# The Callington News

February 2024

## **NOWODHOW RAG KELLIWIK**

## MULTI USE GAMES AREA (MUGA), LAUNCESTON RECREATION GROUND

It is great news that the MUGA has now been completed. The project has taken a lot longer than was anticipated due to a design fault; drainage and the weather. All these things have now been rectified except the weather! The only thing outstanding is the markings for the basketball; football and cricket areas which cannot be done for about ten weeks but in the meantime the area can be used. The landscaping around the facility will be carried out once the ground has dried out - if the rain ever stops. There are some benches that will be installed once the landscaping has been done.

This project has been possible with the money the Town Council obtained from the Community Infrastructure Levy funding and also Bakers Estate for their S106 contribution. (Developer contributions is a collective term mainly used to refer to the Community Infrastructure Levy (CIL) and Planning Obligations )

This facility will be a great asset to the town and hopefully will be enjoyed by all members of the community.

























# Can you help us, and we help you?

Many people are finding it difficult with the increasing costs we are all facing. Sometimes it

seems difficult to know what to spend money on. We are also all aware of the crisis the environment is under. Trying to reduce our impact can seem too costly when we are on a budget. With an initiative from Devon and Cornwall Food Action you can make a difference. For £25 you can purchase goods worth over £80 and the produce does not end up in landfill.



## 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



Can you find me hiding in this edition of the newsletter





## tackle



## Tamar Area Prostate Support (TAPS)



#### DON'T IGNORE THE SIGNS

- . A need to urinate frequently especially at night
  - . Difficulty in starting to pee
    - Weak flow
- · Feeling that your bladder has not emptied fully

If you are concerned about any of the above symptoms
Please contact your Doctor

If you would like to know more about us please contact one of the steering group listed below or email <a href="mailto:tapsinfo555@gmail.com">tapsinfo555@gmail.com</a>
Why not visit our web site tamarareaprostatesupport.org

Come and join us on the Second Tuesday of the Month

10.00 at the Compton Park Engine House Callington for a

friendly chat and a coffee.

Paul Mansell- 07711 117137 - Harry Lawson- 01579 383258 John Stewart- 07837 262998 - Stephen Williams- 07735 389883

Albert Doidge - 01822 832471

# "LIVING WITH DEMENTIA?



#### Callington Memory Cafe

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

Help someone live well with dementia



It's ok to ask for help

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

Gentish Gymnastics Foundati⊙n
Love to Move

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

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

For more information contact-Christine Harris 07973418371

love2move@callington-memory-cafe.org

Showing at Primraf Theatre, Biscombes Lane, Callington

Doors open: 7pm

## SNOWENNA AND THE

## SEVEN PISKIES

February 2024 15th,16th,17th & 22nd,23rd,24th Matinees 17th & 24th Doors Open 2pm



Tickets: Adults £12.00 Children £6.00

www.primraf.co.uk

Box Office: Noakes, Habermehl & Kerr Opticians
Fore Street, Callington

primraf

Registered Charity No: 1054831 in England & Wales 2024



per session, Includes Refreshments







11th October, 8th November.





## **CALLINGTON'S CHRISTMAS FESTIVITIES**

Callington was buzzing on Saturday 3<sup>rd</sup> December with events organised by the Town Council, Callington Rotary Club and supported by local organisations. The day started with the Christmas Craft Fayre held in the Town Hall, where locally handmade gifts were on sale. Santa was in attendance in his Grotto and youngsters could visit him there, where they received a present. The Grotto had been erected by Outside Services staff and was well worth a visit to see how spectacular it was.

In the evening whilst waiting for the lights to be turned on Atonement, Vocal Footprint and Callington Town Band entertained those gathered which was overseen by Cllr Andrew Long. The lights were turned on by Santa who arrived on his sleigh along with Deputy Portreeve Steve Pound who was assisted by his youngest son Winston. Thank you to Dave Hoskin from DG Car Repairs & Tyres who ensured that Santa arrived safely on his sleigh. Also in attendance was the Portreeve Pete Watson and the Town Crier Tony Stentiford. Thank you to the Lions Club of Callington for their support in marshalling the event and to Callington Fire Brigade who assisted with the switch-on.

This was followed by a very successful Victorian Market which was held in the Pannier Market. Stall holders and organisers had gone to a lot of effort to dress in Victorian costume which added to the atmosphere. There was plenty of food producers and entertainment throughout the evening, which all added to a fabulous evening.

The Christmas trees this year looked spectacular and were purchased from Rising Sun Nurseries, Harrowbarrow. Thank you to Walter C. Parson Funeral Directors for allowing the use of their car park for a tree and to RPB Motors for hosting the tree at Kelly Bray. Also to Radland Building Supplies and Allan Petroc Building and Maintenance for their assistance with the erection of the trees.

Thank you to everyone who supported these events and to all who attended. Also to Cornwall Bakery, Tesco, Lions Club of Callington, Town Councillors and Staff who donated prizes for the raffle. It showed a real community spirit in Callington with such a tremendous turnout for all the events.













#### SWFC Orchestra & Choir Concert: 10th February 2024 Callington Methodist Chapel 7.30pm

On Saturday 10<sup>th</sup> February 2024 a group of freelance musicians are coming together to perform in Callington Methodist Chapel. The concert aims to raise money for Dementia UK. It is being put together by Paul Boase, he lost his mum in 2023 to Dementia. It is without doubt a very cruel disease. Organised to be around Valentines Day, this concert will feature many special pieces including solos and joint orchestra and choir numbers. It is a chance to remember those we love and have lost.

An act of remembrance will also take place during the concert. At the entrance to the concert will be a book, here you can write the name of any loved one that you have lost, these names will be read during the playing of Elgar's Nimrod. We are very grateful for our own Cornwall County Councillor Mr Andrew Long to be involved in the act of remembrance.

The support from fellow musicians and friends has been overwhelming for this concert, with the standard these freelance musicians play at, it is guaranteed to be an amazing concert.

Mark the date in your diary, please support a wonderful charity and please support these professional musicians who have come from all over the country and given their time for **free**. Tickets are a modest £5.00 and free for under 16.

We are very grateful to our supporters in Callington, tickets will be available prior to the concert in Dawson Nott Estate agents, or you can purchase them at the door. We would advise you purchase them prior to ensure you have a seat.



## Domestic abuse happens every day of the year.

If you're experiencing domestic abuse. Your abuser may be spending more time at home and monitoring your behaviour more closely. If you are experiencing abuse yourself or are concerned about someone you know, reach out and ask for help if

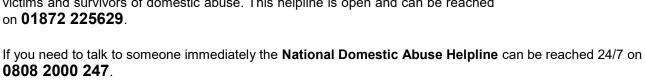
Safer Futures provides support for people impacted by domestic abuse and sexual violence in Cornwall and the Isles of Scilly. You can contact them online at saferfutures.org.uk or call 0300 777 4777.

**Cornwall Refuge Trust** provide a 24-hour helpline, offering support and advice for victims and survivors of domestic abuse. This helpline is open and can be reached

0808 2000 247

To talk to someone about your mental wellbeing you can call the 24/7 NHS mental health telephone support helpline on 0800 038 5300 for advice. Support is available to anyone, regardless of age, all day every day. If you are feeling suicidal and want to talk to someone about your thoughts and feelings, you can call The Samaritans on 116 123.

And remember if you or someone you know is at immediate risk, call 999.



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

7th March 1st February 14th March 8th February 21st March 15th February 28th March 22nd February 29th February 4th April

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





If you are interested in booking a table please pop into the Town Hall for an application form or email megan.amos@callington-tc.gov.uk

Town Council

## **Callington Town Band**

Callington Town Band had an early start to Christmas on November 25th when some of its Main Band members joined members of the Training Band for their debut performance at Callington Primary School's Christmas Fair. Together they played Christmas carols to entertain the crowd of parents and friends who had turned up to purchase the wide assortment of goods on sale at the fair.

Then, in the evening, the Main Band set itself up on John Smith's forecourt to play to the folk who had come to watch the inaugural Kelliwik Golowi. With their music stands decorated with lights they played to an appreciative

audience until the main parade reached St Mary's Square and the players were then able to enjoy the rest of the splendid entertainment.

If you are interested in learning more about playing with the Callington Town Band, either as a beginner or an experienced player, please contact Band Secretary, Shirley Morse, on 0792 638 4949 or shirleyamorse@gmail.com



#### **Callington WI**

Prior to Christmas, Callington WI had been very busy taking part in a variety of community activities.

At our monthly meeting in November we presented a cheque to Paul Carey for the Callington Youth Project. Paul then told members how the project was progressing and how the money would be used. At the end of November we planted two trees in Aysshton Gardens as part of the Forest for Cornwall. Members also helped out at the Kelliwik Golowi event with providing refreshments for participants in the Methodist Church. There were also members present at the Victorian Market suitably dressed in Victorian costume and thanks to the PrimRaf for their assistance with providing these.

During the monthly meeting in December members made a 'Christmas Angel' and also enjoyed refreshments supplied by the Committee. A very enjoyable evening was had by all members.

Instead of buying a Secret Santa present members brought along a donation for the foodbank. Alex Polglase came along to collect all the goodies donated.

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 14<sup>th</sup> February when Andy and Emma Burnard will be coming along to talk to members about Cornwall and Devon Sending Love to Ukraine.

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













Scan me to keep updated with Callington WI



#### **Kelly Bray Residents Association**

Hello Everyone and a Happy New Year to you all. I hope you have recovered from the Christmas festivities! We had a very successful children's Christmas party in the Swingletree, Kelly Bray. This was the first time we had organised one. There were 47 children booked in, with free refreshments and a present for each child, the maximum we could manage. The party was from 4-6pm and Santa and his elf were very busy! The KB light switch-on was at 6pm and was very well attended. This was followed by mulled wine and mince pies, with a singer in the evening. All this was free, courtesy of the KBRA, the pub landlady, Karen and a business sponsor. Thankyou to everyone who helped to make it such a lovely event, especially to the pub staff, who worked very hard. Although it's a fairly small display, I think the lights look very good.

The KBRA meeting was held on 22<sup>nd</sup> November. The damage to Parsons Green pavement was discussed.

Recently, there have been council workmen there trying to repair the damage and also that part of Stoke Road.

The festoon lights for the Kelly Bray switch-on had been looked at and some bulbs replaced.

Speedwatch – the team of 3 volunteers is now ready to go. They have carried out their first watch and hope to have several sites from which to operate. They now have their own speed gun. Please observe the speed limits as per the signs.

There were no new planning applications affecting the Kelly Bray area.

The fountain on Launceston road has been badly damaged by a lorry. It will be repaired in due course and we will be checking on this at our next meeting,

Neighbourhood plan – it was explained that while this is not compulsory, it is necessary to protect our area from rogue developers. Without it, developers can do what they like, so the expenditure is warranted.

There are plans to expand the Callington Health Centre by buying the field behind it and extending the existing building. People are encouraged to use the automatic drug dispenser, as there is a shortage of pharmacy staff.

The next meeting is on 24<sup>th</sup> January at 7.30pm in the Swingletree.

We would like to congratulate Dr Jo Turner, chemistry and early careers teacher lead at Callington community college. She is the gold winner of the 'Teacher of the Year in a secondary school' in the 2023 Pearson National teaching awards. Well done to her! A great achievement and a real boost to the college.

I went to visit Ellie and Mel Peart recently at Timberframe Design and Build. This used to be the timber yard along Stoke Road going towards Stoke Climsland. The company has been here since 2016 and designs and manufactures timber panels for house structures and smaller buildings, such as garden rooms and even fairytale castles! Mel was originally in the RAF and Ellie working in management and her own businesses.

This business was started by default! Serial self-builders, they had chosen timber frame for their new home, but the supplier went bust before the ground floor was erected. Knowing no money would be refunded, the couple agreed with the business owner that the contents of his factory should be moved into premises in Liskeard with the intent of finishing their home, but before the end of the month, the couple had an order to design, manufacture and erect a house in Newton Ferrers!

From day one, it was decided the customer base would be the self-builder and the homeowner wanting to create additional living space in the garden. Ellie has surmounted a huge learning curve with regard to understanding the technicalities of timber frame design, structural engineering and Autocad design software. By listening and learning from other people in this field, she has mastered the system and is able to adapt designs in a practical way. I was very impressed by her attention to detail and the couple's down-to-earth attitude.

The timber comes from Sweden, as it is the best quality and very hardwearing. Every component part is cut to design in the warehouse and sent out, ready to build, even down to the last nail. A team of 3 or 4 people will take about 4 weeks to complete the timber build.

Ellie says 'timberframe manufacture is a straightforward process but it depends on complete accuracy and it has its complications. Every house is completely different and no two panels are ever exactly the same, thus work in the factory is varied and challenging. Having panels stacked in the factory and realising that is someone's dream house is almost surreal.'

So whether you are just considering this, or if you have designs/planning permission etc., call to make an appointment. You will be assured of a warm welcome and expert advice, as long as you take biscuits! They can be contacted on 01579 388800.

They like listening to Magic FM or Classic FM.

Favourite films are: Guardians of the Galaxy, Notting Hill and similar type films.

They would choose to eat, for a special meal, at the Springer Spaniel or Sunday lunch at the Manor House in Rilla Mill.

Thanks to both for their time and a nice cup of tea! I forgot the biscuits!

With best wishes

Sally Judges

Sallyjudges@hotmail.com





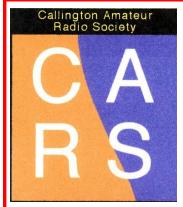


2024 marks a special year for Callington twinning, as we plan to celebrate 20 years of twinning between our town and Barsbüttel. What better way to mark this occasion than by showcasing Callington at its best and liveliest? To this end friends from Germany, together with fellow twinners from Guipavas (France) and friends from our Friendship Link in Keila (Estonia) will be invited to join with us from Thursday 9<sup>th</sup> - Monday 13<sup>th</sup> May. This coincides with MayFest so there will be no shortage of events to occupy visitors and their hosts.

If you have hosted before or you would like to host for the first time (we will provide lots of support) it promises to be a very enjoyable weekend. Obviously there will be lots to do and see in Callington on the Saturday and there will also be a joint meal with entertainment on the Friday evening, and a day excursion for all involved is planned for the Sunday.

Numbers are expected to be on the high side, so we will be looking for hosts for families, couples and singles. There is no need to be able to speak the language and five-star hotel treatment is not necessary – just a smile, a warm welcome and Google Translate!

For further information on how to get involved in twinning, please ring Sue on 01579 382705.



## Sunday 17 March -Callington Radio and Electronics Rally

The Callington Radio and Electronics Rally will be held in the Town Hall, New Road, Callington, Cornwall, PL17 7BD on Sunday 17 March 2024.

Doors open from 10am. Entry is £2 each with no charge for those under the age of 16.

A comprehensive selection of traders, clubs and societies from the Southwest will be present along with a bring-and-buy stall and the usual excellent catering service.

The venue has excellent disabled access and there is ample car parking in a nearby public car park. See <a href="https://www.callingtonradiosociety.org.uk/">https://www.callingtonradiosociety.org.uk/</a> for details.

Some Trader tables are still available at £5 for the large size and £3 for the smaller one. Booking is essential, so please contact Alastair, Kerr via <a href="mailto:alastair.kerrl@btinternet.com">alastair.kerrl@btinternet.com</a> or by phone on 01503 262755 with your requirements.

Fill in the puzzle so that every row across, every column down and every 3 by 2 by box contains the numbers 1 to 6.

	4		3		
		6			2
	5	4			
			5	4	
3			5 6		
		1		3	

#### **CAVe**

## THE 4<sup>th</sup> THURSDAY IN THE MONTH IS FILM NIGHT IN CALLINGTON

Join us in February for:

## "THE GREAT ESCAPER"



Running Time: 1hr 36 mins

In the summer of 2014. the 70th Anniversary of the D-Day Landings, octogenarian Bernie Jordan (Michael Caine) made global He'd headlines. "great staged а escape" from his care home to join fellow war veterans on a

beach in Normandy, commemorating their fallen comrades. It was a story that captured the imagination of the world: Bernie seemed to embody the defiant "can-do" spirit of a generation that was fast disappearing. But of course, it wasn't the whole story. It was the story we all tell ourselves to make war and old age bearable. The bitter-sweet script explores the reality with wit and a very big heart. Bernie's adventure, spanning a mere 48 hours, also marked the culmination of his 60-year marriage to Irene (Glenda Jackson). The story celebrates their love without sentimentality and with an eye to the lessons we can all learn from the Greatest Generation.

"A moving and surprisingly nuanced drama offering far more than flag-waving nostalgia. Superb performances from Michael Caine and Glenda Jackson."

## Thursday 22<sup>nd</sup> February

Callington Town Hall Council Chamber
Doors open at 7.15pm for membership registration

Members' entrance: Adults: £4 U18s: £3 Start time: 7.30pm (Doors open at 7.15pm)



#### **Services in February**

4th 10.45am: Mr Andy Rich

"Time to Come Home"

4th 6.30pm: Pastor Martin & Sharon Bunkum

"Broken vows, broken hearts"

11th 10.45am: Mr Vincent Murphy

"Knowing immeasurable love" -

Eph. 3:14 -21

18th 10.45am: Pastor Martin Bunkum

"Making amend"

25th 10.45am: Pastor Martin Bunkum

"Living in repentance"

All welcome ~ Communion 2nd Sunday ~
Refreshments Served
1 Launceston Road, Callington, PL17 8DT
themustardseedchurch.co.uk



Thanks to all the shops and businesses who helped with Callington Methodist Church's Messy Nativity Sheep Trail during December and those who entered the competition.

Congratulations to the winners who were Hannah. Eva. Jack & Amelia

## Wesley Guild



Wesley Guild at Callington Methodist Church is held on alternate Monday evenings for about an hour from October to

March starting at 7.30pm, ending with a chat over refreshments. It's open to everyone, whether or not you are part of a Church congregation. It is a time of fellowship, either Cultural, Christian Service, Devotional or Social & Musical, usually with a guest sharing something of their life, interests, faith and experiences.

## February Meetings

Monday 5<sup>th</sup> February – Devotional Evening led by Marquerite Smith.

Monday 19<sup>th</sup> February – Musical Evening with Elizabeth Saudek and Valley Voices.

# St. Mary's, Callington

Sunday 4th February 10am Together @ Ten

Sunday 11th February 10am Together @ Ten

Sunday 18th February 10am Together @ Ten

Sunday 25th February 10am Together @ Ten with Holy Communion

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

Every Wednesday there is a Pop up Café in Church from 12noon to 1.30pm. Homemade soup/bread is served along with tea/coffee and cake. Everyone welcome. No charge, just a donation.

Website www.callingtoncluster.org.uk



## '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



Callington Methodist Church, Haye Road, PL17 7JJ

## Wednesday 14<sup>th</sup> February 2024 10 am – 1 pm

Pay as you feel Pancakes with various topping. Proceeds to Callington Foodbank.







## Can you help us, and we help you?

Many people are finding it difficult with the increasing costs of living. Sometimes it seems difficult to know what to spend money on, heating or eating. We are all aware of the crisis the environment is under and trying to reduce our impact can seem to costly when we are on a budget. With an initiative from Devon and Cornwall Food Action you **can** make a difference.

For £25 (cash or card payment) you can purchase goods worth over £80 and the produce does not end up in landfill.

Callington Town Council and Devon & Cornwall Food Action Group are pleased to be able to provide this service to the Parish of Callington & Kelly Bray. The first event will be held on **Thursday 29th February 2024** in the **free car park on Saltash Road** between **11:30am and 1:00pm** where you can collect and pay for your ordered boxes. Please bring plenty of your own bags.

If you would like to order a box please complete the form opposite and return to the Town Council by **Monday 26th February 2024** or alternatively email **enquiries@callington-tc.gov.uk** or call **01579 384039** between 9am and 2pm. We will call to confirm your order.

Devon and Cornwall Food Action started in 2010 with the aim of helping people experiencing food poverty by redistributing donated surplus produce via food boxes.

Devon and Cornwall Food Action's aim is to help any individual, family or community who are experiencing food poverty, or financial instability. However food boxes are available to anybody to assist us in reducing food waste.

**DCFA is not a foodbank.** We work with food producers and supermarkets to redistribute surplus food. The food is still perfectly fit for consumption and would otherwise have been sent to landfill or disposed of.

Last year the equivalent of 200 tonnes of food was redistributed.







enquiries@callington-tc.gov.uk

Tel: 01579 384039

Fill in the form on page 11 and return it to Callington Town Hall, New Road, Callington. PL17 7BD





## Devon and Cornwall Food Action (DCFA) - ORDER FORM

Contact Details First Name:	Surname:
Address:	
Postcode: Email:	Contact number:
Household How many adults in the household?	
How many children in the household?	
Children's ages (number of) 0-4 years 5 -12 years Over 12	
Food requirements Will you require your box to contain some of the follow	ving items:
Vegetarian Vegan Some Gluten free	]
Allergies:	
Other requirements How mang people need feminine hygiene products?	
Do you have any dogs or cats? Dog Cat	<u> </u>
Please tick to say that you understand and agree	that:
Some personal information will be held by the with external agencies and/or volunteers con	
Payment of £25 will be required when you co	ollect (cash or card)
If there are exceptional circumstances and you are ur know.	nable to collect your order on the day, please let us
Signed:	Date:
Contact:	

Please return to the Town Council Offices by Monday 26th February 2024 by 12 Noon Without pre-ordering we are unable to guarantee a box

Callington Town Hall, New Road, Callington. PL17 7BD

enquiries@callington-tc.gov.uk

Tel: 01579 384039 Website: www.callington-tc.gov.uk Vat Reg. No.: 802 9724 31



# 1st Callington Scout Group



1st Callington has been actively earning diverse badges in each section. Not to mention all the great games along the way! Remember, all sections are open to both girls and boys, with a few available spaces throughout. Scan the QR code to join the waiting list!

The Squirrels, reflecting on varied living spaces, crafted impressive buildings with excellent teamwork, including play parks and grand gardens within their creations.

Beavers successfully achieved the Global Issues badge. They explored recycling practices at home, played the race-to-recycle game, discussed FairTrade's global benefits, and crafted a water filter using sand and pebbles. Additionally, each Beaver created a poster about endangered animals.

Cubs pursued the International badge with a focus on Diwali. Engaging in activities like Tambola and creating an Ambari elephant magnet, they also made edible sparklers, embracing the festival's traditions. Drawing the World Scout Badge, they delved into its symbolic meanings.

Scouts wrapped up the Electronics badge by identifying component symbols, building circuits to demonstrate series and parallel configurations, measuring voltages, and engaging in quizzes and games to enhance their understanding of electricity flow. Scouts successfully finished the latter part of the Electronics badge, engaging in a game illustrating computer logic and the application of binary in computing calculations. They proceeded with a task deciphering component values using the colour code, revisiting some concepts from the previous session.

















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

## **RECYCLING FOR CHARITY project.**

Keep up to date on our project by joining our Facebook group:

www.facebook.com/groups/recycling.for.charity

Or visit our webpage: www.south-hill.co.uk/charity-recycling

Plastic sweet and cracker tubs and Milk Bottle Tops.



#### Drop off at

Callington Library foyer.

Tamar Valley store Beeching Park Ind. EST. Kelly Bray.

Stoke Climsland, Old School car park recycling shed.

The Recycling project trailer will be in B&M CAR PARK on Feb. 6th from 11 - 11:30am to answer your questions and collect all items for our project.

Colgate are changing their packaging, from Feb. 3rd we will no longer be able to accept toothpaste tubes and boxes. Please drop to Callington Town Hall by Feb. **3rd.** We can still take your old toothbrushes, electric brush heads, interdental brushes, floss sticks and floss packets and all the packaging.



#### **Recycling for Charity can not accept:**

Pet food pouches: can be taken to Pets at Home in Launceston and Liskeard NO ONE wants Medicine Blister Packets, put in your black bog for the council to incinerate. Vinyl's, WHS & cassette tapes ORIGINALS & books call Declutter 07540 239151 for collection Tetra packs, drinks cartons, special skips at Recycling Centres at Liskeard & Launceston Working Laptops contact Launceston Lions Club, 0845 833 9528

Black plastic clothes hangers, in store at TESCO

Asthma inhalers TESCO Launceston have a collection bin by their pharmacy

Disposable Razors order an envelope frim Gillette Recycle Razor Blades | Gillette UK

Do not leave these in our collection bins

Thank you for the amazing support... we have raised over £13,000 for charity

## Gorsedh

Callington will be the host town for this year's Gorsedh Kernow. The Cornish Gorsedh celebrates the Celtic spirit of Cornwall and the Esedhvos Festival features which the



iconic Bard ceremony will return to the town for the first time in over 40 years.

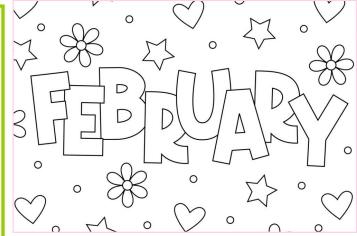
The event, which is the highlight of the cultural calendar for the Duchy will celebrate Cornish culture, language, music and traditions. The town will see hundreds of 'Bards' who are recognised for their service to preserving the Celtic identity, parade in their distinctive blue robes through the town.

Alongside the festival itself, organisers will be holding a series of events from gigs to a traditional Cornish 'Shout', walks and talks and more.

"We will be looking for volunteers to assist with the town council, the Old Cornwall Society and the Gorsedh itself to make this an event to remember", said Cllr Long.

"We're happy to have anybody that wants to get involved." Adding that there will be an open meeting in February for those that want to be involved.

https://www.tavistock-today.co.uk/news/callington-tohost-gorsedh-2024-659690



## ANDY OLVER

## **Light Haulage**

Rubbish Clearance, Garden Waste, Furniture, Junk etc

House Clearance

Building Site Clean Up

(Rubble, Plasterboard, Plastic, Timber etc)

Sand and Gravel deliveries Licensed Waste Carrier

07771 538 270



## SALTASH RECREATION GROUND





The wooden play equipment in Saltash Recreation Ground is beginning to deteriorate and over the last year a lot of maintenance work has been carried out on the equipment to keep it safe and usable for youngsters.

Although it is safe to use and is checked on a daily basis the Town Council is looking at replacing the play equipment. This will have to be done in stages due to finances but we will also be looking for any funding that is available to do this.

The first part of this process is replacing the swings which have already been ordered and will be installed by Outside Services staff in February.

But for the rest of the equipment we are asking for community input of what equipment you would like to see to replace the Mining Climbing area. Below are some ideas of what has been looked at, and what is available. Your comments would be very welcome, all equipment is suitable for children up to 11 years old.

Please scan the QR code to let us know what you think or send an email to enquiries@callington-tc.gov.uk



## REFURBISMENT OF THE TOWN HALL TOILETS

Work has commenced on the Town Hall toilets which have not been touched in over 20 years. It will be a gradual project as it is being done in stages starting with the mens toilets, then onto the ladies toilet and finally the disabled. This is so there will always be conveniences to use in the Town Hall.



# ALLOTMENTS AVAILABLE NOW

We currently have allotments available at either

Launceston Road or Haye Road
Contact

Callington Town Council on 01579 384039

Or email

enquiries@callington-tc.gov.uk

Come in a collect an application form

## CALLINGTON SOCIAL CLUB Well Street, Callington 01579 384235

## What's on in February

Saturday 3<sup>rd</sup> Live music with Diving For

Pearls from 9.30pm

Saturday 10<sup>th</sup> Live Music with Mind Your

Manners from 9.30pm

**Saturday 17<sup>th</sup>** Bonza Disco from 9.30pm

Saturday 24<sup>th</sup> Live music with The Gold

from 9.30pm

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.





A BIG "thank you" to everyone who donated coats in the recent "Wrap Up" project. We were overwhelmed by the generous response. Rotary in Southeast Cornwall joined together to make this happen. By siting collection boxes in local businesses and community venues, we collected nearly 700 warm coats which were distributed via local homeless shelters, refugee centres,



organisations supporting the elderly, women's refuges, children's centres and other charities helping people in crisis.

We do not give coats direct to families, because we believe that the charitable organisations can identify support and resources to benefit those in need or signpost them to organisations that could help, thereby creating a lasting relationship between those in need and the organisation that could transform their lives.

Our thanks go to the venues which hosted collection boxes and the charities who are distributing the coats. The project will be repeated next winter, so please don't throw away good coats.

Similarly, we were delighted by the support shown at the Victorian Market in early December. Footfall was tremendous and the stallholders were pleased with the number of people browsing their stalls and purchasing their wares. Look out for an even bigger and better event in 2024!

Look out for our next couple of events: on Saturday 2<sup>nd</sup> March we will once more be holding our annual Race Night in Callington Town Hall – but one like you've never seen before. The evening will be OPEN TO ALL – and we would love to see families and children present. There will be a hot meal included in the ticket price (children under 12 will be FREE) and there will be a licensed bar with soft drinks available.

Come and be astounded by the LIVE jockeys – and the horses will be beyond belief! Save the date and have a great, fun-filled, family night out.

Watch out for our next BIG BREAKFAST coming soon!

Why not get involved with Callington Rotary? Do something for others, whilst doing something for yourself.

It's a definite win-win!

Ring Roy on 07484 613 198 or email membership@callingtonrotary.org for more details. www.callingtonrotary.org























Children's Dentistry Happy Smiles!
Emergency Appointments















Jennifer Hooper BSc (hons) Podiatry, HCPC, MRCPod

# PODIATRIST/ CHIROPODIST



SCAN TO BOOK! Fungal Nails
Ingrowing Toenails
Verucca
Nail Cutting/Foot care
Diabetic Foot Care
Nail Surgery
Plantar Fascitis
Cracked heels
Corns/Callus

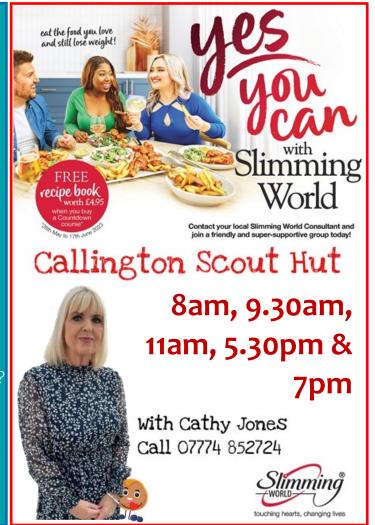
Are you looking for a chiropodist/podiatrist?

Are you suffering with painful or unsightly

feet?

07437515180

Contact@tamarvalleypodiatry.co.uk
Unit 2, Callington Arcade (Opposite B&M Carpark)





## **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



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 soeness, increases circulation seases tension headaches and increases joint flexibility

Lymphoedema

#### 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.

# Shake Fitness

## **Personal Trainer and Fitness Class Provider**

As an experienced personal trainer with over 28 years of experience to include working as a Royal Navy Physical Training Instructor and as a Fitness Leader for Police, I am able to offer personalised training sessions for individuals, small groups and large classes in and around the Callington area.

Whether you have a specific goal to lose weight, get healthier or pass a job related or recruitment fitness test, I can help you. Personal sessions start at £30 per hour at my purpose built facility.

If you're looking for a more community-based experience, come along to my HIIT and Circuit Training/Boot Camp class currently held at Callington Community Sports Centre at Callington Community College every Tuesday and Thursday from 6pm

For more information on classes and services offered, visit my website or give me a call!











- 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

- Available for Event Hire
- ♣ Wacky Woofers Dog
- supplying food, raw food, treats, toys and much more







www.charwelldogadventures.co.uk Charwell, Callington, Cornwall PL17 7HW

Email:

hello@charwelldogadventures.co.uk

Tel: 07854984572 Scan the QR code to book





## The Cornish Ancestor **Micro Pub**



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

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

> > **OPEN**

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

Find us on facebook

**6 NEWPORT CALLINGTON PL17 7AS** 

Tel: 01579 208300

E-mail: info@cornishancestor.co.uk

## **DTS COMPUTERS**

Computer repair and technical services 07900 175796 / 01579 308138 www.dtscomputers.co.uk enquiries@dtscomputers.co.uk

- Repair of all PCs and laptops
- 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

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

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

Mugs	Metal Keyrings
White Basic £	10 Prices Start from: £5
11oz white ceramic mug	Add Engraving: +£4
Large White Basic £  15oz white ceramic mug	15 Pictures Wooden Photo Panel £10
Coloured Inner Mug Red, blue, pink coloured inner and hand	12 5x7inches
Mug with Spoon £	Metal Photo Panel wallet card/ buisness card £5
Red, blue, pink, green & black	4 x 6 inches £6
coloured inner, handle & matching Spoo	
Reveal Black Mug £  Add hot water to reveal your photo	A5 £7
	12 A4 £11
Happy Birthday design, Love Design	' Coasters
Christmas Design, Thank You Design	Ceramic, Slate, Glass £8.50
	12 Square, Round, Heart
Travel Mug £1	15 Rock Slates
White or Silver Stainless Steel 14oz	Heart Small £10
Enamel Mug £	12
White Enamel Mug	Treatt Lange = 10
Drinks Bottles	Heart Hanging £15
	Rectangle Small £10
White Sports Bottle £1 400ml bottle with 2 choices of lid	Nectaligie Large LEO
Water Bottle Straw Lid £1	12 Arch Large £15
600ml white or silver bottle	Chopping Boards
Bowling Bottle £' 500ml white, silver, aqua, red, bottles	18 Rectangle Glass £15
Heat Sensitive Bottle £2	20 Bottle Shape Glass £15
600ml bottle - Changes by warmth of ha	ands 11.4cm x 11.4cm Textured
Blue/Pink or Orange/Yellow	Cheese Board £15
UV ColourChange Bottle £2 600ml bottle - Changes in Sunlight	
white to red, purple or blue	Ceramic Plates
Hanging Decoration	ns Plain white 20cm £15
	8.50 Gold Rim 20cm £17
Hearts, Circles, Stars, other shapes	T-shirt Printing
	from £12
	110111 2.12

Dog lag Enghaving

Choose from our large range of dog tags

Single Side Engraved Front and Back Engraved £8.50

Canvas	Drinta
VOI 10012	N 11/1/2

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

Rectangle Canvases		Square Canvases		
8x10 inches	£17.50	8x8 inches	£15.00	
8x12 inches	£20.00	10x10 inches	£20.00	
12x16 inches	£35.00	12x12 inches	£30.00	
16x20 inches	£50.00	16x16 inches	£45.00	
16x24 inches	£55.00	20x20 inches	£55.00	
20x24 inches	£60.00	30x30 inches	£80.00	
20x30 inches	£75.00			
30x40 inches	£95.00			
30x48 inches	£100.00			
36x48 inches	£110.00			
	_			

Printing Photocopying&Printing
Discount for large runs

A4 Black and White
A4 Colour
A3 Black and White
A3 Colour
E0.50
£0.35
£0.80

Gloss and Matt Fir Other size printing	finish as standard,
6x4	£0.55
7x5	£0.80
8x6	£1.00
10x8	£3.00
10x15	£6.00
A6	£1.00
A5	£2.00
A4	£3.00
A3	£8.00
A2	£12.00
A1	£24.00
Greetings C	ards

Pop in to discuss your wedding printing We can print on a variety of different

Invitation Printing Seating Plans Printing Menus Place Name Cards Wedding Thank yous Order of Services **Business Printing** 

**Wedding Printing** 

Please pop in for a quote Business Cards

Booklets Menu Printing



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



The next edition will be March 2024 and the deadline for this edition will be midday on the Friday 9th February 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

© Callington News is published and distributed by Callington Town Council Produced by Bluemoon Print & Promotions www.bmpp.co.uk

5	4	2	3	6	1
1	3	6	4	5	2
6	5	4	1	2	3
2	1	3	5	4	6
3	2	5	6	1	4
4	6	1	2	3	5



#### Markets

What	Location	Time & Day	Contact
Callington Country Market	Town Hall	Wednesday 8.45am - noon	Susie Lannantuoni hootieowlsusie@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	
Callington Cycle Riders	Callington Town Square	Every Tuesday: 6pm	Peter: 01579 386824
Callington Amateur Radio Society	Town Hall - Council Cham- ber	1 <sup>st</sup> Wednesday of every month 7.00pm 1 <sup>st</sup> November "On-Air" night	Peter Taylor 07801 413241 www.callingtonradiosociety.org.uk Secrtary @callingtonradiosociety.org.uk
Probus Club	Town Hall - Council Chamber	4th Tuesday of the month 10.00am - noon	vic.harman@btinternet.com
Jive Hive	Town Hall	26th Jan, 2nd & 9th Feb 7.30pm	A & 20 av a

**Local Groups** 

Local Groups		<u> </u>	84
Group	Location	Time & Day	Contact V
Callington Methodist Monday Guild	Callington Methodist Church	Alternate Mondays 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 Out- look	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 5.30pm & 7pm	Cathy Jones: 07774852724
Callington Memory Cafe	Callington Methodist Church	Saturday 10th & 24th February. 9th March 2.00pm - 4.00pm	07539 412463 secretary@callington-memory- café.org
Callington Town Fo- rum	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	youththeatre@prim-raf.co.uk
Callington Amateur Dramatic Society— Social Evening	Primraf Theatre	2nd Tuesday of every month 7.15pm for 7.30pm	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