



The PARISH NEWS

August/September 2020

for Lanteglos, Lanreath, Lansallos, Pelynt & Talland

Marilyn's farewell musings

Doesn't time fly when you are enjoying yourself? And time has certainly flown for me, not only recently during the Coronavirus pandemic when 'church' life has been oh so different, but in the seven and a half years since David and I moved into The Rectory in Lanreath when I became Priest in Charge of Pelynt and Lanreath and Assistant Curate of Lansallos, Lanteglos-by-Fowey and Talland.

During my incumbency we have formed those five parishes of seven churches into one 'united' benefice – at which point I became The Rector of The Benefice of Trelawny. Each of our parishes had historic links with the Trelawny family and as such we already had something to unite us. My thanks go to Sir John Trelawny for agreeing to our using his name and the family crest in our correspondence.

Since arriving in February 2013 it has been my privilege to accompany you through the highs and lows of life which has included 190+ funerals, 83 weddings and 81 baptisms together with innumerable Sunday and weekday services, Carol services, Christingles, Church and village fetes, visits to schools, nursing homes, holiday clubs, village panto, fun days together with school visits (for teaching and 'Experience Days') and Nativity plays in Church – Oh yes, and teaching on baptism and weddings when, on a couple of occasions, I 'married' Minnie and Ginger, characters from a children's book and re-enacted by children from Pelynt Reception – each of these I hold very dear to my heart.

When I announced my retirement earlier this year, we had no idea that Covid 19 was going to have such a devastating effect on church and parish life – sadly I was withdrawn from 'public' ministry for three months which meant I was unable to officiate at some funerals and of course numerous weddings which have now been postponed until either later this year and even way into 2021!

I write this on 4 July – Independence Day – the anniversary of my Ordination to the priesthood – the day the government announced 'public worship' may resume. Sadly it took a week for the Government to announce official guidance around that opening, then for the Church of England to issue their guidance and then of course the



respective Church PCCs have had to undertake risk assessments, thorough cleaning and debate what is practical and doable – for some it will be to remain closed and review the situation in September, for others it will be a gradual opening up – baby steps – to ensure everyone's safety and wellbeing, but as I write, I know we will not be permitted to sing within our buildings! Please see pages 2 and 3 for Church opening times and services.

Our buildings may be closed, but the overheads – Mission and Ministry payment to Truro, utility, insurance and maintenance still had to be paid and with no income from

services, weddings, funerals, fete or visitors the finances of each of our Churches are looking very unhealthy – if you are able to contribute to ensure the future life of your Church, please speak to your Church treasurer whose contact details can be found on page 2.

Although this is my 'farewell' musings as your Rector, you are not getting rid of me quite yet, as I will be back next year, because Bishop Philip has given me 'special permission' to return to officiate at weddings booked up to and including the end of July 2021 – so I may well see you amongst the congregation then – that is, in the hope that weddings will be back to some sort of 'normality' next year, but suspect they and Church services as a whole will evolve as a 'new normality' – only time will tell.

And so my friends this is a fond farewell, not goodbye from me, and although Dave and I will be moving across the border into Devon, I will definitely still put jam first!!

Blessings to you all.

Rev'd Marilyn on 01503 221159 or via e.mail marilynelliottm@btinternet.com

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Church Diary - in the Benefice of Trelawny

St. Wyllow Lanteglos; St. Saviour Polruan; St. Ildierna Lansallos; St. Tallanus Talland;
St. John Bodinnick; St. Marnarch Lanreath; St. Nun Pelynt

Please note that all these services and opening times may be subject to change. Where there are services the churches will be open for the duration of the service only.

AUGUST

Sunday 2nd

St. Nun	Closed
St. Wyllow	10.00-12.30 Private Prayer
St. Tallanus	10.00-17.00 Private Prayer
St. Ildierna	09.00-17.00 Private Prayer (approx times)
St. Saviour	11.00 Benefice Holy Communion
St. John	18.00 Evening Prayer (tbc)

Wednesday 5th

St. Wyllow	12.30-16.00 Private Prayer
St. Ildierna	09.00-17.00 Private Prayer (approx times)

Thursday 6th

St. Saviour	10.00 Morning Prayer
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Sunday 9th

St. Ildierna	18.30 Evening Prayer
St. Nun	Closed
St. Wyllow	10.00-12.30 Private Prayer
St. Tallanus	10.00-17.00 Private Prayer
St. Saviour	Closed
St. Marnarch	Closed

Wednesday 12th

St. Wyllow	12.30-16.00 Private Prayer
St. Ildierna	09.00-17.00 Private Prayer (approx times)

Sunday 16th

St. Wyllow	10.00-12.30 Private Prayer
St. Ildierna	09.00-17.00 Private Prayer (approx times)
St. Tallanus	10.00-17.00 Private Prayer
St. Saviour	11.00 Morning Prayer

Tuesday 18th

St. Nun	Closed
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Wednesday 19th

St. Wyllow	12.30-16.00 Private Prayer
St. Ildierna	09.00-17.00 Private Prayer (approx times)

Sunday 23rd

St. Marnarch	Closed
St. Saviour	11.00 Family Service
St. Nun	Closed
St. Tallanus	10.00-17.00 Private Prayer
St. Wyllow	10.00-12.30 Private Prayer
St. Ildierna	09.00-17.00 Private Prayer (approx times)

Wednesday 26th

St. Wyllow	12.30-16.00 Private Prayer
St. Ildierna	09.00-17.00 Private Prayer (approx times)

Sunday 30th

St. Saviour	11.00 Benefice Service
St. Tallanus	10.00-17.00 Private Prayer
St. Wyllow	10.00-12.30 Private Prayer
St. Ildierna	09.00-17.00 Private Prayer (approx times)
Coal Wharf	18.00 Songs of Praise

Trinity 12

SEPTEMBER

All Services To Be Confirmed

Thursday 3rd

St. Saviour	10.00 Morning Prayer
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Sunday 6th

St. Ildierna	11.00 Benefice Service
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Sunday 13th

St. Ildierna	09.30 Morning Prayer
St. Nun	11.00 United Village Service
St. Wyllow	11.00 Morning Prayer
St. Saviour	15.30 Sing a new Song
St. Marnarch	17.00 Evening Worship

Trinity 13

Trinity 14

Tuesday 15th

St. Nun	10.00 Holy Communion
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Sunday 20th

St. Wyllow	11.00 Morning Prayer
St. Tallanus	11.00 Morning Prayer

Sunday 27th

St. Marnarch	09.30 Family Service
St. Saviour	11.00 Morning Prayer
St. Nun	17.00 Songs of Praise
St. Ildierna	18.30 Evening Prayer (Harvest TBC)

Trinity 15

Trinity 16

From the Registers

Funerals

29th June; Joy Tuckett, St. Ildierna, Lansallos
7th July; Rev'd David Arthur Woods, St. Nun, Pelynt

14th July; Michael Northcott of Lanreath at Glynn Valley



Marilyn's Farewell Picnic Sunday, 2 August at 1pm



Lanreath Football Ground
Social distancing shouldn't
be a problem here
(weather permitting!)

Come along and wish
Marilyn and Dave a
wonderful farewell

Bring a picnic and seating -
see you there

The Churches of Lanteglos by Fowey Lansallos, Lanreath, Pelynt and Talland

Benefice Pippa 07399 563440
Administrator Morrell-Davies

Lanteglos

Churchwardens	Colin Payne	01726 870715
	Norman Mallard	01726 870747
Treasurer	Graham Tyson	01208 873750
Secretary	Liz Luck	01726 870542

Lansallos

Churchwarden	Margaret Phillips	01503 220474
	Josie Slade,	01503 220513
Treasurer	John Feesey	01503 220884
Secretary	Glen Feesey	01503 220884

Pelynt

Churchwardens	Sheila Morrell-Davies	01513 220976
	Frank Edwards	Ex Directory
Treasurer	Rosemary Lee	01503 220169
Secretary	Sheila Morrell-Davies	01503 220976

Lanreath

Churchwardens	Gill Sanders	01503 220827
	Rose Northcott	01503 220475
Treasurer	Peter Bartram	01503 220490
Secretary	Jenny Bartram	01503 220490

Talland

Churchwardens	Sheridan Hughes	01503 264948
	David Bailey	01503 262890
Treasurer	Joe Sharples	01503 273466
Secretary	Jenny Hall	01503 598267

Back to Church, but not as we knew it!

from Kathryn Hill

It was always going to be more difficult to come out of lockdown than it was to go into it! The guidelines are complex and detailed and it is important first to understand them and then to follow them. Thus it was a small team who met at St Saviour on Thursday, 9 July to clean and set up the Church for Covid-19 compliant, socially distanced worship beginning on Sunday, 12 July.

It was lovely to be back worshipping in Church but strange to sit 2 meters apart and not to be able to sing hymns or offer fellowship over coffee after the service. Despite that it was good to be able to worship with others. I made up for the lack of singing in Church by enthusiastically singing along with 'Songs of Praise' a bit later!

It was also lovely to see Rev'd Marilyn after such a long time, especially as her remaining time as our Priest is now so short and by the time you read this it will be over! We will

miss her very much and I hope and pray that she and David will have a trouble-free move to their new home and that they will really enjoy Marilyn's retirement.

At the time of writing:

St Saviour is open for worship on Sundays at 11am and on Thursdays at 10am, but will be closed at other times.

St Wyllow will be open for private prayer on Sundays from 10am to 12.30pm and on Wednesdays from 12.30 to 4 pm, but it is not open for public worship.

By the time you read this article things may have changed, or may soon change, so please keep a lookout for posters with the latest information.

Communion by extension

from ArchDeacon Audrey

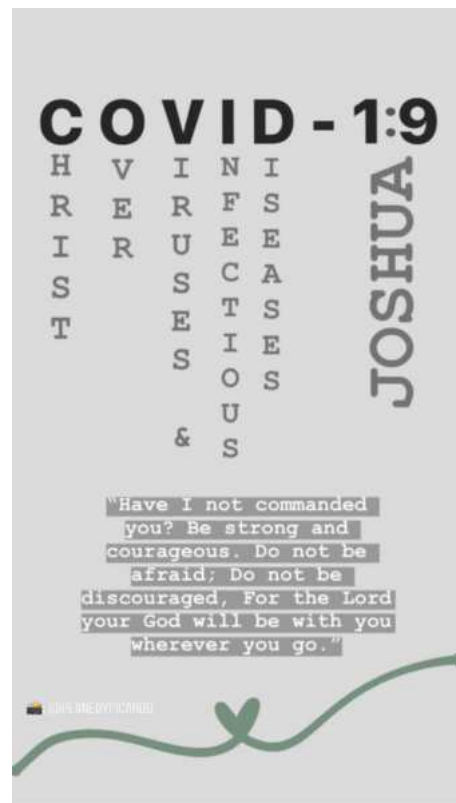
The Covid-19 pandemic has deprived us of receiving Holy Communion in a way few of us would have imagined just five months ago. For years we have been used to that simple act of eating 'bread' and drinking wine, receiving from our Lord the sustenance he knows we need. For years we have met together with our fellow disciples, and shared this sacramental meal. For years we have come before God with empty hands, and had them filled with God's grace. Except this year, for months we have not. This year we have had to 'fast' from the Eucharist. My guess is that this has made us each think about why Holy Communion is important to us, what we believe about it, what we gain from it.

I am writing this article just as the government have said that we may again meet for worship in our churches. Being able to share communion with one another will soon (hopefully) become a normal thing for us again. Except, following Revd Marilyn's retirement things are also going to be different. Bishop Philip has agreed that Trelawny benefice should, during the time you are without a parish priest, be a place in which a pilot for "Communion by Extension" is practiced. He specifically decided that your benefice should be the location for this diocesan pilot, because it was clear that it will be a challenge to find priestly ministry to cover your services during the 'transition' between Marilyn and your new priest.

Communion by Extension (CbE) has been permitted in the Church of England since 2001, but it has not yet been used within our diocese – until now. Put very simply, CbE allows a lay person to take the consecrated elements (bread and wine) from one service at

which a priest has presided, and to bring those elements to another service at which a priest is not present. The lay minister will lead the service of Communion by Extension, at which everyone present will be able to share the previously-consecrated sacrament. In this way, the celebration of Communion is 'extended' from one congregation to another.

I am delighted that each of your PCCs has agreed to this pilot taking place in your benefice. Six lay ministers (readers and Local Worship Leaders) from your parishes are undergoing training for this ministry. The lay ministers will be authorised by the Bishop to lead this act of worship. The intention is that each month there should be within your parishes: one benefice service of Holy Communion, one mid-week service of Holy Communion, and in each church (barring St John and St Nun) one service of Communion by Extension. Lay ministers of CbE will sometimes minister in their own churches, and sometimes will be visiting other churches. There is no obligation on any member of a congregation to receive Communion in this way, if they feel that this is not right for them. However, Communion by Extension can enable members of your churches to receive the sacrament up to three (or even four) times a month if they so wish. The Bishop and I seek to enable you, through this pilot, to meet around God's table, to feed on God, to be spiritually sustained and strengthened during your time without your own parish priest. Your learning and reflections could then enable this ministry to be made available in other places of need across the diocese, and we are grateful for your willingness to engage in this pilot.



Advertisers and organisers:

The Parish News is distributed to over 1300 homes in the five parishes of Lanteglos, Lanreath, Lansallos, Pelynt and Talland — including all the holiday lets.

An advert, notice or news item can reach thousands of local residents and seasonal visitors as well as inform and support the local community



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**Closing date for the
Oct/Nov 2020 issue is
Monday 14 September 2020**

Please send all copy and letters to
Suzanne Goddard at
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Polruan. PL23 1PG
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01726 870818

Or use the letterbox in the porch of
St Saviour's Church Polruan
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*** Thank you ***

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From the Editor

It's good to see the Church diary appearing in this edition — helping us to believe that we are slipping back into some kind of normal. Also some 'dates for your diary' are starting to appear, see page 23 for FHH5 talks and Marilyn's farewell party at Lanreath on pages 2 and 5. All of these could be subject to change as we move forward and you will see that unfortunately the postponed Fowey Festival has now had to be cancelled until May 2021 (see page 22) and the Polruan Regatta cancelled until August 2021 (see page 10), as neither can operate within the current government guidelines — a reminder we are not out of the woods!

Our local businesses have been busy diversifying in these difficult times offering take out and delivery services and now some limited indoor eating space; the shops are working hard to keep their shelves stocked and provide for the community and the ferry continues to 'ferry' people to and fro. Please continue to support these businesses as we progress through this shortened season which will hopefully be extended if we can keep the lovely weather! Check the community facebook page for details on opening and operating times and don't forget your face coverings in shops and on public transport!

Finally, I would like to wish Marilyn and Dave a very happy retirement as they slip across the border into Devon, but am pleased they will be taking with them some Cornish traditions! It has been a pleasure to work with her on this publication and I wish her a long and happy retirement and look forward to seeing her officiating at next year's nuptials.

I hope you all enjoy the summer — stay safe and well.

Suzanne

**News from Lansallos
from John Feesey, Lansallos PCC**

Where have all the swallows gone? Lansallos churchyard is a haven for wildlife such as slow worms, lizards, voles, butterflies, moths, grasshoppers and many species of bird. The church tower is also host to bats and jackdaws - a mixed blessing with the bats' excreta and the jackdaws' nesting materials undeniably causing some problems - but both are very welcome, nonetheless. And until the last two or three years we've enjoyed families of swallows nesting in the church porch, as they have done for generations. But no longer! So, what has happened?

Global warming and changing weather patterns may be part of the answer. Every spring the swallows migrate to northern Europe from their winter lodgings in southern Africa, a hazardous and lengthy journey over deserts, mountains and seas, returning in the autumn. In early April this year thousands of the birds were found dead in Greece and the Aegean islands after unseasonably low temperatures, heavy rain and gale force winds. Add in the effects of the overuse of pesticides and herbicides on the insects which are their food source and this may account for some of the estimated 20% or more reduction in the number of swallows arriving here in the last 15 years.

Worse than these hazards, though, is the annual slaughter that takes place along the north African coast where the birds are harvested for food, around 140 million of them each year in Egypt alone. It's long been the tradition to trap some swallows using quick lime spread on the branches of trees; others are shot and eaten. But it's the widespread and fairly recent introduction of "mist nets", imported from China, that has caused what amounts to a massacre of these



beautiful and iconic birds. These cheap, plastic and almost invisible nets, strung along some 700 kilometres of the Egyptian coastline, give the swallows (and many other small birds too) little chance of escape. They're sold for just pence each, though there is a more lucrative market for them in Russia where they are considered a delicacy. It's tragic really.

On a happier note, it's hoped that by the time this is published Lansallos Church will be open for private prayer and to visitors on two days a week, probably Sunday and Wednesday, with all due social distancing and other precautions in force. It would be good to be able to open the church daily, but with our small and mainly elderly congregation we don't have the manpower available to carry out the necessary cleaning. We may also be able to hold evening prayer in the church on one or two Sundays a month starting in August, provided there are no local "spikes" in the coronavirus epidemic. Watch this space!

Finally, we thank the Reverend Marilyn and David for all they have done for St Ildierna and wish them Godspeed and a long and happy retirement.

*Comero weeth!
(Take care!)*

News From Lanreath from Jenny Bartram

A strong village community spirit over the past 4 months has manifested itself, with help available to those shielding, from volunteers shopping, collecting prescriptions, daily telephone conversations with those unable to venture outside and dog walking, to number but a few of the helpful tasks performed, and which have been greatly appreciated by the recipients.

We are happy that as we slowly surface from the Covid Lockdown, a few community activities are surfacing once more. Sadly it was decided that St Marnarch Church remain closed for the foreseeable future with plans to utilise the closure to repair the damp west wall. However, Helen and John White have established what has now become known as "Lanreath Tabernacle Choir", on the Green on Sunday morning at 11.00am, to sing hymns and enjoy two bible readings.

Sadly for us, Reverend Marilyn retires at the end of July and will be sorely missed, but a party has been organised for Sunday, 2 August at 1.00pm to celebrate her and Dave's time with us. We hope that many people from the Benefice will be able to attend and, as it will be held on Lanreath Football Ground (weather permitting) there will be plenty of room to maintain social distancing. Please bring a picnic and seating and enjoy meeting old friends, entertainment, and giving Marilyn and Dave a wonderful farewell before they retire to Tavistock.

Bar View, at the Village Hall and under new management since March, has reopened, fully



refurbished, with a new name – The Tipsy Cow. Throughout Lockdown they were delivering beer and wine locally and in the latter weeks weeks started a food takeaway service which was enthusiastically received.

The Village Shop and Post Office has enjoyed a highly successful financial four months catering to the community and restocking the shelves daily in order to satisfy demand. They remain closed in the afternoons due to a lack of volunteers some of whom remain shielding, but as of the beginning of July the shop will be open on Sundays from 9.00am until midday. The village hall re-opens in September – check the Lanreath website for details of activities and events.

The Community Gardening Group are not meeting at present but are working individually in the Community Garden opposite the Village Hall where tomatoes and some vegetables have been planted in the two raised beds and to which parishioners have been invited to help themselves. The garden does offer peace and tranquillity and there are picnic tables available for use.

Lanteglos Community Bus

It is very much regretted that our regular services to St. Austell, Trago and Truro are suspended until further notice.

This follows government advice in response to the Covid-19 crisis, particularly as it relates to the use of public transport and the vulnerability of both passengers and drivers due to age and underlying medical conditions. We are extremely sorry for the inevitable inconvenience that this will cause and will monitor the situation closely to bring updates.

Pelynt and District Thursday Club

Meetings are held in
Pelynt Village Hall
on the last Thursday of each
month at 2.30pm
Admission £2, including raffle
ticket and refreshments
All welcome- we look forward to
seeing you

Planned meetings

*We are currently preparing a
programme of events which will
be publicised once restrictions
are lifted*



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**Breakfast
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Afternoon Tea**

Bar Meals and Specials Board

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Sunday Roasts when available

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Polruan Village Hall is in a lovely position, and is ideal for weddings, birthdays and parties, so please remember you can hire the hall for a very reasonable cost.



- The rates are £12 per session (ie. morning, afternoon, or evening)
- Please contact Kathryn (01726 709553) for more information or to book

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OPENING HOURS

Monday	9.00am to 4.00pm
Tuesday	9.00am to 4.00pm
Wednesday	9.00am to 4.00pm
Thursday	9.00am to 4.00pm
Friday	9.00am to 4.00pm
Saturday	9.00am to 4.00pm
Sunday	Sorry, Closed

**Polruan Kidz Klub and
 Polruan Youth Club**
 from Angie Mallard – Chair of Youth Committee



As I mentioned in the last edition, it seems such a long time since we have seen everyone and the future remains unclear for these clubs.

As you know we sadly had to cancel our annual Holiday Club, to keep everyone safe and have no further plans for the summer.

We are currently in the process of checking the guidelines to assess the viability of re-opening the clubs and advise that you keep a look out for posters or check the community facebook page for further information..

Please contact me if you have any queries (07697 131525) and in the meantime I hope you all have a very happy summer.

Distribution
 from Suzanne Goddard, Editor

Given we are still in difficult times, we continue to review our print run for each edition of the Parish News. As we go to print, Churches are open for reflection and Government restrictions on movement outside our local area has altered, therefore holiday homes, second homes and holiday sites are now selectively open. So, in the circumstances, we have delivered a reduced print run to these premises. This will be revised as guidelines alter. We have, however, increased distribution to shops in Polruan, Lanreath and Pelynt, should further copies of The Parish News be required.



Thinking of leaving a legacy to your favourite charity?

Many of us leave a small bequest to our favourite Charities in our wills. Significantly most Testators do not think to ask the individual Charity (or Charities) for a Gift Aid Form. If the Testator is a taxpayer, then a Will with an accompanying completed and signed Gift Aid Form, will allow the Charity to claim an additional 25% tax back from HMRC. And positively, the bequest will be discounted from any Inheritance Tax calculations.

A legacy of £100 becomes £125, one of £1,000 becomes £1,250. So please, if you do want to include a bequest in your Will for your favourite Charity, ask them for a Gift Aid Form, complete it and leave it with your Will.

News From Polruan Village Hall
 from PVH Management Committee



Due to the virus, the Hall has been closed since March, however that does not mean the Village Hall Committee has not been hard at work. Upgrades to the backstage toilet area and the outside storage shed have been carried out and the Treasurer has obtained monies from the local council and other bodies to keep the Village Hall viable. We hope to re-open the Hall as soon as possible, once all the current Government Guidance can be complied with, as the safety of all who use the Hall is our highest priority. We have been and will continue to liaise closely with our regular User Groups to keep them abreast of developments regarding safely re-opening the Hall.

We would like to thank all those who so generously donated money to the Hall via the Calor Gas Appeal.

We are currently planning to hold our AGM in the Hall in September and more details will appear nearer the date on local noticeboards. Please look out for notices nearer the time for further detail.

We look forward to welcoming you back to Hall very soon. Take care.

Readers are kindly requested to mention the Parish News when responding to our advertisers.

It helps the advertisers to know that their advertising is effective.

It also helps The Parish News which relies on our advertisers' continued support.

Little Harbour

Children's Hospice South-West from Lynn Bartlett

The wonderful care team have continued to support families during the past few months, providing care directly in the family home and support over the phone. Respite care is still suspended at all three Children's Hospices South-West but end of life and emergency care can still be facilitated.

The fundraising teams are working creatively to ensure income. The recent Rainbow Runs due to be held at St Mawgan, Exeter and Bristol took place virtually with people encouraged to take part in a 5k Challenge of their choosing. These 3 events usually bring in £150,000. Over 2,000 people took part and found a way to run, walk, or jump the 5k Challenge and raised an amazing £70,000. We have been delighted and grateful to receive £130 recently for the charity. Two personal donations and one during Children's Hospice Week from Jam First who organised the sale of cream teas. A big thank you to Sue and Ellie for donating £60 from the sales of their delicious take away cream teas.

Regrettably we are still unable to safely hold our Book Sales and at present the Reading Room remains locked, so there is no access to the Blamey shelves. Unfortunately, we are therefore unable to take donations of books at this time.

Thank you for your continued support.



Little Harbour Children's Hospice



AGE CONCERN

Should anyone need a driver to take them for a hospital appointment could they please make contact with someone from the following list.

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Tony Cottrell 870794
or 07870 280114
Angel Burstow 870059

FARES

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£12: Liskeard £12: Plymouth £20: Hayle £30

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What a lovely pair of Bloomers

from Polruan Regatta and Children's Sports Committee

The judging has taken place in the annual Polruan in Bloom competition and my, with 19 entries, what a headache we gave the judges! With so many beautiful front gardens and displays in pots and containers, they were very impressed with the obvious effort and care everyone had taken. The judges wanted you all to know how very difficult their decisions were. The winners were as follows:

The Millennium Trophy for front gardens

Winner: Clare Gray, Folly House
Highly Commended: Kathy Kelly, Suzanne Goddard, Louise Kidd, Vicky Hall and Charles

Mulready Trophy for pots and containers

Winner: Julie Palmer, April Cottage
Highly Commended: Poppy Devereux, Julie Scott, Debbie van der Duim

Thank you so much to all of you who took part, and for all you do to make this village such a beautiful place to live!

Special thanks to Janey Goddard for the fabulous posters she produced for the competition.

Secret Gardens and Open Studio, Polruan

from Tammy Skinner

Whilst organising the Polruan in Bloom this year, several people have mentioned that it is a shame back gardens can't be entered, as there are some lovely ones in the village that are never seen. I was wondering if there would be any interest in having a 'Secret Gardens of Polruan' event, with possibly an open studio for any artists in the village?

It would be held next year assuming life returns to anything approaching normal. The thought is to to run it separately from Polruan in Bloom as a charity fundraiser for two local charities, the Cornwall Air Ambulance and the Cornwall Council Emergency Fund. If anyone is interested in participating in this please contact me at tambob2110@gmail.com or 07708 023 772.

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LETTERS TO THE EDITOR

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suzanne.goddard@me.com

Or use the letterbox in the porch of St Saviours Polruan

The Editor welcomes your letters and contributions however in fairness to others reserves the right to abbreviate owing to limited space available.

We regret that anonymous contributions are not acceptable. Please give your name and postal address; this will not be published in full unless you specifically request it.

Stay in touch anywhere around the globe

*The Parish News is now available online at
www.lanteglosbyfowey.org.uk*

*The official website of
Lanteglos by Fowey
Parish Council*



**Closing date for the
Oct/Nov 2020 issue is
Monday 14 September 2020**

Please send all copy and letters to
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Springhill
Chapel Lane
Polruan. PL23 1PG
suzanne.goddard@me.com
01726 870818

Or use the letterbox in the porch of
St Saviour's Church Polruan

**no later than
Monday 14 September 2020**

*** Thank you ***

A Big Thank You

from Kath Welsh and Carol Evans

We would like to thank all those who have helped us over the last 3 ½ months and who are still doing so. Without our friends and neighbours bringing in our shopping, helping us with doctor and hospital appointments and our special Friday night tea and cream teas, we would have been in a lot of bother. The people of Polruan always turn up trumps – someone is always there to help out when you need them. Thank you all very much and we hope to see you all soon.

A Community 'Thank You'

During the last few months the words 'Community Spirit' have taken on an enhanced meaning as, unsurprisingly, we've all pulled together to keep our village residents cared for and safe. The support is still very much there and will be for the foreseeable future. Thank you seems hardly adequate but . . .

Our thanks and recognition go to:

Polruan Isolation Support and the Polly Pals; all requests from prescription delivery to sourcing pet food were met by this team Fowey River Practice Surgery; their doctors and nurses and Tash

Our carers supporting those in their own homes and those who work in our local residential homes

Polruan reserve Firefighters and co-responders

Polruan Coastguards for patrols and rescues
Emergency service personnel.

Shelagh, Katie and Colin at the Post Office and Winkle Picker

Dom, Kelly and all other postal workers.

Those who kept us well fed, going out of their way to organise deliveries:

Kiki and team at Polruan Stores

Pam and Beth at Crumpets Too

Sue, Ellie and team at Jam First

Rob and team at the Russell Inn

Rachel and Chris at the Luggar Inn

Delivery drivers

Bin, recycling and green waste collectors;

and our lovely road sweep gentleman

The Polruan and Bodinnick Ferryman

Cottage cleaners.

Gardeners.

Lanteglos by Fowey Parish Council

Polruan Town Trust

Cornwall Council

Essential services workers

Rev'd Marilyn and PCC

Teachers and school staff

And to all parents and carers who have home schooled and kept their children entertained during this period, often whilst working from home

Thank you

Letter from Australia

from Mary Taylor, New South Wales

Well, half a year gone already. We are getting back to normal now, you can go to places but still have to have distance between people. There is only one state you can't visit and that's Victoria where a lot of people have the virus, so they are in lockdown. It didn't worry Jim and I really as the only place we go now is to the doctors; the boys do our shopping for us and home care come every morning. There are a lot of people out of work now due to the virus and we see that a lot of people have died in England. The boys are pleased they can now go out for a drink and socialise a bit. They are saying we may get another dose of the virus and that there is swine fever in China that might make it to us – let's hope not!



Plum's youngest daughter's baby, Mason, is growing fast. He's 4 months old now. Plum is going to see his other daughter and family next week. Plum is cooking lunch for us today, I usually do it but not today.

At the end of the month I am due to go into hospital for day surgery on my legs. I need to have some cancerous growths removed – I'm not looking forward to it but it has to be done.

Jim uses a walker all the time now. I keep myself busy with word puzzles and knitting. I'm making a sleeveless pullover for myself and a blanket of squares for my granddaughter

The weather in England looks lovely. We get cold nights and mornings but the days aren't too bad. We have the heater going all day.

We get a bit of news from England. A distant cousin writes which is nice and Bill Taylor in Polruan rings from time to time.

All the best to you and everyone at home. Do take care and look after yourselves.

Distribution of the Parish News

from the Editor

As I mentioned in our last issue, we are looking for somebody to take over distribution of the Parish News. Should you be interested in taking on this role or for further information about what the role entails, please contact me at suzanne.goddard@me.com or telephone 01726 870818.



Advance Notice

from Tony Cottrell

Although nothing is definite these days, there is a possibility that we might put on a new pantomime in February 2021.

Please will anyone interested in taking part, especially school children, contact me at (tonypolrun@aol.com).

Thank you

Foodbank

Many thanks to those who have contributed so generously during this time of lockdown when there has been such a great need.

Please see separate poster for new polruan collection details

Please contact the Foodbank if you would benefit from the Foodbank services or know of someone else who might need to:

Liskeard & Looe Foodbank

Tel: 01579 343742

Mob: 07512 011452

Letter from Nigeria

from Daniel and Kathleen

These last few weeks have been full of activities.

Martha, Ishaku's fiancée, and her friends came from Maiduguri but had to be quarantined for 2 weeks, for our protection. Fortunately nothing developed, so after a further week of counselling and tests, the marriage took place on 20 June. They are now together in their new house and Ishaku went back to work on Tuesday to the block industry. We pray that they adjust to each other and Martha finds a job.

During this time Hawa, who lives with us, developed a temperature and a sore throat. To protect us, the doctor suggested we quarantine her and gave her some medicines. Praise the Lord it didn't develop and after 10 days she came out of her room. We would put her food into the food flask just outside her door – back to nursing!!

On 19 June we had the funeral of one of our IDP's. He lost his wife two years ago and leaves behind 9 children. They need your prayers as the older ones decide what the future holds for the whole family.

God has enabled us to start building another house for Jummai Saleh, whose husband was killed last year. It will be better for her to be near the other IDP's, close to our house.

The rains are good and the crops are growing well. There are Irish potatoes, as we call them,

which will soon be harvested. The corn on the cob is thriving too. Dr Dachung's friend increased the land for farming for the IDP's and so we hope each one will get a good crop.

The late Rev'd Luther Chishak's wife was called home this week and the funeral is tomorrow. I knew them when Luther was headmaster of Limankara Primary School. I also worked with her in the Gindiri Pastor's College Nursery for the student's children who were not old enough for the primary school.

Yesterday we visited Mark and his Team at the Stefanos Foundation and joined in the Bible Study and Prayer Time. Then we visited Kumi, Bethany and Ella who were busy making apple tarts, biscuits and Birthday cakes to sell. We were very impressed by their zeal. I am looking forward to having some of their bakes when they come for the weekend sometime and, of course, for my birthday at the end of July. I have booked a cake.

We love to hear from you. Thanks to those who email us and have sent gifts. This is very much appreciated as we help extra people due to the lockdown, who are not able to trade as usual. At the moment Plateau is not in lockdown, but as the numbers increase, it is likely that our Governor will put us in lockdown again.

All for now and thank you for your prayers. God bless and keep you all safe.

POLRUAN STORE

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Polruan Regatta and Children's Sports from the Committee

Ever optimistic, we had hoped to arrange some sort of family fun for the August Bank Holiday weekend but as we go to press this looks highly unlikely. Our entertainer and Nite Flite disco are unable to perform. Lostwithiel Town Band have been unable to practice for the last 4 months and don't know when they will be permitted to do so in the future. They are all rebooked for 2021.

We are finding it very strange and disappointing not to be busy putting the programme of events together for printing, organising the grand raffle and ball roll and the 101 things that need doing before Regatta.

At present guidelines only permit gatherings of up to 30 people and then we must socially distance from anyone we don't live with or who are in a support bubble. We would need permission for unlimited numbers of people to gather for Regatta, otherwise it would make it impossible to police numbers.

The Committee plan to meet at the beginning of August at an outdoor venue. As well as Regatta weekend we will be discussing our planned Autumn and Christmas events. We need to ensure that our children receive some kind of treat as they have been amazing throughout lockdown.

Updates can be seen on our webpage polruan-regatta.co.uk

Happily we have been able to put the bunting up in the streets. Polruan-In-Bloom has gone ahead (see page 7) and the Scarecrows will entertain us. Thank you to everyone who has taken part.

Polruan Regatta has traditionally been the occasion when exiled Polyroosters return to the village for a family and friends reunion. We hope this will still be able to happen albeit socially distanced, and wish everyone a safe and happy weekend.

News from the WI from Chris Cox, Vice President

The good news is we have been told that we can begin meetings again of up to 30 from September of this year. So I am pleased to say that we shall be open for business again in September. That is, of course, assuming we can put in place all the required guidelines to make our meetings safe. We will keep you posted.

In the last issue I wasn't sure whether we would be able to do our usual entry for the Scarecrow competition this year but fortunately we have been able to find a way around building our scarecrow in a socially distanced way – so Scarecrow Competition here we come!

Around the World in 40 days from Janet Downs



Thank you to everyone who showed such faith and sponsored me to cycle 360 miles on my old bike. Thanks to you I have raised over £1,356 for Help Refugees as part of the Around the World in 40 Days challenge. Collectively everyone taking part in this challenge has covered two and a half times the circumference of the world and raised an astonishing £113,898.84.

My rides were not especially exciting in themselves as they all had to start from home. For the first couple of weeks it was so hot that I tried to leave early in the morning at 6am or before. But those early mornings were beautiful and a well earned second breakfast is hard to beat.



My only actual breakage was the gear cable which gave up ten miles from home and left me stuck in top gear. That turned into quite a tiring trip. To be fair I had changed gear more times in three weeks than in the previous 42 years so I can't blame the bike for giving up. After watching several youtube videos that were all about much more modern bikes, Roy managed to thread a new one on for me.

The last couple of weeks were dominated by rain and wind. I was able to try out my red cycle cape which was a very flappy hazard on a couple of occasions but I was glad of it.

When I first stopped by the side of the road to put it on I had forgotten that the neck hole wouldn't fit over my cycle helmet so of course it got stuck and I was briefly trapped under

We are continuing to do our in-house lottery every month, which goes a little way towards the upkeep of the Hall in these difficult times.

Unfortunately our annual summer outing has had to be cancelled this year, but we are hopeful that we may be able to organise something for later in the year – even if we have to wear face masks!

Just a reminder, should we be able to meet again, we get together on the second Thursday of each month in the WI Hall and would love to welcome new members. For further information, please call Chris Cox (01726 870194).

Best wishes to you all and looking forward to getting back together with members and new members alike.

the tent with the traffic whizzing past.

Probably the scariest few minutes were the mile and a half I did on the A38 dual carriageway near Liskeard where everyone goes at 70mph. I couldn't get far enough into the edge of that road but I was sharing it with a lot of random rubbish and some very humpy cats eyes.

There were cheery weekly Zoom calls at the side of the road with other Thighsolation riders and some small joyous things that you'd never notice from a car: a tiny confused baby vole that I helped to safety at the side of the lane, a huge woolly bear caterpillar who had to be diverted from crossing the busy A390, and a whole host of swallows who dipped and dived alongside me like dolphins beside a sailing boat.

So it wasn't the London to Amsterdam ride I'd



Favourite coffee stop near the flowering boats at the top of Looe hill

signed up for but it had its own wonderful moments and now my legs are ready for anything although I can't speak for the bike . . .

Plastic Waste

from Chris Cox

Plastic waste is all around
In our shopping and on the ground
Look in the bins you see it there
It's even wrapped around a pear.

Plastic waste is on the street
This is something not to repeat,
We are told to do the recycle
But this is not always viable.

Plastic waste is in the sea
It's even there when you make the tea
Plastic waste is in your washing
It's everywhere, it's very shocking!

This poem was entered into a WI competition a little while ago.

Farewell to Michael Nicholas

from Mavis Nicholas (née Witts)

Thank you to everyone for their kind cards and messages on the passing of my late husband, Michael, on 31 May. Michael had been ill for a long time and will be sadly missed by his daughters, Diana and Susannah. He was a wonderful husband, father, grandfather and great grandfather

We moved from Polruan to Fowey in 1990 and then onto Essex in 1999 to be near our grandchildren. In 2017 we moved to Scotland to live with our daughter, Susannah, and her husband, Paul.

Both Michael and I have lovely memories of Polruan and very much enjoyed keeping in touch via the Parish News. Michael particularly enjoyed catching up with Gill Palmer's news from Frogmore. Sadly I doubt I will be able to return, the hills will definitely defeat me now, but I will continue to hold those memories close to my heart.

Thank you.

10 Bellfield Avenue, Hurlford, East Ayrshire, KA1 5AR

Bertie

29 September 1927 – 11 July 2020

At 7am New Zealand time on Saturday, 11 July our lovely Dad, Bertie aged Ninety two and three-quarters took his final breath. We are so proud to call him our Dad, he brought love and laughter to our lives.



For the last few days Tim has been by his side (COVID travel restrictions stopped me being there). He died in his bed overlooking Tapeka Beach and Kent passage. As the sun set in the UK and sun rose in New Zealand, he passed away, surrounded by photos of grandchildren, children, Mum and all the beautiful friends he has made on his way. Russell friends have been part of an amazing support crew loving him to the end.

So tonight, raise a glass to our legend friend and in the words of one of Dad's many toasts:

May you live long and die happy,

May the souls of your feet touch the roots of the daisies

And may every hair on your head be a candle to light you to heaven

(best said in Bertie's Irish accent!)

I know Dad would like us to thank you for your special love and friendship. You will all have your own memories of him, most I'm sure would have involved a "First of the day" drink!

Lots of love from all of us

Lindsey and Tim

Next year, when hopefully restrictions imposed by Covid have eased, the family plan to bring Bertie home to be buried at St Wyllow with his wife, Carol.

An Appreciation of Jill Grant (1945 – 2020)

from Sue Shakerley

I first met Jill and Stuart Grant at Carneggan. We owned Carneggan for 15 years and ran it as a guest house and also hosted weddings there. Jill and Stu were looking for a venue for a reception for their daughter Belinda, following her marriage at St. Wyllow. Jill and I got along immediately. We were the same age; we had lived in the same area on the Surrey/Sussex border, although not at the same time. Many years earlier I had gone to the same school that their daughters subsequently attended. We both loved sport and immediately began discussing the thrills of Lacrosse.

They were still living in

Rudgewick, Sussex then, but they had a holiday cottage in Polruan, Sturkstrum, at the bottom of Tinkers Hill. They decided to hold the reception at Carneggan and also to book all the rooms in the house and Carneggan Barn next door as well for wedding guests. The night before the big event it absolutely poured with rain and we spent the entire evening going out to the marquee and emptying the rain water which was accumulating along the gully between sides and the roof. The reception itself was successful and fun but we managed to lock Jill and Stuart out of the house in the early hours of the morning. Stu found a ladder and climbed all the way up to their bedroom, only to find in the morning that the drawing room window was open and he could have climbed in that way with ease. Despite all this we remained very good friends.

On another visit to stay at Carneggan, and having sold the house in Rudgewick, Jill and Stu finally found the home they had been looking for – The Close in St. Veep.

Over the years my respect for Jill grew and grew. She worked as a physiotherapist for many years and was always very active. She was a very good tennis player. She and Stu made the house at St. Veep a haven. They



always made you so welcome and they had fantastic parties, often including croquet and swimming. The house was also a superb holiday venue for their daughters, Belinda and Beth, and their 6 grandchildren. The garden always looked green and glorious. Jill did the mowing and Stu, the beds and the trimming.

Jill was very fond of Polruan and also of St. Wyllow. Both of her daughters were married there. She sang in the choir from its beginning when Peter Skellern started it and for some time before they left St. Veep she chose the music and organised the music folders. She was a clever and artistic flower arranger and for many years ran the Lanteglos Flower Guild. She and I always ran the 'gifts and accessories stall' at the Church Fete.

Jill always put other people first. Nothing was ever too much trouble. When they left St. Veep it was so that it would be easier for their family to visit. So their last years were spent in Thorverton between Crediton and Exeter. All our love and sympathy go out to Stuart, Belinda and Beth.

Jill, Stuart and Bertie Ellis were very close friends, and although Bertie died a few hours earlier than Jill, I am sure he will wait for her to catch up so that they can go up to heaven together.



Not Just a Dream

by Mavis Cocks

Thrift growing on craggy cliffs and scree.

Sea foam carried on the breeze to settle on
roofs windows and doors.

Gulls wheeling and calling and following boats
carrying fish,
squabbling for their share of heads, guts and
tails.

Engines phut, phutting or wind-filled sails,
always there, never changing
Not just a dream.

It's the hum of Cornwall.

Unique – there for all to enjoy and to see.
Mystical, magical Cornwall.



First Saturday of every month, 10am-1pm at Whitecross Village Hall – all year round!

Dates for your diary: Saturday 1st August, Saturday 5th September, Saturday 3rd October, Saturday 7th November

The market is back! We opened again on 4th July, for the first time since lockdown. And we'll be aiming to open as usual on the first Saturday of every month from now on – unless government guidance changes.

How does it work now?

- Restricted numbers in hall (roughly, a max of one person or family group per stall inside). **Please give other shoppers and stallholders plenty of room.**
- 2m-distant queuing outside the hall – with chairs for people to sit on. Bring an umbrella if it's raining.
- If you're worried about having to queue, maybe arrive later on – towards the end of the market – when it's always quieter.
- Stallholders can choose to be outside or inside as they wish, and Jo and Lois from Lowarth Losow plants in Fowey will be outside as normal.
- **One-way system** in hall and outside – please come **in** through the east gate (furthest from the car park) and the front door, and go **out** through the back door and the west gate (nearest the car park).
- Hand sanitiser stations at both doors.
- Toilets are open, with hand washing facilities, and wipes or spray if you wish to disinfect touch points.
- Windows and doors kept open for a through-draught.
- **Bring your own bags**, and remember not to touch any produce unless you're going to buy it.
- **And please wear a face covering**, as this is now mandatory for shopping.
- We'll be selling **Liddicoats pasties** from the kitchen (cooked / hot, or uncooked / frozen) and have **reduced the price** for the duration of the virus (there's always a silver lining...) to £3 per pasty. This is to keep payment simple – so please bring the exact amount in coins if you can. If you can't, there will be change for you to help yourself to.
- While we're short of volunteers, we can't take any pre-booked orders for pasties, sorry. As soon as you buy them, you'll need to take them away with you.
- Also while we're short of volunteers, we won't be able to do teas and coffees, or get back to having the café tables in the hall. We'd like to be able to do this as soon as we can, but it will mean a dedicated volunteer taking everyone's contact details for the NHS 'test and trace' programme.
- The Fowey community bus is running again, but not the Polruan bus until further notice.
- Remember to be sensible, and if you're feeling ill in any way please don't come in to the market – we'll see you the following month instead.

The stallholders are very happy to be back, so please come and support them and stock up on all the best local produce. Some of them are happy to take advanced orders (and will have them packed and ready for you to collect) – please see our Facebook for details.

Liz and the Whitecross village hall committee

Email: whitecrosslocalmarket@gmail.com

www.facebook.com/whitecrosslocalmarket

Tel: Liz on 870542

www.whitecrossvillagehall.org.uk



Bring your own umbrella

News from Frogmore Farm

from Gill Palmer

It was so exciting to go to Frogmore after many weeks of lockdown. The dogs were so excited to see us, they bounced around us for ages.

Although the cattle had been in the fields for weeks it was strange to see the cattle sheds empty.

I know life must get back to normal but we are still being very cautious and I wish other people were being careful too. The car parks are full to overflowing and the roads are being used as a car park as well. Ben and Simon were trying to harvest some grass for silage but there were so many cars parked along the roads there was no room to get the machinery through. The Police had to be called and big fines were issued. Although at the time you were supposed to be within an hour of your home, some people had come from Birmingham and London.

Now with complete freedom to come to Cornwall, we are seeing problems of a different sort - wild campers. Wild campers is a term used for people who don't want to pay for a camp site! Tents are popping up all over the fields, without permission. Portable barbecues are lit on the grass and left unattended which is such a danger to our hedgerows and fields of corn. Plastic and cans are left behind. Wildlife and our animals can have very painful deaths if they eat plastic. Also our fields are being used as toilets and that is disgusting.

We were called out one evening because a large group of young people from London had set up a camp at the bottom of Lantivet Lane. They were playing loud music, smoking cannabis and drinking alcohol. A BBQ was burning too. Because there were lots of them Simon and Ben went down in the tractors and we followed down in the buggy. They were asked to leave, but were annoyed and said they were being intimidated by lots of people and that they had every right to be there. I asked what would they do if I turned up at their house, set up a camp in their garden, lit a fire and used their lawn for a toilet. They said they would phone the police. Well our fields are the home of our animals. Eventually they were made to move and I believe they slept in their cars that night.

If a camp is set up in a field and unbeknown to the campers cattle are also in the field, maybe cows with calves and a bull it could be very dangerous for them. Cattle are very curious, they would investigate the tents and probably trample them as they passed by.

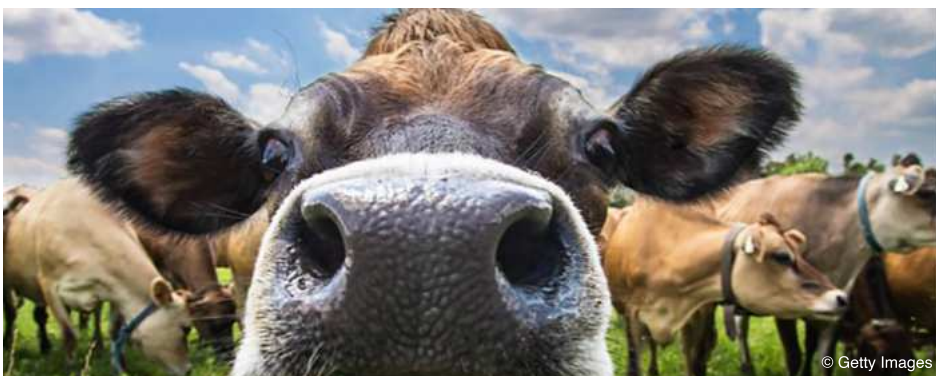
Moving on . . . we were thrilled when the cattle all passed the TB test yet again. Now we don't need another test for a year. It's such a relief. The two bulls had quite a squeeze trying to get through the cattle crush. On the second day Fergus went through reluctantly but Frank refused. We couldn't move him at all. Luckily he loves to be brushed so while he was enjoying being pampered the vet measured the skin on his neck to check for any lumps.

Today Simon and Ben, with the help of friends, are baling and wrapping silage. The silage must be sealed in black plastic so it can ferment without catching fire as it heats up. There are tractors everywhere. Not an easy job with thousands of cars on the roads; we put bollards in the gateways last night to stop cars from parking in them.

It's lovely to know that after the strange weather we have had this year, we will have enough food for the Winter.

Next week the sheep will be dipped. This prevents all sorts of bad things from sheep scab to being eaten alive by maggots. The sheep have to swim for just one minute in a special tub. They may not like it much at the time but are very relieved afterwards because they are no longer troubled by fly bites or stings. It's a relief for us too, knowing they are safe for about eight to nine weeks.

We haven't seen Prickles, the hedgehog, since it started to rain. I suppose the slugs, snails and worms are now coming out at night. I put the food out for several nights, it was eaten but I knew it wasn't Prickles. He always licked the plate clean. We put the night camera out again and discovered that a crafty magpie was going into the feeding station and eating the food just as dawn was breaking. The wildlife cafe was closed at once. When Winter comes we will put some more food out and hope that Prickles will return!





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Following the success of local author Tim Bagshaw's *This Sacred Land: The Return of the Prince*, the first in the Chronicle of the Dewnan series, his highly anticipated sequel, *This Sacred Land: Fight for Freedom* is welcome news for fans of

historical fiction, fantasy and retold folklore.

In this unique series, Bagshaw brilliantly recreates the ancient lands of the Dewnan and their Veneti kin along the rugged Cornish and Breton coastline. Vulnerable and threatened by a Roman onslaught led by supreme leader Julius Caesar, the Dewnan's hopes of survival lie in the hands of mythical hero, King Arthur ('Artur'). What ensues is a powerful and imaginative take on the King Arthur myth depicting a brutal power struggle and an intriguing story of treachery, trickery, battles and betrayal.

Bagshaw's original reinterpretation of the King Arthur classic in an authentic Roman setting is a wonderful two-part blend of fact and fiction. This *Sacred Land*, Parts 1 and 2 combine myth and reality in this must-read series.

Available on Amazon, Kindle, Apple Books and in all good book shops.

Follow Tim: [www.twitter.com/bagshaw_tim](https://twitter.com/bagshaw_tim) and www.facebook.com/dewnanchronicle



Tim Stapleton's absorbing reflections on 60 years of 'Sailing from Polruan', is now available at The Winklepicker.

Lanteglos-by-Fowey Parish Council

Chairman's report August 2020

from Cllr Dr Pat Moore OBE, Chairman; Lanteglos by Fowey Parish Council and Neighbourhood Plan Steering Group

Covid-19

Here we are on a damp July morning, still in strange times, and although we have been in lockdown since 23 March, things are beginning to change. We are slowly adjusting to what is called the new normal. This means we can, as long as we are not shielding, begin to see friends and family, as long as we stay responsible and alert, and remember our social bubbles. The weather has mostly been kind

It is good to see so many boats back in the water again and the first, very unofficial race of the season took place on Saturday, off the Royal Fowey Yacht Club for Troys and Fowey Rivers, with family crews. No prizes or points of course, but great fun had by all.

I wish, on behalf of us all, to repeat our special thanks to the Polly Pals who have been of immense strength in Polruan with all manner of things such as collecting shopping, collecting prescriptions and post, collecting newspapers and generally being true friends. Thank you from all of us. There are many vulnerable people in the Parish and this kind of support has been invaluable to them. I would also like to thank the two stores in Pelynt, Boxalls and O'Keefes, who have been assiduous in drop and collect deliveries to Whitecross Green. As the situation locally has changed Boxalls have made their last delivery to Whitecross Green but our thanks go to them for their service to the Parish. Thank you too to Nippers of Looe for deliveries of the best quality fish.

It is noticeable just how many visitors there are now in the Parish and wider afield and, just in time, our WC facilities were re-opened up on 4 July after a deep clean by our new contractors, Cormac.

Council Meetings

As you will be aware during the Lockdown we have not been able to meet in face-to-face meetings, but have held "virtual meetings". Details of all meetings, agendas and minutes can be found on our website, but not for the time being on all the notice boards. However, by the time you read this, your Council will have held several meetings on Zoom, and on the strength of that the meeting called for 28 July will be held in the same way. We have been strongly advised by Cornwall Council and Cornwall Association of Local Councils to continue to do so. Members of the public will also be able to join a meeting by telephone or on-line. Watch this space.

Hedgerows and Verges

You will probably have noticed that hedgerows and verges in the Parish were not cut until after the beginning of July. This is a deliberate delay by Cornwall Council to allow

birds to nest and raise young and for the many wild flowers to bloom and set seed. Many of them have been spectacular and it will take some time before the trimming is complete.

Lanteglos Neighbourhood Plan:

There is nothing further to report as the draft Plan is still with the Inspector for examination. The inspector, Mrs Deborah McCann, has been appointed by Cornwall Council (Regulation 17). A copy of all the comments is available on our website. The inspector will prepare a report and make proposals for changes to the plan as appropriate and further modifications may be recommended. All of this will be published on Cornwall Council's website and on our Neighbourhood Plan website: <http://www.lanteglosbyfoweyplan.org.uk> which has been substantially revised and holds all the up-to-date information about the NDP.

We know that because of CV19 no further NDP Referendums are likely to be held until May 2021, including ours.

Annual Parish Meeting

This meeting was another casualty of CV19 and had to be cancelled, but will now take place at our virtual Meeting to be held on 28 July 2021. All posts including Chairman and Vice Chairman are up for election as well as representatives to other organisations in the Parish. Elections for all Parish, Town and Cornwall Councils will take place in May 2021 and also for the Police and Crime Commissioner for Devon & Cornwall.

Please get in touch with us through the website or by email as shown below.

Website: www.lanteglosbyfowey.org.uk
Email: clerk@lanteglosbyfowey.org.uk

Parish Council Meetings

Virtual Meetings of the Parish Council are being held via Zoom during the pandemic. Members of the public are warmly invited to attend.

Planning Applications

PA20/04254, The Barn, Trethake Mill, Highway – proposed installation of air source heat pump. Members had no objection.

PA20/04255, The Barn, Trethake Mill, Highway – listed building consent for the proposed installation of air source heat pump. Members had no objection.

PA20/04509, South Lombard, Lanteglos, Fowey – conversion of garden storage barn into client accommodation. Members would have no objection but query if the application should include a "change of use" condition as it would be used by clients of the "professional practise" business.

Planning Applications Approved by Cornwall Council

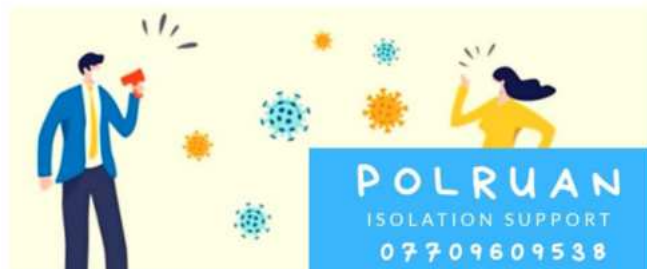
PA20/02840, 16 West Street, Polruan – works to the roof in order to create a habitable loft room. Specifically, three roof light windows and a dormer window.

PA20/00660, Storms Reach, 14 The Quay, Polruan – refurbishment of existing boat shed to use as annexe to Storms Reach and Holiday let.

Planning Applications Withdrawn by the Applicant

PA20/02983, 3 Ocean View, Polruan – proposed replacement roof with new dormer and gable extension.





Are you socially isolating from infection or protection in or around the Polruan area?

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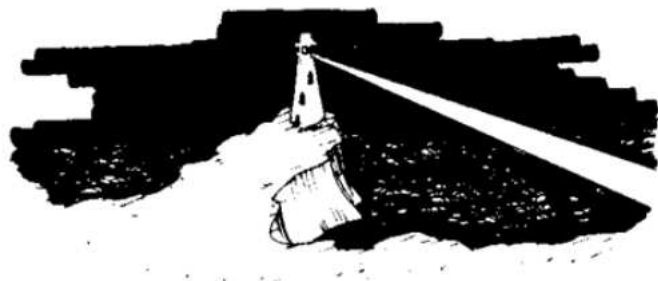


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Beauty all Around by Mavis Cocks

*Pause – and watch a butterfly
unfolding its gossamer wing.
Vivid with brilliant colours,
a truly beautiful thing.*

*Linger – and smell any lovely flower,
or the scent of new mown hay.
Nature surrounds us with such delights
to make us linger and stay.*

*Stay – and listen to a bird's song.
From the skylark on hovering wing,
or the beautiful trill of the blackbird.
There is beauty in everything*

Night into Day by Mavis Cocks

*Black velvet sky lit with twinkling stars and silvery light.
Earth's noises stilled, its people slumbering through the night.
Owls fly night-hunting, cry 'Tu-whit – tu-who'o',
Tiny creatures are alerted, then scamper out of view.*

*Then comes first light. Night's long vigil done.
Dawn's pale fingers herald the rising sun.
Earth's slumberers reluctantly awake.
Day break seems to say –
The night is past. Give thanks for this new day.*

P.P.D.M.

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Fowey River Lions

July 2020 sees us with a new President, one of two founder members, still in the club, and a past president three times, welcome to Fowey River Lions 44th President Lion Tony Bartlett. Thanking outgoing Lion President Chrissie Anders for all she had done in the past year Lion Tony reminded us all what a difficult year it had been for her, particularly during the last quarter. Looking forward Lion Tony said "Fowey River Lions is here to give

service to the community" and went on to comment how much he was looking forward to leading the club again and helping the community.

The July meeting was the first one since lockdown and our next meeting will be on Monday, 3 August at 8pm in the Ship Inn, Par. If you like what we do you may be interested in joining us. We would be delighted to meet you so please get in touch.

President: Lion Tony Bartlett

Treasurer: Lion Tony Bartlett

Secretary: Lion Alastair Barr

www.lions105sw.org.uk/foweyriver

email: foweyriverlions@gmail.com

facebook: foweyriverlions

Tel: 0345 833 7484

Summer reading from local authors

Sailing from Polruan

A new book by Tim Stapleton

Tim started sailing from Polruan in 1960 when he walked over from Polperro to hire dinghies. What started as just 'up river' became sailing in the day boat class in the Regatta for many years. For ten years he crewed on 'Ondina of Polruan', taking part —east—in the 'Round the Island' race (Isle of Wight) and —west—to Helford and all points in between. Longer cruises to the Scilly Isles and sailing Americas Cup boats in New Zealand are described; so too are various mishaps including capsizing in Lantic Bay and missing the last ferry back to Polruan. The theme of the short book is that sailing is about nature, boats and people.



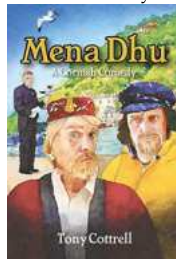
Tim was a partner in an international property consultancy, specialising in the development and appraisal of marinas including locally, the Sutton Harbour group and Royal William Yard. In retirement he was Chairman of the Board of Governors at Exeter College and on

the SW Regional Board of the National Trust. He and Liz have had a very small cottage in Polruan for over 30 years.

Mena Dhu

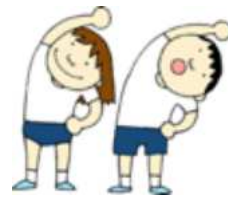
A new book from Tony Cottrell

Tony Cottrell's new comic novel, Mena Dhu, is set once again in Porthallow where many peoples' minds are set on the forthcoming annual cricket match between the Village and the Big House, Mena Dhu; home for some 1500 years of the de Coverlet family, where Sir Cosmo de Coverlet, the last of the line, is not only considering the match but also, more important, another match - how to set about finding himself a wife in order to continue the family whose history stretches back into the Dark Ages and contains remarkable secrets.



Available from Amazon, Crumpets Two, the Winkle Picker or direct from Tony on tony@megadhu.com

STRETCH AND TONE



Jenny has now retired from Stretch and Tone at Lanreath and would like to thank all those who have attended sessions in the past for their support.

Thank you

We would like to invite people of Polruan to join us on our Village Hall Committee, or just help at our events. If you are interested, or would like more information, please contact Suzanne on (01726) 870818.



Come get involved – your Village Hall needs you!

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Clean up after your dog

News from Nigeria

from Kathryn Hill

The current issue of 'barababasa' the magazine of the Barnabas Fund includes an article about the situation in Nigeria under the title 'Courageous Martyrs'. Christians in central and northern Nigeria are being targeted by Boko Haram, Islamic State West Africa Province (ISWAP, a breakaway group from Boko Haram) and Fulani militants all of whom are waging jihad (so called 'holy war') against Christians with the aim of 'cleansing' Christians from central and northern Nigeria and setting up an Islamic Caliphate in the region.

With a few exceptions like the Chibok girls, little of this is reported by our media but since 2015 at least 6,000 Nigerian Christians have been killed by terrorists and almost two million have fled to other parts of the country or to neighbouring countries and thousands, including some Muslims, usually those deemed not to be 'Islamic enough', have been kidnapped. A few, including some of the Chibok girls and Leah's Muslim classmates have been released. I have told Leah's story in previous editions and she is still held by Boko Haram who have said she is their 'slave for life'. [By Ed. see Feb/Mar 2019 edition] Boys are often forced to fight with the terrorists while girls and women are used as sex slaves.

Travel is dangerous as all three groups ambush vehicles with at least 35 Christians murdered by extremist in January alone!



Nigeria is not exempt from Covid-19 and the withdrawal of troops from anti-terrorist duties to try to combat the pandemic has led to more attacks and less help for the beleaguered Christians in Central and Northern Nigeria.

Plateau State where I lived and worked for 20 years, and where Daniel and Kathleen now live having fled from Daniel's native Borno State, is in Central Nigeria and is currently only slightly safer from terrorist attacks than the far north including Borno. The Jos Plateau is between four and five thousand feet above sea level so it has a cooler and more pleasant climate than the lowlands so it was a tourist venue with many people from the lowlands



Map courtesy of Wikipedia

taking a break on the plateau in the hot season. So much so that Plateau State's 'strapline' was: 'Plateau State the home of peace and tourism'. There is little peace in Plateau State today and no tourists!



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In the garden

Top Tips to bring great seasonal colour to your garden this August

August is usually one of the hottest months of the year. The warmth and summer spirit always combine to make August one of the most enjoyable months and where better to enjoy it than in the garden. The following plants will ensure fantastic summer colour.

Zinnia Elegans (Common zinnias) is a delightfully colourful, bushy annual in the



Asteraceae family whose close cousins include Sunflowers, Asters and Daisies. They bloom from early summer right

through to early autumn, making them fantastic for summer colour throughout August. They are available in a huge variety of colours from delicate daisy white through to fire cracker yellow and lipstick pink. They enjoy moist well-drained soil in full sun.

Clematis Viticella, have beautiful rich purple, deep blue and mesmerising white flowers which renew themselves, time after time, continuing to bloom throughout the season and providing a wealth of colour all the way into Autumn. It is



incredibly hardy, enduring hot summers and cool winters with ease. For best results, these Clematis should be planted in full sun or partial shade, in moist but well-drained soil of any type. Be careful with the pH though, as this plant does not like very acidic soils.

Crocsmia 'Lucifer', this handsomely devilish perennial is easy to grow and will add fiery intrigue into almost any garden. Crocsmia's



profuse, orangey-red flowers make a vivid contrast against its green sword-like leaves and the plant is perfect for adding

colour and structure to the border. It also gives your garden a welcome burst of late summer colour just as other plants may be starting to fade. It is a clump-forming plant that does not require any pruning and is generally disease free. Crocsmia 'Lucifer' will thrive in a humus-rich soil that is moist but well-drained. It is extremely hardy and prefers a position in full sun or partial shade.

Agapanthus 'Regal Beauty', is a truly mesmerising plant. Throughout August and late summer, it exhibits dramatic violet-blue flower heads measuring up to 30cm in diameter. They grow on upright stems above

the strappy evergreen foliage and are perfect for perennial borders or as potted plants. Agapanthus is not fully hardy and will need moving into a sheltered spot over winter. Use loam-based compost with added grit for drainage and keep the soil fairly moist. Grow in a sunny, sheltered spot for best results.

Three top jobs for September

Summer is drawing to a close but there are still a number of gardening jobs that are worth doing. Get outside to catch the last of the summer sunshine, create some additional plants for free and prepare your garden with bulbs to ensure a spectacular spring colour display.



Dividing Perennials

Summer-flowering herbaceous perennials can be lifted and divided in September when they've finished flowering, but the soil is still warm enough to aid new root development. In fact, most perennials need to be divided every two to three years, otherwise they get too big for the space they're in and become congested.

To do it, gently dig out the plant you wish to divide. This is often best done with a fork rather than a spade, as the latter is more likely to sever plant roots.

Once the plant is out, divide it in a way suitable to its type. Small fibrous-rooted plants like Hosta (Plantain lily), Heuchera (Alum root) and Epimedium (Barrenwort) can be gently teased into two with your fingers, while larger fibrous-rooted varieties, such as hardy Pelargonium (Geranium) and Hemerocallis (Daylily), are best levered apart using two garden forks thrust back to back into the plant's centre. This will separate the plant into two with minimal root damage. If the plant you're dividing is especially big, you will need a good strong fork.



Plants that have woody crowns or fleshy roots, such as Astrantia (Masterwort), Delphinium (Larkspur) or Helleborus (Hellebore), usually need chopping in two with a spade or saw. So there's no need to be shy with these varieties.

Once the plant has been divided, replant the newly-divided specimens in your chosen spots and remember to water them frequently as they get established.

Planting Bulbs

September is the perfect time to plant hardy spring-flowering bulbs such as Narcissus (Daffodil), Hyacinth and Crocus. These bulbs will do best in a warm, sunny spot and they all love good drainage.

If you're planting them in a bed or border, dig a hole about four times the depth of the bulb and put a layer of sand and grit in the bottom of the hole to aid drainage. Cover this with a little compost, then plant the bulbs under about 2-bulb's worth of depth of soil. Try bunching six to ten bulbs together in one spot, placed one bulb's width apart, or line a path them for an impressive display.

Bulbs are also excellent grown in pots, which can then be brought indoors for a marvellous spring flower display. Since they love good drainage and could rot if kept too wet over winter, plant them three bulbs deep in a good quality compost mixed with horticultural grit from the garden centre at a ratio of 3:1.

Taking Cuttings

Tender perennials like Fuchsia, Petunia, Salvia (Sage), Verbena (Vervain), Penstemon and Chrysanthemum can all be propagated with cuttings. This is a brilliant way to grow more plants for nothing, and there's something satisfying about nursing plants through from tender young shoots to fully-fledged plants.

You'll need to find strong, young growth that hasn't flowered this year and snip it off at an angle just beneath a leaf joint, leaving a stem of 5-10cms in length. Next, strip off the leaves from the lower stem, leaving just one or two pairs towards the top. This will help to prevent the plant from losing too much water via its leaves while it has no roots to take moisture up from the soil.



Dip the end of the cutting in hormone rooting powder and plant in compost mixed with a little horticultural grit for drainage. This will help to prevent the end from rotting and promote good root growth.

Put the plants in a propagator or push wooden chopsticks into the soil around the cuttings and cover them with a plastic bag to help retain moisture. Place the cuttings somewhere bright and warm, but keep them out of direct sunlight until roots have formed (about six to ten weeks). It's a good idea to mist plants daily to ensure their water needs are met while they are still rootless.

When the cuttings have rooted, pot on into larger containers and overwinter them in a greenhouse or cool conservatory or porch.

Taken from David Domoney's 'Simple monthly calendar'

Higher Windmill Allotments

from Brian Cook

In our last report we told you of the increase in interest in allotment gardening in Polruan probably because so many of us have extra time on our hands during Lockdown. Progress has continued and all our plots are now let. In some cases they have been subdivided into half and quarter plots. Each day there is activity and the allotment area has never looked as well tilled and tidy as it does now. Grass cutting is being done by members on a rota and is a credit to their hard work.



We told you previously of the seed sowing that was then going on. We are now reaping the bounty and already we have harvested potatoes, courgettes, broad beans and salad crops. We can look forward to onions (currently ripening), French beans, beetroot, runner beans and brassicas. We have recently been planting leeks and brassicas for the autumn and winter and are hoping the parsnips that were sown earlier in the year will give a good crop.

This year has been a good one for soft fruit. We have had excellent crops of strawberries, with later varieties still to come. Gooseberries and blackcurrants were very productive and some of our members have had excellent blackcurrant crumbles, while another has made 'ribena' and others have simply frozen them for later. Raspberries are looking promising and as always, we have had plenty of rhubarb.

Some of our gardeners are placing emphasis on flower growing. Their plots are particularly attractive now and really brighten the place up.

While all plots are allocated, if you are interested in having a plot, speak to Des Libby. He is starting a waiting list.



WHITECROSS & DISTRICT GARDENING CLUB

2020

We are looking at a programme of events for when we can all circulate more freely, please keep an eye out and we will update everyone as soon as we can.

Stay well and safe

New members are always welcome

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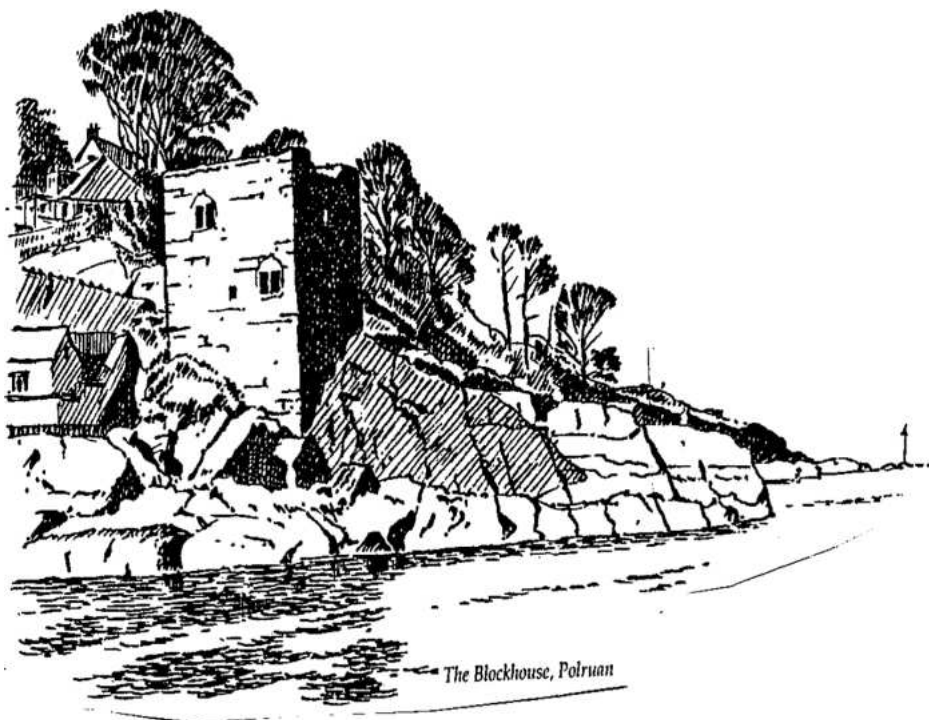
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Town Trust News

from Robin Sainsbury
Chairman

The Trust have continued to operate on a reduced level throughout the lockdown period, even embracing modern technology meeting via Zoom.

As a direct result of the effects of Covid-19 much of the Trust's activity has had to be diminished. The extended cover for the Coal Wharf should have been installed by the time you read this. The lights around the quay have been serviced and are all now working, also the electricity supply in the Reading Room has been thoroughly checked to ensure the bills we receive reflect actual usage. As I write we are in contact with South West Water to correct the time on the clock, the last time there was an issue, this took some time to rectify.

The Reading Room Committee have taken the reluctant decision to keep the facility closed for the foreseeable future as the required social distancing is not possible within the building. Notice of reopening will be posted on the notice board outside.

The Trust have purchased some lockers to install on the Quay to replace the RNLI ones, but we have decided not to fit them this year as the risk of infection from them is too high.

To the same end, we have taken the step of keeping the play area on the hill closed, the implications for the Trust for sanitising after every use make opening them impossible. In order to open them after each child used any part of equipment it would have to be fully sanitised prior to the next use and this is simply not viable. We ask that all respect this decision and keep off the apparatus. The security fence has now been delivered to the contractor and it is hoped that it will be fitted at their earliest possible convenience. You will also notice that the plaque in memory of David Hill has now been put on the granite stone plinth in the same area.

As ever, if there are any issues relating to Trust properties or interests please feel free to contact any trustee or the Clerk Adrian Fisher.



LANTEGLOS PARISH COUNCIL

IMPORTANT NOTICE

As local residents know, there is a ongoing problem caused by seagulls ripping open plastic rubbish bags, strewn around the unsanitary contents and making a general mess of our village.

The Parish Council requests that home owners and holiday visitors ensure that any rubbish for collection be put out

Early Monday morning and
NOT BEFORE!

It is strongly recommended that householders put bin bags in a dustbin or gull-proof sack

Owners of holiday lets are asked to provide their tenants with dustbins

PLEASE DO NOT FEED THE GULLS

SUBSCRIPTIONS

Keep in touch with the village by having the Parish News sent to friends and relations and yourselves when away.

It only costs £8 (UK)
£18 (Europe) £24 (overseas) to have the Lanteglos Parish News sent by post on publication for a year.

To Graham Tyson, The Old Barn,
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NCI Polruan from Brian Cook

When we last reported we were in the depths of Lockdown and our Station was shut. We reopened a few weeks ago with a reduced coverage and now are almost back to normal. We are currently doing three watches each day, giving twelve hour coverage. We have previously single manned the station at Polruan, so current social distancing rules only have marginal impact on our operations. One effect is that unfortunately we are unable to welcome visitors to the station at present.

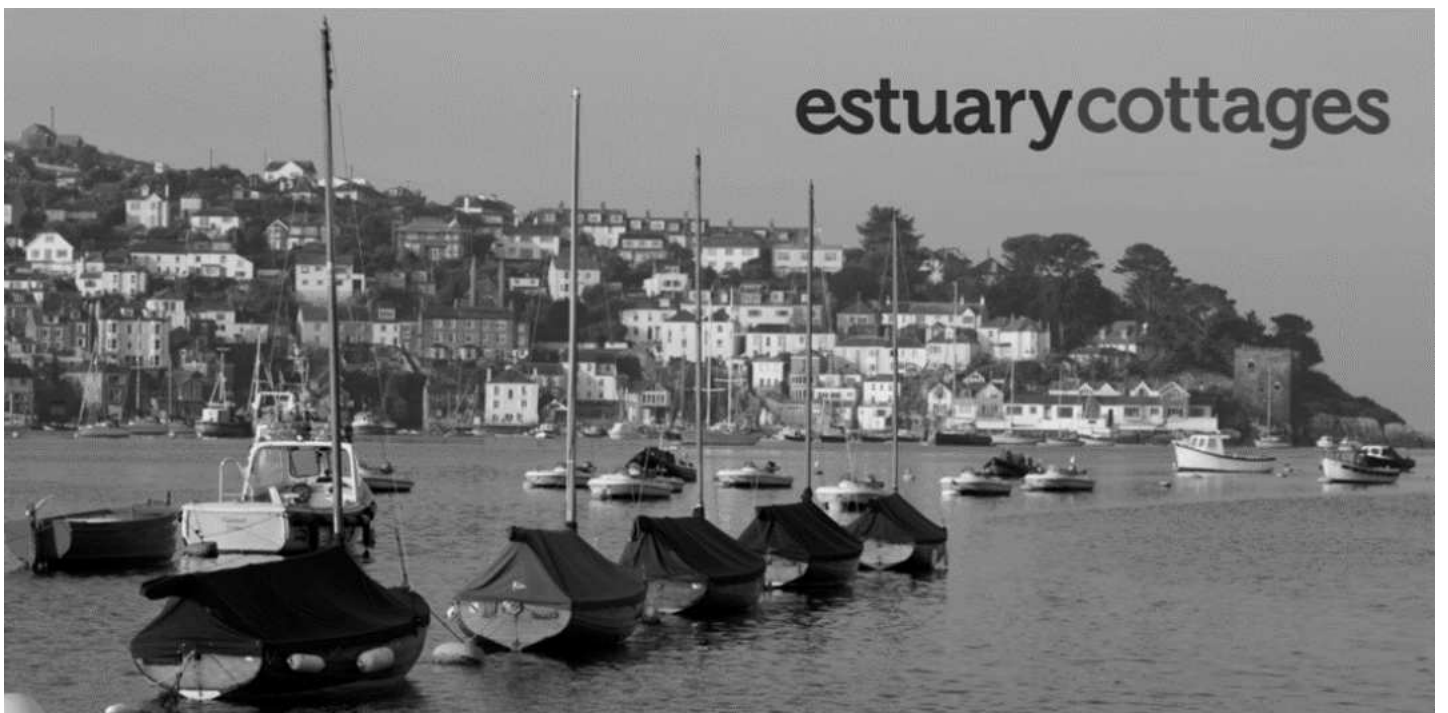
During lockdown there was very little boating activity in Fowey and only locals walking the

coastal path past the station. During the last few weeks there has been an explosion of recreational sailing, general boating, fishing and canoeing. We have even spotted a paddle



boarder heading for Lantic Bay. So things are nearly back to normal!

While we can't have social visitors at the station, if you are interested in joining Coastwatch, don't hesitate to knock on the door and have a word with the duty watch-keeper.



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Fowey Festival 7 - 15 May 2021

At the end of March we felt positive and hopeful that social distancing and Covid-19 would be behind us by the Autumn and we would be able to hold a Festival in September. Unfortunately, as you will be more than aware, that is not the case and the current uncertainty around the policy for large gatherings by September, creates an untenable position. As a result, we are writing with heavy hearts to confirm that the autumn Festival will not now take place.

The team have been in regular dialogue closely monitoring the Government advice, our own financial position and the safety of our visitors, speakers and all involved in the staging of the Festival. This decision was extremely hard, but ultimately we had no choice. We depend on our income each year from the Festival to pay for all on-going expenses and the lack of the May Festival left us with a large shortfall. As you may know, we launched a fundraising campaign and are very grateful for the many, kind donations we have received. However, the operational restrictions imposed through Covid-19, combined with not reaching our fundraising target, would risk leaving us in a vulnerable financial position for the future of the May 2021 Festival. We feel that by forfeiting the September Festival we will be in a stronger position to ensure the future of the May 2021 Festival and beyond.

Work continues for the 2021 Festival, scheduled for 7 to 15 May 2021, and it is hoped that many of the Autumn speakers will be able to join us. In the meantime we are developing plans to hold some one-off events, subject to Government guidelines, over the winter and spring. Please do keep an eye out on our website or social media for details. As ever, thank you for your understanding. We are extremely disappointed not to be seeing you in the Autumn, but we all look forward to seeing as many of you as possible in May 2021. In the meantime, please do keep in touch; we love to hear from you. Our donations page is still open, search for: "Funds for Fowey Festival" in your browser or in virginmoneygiving.com website.

Stay safe and keep up to date and see what we are doing! You can follow us and join in on:

www.foweyfestival.com
 Twitter: fowey_festival

Email: info@foweyfestival.com
 Facebook: @FoweyFestival

Are you interested in your local environment? Want to get involved in surveys, conservation work or just find out what amazing wildlife can be found around us.

The Friends of the Fowey Estuary have a varied annual events programme from guided walks and talks, to practical conservation, there really is something for everyone.

Take a look at our website
www.friendsofthefowey.org.uk

Or join us on Facebook

Our events are Free to members and £2.50 for non-members, unless stated otherwise

Forthcoming events

Please check our Facebook page for updates or contact us on the telephone numbers listed



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**'Butcher, Baker and Candlestick Maker:
19th Century Local Shipowners'**

a talk by Helen Doe

**19 September 2020
at 2.30pm**

Polruan WI Hall

Locally built ships travelled the world in the 19th century and share-ownership was widespread across the community. This talk looks at people in Fowey and Polruan, who shared the benefits and risks and waited



patiently for their ships to come home. These ships brought wealth to some which is reflected in buildings not just in Fowey but many more in Polruan. Was Polruan the 'money side' after all?

Helen, a nationally known historian and author, has a particular love of maritime subjects.



'A Celebration of the Fowey River Dinghy'

a talk by Marcus Lewis

**24 October 2020
at 2.30pm**

Fowey Town Hall

The Fowey River class dinghy is based on a 15' dinghy designed in the late 1940's. The plans were published in Yachting Monthly to encourage people to build their own boats. In the 1950's, Hunkin's Boatyard at Polruan built one for the local dentist, Mr Mogg and named Michelle, after his daughter. More soon followed, with fifteen boats in the fleet by 1957. Other local builders also built Fowey Rivers; Percy Mitchell at Portmellon, Watty in Fowey, and by 1965 the fleet had reached 36 boats. This year is their 70th anniversary and Marcus will look at their history, design and construction.

Marcus is one of Fowey's boatbuilders, a keen sailor and local historian with a wealth of images

Dates for your diary

28 November 2020: Looe Through the Ages

30 January 2021: Fascinating People and their Association with Fowey

27 February 2021: What the Tudors did for Fowey

14 March 2021: Mevagissey – A Virtual Tour



We look forward to welcoming you to these talks:

Guests £6 (members £3); refreshments provided (if guidelines permit)

Please note: if talks are not possible due to restrictions, all talks will be held on line, free to members only. Please see posters or visit the website.

Membership of the FHHS costs just £10pa. For further information, please visit www.foweyharbourheritage.org.uk or telephone 01726 833749.



**Polruan Coastguard
from Des Libby, Station Officer**

As we move into the summer months the team have moved from Mutual Aid patrols to Casualty Risk patrols. What's the difference you might ask? The Mutual Aid patrols were a response from the Coastguard to assist the local community and respond to requests from Devon and Cornwall Police, SWAS and Local Authorities in our local area. The Casualty Risk patrols go back to our core business responding to incidents along the coast and water ways trying to provide a quicker response while the RNLI Lifeguards were not yet available in all areas.



Please take care whilst going to the beaches or coast line.

- Know your limitations and don't take risks
- Have a means of communication and know where you are
- Check the tide time table and weather forecast
- Keep a close eye on children especially with inflatables
- Don't enter the water after drinking or a large meal

From the Station Log

30 May 2020, 12.40: Report of a dog over cliff wall Esplanade, Fowey: Working with St Austell CRT and Fowey ILB teams, carried out a technical rope rescue.

16 June 2020, 19.39: Abandoned 999 call: Team stood down after Falmouth re-established communication.

20 June 2020, 17.39: Report of 3 Fishermen cut off by tide at west side of Talland Bay; recovered by Looe ILB and passed to CRT for health check and safety advice.

20 June 2020, 23.20: Report of missing person.

No further information.

24 June 2020, 16.43: Report of person with leg injuries Polruan Hills. Team mobilised to Pencalenick lane, located casualty and transported by stretcher to RV point at Essa Farm; passed to SWAS, team assisted with transporting Critical Care Paramedic to the scene.

24 June 2020, 18.16: Team mobilised from first incident to report of person fallen on rocks in Lantic Bay area: Working with Looe CRT and Rescue Helicopter, casualty recovered uninjured by helicopter and passed to CRT for safety advice and transport to car park.

Remember if you see anybody in difficulty along the coast line call 999 and ask for the Coastguard



VISITORS

Have you just arrived in Polruan?

Please help us to protect our village, which has many vulnerable residents by



If you need to speak to someone during your visit please call

Polruan Isolation Support 07709609538

**Official advice on Covid-19
from Cornwall Council's website
as at 22 July 2020**

Stay alert

We can all help control the virus if we all stay alert. This means you must:

- Stay at home as much as possible
- Work from home if you can
- Limit contact with other people
- Keep your distance if you go out (2 metres apart where possible)
- Wash your hands regularly

Do not leave your home if you or anyone in your household has symptoms.

Wear face coverings on public transport and in shops

**Guidance from the Government
is available at Cornwall Council website**

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With over thirty years experience, The Carpet Gallery will give you free professional advice on an extensive range of products from leading manufacturers worldwide. To further ensure your satisfaction, The Carpet Gallery is a member of the Carpet Foundation and operates under a code of practice approved by the Office of Fair Trading. Flooring professionals dedicated to upholding the highest standards of workmanship and integrity

Mon 9 - 1 • Tues 9 - 5 • Wed 9 - 1 • Thurs 9 - 5 • Fri 9 - 5 • Sat 10 - 12

Other times by appointment



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