



October / November 2025

# The PARISH NEWS

for Lanteglos, Lanreath, Lansallos, Pelynt and Talland

## Ramblings from the Rectory

from Rev'd Richard

I was coming back from Fowey on the Bodinnick Ferry as a foot passenger a week or so ago and sat in the little shelter. There weren't many cars or passengers. One of the ferry boat men sidled up to me and casually asked, 'Well vicar what's your relationship with God like at the moment?' I paused for thought! Well, I have just been to the dentist and thought he could repair one of my molars with a filling. Sadly, he's just taken it out as it was cracked right down to the root. I've got a gap of two there now and he's advised implants which could cost between £4,000 and £6,000! My Dad has just died, whilst I was on my mini sabbatical, so sadly most of August has been spent tripping back to Bristol from Switzerland — alas my anticipated restful summer recharging my battery was not to be. There are all sorts of other complications too! So, I could just bury my head in the sand — quite literally.

Actually, I said there are 365 'Fear Nots' in the bible which is one for each day. I have quite literally a friend in Jesus who helps me, guides me and sustains me. Scripture is quite clear that we are to almost live a day at a time. Why worry about tomorrow when today has enough worries of its own. I'm reminded too of the lovely verse where it talks about the fact that God looks after the birds of the air and provides for them, so he'll do the same for me.

Hey ho, look down there towards Polruan and the mouth of the River Fowey. Isn't it just beautiful? I live in such a lovely place. Then I reflected on my lovely parishioners whom I count as my friends and who encourage me in life. Hopefully, my little chat put my life into perspective again!

Your pastor and friend,  
Richard



Polruan Royalty joined by the outgoing Royalty  
(L-R) Outgoing Attendants Ailla and Ava; Queen Betsy-Mae; King Robbie;  
outgoing Queen Eloise with outgoing Attendants Esme and Lizzie

## From the Editor

Another bumper edition with lots of news about what's been happening in the Parishes over the past two months. We did have a very hot, dry summer and although the rain was desperately needed, it was good that it held off until after the Polruan Regatta, it is always better in the sunshine and this year it was well attended bringing the season to an extremely enjoyable end. Thank you to those who continue to give of their time and energy putting together such a good programme of events for all to enjoy.

Some good news — two people have come forward who would potentially be happy to join a team of people to edit and publish the Parish News. Primarily they are interested in sub-editing/ editing and proof reading. This is fantastic but we still need some more expertise and people with time to spare. In particular, design and layout skills really would be helpful. Please see page 6 and 12 for further details and consider whether this is something you could become a part of to ensure this publication continues.

As Autumn approaches there are great activities to get involved in from craft to boat building, yoga to short mat bowls and table tennis, film screenings to coffee mornings and lunches — something for everyone — have fun!

Suzanne



## In this issue

Ramblings from the Rectory	1	My sister Elsa	17
From the Editor	1	Polruan Regatta	18
Church Diary and Registers	2	The du Maurier Fowey Literary Festival	19
St John's Art	2	Autumn in the garden	20
Parish Diary; Poem	3	Looe Flower Club; allotments	21
News and events from the Parishes	4	Whitcross Gardening Club	21
News from Nigeria; Cycling 300 miles	5	Whitcross local produce market	22
Kidz Klub; Crossword	6	News from Frogmore Farm	23
Editorial team wanted	6	Lanteglos PC; Planning; Town Trust	24
Village Hall; The WI	7	Lanreath PC; Speedwatch	25
Letters to the Editor	8	Fowey River Lions; Crossword answers	26
Regatta and Children's Sports; Hospice	10	Friends of Fowey Estuary	26
Polruan Academy	11	Fowey Harbour Heritage Society	27
Crafty Roosters	12	Dick and Ben the Dustbin Men	27
Editor and Desk Top Publisher required	12	Polruan Coastguard; Atlantic 85 lifeboat	28
Shed Association; Transport survey	13	RNLI Lifeboats	29
Community coffee, cake and catchup	13	Polruan's got talent; NCI; Garden poem	30
Patient participation; Polruan Pups	14	Boatyard news	31
Beach sculpture competition	15	Farewell to Maurice and Joyce Hardy	32
Ancient route; Film Club	16		



## 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**

What different styles of service will you find in the seven churches of Trelawny Benefice?

Everyone is welcome, and all our services and teaching are based on the Bible. There's usually tea, coffee and biscuits afterwards, with time to chat.

Please come along and discover what kind of service you like best.

**Lansallos (St Ildierna)**: all services follow the ancient and beautiful words of the 1662 Book of Common Prayer, apart from a monthly contemporary service.

**Lanreath (St Marnarch)**: evangelical services, with some led by the Lanreath Music Group (musical instruments and choir).

**Pelynt (St Nun)**: traditional village church Holy Communion or Service of the Word, in contemporary language, together with a monthly contemporary service, sometimes outdoors.

**Talland (St Tallanus)**: traditional village church Holy Communion or Holy Communion-by-extension services, in contemporary language.

Lanteglos-by-Fowey parish: has three churches:

**Parish Church of St Wyllow**: traditional services with organist and Lanteglos Choir. Holy Communion in contemporary language, and occasional Evensong with the 1662 Book of Common Prayer.

**Polruan (St Saviour)**: friendly Café Church once a month, with round tables, prayers, singing, Bible readings and a chance to talk.

**Bodinnick (St John)**: community services every other month, based around major Christian festivals and usually with wine and nibbles.

**Outdoor services**: held in the open air on village greens, farms and quaysides — they are family friendly and great fun. 'Church on the Quay' in Polruan runs on six weekends in late July and August. Other services dotted around the Benefice include Plough Sunday, Rogation, Harvest, Tractors, Pets, Equestrian and Lambing.

### October

#### Sunday 5<sup>th</sup>

St Marnarch	09:30	Harvest Festival
St Wyllow	11:00	Holy Communion Service
St Nun	11:00	at Methodist Chapel
St Tallanus	11:00	Harvest Festival - followed by lunch at the Jubilee
St John	17:00	Harvest Festival
St Ildierna	18:30	Evening Prayer

#### Sunday 12<sup>th</sup>

St Marnarch	09:30	Service of the Word
St Tallanus	09:45	at Polperro Methodist Chapel
St Nun	11:00	Harvest Festival
St Wyllow	17:00	Evensong Harvest
St Ildierna	18:30	Holy Communion

#### Sunday 19<sup>th</sup>

St Marnarch	09:30	Holy Communion Service
St Wyllow	11:00	Holy Communion Service
St Nun	11:00	at Methodist Chapel
Family	16:00	at Trefawl Farm, Lanreath
Benefice		
Harvest		
St Ildierna	18:30	Evening Prayer

#### Sunday 26<sup>th</sup>

St Marnarch	09:30	Service of the Word
St Nun	11:00	Holy Communion Service
St Tallanus	11:00	Holy Communion Service
St Saviour	11:00	Café Church
St Ildierna	18:30	Harvest of the Sea with Polperro Fisherman's Choir and Bishop Hugh

### November

#### Sunday 2<sup>nd</sup>

St Marnarch	09:30	Holy Communion
St Wyllow	11:00	Holy Communion Service
St Nun	11:00	at Methodist Chapel
St Tallanus	11:00	Holy Communion Service
St Ildierna	18:30	Holy Communion

#### Sunday 9<sup>th</sup> Remembrance Sunday

St Marnarch	10:30	Service of the Word
St Tallanus	10:30	at Polperro Methodist Chapel
St Nun	10:30	Remembrance Service
St Wyllow	10:30	Remembrance Service
St John's	11:00	Remembrance Service
St Saviour	16:00	Sing a New Song
St Ildierna	18:30	Remembrance Service

#### Sunday 16<sup>th</sup>

St Marnarch	09:30	Service of the Word
St Wyllow	11:00	Holy Communion Service
St Nun	11:00	at Methodist Chapel
St Ildierna	18:30	Holy Communion Service

#### Sunday 23<sup>rd</sup>

St Marnarch	09:30	Service of the Word
St Nun	11:00	Holy Communion Service
St Tallanus	11:00	Holy Communion Service
St Saviour	11:00	Service of the Word
St Ildierna	18:30	Evening Prayer

#### Sunday 30<sup>th</sup> Advent

St Tallanus	09:45	Polperro Methodist Chapel
St Ildierna	09:45	Polperro Methodist Chapel
St Nun	11:00	Advent Carols
St Wyllow	11:00	Advent Carols
St Marnarch	17:00	Advent Carols

## Art at St John's, Bodinnick

from the Friend's of St John's



Art at St John's has just held a very successful four-day exhibition in aid of St John's Bodinnick, and our thanks go to the artists, potters and jewellers for showing their beautiful work with us.



## From the Registers

### Weddings

12 July, Alexander James Quantrill Rodda to Daisy Jane Hay of Truro at St Wyllow, Lanteglos by Fowey

### Memorial Service and Internment of Ashes

11 July, Deborah Irene Meatyard of Lanreath at St Marnarch, Lanreath followed by the interment of ashes



## Parish Diary

*All dates and times are correct at the time of going to press — please check notices for changes*

### October

Thursday, 2<sup>nd</sup> Crafty Roosters at Polruan WI, 2 - 4pm (see page 12)

Thursday, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Polruan Shed Association, 2 - 5pm (see page 13)

Thursday, 2<sup>nd</sup> Quiz Night, Fowey Gallants Sailing Club, 7.30pm (see page 19)

Friday, 3<sup>rd</sup> Polruan Village Hall AGM, Polruan Village Hall, 6pm (see page 5)

Saturday, 4<sup>th</sup> Whitecross Local Produce Market, Whitecross Village Hall, 10am - 12.30pm (see page 22)

Saturday, 4<sup>th</sup> UK Fungus Day, details tbc (see page 26)

Tuesday, 7<sup>th</sup> Children's Hospice Book and Christmas Card Sale, Reading Room, 9.30am - 12 noon (see page 10)

Tuesday, 7<sup>th</sup> Coffee Cake and Catchup Outing (see page 13) or check the facebook page.

Tuesday, 7<sup>th</sup> Looe and District Flower Club, Fiona Hammond demonstrates flower arranging, at 2pm (see page 21)

Tuesday, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Polruan Shed Association, 2 - 5pm (see page 13)

Wednesday, 8<sup>th</sup> WI meeting at Polruan WI, talk — look out for posters (see page 7)

Saturday, 11<sup>th</sup> A talk by Nicholas St. Aubyn 'St. Aubyn's Family's Place in Cornish History', Squires Field Community Centre, 2pm (see page 27)

Saturday, 11<sup>th</sup> Bingo Night at the Russell Inn, Polruan in aid of the Children's Hospice (see page 10)

Monday, 13<sup>th</sup> Crafty Roosters at Polruan WI, 10am - 12 noon (see page 12)

Tuesday, 14<sup>th</sup> Coffee Cake and Catchup at Polruan Village Hall, 10am - 12 noon (see page 13)

Thursday, 16<sup>th</sup> 'Higher Trenedden – A Country Garden', Talk by Kevin Channer, Whitecross Village Hall, 7.30pm (see page 21)

Saturday, 18<sup>th</sup> Quiz and Curry Night at Whitecross Village Hall, 7pm (see page 8)

Thursday, 23<sup>rd</sup> Lerryn Film Club presents 'A Complete Unknown', 7pm (see page 27)

Friday, 24<sup>th</sup> Kidz Klub Autumn Extravaganza, Polruan Village Hall, 6 - 7.30pm (see page 6)

Saturday, 25<sup>th</sup> Polruan Film Club presents 'Chef' at Polruan Village Hall, 7pm (see page 16)

Sunday, 26<sup>th</sup> Autumn Afternoon Tea, Polruan Village Hall, 3pm (see page 5)

Sunday, 26<sup>th</sup> Café Church, St Saviour, 11am (see page 3)

Sunday, 26<sup>th</sup> 'Festival of the Sea' at Lansallos Church, Bishop Hugh preaching, joined by The Polperro Fisherman's Choir, followed by a pasty supper, 6.30pm (see page 4)

Tuesday, 28<sup>th</sup> Coffee Cake and Catchup Lunch at Polruan Village Hall, 11am - 1pm (see page 13)

Thursday, 30<sup>th</sup> Crafty Roosters at Polruan WI, 2 - 4pm (see page 12)

### November

Saturday, 1<sup>st</sup> Whitecross Local Produce Market, Whitecross Village Hall, 10am - 12.30pm (see page 22)

Saturday, 1<sup>st</sup> A talk by Tom Cottrell 'Discovering the Rashleigh Mineral Collection', Fowey Town Hall, 2pm (see page 27)

Saturday, 1<sup>st</sup> Polruan has Talent, Polruan Village Hall, 7pm (see page 30)

Tuesday, 4<sup>th</sup> Children's Hospice Book and Christmas Card Sale, Reading Room, 9.30am - 12 noon (see page 10)

Tuesday, 4<sup>th</sup> Looe and District Flower Club AGM and Tea Party at 2pm (see page 21)

Tuesday, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Polruan Shed Association, 2 - 5pm (see page 13)

Thursday, 6<sup>th</sup> Coffee Cake and Catchup outing (see page 13) or Facebook page.

Thursday, 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Polruan Shed Association, 2 - 5pm (see page 13)

Thursday 8<sup>th</sup> and Friday, 9<sup>th</sup> Linocut Workshop at the Old Bank Fowey (see page 30)

Sunday, 9<sup>th</sup> Sing a New Song at St Saviour, 4pm (see page 5)

Monday, 10<sup>th</sup> Crafty Roosters at Polruan WI, 10am - 12 noon (see page 12)

Tuesday, 11<sup>th</sup> Coffee Cake and Catchup at Polruan Village Hall, 10am - 12noon (see page 13)

Wednesday, 12<sup>th</sup> WI Meeting at Polruan WI, talk — look out for posters (see page 7)

Thursday, 20<sup>th</sup> 'Willows and Star Decoration', Talk by Emma Wigley, Whitecross Village Hall, 7.30pm (see page 21)

Friday, 21<sup>st</sup> Bingo Night, Haveners, Town Quay, eyes down 7.30pm (see page 19)

Sunday, 23<sup>rd</sup> Café Church, St Saviour, 11am (see page 3)

Tuesday, 25<sup>th</sup> Coffee Cake and Catchup lunch at Polruan Village Hall, 11am - 1pm (see page 13)

Thursday, 27<sup>th</sup> Crafty Roosters at Polruan WI, 2 - 4pm (see page 12)

Thursday, 27<sup>th</sup> Join Lerryn Film Club for a meal followed by the screening of 'A Man Called Otto', 7pm (see page 27)

Friday, 28<sup>th</sup> Kidz Klub Family Christmas Craft, Polruan Village Hall, 6 - 7.30pm (see page 6)

Saturday, 29<sup>th</sup> Polruan Film Club present 'The Ballard of Wallace Island' at Polruan Village Hall, 7pm (see page 16)

### December

Tuesday, 2<sup>nd</sup> Pat Whitehouse will be demonstrating 'Christmas' at the Looe and District Flower Club, 2pm (see page 21)

Saturday, 6<sup>th</sup> Whitecross Local Produce Market, Whitecross Village Hall, 10am - 12.30pm (see page 22)

Sunday, 7<sup>th</sup> Festive Afternoon Tea at the WI Hall, Polruan, 2 - 4pm (see page 7)

Tuesday, 9<sup>th</sup> Coffee Cake and Catchup Christmas Party (see page 13)



**Every 4<sup>th</sup> Sunday  
of the month**

**St Saviour Church  
at 11am**

**You are welcome to join us for  
an informal, all - ageservice  
With coffee and cake**

**I believe the day  
will come**

**from Janice Midwood**

I believe this poem is by Patience Strong, taken from her book 'Paths of Peace' but no confirmed attribution found.

I believe the day will come...

God grant it may be near...

When all the warring nations will unite;  
When racial hates and rivalries and feuds will  
disappear

And men no longer wish to kill and fight.

I believe that sanity must conquer in the end;  
Though at present chaos reigns supreme.

I believe an enemy is a potential friend  
Though it seems a vain and foolish dream.

I believe that Man was made for great and  
glorious things;

Culture - and the spiritual aim.  
Not for degradation and for endless sufferings  
Misery, cruelty and shame.

I believe that even now these things could  
come to pass;

At this moment and without delay  
If all men desired it - every nation, every class  
We could have a world at peace today.



## The Churches of the Benefice of Trelawny

Rector Rev Richard Allen 01503 220847

### Benefice

Administrator Pippa Morrell-Davies 07399 563440

Please direct all enquiries regarding Baptisms, Weddings and Funerals to Pippa Morrell-Davies

**Lanteglos — St. Wyllow; Polruan — St. Saviour; Bodinnick — St. John**

Churchwarden	Norman Mallard	01726 870747
Book-keeper	Shanie Herbert	07816 316178
Secretary	Liz Luck	01503 261582

**Lansallos — St. Ildierna**

Churchwardens	Margaret Phillips	07493 310816
	Josie Slade	01503 220513
Treasurer	John Feesey	01503 220884
Secretary	Glen Feesey	01503 220884

**Pelynt — St. Nun**

Treasurer	Rosemary Lee	01503 220169
Secretary	Sheila Morrell-Davies	07971 104798

**Lanreath — St. Marnach**

Churchwardens	Peter Hooper	01503 220229
Treasurer	Hugh Honeyman	
Secretary	Pippa Morrell-Davies	07399 563440

**Talland — St. Tallunus**

Churchwarden	David Bailey	01503 262890
Treasurer	Joe Sharples	01503 273466
Secretary	Jenny Hall	01503 598267



## The PARISH NEWS

for Lanteglos, Lanreath, Lansallos, Pelynt & Talland

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## 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.

Based on census data it is estimated that more than 11,000 adults read each edition.

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

## News from Lansallos

A view from John Feesey

### The History and Role of Candles in Our Churches

Have you, like me, ever wondered about the candles which in Lansallos Church, like most Anglican places of worship, are always lit during worship? The use of candles in churches carries a rich history, enhancing the worship experience and helping to create a profound and meaningful experience for worshippers.

Developed by the ancient Egyptians, the first candles were made by soaking reeds and rushes in rendered animal fat and differed from those used today in having no wick, an improvement introduced later by the Romans. During the Middle Ages, the tradition continued of manufacturing candles from rendered animal fat, known as tallow, but the use of beeswax was also introduced, initially and because of the cost, only in churches (which must have had more money then!). Beeswax candles burn brighter, cleaner with no smoke, and gave off a pleasant aroma – tallow candles producing fumes and a rather unpleasant odour.

Candle makers, known as chandlers, were often quite wealthy because of the constant demand for their products from the Church. 'Chandlers Laws' were introduced to regulate the percentage of tallow that could be used in candles, which was added to make stronger candles while the beeswax masked the strong odour produced by the burning tallow. In the 18th century whale oil (spermaceti wax) became the main ingredient of candles as it burned brightly and cleanly but was superseded in the 19th century by paraffin wax derived from petroleum and which is still in use today.

Candles have played a significant role in religious ceremonies for millennia, being used since the 4th century in Christian worship to represent the light of Christ and the presence of God, illuminating the path of believers and symbolising hope, purity and enlightenment while creating a sacred atmosphere. There are many types of candle used in Christian worship: altar candles; votive candles; in sanctuary lamps; as Paschal (Easter) candles; and in candlelight processions - to name but a few. Church candles are not however unique to the Christian faith; in Hinduism for instance, they are used during puja ceremonies to honour deities and seek



blessings, while in Buddhism candles symbolise enlightenment and may be lit during meditation and special ceremonies.

Once our primary source of light, the invention of the electric light bulb, saw the demise of candles for everyday lighting, but they remain a very important element in our church services, representing the presence of the Almighty and creating a holy ambience.

### Report on the Lansallos Fete

After a slightly worrying start to the day, with rain that wasn't forecast, it cleared just in time to hold the Fete in the gardens of the Old Rectory, for the use of which we are sincerely grateful to the owner, Ms Tess Silkstone. The event attracted a good sized crowd and made the wonderful total of over £2,150! It becomes more difficult to organise each year however, as our band of willing helpers gets older and fewer in numbers, so sadly there is a question mark over whether the fete in its present format will be able to take place in 2026.

### Future Event

The next important date for your diaries at Lansallos Church is the 'Festival of the Sea' which will take place at 6.30pm on Sunday, 26th October, with Bishop Hugh preaching and when we again welcome the famous Polperro Fishermen's Choir. The church will be decorated in a nautical theme and the service will be followed by a pasty supper (free, but donations will be welcome). Do come and join us in giving thanks for the seafarers and fisherfolk who transport and catch so much of the food we eat, as well as those who provide the various maritime rescue services, on land, on beaches, at sea and in the air.

*An Arloedh re bo genowgh hwi!*

*(The Lord be with you!)*





## News from Nigeria

from Kathryn Hill

First some good news. At the September Former Missionaries Zoom prayer meeting we were told that although some folk had not been able to farm because of terrorist attacks, those who had been able to farm had such good harvests that there was enough to share with those who had not been so lucky.

However, we were also told of widespread floods which is making life difficult and resulting in losses for many. These floods have also affected many camps occupied by Fulani terrorists, which has seriously hampered their operations too!

Sadly, terrorist attacks continue. I've heard about a Fulani attack in Kaduna State resulting in about 10 deaths, hospitalisations and the destruction of homes and vehicles and a similar attack in Borno State by Boko Haram resulting in 60+ deaths. There is also evidence that Pakistani terrorists are training Boko Haram.

As well as attacking Christians, the Fulani terrorists are attacking Hausa people who are fellow Muslims and with whom they have traditionally been allies.



The difficult economic situation is affecting most people and at the start of the academic year, many parents will find it very difficult to pay school fees. Also, for the majority of secondary students who are in boarding schools, there is the additional worry of them being attacked and robbed or kidnapped on the way back to school.

## Nenchin and Saminu

from Kathryn Hill

Unlike this country where exam results are released strictly to date, publication of Nigerian Senior Secondary Certificate of Education results are often late, so we don't yet know Nenchin's results; new entry to university is also often delayed and Kathleen writes that it is unlikely UniJos will be taking new entrants before January.

I am very grateful for the response to my article and Nenchin's letter carried in the last edition of the Parish News. Following reading these, a donation of £100 was sent direct to Kathleen's daughter, a bank transfer of £500 was sent via my bank and several donations of £20 were given to me on the afternoon of the tea and tabletop sale to raise funds for this cause. The tea and tabletop sale raised an additional £236.85 and the proceeds from the sale of my jam and marmalade a further £291.93. Kathleen will ensure that the money is well spent on Nenchin's equipment and his university and Saminu's school fees. Thank you so much to all who donated and all who helped with the fund-raising.



At the time of writing this I have an additional £50+ from the sale of jam and marmalade and I'm busy making more of each. Sadly 5 pots went from St Saviour porch recently with no money in the jar, so now my jam and marmalade will only be available from St Wyllow church or direct from me.

from Janet Downes

Thank you to everyone who contributed to my fundraiser, Cycle 300 miles in July, for Cancer Research UK. In total you helped to raise £1070 and I covered 302 miles. It got me out on the bike on some glorious early mornings but there did seem to be a lot of hills! Once the school holidays started there was also a lot more traffic — hence the 5am starts to avoid some of it. On the morning of 31 July, it was grey and drizzly, but I still had 8 miles to go, so it became the wettest ever bike delivery of the Parish Mag! That'll teach me.



Cycle 300 Miles Challenge



  
Come along and join us for  
'Sing-A-New-Song'

Enjoy a sing-along of songs  
and hymns old and new  
All singing abilities are  
welcome!

WITH A CUPPA  
CAKES AND BISCUITS

Sunday, 9 November at  
St Saviour Church 4pm

Contact: Angie Mallard 07967 131525



A DATE FOR YOUR  
DIARY

Autumn  
Afternoon Tea

Sunday, 26 October  
at 3pm

Polruan Village Hall



AGM

6pm, Friday, 3 October  
at Polruan Village Hall

All are very welcome.  
Please see our website for  
more information

<https://polruan.org>

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**BUILDER AND DECORATOR**

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 AND STONEMWORK

**Marmalade and Jam from Kathryn's Kitchen**



Help yourself in exchange for a donation for school fees for blind students: Saminu at Gindiri Boys Secondary School, Nigeria where Kathryn used to teach & Nenin who has just finished school there and hopes to study at Unijos

**POLRUAN SURGERY HOURS**  
 (from Fowey River Practice)

Polruan Surgery is open from:

**Mondays**  
 2.30pm until 5.00pm

**Tuesdays**  
 8.30am until 12.00 noon

**Wednesdays**  
 Closed

**Thursdays and Fridays**  
 8.30am until 12.00 noon

**We are still seeking volunteers to produce this popular local publication**

We believe the production of the Parish News is best achieved with a small team of volunteers coordinated by an Editor. We have two potential volunteers but we need more for this to work with a mix of skills and free time to share the production.

- Have you some spare time to take on a rewarding role?
- Can you edit, proof-read, layout publications, manage adverts?
- Do you have good language, word processing, desk top publishing or spreadsheet skills?

The roles are very rewarding and sharing the load will make it a team!

Other than volunteers, our gap is for the skills needed to lay out each edition in desktop publishing (DTP) software. We use good software that makes it easier than using a word processor or Microsoft Publisher and **we can provide training and support** for the new team's first few issues.

These are voluntary roles. Are you interested?

For further information please contact Suzanne  
[suzanne.goddard@me.com](mailto:suzanne.goddard@me.com)  
 01726 870818

**POLRUAN KIDZ KLUB**



**Children from Reception up welcome!**

**OCTOBER 24TH**  
**'AUTUMN EXTRAVAGANZA'**

**NOVEMBER 28TH**  
**FAMILY CHRISTMAS CRAFT!**

**Fees £1.00 per session includes equipment, drinks & biscuits**

**Fridays 6 -7.30pm @ Polruan Village Hall**

Contact Angie Mallard on 07967 131525

**Crossword**

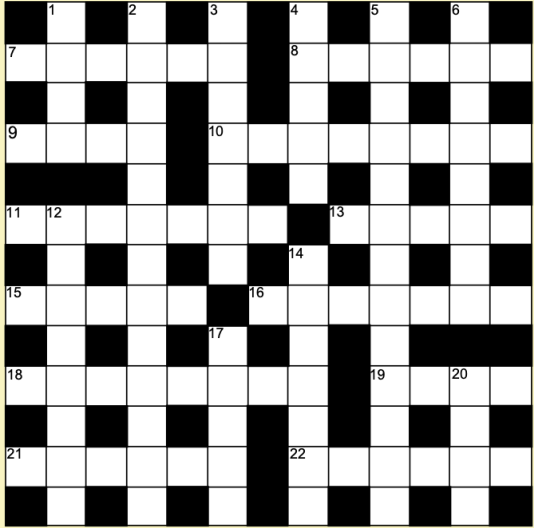
**OCTOBER • NOVEMBER 25**

**ACROSS:**

- Circus owner (6)
- Stockings (6)
- Crash (4)
- Worried (8)
- Side by side (8)
- Desert animal (5)
- Severe (5)
- English cheese (7)
- Early song (8)
- Farm animal (4)
- Planet (6)
- Hot pot (6)

**DOWN:**

- Composer (4)
- Cautions (13)
- Consulate (7)
- Bend down (5)
- Repeatedly (5,3,5)
- And so on (8)
- Card game (8)
- Silver goblet (7)
- Torment (5)
- Friend (4)



Crossword compiled by John Thomlinson.



## News from Polruan Village Hall

### from PVH Management Committee

There is no doubt that our lovely summer weather is over, and Autumn is here in force. As I write this, a wall of water is running down the patio doors driven hard against the glass by ferocious south-westerly gusts. Just to cheer us up, the Met Office are warning of strong to severe gales sweeping across Cornwall in the next couple of days. But with the end of the main holiday season, most of our activities in the village hall start up again after a break during August. So, if you are looking for something to fill the Autumn days there are things happening in the Village Hall regularly during the week, including Short-mat Bowls, Table Tennis, Coffee, Cake & Catch-up, Yoga, Kids Club, Singing Group and occasional Skittles evenings. If you find the climb up to the Hall too difficult, let us know and we can probably organise transport.

In case you missed it in the last Parish News, our Annual General Meeting is scheduled for Friday, 3 October at 6pm and this is open to all members of the local community. We will be sharing the Annual Report and electing Trustees to the Management Committee for the next year.

Our Autumn Afternoon Tea is on Sunday, 26 October at 3pm and if you have been before you will know that there will be a delicious selection of savouries and cakes to choose from. These afternoon tea events are always well supported so come early to get a seat!

If you are interested in what is going on each week or in using the Hall yourself, contact our Booking Secretary, Kathryn Hill on 01726870953 or at [kathrynehill39@gmail.com](mailto:kathrynehill39@gmail.com)

See our website for details of what the Hall can offer <https://polruan.org> - you can also see a calendar of current availability



### Hall Hire

Should you wish to book the Hall for an activity, please contact our bookings clerk:

Kathryn Hill  
01726 870953,

[kathrynehill39@gmail.com](mailto:kathrynehill39@gmail.com),  
who will be happy to help  
with any queries.

The Hall costs £15 per session  
(i.e. morning, afternoon, or evening)  
which includes the use of all facilities  
including free WiFi, the Audio Visual  
System, comprehensively fitted kitchen  
and heating and lighting.

Licensed for music, alcohol, films and  
entertainment



### Polruan Sunnysiders WI from Karen Windsor, President

What an amazing summer we've experienced - I hope everyone has enjoyed it.

The WI has been busy; we don't usually meet in August but this year we had our summer outing to Trewithen Gardens. Not the best of weather that day but the gardens were beautiful. Everyone enjoyed it immensely and the cafe lunch was delicious.

Our first meeting of the Autumn was a busy one. Our speaker was Jenny Davy who spoke informatively about how she has created a wonderful children's book called 'Chloe and the Bright Idea'. We were told of the hard work finding an illustrator, publisher, printer and so on, but the result is a beautiful book that was read to us and that we all enjoyed immensely.

Also, in September our events team ran a skittles evening, a lovely evening with social interaction and a bit of competition!

We are now turning our attention to the upcoming 'Polruan has talent' (see page 30).

It is hoped that many of you will either offer to perform or if not come along and see what your friends and neighbours can do.

As always, we welcome all ladies to join our group, come along and give us a try! We meet on the second Wednesday of the month at 7pm. Further details from myself on 07800954770.

Watch out for details of our upcoming speakers, these will be advertised on the WI notice board in Fore Street and on the Polruan support page on Facebook.



**Get the festive  
season started and  
join us for a  
Christmas  
afternoon tea**

**When: Sunday 7th December 2025**

**Where: Polruan WI Hall  
Fore Street, Polruan PL23 1PH**

**Time: 2pm to 4pm**



**Lots of prizes  
to be won!**

*Afternoon Tea is free – donations  
welcome in support  
of your local WI*



The WI Hall in Fore Street, Polruan is a light, airy space to use for meetings, clubs, etc. with a kitchen and toilets.

The fee is £15 for a morning, afternoon or evening session. This includes WiFi plus heating and lighting.

To book please contact

Claire Mayne  
07980 913934

[wipolruan@gmail.com](mailto:wipolruan@gmail.com)

## LETTERS TO THE EDITOR

**Suzanne Goddard**  
**Springhill**  
**Chapel Lane**  
**Polruan PL23 1PG**  
**01726 870818**

[suzanne.goddard@me.com](mailto:suzanne.goddard@me.com)

*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 we cannot accept anonymous contributions. Please give your name and postal address; this will not be published in full unless you specifically request it.*

*Views expressed are those of the author and do not represent those of the Editor or the Parochial Church Council.*

*Any items submitted must be entirely original work or full attribution or credit must be provided.*

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around the globe*

*The Parish News is  
available online at:*

[www.lanteglosbyfowey.org.uk](http://www.lanteglosbyfowey.org.uk)

*The official website of  
Lanteglos by Fowey  
Parish Council*



**Closing date for the  
1 December 2025 issue is**

**Friday, 14 November 2025**

Please send all copy and letters to

Suzanne Goddard at  
Springhill  
Chapel Lane  
Polruan PL23 1PG

[suzanne.goddard@me.com](mailto:suzanne.goddard@me.com)

01726 870818

**no later than  
Friday, 14 November 2025**

**\*\*\* Thank you \*\*\***

## Can you help

from the Editor

Gary and Lynn will be stepping aside from mailing the magazine to our subscribers after the December 2025/January 2026 issue. This is a role they have performed for over 10 years, for which we are extremely grateful.

So . . . we are looking for a volunteer to replace them.

Can you spare the time to take this role over? If so, please do get in touch. As far as I am aware it is not too onerous. Every other month the magazines, envelopes, labels and stamps are delivered to your door; the envelopes then need labelling, stuffing and posting at the Winkle Picker.

Please let me know if this is something you can help with. ([suzanne.goddard@me.com](mailto:suzanne.goddard@me.com)).

In the meantime, a big thank you to Gary and Lynn for all the help they have given over the years.

## Proposed Solar Farm near Lanreath

from the Editor

We have been informed that Elgin Energy has submitted a pre-application enquiry to Cornwall Council regarding a proposed solar farm on farmland northeast of Lanreath, covering approximately 100–105 acres. The development would include solar panels, battery storage, and associated infrastructure.

If built, the scheme could generate up to 25 MW of electricity — enough to supply around 9,700 homes — and claims to save almost 5,000 tonnes of CO<sub>2</sub> emissions annually. The company has indicated that the project would operate for around 50 years, after which the land would be returned to agricultural use.

Local residents have expressed concerns about the potential impact on the landscape, wildlife, and heritage features, as well as the visibility of the site from nearby roads. A community campaign group has formed to oppose the proposal, and further details of their position are available on their website: [stopsolarfarmlanreath.com](http://stopsolarfarmlanreath.com) (see page 25 also).

Cornwall Council will review the pre-application and advise on the planning process, which includes opportunities for public comment. Updates will be available through Cornwall Council's planning pages as the process develops.

Elgin Energy has published no information on their website relating to the development.

## Quiz Night at Whitecross Village Hall

from Suzi Flynn

Our next fund-raising event for the roof repairs to the Whitecross Village Hall will be a Quiz and Curry Night on Saturday, 18 October at 7pm. Please come along and join us with teams of up to 6 people (£2 per person) and a bowl of curry and naan bread (£5). Don't forget to bring your own drink and glasses and some extra cash for the raffle. Booking is essential so that we can work out food quantities. So . . . get your heads together and come up with a Team name.

More information to follow on social media and local posters, or to book your table contact Suzi on 07941 963124.

## Open the Book

from Kathryn Hill

Open the Book is a scheme to take Bible stories into primary schools and the Polruan Team 'Opens the Book' in Polruan school most Wednesday afternoons in term time. We are a small team and are about to lose one of our members when Suzanne sadly leaves the village so I am wondering if there is anyone who might like to join our team, even on an occasional basis?

If you would like to find out more, please ask me, and I will be delighted to enthuse about Open the Book! [01726 870953; [kathrynehill39@gmail.com](mailto:kathrynehill39@gmail.com)]

## Debbie

from Paul Meatyard

I would like to express my thanks to everybody who attended Debbie's memorial service at St Manarch's church and for the kind generosity to Debbie's chosen charity, Cats Protection, for which you raised a magnificent £630.

I have taken much comfort from the kindness and support shown to me at this difficult time.

## Baby and Toddler Group

Would anybody be interested in a toddler and baby group starting up again in the Parish (everybody is welcome)? We are thinking of Monday mornings during term time from September.

It would be run by volunteers who have NVQ qualifications in childcare and are experienced mums. We will use the EYFS to plan sessions.

A fee will need to be charged for each session to cover the room hire.

Venue, dates and times to be confirmed, depending on numbers.

If you are interested, please pop an email to [babytoddpol186061@yahoo.com](mailto:babytoddpol186061@yahoo.com)

## Whitecross Village Hall and the Polperro Wreckers

from Suzi Flynn

Many thanks to everyone who turned up to support Whitecross Village Hall back in July. The Wreckers were on superb form and all enjoyed a hot drink and a Cornish Split to raise funds for repairs to the Hall's roof. Together with some very generous donations and the sale of the teas, we made just over £450.

So, a huge thanks to all.

## Lost

from Liz Luck

Walking in wild weather on the last weekend of August, somewhere between Lantivet and Lantic, I must've put down my precious old thumb-stick and forgotten to pick it up again.

When I retraced my steps, it was gone.

If you've seen it anywhere, or think you might know where it is, please call or text Liz on 07900 668604.



## Letter from Nigeria

from Daniel and Kathleen  
(30 August)

Recently life has been very busy with visitors, updates of sponsorships, visiting Hospital and meeting the needs of folks who have problems. But let me take one at a time:

### Visitors

One of our students in Polytec came to stay for a few days and it was nice to be able to hear from her about the Nutrition Course that she is doing. Quite a few friends come to visit for a chat, some stay for a meal and others just stay for a short time and then go back home.

### Updates on the Sponsorships

Manasa has been very busy taking photos and then sending them out to the people concerned. However, his wife, Rifkatu, who had been doing well following her chemotherapy for breast cancer, was suddenly taken ill and was admitted to Hospital. We praise God she is recovering but is still having tests on her liver and gallbladder. Manasa was taking my laptop to the Hospital and sending the photos during the night when his wife didn't need help. It's not surprising, therefore, that he made a few mistakes. He was able to leave his wife with his sister and the 3 older children so that he could go on a 500 mile journey to see his other daughter who is in university but has been ill. He also took Hannatu, who has been in our household for about 10 years, to the Polytec to start her training as a Lab technician. Another student also went with them and Manasa made sure they had accommodation before leaving them. He should return this weekend and next week, we will go through the photos and correct them. Be patient please. He will also be helping 6 more IDP students who finished Secondary School and hope to go to University or Polytec. Please continue to pray for Rifkatu.

My 6 monthly checkup on my heart was good, except I've got a boil on my leg so am taking antibiotics.

Daniel is fairly well and visits the Block Industry daily. There are many telephone calls asking for help, so he comes and says send money to the person. Fortunately, I can send from the telephone and send thanks to those who help us do this.

God bless you all and thanks for your concern.

## WANTED!



**Empty jam jars for  
my jam and  
marmalade**

*Kathryn*

Image by ha11ok from Pixabay

## Lanteglos Community Bus Association (LBCA)

from Beth Rigg

The Lanteglos Community Bus is urgently in need of more volunteer drivers. The bus is currently run with



three drivers, one of whom will retire at the end of the year because of insurance imposed age restrictions. Since our last advertisement one volunteer has come forward — which is fantastic — but it would be good to have more to spread the load.

The LBCA runs Wednesday services to Par Market and St Austell, Trago and Bodmin and Truro along with a monthly trip to Whitecross Market on the first Saturday of each month. Most trips take between three and four hours, the Truro trip being longer as we stay in Truro for about three hours. These trips give vital support to non-car owning residents of Polruan.

Volunteers must be between 21 and 70 and hold a clean driving licence; full training will be given.

If you feel you can help, please contact either Gary Napier on 01726 870826 or Beth Rigg on 07985 783776. Thank you.

## Polruan NCI pig roast

from Beth Rigg, Honorary Treasurer

Many thanks to everyone who came to the Pig Roast held on 23 August on the Old Coal Wharf, in aid of the National Coastwatch Institution. We, with your help, raised over £1,000 for the lookout funds. Thanks also to all the volunteers who turned up to help at the event, with special thanks to Terry, Martin and Mary from Fowey who were in charge of the pig and to Gary, Lynn and Pam who helped organise the event.

## Professional Couple Seeking Rural Rental Near Fowey

from Howard

Do you have an empty home?

We're a dependable, mature couple seeking a private rental in Fowey, Polruan, Par, St Blazey, Polmear, Tywardreath, Pelynt, Lanreath, Mixtow, or Lanteglos areas, after selling our home in Fowey, to stay close to family and friends.

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Contact Howard at 07753 465783

Thank you!

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Please contact Graham Tyson, The Old Barn, Polscoe, Lostwithiel, PL22 0HS — providing your full name and address and that of the recipient.

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Image by Stocksnap from Pixabay

[bonniebate@yahoo.com](mailto:bonniebate@yahoo.com)

## Polruan Regatta and Children's Sports

### from the Committee

We are very grateful to the people and traders of Polruan for so generously donating raffle prizes to our Regatta. To everyone who bought a raffle ticket or ball roll number or who generously donated to buckets and other fund-raising stalls; thank you very much.

The committee's thanks go to our many Patrons, Lanteglos PCC, Kathryn Hill, Norman and Angie Mallard, Polruan Primary Academy. The Port of Fowey Racing Committee and all involved in supporting the sailing races on shore and afloat. Polruan Town Trust, the flower pickers and donors, the dawn preparation crew, Kat and Ali at the Russell Inn, Ellie at the Winkle Picker, Alan, The Fowey Town Crier. Lostwithiel Town

Band, Matt Pang the entertainer, The National Trust, Leon of Cornwall DJ Services, Disco, C Toms and Son, David and Ginny Nevill, Polruan WI, Fowey Royal Regatta Committee, Patrick Malahide, Polruan Fire and Rescue, Betsy-Mae, Robbie and their Mums, Tony Cottrell, John Thomlinson, Bill Enoch, Ian Keeling and Colin Payne. The Garden Sculpture competition judges (July), Regatta Support Crew and Gary and Fernley our community bus drivers.

And finally, thanks to every child and adult who joined in and made our Regatta weekend such a happy and memorable event!

Thank you.



## With Polruan Sunnysiders WI

### from Lynn Bartlett

On Saturday, 8 November the Children's Hospice South-West will be holding their annual Moonlight Memory Walk in Heligan Gardens. A team of eight ladies from Polruan Sunnysiders WI have signed up for this event, Pam, Maureen, Karen, Doe, Linda, Sue, Anni and Lynn and they will be raising sponsorship as a team. A team sponsorship form will be available in Kitty's.

Ali and Kat have generously arranged a Bingo night in the Russell Inn on Saturday, 11 October, eyes down at 8.30ish. During the preceding week they will be running a raffle to be drawn on the night.

For those who'd like to sponsor the team online, go to [justgiving.com](http://justgiving.com) and search for "Polruan Sunnysiders".

Thank you in advance for your support for the vital work done by this charity. Our village has special links to Little Bridge House and our nearest children's hospice, Little Harbour, at Porthpean.

### from Lynn Bartlett

We have been very grateful to receive donations of adult books over the summer, several with a Cornwall theme, either by author or story setting.

Children's books were popular so we would welcome any children's books, particularly for the younger age group to boost our stock.

With the fine weather, enabling us to be outside, our summer book sales have raised just over £70; thank you for your support on those days.

Our next two sales will combine books with Christmas Cards, first on Tuesday, 7 October and again on Tuesday, 4 November these will be held in the Reading Room, between 9.30am and noon.

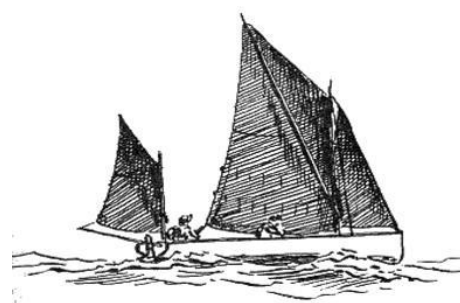
Available will be a selection of 16 different new packs of Christmas cards, all containing 10 cards and all for sale at £5. Our calendars and diaries will be £6, and all can be viewed online at [www.chsw.org.uk](http://www.chsw.org.uk) under the shopping heading. I have a small stock of everything and they can be purchased by cash or cheque.

There will be no specific book sales between December and March but there is continuous access to a selection of books and jigsaws on the Blamey shelves in the Reading Room. Paperbacks are £1, hardbacks £2, jigsaws £1.50 and children's books 50p; payment can be left in the secure honesty box.

Eight ladies belonging to Polruan WI will be taking part in the Children's Hospice, South West's Moonlight Memory Walk on Saturday, 8 November at Heligan Gardens. Please see separate article on this page giving details on how you can support them.

Please watch out for information posters or contact me on 01726 870536 or email [lbart49738@aol.com](mailto:lbart49738@aol.com).

Thank you for your continued support.







## News from Polruan Academy

from Jane Wills, Head of School

You may have spotted the bold Number 1 notice proudly displayed on our school gate over the summer. We are delighted to share that we have once again won the 'Organisations/Businesses/Groups' village sculpture competition! What makes this win so special is that it was a true joint effort between the school and the wider community.

A huge thank you goes to everyone who collected and contributed recyclable materials, with a special mention for Sophie and Elfwynn, who gave their time and energy to help build the project structure. We also extend our gratitude to Mrs Andrew, who bravely sourced, cleaned, and delivered recycled fishing nets and a crab pot for the display — certainly not the most fragrant task of the summer!

This success is just the beginning. Using our win as a launch pad, we are embarking on an exciting series of sustainability projects over the coming year.

The highlight will be the creation of a green living wall within the school grounds. This project will not only transform an everyday wall into a thriving vertical garden but will also give our pupils the chance to learn about recycling, biodiversity and the importance of greener spaces in tackling climate change.

Through hands-on activities, the children will explore how recycled materials can have a second life, how plants contribute to cleaner air, and how small community efforts can make a big environmental difference. Our aim is to inspire a new generation to think sustainably and take pride in nurturing the world around them.

We look forward to sharing more updates as our green wall begins to grow — and as we launch further initiatives to make our school environment more climate-friendly and sustainable.



'Sir Octoborough'



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### Desk top publisher wanted

We are very pleased that we have volunteers for some of the roles for the production of the Parish News.

We need more people willing to proof read and share the organisation for production.

Our key gap is for someone to take over the design and 'desktop publishing' (DTP) needed for each edition.

This means laying out each page and the overall design and 'look and feel' of the Parish News.

This needs a desktop publishing software package such as Quark Express, Adobe In-Design or Affinity Publisher (we can sort this out).

If anyone is interested in these very rewarding roles, please get in touch.

We can provide training and will support you for the next few issues until you are confident you can pass the 'pre-flight' [pun!] checks of DTP.

For further information please contact the current Editor Suzanne

[suzanne.goddard@me.com](mailto:suzanne.goddard@me.com)  
**01726 870818**

## Crafty Roosters

from Tammy Skinner

Let me introduce you to Lis Taylor, seamstress extraordinaire, knitting guru, and along with Teresa Libby, they are our crochet Queens. If you are hankering to learn to sew, knit or crochet, then these ladies are fabulous teachers.

Perhaps you have a well established hobby but just want to carve out a bit of time to immerse yourself in it. We have a wide range of projects being undertaken at the group. Come along and see for yourself, there's always a warm welcome and a brew on!

We meet in the WI Hall on Monday mornings and Thursday afternoons and each session costs £2. Contact Tammy 07708 023772 for more information.

### Dates for your diary

*Thursday, 2 October between 2 and 4pm*

*Monday, 13 October between 10 and 12noon*

*Thursday, 30 October between 2 and 4pm*

*Monday, 10 November between 10 and 12 noon*

*Thursday, 27 November between 2 and 4pm*



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## The Polruan Shed Association facility is now in operation

from Henry Rowe

The Polruan Shed Association (PSA) facility is located in the garden of Rose Cottage and has been operating since January of this year. The early months have been a learning period for all involved as we developed the best way of working that allowed members with different levels of experience, to work together in a safe and enjoyable environment. I hope our members agree that we are well on the way to achieving this and we can now start building on this foundation.

The ethos of the Association is covered by "Where a Chat, a Brew and a Project make a Difference" and is open to both men and women. It is not intended that this facility should be a 'man shed' or too much emphasis placed on projects – the chat and brew elements are every bit as important. Indeed, we have members who only drop in for a chat and a mug of tea but at the same time manage to play a vital role in providing advice on the work being undertaken!

Projects completed in the last 7 months have included building a very robust work bench for our use, a new staithe for a church bell, construction of a cedar strip canoe and the finishing work to a kayak of similar

construction. The work on the latter two items has included some very smart wooden paddles and beautifully woven canoe seats. Several members have expressed a desire to explore the art of carving with the restoration of a ship's figurehead or the creation of a replica being at the top of the list. At the other end of the scale the possibility of building a number of radio-controlled model yachts for sailing / racing off the quay is being explored.

If you would like to hear more about our operations then please contact Henry Rowe (07887 824837) or drop in on one of our sessions which are held every week on Tuesday and Thursday between 1400hrs to 1700hrs – please access the shed via Meadow Close, opposite number 23, and come down the steps into the Rose Cottage garden.



## Results from the Polruan Transport Survey

From Henry Rowe for INTRAPOL and Beth Rigg for the Lanteglos Community Bus

Our thanks to those of you who completed the INTRAPOL and additional Community Bus surveys included in the August / September edition of the Parish News.

Interest in the INTRAPOL transport initiative would appear to be limited with responses coming mainly from the individuals who already make use of transport offered in relation to events within the Village. As such it is considered unnecessary to develop a formalised approach to providing transport services within the village further but rather tailor the services provided to the specific needs of the individuals concerned. We will be having further discussions with these individuals to establish the best way forward.

For the Lanteglos Community Bus, the responses were highly appreciative of the services being offered with constructive comments concerning additional destinations. However, whilst there were no offers of support in the survey, the article asking for new drivers resulted in one volunteer coming forward. They have had a test drive and are happy to continue, thus ensuring the continuity of the bus trips for the foreseeable future.

Many thanks for your responses.

Follow us on Facebook for updates.

# SERVICES SCR

**-POLRUAN-CORNWALL-**

Info.scrservices@gmail.com / 07900955932  
www.scrservices.co.uk

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Electrical Testing & Certification, PAT Testing.

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## The Adventures of a Miniature Schnauzer

Written & Narrated  
by Phil Carrigan



Available from:  
Amazon and Phil Carrigan Books

# Coffee, Cake & Catch-up

# Lunches too

Held at Polruan Village Hall

Join us for our community **Coffee Mornings**: Tuesday 14th October and Tuesday 11th November from 10-12 noon. Lots of home made cakes and plentiful hot drinks with great company thrown in for free!

And our **Lunches**: served Tuesday 28th October and Tuesday 25th November from 11am. Lunch happens around 12 noon. We close at 1pm after finishing up the delicious cake offerings our volunteer bakers, Jam First Buffet & Bakes and Kitty's Koffiji and Polruan Village Stores have supplied.

**SAVE THE DATE:** Our **Christmas Party** will be on Tuesday 9th December 2025.

Community Bus outings: Unless we can recruit more drivers for the Community Bus then our last dates will be Tuesday 7th October and Thursday 6th November. Check our Facebook page for any updates or changes. Bookings taken for these at CCC sessions. Search for our Facebook page under Coffee, Cake and Catch-up

Don't forget if you need transport (within Polruan), please phone Sue on 07811756615 or email us at polruanccc@gmail.com. We don't charge for transport or refreshments but always appreciate donations.

## POLRUAN PUPS

## DOG WALKING & PET SITTING

Need help keeping your furry friend(s) active and happy? Let me help!

Dog Walking / Feeding Visits  
Home check-in / Companionship  
Cat Sitting / Pick up & Drop off

Contact us today to discuss your requirements and give your furry friend(s) the attention they deserve!

Contact Emma on  
07442 037662

# PLEASE PICK UP AFTER YOUR PET



## Patient Participation Group of Old Bridge Surgery

Serving Looe, Polperro and Pelynt

Did you know your thoughts could help shape local healthcare?

The Patient Participation Group (PPG) for Old Bridge Surgery — serving Looe, Polperro and Pelynt — wants to hear from you.

We're a small independent group of registered patients just like you, working in partnership with the surgery to strengthen communication, improve services, and make sure patient voices are part of the conversation. Our mission is simple: to support the surgery in delivering high-quality care while making sure community needs and ideas are heard and taken on board.

### What does the Patient Participation Group do?

- **Collects feedback** from patient — your suggestions, concerns, praise and ideas matter.
- **Works alongside the practice team** to receive feedback, explore improvements, for patients, health professionals and staff
- **Encourages involvement** from all corners of the community, including younger and older patients, carers and families. **supports outreach initiatives**, such as health events, seasonal updates and informative newsletters.

We believe healthcare works when it's shaped by the people who use it. Whether you'd like to offer feedback on a recent visit, suggest a new community health initiative, an improvement of a current service or simply stay informed, our group is here to listen.

### How can you get involved

- Visit the Old Bridge Surgery website and find out how you can contact or join the Patient Participation Group
- Look out for our future posts on our PPG Facebook and Instagram pages
- Send us a message with your thoughts — whether it's a quick comment or thoughtful idea, we'd love to hear it, email [ppg@looe.info](mailto:ppg@looe.info)

Together, we can help build a healthier, more connected community.

**Your voice could help shape care in Looe, Polperro and Pelynt.**

## Autumn Hazards for Dogs

from Emma de Riso



Autumn brings crisp walks, colourful leaves, and cosy evenings, but it also carries hidden dangers for our dogs. As the season changes, so do the risks.

**Fallen leaves**, while fun to play in, can quickly turn damp and harbour mould or bacteria that may upset your dog's stomach.

**Cooler temperatures** mean anti-freeze spills from vehicles in driveways or garages. Even tiny amounts of antifreeze are deadly, so check your home and garden carefully.

**Mushrooms** are another seasonal hazard—many wild varieties are toxic to dogs and appear in abundance during damp autumn days.

**Visibility**, darker evenings mean reduced visibility on walks. Reflective gear and LED collars can help keep your pup safe.

Here are a few of the other Risks:

- **Conkers (Horse Chestnuts):** are mildly toxic to dogs. They also pose a choking risk or can cause an intestinal blockage.
- **Acorns:** contain tannins, which are poisonous to dogs in severe cases, kidney or liver damage. Like conkers, they can also block the gut if swallowed whole.
- **Grass Seeds:** Not toxic, but very dangerous in another way. Their sharp, arrow-like shape means they can burrow into paws, ears, eyes, or skin. Left untreated, they can cause painful infections.

## Looking for that special venue for a get together with family and friends?

### The Red Store Lerryn

**A waterside multi-purpose community venue in a beautiful setting, ideal for small gatherings**

This riverside venue is for hire, suitable for a variety of functions:

- art and craft exhibitions
- workshops
- private functions
- community activities
- food and wine fairs
- charity events



Free WiFi



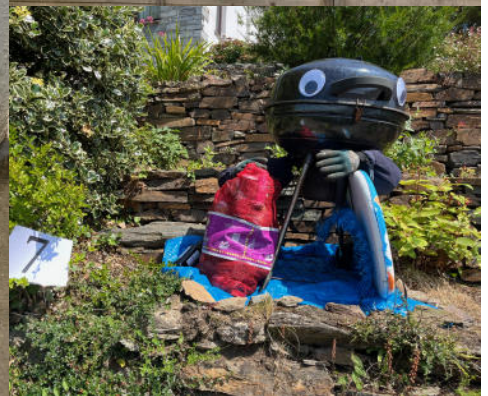
For further details and to book go to: [www.lerryn.net](http://www.lerryn.net) - select *Local Groups* - then *Red Store* - scroll down to check availability, book or make contact.



## Beach Themed Garden Sculpture Competition

from the Polruan and Children's Sports Committee

We were thrilled to have 13 entries in the Beach Themed Garden Sculpture competition; they were all totally unique and everyone really embraced the re-cycled nature of the challenge. Thank you to all the entrants and we are hoping to do it again in 2026. Please look out for the 2026 theme early next year.





## Ancient route

### from Briony Key

Hiking around Lanreath recently, I found an old right of way that led down a hill, across a field towards Stonerush Lakes, via the farm with wigwam accommodation (see 'Except for access', for this walk's starting point).



It was pretty overgrown, and not clear which way you should go across the field. But trying to use this path led me to discover another one.

An ancient looking route led off to the left, and it fascinated me. To get here you head down the narrow lane (which starts to the right of the road direction) then turns off to the left, facing away from Lanreath.

There were no 'keep out' signs or privacy notices so I followed the track down and down, having to make more and more effort to find my footing on the steep, rock-based route, that got increasingly rucked the further I trekked along it.

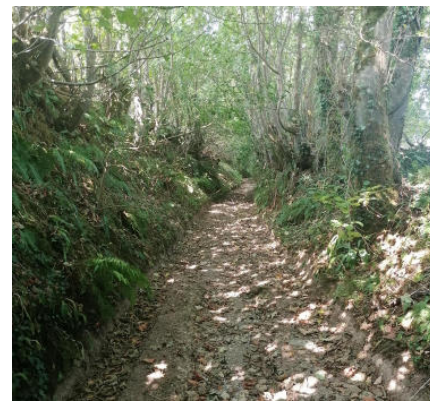
For anyone wanting to escape the 'everyday' it's a gift horse, as all you hear are the birds and the wind in the trees. And because it gets pretty V-shaped, it also helpfully barred my phone signal.

It felt like I was hiking in a time capsule where anyone, from any period might pop up from around the corner. It was then that a skirmish sound startled me . . . and the creature I startled, as rounding a right-hand turn, was a young deer, who was clearly as shocked as I was. I'm guessing he doesn't get that many walkers on his patch, or he probably wouldn't have been there.

Once home I searched for pictures that might look anything like this track and for any information on local Lanreath sites and in books which might explain it. So far, I have found nothing.

Similar tracks were called holloways - ancient sunken lanes, hidden deep in the countryside and woodlands. Many are historically famed and have a unique biodiversity.

There is certainly nowhere else quite like the track I have found in this area — and I've been down many of the stunning, narrow, steep lanes around Lanreath.



It clearly took a huge effort to dig this route out and it now seems to end down by the river, near Stonerush Lakes. But what is its history?

I read about The Giant's Hedge that once ran for 10 miles between Lerryn and Looe and was in use around 4000 years ago, but I don't think this is in quite the right location for that, although the bedrock of this hedge, with its steep banks and hundreds of years of rainwater wearing its own path, is certainly similar.

I also understand The Giants Hedge is a scheduled monument. My old track has nothing showing that it's anything in particular, which is why I find it particularly fascinating.

If any readers have any insight, I'd really like to hear about it.

### MEMBERSHIP:

Polruan residents, local residents and visitors are all welcome!

Before you can view our films you will need to join the club as a member. You will then have 12 months of access to our films and any throughout Cornwall shown by C Fylm community film clubs



### BOOKINGS:

by phone on 01726 870505  
or through the


website: [www.polruanfilmclub.co.uk](http://www.polruanfilmclub.co.uk)  
or email: [boxoffice@polruanfilmclub.co.uk](mailto:boxoffice@polruanfilmclub.co.uk)

**Your first film is included in your membership fee. After that you just need a ticket for each screening you want to attend.**  
**Occasionally due to non-availability we may have to substitute a film at the last minute.**

### On **25th OCTOBER 7pm** **CHEF - A Timeless Feel-Good Movie!**

This movie is the perfect blend of heartwarming storytelling, incredible food visuals, and a fantastic soundtrack. Jon Favreau does an amazing job as both the director and lead actor, bringing to life a story about passion, family, and following your dreams. The chemistry between the characters feels so real, especially the father-son bond, which adds so much depth to the film. Not to mention, the food scenes are absolutely mouthwatering! It's been described as a 'Food Porn' movie! This film is rated a 15 due to the language and sex references/innuendoes.



On **SATURDAY 29th NOVEMBER 7pm** **THE BALLAD OF WALLIS ISLAND**  is a new release for this year and it follows Charles (Tim Key), an eccentric lottery winner who lives alone on a remote island and dreams of getting his favourite musicians, McGwyer Mortimer (Tom Basden & Carey Mulligan) back together. His fantasy turns into reality when the bandmates and former lovers accept his invitation to play a private show at his home on Wallis Island. Old tensions resurface as Charles tries desperately to salvage his dream gig. The film is a heart-warming, emotionally stirring, and amiably amusing piece that transcends its humble origins and well-worn premise with wonderful acting, understated storytelling, and a marvellous balance between comedy and pathos. This is rated a 12.



**MEMBERSHIP RENEWALS** If your membership has expired you can renew this online choosing that option from the drop-down box. This will include the ticket for your first film in this new membership year.

**TICKETS: ANNUAL MEMBERSHIP INCLUDING ENTRANCE TO FIRST FILM : Adults £6 - Youth (12-15) £3**  
**SUBSEQUENT FILM TICKET PRICES: ADULTS: £4 YOUTH (12-15): £2**  
**There is no membership fee for children under 12 but a £1 ticket charge per suitable film**



# My Sister Elsa (1954 – 2025)

from Kathryn Hill



On the morning of Sunday, 26 September 1954 David and I were sent on an errand and told that by the time we returned the new baby would be here – and so she was! Aged eleven and a half I, and most of my friends, were into babies and it was quite common for a couple of girls to knock on the door where there was a baby and ask if they could take the baby for a walk. My cousin, Avril, and I were very smug because we could take our baby for a walk anytime we liked! By the time she was past the toddler stage we weren't always so keen, but we did often take her with us and also played with her at home.

I remember taking her with us when friends and I hired a caravan at Rock; and when she was 10 and I was at university in Bristol, our parents put her on the train on the Wednesday in charge of the Guard and I met her and she stayed in my bedsitter. Our parents then came and stayed in a hotel for the weekend and then they all went home on the Sunday. Elsa and I often reminisced about that time including her posting her new kite through the slightly open window of the wrong car and thus losing it and all of us going out to Severn Beach to watch the first Severn Bridge being built!

The summer that I turned 24 in March I was double her age as she didn't turn 13 until September. One day, all the family were on Lansallos beach and Elsa and I, both with long dark hair, much the same height and wearing identical yellow bikinis were in and out of the water when a member of a picnic party we passed said

"I've been watching you girls all afternoon and I have to ask – are you twins?" His face when I said that one of us was twice the age of the other, was a picture!

In those days one of the Polruan Regatta events was a pillow fight on a greasy pole over the water; one year there were only 3 entrants in the ladies' competition – me, Elsa and a visitor. We drew straws and Elsa fought the visitor and won and I then fought her! To our embarrassment the MC announced: "Locals know, but for the sake of visitors I'm telling you that these two are sisters so it

should be a good fight!" I gave her a good run for her money, but she was the winner!

Elsa was a keen and able swimmer. She first swam Fowey Harbour aged 6 and was still swimming competitively until she broke her shoulder. Until the mid-nineties Fowey Regatta included 2 swimming races, men swam a mile from Mixtow and ladies a third of a mile from Bodinnick slip, both ending at Fowey Town Quay. Elsa always did well in this, including the year she was 8 months pregnant with Laura! But the best year was when she was in the first 3, won the cup for first local swimmer, Laura got the cup for the youngest swimmer and I got the cup for the oldest swimmer – a wonderful family hat trick!

Elsa was always fit and active – cycling, sailing and skiing, even taking up Nordic walking after her Parkinson's diagnosis. She loved quizzing and socialising and had many lovely friends who, like her family, were very supportive of her as she battled Parkinson's and the disabling result of her broken neck. Elsa was very proud of her children and grandchildren and loved being a Grandma.

Elsa spent most of her adult life in Cardiff and loved living there but she still loved Polruan and her Cornish heritage and I'm so glad that Laura and Tom were able to organise and facilitate a final long weekend in Cornwall last October including having lunch back in Polruan where she was born and grew up with all of her family who still lived in Cornwall.

Elsa wasn't particularly religious, but she did have faith in God and, in the last months of her life, often asked me to pray for her so I am confident that on her last voyage, in the words of the seaman's version of the 23rd Psalm, she reached 'harbour in the homeland of eternity' and that she will 'rest in the port of God for ever'.

We miss her but we are comforted by the many who have supported us all and sent condolences, thank you all for your on-going love and support.

## Sail on, Mum

Thank you all, for being here today,  
To show mum love, before she sails away.

We gather here, with hearts so true,  
to honour mum, the love we knew.

Mum, you swam through life,  
with elegance and cheer,  
a calming force, forever near.

In open waters, you found  
your tranquil place,  
with soothing, swift, embracing pace.

On skis you glided, smooth and free,  
through snowy peaks, and silent trees.

A quiz master, sharp and bright,  
your mind's own spark, your guiding light.

Your mother's touch, was full of grace,  
guiding us, through life's fast pace.  
Your Grandma's love was calm and kind,  
forever influenced, they will find.

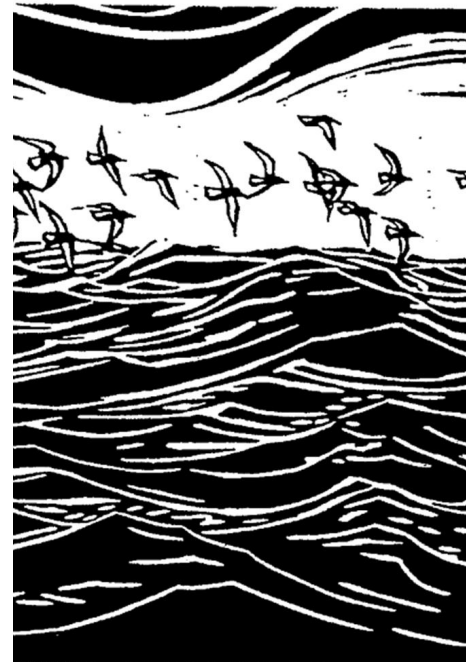
Now, in Cornwall's gentle,  
windswept bays,  
your spirit dances, never far away.

Like waves that whisper,  
at Polruan's Quay,  
your soul's in sailing, forever free.

So sail on, Mum,  
across the breeze,  
through endless skies,  
and whispering seas.

Your voyage here ends,  
but your love will remain,  
now go forth,  
and forever sail again.

*[This was written by Laura and Tom and read by them at Elsa's funeral]*





# Polruan Regatta 2025 – A Bank Holiday to Remember

from Mark Pope, Chair on behalf of the Polruan Regatta and Children's Sports Committee

What a superb Bank weekend in Polruan! The 2025 Regatta was a huge success, and we've been overwhelmed with all the kind words and positive feedback — thank you! It really does make a difference.

There were many reasons this year's event went so well, but let's start with the one thing we can't control: the weather. And what a gift it was! If we could have ordered perfect weather, this would've been it.

## Saturday: Kicking Off with Crabbing Fun

The festivities began on Saturday with the much-loved Crabbing Competition on the Quay. With free entry, bait and lines provided, and a sweet treat for every child, it's no wonder this event draws a crowd — 60 eager participants this year!

While crabs can be elusive, a few did make an appearance. One in particular stood out — congratulations to Lizzy Hughes for landing what can only be described as a mini-monster! And a special thank you to the behind-the-scenes team who helped with pre-baiting. That may have made all the difference.

## Sunday: A Celebration of Community Spirit

Sunday began with the traditional Family Church Service, one of the final duties for our outgoing Royalty. They looked absolutely splendid as they joined the congregation — thank you all for representing Polruan so wonderfully.



The service itself was filled with positive energy with a strong theme to reflect our location by the sea. Our thanks to Norman and the entire team for their warm welcome and uplifting message.

In the afternoon, it was time for Sports Day in the field. Huge thanks to Wes, Beks, David, Alan, Dan and Mike for setting up a brilliant event. From sack races to sprints, there was something for all ages — with cash prizes for 1st, 2nd and 3rd in each race.



It was a joy to see so many smiling faces, with not a screen in sight. Just good old-fashioned fun in the sunshine. A special mention goes to Tammy, who introduced this year's new highlight: the 'Horse Race' — a playful nod to the old Polruan tradition of horse racing at the Regatta, last making an appearance 99 years ago (see this year's programme). A big hit, and we hope it returns next year!

## Monday: The Big Day

Monday is always the grand finale — and this year it didn't disappoint. From 6am, the Committee, Support Crew and Flower Pickers were out setting up for the day ahead. The sunshine was back, and the village buzzed with excitement.



The day kicked off with a procession, led by the Lostwithiel band from the Church down to the Quay, where our new Royalty was crowned. Congratulations to our new Queen and King, Betsy-Mae and Robbie — we look forward to seeing you at events throughout the year.



Next up was the ever-popular Beach Treasure Hunt. Much treasure, in the form of painted stones hidden in the sand, was dug up and exchanged for cash prizes. Thank you to Des and the Flower Pickers for making the magic happen.



## Entertainment, Art, and Sandcastles

A real highlight this year was performer Matt Pang, who gave two brilliant and totally different shows. The crowd loved him — and he loved us right back, saying our Regatta was the best stop on his tour. I think it's a question of not if we book him again, but when!



The Volleyball Tournament was another roaring success, with over 50 participants playing in teams of four. Thank you to the teams for their enthusiasm and support. Meanwhile, the Junior Art Competition saw a fantastic number of entries — congratulations to James, whose winning design will feature on the cover of next year's programme.





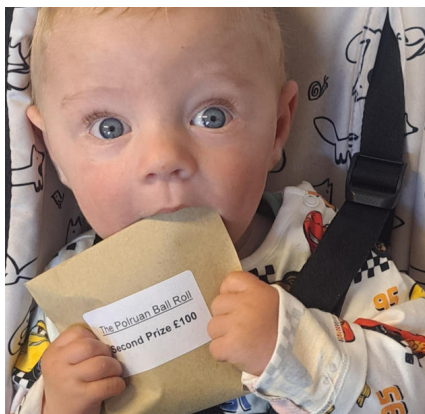
And of course, the Sandcastle and Sand Sculpture Contest brought out the beachside creativity. Thank you to all who took part and to Jack and Rachel for their judging. Well done to the Gainford family, including Bea and the two Evelyns — for taking home the win.

### The Great Ball Roll and Carnival



At 4pm sharp, the legendary Ball Roll saw 1,600 tennis balls race down Fore Street, cheered on by a huge crowd lining the street from the start to finish. Congratulations to Dan, our winner — and an even bigger thank you for generously donating our prize back to the Committee, after so many years of trying to pick 'the winning ball' — that's the spirit of the Regatta!

A special shoutout to Rueben, possibly our youngest winner ever—well done!



The Carnival Parade brought colour and creativity to the streets, led by the wonderful Lostwithiel Town Band, who played all day long. Thank you to Phil and the team — you sounded fantastic. And a huge thank you to all who dressed up and brought their imagination to life. The Carnival simply wouldn't be the same without you.



### Raffles, Dancing and Final Thanks

The day ended with the Grand Raffle Draw, with many generous prize donations — thank you all.

Then it was over to DJ Liam, who once again kept the crowd dancing well into the evening.

A small but meaningful request was made at the end: for everyone to pick up just one piece

of rubbish. Many did, and that small gesture made a big difference to the volunteers who stay behind to clean up. Thank you!

### A Huge Thank You

While the weather helped, the real success of the Regatta is down to the amazing volunteers who gave their time, energy and effort.

This year, we trialled an official Support Crew, and wow — you really stepped up. Without you, the event simply wouldn't have been the same. You know who you are — and we hope to get together soon to celebrate properly.

The Regatta Committee itself is a small but mighty team who work all year to make this weekend special. You should be incredibly proud of what you achieved.

If you'd like to be part of next year's Regatta, we'd love your help. Please speak to Mark Pope or any Committee member, or email [mark@polruan-regatta.co.uk](mailto:mark@polruan-regatta.co.uk).

Finally, thank you to everyone who came, joined in, bought raffle tickets, entered competitions, or just showed up to enjoy the fun. This event exists because of you.

See you again soon!



## Exciting Times at the du Maurier Fowey Literary Festival!

Change is in the air at the du Maurier Fowey Literary Festival as we bid a heartfelt farewell and a huge thank you, to two much-loved figures. After many years of dedicated service, **Lynn Gould** and **David Willmore** are stepping down from their roles as Festival Chair and Trustee. Their passion, hard work and commitment have shaped the festival into the much-loved event it is today, and we are immensely grateful for everything they have given. Happily, we are not saying goodbye entirely – Lynn will continue to share her wisdom and enthusiasm as one of our Trustees.

Stepping into the role of Chair is **Paula Pearson**, a familiar face to many as a long-standing supporter of the festival, first as a visitor, then as a volunteer and more recently as a Trustee. With fresh energy, exciting ideas and a deep love for both literature and the community, Paula is looking forward to leading the next chapter of the Festival's story.

We are proud to be Cornwall's very first and longest-running literary festival, but we can only thrive with the help of our wonderful supporters. If you would like to get involved as a volunteer, sponsor or benefactor (or if you have ideas and feedback to share), Paula would love to hear from you: [paula.pearson@foweyfestival.com](mailto:paula.pearson@foweyfestival.com).

Finally, a huge thank you to **Graham and Gill at The Safe Harbour** for hosting a brilliantly entertaining quiz night in aid of the Festival. The laughter was loud, the competition fierce and thanks to everyone who took part, over **£400** was raised for our charity and every penny will help us bring another fantastic festival to life.

## Dates for your diary

### Quiz Night

**Thursday, 2 October 2025**

Fowey Gallants Sailing Club,  
Amity Court, Fowey

Quiz begins at 7.30pm  
tables to be booked in advance

£10 per team, maximum of 6 members per team

### Bingo Night

**Tuesday, 21 October 2025**

Haveners, Town Quay, Fowey

Eyes down 7.30pm / tables to be booked in advance

£10 per person payable in cash on the night

Keep in touch with the festival at:

[www.foweyfestival.com](http://www.foweyfestival.com)

Email: [info@foweyfestival.com](mailto:info@foweyfestival.com)

Twitter(X): [fowey\\_festival](https://twitter.com/fowey_festival)

Facebook: [@FoweyFestival](https://www.facebook.com/FoweyFestival)



# Gardening tips for autumn

published by National Trust

Autumn is a great time to make changes to your garden so that you will enjoy it even more next year. It's time to plant spring bulbs and many other plants, mulch your borders and prepare new ground for growing. We're also sharing top tips on pollinator-friendly flowers to plant for next year, along with how to choose plants that invigorate the senses.

## Mulch your flower borders

Mulch is the name given to a thick, loose layer of material placed on top of bare soil in flower beds or containers.

Adding this layer helps to suppress weeds, increase water retention and improve the quality of the soil. It can also neaten the appearance of beds and protect roots from winter frost.

Popular materials used for mulching are garden compost, wood chippings, manure and leaf mould.

Apply your mulch of choice in a layer 2-3 inches thick, taking care to leave space around the woody stems of plants.

## Look after your soil

Leaving beds empty with exposed soil over winter isn't good for soil health. Mulch empty vegetable and flower beds, as above, to protect them.

Alternatively, if they're full of weeds, you could cover them with a layer of cardboard or woollen carpet and leave the weeds to break down, ready for planting in spring. If possible, avoid digging the soil as this disturbs the structure and soil organisms.

## Plant bulbs

Spring bulbs can be planted in pots or in your flower borders throughout autumn. Daffodils, hyacinths and crocuses are best planted before the end of September when the soil is still warm. October and November are good times to plant your tulips.

Bulbs of tulips, crocuses and daffodils can be planted in pots or your flower borders. If you have a large area of grass try planting crocus bulbs in drifts for a vibrant colour show in early spring.

If you're planting in pots, use a peat-free compost and really pack your bulbs in for a great display – you can even layer them up for a succession of colour.

## Clear leaves

When the leaves start to fall, and the season heads into mid to late autumn, it's a good idea to clear leaves from lawns to keep the grass healthy.

Use a rake or battery-powered leaf blower and keep the leaves to make leaf mould for feeding next year's plants. Do this by piling leaves in wire cages and leaving them to break down.

If you're tight on space use strong bags tied at the top and add puncture holes near the base for air to circulate. This makes a good mulch to use on your plants the following year.

If your roses had blackspot, removing fallen leaves from their base and putting them in your garden waste collection or dustbin is a good idea as the leaves can harbour this disease through winter.



The garden team deadheading plants at Mount Stewart, County Down | © National Trust Images/James Dobson

## Splitting your perennials

If some of your perennial flowers are doing well and have formed big clumps, you can lift them now and split them into sections. You can then replant one section back in the same spot and put another elsewhere in the garden or gift it to friends.

This works best with tough, cold-tolerant perennials such as geraniums, lungwort, lady's mantle, astrantia, and phlox.

## Creating a sensory garden

Autumn is a great time to redesign areas of your garden and plant new shrubs and trees. Why not create a sensory garden where you can experience nature with all your senses? These plants can be planted now to invigorate your senses during future winters. Try to buy UK-grown plants that are bare-root or potted in peat-free compost.

## Paperbark maple (Acer griseum)

The paperbark maple is a small- to medium-sized tree for all seasons. In the winter the copper-coloured peeling bark catches the sunlight on a crisp and clear day.

## Tibetan cherry tree (Prunus serrula)

This small tree may not be a first choice for flowers, but its glossy bronze bark is a spectacular sight in winter. It can be planted during the autumn in a sunny spot and suits a variety of soil types.



Tibetan cherry tree Tibetan cherry tree on the Winter Walk at Anglesey Abbey, Cambridgeshire © National Trust Images/Mike Selby

## Wintersweet, daphne and Stachyurus praecox

If you like unusual plants then look out for these three late-winter beauties. Wintersweet, daphne and Stachyurus can be planted in autumn and will flower during the winter.

## Viburnum x bodnantense 'Dawn'

This popular winter-flowering shrub can be planted during the autumn. Put it in a sunny place and watch its fragrant pink flowers cover the stems from November to March.

## Christmas box (Sarcococca hookeriana)

This small evergreen shrub can be planted during the autumn if the soil isn't frozen and will produce sweet-smelling white blooms during the winter. Plant it in moist but well-drained soil close to a path for best results.

## Autumn flowers for your garden

Plan ahead for next autumn with our top picks for pollinator-friendly flowers that bees and butterflies will love this time of year.

Many are sold in containers throughout the year at garden centres and can be planted at any time, so long as the soil isn't frozen or waterlogged.

When buying potted plants, remember to look out for those grown in the UK using peat-free compost. You may need to ask the nursery or garden centre about this.

## Rudbeckia

Bright yellow petals surround a black centre in these colourful blooms that flower freely in full sun. Leave the seed heads on over winter to provide food for birds and shelter for insects.

## Asters

These daisy-like flowers are easy to grow, flourishing in sunny borders – though some varieties can cope with a partially shaded spot.



Asters in the garden at Upton House in Warwickshire © National Trust Images/ Annapurnia Mellor

## Japanese anemones

These white or pink showy flowers enjoy a partially shaded spot, making them ideal for planting underneath trees. Once they're settled, they'll spread readily to form larger clumps.

## Cyclamen

If you have a shady garden, then autumn-flowering cyclamen will add a welcome splash of colour to it. Best planted in autumn, they're easy to grow when kept out of direct sunlight.



## Whitecross and District Gardens

from Angela Flynn

6 October 2025, at 7.30pm

**Higher Trededden —  
a Country Garden**

**A talk by Kevin Channer**

Kevin and Judy bought the old farmhouse in 2005, moving down from Sheffield in 2012 when they retired. The garden is an 8 acre country garden in a quiet valley with countryside views. There are a number of different areas, including an established cottage garden and vegetable plot, two arboreta with specimen trees, two meadows and three ponds. There are walks through marshland and wet woodland, alongside tumbling streams. The most recent addition is the planting of a Cornish apple tree orchard. Kevin will introduce us to all this in his talk and we will follow it up with a subsequent visit.

20 November 2025, at 7.30pm

**Willows and a Star Decoration**

**A talk by Emma Wigley**

Emma grows her own willow and from it creates different basketry items. Her talk will cover the cultivation and management of willows and their many uses. Everyone will have a chance to create something using willow. This will probably be a willow star wand. Emma and her partner can usually be found at Whitecross Local Produce Market on the first Saturday of every month.

**We meet at 7.30pm on the third Thursday of every month between September and April at Whitecross Village Hall (PL23 1NF)**

**Membership £10**

**Visitors welcome to meetings — £3 deducted from fee if you become a member**

We are always looking for new members to join our friendly group of gardeners, so why not come along to one of our meetings, you'd be very welcome.

For further information or if you would like to share a lift, please contact Angela Flynn (07711 821429) who will be happy to help.



## Looe and District Flower Club

from Christine Smith

**Chairman, Looe Flower Club**



The Looe and District Flower Club meets at Pelynt Village Hall on the first Tuesday of the month at 2pm. All are welcome to come along and we look forward to welcoming you.

### Dates for your Diary

*Tuesday, 7 October*

**Fiona Hammond demonstrates Flower Arranging**

*Tuesday, 4 November*

**AGM and tea party**

*Tuesday, 2 December*

**Pat Whitehouse will be demonstrating Christmas**

£5 for visitors

tea and coffee and raffle of the flowers.

## Defibrillators in the Parish



**Whitecross:** Whitecross Village Hall

**Polruan:** Polruan Village Hall,  
School Lane  
Vevery car park  
The Quay, Polruan  
Fire Station, Greenbank

**Bodinnick:** The Old Ferry Inn

The defibrillators are very simple to use, with voice instructions given whenever it is activated.



## The PARISH NEWS

for Lanteglos, Lannarth, Lannalloes, Pelynt & Talland

### Publisher

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## Lanteglos Community Bus Timetable

	Oct	Nov	Fare
Whitecross Market	4 <sup>th</sup>	1 <sup>st</sup>	Donation
Par Market and St Austell	1 <sup>st</sup> , 15 <sup>th</sup>	5 <sup>th</sup> , 19 <sup>th</sup>	£3.00
Trago and Bodmin	8 <sup>th</sup>	12 <sup>th</sup>	£3.00
	8 <sup>th</sup>	12 <sup>th</sup>	£4.00
Truro	22 <sup>nd</sup>	26 <sup>th</sup>	£4.50

All services are on Wednesdays except for Whitecross Farmers' Market (the first Saturday of every month).

The services start from Furze Park at 0925 (1015 for Whitecross), then as requested at Well, Greenbank and Ferris Way.

Pick-ups can also be made anywhere on our route through Frogmore, Whitecross and Bodinnick.

£1 reduction for concessions to all fares.  
To book, please telephone  
01726 870826 after 9am

**Service subject to driver availability and, of course, Government Guidelines**

## Higher Windmill Allotments

from Brian Cook

We are coming to the end of another allotment season. The weather has, as it always does, defined a different year from the last one and the one before. This year we had a very dry, hot summer and our crops performed accordingly — poor germination of some seeds, but those that made it were very successful — provided they were frequently watered. Many crops produced much earlier than most years. We have seen excellent crops of beans, courgettes, brassicas, beetroots, tomatoes and others. This was also an excellent fruit year with abundant strawberries, gooseberries, blackcurrants and currently a bumper apple crop.

While there remain a number of crops still to be harvested, for example, parsnips, sprouts and leeks, we are now clearing out old crops and beginning to prepare the ground for the new season.

By the time you read this, we will have had a clearing day when we tidy up the site ready for the new season. We will also shortly have our AGM and pay our new season's allotment fees.

This year a number of new 'allotmenters' have joined us and had successful crops. If you are interested in having an allotment, please don't hesitate to speak to our chairman, Graham Palmer, or to our secretary, Lis Taylor, who will be happy to show you around.



**First Saturday of every month, 10am - 12.30pm,  
at Whitecross Village Hall**

**Saturday 4<sup>th</sup> October, 1<sup>st</sup> November, 6<sup>th</sup> December**

## Market news

The best of Cornwall's seasonal bounty will be on sale at Whitecross this Autumn, including the fresh new pressing of Dave's famed apple juice from his orchard near Liskeard. And if you bring back his beautiful big bottles, you'll get a discount next time!

## Remember...

- Bring your own cup or mug to save 30p on hot drinks from Brew with a View
- Avoid the queues by ordering bread in advance from Emily and Joe, to collect at the market (send a message through social media or their website: <https://tywardreathbakery.co.uk/>)
- Don't be disappointed by the pasties running out... reserve your 'Adam's Pasty' (cooked in the village hall kitchen) by texting Kim on 07402 234386
- Bring some cash, as not all the stallholders take cards
- You'll usually find our Cornwall Councillor Jim Candy in the back room – come and say hello and bring him your questions and concerns
- And the best way to come to the market is by community bus from Polruan or Fowey.

## What's usually on sale at Whitecross?

- Fresh fish and shellfish from the Looe day-boats
- 'Real bread', including sourdough
- Raw local honeys and honey-products; homemade jams and chutneys
- Homemade cakes, bakes and quiches
- Rare-breed, high-welfare and free-range local meat, including Dexter beef, goat, pork, mutton, hogget, brisket burgers, bacon, sausages, ham
- Olive oil, kimchi, seasonal sauerkrauts, kefir, free-range eggs, Cornish cheeses
- Seasonal local veg, fruit and salads; bunches and displays of cut flowers
- Handmade aromatherapy soaps, skincare, candles; handmade cards and gifts
- Studio pottery; woodturning, bonsai, willow basketry, local charcoal, herbal teas; Greyface Dartmoor sheepskins
- And there's always something more.

Follow the market on Facebook and Instagram ('whitecross local market') – many thanks to Charlotte for doing all our social media.

Contact us by email: [whitecrosslocalmarket@gmail.com](mailto:whitecrosslocalmarket@gmail.com) or text/tel. Liz on 07900 668604.

## Whitecross Market needs YOU!

If you love the market and want to help keep it running, could you spare the odd hour or two to volunteer: making teas and coffees in Brew with a View, or helping cook pasties in the kitchen, or putting chairs and tables away at the end?

Please have a chat with one of the team if you think you can help – thank you.



*Emily's sourdough loaves sell out fast, but she makes other goodies too*



*Andy's herd of Dexters grazes the cliffs of Pencarrow Head*



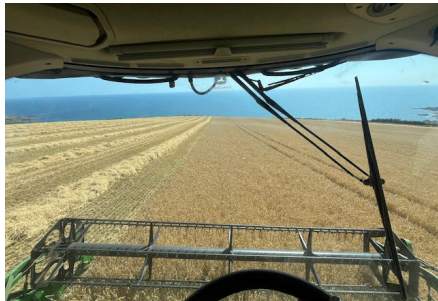
*Ben makes beautiful pottery in his Par studio*



## News from Frogmore Farm

from Gill Palmer

Farmers are blamed for so many things; global warming, pollution and so on but suddenly become very popular when things go wrong. For instance, if someone has a puncture but no tools to change the wheel; a car is blocking the road because it has reversed into a ditch and needs a tractor to tow it out. Even the coastguards need help sometimes with a difficult call out over rough ground. So . . . I suppose we have our uses!



It was such a relief to have the rain after such a hot dry Summer. Four inches in a week was a bit extreme but desperately needed. We had been worried that a cigarette end, a barbecue, or a carelessly tossed glass bottle would cause a fire that would have quickly spread across the dry fields.

When Dad was farming, he used to do controlled burning on the cliffs. One third would be burned each year. The wildflowers would spring up the next year, a glorious carpet of primroses and bluebells would appear. That strip would be a natural firebreak in case a fire happened to break out.

Thank goodness we had a hot Summer, most of the grain didn't have to be dried. The grain dryer, after many years of trouble-free drying, was getting really rusty, owing to being so near to the sea. As the last couple of loads were being dried, a trickle of grain was leaking on to the floor, the poor old thing will have to go! The grain store is full to the brim with barley and wheat, the oats were tipped in another shed and have now been sold, leaving the farm in big lorries. The straw has been baled and stacked in the sheds, so the animals will be well fed and have comfortable beds in the Winter.



I saw the sweetest thing when I didn't have my camera; a newly fledged little wren — still with its fluffy feathers around its beak — trying to catch a butterfly. It had managed to catch it by a wing which had then torn off. It couldn't fly away but could flutter around in circles. The tiny bird (smaller than a ping pong ball) was hopping around after it, round and round they went for ages. In the end the poor butterfly made a nice meal for the little bird.

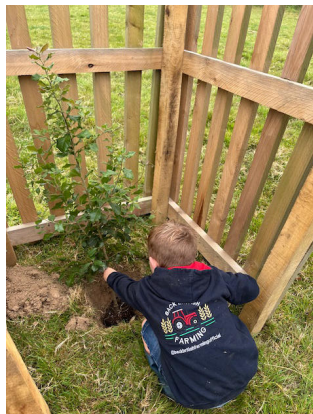
Another bird that has been coming to the garden is a sparrow hawk. It has been sitting on a bush by the peanut feeder waiting to catch a blue tit or two. I shoo it away. Why does it want my little birds when the woods nearby are full of birds. I know it has got to eat too and feed its babies but not in my garden thank you, but that's nature for you.



If you see a flock of ewes with coloured bums it means they are expecting lambs in the new year. The rams were fitted with their harnesses into which coloured crayons were inserted. These colours tell us when the lambs will be born. It looks like it will be from mid January onwards.

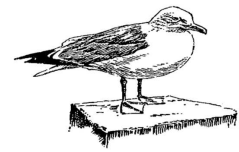
The blackberries have been wonderful this year, big and juicy. The apple trees are laden with fruit and we have been enjoying pies and crumbles with lots left to freeze for the Winter.

When our Great grandsons were christened, they were given a tree each to plant on the farm. Andy from the National Trust provided some beautiful tree guards to protect them from being eaten by cattle or deer. The guards were made from wood sourced locally in Ethy Woods in Lerryn. The little trees had a tough start in the dry weather, but fingers crossed they will survive and grow into huge oak trees.



[frogmorefarm@gmail.com](mailto:frogmorefarm@gmail.com)

Please ensure that any rubbish for collection is put out early Monday morning and not before



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

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

Please do not feed the gulls



A very big thank you to Kat and the team at 'Kitty's Koffiji who have taken over the Foodbank collection point in the village.

Please contact Norman and Angie on 01726 870747 regarding any cash donations

Many thanks to those who continue to contribute so generously during this time of great need for many families.

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

[liskeardlooe.foodbank.org.uk](http://liskeardlooe.foodbank.org.uk)

[liskeard.foodbank@gmail.com](mailto:liskeard.foodbank@gmail.com)

Tel: 07512 011452

**Closing date for the 1 December 2025 issue is**

**Friday, 14 November 2025**

Please send all copy and letters to

Suzanne Goddard at  
Springhill  
Chapel Lane  
Polruan PL23 1PG

[suzanne.goddard@me.com](mailto:suzanne.goddard@me.com)

01726 870818

**no later than  
Friday, 14 November 2025**

\*\*\* Thank you \*\*\*



## Lanteglos-by-Fowey Parish Council

from Rob Rooney, Chair Lanteglos-by-Fowey Parish Council

People far more eloquent than me have eulogised about the Cornish landscape but I'm going to have a go at describing what it means for me.

As I write this, I am just back from a four-mile walk I often do with my wife. It literally starts on our doorstep and takes in part of the Hall Walk, Pont, along the valley, past Porthpean House and back towards Bodinnick.

It was lousy weather, but we still managed to see a few house martins as we approached the descent towards Pont. The state of the tide, as we walked away from Pont, held out a promise of seeing grey mullet and sure enough, we spotted two beauties, about a foot long. And in the same moment, we spotted the pair of grey wagtails that have frequented that spot all summer.

It might seem that the landscape of Cornwall is unchanging, but the proximity of the water is a reminder that everything is in flux. For me, it's endlessly fascinating, always different, with the time of day, the sunlight and the clouds playing their part.

A welcome change was registered at the September meeting of Lanteglos-by-Fowey Parish Council, when our two vacancies were filled. Two Polruan residents, Andrew Hawa and Claire Palmer, volunteered to be co-opted into the ranks and that duly happened. Both are suitably qualified and want to do the best for the community they live in. I look forward to working productively with both.

An unwelcome change occurred in Bodinnick on Sunday, 31 August when the Old Ferry Inn closed its doors after the lunch-time session. No explanation was offered so all we have to

go on is hearsay at the moment. But we know there is a will in the community to have the inn reopened and flourishing.

Watch out for a public meeting taking place in Polruan on the vexed issue of NHS provision. This comes as NHS bureaucrats ordained that the co-responder service in Polruan be downgraded to a voluntary, rather than paid service, apparently on the grounds of cost. Such sweeping, top-down decisions cannot be allowed to go unchallenged.

I was pleased to see your parish council agreed to donate £50 to the Crowdfunder fund for the Re-open Fowey Hospital campaign. We await a judge's decision as to whether leave to challenge the ICB decision-making at the High Court is granted.

## Lanteglos-by-Fowey Planning

from Shanie Herbert, Clerk to Lanteglos-by-Fowey Parish Council

(for full details see Parish Council minutes)

### Planning applications

**PA25/02741 29 Greenbank, Polruan.**

Construction of a driveway. Members recorded their *objection* to the application.

**PA25/05618 Blackhall Cliff Rise Polruan Fowey Cornwall PL23 1QQ.** Alterations and extension (side/rear/roof) to dwelling with associated works. Members recorded *no comment*.

### Cornwall Council planning decisions

**PA25/03095 Toms Yard East Street Polruan Fowey Cornwall PL23 1PB.** Proposed solar panels on the Troy Store, Newquay Ruins and Sail Store. *Approved*

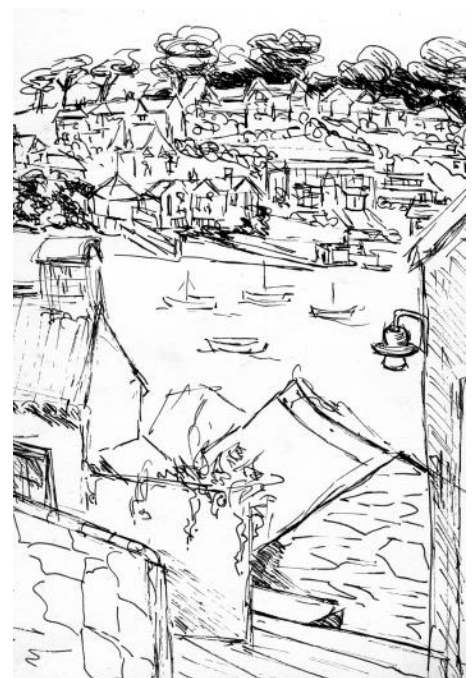
**PA25/00288/PRE Polmarine West Street Polruan Fowey Cornwall PL23 1PL.** Pre-application advice for proposed rear and side extension together with pedestrian access to west street *Closed - advice given*

**PA24/07170 St Saviours Church Fore Street Polruan Fowey Cornwall PL23 1PH.**

Application for Permission in Principle to convert the building to up to 4 apartments (minimum of 2, maximum of 4. *Granted* (CAADs, PIPs and LUs only). [By Ed. *Permission in principle for appropriate development and land use*]

**PA25/03753 1 Moss Terrace East Street Polruan Fowey Cornwall PL23 1PF.** Single storey extension to the front elevation of the dwelling to accommodate larger living space to ground floor, replacement of existing balcony without compliance with Condition 3 of decision notice PA24/09272 dated 20.02.2025. *Withdrawn*

**PA25/02051 Blue Cottage Old Road Bodinnick Fowey Cornwall PL23 1LX.** Proposed annex to Blue cottage on upper garden. *Refused*



## News from Polruan Town Trust

from Beth Rigg, Chair

As I write this, high winds are forecast and it's raining again. It's hard to believe that the summer is over and the car parks have emptied.

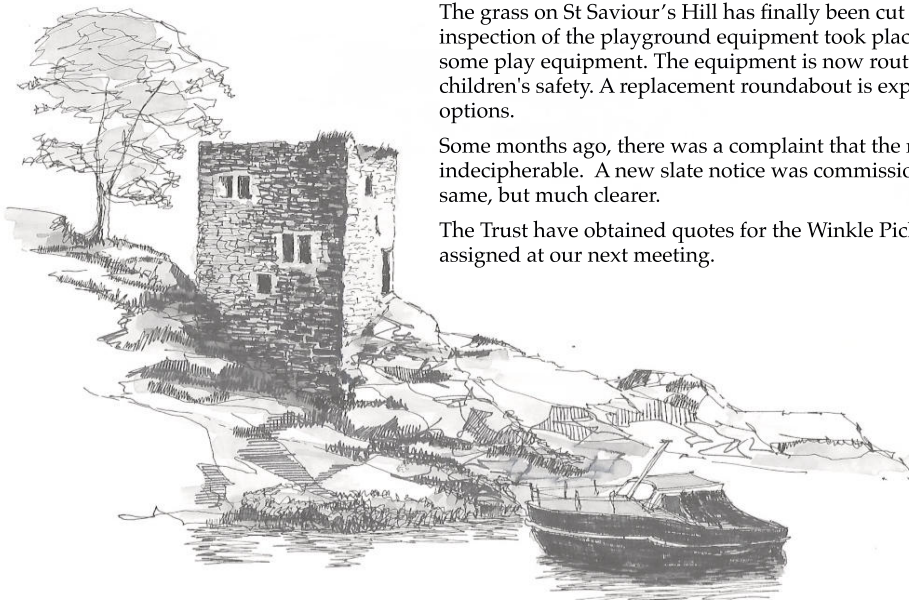
The grass on St Saviour's Hill has finally been cut along with the playground area. A routine inspection of the playground equipment took place in August and minor repairs were done to some play equipment. The equipment is now routinely inspected every 3 months to ensure the children's safety. A replacement roundabout is expensive and the trustees are considering various options.

Some months ago, there was a complaint that the main notice on the Blockhouse was becoming indecipherable. A new slate notice was commissioned and is now in place. The wording is the same, but much clearer.

The Trust have obtained quotes for the Winkle Picker flat and hopefully a contractor will be assigned at our next meeting.

Various repairs have been made on the Coal Wharf and we have installed new parking posts on the Doctor's parking space. Please remember to keep this space clear during surgery opening hours.

Should you require any further information or details on the Trust, please do not hesitate to contact the clerk on [clerk@polruantowntrust.org](mailto:clerk@polruantowntrust.org) or any of the trustees





# Lanreath Parish Council

## Summary of draft Minutes

### Meeting 15 July

Attendance by 6 Councillors; Chairman - Cllr D Heard, Clerk Mrs R Warren. Cty Cllr Preece and a representative of Anna Gelderd MP in attendance.

Members of the public addressed the meeting regarding concerns as to the lack of play facilities in Lanreath Village for younger children, which is to be considered at the next meeting. A group in attendance raised concerns regarding the confidential pre-app for a solar farm in the Parish. The Parish Council resolved to enquire of the Planning Officer and the Applicant's agent as to the advice given on the pre-app.

PCSO Cocks addressed the meeting and requested volunteers for the Community Speed Watch initiative.

The Cty Cllr gave a brief report and remained until the end of the meeting to assist with other matters as required.

The Clerk reported on previously resolved actions, and current status.

Correspondence was dealt with, and thereafter PA25/04481 was considered, for consultee comments to be submitted. Councillors resolved to object.

Reports were given regarding Assets, Village Hall, Community Area Partnership meeting on 23 June and the expected date of roll out of the 20-mph zone to Lanreath Village, which Cty Cllr Preece indicated was now likely in the Autumn.

Parish Council finances were considered and payments for the next two months approved.

With all agenda items having been considered the meeting closed at 21.34.

### Meeting 6 August

Extraordinary meeting – Attendance by 6 Councillors, no members of the public and Cty Cllr Preece in attendance. Chairman – Cllr D Heard, Clerk – Mrs R Warren.

PA25/04161 was considered and Councillors resolved to support subject to Cornwall Council being satisfied that adequate measures would be put in place for the disposal of waste/recycling and foul drainage.

PA25/05340 was considered and after discussion Councillors resolved to support the application.

The meeting considered the 20-mph zone being implemented in Lanreath Village, and concerns raised by Parishioners as to lack of response/acknowledgment of Lanreath PC's submissions to the consultation process. The Chairman had contacted CORMAC and been told that a response following the consultation period had been emailed to Lanreath PC – but this was never received. The Meeting resolved that the Chairman should raise the matter urgently with CORMAC and Cty Cllr Preece confirmed that she would support the Parish Council in their endeavours to secure correct siting of signage in the Village. Cornwall Council had agreed to the extension of the 30-mph zone to beyond the houses on St Marnarch's – as requested in the Parish Council's submissions to the consultation process.

There being no public participation, and having considered all agenda items, the meeting concluded at 20.20.

Full details of dates of all meetings, agendas, and minutes can be found on <https://www.lanreathparishcouncil.co.uk>

## Are you passionate about keeping your community safe?

If you can spare a few hours each month then Looe Community Speed Watch Team would love to hear from you.



To find out more about Community Speed Watch and how it contributes to making roads a safer place for all to use find out more:

<https://youtu.be/FZvgmr3xZnY>

[Community Speed Watch](#)

Devon and Cornwall Road Safety Team

If you would like to join your local team then please email your name and contact number, with details of your enquiry to

[speedwatch@dc.police.uk](mailto:speedwatch@dc.police.uk)

## Lanreath Ladybirds

### Parent Baby/Toddler group

0 to 4 years

Tuesday and Thursday

09.15 until 11.30am

during term time

Lanreath Village Hall

Get to know local parents and chat over a cup of tea or coffee. We have plenty of toys, books and craft activities for little ones and a quiet section for babies.

We have been established for over 20 years and the group has helped new parents and their children through the difficult early months and years.

Cost: £3 per child and £1.50 for siblings (including a snack);  
£1 without a snack

For more information, please join our Facebook page:

Lanreath Ladybirds Playgroup or contact Sandra on 01503 220860

## To Advertisers and Contributors from the Editor

We are very grateful for all the fantastic contributions received at The Parish News.

We are happy to change the content of any advertisement or notice for every edition but need to receive these amendments on or before the 14<sup>th</sup> of the month preceding publication, otherwise the content will remain unchanged.





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](http://www.friendsofthefowey.org.uk) or follow our Facebook Group.

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

### UK Fungus Day

*Saturday, 4<sup>th</sup> October*

Details TBA

Booking essential -  
Lorraine Robertson via  
[friendsofthefowey@gmail.com](mailto:friendsofthefowey@gmail.com)

Events are open to all unless otherwise stated, and you are welcome to bring your friends and family along.

Field trips – please bring appropriate footwear, clothing, waterproofs, a packed lunch or money for lunch.

Children under the age of 18 must be accompanied by an adult.



# Fowey River Lions

The last few weeks have been very busy for the Fowey River Lions. Starting with our team of volunteers braving the weather in support of the Par carnival. We were delighted to help marshal the event and collect donations as the parade made its way around the streets.

Staying with the carnival theme, our mascot, Roary, led a team of Lions at the Fowey Regatta in the Flora Dance, and in the main carnival parade. Lions could also be found helping out during other Regatta events. We were delighted to support these important local events and look forward to continuing to play our part in years to come.

On the fundraising side, our book exchange phone box outside the Safe Harbour in Fowey has been getting a lot of use over the summer. Thanks to everyone who has donated books to this project. Not only are we finding new homes for your old books, but we are also generating donations from our customers via a QR code in the box. This month we netted over £25 for our charitable projects. We were also pleased to be invited to the opening of the new Co-op in Fowey, where Roary was honoured to cut the official opening ribbon. Thanks to everyone who donated to our collection on the day, we raised £75 for charitable local projects.

Some weeks ago, we asked for submissions for Grants to support local projects and at our last meeting we were able to confirm the six winning submissions. More detail on our six winners next time, or watch out for announcements on the presentation of grant cheques via our Facebook social media page.

Your donations of old and unwanted eyeglasses continue to make a difference to people in need in the developing world. This month we sent another five kilos of eyeglasses for recycling at the central Lions depot in the



*Roary enjoying Fowey events. Rupert Avery supported his Piskie friends in true Lions spirit – roaring all the way round! Your donated glasses going to help those in need*

midlands where the ones we can recycle are sorted before sending on to the distribution centre in France. There, they are washed and refurbished before being sent on to people in need in 25 countries. Lions' clubs have been collecting spectacles since 1967 and every year over 1.5m pairs of glasses are donated to the programme. The Fowey River Lions have been participating for many years and we are proud to report that since World Sight Day in 2024, you have helped us send 22.5kg of spectacles to those in need. We are continuing to play our part, and our next collection will be in October – just drop off your old glasses in one of our boxes. You will find them in Boots (Fowey), the Lostwithiel community centre, Par Track and the Tywardreath shop. Even broken spectacles are welcome as they can be stripped down for spare parts and the metal sold for scrap with the money raised going towards charitable eye care projects. Please do not give us the cases or cloths though.

Membership of the Fowey River Lions is open to anyone from the area and we have recently grown our team with a number of new members. If you would like to know more about what we do, or how you can play your part in the Lions, please email us on [foweyriverlions@gmail.com](mailto:foweyriverlions@gmail.com) or why not come along to one of our meetings on the first Monday of the month at the Ship Inn in Par. You can keep up to date with the latest Lions news by following us on Facebook or Instagram.

## OCTOBER • NOVEMBER 25

22. Chilli	7. Barnum
21. Saturn	6. Thud
19. Goat	5. Agaln and agaln
18. Madrigal	4. Stoop
16. Cheddar	3. Embassy
15. Acute	2. Unadventurous
13. Camel	1. Bach
11. Abreast	
10. Agonised	
9. Thud	
8. Tights	
7. Barnum	
DOWN	
ACROSS	
CROSSWORD ANSWERS	

Chris

**MYLWARD** CARPENTRY

RENOVATIONS AND BUILDING

Office 01726 870078

Mobile 07837 831571

[Chrismylward@hotmail.co.uk](mailto:Chrismylward@hotmail.co.uk)

Based in Polruan

Tiling

Roofing

Painting

Building work

Refurbishment



## St Aubyn family's place in Cornish History

*A Talk by Nicholas St Aubyn*

**Squires Field Community Centre, Fowey**

**Saturday, 11 October 2025 at 2pm**



Follow the journey of the St Aubyn family, surviving through love, war and intrigue from 1066 to the present day and learn how the St Aubyn's fashioned St Michael's Mount over four centuries. Meet Sir John, Ross Poldark's 'real life equivalent', whose love and marriage to a farmer's daughter shocked Cornwall. Discover Ann Basset, the cousin who nearly became Henry VIII's sixth wife. And how brother turned on brother in the civil war battle near Fowey.

## Discovering the Rashleigh Mineral Collection

*A talk by Tom Cottrell*

**Fowey Town Hall**

**Saturday, 1 November 2025 at 2pm**



Former museum mineralogy curator Tom Cottrell takes an overview of The Philip Rashleigh (1729-1811) Mineral Collection. How one man who rejected science produced the ultimate scientific collection of minerals.

The Rashleigh Collection is a uniquely important historical resource and significant part of the Royal Cornwall Museum's mineral collection, which is rooted in Cornwall's mining and engineering heritage.

Tickets on the door:

Members Free; Non-members £10

Includes complementary tea and coffee

Further information available from

[kathpearce@gmail.com](mailto:kathpearce@gmail.com)

[www.foweyharbourheritage.org.uk](http://www.foweyharbourheritage.org.uk)

FHHS Annual Membership £18 or £30 for two adults at the same address

[www.foweyharbourheritage.org.uk](http://www.foweyharbourheritage.org.uk)



## Dick and Ben the Dustbin Men

from Janice Midwood

I think this is a poem by the late Jack Scott, former landlord of the Lugger Inn about Richard Dow and Ben McKinley, our dustbin men for many years.

'Twas Dustbin Day in Polruan  
And the Dustbins stood in rows.  
"Now tell me how" cries Dickie Dow  
"We can empty all those".

Then up spoke Ben McKinley  
A mighty man was he  
"Now don't 'e fear, we'll get 'em clear  
And be back in time for tea".

So picking up a dustbin,  
He tipped it in the cart.  
"That's mighty quick" said Driver Dick  
We've made a handsome start".

So then he took another one  
And two and three and four.  
And all the muck went in the truck  
As they emptied bins galore.

Then all the way down Fore Street  
They both worked with a will  
And back again up Battery Lane  
And along St Saviour's Hill.

Through all the day they laboured  
(From ten 'til half past three)  
'Til every bin was emptied  
From Townsend to the Quay.

Now every week you see them  
From Monday through to Friday  
For 'tis Dick and Ben the Dustbin Men  
Who keep Polruan tidy.



## NEW RURAL POP UP PROJECT

Presenting our newest initiative to support rural communities during challenging times. Here's a glimpse of how we can help:

- Distributing essential food supplies
  - Providing support on pension credits and benefits
  - Addressing energy-related concerns
- Keep an eye on our social media channels for updates on our upcoming visits to your area!

Registered Charity in England & Wales (1183375).

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At Sunny Side Sailing, we offer unforgettable experiences on the water - whether you're learning to sail, building confidence, or just looking for a new adventure. Based in Polruan, on the River Fowey and beautiful Cornish coast, we deliver high-quality sail training, skippered charters, race opportunities, and bespoke support for boat owners.

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## 2025 - 2026 SEASON

Doors open at 7.00pm; films start at 7.30pm

- 23.10.25: A Complete Unknown
- 27.11.25: Meal followed by A man called Otto
- 18.12.25: The Penguin Lessons
- 22.01.26: Lion
- 26.02.26: Meal followed by News of the World
- 26.03.26: Wicked Little Letters and post movie chat
- 23.04.26: AGM followed by The Dressmaker

If you would like to join our Film Club or attend as a guest, please contact Sue on 01208 871513



## Polruan Coastguard

from Jamie Adams, Station Officer

Having taken over as Station Officer from Des almost two years ago, this is probably the last part of the role I have taken on by way of succession!

Des completed 49 and a bit years of service to the Coastguard and it shows the mark of the man that he could, or even should, have stayed until his 50-year milestone of service but, decided to call it a day for the benefit of the team and the Coastguard Service.

As many of you will have read in the previous issue, we sent Des off with a BBQ and drinks party, with presentations from both the team and HM Coastguard at the station, with Des surrounded by family, friends and colleagues, both serving and retired. To have Des finally hang up his overalls and helmet is a great loss



to the team but a blessing to Val, Claire, Jasmine and family. All the team feels it an honour to have been led by and to have served with Des and I consider it an honour to be taking over as Station Officer from a 'Coastguard legend'! I'm sure we will see Des out and about on training nights and we always need a good volunteer to play a casualty for us!

We have had a fairly busy summer period on the whole with many varied types of call outs, unfortunately two or three have not had the welcome outcome we always set out to achieve or hope for when our pagers go off. But the majority have been successful in their outcomes and we have saved lives, rescued the injured and prevented situations from becoming worse.

## The Atlantic 85

from Eric Lockyear

The Atlantic 85 is the latest generation of rigid inflatable boats (RIBs) in service with the RNLI. Since their introduction, these vessels have been launched over 99,000 times and have saved over 10,000 lives.

The 8.5 metre lifeboat is one of the fastest in the fleet, with a top speed of 35 knots (over 40 mph), powered by twin 115hp, 4-stroke engines. Although an inshore lifeboat designed to operate in shallow water, the Atlantic 85 can handle challenging open sea conditions, up to Force Seven near-gale winds in daylight and Force Six at night. It is capable

### From the Station log

**1 August: 11:48** Casualty assistance. Team tasked to assist with recovery of person with broken ankle near Pont. Team recovered the casualty assisted by Looe CRT to the ambulance for transport to hospital.

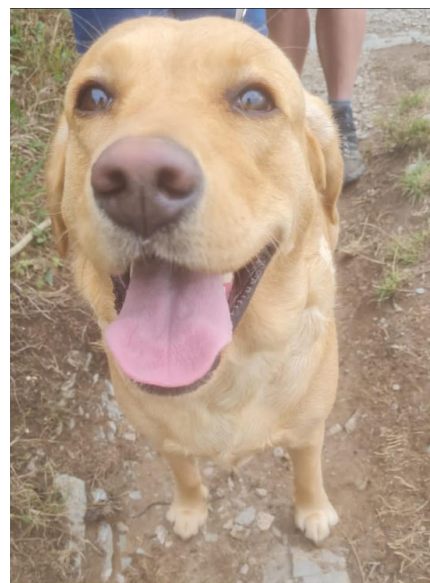


**2 August: 15:00** Casualty assistance. Team tasked to assist St Austell CRT with recovery of person with suspected broken ankle on rocks at Spit Beach, Par. Casualty was recovered along coast path to the awaiting ambulance, located a short distance away at Carlson Bay golf course.

**16 August: 19:09** Mud rescue assistance. Team tasked to assist in a large multi-agency call out for child stuck in the mud at Whacker Quay near Torpoint. Tamar CRT were the lead team owing to their specialist mud rescue capability, also involved were; Looe CRT, Dawlish CRT, HM Coastguard, Police, Fire and Rescue, Hazardous Area Response Team (HART), SW Ambulance Service, the air ambulance and the coastguard helicopter. No further details.

**30th August: 07:53** Team tasked along with Looe CRT for dog stuck over cliff between Talland Bay and Polperro. Full rope rescue setup deployed and the dog "Coco" was successfully reunited with her friends and family.

**31st August: 04:06** Person threatening self-harm on cliff path near Polruan. Team tasked, casualty located after a short search of area and handed over to ambulance for treatment. No further details.



A varied range of call outs for the team but these are the key points to take from them.

- Plan your journey / trip or activity and always have the correct equipment and footwear.
- Read the weather, tides and pre-empt conditions underfoot and by the coast.
- Do not cross, play on or let children near estuary mud at any time.
- Keep dogs on a lead near cliff edges or when on the coastal path.
- If you are struggling with mental health, please talk to someone.



**Remember if you see anyone in trouble, anything suspicious or are in trouble yourself on the coastline call 999 and ask for the Coastguard!**

Stay safe!

of being beached in an emergency without sustaining damage to her engines. This is ideal for rescues close to shore, cliffs and rocks — areas inaccessible to the all-weather lifeboats.

The lifeboat has a manually operated righting mechanism in the event of a capsize and her engines are inversion-proofed so that they shut down in a capsize and can be restarted after righting. In addition to night-vision equipment, the lifeboat carries a searchlight, flares, oxygen and full resuscitation kits, a responder bag and multi-purpose ambulance pouch.

The Atlantic 85 in service in Fowey is a temporary stand-in. Our new permanent

lifeboat is currently under construction at the dedicated RNLI facility in Cowes, on the Isle of Wight. The new vessel will enter service here early in the new year.





from Eric Lockyear

On an historic day for Fowey on Friday, 1 August, the estuary came together to bid farewell to our much-loved Trent-class All-weather lifeboat the Maurice and Joyce Hardy. On this memorable day, it was heart-warming to see such a fantastic turn-out to say farewell to our lifesaving friend. The harbour was filled with boats of all shapes and sizes, while the lifeboats from Falmouth, Plymouth and Looe joined the flotilla as the Maurice and Joyce Hardy headed out of the harbour for the last time. A huge thank you from the Fowey station to all who came to support her and see her off. It was a very fitting tribute to her nearly 30 years of lifesaving service and also to the volunteer crew, who have served and will continue to serve our community.

In a final shout before leaving Fowey on **Sunday, 13 July**, the All-weather lifeboat was called out to assist a rigid inflatable boat (RIB) reported adrift off Penare Point. On arrival at the scene, the crew found a broken-down 3.5 metre RIB with three people on board. The lifeboat crew set up a towline and towed the vessel into Mevagissey, where it was handed over to the Mevagissey Coastguard team. A fitting finale.

While the departure of the All-weather lifeboat has been hard for all involved in its 29 years of service, the support for the replacement Atlantic 85 has been outstanding from our crew, who are already seeing its suitability for the current lifesaving role, focused predominately on the leisure sector within a 10 mile radius of our harbour. The current vessel is a temporary stand-in. A brand new craft for the local station is under construction and is due to arrive in the new year when there will be a naming ceremony and celebration. Congratulations to the 18 volunteer crew who have passed out as qualified crew on the station's new vessel.

On **Sunday, 27 July**, just hours after the new relief Atlantic lifeboat officially went on service in Fowey and only three days after the local crew passed out as qualified to launch her, she was called out on her first ever shout to assist a family of two adults and three children, who were returning home from a day out when one of their jet skis broke down south of the entrance to Fowey Harbour. On arrival, the lifeboat crew found that one jet ski had broken down, while a second had a rope entangled in its propulsion unit, so was unable to help. All casualties were taken aboard the Atlantic 85, while the lifeboat towed the jet skis to the harbour entrance, where they were handed over to Fowey harbour patrol.

On **Friday, 1 August** as the Fowey station was bidding farewell to the All-weather lifeboat, Falmouth Coastguard requested lifeboat assistance for a three-metre inflatable boat with two people on board that was drifting in strong offshore winds off Maenease Point, near Gorran Haven. In the second shout of the week, the local boat arrived on scene just after the Falmouth lifeboat, whose crew took the casualties aboard and then took the vessel in tow for the short journey to Gorran Haven.

On **Friday, 8 August** the Fowey Atlantic 85 was launched in response to a report of a kayaker in difficulties off Gorran Haven. It was reported that he was in the water and

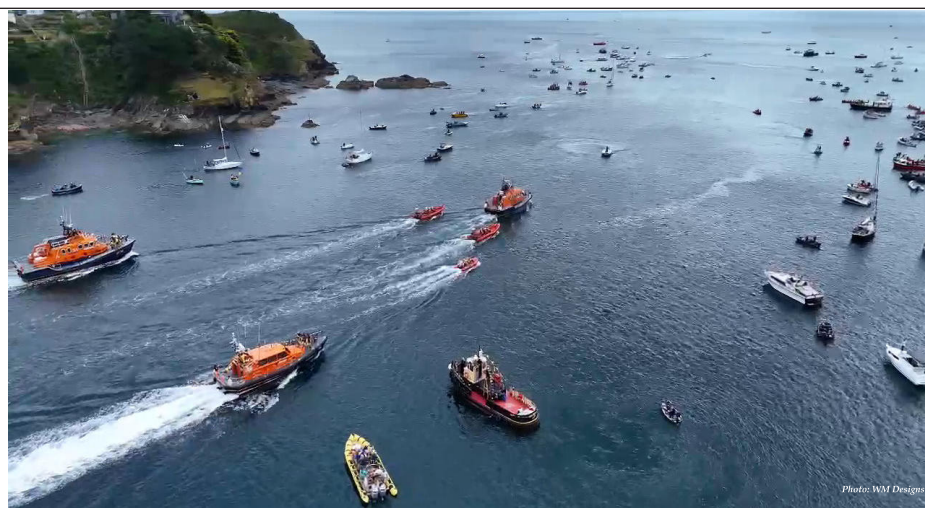


Photo: W M Designs

exhausted. As the volunteer crew approached the casualty's reported location, the Coastguard confirmed that the man had made it ashore. The crew diverted to the shore and provided backup to the Mevagissey Coastguard team, who took over responsibility for the casualty.

On **Tuesday, 12 August** Fowey RNLI launched its D-class inflatable lifeboat to rescue two teenagers who were cut off by the tide in a small cove between Duporth Beach and Polmear Island, west of Charlestown. The teenagers had called 999 and asked Falmouth Coastguard for help. On arrival at the scene, one crew member went ashore to assist them onto the lifeboat. No casualty care was required as neither of the young people was injured. The lifeboat crew then took the two teenagers to Charlestown Harbour, where they were handed into the care of the St Austell Coastguard Rescue team.

Two days later, Falmouth Coastguard requested Fowey's Atlantic 85 lifeboat to launch to provide water-based support in an ongoing Coastguard rescue operation on the cliffs at Dodman Point. The Coastguard team were attempting to abseil down to a Jack Russell trapped on a ledge halfway down the cliff, after being missing for three days. Two of our lifeboat crew were put ashore to assist the Coastguard, who were unable to descend at this section as the cliff face above the dog was crumbling. After two and a half hours of effort from all parties the dog was eventually secured and reunited with his owner.

On **Saturday, 16 August** Falmouth Coastguard requested that Fowey launch their lifeboat to assist two swimmers believed to be in difficulty in the water at Carlyon Bay. Our crew launched their Atlantic 85 lifeboat and on arrival at the beach confirmed that the



Photo: W M Designs

swimmers were safely out of the water. A Coastguard rescue team had arrived at the scene, so carried out welfare checks, while the lifeboat crew provided signals backup, due to the poor radio signal. They were then stood down and returned to station.

During the Fowey Regatta on **Wednesday, 20 August** the Fowey lifeboat was launched to assist a 47 foot yacht, which was becalmed with a broken engine a mile out of Fowey. On reaching the yacht, the lifeboat crew set up a tow and towed the yacht into the harbour where it was handed over to Fowey Harbour Patrol for mooring.

On **Thursday, 21 August** the Coastguard requested assistance for a 33 foot recreational fishing boat with engine failure, 13 miles offshore and with four people onboard. On arrival at the location, the crew took the boat in tow and returned her to Fowey. On return to the harbour, the casualty vessel was handed over to the harbour patrol for mooring.

On **Sunday, 24 August** Falmouth coastguard requested that Fowey launch their lifeboat after receiving reports of a lady swimmer in difficulties in the water at Porthpean, after getting caught in a rip current. At that time she was holding on to an orange buoy about half a mile offshore. The Coastguard helicopter was also tasked. Fowey's volunteer crew made best speed to the scene. On arrival, St Austell Coastguard confirmed that the woman was safely out of the water and our crew were stood down and returned to station.

On the morning of **Tuesday, 26 August** a tasking call was received from Falmouth Coastguard to assist a boat with two people aboard that was reported to be taking on water near Porthpean. The 9 meter survey vessel had apparently struck rocks off Crinnis Beach. Lifeboat crew members Will Maher and Ross Jezard boarded the casualty vessel, taking with them the lifeboat's salvage pump. After assessing the situation, they remained on board while the lifeboat escorted the survey vessel back into Fowey Harbour. An immediate lift out at Polruan was arranged so the damage could be inspected. The lifeboat was stood down and returned to station.

The RNLI is the charity that saves lives at sea.

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To find out more go to [RNLI.org/Wills](https://www.rnli.org/wills)  
or call us on 0300 300 0062 and quote 'Parish News'.





**Lifeboats**



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## Planting your garden

### For the garden of your daily living

Plant three rows of Peas

1. Peace of Mind
2. Peace of Heart
3. Peace of Soul

Plant four rows of Squash

1. Squash Gossip
2. Squash Indifference
3. Squash Grumbling
4. Squash Selfishness

Plant four rows of Lettuce

1. Lettuce Be Faithful
2. Lettuce be Kind
3. Lettuce be Patient
4. Lettuce Really Love One Another

No garden is complete without Turnips

1. Turnip for Meetings
2. Turnip for Service
3. Turnip to Help One Another

To conclude our garden we must have Thyme

1. Thyme for Each Other
2. Thyme for Family
3. Thyme for Friends

Water freely with Patience and cultivate with Love.  
There is much fruit in your garden because you reap what you sow.

*[By Ed. Possibly by John Forti, but no firm attribution found. It is the wrong season for the garden, but probably the right one for our times.]*



## Polruan NCI

from Ray Rigg

The sailing season obviously continues until the end of October, but things have recently quietened down since the end of August. This is in part due to the end of the school holidays but also the windy conditions in early September. Unusually, for this time of year we have had watches where the watch keeper has not seen a single vessel because of the weather conditions.

People ask us why we attempt to log vessel movements and sometimes we are accused of behaving like train spotters. In fact, we do so because if a vessel goes missing or is in trouble we may have useful information about its direction of travel, persons visible on the vessel and its condition, which can help the coastguard decide where to concentrate their search efforts. Whilst we attempt to log all vessel movements, that is not always possible because a vessel may have no visible name, sail number, or other identifying marks. For example, we can still identify a canoe by its colour and a schooner by its mast and sail configuration, however, one white sailing yacht looks much like another and there is no point in recording it, especially given the volume of vessels.

This year to date we have logged 1242 commercial vessels, 7200 leisure craft and 221 other vessels including tugs, survey boats, etc. The lookout has been staffed for 2245hrs to date and so far this year we have been involved in 5 incidents. We have also given radio checks and / or local weather conditions to 108 vessels on our dedicated radio channel (c65).

The NCI receives no government funding and is reliant on raising funds from the public and other grant giving bodies and the Polruan station costs approximately £4000 pa to run. So I am very pleased to report that this year the NCI took over the running of the traditional pig roast held on the coal wharf on the last Saturday of Regatta week, after expenses we made well over £1000. It was a very sociable event with lots of locals and visitors enjoying the evening and catching up with friends. Thank you to everyone who took part and purchased food, there was nothing left over.

We were also fortunate to receive a grant from the Parish Council to upgrade our computers, the first upgrade has now been completed and the second will take place in October. We are most grateful to receive support from the community it is much appreciated.



# YOUR VILLAGE NEEDS AN AUDIENCE



Polruan Sunnysiders WI will be hosting a

## \* \* \* **spectacular Talent Show** \* \* \*

at the Village Hall on Saturday 1<sup>st</sup> November at 19.00,  
to raise funds for local Polruan charities.

Come along for an evening of fun and entertainment  
- you will be amazed at the level of talent in this village!

Tickets will be £5.00 a head - under 12s free.

To book please call 07813 125989 or purchase the week before  
at WI Hall and Reading room.

Any last minute additions will be welcome.

Please contact Doe Jackson on 07538 103378



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Image by pngtree.com



## News from the Boat Yard

from Jacqui Lewis

The yard is brimming with activity this season!

It's been a busy few months, with vessels visiting for annual maintenance, essential repairs, and refit works. The projects have ranged from full paint-ups, hull plating, repairs to engine and shaft maintenance, alongside the fabrication of a new gantry for a prawn fishing vessel.

In July, we were proud to support RNLI Looe Lifeboat Station with a donation of £2,000, helping fund two new plastic stretchers for their lifeboats.

As a part of the Good Growth Project, our new workshops are also taking shape. The floors have been levelled and the space is now being decorated with white panelling, creating a clean and modernised facility ready for our new machinery.

A recent arrival is our electric cherry picker, with a second one due toward the end of the project. It is a welcome addition to our access machinery.

We are also preparing to develop the bottom yard where we store vessels for private and domestic customers. Alongside installing more electricity meters, we are upgrading the wash-off facility.

Additionally, we are now recruiting Fabricators, Carpenters, and Apprentices to join our growing team.

Looking ahead, October promises to be just as busy, with the new slipway winch and mobile vessel trolley scheduled for arrival and installation.



### News from the ferries

It has been a fantastic summer in Polruan! The sun was shining, the village was buzzing with visitors, and both the Fowey Regatta and Polruan Regatta brought the season to a lively close.

We were delighted to once again support the Fowey Town Band during the Giant Pasty Celebration – a truly memorable crossing filled with musical joviality.

And finally, a heartfelt thank you to everyone who contributed to our collection boxes. Over the past 6 months, the Polruan Ferry raised £119.55 for the RNLI and the Bodinnick Ferry collected £97.16 for the Cornwall Air Ambulance! Your generosity makes a real difference.



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*Farewell to Maurice and Joyce Hardy, Fowey's All Weather Lifeboat  
Photo WM Designs*

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