

St Keyne & Trewidland
Informer



No.6
February 2025



On the Looe river by Anita Ivy



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Trewidland Village Hall

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With the New Year comes hope for the future and with that ideas a plenty fill my head. However, before we look forward let's look back to the last few events of 2024 which were both very well

supported and enjoyed by those who came along.

Our **Village Quiz** on October 26th was led by the previously selected team who came second in July, as is the tradition. The Gardeners, Richard and Leigh from Lametton Mill et al produced a brilliant quiz and £186 was raised for the hall from a wonderful turnout.

A small audience came to see **Greg Chapman** on November 29th. Such an engaging showman. He certainly had us all laughing and provided a very entertaining evening.

Due to the inclement weather, rain stopped firepit, our Carols Round the Tree was moved indoors. With tables all dressed and gathered around a fully lit and decorated tree the candlelit evening began with Pantastic Steel Band, based in Trewidland, playing a mix of both popular and Christmas music. They were very well received as people sat and drank mulled wine and ate mince pies. Then it was the audience's turn to participate and sing they did with full voices. What a wonderful feeling to hear such joyful music of traditional carols. £78.03 was raised for the hall.

And so now onto 2025 and what does that hold for Trewidland Village Hall. Our first event will be a **Curry and Skittles Evening**. This was a very popular event last year. **Cornhole** will also be available to play for those watching. Please add February 22nd 6.30pm to your calendars – food arriving 6.45pm. I will need your orders in advance from the Himalayan Spice menu in Liskeard who were brilliant last year bringing our orders to the hall hot and on time.

Although a date has not yet been set by the second-place team from our Village Quiz please keep an eye on social media or the noticeboards in the village so you can come along.

A new venture for 2025 is Table Tennis. A group of interested players are arranging games with one another in their own time and a handicap system will be created so both less able and more capable members can enjoy a game together. The hall has been donated a table tennis table by a very generous anonymous donor from Truro to add to our already slightly damaged one. The idea is to do the same thing for Badminton in the near future. If you're interested in either of these please contact Nicky Fairey (on back page). Finally, I would like to thank those who came to support and contributed to the Spring and Summer Art Exhibitions in the hall in 2024 and managed to raise £249.29 for the Cornwall Air Ambulance.

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ST KEYNE CLUB



If you're new to the village, or even if you've been here some time and haven't got round to it yet, why not pop in to your local Club? We stock keenly-priced draught real ale, cider and lager, bottled ciders and beer (including low alcohol), a selection of wines, gins and a wide range of other spirits, soft drinks and snacks as well. A coffee machine in the Hall also supplies excellent freshly-ground coffee at just £1 a cup.

It's not only a great place to meet your friends and neighbours, but it is run entirely by volunteers and all profits go towards funding the Village Hall. We're always on the lookout for more volunteers to help, so if you think you could assist us with a little of your time, please let any of the staff know.



Free  is available. Well-behaved dogs welcome.
All major credit/debit cards accepted.

As we are a members' club, the terms of our licence mean that you need to be a member or the guest of a member to use the facilities - but it's free to join, so just call in during opening hours and ask for an application form.

If you are hiring the Village Hall for a party or other celebration, use of the Club is also available to members. Just ask at the time of booking. Events organised by non-members can also use the bar facilities, but will need to obtain a Temporary Entertainment Notice to do so. Details can be supplied on request.

OPENING TIMES

Friday - 8pm to 11pm
Saturday - 8pm to 11pm
Sunday- 1.30pm to 5.30pm

Please note that these times are subject to staff availability and may be subject to short-notice change.

We wish to remind parents that children under 16 are not allowed in the club unaccompanied

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Peter Higgs RIP

Peter Higgs, sadly passed away on 13 January.

Peter freely gave his time and energy to the local community over many years in a number of roles. He was recently Vice Chair of St Keyne and Trewidland Parish Council, but he is best known for his leadership of St Keyne Village Hall over many years. He helped out in all aspects of running the Village Hall and the Social Club, including as Chairman of the Village Hall Committee, leading the other volunteers for the benefit of the residents of the village. His energy and enthusiasm will live long in the memories of those who knew him.

Our sincere condolences are with his family and close friends at this sad time.

Church News



Happy New Year

St Keyne Church has been blessed with a wonderful Advent and Christmas with so many special services and events. The Church was decorated and lit with candles. This provided a backdrop for our normal services, the traditional Nine Lessons and Carols as well as two Christingle services, one for Trewidland School. The Polperro Fishermen's Choir once more delighted a full Church with seasonal songs and carols and afterwards retired to the Village Hall where the Wreckers entertained even more people. Messy Church in December focused on the Christmas story with crafts and lots of lovely food.

The plans for the installation of toilet facilities and a small kitchen area are going forward at pace; the contractors (DCL) are now predicted to start work on 10th February (to be confirmed).

Rev Mark says it has been a real joy to serve the village and benefice in these first three months and getting to know many of you. I am now going to Trewidland every half term for assemblies and have become a governor there.

It was great to welcome them for their Christingle where I became a human Christingle. It was great to serve with so many different people from the community over Christmas and the holidays. As a Church we are already looking at how we all serve more together in the coming year and having the Church open more and serving the community more, we are also looking at ways to be present in the wider community and thinking about a harvest service on a farm... Looking forward to serving and growing together over the coming months.

We are really missing our dear Churchwarden Margaret who had a stroke in October and is recovering in Liskeard Hospital do pray for her and her family.

We are so thankful for all Margaret does and thankful for our Church family who have picked up many of the different roles she provides.

Sally Lewis

Close

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Curry & Skittles

22nd February 6.30pm

Trewidland Village Hall

Booking is essential

Order your food beforehand



All Welcome!

Email Nicky_fairey@hotmail.com, text or call 07764846658

The Gardening Year

Leigh's seasonal tips and things to do in the Garden



Sowing, Planting & Harvesting Guide

Lettuce

Sow indoors:
March -May,

Plant out:
April-June

Harvest:
May-September

Tomatoes

Sow indoors:
Feb-April

Plant out:
Late May-June,
after last frost

Harvest:
June -October

Carrots

Sow Outdoors:
March-June

Harvest :
June-October

Potatoes

Plant Outdoors:
March-May

Harvest:
June-September

Beans (runner/french)

Sow Indoors:
April-May

Plant Out:
May- June

Sow Outdoors:
May-July

Harvest:
June-September

Peas

Sow indoors:
March-April

Plant out:
April-May

Sow Outdoors:
March-June

Harvest:
June-August

Kid's Corner



How to make your own bird feeder



What you need:

- dry ingredients
 - bird seed
 - dried fruit
 - cooked rice
 - breadcrumbs
 - grated cheese
 - chopped nuts
 - hard cooking fat (lard or suet)
 - a pine cone, coconut shell or yoghurt pot
- Use an old yoghurt pot for this, and always recycle after it's been used
- string
- 

1 Mix all the dry ingredients together in a bowl



2 Add the fat and give it a good mix around

3 Choose your feeder



plaster all over a pine cone



put it round the inside of a coconut shell



press into a yoghurt pot

You can hang this upside down like a bell or turn it out like a cake

4 Hang your feeders with string (you may need to make holes and tie the string in before adding the mix)



Hang your feeder where you can watch birds without disturbing them

If you need to melt the fat, ask an adult to help



Quiz:

1. Where did the Carols under the tree take place
2. When is the Looe Festival taking place
3. Why is it important to pick up after our dogs
4. What do birds eat in winter

Answers to the Quiz in Informer No.5

1. Rev Mark Wade, 2. November, 3. Wednesdays, 4. Mid October

ST KEYNE GARDEN CLUB



Welcome to a new gardening year, the spring bulbs are starting to pop their heads out and some early varieties are even flowering.

Hopefully we won't have too much bad weather.

The club now has members from St Keyne, Trewidland, Horningtops and Duloe so wherever you live you are welcome to join this friendly group. If you join the club you will also get a discount on Suttons seeds, plants and gardening items.

**Our next meetings are March 20th in
St Keyne Village Hall, 7.30 pm.**

Caroline Stone will be talking about paeonies.

April 17th , Penny Jones , Primulas & Epimediums and
May 15th George Kestell with a 'Bucket Full of
Flowers'.

**Don't forget to save the date 'May 17th' . We'll be holding our
popular plant sale again.**

Leigh Woods



Welcome to the Rosedean House Surgery Patient newsletter!

Message from Dr Penny Atkinson

We have some important news to share with you about the future of Rosedean House Surgery. From 1st February 2025, our surgery will become part of OneMedicare, a family run independent healthcare provider. This will provide the surgery with additional specialist support and resources and a secure long term future. We understand that changes can sometimes feel uncertain, so we want to ensure you are fully informed about what this means for you.



OneMedicare

Rosedean House Surgery will become part of the OneMedicare family. OneMedicare is a respected Independent NHS Primary Care Provider with over 20 years of experience. They focus on accessible, patient-centred healthcare, and we're confident that joining forces will bring positive change to Rosedean House Surgery, Liskeard and the community it serves. The surgery will join the OneMedicare South West Network which will provide the surgery with an increased level of support.

Why it's happening?



- Secure future for the surgery
- Redevelopment of the current building is going ahead including an expansion of the existing surgery space. **There will be a public information session in Spring.** Link below for more info: <https://www.onemedicalproperty.co.uk/microsites/rosedean/>
- Improvements to phone system and other digital systems
- Improved accessibility to our healthcare services
- Expanded digital access

What does this mean for you?

- Patient care will remain the same
- Dispensary will remain the same
- The way you currently access appointments will remain the same
- Surgery phone number and other contact details will remain the same
- Clinical staff will remain the same
- A robust plan in place to improve your local surgery building and systems

As you know we are experiencing high demand on the phones at the moment. We know you will have questions and queries. Please send these to the below inbox and they will be answered within 2 working days :

rosedean@onemedicalgroup.co.uk

08/01/2025

St. Keyne and Trewidland Green Team

At our November meeting we talked about possible future ideas:

Energy: We would like to investigate ways in which the villages could become more energy independent. As well as looking at wider deployment of solar panels and wind turbines, there is an interest in exploring the possibility of ground source heating in this area. If you are using renewable energy sources, please do get in touch to share your insights.

Food: Building on interest at the first meeting in establishing growing spaces in the villages, we looked at the idea of helping to develop cooking skills. This could take the form of basic cookery sessions, perhaps with the help of Liskeard Food bank and would ideally make use of produce grown locally.

Access to nature: As we live in rural Cornwall, we are keen that residents are able to access the countryside around them. Steps towards this include continuing work to identify and maintain the footpaths which are available such as the new walking route between Liskeard and Looe.

Longer-term vision: We thought we should ask ourselves, 'if you had a magic wand, what would life be like in the villages in ten years' time? The idea is to be ambitious and see how much can be achieved. If you have any thoughts for this, we would love to hear them!

If you have any thoughts on any of these ideas, you can email us at greenteam@stkeynetrewidlandpc.org.uk
Or come along to our next meeting: February the 6th at 19.30h at St Keyne Village Hall

Martin Cluer and Kevin Shovelton

News from Trewidland Primary School

The end of the autumn term was a very festive time for Trewidland Primary School with a number of wonderful events.

After the children had spent a day with a local artist to make lanterns, we joined with the Liskeard Lantern procession. The children proudly waved their lanterns and the delight on their



faces when the fireworks were going off was just brilliant!

On Thursday 12th December, the whole school took to the stage to perform to their parents and carers a show called 'Straw and Order'. It was so wonderful to see all ages taking part in the show and working together - one of the many strengths of our fantastic school. The

older children really do support and care for all our younger children.

On Monday 16th December, the school visited St Keyne Church for a very special Christingle. Reverend Mark Wade led the most wonderful Christingle which even included him as a human Christingle! The children sang beautifully and the older children played ukuleles.



In other news, as a school, we have also joined the local cross-country league with Trewidland entering for the first time. A huge well done to the 10 children who took part - this is the highest and the maximum children we can have take part. We are so proud of every child for their effort and participation in the race. Bring on the next race in the new year!

Mrs. Pipe – Executive Headteacher

Wednesday Coffee Mornings in St Keyne Village Hall



These Coffee Mornings are a chance to meet other people in our community, whether you are new to the Village or have lived here for a while. They are held every Wednesday in the Village Hall from 10.30am to 12 noon, please come along and join us, meet your neighbours and have a chat about anything and everything! A range of coffees are



available from the Hall's machine and we also provide hot water to make your own tea if required all for the price of £1 and, if you so wish, a small contribution to the Village Halls upkeep.

Tracey Mustoe, a podiatrist, visits every 6 weeks during the Coffee Morning and takes bookings to see her privately in the bar area. Her next visit is on Wednesday 26th February 2025.

We also have regular visits from our local Police Community Support Officer, Steve Edser, who is happy to discuss any issues or queries regarding matters that might be of concern to you. He will also arrange a private meeting if that is needed or appropriate.

In December last year we produced over 60 Christingle oranges for the Church Christmas celebrations and we have recently had a visit from our new Vicar, Rev. Mark Wade .

We would be so pleased to see you any Wednesday.

Sally Lewis



Trewidland Local History Group

Learning from Landlooe Bridge

The most recent Trewidland History Group Walk took in Landlooe Bridge and Plashford and allowed us to put together some of the details of the changes in residents, their jobs and how these related to the development of the Canal and Railway in the East Looe Valley.



1840 Tithe Map

The **1840 Tithe Maps and Apportionment** documents focus on ownership and occupation but also record the name, acreage and use of each numbered field. 10% Tithes were paid in kind to the Church (after the Reformation to landowners) till 1836 and in cash until 1936.

The Liskeard and Looe Union Canal opened in March 1828 to carry sand and limestone inland from Looe. 25 locks carried the canal northwards up the East Looe Valley to Moorswater below Liskeard. The canal was commercially successful until the railway (now the Liskeard and Looe branch line) was built parallel to it and opened in 1860. There is no record of waterway traffic after 1910, by which time the canal and its features had become derelict and overgrown.

The Census Documents for 1841 (the first Modern UK Census information gathered) record who actually lived at Landlooe Bridge on that date. From the 1851 census onwards places of birth were included. (Trewidland was included in South Liskeard at this time)

1841 Census for Landlooe Bridge shows all those listed in occupations in agriculture or as female servants.

1851 Census lists John Elford as a Butcher, and Isaac Elford and John Tamblyn as Canal boatmen.

1861 Census records John Tamblyn, Daniel and John Lane as Canal Boatmen, with John Blight and Jacob Crabb recorded as Railway labourers and fifteen-year-old John Hoare as a Carter.

1871 Census shows a wider range of occupations:

39. Land Looe Bridge	John Samells	28	Railway Packer	Liskeard
	Elizabeth Samells	32		Liskeard
	John Samells	5		St. Keyne
46. Land Looe Bridge	William Elford	39	Miner	Liskeard
	Hooner Elford	36	Dressmaker Apprentice blacksmith Scholar	Liskeard
	Elizabeth Elford	18		Liskeard
	John Elford	16		Liskeard
	Mary Elford	14		Liskeard
47. Land Looe Bridge	Thomas White	31	Mason	Duloe
	Jane A White	30		Menheniot
	Mary White	2		Duloe
	Ida White	5		Liskeard
	Fanny M White	5m		Liskeard
48. Land Looe Bridge	Janey Pomeroy	19	Lodger/teacher	Maker

1891 Census lists John Stephens as a Carpenter and William S Barret as a Shoemaker.

By **1901 Census** John Stephens was still shown as a carpenter, John Crabb as a quarryman (roadstone) and his brother William Crabb as a carter but the range of occupations had narrowed considerably with most Landlooe residents employed in agriculture.

Search the UK Census 1841-1921 <https://www.nationalarchives.gov.uk>



The Rabbit Catcher at Landlooe Bridge circa 1941
(Photograph thanks to Evelyn Woodman)

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Election Countdown to 1May 2025

By the time you read this, we'll be just 2 weeks away from the official launch of county and parish council elections, and I'm asking you now to think about what you can offer your community as a parish councillor.

Ask a busy person

Are you the kind of person who is busy in their community? If you are, then you already have the networks to plug into – a valuable asset for any councillor. With these links, it'll be easier for you to know what matters locally to your people. It's then up to you to bring those matters to the council meeting and be ready to argue your corner.

What's the deadline for deciding?

You have from Friday 14 March until Wednesday 2 April to decide if you want to stand. Just as important, you'll need to get your nomination papers into Cornwall Council by 4pm on that Wednesday afternoon. You'll need two people to propose and second your nomination and someone else to witness your own signing of the nomination form. There's no charge for standing in the parish election and there will be plenty of advice and guidance on Cornwall Council's website nearer the time (just Google 'cornwall parish elections 2025')

See for yourself!

There's just time to come along to see how your own parish council works in action. We meet next on Wednesday February 12 at Trewidland Village Hall, and then again on Wednesday March 12 at St Keyne Village Hall.

Everyone is welcome to come along and see how their council works – no need to book a place or give notice. And if you need more information, contact us through the website (search online for 'st keyne and trewidland parish council') or email clerk@stkeynetrewidlandpc.org.uk

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Parish Council Clerk

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9-10

11-12

12-13



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Looe Valleys Festival April 2025

I am your representative on a group of Town and Parish Councils and other community groups and individuals in the East and West Looe Valleys. We are all proud of the place we live and want to celebrate it across the community.

We are planning a month-long community festival in April 2025 called:

We are of this place - A'n tyller ma on ni

This will have something for everyone who lives here to take part in, contribute and learn, with events run by local groups forming a programme co-ordinated by volunteers.



The programme will include guided walks, local produce and craft markets, regenerative farming and climate change events, storytelling, a rockpool ramble and other events on the coast, some activity around water quality in our rivers, and of course Easter events in our village halls and churches.

We will be setting up a webpage and email address to gather any ideas, suggestions and offers and publicise the emerging programme. There will be at least one event in St Keyne and Trewidland, if not more so keep an eye out for these on community social media pages and village websites and noticeboards.

Kevin Shovelton
chair@stkeynetrewidlandpc.gov.uk

What's on

Regular Events

Monday	Weekly	09.30 - 11.30 17.30 - 21.30	Keltic Kymber Dog Training	Trewidland VH
Tuesday	Weekly	11.45 - 12.45	Post Office	Trewidland VH
Tuesday	Weekly	17.30 - 21.30	Keltic Kymber Dog Training	Trewidland VH
Tuesday	Weekly	14.00 - 16.00	Brench Club	St Keyne VH
Wednesday	Weekly	mornings	Jay Dog Training	Trewidland VH
Wednesday	Weekly	10.30 - 12.00	Coffe Morning	St Keyne VH
Wednesday	Last of the month	19.30 onwards	St Keyne History Group	St Keyne VH
Wednesday	2nd of the month	19.00 onwards	Parish Council meeting	St Keyne VH / Trewidland VH alternate month
Thursday	1st of the month	19.30 onwards	WI	Duloe Jubilee Centre
Thursday	3rd of the month	19.30 onwards	Gardening Club	St Keyne VH
Thursday	Weekly	evening	Karate / Ju Jitsu	Trewidland VH
Friday	1st and 3rd of the	19.00	Table Tennis	Trewidland VH
Friday	2nd and 4th of the	19.00	Badminton	Trewidland VH
Saturday	1st of the month		Karate / Ju Jitsu	Trewidland VH

What's on in the parish

01/02/2025	10.30 — 13.00	Big Breakfast	St Keyne VH
06/02/2025	19.30	The Green Team Meeting	St Keyne VH
19/02/2025	15.00 — 17.00	Messy Church	St Keyne VH
22/02/2025	18.30 for 18.45	Curry and Skittles	Trewidland VH
26/02/2025	10.30 — 12.00	Podiatrist during Coffee Morning	St Keyne VH
05/04/2025	10.30 — 13.00	Big Breakfast	St Keyne VH
09/04/2025	15.00 — 17.00	Messy Church	St Keyne VH
17/05/2025	TBA	Plant sale	St Keyne VH

The Farming Diary

As a community that is surrounded by agriculture, but for the most part having little involvement in it nowadays, we thought it might be useful for the people of St Keyne and Trewidland to have a brief insight into the agricultural calendar, how our work changes thorough the seasons, and why we can be seen doing what we do in the fields. Every farm is unique, and things will happen differently depending on where you look and which farm you drive past but, this is what happens at Pensipple Farm; a small, mixed family farm on the edge of Trewidland.



This year we've taken a slightly different approach in our arable rotation. With commodity prices volatile and farm gate prices stubbornly low, we decided to take advantage of the new Sustainable Farming Incentive offer on Winter Bird Food and remove spring barley from the rotation. It's the first time that we've grown a crop that is not intended for the agricultural market place, but grown for wildlife. The aim is to plant a wide variety of plants and allow them to set seed over winter to provide food and refuge for farmland birds.

As the saying goes, "Build it and they will come", and they have certainly done that! We've seen an explosion of birds on the farm this winter. I use the "Merlin" app on my phone to identify the bird song, and a full list of birds we spotted (so far) are below for those who're interested. One bird that's brought some excitement is the Yellow Hammer. We've spotted them twice on the farm in the last couple of years and, being a Red Listed Species, it means that habitat and food source (seeds and insects) are abundant. It's a good sign! The scheme lasts for 3 years so we'll see what more turns up in that time and whether the economics of food production become favourable enough to justify a more diverse range of crops.

Birds appearing in the Over Winter Bird Food plots:

- Eurasian Curlew
- Common Fircrest
- Gold Crest
- Eurasian Linnnet

Rook
Eurasian Blackbird
Dunnock
Eurasian Wren
Robin
Yellow Hammer

Finally, a cautionary note. We've started noticing a lot more folk walking dogs around the farm in recent months. It's great that people feel they can get out into the countryside and enjoy nature however, we have also been noticing that gates are being left open and dog faeces are being left in fields. This suggests that some people are not respecting the countryside or our farm. We have a network of footpaths across the parish, some of which cross our fields, and we welcome and encourage you to use them but, please stick to these footpaths, do not let your dog off it's lead and pick up what it leaves behind!

Recently, I found dog mess in a field that was about to be grazed by pregnant ewes. Parasites in dog mess can readily cause ewes to abort their lambs, which is not something any of us what to have to deal with. Also, with ewes now mid-way through their pregnancy, not just here but likely all over the parish, they are particularly susceptible to the stress of being chased or attacked by loose dogs, which will also cause them to abort their lambs. You might think your dog is only

"playing", but the sheep doesn't know that. If your dog is not on it's lead and you can't see it, do you know what it's doing?



Antony Ellis



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Liskeard

Monday

5:30pm & 7pm

Tuesday

9:30am & 11am

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Wednesday**

5:30pm & 7pm

Thursday

8am & 9:30am

Pensilva

Friday

5:30pm

Saturday

8am & 9:30am

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Rounding off 2024

Happy new year to you all and thank you for making 2024 a great year in St Keyne! We finished off a good year with some fun events: we had the Polperro Wreckers come up to us and fill the hall with traditional Cornish folk songs; a curry and quiz night which went down a treat - thank you to the big breakfast crew who helped make and serve the meals, and also to Ian for being quiz master.

Christmas Bingo was packed once again with many prizes handed out and lots of fun was had by all. Thank you, Leigh Ann, for running the events this year.

Finally we finished off the year with our New year's Disco; just like the BBQs it's was themed this year. Dress up in your favourite fictional Characters. We had story, film and TV all represented.

Looking forward to 2025

The Annual General Meeting of the Village Hall Committee will take place on Sunday 16 February at 3pm in the main hall, to elect a new committee. It must have 6 members and in addition, regular group users of the Hall can appoint a representative to the Committee.

This is an appeal to all residents to get involved.

The Village Hall is a valuable community facility that is owned and run by the residents of the village. Some use it only occasionally (for parties, weddings or other one-off events); some more regularly for a wide variety of events - for example: coffee mornings, Brench Club, Messy Church, Gardening Club, History Group, Parish Council meetings, bingo evenings and the Social Club.

It is vitally important that we have enough committee members so that the Hall can open and run from day to day.

Please come along to the AGM, have your say and, if you can, lend a bit of your time to keep our community asset flourishing.

Thank you

Another way to keep fit and meet new friends – Walking Football.

Supplied by Chris Fitzpatrick

What exactly is walking football and what is it all about at Dobwalls Walking Football Club?

First thing is that we are really a social club who happen to play football rather than a Football Club that have a social side. The emphasis is on fun, well-being and socialising and making friends. Done mainly from playing football at a slow pace (Walking speed) but also through regular social activities. Whether it be a meet up for a drink or a coffee. Or a trip to play football golf or the bowling alley. We also have the odd meal out as well as a larger Christmas party.

The occasional match against other like-minded clubs with cakes and food afterwards and either a hot drink or something from the bar at the football club.

The game itself is of course based on football, but a small sided game of 6 players on each side.

There is no contact allowed. People must walk. No running, no jogging allowed. The idea being is people walk and there is no contact then it is far safer.

Is there a minimum age?

Simple answer is no. Although typically the ladies tend to be 40 plus and men 50 plus. But we do have someone in their twenties and another in his thirties. It is more about the attitude of the person than their age that counts.

I've never played before. Is there any point in coming along?

Probably 30% or more of our recreational players have never kicked a ball before coming along.

So absolutely yes is the answer. We still have a few experienced older heads who are they purely to help the newbies. You will be surprised how easy it is to play with a few sessions and enjoy yourself.

I've played before and want to get fit again? Is there a session for me?

The club now has 4 distinct sessions and people are only put into environments which they are comfortable with and where it is safe for them to play. These are:

1. Recreational session. So purely about fun and enjoyment. This is not competitive at all.

It is played at an ambling/strolling speed and is nice and relaxed pace.

2. Intermediate session. For people that want a little bit of

competition beyond the recreational sessions and want to move about a bit quick whilst still walking and improve their ability.

3. Competitive session. For those that want to play and take it reasonably seriously and have attained a reasonable level of ability.

4. League Squad. We have a very able and successful league and cup team. These sessions are training sessions to improve and is aimed at getting the team to play better as a group.

How are the sessions managed and who decides if someone is not walking?

We have trained and qualified refs at all sessions to both make sure people stay within the Laws/Rules of the game and importantly the players are safe. Safety is the no.1 priority in all games.

How do I find out more and can I try it out?

We have a Facebook page:

<https://www.facebook.com/groups/dobwallswalkingfootball/>

and email: **dobwallswfc@gmail.com.**

1st session is on us to see if you enjoy it and want to come back.

Where do you play and when?

During the winter months we play at Liskeard Leisure Centre

Mondays – 5pm to 6pm outside on the Astro turf pitch

Wednesdays – 5pm to 6pm indoors in the sports hall.

Wednesdays – 6pm to 6.40pm indoors in the sports hall.

Sunday later mornings – Callywith College, Bodmin.



<https://www.facebook.com/photo?fbid=10161373666429719&set=pcb.1384356289634722>

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Beef Roulades

4 thin cut steaks,
sweet paprika spice,
salt and pepper,
3 tbsl mustard,
8 smoked streaky bacon rashers,
100g thin sliced onion,
1 gherkin sliced 4 times length ways
500ml stock and some water to keep the casserole dish moist for braising
some red wine (optional)
oil or butter for frying
Some tomato puree
30g flour



Spread the paprika, salt and pepper and mustard on the 4 thin steaks, place one slice of the gherkin on each steak length ways and 2 slices of streaky bacon also length ways, top with a thin layer of onion. Roll each steak along the short side and secure the roll with string or a cocktail stick.

Heat up some frying fat in a casserole dish and fry the roulades on all sides, then add some water or red wine and to the dish to braise the roulades, keep topping up the dish with liquid and rotate the meat from time to time. After approx. 1h 30minutes, add 500ml of stock to the dish and thicken with some tomato puree. Mix 30g of flour with water and add to the sauce to thicken to a gravy consistency. Add more red wine and paprika to taste, serve with roast potatoes and veg of your choice, I use red cabbage, but that's personal preference.
Patricia Hopwood





Jane Pascoe

Cornwall Councillor
Liskeard South and Dobwalls

A New Year is always a good time to make resolutions but more importantly to take stock of my tasks and any unfinished business from the previous year.

I am pleased to be the Chairman of the South East Cornwall Community Area Partnership, which includes St Keyne and 28 other parishes. The SECCAP is becoming a useful platform

to raise strategic issues that impact on the collective Parishes and I am grateful for the input from the St Keyne Parish representatives.

I am continuing to keep the pressure on the Post Office to keep the main branch in Liskeard open. This service is hugely important to so many residents in the rural villages now that the banks have closed, especially to those who do not have access to internet banking.

Last year I marched across the Tamar Bridge, alongside Cllr Armand Toms and on a later date into Plymouth to attend the inquiry to campaign to the Secretary of State for no further increase to the Tamar Crossing Tolls. This is a punitive cost for the locals who use the bridge and the ferry. We are still awaiting a decision. It is vitally important to cross the Tamar for Healthcare, Employment, Education and Leisure and I strongly believe the burden of the cost should not fall only on the shoulders of the residents of SE Cornwall.

The essential upgrading of the Saltash tunnel technology continues into this year and I have been working with National Highways to ensure that residents have accurate and regularly updated information to ensure that journeys can be planned, so that delays can be minimized throughout the period of works. Any reduction in the number of vehicles using the route is helpful, if you can share transport or use public transport if available whenever possible.

In the village there has been a three-year programme to replace all standard highway streetlights with LED, to save both carbon and enhance the night time environment for nature. Alongside the programme in appropriate locations in the village streetlight have been switched off between midnight and 5.00am or

dimmed. I hope this has been received well by the residents. The public consultation for the Cornwall Wide 20mph roll out, which includes St Keyne ended on 20th December and I have supported this as I believe this will make people feel safer when walking and cycling in the village.

I am always pleased to see the snowdrops peeping out, followed closely by the daffodils and primroses beginning to appear as a sign that Spring is just around the corner.

I am mindful there may still be severe cold weather and once again I ask you to look out for your neighbours. If you enjoy walking your dogs in the countryside, a timely reminder that it is lambing season. Please always keep dogs on leads on the moors and on footpaths close by to livestock.

Finally, I wish you all a wonderful springtime and a Happy Easter with your families.

Cornwall Councillor Jane Pascoe
Cllr.jane.pascoe@cornwall.gov.uk
01579 348442 07484 315327

Your two Cornwall Councillors, Jane Pascoe (St Keyne) and Armand Toms (Trewidland)





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St Keyne Big Breakfast



Our Big Breakfasts (or lunch or brunch) are held in the Village Hall on the first Saturday every two months from 10.30am to 1pm and the next one will be on February 1st. All the food is freshly cooked during the morning by our band of volunteers and the cost for the hot meal includes as much toast, tea, coffee and fruit juice as you want. Please just ask if you would prefer vegetarian sausages and be assured that all the individual items are cooked separately. The

full breakfast still costs just £7 (small £4) but we will negotiate the price for smaller or bigger plates if required.

We have regular visitors from around the area - from Liskeard and Looe and local villages - as well as from our immediate community.

All the profits from each event are passed on to the Village Hall Management Committee to maintain and improve the facility which is so important to the St Keyne community. We are very grateful for your support and in 2024 we were able to pass over in excess of £1,600.

We hope you will be able to join us very soon.

Proposed dates for 2025 are: 1st February, 5th April, 7th June, 2nd August, 4th October and 6th December, so please make a note in your diaries and come along and join us.

Sally Lewis



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01579 228607 

The WI in Duloe

Come and join our local WI at Duloe. Members enjoyed the Annual lunch in January, this year held at Great Trethew.

Our next meeting is on the 6th of February at the Duloe Jubilee Centre at 19.30h.

The speaker will be Mr Mike Griffiths and his subject is "listening to the enemy", war comes to a Cornish Village.



On the 6th March, we have Mrs Alison Willis who is arranging a Craft evening

In April we will be arranging a spring outing

Our Annual Meeting and Resolution Meeting is on the 1st of May

Please come along and see what we do, there is always tea and biscuits and a raffle to enjoy.

If you want to know more, contact
Sharon 01579 343434 or Gill 01579 349183
Hope to see you there.

May Informer deadlines
All adverts and articles to be submitted by
FRIDAY 18th April 2025!
Email: Informer@stkeynetrewidlandpc.org.uk

Next publication date
2nd May 2025



What is Messy Church St Keyne?
Messy Church is a **form of church for all the family, both children and adults that involves, creativity, celebration and hospitality.**

"It is Church, but not as you know it".
You will be warmly welcomed.

It is Christ-centred and helps people to encounter and enter into a transforming relationship with Jesus.

There will be opportunities to be creative through themed art and craft activities, games, songs, a Bible story, refreshments and a shared meal. Attendance is free but donations are gratefully received.

Where is it happening?

Messy Church takes place usually 6 times a year in **St Keyne village hall** or Jubilee Park (summer months) on a Wednesday afternoon during the school holiday periods throughout the year. It is run and organised by members of the parish church in St Keyne.

When is it happening?

The next Messy Church sessions of 2025 will take place on **Wednesday 19th February 2025 during Half Term week and Wednesday the 9th of April during the Easter School break from 3-5pm.**

Look out for the banner nearer the time outside the village hall.

For more information please contact: Lambrini Featherston

Tel: 07919 460380

Email: lambrinifeatherston@gmail.com

Have fun — keep fit at Trewidland Village Hall

Badminton



**2nd and 4th Friday
of each month from 7pm**

**Join our WhatsApp group
to play games on another day
or for more info.**

Contact: Nicky 07764846658



Table Tennis

**1st and 3rd Friday
of each month from 7pm**

**Join our Whatsapp Group
to play games outside
of these times
or for more info.**

Contact:

Nicky 07764846658



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6.45 pm – 8 pm

Contact: trevorwickett@hotmail.com
0748 578 4486 or 01503 240421

A trip up the river

I'm not one for going far on holiday, to be honest I just love to spend time in our beautiful county. As we are now quickly approaching Spring, my favourite season, I start to plan a few nice things to do when the weather improves and the days get a little longer.

Spring is a particularly good time to get out and about with a camera, many more things can be easily seen before the leaves get back on the trees. Nature is also very active at this time of the year bustling about with lots to do.

One of the things that I hope to do this Spring is another boat trip up the river from Looe to Watergate. If you're not fit enough to do the walk through Kilminorth woods along side of the river to Watergate then the boat trip might be just be right for you. We booked a trip last Summer and were met by Charlie in his bright yellow boat at West Looe quay. The boat was spotless and comfortable with Charlie being very





welcoming. It was early evening, the sun was still shining, the tide was high and the water still. We headed from the quayside under the bridge and past the millpool, off towards Watergate. There were a few other watercraft on the river but not busy at all. The scenery was pretty, reflecting

beautifully the fallen dead trees adding particular interest and providing landing spots for many a bird. We were joined on the river by swans and ducks and even saw the odd fish jumping out of the water. Many a heron and egret could be seen roosting high up in the trees and the occasional glimpse of a kingfisher whizzing by. Because the trees were full in leaf we didn't get to see much of the wildlife in the woods however on other occasions I have seen deer, squirrels and a fox so I'm sure there is plenty there.

For a while we stopped with the engine off just to listen to the sounds of the birds singing, it was just so peaceful and relaxing drifting on the water. A large flock of Canadian geese took off from the river bank and flew directly over our heads as they headed towards Looe, quite a spectacle.

All in all it was a lovely way to spend an hour or so. The cost was £10 each (don't know if it will be the same again this year) but well worth it in my opinion. The

evening was rounded off with a nice glass of wine in The Jolly Sailor, a perfect summer evening with friends. If you fancy doing one of these trips then remember that the boats go back in the water sometime in the Spring and trip times are tide dependant.

Anita Ivy



Missing Footpath ! Can you help ?

Thank you to everyone who has been in touch so far. It is much appreciated.

We would like as many statements that you have walked on this path as possible, so if you have done so, can you please get in touch with us on the numbers below ??

Cornwall Council requests evidence statements from previous footpath users to get it reinstated on the map.

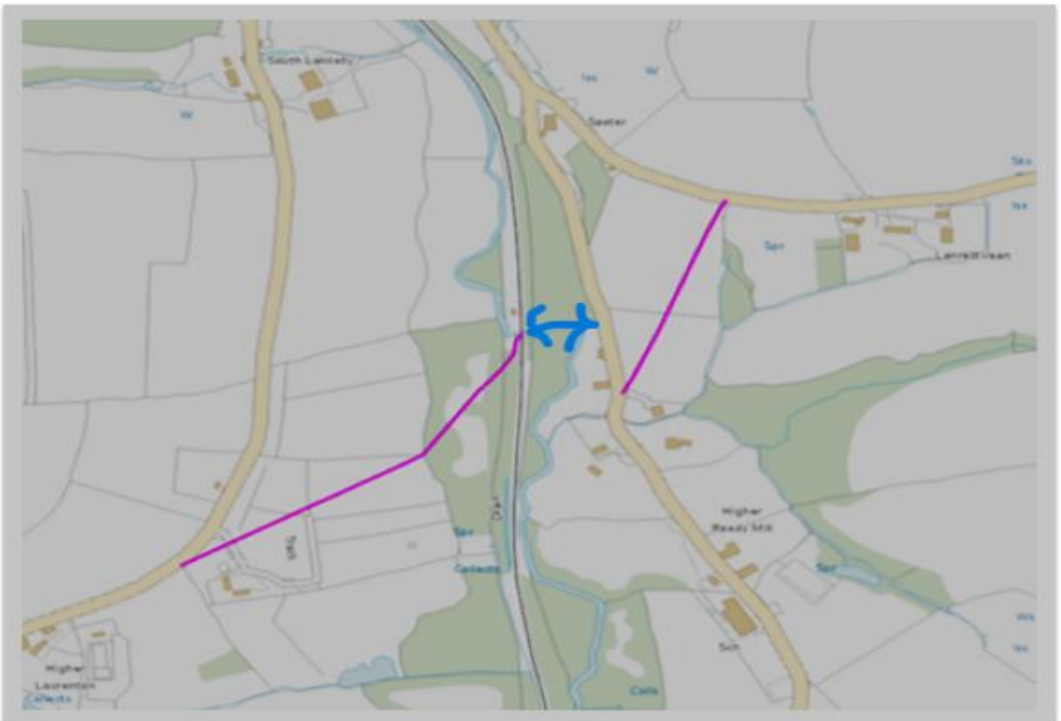
As you can see from the map below, there is a section of footpath missing on Cornwall Council's definitive footpath map (see arrow in map). We would really like to get this reinstated for Parishioners to use.

Please contact one of us below if you would be happy to complete a statement

Thank you in advance for your help.

Nikk 07516 353210

Caroline 07522 391263



The wildlife friendly garden

Experts are advising gardeners not to tidy up too much.

Some of your debris could be left to provide food and shelter for overwintering insects, birds and mammals, so before you start raking, clearing away pruning and starting that big tidy up, spare a thought for our native wildlife.



Hibernating mammals, such as hedgehogs, frogs or toads will use leaf piles to create a nest where they will stay throughout winter, while insects and invertebrates will love the dark, damp nooks and crannies that it has to offer. In turn, this will encourage birds such as robins, black birds and sparrows to visit your garden to forage for worms and bugs in the leaf layer. Simply gather the leaves and dead organic matter from your garden or outdoor space and arrange them in a pile – don't worry if your pile looks rustic, as long as it is large enough to allow wildlife to burrow within the materials, animals will love it!

If you have any logs or fallen branches, place these next to the leaf pile to provide additional shelter and security, and make sure it is located in a quiet corner of the garden where visitors can stay undisturbed throughout winter. Come springtime, remember to check leaf piles for any animals before moving or mulching.


At this time of year, you may be tempted to chop down all your spent perennials, but leave seedheads on plants such as rudbeckia, echinacea, teasels and helenium, because they will provide food for the birds, the RSPB advises. Stems can also hold insect larvae and eggs, and shield the soil from the winter elements, the charity adds. Let wildlife shelter in log piles, broken twigs and old logs. These make an ideal shelter for many species, the rotting wood and brittle bark create cosy gaps for insects to hide in, while offering mammals a dry and secure habitat over the winter. Log piles also provide birds and amphibians with a source of food, as they search the debris for any insects which might be lurking inside.

Nature can be slow to reveal her secrets, and how we treat fallen leaves is a good example. Count back three decades and most people burned their leaves, simply wanting to get rid of them. Then came the age of shredding and composting, methods meant to speed the transformation of leaves into mulch or humus-rich compost. But these days, concern about insect decline is making us rethink how we deal with leaves.

Before they become compost or leaf mould, fallen leaves can serve as habitat for legions of life forms, from tiny gnats and spiders to woodlice, springtails and salamanders. Some moths and butterflies overwinter as caterpillars hidden deep in fallen leaves, while others hide out as cocoons.

Village Contacts

PARISH COUNCIL

Chair	Kevin Shovelton	07471816604
Clerk	John Hesketh	01579 342437
E-mail	clerk@stkeynetrewidlandpc.org.uk	
Parish Council website	www.stkeynetrewidlandpc.org.uk	
	www.facebook.com/profile.php?id=61551321479150	
Cornwall Councillor	J. Pascoe cllr.jane.pascoe@cornwall.gov.uk	
Cornwall Councillor	A. Toms cllr.armand.toms@cornwall.gov.uk	


INFORMER

E-mail informer@stkeynetrewidlandpc.org.uk

ST KEYNE VILLAGE HALL

Chair		
Secretary	Dominic Folland	See email in article
Treasurer	Stuart Houghton	01579 347221
Bookings	Leigh Ann Latham	Via FB page
Website	www.stkeynevillagehallandclub.org.uk	
	www.facebook.com/stkeynevillagehall	

TREWIDLAND VILLAGE HALL

Chair	Steve Bowers	
Treasurer	Nicky Fairey	07765 846658
Bookings	nicky_faurey@hotmail.com	
Website	www.trewidlandhall.wixsite.com	
	www.facebook.com/trewidlandcommunitygroup	