00

Callington Heritage Centre

Well it's that time of year again, where we close our doors till Easter 2024. A time to pause and reflect whilst also looking forward to a new challenge. Despite earlier indications our visitor numbers have been strong with individuals and parties. The high point had to be the visit of two classes of youngsters from the Primary School, how well behaved they were and quite knowledgeable about Callington and its history of mining. Nice to see some ex Callingtonians, often old school friends paying the town a visit, recently the Tinks and Rickards and again lately the Duances bearing on this occasion some sad news. For indeed we are the custodians of this town's heart and history, our volunteers mines (very appropriate) of local knowledge such as not available on the Internet, for that we thank them. Our thanks must also go to the Town Council who support our endeavours and the people of Callington who engage with us and often donate archival materials. Without them this would not be possible-this might be called "blowing your own trumpet" but our visitor's book is full of positive comments about the friendly reception they receive and helpful knowledge of the staff. Whilst we are officially closed at this time of year, we can still be contacted and if you need to pay us a visit I'm sure we can arrange something.

Leave a message on 01579-389506 or 01752 -851403.

Thanks,
Chris C



Callington Messy Nativity Sheep Trail



Shem the Shepherd has lost his sheep. He wants to go and find the newborn baby in the stable at Bethlehem but he must find his sheep first !! He knows they are somewhere in the town - will you help him find his missing sheep? Each sheep has a name and is hiding in some of the shops and businesses in the town. When you find them write their names on the form (which will be available around the town and also at Callington Methodist Church). The Messy Nativity Sheep Trail is an activity made in collaboration with Callington Methodist Church and Local Shops and Businesses. **When you have completed the form please return it to Callington Methodist Church Haye Road Callington PL17 7JJ** in the post, via email ljames434@btinternet.com or you can pop it in the postbox at the front of the Church. All correct entries received will go into a prize draw and the winners will be announced at our Epiphany Experience at

Callington Methodist Church on Wednesday 3rd January 2024 10 am - 12 noon. Thank you



The Mustard Seed

December Church Services

3rd December

10:45am – **Mr Mike Stearns**
6:30pm – **Ps Martin Bunkum and wife (Sharon)** share on "Healing from the deepest emotional wound"

9th December

7.00pm (Saturday) - **Callington Gospel Choir** – come and join us for a very special evening – not to be missed!

10th December

10:45am – **Communion: Mr Vincent Murphy** – Unwrapping the Gift of God! (Ephesians 2:1-10)

17th December

10:45am – **Ps Martin Bunkum** on "Admit to God, ourselves and to another human being the exact nature of our wrongs" (part 5 of the 12 steps series)

24th December

10:45am – **Ps Martin Bunkum** Our joyful Christmas Carol Service - all ages, all welcome!



31st December

10:45am – **Ps Martin Bunkum** on "Were entirely ready to have God remove all these defects of character" (part 6 of the 12 steps series)

More details: themustardseedchurch.co.uk



A warm welcome awaits you this Christmas Season at **Callington Methodist Church, Haye Road, PL17 7JJ**
www.callingtonmethodist.org

Sunday Worship

Sunday 3rd December 10.30 am - Action for Children Gift Service led by John Ware

Sunday 10th December 10.30 am - Revd David Moss - Holy Communion

Sunday 17th December 10.30 am - Mark Pellow

Sunday 24th December 6 pm -Traditional Carol Service & refreshments.

Christmas Day 10 am Intergenerational Celebration Service led by Revd David Moss – please bring a Christmas gift for Show and Tell.

Sunday 31st December 10.30 am - Circuit Covenant Service

Wednesday 20th December Wednesdays@10.30 Carols, Creativity & Refreshments.

Wednesday 27th December Wednesday@10.30 Christmas Cafe

St. Mary's, Callington

St. Mary's Church

Sunday 3rd December

9.15am Traditional
11am Informal Café Style

Sunday 10th December

9.15 am Traditional
11am Informal Café Style

Sunday 17th December

9.15am Traditional
11am Café Style Informal
6.30pm Carols by Candlelight

Sunday 24th December Christmas Eve

4pm Christingle Service for all the family
11.30pm Holy Communion for Christmas

Monday 25th December Christmas Day

10.00am Family Celebration

Sunday 31st December

10.00am Cluster Service at Stoke Climsland

Holy Communion is held on 2nd and 4th Wednesdays at 10.30am

Please see the website for further information of all that is going on

www.callingtoncluster.org.uk

Christingle

Intergenerational Community Christingle at Callington Methodist Church on

Sunday 3rd December

3.30pm - 5.30pm

All ages welcome, children to be accompanied. Games, food, creativity, celebration time. No charge, but any donations you would like to give will go to support the work of the charity Keen4Gambia 1130212

Enquiries to 01579 388840

or via our website

www.callingtonmethodist.org



Follow that Star!

The Epiphany Experience for all ages. Wednesday 3rd January 2024 10 am – 12 noon with optional add-on pay as you feel Pizza and Pud lunch at 12, at Callington Methodist Church. Interactive Journey with games, crafts and challenges. Children to be accompanied by an adult please. Further details 01579 388840 www.callingtonmethodist.org

Kelly Bray Residents Association

Dear All

Another month has flashed past us! I have kept the Kelly Bray news brief this month as there is a lot to fit in the newsletter!

We are, of course, coming around to the festive time of year where we gather with our loved ones to eat, drink and be merry! On Sunday 3rd December, we will be celebrating in Kelly Bray. To begin with, there will be a children's party in the Swingletree from 4-6pm. There is no charge for this. There will be food, music and Santa has been invited to attend with a present for each child. At 6pm the Christmas lights will be switched on over the road by Jim Flashman, former councillor.

Everyone is then invited to the pub for mince pies and mulled wine. There will be music and Christmas songs! There will also be a hog roast outside, for which there is a charge. Please come along and celebrate with us.

We would like to thank Paul Behenna at RPB motors for allowing us to put the lights around his forecourt and for storing them. Also to Karen, landlady of the Swingletree for her efforts with this celebration and to everyone else who has helped.

Karen is happy to take bookings for Christmas parties. Please contact her through the Swingletree Facebook page or pop in to see her.

The Swingletree will be open on Christmas Day from 11am to 4pm and from 7pm to 11pm, but will not be serving food.

I would also like to mention the annual 'Carols in the Courtyard' event at Pentille castle. This is on Mon 11th Dec at 6pm with the Cargreen choir. Donations for the Saltash Foodbank, either monetary or food, are very welcome. Hot drinks and mince pies will be available. This is always a lovely event, especially if you like singing Christmas carols (words provided)!

The next KBRA meeting is on Wed 22nd Nov at 7.30pm in the Swingletree. Come along and find out what is happening in your area.

On behalf of the KBRA, I would like to wish you all a very Happy Christmas and hope that you enjoy the festivities, however you like to celebrate. My favourite thing is to be with my family, sitting by a fire with a hot toddy!

Best wishes to you all

Sally Judges

sallyjudges@hotmail.com



Callington Methodist Church will be supporting Save the Children's Christmas Jumper Day with a 'double whammy' this year on Wednesday 6th December when Wednesdays@10.30 (10.30 am - 12 noon) will be serving Tea, Coffee & Cake, offering Creativity with our newly commissioned Nativity Mural to paint and a special Christmassy Stall - don't forget to wear your Christmas jumper!! Callington Toddle In will be doing it all again on the following day Thursday 7th December from 9.30 - 11.30 am - please come and support this great charity - we'd love to see you.

CUT OUT & KEEP VOUCHER
This entitles you to a free hot
drink at the Country Market Cafe




Callington
Country Market
www.country-markets.co.uk

Speak to your Community Banker



They'll be at Callington Town Hall, New Road, Callington PL17 7BD to help you on Thursdays between 9:00am and 3:30pm

- To guide you through the ways you can bank with us
- Supporting you with account enquiries - both personal and business
- Please turn over for dates and times we'll be visiting



For more support when we're not here please visit lloydsbank.com or you can call us on 0345 300 0000

No cash facility is available

A Community Banker will be here to help you on Thursdays between 9:00am and 3:30pm on:

7 December	8 February
14 December	15 February
21 December	22 February
28 December	29 February
4 January	7 March
11 January	14 March
18 January	21 March
25 January	28 March
1 February	4 April

For more information about Community Bankers visit lloydsbank.com/communitybanker or scan the QR code below:



You can call us using Relay UK if you have a hearing or speech impairment. There's more information on the Relay UK help pages www.relayuk.bt.com. SignVideo services are also available if you're Deaf and use British Sign Language: lloydsbank.com/help-guidance/accessibility/signvideo. If you need support due to a disability please get in touch. Calls and online sessions may be monitored and recorded. Not all Telephone Banking services are available 24 hours a day, seven days a week. Lloyds Bank plc Registered Office: 25 Gresham Street, London EC2V 7HN. Registered in England and Wales No. 2065. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority under Registration Number 119278. This information is correct as of July 2023 and is relevant to Lloyds Bank plc products and services only. This service is subject to change.

LLOYDS BANK PLC

TO LET UNIT AVAILABLE TO RENT

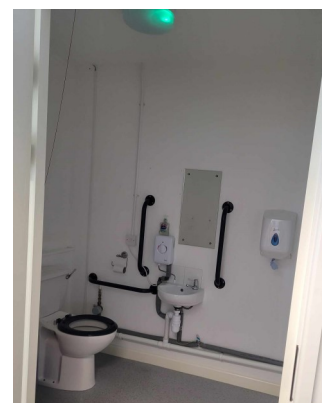
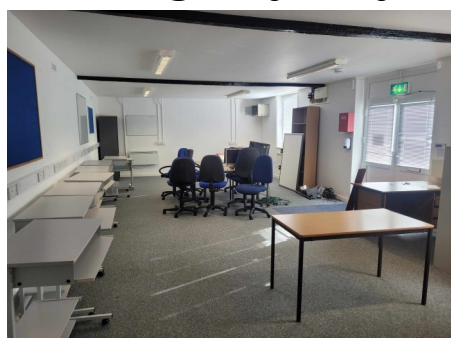
Suitable for office space or retail
Unit 18, Pannier Market, Callington

- * Measuring 11.57m x 5.27m (55 sq m)
- * Cloakroom
- * Kitchenette
- * Conveniently off Fore Street
- * Long let
- * Tenant parking
- * £4,700 per annum
- * Subject to references

For more information please contact the Town Clerk, Town Hall, Callington PL17 7BD.

Phone: 01579 384039

Email: clerk@callington-tc.gov.uk



Colour me in, cut me out and stick together to make a hat for the New Year celebrations





SUDUKO:

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

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

CHRISTMAS
Word Scramble

YLAMFI

RYERM



HTILSG

EIRTNW

ETER

NTSAA

SLEEV

TRNNAMOE

NICSGKOT

EDNIEERR

SGIELH

RAHTWE

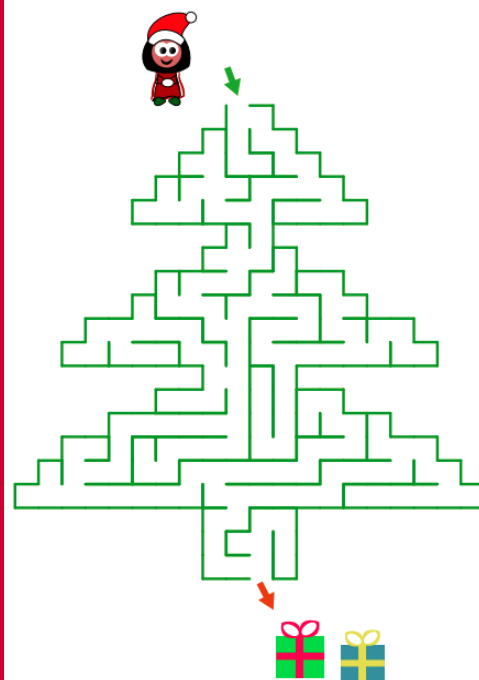
December 2023 / January 2024

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

- FOG
- NEW YEAR
- CHRISTMAS
- CELEBRATE
- FROSTY
- GLITTER
- SANTA
- SKATING
- SCARF
- ELF
- FAMILY
- GINGERBREAD
- FIRE
- SNOWMAN
- SLEIGH
- SPARKLING
- PARTIES
- CRACKERS
- CAROLS
- DINNER
- MERRY
- HAT
- TREE
- WINTER

Christmas Tree Maze

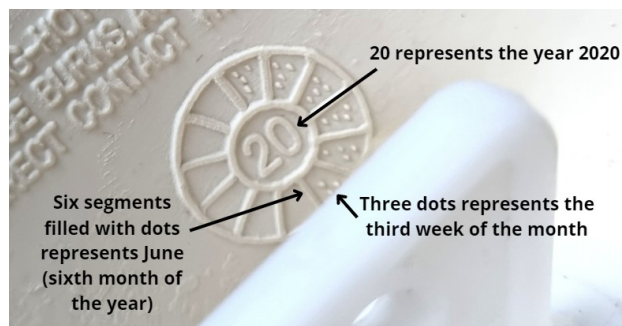
Help the kid to find her way to the gifts.



Hot Water Bottle Safety

Determining your hot water bottle's age

- Always be aware of the age of your hot water bottle. Their typical lifespan is about two years. Beyond this, the risk of damage increases.
- Unsure about its age? Check the daisy wheel imprinted on its neck or body.
- The central number indicates the year (e.g., '22' for 2022).
- The 12 segments around this number represent months. The filled segments mark its manufacturing month. For instance, if eight segments have dots, it means the bottle was crafted in August.



Safety tips for hot water bottle usage

- Use hot water, but avoid boiling temperatures.
- Fill up to three-quarters only to minimize bursting risks.
- Remove all air above the water level before sealing to prevent injuries due to escaping hot air.
- Ensure the stopper is tightly secured.
- Wrap the bottle in a cloth or towel to avoid direct skin contact.
- Refrain from taking the bottle to bed.
- Don't combine the use of a hot water bottle with an electric blanket.
- Store the bottle without any weight on top.
- Replace your bottle every two years.
- Babies should never be given hot water bottles, wheat bags, or electric blankets.

In case of scalds: If someone suffers from a scald due to a hot water bottle: # Seek guidance on the NHS website.

Remembrance Day 2023

"Remembrance Sunday is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life. We remember the Armed Forces, and their families, from Britain and the Commonwealth, the vital role played by the emergency services and those who have lost their lives as a result of conflict or terrorism."

Thank you to all those who attended in Callington to remember those we have lost.



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www.dtscomputers.co.uk

enquiries@dtscomputers.co.uk

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- Make your PCs and laptops FAST
- Internet diagnosis / advice
- Recover your files / data
- Back-up your files / data
- Assistance with BT Digital Voice etc
- Competitive alternatives for business and home phones
- Alternatives to Windows and other annoying things
- Decent, fast used PCs for around £400
- Off-site data backup service £35 per month

Calli Pizza Cafe



Now taking bookings for
Christmas parties,
New Year's Eve
Music evenings
Call now for
info

Pannier Market, Callington,
Booking essential Tel: 078861 312 661



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.



CHARWELL DOG ADVENTURES



Provider of: -

- Four Enclosed Adventure Paddocks

with complimentary refreshments

- Indoor Training Facility with fully qualified trainers, providing:

- Puppy Training, Adolescent Training, Loose lead walking, Agility, Hoopers, Behavioural, Scent work and Life Skills

- Wacky Woofers Dog Shop

- supplying food, raw food, treats, toys and much more

- Available for Event Hire



Find us on and book:



www.charwelldogadventures.co.uk

Email: hello@charwelldogadventures.co.uk

Charwell, Callington, Cornwall PL17 7HW Tel: 07854984572

eat the food you love and still lose weight!

yes you can

with **Slimming World**

FREE recipe book worth £4.95* when you commit to a Countdown course*
24th Dec 2023 to 27th Jan 2024

new 2024 member pack!

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

New Evening Group Times

Callington Scout Hut

Every Wednesday @ 5.30pm & 7.30pm

Call Kathy on 07477 425715 for more information. Or just come along!



Hello, my name is Kathy! I've been running Slimming World Groups across South East Cornwall for the past four years. I'm delighted to be offering a later session to support you to lose weight without going hungry, and introduce healthy habits in a way that's enjoyable, personalised and sustainable. Please don't hesitate to get in touch if you have any questions. I look forward to meeting you!

read Joe, Sapphire and Abby's stories here slimmingworld.co.uk

Slimming World
touching hearts, changing lives

*At participating groups. Terms and conditions apply. Visit slimmingworld.co.uk for more information.



makes 48 halves
Free Vegetarian
ready in 1 hour

spicy spuds

An easy crowd pleaser – the perfect addition for any buffet table!

INGREDIENTS:

- 24 baby new potatoes, halved
- 2 tsp paprika
- 2 tsp dried chilli flakes
- 2 tsp cumin seeds
- 2 tsp black onion seeds
- 120g passata
- low-calorie cooking spray
- 1 tbsp chopped fresh coriander, to serve
- fat-free natural yogurt, to serve

METHOD:

- 1 Preheat the oven to 220°C/fan 200°C/gas 7.
- 2 Put the potatoes in a non-stick roasting tin. Mix the spices and passata, season to taste and pour over the potatoes. Toss to coat evenly, spray with low-calorie cooking spray and roast for 45 minutes or until tender.
- 3 Pile the potatoes into a serving bowl and scatter over most of the coriander.
- 4 Sprinkle the remaining coriander over a bowl of fat-free natural yogurt and serve with the potatoes.

enjoy!

You can watch the video for this and plenty of other Slimming World recipes on our YouTube channel at youtube.com/slimmingworld

Slimming World

Harewood Counselling

Young people from 12 yrs and all adult ages welcome. Free initial consultation. A confidential and non-judgemental space to talk.

Member BACP. **07810 560 317**
www.harewoodcounselling.co.uk
harewoodcounselling@outlook.com

LA PARRILLA

4 New Road, Callington. Opposite the bus stop. 9.00am - 3.00pm

All day breakfasts, pancakes, milkshakes and more. Opening again in the evening **5.30pm - 10.30pm** for Mexican, American and a hint of other countries. We have opened in the daytime up for the community, so we need the community to come and use this service to remain open. We look forward to meeting you. We cater for groups, family events, parties, craft groups and many more. This possibilities are endless. Get in touch if you would like to book.

01579 532528



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

Canvas Prints

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

Mugs	Metal Keyrings	Rectangle Canvases	Square Canvases
White Basic 11oz white ceramic mug £10	Prices Start from: £5	8x10 inches £17.50	8x8 inches £15.00
Large White Basic 15oz white ceramic mug £15	Add Engraving: +£4	8x12 inches £20.00	10x10 inches £20.00
Coloured Inner Mug £12	Pictures	12x16 inches £35.00	12x12 inches £30.00
Reveal Black Mug £15	Wooden Photo Panel £10	16x24 inches £50.00	16x16 inches £45.00
Celebration Mug £12	5x7 inches £5	16x24 inches £55.00	20x20 inches £55.00
Travel Mug £15	4x6 inches £6	20x24 inches £60.00	30x30 inches £80.00
Enamel Mug £12	5x7 inches £7	20x30 inches £75.00	
Drinks Bottles	6x9 inches £8	30x40 inches £95.00	
White Sports Bottle £10	A5 £7	30x48 inches £100.00	
Water Bottle Straw Lid £12	A4 £11	36x48 inches £110.00	
Bowling Bottle £18	Coasters		
Heat Sensitive Bottle £20	Ceramic, Slate, Glass £8.50		
UV ColourChange Bottle £20	Square, Round, Heart		
Hanging Decorations £8.50	Rock Slates		
	Heart Small £10		
	Heart Large £15		
	Heart Hanging £15		
	Rectangle Small £10		
	Rectangle Large £20		
	Arch Large £15		
	Chopping Boards		
	Rectangle Glass £15	6x4 £0.55	
	28cm x 38cm Smooth or Textured	7x5 £0.80	
	Bottle Shape Glass £15	8x6 £1.00	
	11.4cm x 11.4cm Textured	10x8 £3.00	
	Cheese Board £15	10x15 £6.00	
	Wooden With Ceramic Tile Insert	A6 £1.00	
	Ceramic Plates	A5 £2.00	
	Plain white 20cm £15	A4 £3.00	
	Gold Rim 20cm £17	A3 £8.00	
	T-shirt Printing	A2 £12.00	
	from £12	A1 £24.00	
		Photo Prints	
		Printed on a lustre finish as standard.	
		Gloss and Matt Finish available.	
		Other size printing available on request.	
		Add a mount to your print from £1.50	
		Photocopying & Printing	
		Discount for large runs	
		A4 Black and White £0.20	
		A4 Colour £0.50	
		A3 Black and White £0.35	
		A3 Colour £0.80	
		Wedding Printing	
		Pop in to discuss your wedding printing	
		We can print on a variety of different cards and papers to match your theme.	
		Invitation Printing	
		Seating Plans Printing	
		Menus	
		Place Name Cards	
		Wedding Thank yous	
		Order of Services	
		Business Printing	
		We specialise in small print runs.	
		Please pop in for a quote.	
		Business Cards	
		Fliers	
		Booklets	
		Menu Printing	
		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	
		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	
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		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@gmail.com	
		facebook.com/paintnprintuk	
		instagram.com/paintnprintuk	

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Callington's unique drinking establishment for

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Craft Lager Wine
& always good conversation
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prior to normal opening times
Enquiries Welcomed

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

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PL17 7AS**

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E-mail: info@cornishancestor.co.uk



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 MUX GRILL,
Chicken 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

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Monday - Sunday 5:30pm - 11:00pm
Including Bank Holidays



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5 NEW ROAD, CALLINGTON, PL17 7BE

WWW.BALTIKINGCALLINGTON.CO.UK

Call 01579 383 818 for more information. Dishes are served in 100% recyclable metal containers.



Christmas is coming and we are having a visit from Santa in the
Town Hall on **Saturday 2nd December 2023.**

Tickets are **£4.00** per child which can be purchased from the Town
Hall. Your child will be able to let Santa know what they would like for
Christmas and receive a gift.

UK last posting dates

2nd Class

Royal Mail 2nd Class,
Signed For 2nd Class

Mon
18 Dec

1st Class

Royal Mail 1st Class,
Signed For 1st Class,
Parcelforce Worldwide
express⁴⁸*

Wed
20 Dec

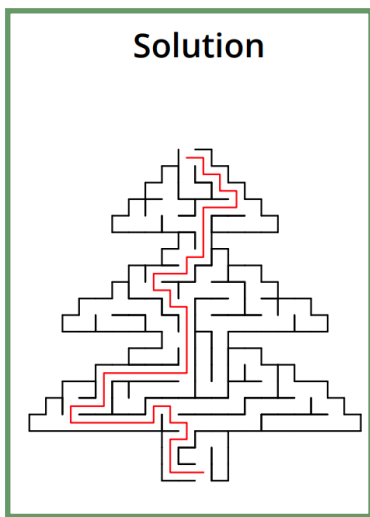
Royal Mail Special
Delivery Guaranteed
by 1pm*, Parcelforce
Worldwide express^{AM}
and express²⁴*

Thu
21 Dec

Royal Mail Special
Delivery by 1pm with
Saturday Guarantee*

Fri
22 Dec





Solution

YLAMFI F A M I L Y
 RYERM M E R R Y
 HTILSG L I G H T S
 EIRTNW W I N T E R
 ETER T R E E
 NTSAA S A N T A
 SLEEV E L V E S
 TRNNAMOE O R N A M E N T
 NICSGKOT S T O C K I N G
 EDNIEERR R E I N D E E R
 SGIELH S L E I G H
 RAHTWE W R E A T H

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

K	F	A	M	I	L	R	S	A	N	T	A	R
S	N	C	E	L	E	B	R	A	T	E	I	S
I	E	F	G	W	D	T	S	H	A	G	B	E
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C	C	T	S	E	E	R	R	A	L	W	L	E
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E	S	L	E	I	G	H	E	V	R	R	E	N
A	E	S	R	R	F	R	O	S	T	Y	I	B



I am on Page 12

The next edition will be February 2024 and the deadline for this edition will be midday on the Tuesday 9th January 2024, 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 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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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

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
Love to Move	Council Chamber - Town Hall	Thursday: 10.00am - noon	Christine Harris: 07973418371

Local Groups

Group	Location	Time & Day	Contact
Tamar Valley MVC	Callington Methodist Church	Tuesday 7.30pm - 9.30pm	David Draper 07940 579448
Monday Fellowship	Callington Methodist Church	December 11th Carols & Nibbles Next meeting January 8th 2024 : Memorabilia, coins, Bibles & Stamps	

Local Groups

Group	Location	Time & Day	Contact
Callington Methodist Monday Guild	Callington Methodist Church	Alternate Mondays (13th & 27th) 7.30pm	
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'	Council Chamber	4th Thursday of the month is film night	
Callington New Outlook	Council Chamber	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
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	Saturday 2nd & 16th December, 13th January 2024 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 - Interview room	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— Social Evening	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 1pm - 2pm	Penny & Carly Ward Facebook
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
Callington Amateur Radio Society	Town Hall - Council Chamber	1 st Wednesday of every month 7.00pm 1 st November "On-Air" night	Peter Taylor 07801 413241 www.callingtonradiosociety.org.uk secretary@callingtonradiosociety.org.uk
Probus Club	Town Hall— Council Chamber	4th Tuesday of the month 10.00am—Noon	vic.harman@btinternet.com