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Local News & Information

Polzeath-Rock-St Minver-Trebetherick-Wadebridge



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Issue 225 **Summer 2020**

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	3 Issues	2 Issues	1 Issue	3 Issues	2 Issues	1 Issue	
Sixth Page	£71	£59	£47	£54	£38	£31	68 x 65mm
Third Page	£107	£83	£59	£85	£54	£38	138 x 65mm or 65 x 133mm
Half Page	£143	£107	£71	£116	£70	£46	138 x 99mm
Full Page	£251	£179	£107	£210	£116	£70	138 x 200mm or 154 x 216mm incl 3mm bleed
Double Page	£611		£179	£397	£210	£116	287 x 200mm or 303 x 216mm incl 3mm bleed

Link

*Like links in a fence we will unite
To create a fine community
With willing hearts, with hands held tight.
Neither keeping in nor shutting out
But holding fast a fellowship
A refuge from adversity.*
Anna Alexander

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Events in the Area

There is always something happening in the area so have a look and make sure you don't miss out.

Keep Britain Tidy

Beachcare Polzeath

Beachclean dates:

Saturday June 27th 9.30am

Wednesday, July 22nd 9.30am

Friday, August 21st 9.30am

meet at

Beach Car Park

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Serendipity Art

Exhibition

at

Rock Institute

Hopefully, there will be an exhibition and sale of oil and mixed media paintings and ceramics by Sarah Poppleton

and

Jaye Guest

Exhibition Open Times

Tues 23 June to Sun 28 June

10am to 5.30pm

If Covid-19 makes this impossible, we will be back next year!

Stay Safe!

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Endelienta

Make Club

We are delighted to announce that we will be moving our monthly Make Club online.

These sessions will be led by our very own Katy Luxton,

who heads up all the community and 'take part' work we do at Endelienta. The Make Club is for families and is a fun place to explore, create and get messy. Each session has a different theme and will complement and build on the ideas we have been exploring, but each one will also stand alone as a fun session for your children.

The sessions will be run via Zoom and will follow a similar pattern to the regular Saturday morning Make Clubs that have been taking place at St Endellion. If you want to find out more or

take part please join our Facebook group (via Endelienta's Facebook page) or email Katy on katy@endelienta.org.uk.

North Cornwall Book Festival

At the moment we have every hope that the eighth North Cornwall Book Festival will be going ahead on 1st-4th October so please ink those dates in your diary and be prepared to book your tickets when we publish a very exciting programme on 1st July. In the meanwhile podcasts are proving as invaluable as books during this challenging period. You can relive the last four book festivals by downloading our festival conversations. These are available through www.ncornbookfest.org/podcasts or by searching for North Cornwall Book Festival on iTunes, TuneIn, Castbox or Stitcher.

St Endellion Summer Festival

I am very sad to announce that the 2020 St Endellion Summer Festival will not take place. In the context of the uncertainty around the Covid-19 virus, the organising committee felt that it would be inappropriate to continue planning the festival. While we all hope that the situation will be much improved by late July, given the uncertainties that we are all facing, it was clear that we could not continue.

We had a wonderful programme all lined up for you - and are very disappointed not to be able to bring it to fruition. It will be our intention to bring it to you in 2021. The whole of the St Endellion Summer Festival community is extremely sad that the festival has had to be cancelled - for the first time since its inception in 1958 - and we all look forward to being able to return to the place we hold so dear, to make magical music together, with the audience who gives us so much.

Mark Padmore, Artistic Director

A Heartfelt Message

I would like to send a special thank you to all those very kind people who stopped to help my husband John, in his time of need, on the 31st January. We were just coming back from the doctors, travelling on the St Endellion Road (just past the church) when John said he had a bad pain in his chest. He managed to pull the car over and then slumped over the steering wheel. I got out to get help and a lady from

Trelights stopped her car and 'phoned the emergency services. A number of other people stopped and one young man gave my husband CPR. The ambulance arrived, but unfortunately it was too late and John had died.

To all of you who stopped that day, I will always be grateful to you that you were there for us in our time of need. God bless you all.

Mrs Lilian Briskham

North Cornwall Talking Newspaper

Thank you LINK, your generous donation to the North Cornwall Talking Newspaper couldn't have come at a better time. The funding enabled us to buy extra memory sticks, boxes to read the sticks and envelopes to post them out in.

North Cornwall Talking Newspaper is a charity where volunteers weekly record over an hour of spoken audio featuring 20 or so articles of general interest from local newspapers including the Western Morning News, Cornish Guardian and LINK. The recordings are copied onto a memory stick and are posted free to listeners across North Cornwall from Bude to Torpoint, St Austell, Newquay and all places in between.

Until Covid 19's arrival we had a bespoke

studio generously hosted in Bodmin College, but Covid meant we had to relocate urgently. Fortunately, two of our volunteers are computer whizzes and between them they have devised an efficient way of editing, recording, producing and copying the paper while maintaining social distancing. Bodmin postal staff have given us additional support and, thanks to having the extra envelopes, we have managed to continue without missing an edition.

There are many reasons why people have our paper- the most common is due to poor vision or for some, holding a paper can provide a problem. Whatever the reason, we are here and free so if you know anyone who you think would like to try our paper please contact us via our website nctn.co.uk or ring Penny, the Co-ordinator 01208 831454 *Penny Robertson*

Day Respite Care at Merlin Centre

Do you know someone who could benefit from Day Respite Care?

Merlin MS Centre's Day Respite Service runs three days a week and is available to anyone living with a long-term health condition.

Day Respite provides temporary, short-term care, giving individuals access to a structured day of activities, therapies and social interaction in a safe and accessible environment.

The service also provides carers and family members with a break from their caring duties, safe in the knowledge their loved ones are being looked after in a professional, caring environment. This helps to relieve the pressures on family members who are often full-time carers.

Access to positive respite care allows individuals to gain new skills, improve social interaction and self confidence as well as reducing depression and isolation.

Respite Care runs on Mondays, Wednesdays and Thursdays from 9am-4pm. We offer a volunteer-run transport service to support those that would otherwise not be able to

access the Centre.

A typical day starts gently, with individuals being given an outline of the day's activities which may consist of memory and board games, music quizzes and craft activities, gentle exercise and conversations based around hobbies and interests. Outdoor activities are encouraged in warmer weather, including gardening and birdwatching.

Respite service users have access to many items of specialist equipment including weighted paintbrushes and cutlery as well as larger print games and reading material for those with visual impairment.

Lunch is freshly prepared and provided by our onsite café which is run by a volunteer team and part-time supervisor. The menu allows for any special dietary requirements.

The service is delivered by friendly, qualified staff who are able to support service users with more complex needs i.e. catheter care, diabetic care (administering insulin injections), use of hoists and other moving and handling.

For information on Day Respite or the other services provided at the Centre please contact us on 01726 885530 or email hello@merlinmscentre.org.uk

St Moritz Hotel Helps Out In Crisis

St Moritz Hotel near Rock has joined The Carnmarth Hotel in Newquay and the Penventon Hotel in Redruth to be used for recuperation for patients recovering from operations or Covid-19.

In a statement, it was confirmed that the St Moritz Hotel has been designated as a recuperation centre until mid June for patients from north Cornwall.

They are hosting patients who are recovering from operations or Covid-19, but are not strong enough to return home.

St Moritz proprietor Hugh Ridgway said: "With the hotel closed and in abject frustration at being unable to do anything two weeks ago I got in touch with Scott Mann, MP, and offered St Moritz as an emergency facility for the NHS. The response was immediate. Numerous inspections later we are delighted to be open and receiving

our first patients as a 'step down hospital'.

By taking them to the hotels, the Royal Cornwall Hospitals Trust has been able to free up beds at Treliske.

Cornwall Council chief executive Kate Kennally said yesterday: "These are working really well with people staying at the hotels being very appreciative of the care and support they are receiving.

All the venues are also offering free rooms to our NHS heroes in Cornwall."

Ms Kennally added that through this scheme and others being carried out between the council and health care providers "our partnership has never been so strong".

All three hotels are using specialist staff provided by Cornwall Council-owned company Corserv and the NHS in Cornwall.

Pause for Thought

by Revd Corinne Tournay

As I write, we are still in lockdown. I am lucky: I am retired. Yet, during this time, I had to make choices: as an artist I had to choose between despondency or creativity and as a priest I had to choose between fear or trust. I remembered the disciples locking themselves away in fear, but Risen Jesus came to bring them faith and peace. I remembered God saw chaos but, out of it, brought about order and creation. So these are the choices: despondency or creativity and fear or trust. Which did you choose during lockdown? I chose trust and creativity, and received great peace as a result. When our lives are materially reduced to the bare essentials, we discover there is so much more about our non-material life. Beware the barrenness of a busy life! We have families, friends, clients, employees, colleagues, ourselves, and God. These can recede into the background when we pack in too much else! However, lockdown has brought our inner life back to the fore. What did you rediscover about yourself? Do you enjoy a slower pace of life, the song of birds, reading, meditating? I do! And I hate driving the car! I love

exploring abstraction in painting! I love having a real conversation with my family by video/phone! I love having time with God! You might have made similar discoveries too.

There are, however, business people who are very worried, and rightly so. They worry about their employees, their bills, their families, their survival. We must pray for them, that they, too, may be able to choose trust, so that they may have just enough inner peace to become creative in the circumstances we are now in, and that they may discover beautiful things about themselves, others and God through this time. And we must *do* something!

So here is a suggestion: imagine if all of us who have a regular income and saved money during lockdown now spent it in all our local independent 'non essential' businesses who had to shut down. Wouldn't that be a wonderful, practical way of spreading God's love and blessings around?! So, as lockdown is gradually lifted, let us keep the good things we rediscovered and let us bless those who need it most through our own spending.

We Will Remember Them

ALLEN AUDREY ENID of ST MINVER

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St Minver Silver Band Update

Well, what can we say?! Like everybody else we have been in lockdown since mid-March and will be unable to resume normal rehearsals until the government and the British Band Association relax the guidelines sufficiently to allow us to get together again. In the meantime Kevin Ackford, our ever resourceful musical director, is not trusting us to 'practice' at home on our own but is rehearsing us via Zoom – a steep learning curve for most of us. The initial group rehearsal was interesting, to say the least, but the slight sound delay inherent over Zoom makes synchronisation between players extremely difficult. Undaunted, Kevin then set up individual Zoom sessions which are proving very successful. However, they are no substitute for face-to face practice and we hope that we can return to something approaching that before the summer is over.

The pieces we are working on are the new music we were intending to play over the summer at Polzeath beach and elsewhere. Unsurprisingly, all our spring engagements

have been cancelled and at the time of writing we are not sure if or when we will be able to resume public performances this summer. We fully support the measures being taken but, like the local businesses that are heavily dependent on tourism for revenue, our income will be severely reduced if social distancing measures are extended through the summer. Perhaps more importantly our involvement in community events, which we see as our main role as a band, may be very limited for some time to come. Not a happy thought and all we can do is hope.

When we are able to return to the band room, anyone who would like to learn to play a brass or percussion instrument, or any player who would like to join us, should contact Kevin Ackford on 07866510297 or Garry Gauss on 01208 814170. All ages are welcome. Our rehearsal nights are Tuesdays 7 till 9 pm and Thursday 7 till 8.30 pm for the Senior Band, and Thursdays 6 till 7 pm for the Training Band.

Garry Gauss

Rosie's Recipe This delicious recipe from Rosie Needham is easy to make as a family and goes well with barbecue or any sort of meal

Potato Farfs

Makes 8 small Farfs, you can double the quantity!

500 g Floury Potatoes

50 g Plain flour, plus extra for rolling out

Sea salt & Black Pepper

50 g Butter

¼ Teaspoon Baking Powder

Extra butter for cooking

Method

1. Peel the Potatoes, cut into quarters. Cover with water in a saucepan, Season with a pinch of salt & cook until tender. Drain well & return to the pan.
 2. Melt the butter & add to the potatoes. Mash until smooth.
 3. Sift the flour with the baking powder into the potato mix & stir to combine. Taste for seasoning.
 4. The dough should come together & away from the sides of the pan. You can add more flour if the mixture is too wet & a little milk if it's too dry.
 5. Divide the dough into 2 halves. Form one piece into a ball, then roll out on a floured surface & into a rough circle with a diameter of about 15cm & a thickness of 5mm to 1 cm, cut the circle into quarters
 6. Heat a non- stick shallow frying pan over a medium heat with a little butter to grease the surface. Transfer the 4 pieces to the pan & cook for around 3 min until golden brown. Flip over & cook the other side. Remove to a warm plate.
- A delicious addition is some chopped fresh herbs. If not all used, you can reheat !

St Minver in 1851

Richard Jackson, the brother of a St Minver resident, was under lockdown in Manilla when he sent this in after researching the 1851 census.

Had you been a visitor to Rock in April 1851 needing accommodation you would have needed to stay with the Bastards. **Henry Bastard** was the sole innkeeper. However, should you not care for his selection of drinks you could always have a Penny ale. **Caroline Penny** ran a beerhouse in Rock. Had you wished to go for a sail, you would have needed to a coxswain of course, since **William Cock** was Rock's main shipowner.

Had you then walked to Trebetherick almost all the

land you crossed would have been owned by the **Mably Family** - who also provided the farmers, one of whom was **Richard Guy**, with agricultural labour. And had you been in self-isolation and amazed everyone by running up and down Bray Hill every hour or so when not carrying out your duties as an agricultural labourer, then you would have run into **Richard Thomas**, its only resident at the time.

If you wanted to go across the estuary to Padstow, James Martin, the ferryman, of Stoptide was your means for doing so.

At the time of the 1851 census, Rock proper (excluding Green Bank and

Stoptide) had 12 households and a population of 46: 15 males and 31 females, the imbalance being presumably because several men, mariners, were away at sea and not recorded. There was a school at Rock with a schoolmistress. The main occupations were mariners and miners.

Trebetherick had fifteen households (including the one of Richard Thomas at Bray Hill) containing 32 males and 21 females. Bigger than Rock but not quite so culturally diverse since everyone (almost) was Cornwall-born, and was a landowner or a farmer or an agricultural labourer.



Brain Teaser

1. Can you identify this local landmark on the left?
2. St Austell Printing Company has a fantastic view of St Austell Bay but what are the two headlands that enclose the bay?
3. In which year did John Betjeman die?
4. King Arthur was a legendary British leader, but what was the name of his wife?
5. The Oval Cricket Ground is the home of which county cricket club?

Answers on page: 67

Message from Carol Mould

Hello

I hope this finds you all safe and well and despite recent events, you have been able to enjoy the lovely spring weather.

Firstly, I would like to say a big thank you to the Sea Girls WI and their volunteer helpers who have given so freely of their time to help with the amazing roll out of services during these last very difficult weeks. From newspapers, shopping, dog walking and prescriptions, nothing has been too much trouble. Thank you also to all those who have given financial help; your donations have been gratefully accepted and have enabled the volunteers to reach out to all those who have requested help via the leaflet drop. We truly have a community to be proud of.

Now, just to bring you up to date with other things:

Parish Council

Parish meetings are still being held, albeit virtually; the clerks are still able to receive emails or phone calls as are any of your Parish Councillors, so please contact them if you have any concerns. The Planning process is following a slightly different process. While we are in Lockdown, the yellow planning notices will not be posted, but near neighbours should still receive a letter for information. The Parish Council still receive the plans for comment and the process for calling applications to committee is still in place. Please contact me if you need further information.

Waste and recycling collections have continued and hopefully the waste tips will reopen in the near future. If your waste is not collected at the usual time, please do not report a missed collection, staff have been moved to different rounds and there is a huge increase in recycling especially cardboard so completing the collection may take extra time.

There may also be a delay if you have ordered a garden waste bin or recycling bags but the service will resume as soon as possible.

The Council teams who cut the verges will be getting back on track along with the Parish Contractors.

Community Hub

The St Minver Community Hub group are still working with the Camel Estuary Doctors Practice to deliver the Clinical Hub at the Trewint Site. It is unlikely due to the covid crisis we will meet the original cross over date, but when the Practice tell us they are in a position to move, the Hub will be ready. A big thank you to everyone who has made a donation to the Doctors' Hub, we are extremely grateful for the support in order to keep a much needed service within our Parish. Fund raising for the Community Building is still on going, but until we are out of lockdown all fundraising events have been put on hold.

Please contact me if you need help.

Stay safe and well,

Carol Mould

Cornwall Councillor for St Minver and St Endellion

07870 118001 or 01208 863692

Email carol.mould@cornwallcouncillors.org.uk

Church Services

Link is not including times of services in this edition as this is still unknown due to Covid 19 restrictions.

Up to date information can be found on the relevant websites:

North Cornwall Cluster:

northcornwallclusterofchurches.org.uk

[Wadebridge: wadebridgeparish.org.uk](http://Wadebridge:wadebridgeparish.org.uk)

*Or by phoning: 07758 407 661 (St Minver)
01208 813580 (Wadebridge)*

Cornwall's Highest Award Given To Wadebridge Stalwart

A community stalwart has been recognised for his hard work for a Wadebridge-based charity.

Manager of Concern

Wadebridge, Andy Lyle is to receive a Cornwall Council Civic Award for his dedication to the charity and helping residents in the area. This is the highest award the Cornwall Council can present.

Andy has worked at Concern Wadebridge for the past five years; the charity supports people over 50 and/or have a disability, but the centre and its facilities are open to everyone to use.

During his time, he has helped to make many positive changes including: opening the centre to a wider community, helping to gain funding for numerous projects and support groups, gaining funding for three community minibuses, setting up Shopmobility and Holiday mobility schemes, amongst other things.

Andy also helped to secure funding and the organisation of a £450,000 refurbishment to the charity's headquarters in 2018. The building, which includes part of the former Railway station in Southern Way, had extensive roof repairs, a complete restoration of the railway canopy and the inside of the building was transformed to accommodate

new toilets, a modern kitchen and a community café.

He was nominated by Cornwall Councillor for Wadebridge East ,Stephen Knightley, he said:

"I was delighted to nominate Andy for this award. He has worked endlessly to support the local community over the years. More recently during the Covid-19 pandemic he has helped to create and manage a variety of services for the vulnerable in our community by providing a hot meal deliveries, a shopping service, prescription collections, telephone befriending and transport to health with his growing team of volunteers. "I am looking forward to sharing this special moment with him at the official award ceremony in September."

Andy said: "For once in my life I was speechless! This was not expected, and the award is as much for the dedication of the trustees, staff and volunteers who have been on this amazing journey with me. "The centre is an amazing resource for our community and we have been fortunate to develop Concern Wadebridge to be one of the leading local charities providing much needed support to our local community, thank you Stephen for your nomination, as we work together in making a difference to others."

Concern Wadebridge

Chairman Alan Weeks said: "On behalf of my fellow trustees I would like to congratulate Andy for gaining this award for the charity. The charity's base at the John Betjeman Centre has been transformed over the past few years by the hard work of Andy, his staff, and flock of volunteers. They have transformed the centre from a small group into the major community hub of Wadebridge and surrounding area.

"This would not have happened without Andy's knowledge, experience and unstoppable enthusiasm and he is very deserving of this award."

In a letter announcing his award Chairman of Cornwall Council Hilary Frank said; "I am delighted to inform you that after careful review of the nominations, the panel was unanimous in its decision that you should be one of this year's recipients.

"The panel was particularly impressed with your dedicated service to the Betjeman Centre and the outstanding contribution you have made to the life of the centre over the years."

The official presentation on the award will take place at New County Hall on Tuesday 29th September.

Nutritional considerations from life in Lockdown

by Faith Toogood



I'm writing this article whilst still in full lockdown so have no idea how the world will look by the time you are reading this. Strange times indeed.

I could probably write a book on the above title, but I am choosing to focus on Vitamin D supplementation, an area which, although I have touched on in the past, is now more crucial than ever.

Regardless of whether lockdown is easing by the time you are reading this, chances are that for a huge chunk of our community, shielding/self isolation measures will have to continue for underlying health reasons or age or both. It is this group that will be hugely vulnerable to vitamin D deficiency.

Vitamin D

Vitamin D is difficult to obtain from natural food sources alone. The main role of this 'vitamin' (actually a hormone) is to regulate calcium and phosphorus metabolism which is essential for good bone mineralisation (strength), keeping our teeth strong, our muscles healthy and for good neuromuscular function. It is the muscular role that is of particular concern when we are considering those in care homes or those isolating at home.

Inadequate vitamin D can

cause osteomalacia which causes softer bones because the minerals that we need to keep them strong can't get into the bone. Osteomalacia can cause bone pain and muscle weakness.

We have been blessed with sunshine throughout lockdown so for those of us able to leave the house once a day for exercise, we have technically been able to top up our vitamin D levels through the action of sunlight on our skin. For those shielding / socially isolating and therefore not able to get out, especially for those without access to outside space, vitamin D is a huge issue.

In 1992 the Department of Health Nutrition and Elderly People Report recommended supplementation to those 'at risk' of deficiency. Vitamin D supplementation has long been a recommendation for those who are housebound or in care homes, but this recommendation has been poorly implemented over the years, which has left many still 'at risk'.

In 2015 The Scientific Advisory Committee on Nutrition (SACN) further recommended consideration of 10ug vitamin D supplementation all year round for anyone at risk including those in care homes.

In 2018 Public Health England issued guidance to encourage individuals to purchase vitamin D themselves as part of their 'self care' rather than relying on a prescription. This is one step that we can all take if necessary.

What next?

If you are self isolating or shielding, are in a care home or have relatives in a care home, please do talk about vitamin D. Supplements are easy to find, both online and within local pharmacy stores and even supermarkets. 10micrograms is a safe baseline level for preventative dosing, although for treatment of vitamin D deficiency, this figure will be higher. We require about 15 minutes each day of sunlight on our skin (without SPF) to produce sufficient vitamin D (April to October) so if this is tricky for you then please do look into vitamin D supplementation.

The benefits of vitamin D are more far reaching than those mentioned above and a huge amount of research is looking at the link between vitamin D and mental health, so definitely an area to watch! In the meantime, if you can't get outside then do consider investigating a supplement. Look after yourselves and stay safe.

'Kind and Mighty Army' Supports The Community of St Minver

News of about the potential pandemic led the St Minver Community Group to be formed, comprising business leaders, councillors, church leaders and a representative of the SeaGirls WI. A plan was made and a volunteer army was recruited.

The first volunteers were members of SeaGirls WI, who delivered about 3000 leaflets within the first couple of days, many other people from the community then came forward to volunteer. The parish was divided up into 6 sections with a lead volunteer for each, who, in turn, was responsible for about 6-8 volunteers. It was decided that the residents being supported would be called 'FINs', which is an acronym for 'Friends in Need' as we can all identify with that!

The Meals on Wheels service was started through the kindness of Paul Ainsworth and the team at the Mariners who donated meals to be distributed to those self isolating. When The Mariners kitchen was closed due to lockdown, two local businesses took over the preparation of the food. Marc Dingle at The Blue Tomato and Jason and Chris at The Pityme Inn stepped up and offered to produce the food.

There is now a well worked out system with a team who deliver nearly 100 meals twice a week to self-isolating, elderly people throughout the parish. When lockdown first began, an anonymous donor kindly gave £3000 to the St Minver Community Group and this meant that the focus of the scheme could

be to provide healthy meals to anyone who needed a bit of help, rather than having to chase funding. Since then, donations have continued to flood in from our generous community and over £9,000 has been raised.

Quite apart from the regular meals, Paul Ainsworth also sent meals once a week to give a boost to those not receiving the Meals on Wheels. There are also many more treats for our FINs, all donated by local businesses, whose generosity is unbelievable, considering the current economic climate. The Pityme Inn donated fruit and vegetables; St Enodoc Asparagus donated bunches of asparagus; Fee's Food provided delicious cakes to FINs and to the two local care homes, the National Trust donated over 80 Easter Eggs (sadly unused after the cancellation of their Easter event); Lewis' Deli donated 90 bags of treats, Lynher Dairy donated portions of yarg cheese, The Buttermilk Shop gave the group boxes of fudge and many other businesses and organisations contributed in a variety of ways.

Luckily for the volunteers, Sharps Brewery gave each volunteer a pack of beer



*Cathy & Barbara,
distributing cakes*



Isla packing cards, made by local children, into the cake bags

which was very gratefully received!
As well as Meals on Wheels, there are 28 Sewing Bees who have been very busy making scrubs (NHS uniforms) and masks; a newspaper delivery service which has made sure that Rock and St Minver residents were still able to get their daily paper, and a listening ear service so that anyone in need of a friendly chat, had someone to call on. So what happens next? Well,



Dr Michelle Coker , Consultant Adult Medical Care, wearing scrubs made by the Sewing Bees

at the time of print, the easing of lockdown has started to be introduced and the St Minver Community Group is discussing ways in which support remains in place for those who most need it. There are some certainties however, the wonderful St Minver Community Spirit will continue – many of us doubted its existence pre-Covid, but there's no doubt now and our community will



More pics of some of the St Minver volunteers on pages 42 and 43

Vickie delivering Meals on Wheels

come out of this pandemic stronger because we now know so many more of our neighbours – the future looks bright.

By mid May
1091 meals delivered
3857 newspapers and magazines delivered
112 sets of NHS scrubs made
Over 350 masks made



L and R - the newspaper delivery team- Kate, Theo and Tim. Centre: collection from Rock Institute



VE Day Commemoration



On a slightly overcast afternoon several parishioners of St Michael's, Porthilly, gathered outside the church to mark the seventy fifth anniversary of VE Day. The simple act of remembrance was to have the chapel bell rung 75 times. Jane Pain, the Chapel Warden, organised the event and around twenty parishioners attended. Sadly Peter Coster, who often leads services in St Michael's, was not able to be there because of the restrictions.

The bell was rung by Gus Guest and his brother-in-law, Sir John Royce, who took over halfway through the peal without missing a beat. It was appropriate that John should share the ringing as the calling bell, known as 'Little Peggy', was installed in memory of his mother, Peggy Royce, who is buried in the churchyard.

When the bell fell silent Gus Guest read a verse from 'For the Fallen' by Laurence Binyon and said a short prayer of gratitude for those who gave so much.

After admiring the tranquil surroundings for a few minutes, those who had gathered returned to their self imposed isolation.



Great Support in Wadebridge

Well the difference 6 weeks makes to life at Concern Wadebridge!

We started out to operate 5 days a week to provide the following services:

- Hot Meals Meals on Wheels Service
- Frozen Food Service
- Fresh Meat & Veg Service
- General Grocery Service
- Prescription Service
- Telephone Befriending Service
- Transport To Health / Delivery of Medical Equipment

And anything else we get asked for!

For the past three weeks, this has materialised into 7 days a week through additional grants and, as of Monday May 4th, we launched three new services:

- A Book / Jigsaw Service – As the Library is closed and people are running out of things to read, we have got a large selection of books. These can be dropped off through your letterbox!
- CD/DVD Service – From Jim Reeves to U2, if you would like something different to listen to, we can drop off a CD of your choice.
- A Phone Bank – Following on from our successful 'Chatter that Matters',



we are now launching a Phone Bank, where we have a group of volunteers happy to have a chat 7 days a week and have a cuppa over the phone, so if you feel lonely and just want to have a chat, there will be someone on the end of the phone to say Hello! You will need to book your slot!

Being a Local Charity providing a community hub, we are able to meet the daily challenges we are facing. Besides the above, we are developing 'Chatters That Matters', which will now

be delivered on a virtual platform in partnership with Wadebridge Memory Café, so those living with dementia and their carers continue to receive support whilst being isolated. We have sorted out two IT problems for two ladies in their 90s so they can Skype family and see great grandchildren.

We are also a central referral point for families living away who have concerns about family in our local area.

The centre also has worked with Cornwall Housing in re housing 3 rough sleepers, dealt with people agitated by things happening in their



families!

We have 71 people accessing Meals on Wheels, 47 people that we are shopping for, 58 people who we deliver prescriptions for and we have distributed 28 Seagull proof refuse sacks!

Our volunteers are the unsung heroes of our community, delivering daily services that make a difference to those self isolating and vulnerable in our community.

Without the support of Funders and the generosity of local people, we would not be able to achieve what we are doing and we owe them gratitude in helping us make that difference.

Andy Lyle Manager, Concern Wadebridge

'local' community and provided support to the local Police as required. We are also dealing with vulnerable people who are not engaged within the statutory system and are deemed low risk. We have been working with Paul Ainsworth's Chefs and local producers in providing meals to Frontline NHS, Day Lewis and Boots Staff in Wadebridge 110 meals a week. Over Easter we delivered over 800 Easter Eggs to local



Katie Childs Supports Other Artists



The only way for me to make any sense of this Pandemic is to paint my way out of it. Literally.

Painting is my life, it's what I have always done and right now, despite all the worry, the fear and complete uncertainty, my immersion in it has been deeper than ever. I am lucky, I have a lot of painting to do so can carry on working in some shape or form with commissions to paint and moreover preparing for our gallery walls to be full when the day comes when, hopefully, we

can open the door again. But I also came across the Artist Support Pledge online, an incentive instigated by Matthew Burrows, an artist himself. Open to anyone- to artists, makers, gallery owners, exhibitors, to anyone who has lost revenue and those whose sales have disappeared; it has become a place to show and sell their work online.

The concept is a simple one, where all work must be sold for under £200. You post it on Instagram or Twitter and anyone can look at it and buy it. If and when your work sells

and you reach £1000 worth of sales, you in turn pledge to spend £200 on another artist's work - thereby ensuring important revenue during this difficult time. And on it goes, round and round. There is some amazing work within the pledge to be seen and it's all at a more affordable price when it most certainly wouldn't be usually.

For me it has provided a really valuable focus. I have been painting originals, as I usually would but just much smaller (and at a much more affordable price) and they have allowed me the freedom to just really have fun. Small paintings, not so serious and with pressure on me when I paint them. I can labour over my work, so doing them smaller and therefore faster has been refreshing for my practice. It





has been invaluable both in this, and for the fact I have been fortunate that so far the ones I have painted have sold. Sold quickly, as soon as I have posted them on Instagram and that, in itself, has almost become a game as people are scrabbling to get there first! It's fun.

In turn, as per my pledge, I have really enjoyed looking at other people's work and choosing what to buy. I, too, have missed out on things that I have had my eye on, but equally bought some fantastic pieces and there is no way, absolutely no way at all that I would be doing so during this time when our doors are closed, our business is running on empty and the last thing I should be doing is buying artwork. But I promised I would so I have,

and I am so pleased that I have done. Take a look. The #artistsupportpledge will show you a constantly changing gallery wall of

work, and it is fun to see what everyone is up to and maybe even bag yourself a bargain. I love the work I have been producing and will look at my new artworks on my wall forever and be grateful, in the knowledge, that in turn, the artists I have got to know and bought from will be grateful too I'm sure.

Editor's Note: After many, many days of trying, I was successful on Twitter and bought one of Katie's #artistsupportpledge paintings.

It's now hanging on the wall at home and I am delighted with it- the concept seemed such a good idea, to support artists during the Covid 19 crisis, I asked Katie to write all about it. You can see more of her work at www.cliffsidegallery.com



Interior Design

Tips to Refresh Your Home

Creating a Modern Coastal Colour Palette

Nicola O'Mara - www.nicolaomara.com

It's no secret that when you live near the coast we all love the laid back and relaxed lifestyle, so it seems only appropriate that our interiors are to match. A coastal interior is all about natural living - there is something very soothing about the soft, sandy tones and textural elements that go hand in hand with this style.

But how to achieve this in your own home? Sometimes choosing the right paint colour or overall aesthetic for your space is the hardest part and when there are so many options on the market, it's easy to get overwhelmed. Paint is the easiest (and cheapest) way to give your home an instant facelift and change the overall feel and look of a space, so it's an important process to get right.

Start with a neutral base

When you think of Coastal Interiors the first thing that comes to mind is light, open spaces with a strong connection to the outdoors. The colour palettes generally call for lots of soft muted colours, textures and natural



materials so it's always good to start with a neutral base and build from there.

Think of your home as a whole

It's tempting to create a completely different style in each room/space of your home, however this often leads to an uneasy feeling and fails to promote flow throughout. Repeating colours and finishes in each zone will

create balance, continuity and a well-designed finish, so it's helpful to be mindful when making your selections.

To get started it's always a good idea to begin with a mood board, as this will help you to see all of your proposed elements together. Images from magazines, a digital Pinterest page or collecting paint swatches side by side and eliminating images/colours when things are feeling too busy or disjointed, will help generate your overall feel and ensure you are left with a series of rooms that complement one another, with a free-flowing look throughout.





Add layers of colour and texture

When styling with whites and soft, natural tones, it's important to lift the space and give depth using texture and feature colours. It is also important not to get too caught up in trends. What's right for one home is not always right for another.

Design Tips

- Introducing colour through artwork, soft furnishings and feature walls, keeping in mind coastal elements such as the

ocean, nature and plant life.

- Wall Panelling.
- Introducing natural textures such as timber and rattan or woven cane for some warmth.
- Soft, muted and textural upholstery such as linen.
- Using elements like marble, rattan, leather and concrete.

Lighting, Lighting, Lighting

Lighting can drastically change the colour of paint so it's important to consider the natural and artificial light in a space before deciding on a final look. Always test a patch on the wall and observe throughout the day to see the colour in its truest form and how it will work against any tiles, carpet, hardware flooring and permanent fixtures in your home.



Putting extra thought and time into your selections can be the difference between a beautiful, well designed space and an average one, so it's always worth going the extra mile to ensure your selections are cohesive and work well together.



It's a Vet's Life!

Dr Nicky Hallows BVMS MRCVS,

Clinical Director at Nute Veterinary Surgery in Wadebridge.

Well there's no mistaking it's been a slightly different vet's life since my last article but it takes more than a global pandemic to stop us treating animals.

We changed the way we worked pretty much overnight, but judging by the feedback we have been getting, our pet owners are happy that we've been able to carry on the care we give, just in a rather different way.

So here's a new typical day in the life of a vet at Nute Vets!

One of our first priorities was to reduce the number of people in the building dramatically to allow us to socially distance from each other. That meant about a quarter of the staff doing what has turned out to be about ⅔ of our normal work which was interesting!

So the phones start ringing at 8.30 but we've noticed that they don't really start buzzing until 9.30. Are people enjoying a little bit of a lie in? Can't say I blame them!

Reception arrange a telephone consultation first with a vet and we encourage clients to send in photos to help us make our diagnosis. So we have an inbox full of various pictures of rashes, lumps, eyes, ears and sometimes indiscernible

bits of the body! To keep ourselves entertained we have a board with some of our favourite pictures! The vet then decides whether they can make a diagnosis and prescribe a treatment based on the phone call or whether we need to see the animal at the surgery.

If we need to see the pet at the surgery, the owner rings us from the carpark, we head out with a freshly disinfected lead and freshly sanitised hands and, where appropriate, a facemask, collect the animal and bring it into the surgery. We carry out the examination and any tests with the help of a nurse, also masked up and freshly sanitised. There's often phone calls to and from the carpark as we discuss with waiting owners what we think and what we may want to do next. And then hopefully a successfully treated pet is delivered back to its owner. For repeat prescriptions, clients order and pay for them over the phone, then knock on the front door when they arrive to collect-we drop them on the bench outside the surgery. Safe and fast!

Although we're not doing routine surgeries, such as neuterings just now, the operating theatre hasn't been



quiet. On Friday afternoon we had 2 dogs come in at the same time. One had eaten a stone which was stuck in its gut (second time offender) and the other had a very unusual condition called a jejunal diverticulum which meant we had to cut a section of the gut out. Both patients are doing well.

Farmwork carries on as normal with one of our bigger farms in the thick of calving so our caesarian kit has been well used!

There's not been much time for taking pictures and getting owner's consent for using them so instead I include a picture of my own dog Franny who has been keeping me sane throughout all this! Take care everyone and kind wishes from all of us here at Nute Vets.

News From St Minver Pre School

It was with sadness that we temporarily closed St. Minver Pre-School on 20th March due to the Covid 19 restrictions. We miss all of the children very much. However, our staff are still communicating with children and parents regularly. We have a private Facebook



page which is used more than ever now. On this forum, staff are sharing songs, cookery and stories with the children and educational resources with the parents. We have carried on our art and craft activities virtually, with staff recording how to make a rocket and how to make amazing animal masks. We are also supporting the children to carry on exploring and learning, with videos made by our Pre-School staff, taken from the beach, bird watching in our gardens and even a series of videos from a farm.



We are using online resources to communicate between staff and parents so that this two way interaction continues and we work together to support the children.

Earlier in the Spring term the children had great fun in their learning, which included Science experiments, designing and making our own wooden toys, building a working engine and also learning yoga.

We are looking ahead to the remainder of the Summer term and also to the Autumn term, when some of our Pre-School children will be starting at St. Minver School. We will be working with St. Minver School in June and July to help in this transition. We are very much looking forward to seeing the younger children return to the Pre-School in future and it will be a very happy occasion to be back together, learning and playing in our wonderful Pre-School!

The local community continues to be a great

support. We would like to thank The Pityme Inn for nominating us as a local charity that they wish to support. Thank you also to The Link and to Lewis's for their donations towards our roof repairs. Our thanks also go to individuals who have contributed towards our fundraising efforts so far. If anyone would be interested in donating towards our roof repairs, please see <https://www.gofundme.com/f/st-minver-preschool-building-repairs>

We are currently offering virtual tours of St. Minver Pre-School to parents who would like to find out more. We have funded spaces available for



September for 2, 3 and 4 year olds and we can also discuss queries around entry for 18 month olds. If you have any queries or if you would like a virtual tour, please contact Morwenna by e-mail: stminverpreschool@gmail.com



WI President is Driven by Community



The re-established St Minver SeaGirls WI have played a key role in the community efforts during the Covid-19 crisis. The Link wanted to find out more about how and why President Nici Couch decided to dedicate time, effort and emotional energy to bringing back a local WI.

Nici was driven partly by memories of her grandmother's involvement in the Polzeath and Trebetherick WI, partly by her desire to challenge herself after having two children, but mainly by a strong sense of community.

"It was Gran's life – she lived for WI!" says Nici. "She'd be so proud that both her granddaughters are very involved in the SeaGirls. We grew up going to all the WI events with her.

"I moved back home to Cornwall to have my two children, after having lived and worked in London as Eric Clapton's PA, so after a decade out of the workplace the time was right for me to commit to a new project. I have a wealth of experience in the workplace but grew up in Cornwall with Cornish values."

Nici knew former WI member Pat Crank through The Link committee, and the idea to re-start the group was planted. Making and maintaining social bonds in our close-knit community was a key motivation.

"I'm very aware that so much of our life is lived virtually. Whether it's teaching at school or keeping in touch with friends, it's all done online. Technology terrifies me and I believe it's so important to maintain human interaction."

On hand to help with the logistics was Kathy Reed, WI Advisor, and in July 2019 a meeting was held in the Perceval Institute to assess interest in the project. Two years after it was formally disbanded by the dwindling group of existing members, the WI was re-constituted. Within six months membership was at 50.

When the Covid-19 lockdown was announced, the WI was able to co-ordinate an immediate response. "If the WI wasn't in place, so much of the community effort wouldn't have happened as quickly or efficiently as it did" says Nici. "We had the network, skillsets, womanpower and enthusiasm to get it off the ground."

Annie Vernon

Thanks to the SeaGirls

*It started in a far away land,
By contaminated food we understand,
Covid19 - what lay ahead, none of us knew,
An uncertain future; worry and anxiety to name but a few,
With people self isolating and feeling unwell,
It's a time for reflection and for communities to gel.*

*Home schooling began; easier for some than others,
The children learning a thing or two, and on occasion the mothers!
Making many adjustments to isolating life,
With hourly bulletins that Covid19 is rife,
Adopting more 'simple' ways in our daily routine,
Appreciating much more than we would have previously seen.*

*Lockdown bread club; recipes exchanged online,
Delicious home cooking images posted, looking simply divine,
Missing family and friends who we previously saw,
The promised parties after this passes to be enjoyed all the more.*

*Community spirit – where do we begin?
Incredible selflessness displayed by adopting a FIN*,
Meals produced by our wonderful chefs in Rock,
SeaGirls and local volunteers in their numbers they flocked,
Delivering meals, papers, prescriptions and more
A bag full of groceries left by your front door.*

*SeaGirls' sewing bees, making scrubs for the NHS,
Such skill and dedication, we are so impressed,
What a tremendous community of which we are all part,
Thanks to each and everyone of you, sent straight from the heart!*

*** friend in need**

Nici Couch

Award Winning Company

Print Link



Link is printed by St Austell Printing Company, and when I asked if I could go and watch Link being printed sometime, I didn't expect them to ring me a couple of days later and invite me to their state of the art print works in St Austell.

St Austell Printing Company started as Kwikprint in 1981 in St Austell town centre and as the business grew, it moved into purpose built premises in the St Austell Business Park in 2013, in the enviable position of having a panoramic view of St Austell Bay. They are the only printing company with an official 'Made in Cornwall' accreditation which means a lot to this family owned business. They have also been named the UK's most environmentally friendly printing company and have won 4 major sustainability awards in the past 18 months.

When I arrived, I was met by Digital Manager, Luke Kent. He is my point of contact and the person I ring when I discover I've made a mistake and don't know what to do (I am not as technically knowledgeable as the previous editor, Brian Crank!) Luke showed me into the print room and introduced

me to Dan who was about to start printing the spring issue of Link. I send in a PDF which is essentially ready to print, which is then sent to the reprographics team to transfer onto A3 metal plates, one for each colour – cyan, magenta, yellow and black.

Dan had the plates ready to place in the printing machine, so I was able to watch the whole process, colour by colour. I was amazed at the level of technology to produce the magazine and the skills required at every stage, Dan showed me how the pages must be accurately lined up so that the colours print on top of each other precisely. Surrounded by the high level technology, I was surprised to see containers of ink, feeding into the





machines at a controlled rate. The sheets of Link are cut, folded and stapled on one machine and then boxed up for delivery. In keeping with their environmental credentials, delivery routes are planned with the company's carbon footprint in mind.

It was fascinating to see the range of work being produced: there were leaflets for Cornwall Council, greetings cards, wedding stationery and documents and brochures for international conferences. However, the production line which intrigued me the most was for Top Trumps – the internationally popular children's card game, which used to be printed in China, Poland and Italy. Since winning the contract, over 1 million sets of cards have been printed in St Austell and sent all over the world in multiple languages, so next time you see a pack of Harry Potter Top Trumps or Premiership Football Club Top Trumps, you will know they were produced very close to home!



The company are currently printing two special editions, one with Key Workers and one with hospitals, with some of the proceeds going to NHS charities.

Morwenna Vernon

JUNIOR LINK

Compiled by Nici Couch



This wonderful drawing above, by 9 year old Flo Williams, was the front image for the St Minver VE Day card, which was delivered to all those being supported by volunteers.

Flo will be receiving a certificate and a book token from Link.

Children from St Minver & Wadebridge decorated over 100 cards to go with the delicious cakes donated by Fee Turner - we hope you enjoy this selection!



Wadebridge Tennis Club



Wadebridge Tennis Club is very much looking forward to seeing players back on its courts in Egloshayle Road once restrictions are lifted after Covid 19.

Tennis is a sport for life which offers players of all ages and stages good physical and mental wellness.

I truly believe you appreciate something more when you are without it and I am sure that you will all appreciate it all the more when we can resume.

Do not hesitate to get in touch if you have not yet tried tennis or whether you are contemplating a return to the sport.

The club has great facilities and was awarded the County Club of the Year back in February.

Award winning facilities, award winning coaches and a great programme is thriving with members and is looking forward to welcoming more players once things get moving.

James Brobin

Places available for September 2020

St Minver Pre-School

Funded places available for 2, 3 and 4 year olds

For 18mth olds please email us for details.

Reserve your place now!

Virtual tour available by appointment if you want to look around.

Book now by emailing Morwenna at stminverpreschool@btinternet.com

Charity number 1059822 Ofsted number EY416651

Three miniature paintings on torn pieces of paper. The largest painting on the left depicts a stylized animal head with a large orange eye, a crescent moon, and a star. The two smaller paintings on the right show a plant and a figure.

thank you to everyone who bought a miniature painting in aid of St Minver Link, raising £71

INSTAGRAM: @A.GENTLE.BLOSSOMING
WEBSITE: PAPERTAILOR.CO.UK





er Volunteer

100-1000 in 100 Years
celebrating the 100th anniversary of the City of London

Country Diary from Cobb Cottage

Written and Illustrated by Joan Cockett



Notes from my diary Spring 2020 (random thoughts)

'Days are what we have; we have no option...' These words of Phillip Larkin, heard on BBC 4, could have been written to describe our present situation, as here in March 2020 we all self isolate to stem the advance of the Corona Virus. Sitting here surrounded by blossom on the pear trees, primroses and bluebells, against a backdrop of intense blue sky and warm sunshine, it is difficult to believe that anything is amiss. It is so quiet, no traffic in the lane, and the birdsong is intensely beautiful. It is both wonderful and awesome, unsettling and eerie. The silence is broken by a pair of mallard ducks crash landing in the garden; the male is beautiful, green head gleaming, a white stripe at his throat; he perches unsteadily on the ridge of the roof. Meanwhile, the sleek brown female lands in a nearby shrub, her long neck protruding. A noisy courtship ensues, and he finally chases her off across the lane.

The word Corona makes me think of an unpleasant drink in my childhood; it was very sweet, and a lurid colour. During the war all soft drinks came under the heading SDI (Soft Drinks Industry) followed by a code number. We had a cousin who was a chemist, and he found out which codes were best makes – Kia Ora and Robinsons Lemon Barley being our favourites; my brother David and I set off on our bikes to the various grocer's shops. These were mainly quite small (no supermarkets), but we managed to find the 'good' codes at a slightly upmarket grocers, which I think was called Teetgens. I can't remember the codes, but for years my brother and I would say, 'Like

a glass of SDI?' until we moved into the more sophisticated grown up era – 'glass of wine?' became our favoured question. He's no longer here, but there are things that only siblings share. This memory would have made him smile.

Still on the 'nostalgia' theme – do you remember liquorice sticks and pontefract cakes? The latter were flat black sweets with a whirly patterns, that came in a distinctive box. It was 1932, and my brother and I were being taken to Dulwich Park in South London by Dorothy, our mother's help, who had come to 'live in' until our sister was born and for a year afterwards (three children in a short space of time).

Anyway, on this particular afternoon, Dorothy was meeting up with the groundsman in the park (for a chat!) She sat in the summer house as she kept one hand on the pram in which she had put a box of Pontefract cakes, which we apparently attacked with enthusiasm. My mother told me years later she wondered at our grubby faces. But didn't comment. It was only in the small hours of the morning the laxative effect of the liquorice became evident. Dorothy got a severe telling off, but she wasn't fired. She stayed until Betty, our sister, was a year old , and then she left to marry the groundsman and have a baby of her own, and I have a clear memory of going to her smart new council flat in Peckham for tea. There were red and white check curtains blowing at the kitchen window and matching American cloth on the small table. I thought it was a lovely kitchen, much nicer than the big, gloomy kitchen in our Edwardian house....strangely I don't remember the baby



at all! Dear Dorothy- she was a one-off- her quirky smile enhanced by a gap between her two front teeth. She did some bizarre things: health and safety weren't around, but we survived and we missed her so much when she left. I have a photograph of her with us all on the beach at Elmer Sands – that must have been about 1933 and yes, the summers really

were hot and sunny throughout the 1930s!

How will we look back on summer 2020? It is going to be unknown territory after we finally beat the Corona Virus, but beat it we will. Life may be different, possibly in many ways, but as our Queen said, 'We will meet again' and Link will keep us in touch.

Aren't we lucky!

Local walks

by Morwenna Vernon



I don't generally do coastal walks for Link but there was no choice this time as due to lockdown restrictions, I had to choose a walk starting from home. Mind you, living where we do, it's no hardship walking along the coastal path!

I am starting the walk from Lundy Bay car park, in the hope that by the time Link is published it will be open again. I walked this route early on a misty morning in late April and it took about 2 hours.

Starting from Lundy Bay car park, cross the

road and follow the path, bearing right along a wooded trail. The bluebells and wild garlic were spectacular underfoot and the trees formed a canopy overhead, it was like being in a secret world. Coming out from the trail, the bay opens up in front and provides the first of many wonderful views. After crossing the little stream, take the steep path up to the right towards Porteath Farm.

You will need to stop on this path to get your breath, so take the opportunity to look back at the views. As you reach the brow of the hill, head straight across the field where there are footpath signs and skirt the hedge to come out into the farmyard. Walk along the farm lane, with the farmhouse on your right, until you reach the Bee Centre. Turn left and follow the footpath along the hedges of the next two fields until you reach a stile which brings you on to the road down into Port Quin. Follow this road all the way down to the bay; as you descend, look to the right for views of Brown Willy and Roughtor. After getting your breath back, head back a short way up the hill and climb the stile on the right. This is now





From Trevan Point towards Kellan Head

the coastal footpath and it can be followed all the way back to Lundy Bay Car Park.

As you walk along the edge of the field, you will see Doyden Folly in front of you, this was built around 1830 by Samuel Symons a local landowner, who lived in Gonvena House. He had it built in order to drink and play cards with all his friends. Doyden House (the large white building) was built in the early 20th century as a retirement home by Captain Conor who was previously the governor of Parkhurst and Chelmsford prisons.

If you walk out to the Folly and look back towards Port Quin, you will be struck by the



timelessness of the port.

The views on this coastal walk back to Lundy are really spectacular; you can see the Rumps, Pentire, Stepper and sometimes even Newquay to the south and on a clear day you can make out Tintagel, Morwenstow and even Lundy Island to the north.

As you climb away from Port Quin, through a gate and over a stile you arrive at Trevan Point – my favourite place in the world. I always sit and marvel at the natural beauty in all directions from that spot – such a joy.

The path then falls steeply down to Epphaven and continues on to Lundy Bay and along the coast, including the round hole and the steep drop down to Markham's Quay.

This may be a walk that you think you know, but it's worth revisiting as every season brings new discoveries and pleasures.

If you have enjoyed -or even not enjoyed- any of the Link walks, let us know; we'd love to hear your stories.

Left: The path from Lundy Bay , back up to the car park -

Below: The round hole between Markham's Quay and Lundy Bay



St Minver School News

I write of course, during an extraordinary time, with St Minver School – along with others nationwide – closed for now. We locked the school doors on March 27th and have been adapting to staying connected while apart, ever since.

The beginning of the Spring term was nevertheless an extremely busy one, with a number of particular events to celebrate. The Wadebridge Festival of Music and Speech is a longstanding favourite of St Minver School, giving children the opportunity to perform in front of an audience beyond the

points in the Speech classes.

Elsewhere, St Minver progressed the furthest it has ever done in The Miller Football Shield, after a 4-2 victory against Sandy Hill School.



Ella & Myla with the June Holmes Memorial Trophy

sphere of their families and friends. This year was no exception, with dozens of our pupils taking part across the week, in a number of different classes and with the helpful, positive comments of Speech Adjudicator Helen Grady being of particular note. We were especially proud of Myla and Ella, who shared the June Holmes Memorial Trophy for the highest



The St Minver School Football Team

It remains to be seen whether we get to play that final, unfortunately!

And going back to early March, we were together for yet another very successful World Book Day – ‘Reading gives you Wings!’ – enjoying a snuggly day in our pyjamas (yes, ALL of us!) to focus on a wealth of literature. The children were very proud to invite parents to browse the library shelves with us and to share books with them.

Since closure, staff have continued to work with the children of our key workers throughout this time, initially at Wadebridge



Primary School and latterly at St Breock School. Yet another positive to draw from this period of lockdown has been the way teachers and support staff across the education sector have pulled together to ensure the safest, most caring school environments for those who continue to need it. It has been a pleasure to work closely with our local colleagues, particularly for



such an important purpose and will serve to strengthen our professional relationships in the future, for the good of all children, I am very sure.

It is very sad not to be at school right now, yet absolutely vital that we all stay safe at home until the time to return is right. We have continued to stay in touch with our families with phone calls and our online learning packs. In their turn, children and parents are adjusting to what learning at home looks and feels like and are doing an awesome job in the face of many logistical and emotional roadblocks! Just a peep at our Facebook page will give you a taste of the wealth of fabulously nurturing, active or inventive learning experiences that the children are experiencing with their families right now. All learning is good learning! It *isn't* the same as everyday school, but teachers at St Minver look forward to getting the children 'back', whenever that may be and building up resilient learners again, who trust the adults they are working with and who remain hungry to uphold the school motto: 'Be Brave, Be Kind, Belong'.

Mrs J Rodwell
Head of School

News From Wadebridge Primary Academy



It would be an understatement to say that life at Wadebridge Primary Academy is just a little bit different this term! Normally, summer term is full of many exciting events such as residential trips, sports day and the school summer fayre. Despite these events not taking place, we have worked hard to keep the magic alive! We have many children who are still coming into school each day. In between doing their school work, the children have created a beautiful display in recognition of all of the key workers who are working incredibly hard in our community. The display is also a way of staying positive in these unsettling times. Our rainbow display, made with handprints from the children, reminds people that 'The greater your storm, the brighter your rainbow.' Staff, children and parents have been sending in positive

messages that have been written on gold coins and placed in the pot of gold. We are looking forward to sharing these positive messages when we return to school. Everyone was super excited to see their lovely rainbow being shared on BBC Spotlight.

The staff, families and children at home have also been keeping the positivity flowing by taking part in our 'dance off'. The dance videos can be seen on our school Facebook page and the school website. The teachers firmly believe that they have won the 'dance off', but the children aren't convinced!

Everybody has had to make huge adjustments and changes to their daily lives and we are so proud of how our school community has risen to the challenge. The children and families at home are doing a wonderful job of home schooling. Whilst the teachers are busy preparing

learning activities for the children to take part in, we also believe that this is the perfect opportunity for children to spend time with their families making special memories and learning life skills such as gardening and baking.

At Wadebridge Primary we believe that stories are simply magical and reading is one of the most important skills to have. We believe that:

'Reading gives us somewhere to go when we have to stay where we are.' To that end, the teachers have been taking some time to record themselves sharing their favourite stories and sharing them on our school website. The children have really enjoyed seeing their teachers and listening to the stories being read. We think that the parents may have enjoyed 5 minutes of peace too!

We are so lucky to live in such a beautiful part of the country. With so many great walking opportunities on our doorstep, we are encouraging children to take part in a 'Nature in my Neighbourhood' writing competition.

Wadebridge Primary Academy has a special relationship with the National Trust at Lanhydrock House and as readers may recall, we worked with the rangers between

DIY Tips

for around the house and garden



Like many people, you may have used lockdown to complete those long overdue DIY jobs. Living between Pityme and Spain, Brian had no excuse but to do the same, when he found himself in lockdown on the Mediterranean, many miles away from his Cornish home. With a small workshop on his roof-terrace and 60 plus years' experience of completing DIY projects, Brian became our 'foreign correspondent', offering The Link readers ten 'tips' for those tricky projects:

- When inserting a screw into a rawl plug, or even into wood, put washing up liquid on the thread for easy installation.
- When drilling into a wall, measure the length of your screw or rawl plug and wrap a small amount of insulation tape round the drill head to the same length in order to be confident that you have drilled into the wall far enough to insert your rawl plug/screw.

Continued from previous page >
2016-2019 to design and build an extension to the children's play area beside the café and cycle hire. We have teamed up with the rangers, again, in these unusual times to create a non-fiction

writing and illustration/ photography competition, encouraging children to spot the abundance of wildlife on their doorstep. The winners will have the opportunity to spend a day working with the rangers at Lanhydrock when

everything returns to normal. We can't wait to see what the children will produce! We are all looking forward to returning to school when it is safe to do so. So, for now, stay safe and keep smiling.

Katie Elkins

- For a sticking zip on clothing, rub the lead of a 3B pencil down the teeth of the zip; the graphite will then act as a lubricant to free up the zip.
- When cleaning paint brushes in a jar containing paint stripper, clip a clothes peg to the handle of the paint brush and lodge over the side of the jar to keep the bristles from touching the bottom and becoming misshapen.
- To keep paint brushes or rollers moist, wrap them in clingfilm or place in an airtight bag. This will save you washing and cleaning them every evening.
- To avoid drips when pouring liquid from a bottle, finish with a rolling action and a slight upward jerk of the bottle.
- To remove fresh grease spots from furniture or from wallpaper, place blotting paper over the grease and iron over it with a warm iron to draw out the grease.
- To remove musty smells from the refrigerator, just wash out the inside of the refrigerator with a teaspoon of bicarbonate of soda dissolved in warm water. Rinse then dry.
- Pour boiling water on to parsley seed before sowing to hasten germination.
- If you are hoeing your garden to remove weeds, it is better to do it when the ground is dry so that any seeds will dry out and not have the chance to re-root in damp soil.

• *Brian Arnold*

My Work with Cornwall Seal Group

by Sarah Millward



I have always been passionate about the ocean and protecting it which has led me to become the Sanctuaries at Sea Ranger for Cornwall Seal Group Research Trust (CSGRT), an evidence-based conservation charity here in the South West. In addition to this, I'm still a volunteer for Polzeath Marine Conservation Group.

I love my job and I think we're very lucky here in Cornwall, we have so much amazing wildlife and beautiful coastline on our doorstep.

Not many people know that Grey seals are a globally rare species only present in the north Atlantic; we have 38% of the entire world's population here in the UK!

As part of my work I organise surveys and write reports. We survey a large stretch of the North Cornish coast for seals, birds, cetaceans, all other marine wildlife and human activity.

The data we gather is also used by Cornwall Wildlife Trust, ERCCIS, the British Trust for Ornithology and World Animal Protection among others. It is a highly successful conservation project, leading to huge amounts of data on mobile species and habitat use and has contributed to the Global Ghost Gear Initiative internationally. Data from these surveys was a major contributor in the designation of the Padstow Bay and Surrounds; and Hartland Point to Tintagel Marine Conservation Zones; and the Bristol Channel Approaches Special Area of Conservation for Harbour porpoises.

I also coordinate a photo identification project with a fantastic team of dedicated volunteer citizen scientists who go out surveying every day; as part of this they take photos of seals. Seals have unique fur patterns that enable us to recognise individuals. Monitoring seals in this way over a long period of time allows us to map out the life story of individual seals from which we can learn a lot, such as their migration patterns and seasonal habits without being invasive as photos are taken discreetly from a distance with no human interaction with the seals. Seals seen in Cornwall have also been photo identified in the Isles of Scilly, north and south Devon, Dorset, Somerset, the Isle of Man, Wales, France and Ireland!

I feel lucky, I work with an awesome team and get to meet inspiring people as part of my





job – although I have got to where I am today through years of volunteering. I believe that if you are passionate enough about something you can achieve almost anything. My goal is to make a positive difference in marine conservation.

So, if you see a seal, please let us know,

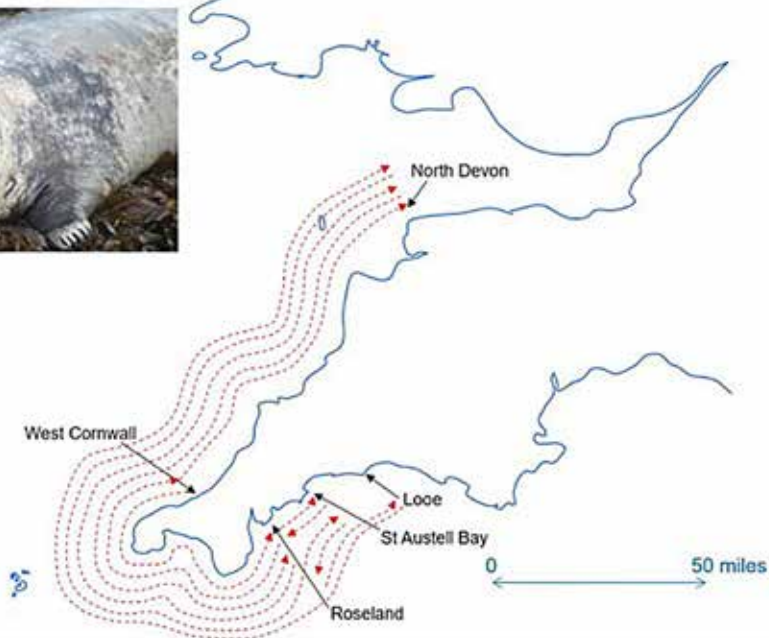
including the date and location; if you take photos it's a bonus - we may be able to ID it for you and tell you about its life history!
sarah@cornwallsealgroup.co.uk

We also have a wild seal support scheme which is a modern take on a traditional adoption pack to help aid the work of the charity and fund our ranger roles: <https://sealresearchtrust.com/pages/wild-seal-support-pack>

Concerned about a seal? Call British Divers Marine Life Rescue (01825 765546) as they will assess the situation and take injured seals to the Cornish Seal Sanctuary and RSPCA West Hatch for rehabilitation and please also report your sighting to us!

To report incidences of disturbance to marine life, or dead marine life call Cornwall Wildlife Trust's Marine Strandings hotline 0345 201 2626

Seal movements tracked by photo ID DP193 StABM159 Lewis



Stargazing

by Patrick Cronin-Coltsmann
Astronomy and Astrophysics PhD Student
University of Warwick



The Cornish Night Sky - sights to see from June to September

Have you ever wondered about the stars you can see on a crystal clear Cornish night sky? Here is an introductory guide – remember, as we near the height of summer the stars are best seen after 11pm.

In the sky are not only groups of stars, called constellations, there are also some planets. The word ‘constellation’ comes from ancient Latin, meaning ‘the coming together of stars’. We take most of our constellations and their names from the Romans. Although we use Roman names for the planets, the actual word ‘planet’ comes from the ancient Greek word meaning ‘wanderer’ because, over the months, planets don’t stay in the same place in the sky relative to the constellations.

These are some recognisable constellations that you will be able to see in the sky during the summer:

The Plough, also known as The Big Dipper, is one of the most well known sights in the sky and is named after its shape. Four bright stars make up a bowl and three bright stars make up a handle. The Plough is actually part of a bigger constellation called Ursa Major, ‘The Greater Bear’. The Plough makes up the bear’s hindquarters and tail. Find The Plough in the north-west sky, and see if you can spot the rest of Ursa Major! Over the months, The Plough will sink in the sky and get closer to the horizon.

A much simpler constellation is Cassiopeia; Cassiopeia was named after a beautiful but boastful queen. This constellation is recognisable as a bright ‘W’ formed by five stars. Look for the ‘W’ low in the north-east sky to find Cassiopeia! Over the months, Cassiopeia will rise in the sky.

Another constellation to look for is Cygnus, ‘The Swan’. Cygnus has one of the brightest stars in the sky, Deneb, at its short tail. It also has a long neck stretching forward and two wide wings to either side. Cygnus starts off low in the north-eastern sky, but over the months both moves to the east and rises very high in the sky.

Once we reach July, the planets Jupiter and Saturn both peak above the horizon in the south. Jupiter will be the brightest object in the sky with Saturn resting just to Jupiter’s east. If you have binoculars or a telescope, you might be able to see Saturn’s rings and Jupiter’s moons, and maybe even Jupiter’s clouds!

Happy star gazing. If you would like to find out more, here is an informative link: <https://skyandtelescope.org/astronomy-resources/stargazing-basics/>
<https://www.octopusbooks.co.uk/imprint/octopus/philips/page/philips-astronomypage/>
There are some very good apps, I recommend **Stellarium**(Free) for computers and **SkyView** (both the free and paid for version) for smart devices.



Here's a handy place to start. If you're lost for direction, you can find North from the North Star, 'Polaris'. Polaris lies at due north in the sky, and because of its location it does not appear to rotate with the rest of the sky during the night - in fact it appears as though all the other stars are spinning around Polaris! To help you look for it, find one of the most well known constellations, The Plough, which is also known as The Big Dipper. Look for the corners of the main shape - you will find Polaris by following a straight line from the

bottom-right corner of the bowl to the top-right corner and then by following this line until you reach the next brightest star. This bright star will lie at the tip of the handle of The Little Dipper, also known as Ursa Minor or 'The Lesser Bear'. This constellation looks very similar to the Big Dipper, but is smaller and flipped upside down. The bright star at the tip of The Little Dipper's handle is Polaris. Polaris and the Little Dipper will always remain in the sky!

Rare Breed Sheep in St Minver

This is a picture of a Boreray sheep from a flock here in St Minver. This flock was established in 2011 and was the first flock of this extremely rare sheep in Cornwall

The Boreray is a very rare breed of sheep that originated on the St. Kilda Isles off the west coast of Scotland. They were a domesticated sheep kept by the St. Kildans. When the inhabitants evacuated Hirta, the main island of St. Kilda in 1930 they took most of their sheep with them, but the sheep on Boreray were left and became feral. In the 1970s six of these sheep were taken off the island and it is the descendants of

these that have developed into the Boreray breed which is registered with the Rare Breeds Survival Trust. Today fewer than 500 exist and it is the rarest breed of sheep in the UK



Boreray sheep are very small and lively. They were bred small so that they could easily be loaded onto boats to move them from one St. Kilda island to another. They have horns and short tails and shed their fleeces naturally. Boreray crofters would have plucked the loose fleece and used it for spinning as well as using the sheep for meat.

"Five a Day" with Julia

You might be thinking I'm referring to the recommended consumption of fruit and veg we should be eating a day but no, this is a simple set of five exercises you can fit into your daily routine - let's go!

During these times of keeping safe and staying at home it is important for our physical and mental health to be doing some exercise. For many a daily walk is excellent, some of us have found online fitness sessions which suit our individual needs which is great and of course chores around the house and garden burn calories and make us feel we've achieved something positive. Add these exercises and you will add to your fitness and they will make you feel good.

Try each exercise for 1 minute and then perform the whole set again up to 3-5 times. Remember listen to your body. Have some water ready and some favourite music in the background to get you pumped! You can perform these in a chair and standing up so ANYONE can have a go. If you are super fit then add intensity into some of the movements with an added jump to your squats or a bounce with your knee lifts.

**Keep safe
and well
everyone**

**Remember
Move it or
Lose It!**

WARM UP

March on the spot swinging your arms side to side, up and down and in any fun way you feel. Roll the shoulders forwards and back and shrug the shoulders up and down to ease any stiffness or tension. Circle your arms up and down and soften your legs as you do so.



1. SQUATS

With/without a chair

Feet apart, knees facing forward, chest lifted. Sit to stand movement. Keep going down and up at a good comfortable speed for you. Push your bottom back towards your heels.

If you're seated - extend one leg up, straighten and hold for 8 seconds.



4. CALF RAISERS



2. UPPER BODY

Hold some tin cans if you wish.

Start with cans by your thighs. Lift both arms out to the side, hold and bring the cans to the chest. Tuck the elbows in and stretch the arms up above the head. Lower, bend and straighten the arms back down to the start.



5. TORSO TWIST & PUNCHES

← Great for balance.

Feet apart, knees slightly bent and tummy muscles pulled in. Come up on your toes, hold for a few seconds and then lower your heels. As you come up push the palms of your hands forwards and away from you with energy and then slide your elbows back to create a nice rhythm.



3. KNEE LIFTS

Feet apart and good posture.

Raise each knee up and down as high as you comfortably can and as you do so bring your arms down and to the outer side of the leg to work the core muscles.

← Let go of any pent up feelings!

Arms up at chest height. Turn the torso to one side with control, come back to the centre and add four strong punches (right, left, right, left). Repeat on the other side. To make it more intense add in a leg movement at the same time as your punches - a leg curl behind or a dramatic leg kick.

COOL DOWN

To prevent any soreness or stiffness after, don't forget to ease and relax the body down with some gentle stretches.

I hope you will give this a go. There are many more combinations of exercises which can be done to add variety. If you would like more "Five a Day" programmes please contact

**Julia on 07815987172 /
juliatreglown@hotmail.com**

'Back in The Day'



The picture to the left is of Rock Post Office and Tucker's Shop in 1912. Thanks to local historian Malcolm McCarthy who sent it in to Link.

He has compiled a huge number of local documents and old photographs which can be found on his website called the Malcolm MacCarthy Document Collection.

www.maccarthyindex.org

Polzeath Marine Conservation Group

At the time of writing we are still in lockdown and have suspended our programme of events for the time being. We will start again as soon as it is safe and permitted to do so. Look out for updated messages on social media and our website.

We have also had to turn off the water supply to both of the H2O4Free units, one near the car park on Polzeath Beach and the other in Rock near the ferry landing.

In the meantime we are asking people of all ages to create painted wooden plaques with a

marine and/or plastic pollution theme. We have already put a few of them on the fence outside the Marine Centre, as you can see in the photo.

If you either pop them through the door of the Centre or, if too large, leave them outside in a bag, we will varnish them and hang them up.

Everyone in the Marine Group sends our best wishes and good health to all Link readers and very much look forward to seeing many of you again as soon as possible. *Mike Player*





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The Changing Role of the Jewellery Trade During World War II

Stuart Robertson is the proprietor of Robertson's Jewellers Ltd. with a shop in Wadebridge, and two shops in Launceston. Stuart has studied, and qualified in all aspects of his trade with The National Association of Goldsmiths and particularly enjoyed his studies in gemmology. Stuart grew up in Rock and has always been a keen supporter of the Link.

Following the outbreak of the Second World War, as well as domestic life being thrown into turmoil, so was the world of work. The thriving jewellery manufacturing trade in the Jewellery quarters of both Birmingham and London was immediately affected by the onset of war.

Aerial bombardments of both Birmingham and London caused considerable damage in the Jewellery Quarters of both cities, and there were large areas of devastation. As businesses were required to use their skilled workers and machinery to produce munitions, the Birmingham Jewellery Quarter became a particular target of bombing raids by the Luftwaffe in the Birmingham Blitz.

A considerable number of the employees engaged in the jewellery manufacturing industry were called up for active duty. A huge number of premises and businesses changed their work routine to include war work when general business was limited due to the shortage of raw materials, particularly the limits imposed on precious metals.

During the first year of the

war, The Ministry of Supply contacted a Jewellery Association with a request to organise mass production of military badges and buttons. The years that followed then bought about great changes in the trade so much so that they no longer could they be specifically called jewellers or silversmiths, rather they were producers of munitions and war supplies.

The concentration of industry made the jewellery quarters of both Birmingham and London perfect to release factories for war production. More than that, the workforce possessed the skills to quickly diversify. A Government order was introduced, prohibiting the supply of goods of gold content of any greater fineness (purity) than 9ct. During war years, Wedding Rings could only be manufactured and supplied in 9ct Gold, with a maximum weight of 3.0 grams to supply wedding rings of 9ct, at a controlled price of £1/1/- to the public. These were often referred to 'Utility Rings' within the trade.

As the war intensified, there was almost a complete change from peace time production to war time armaments. More

heavy restrictions were put on companies and even greater sacrifices were urged, but fortunately the trade survived. If you were ever a 'Prefect' or 'House Captain' or had similar honour at school, you were likely to be proudly wearing an enamelled badge, probably made by a firm called Thomas Fattorini Limited. Based in a fine old red bricked building in the heart of the Birmingham Jewellery Quarter, established in 1927; it is a company we use to this day. During the war, despite their massive involvement and changed priorities with War work, they still made time to manufacture small items to help raise funds for the Spitfire fund.

After the war preparations were put in place for a return to peacetime production, but again precious metal supplies were in short supply. Gradually, as restrictions and rationing of all types was lifted, the jewellery trade returned to more regular volumes and types of production, but the work and efforts of those in the jewellery manufacturing trade in this country will ever be remembered for their contribution to the war effort.



Our Farms - Your Food

by Clare Parnell of Carruan Farm

Nature All Around Us

Living where we do in North Cornwall we don't have to travel far to be surrounded by nature. We just have to leave our front doors, and there it is, surrounding us. All we need to do is be open to the sights, sound and smells all around us.

One of the first signs of Spring is that bird nesting is well underway. Robins and blackbirds are already busy feeding their broods. The breeding season for robins normally begins in March and most nests are



located on or near the ground in hollows, hedge banks or piles of logs. Robins normally have two broods of chicks a year but this can rise to four in a very good year.

Male blackbirds live up to their name but, confusingly, females are brown often with spots and streaks on their breasts. The bright orange-yellow beak and eye-ring make adult male blackbirds one of the most striking garden birds. Blackbirds normally have three or four broods in a season.

Swallows have returned to UK from their 4000-mile migration to sub-Saharan Africa. It is incredible that a bird no heavier than a £1 coin has returned to the very site where it was hatched. Swallows have dark, glossy-blue backs, red throats, pale underparts and long tail streamers. They are extremely agile in flight and spend most of their time on the wing, feeding on small invertebrates which are caught on the wing. They nest in outbuildings and over doorways where they can be cosy in cold weather. They are a pleasure to watch as they swoop and dive. Nests look crammed full of chicks and then you can watch the chicks move out of the nest, along a ledge and prepare for their maiden flights. Look out now as they swoop and dive over your head. Migrating swallows cover 200 miles a day, mainly during daylight at speeds of 17-22 miles per hour. They arrive in UK in April and May and return to their wintering grounds in September and October.

Two other migrants have also returned to add their voices to the amazing bird song at this time of year. The distinctive Chiff Chaff and the shy Blackcap will be darting in and out of hedgerows. If you're really lucky you may well hear the cuckoo. Our cuckoos spend the winter in Africa. They lay their eggs in the nests of other species which are tricked into rearing the young cuckoos in place of their own offspring. If you want to identify a bird or recognise its birdsong, go to rspb.org.uk. You can search their A-Z of birds by colour, size and where spotted and there is a link so you can hear their songs.

As primroses fade, May brings a brilliant splash of colour to the woodlands with

carpets of bluebells. The hedgerows are now in full leaf and the verges are covered with wild garlic and the familiar cowslip. Gorse is in its full, yellow-flowered glory. Gorse provides shelter and food for many insects and birds such as stonechats and yellowhammers.

Listen at dusk and you could hear the snuffles and grunts of hedgehogs in the undergrowth at this time of the year. Adult hedgehogs travel between 1 & 2 kilometres per night over home ranges as big as 10 - 20 hectares. They eat slugs and snails plus beetles, earthworms and caterpillars. Young are usually born from May onwards in litters of up to five and the young (called hoglets) leave the nest after around four weeks. Hedgehogs are one

of only a handful of UK mammals to truly hibernate, along with bats and dormice. Did you know that an adult hedgehog has up to 7,000 spines and a small, hidden tail?

For some great ideas of how to help the wildlife around you go to www.cornwallwildlifetrust.org.uk where you can learn how to make a bee hotel or a hedgehog highway. Sign up for the Wildlife Trust's "30 days Wild" which happens in June. You can download digital packs for "30 Simple, Fun & Exciting Random Acts of Wildness". Remember our wildlife is important and we must do everything we can to look after it. And the countryside in which it lives.

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8th Aug	Taunton Flower Show
9th Aug	Gatcombe
29th Aug	Great Dorset Steam Fair (2 days 1 night)
28th Sep	Kent Tour (5 DAYS & 4 NIGHTS)
7th Nov	Bridgwater Guy Fawkes Carnival
14th Nov	Longleat Festival of Lights
20th Nov	Turkey & Tinsel: Ilfracombe (4 days 3 nights)
4th Dec	Bath Christmas Market
12th Dec	Exeter Christmas Shopper & Market
20th Dec	Tour of the Cornish Christmas Lights

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Jacky Hall	01208 862710

Charges are 45p per mile measured from the drivers' home and back. Charges exclude bridge toll and hospital parking charges.

Summer Bedding

The summer group of bedding plants is a must for any garden large or small. Annuals come into their own when most trees and shrubs have finished their spring flowering.

Getting Started

The normal and the cheapest way of making sure you have a good show is to grow from seed: there are two principal ways of doing this. The first is to scatter seeds on a flower bed and lightly rake it in.

•Linaria/ Honesty Lunaria/•Poppies/Nigella Love in Mist/•Calendular (pot marigold)/•Candy Tuft

All the above are good examples of seeds to scatter for a good show. The good advantage of this method is that it allows the plants to grow as they want, thus giving a natural or wild feeling to the garden.

Another method is to grow seed in a seed tray or trough. In these uncertain times why not make your own seed trays or troughs using old scraps of wood or even old wooden pallets.

Making your own germinating pots out of toilet roll tubes and newspaper is a great way to start off sunflower seeds.

Seedlings can be planted out when they reach sufficient maturity to be handled. The added advantage of giving you control over how you position the young plants to achieve the effect you want. Of course you could spend a little money and buy young plants at your local nursery, but I prefer to see the fruits of my labour by growing my own.

What is an Annual? A plant that completes its life cycle of, germination, flowering, seed production and death within one year.

Annuals for containers and hanging baskets: Planted containers can form a focal point and can be moved around so plants are seen to their best advantage and are perfect for filling

gaps in a border. My top plants for containers

1. Heliotrope Cherry Pie (fragrant)
2. Geraniums
3. Aster (duchess mixed)
4. Trailing Lobelia (string of pearls)
5. White Alyssum

Summer bedding to attract wild life

Doing our bit for conservation. Try growing these insect friendly plants which look great in the garden and are useful for pollinating veggies:

- Tagetes (Golden Gem)
- Cosmos (Polidor mixed)
- Californian Poppy
- Achillea (Yarrow)
- Sweet Pea Sugar & Spice

Add height by using climbers. Sweet peas and nasturtiums may be the answer; they are easy to grow up pea sticks, wigwams and trellis constructed of bamboo canes. My favourite variety of sweet pea is Robert Uvedale - intense pink large frilly blooms with a very good fragrance. Nasturtiums- tall single mixed vigorous plants in yellow reds and oranges also wild life friendly.

A real favourite bedding plant of mine is the petunia they are of hybrid origin their ancestors coming from South America; petunias are popular annuals valued for their showy flowers produced over a long season. My preference is the Surfinia series multiflora flowering up to 14 inches (35 cm tall) and are available in so many colours. They are also suitable for hanging baskets because some of them have a vigorous trailing habit.

This next section covers what most people say is the boring bit of gardening WWF.

Water, Weeding, Feeding.

Why Water? Water is essential for healthy

growth. Moisture is taken up from the soil and used by the plant to make and transport vital nutrients for survival. Water keeps every plant cell turgid so the first visible sign of thirst is the wilting of leaves and stems.

Weeding; any plant growing where it is not wanted can be called a weed. Two types of weed, annual and perennial can be controlled by regular hoeing or pulling up by hand. Bear in mind with most perennial weeds leaving a bit of the root in the ground it will re grow (Dandelion springs to mind) A good way to control weed is to mulch using bark chips or prior to planting use weed suppressant matting. Using weed killer is a no go area for me.

We now must consider the slug and snail problem. Pellets are a 'no' for me, but coffee grounds applied around the base of your plants is an effective way of control. Slugs and snails don't like caffeine.

That reminds me *why did the snail go to assertiveness classes ? To bring him out of his shell*

I don't like eating snails - I prefer fast food!

Feeding using fertilizers; plants need nutrients for strong healthy growth and plentiful flowers. Organic feeds tend to release nutrients over a longer period. Chemicals give a fast but short lived boost to growth. Feeds I use are powdered or granular they include poultry manure pellets. Slow release feeds give your plants six months' worth of feed. A word of note; always take heed of manufactures instructions and avoid the temptation to over feed. It is wasteful and results in weak sappy growth and fewer flowers.

The way we have to live now has changed but there is no better medicine than a dose of gardening:I find any anxiety ebbs away whilst in the garden.

Stay Safe every one and enjoy your gardening this summer.

Coming in the next issue....War on weeds!

(Sky) Larking About

If you go walking in the countryside this time of year, you may not have seen them, but you will definitely have heard them. Skylark song is essential to the soundtrack of British farmland and countryside. Skylarks nest in small hollows in the ground in long grass and cereal crops. They advertise their breeding territory by a vertical flight into the air, singing an endlessly varied song as they go. Birds have been recorded to fly as high as 300m, singing for up to an hour at a time. If I was flying that high, I definitely can't imagine having the energy to sing for an hour as well!

Why on earth do they build nests on the ground you may ask? Skylarks have evolved to breed in wide, open grasslands and saltmarsh, hidden from predators amongst the tall grass but with great visibility to watch out for any predators approaching. Over time, they have become used to their habitat changing as farming practices have also changed. Increased stocking densities mean grass is often shorter, not giving enough cover to nest. Autumn sown cereals are often too dense for them, meaning they nest in the tramlines left by tractors. This in turn makes them vulnerable to opportunistic foxes and other predators.

We need to help ensure their homes are safe on the ground. If you're lucky enough to have grassland within walking distance of your home, please spare a thought for the skylarks rearing their young in grassland at this time of year. They don't take much to be disturbed so please help by keeping all feet and paws on the paths and out of the long grass.

Thanks from *Sarah and Tom National Trust Rangers, Tintagel to Holywell*



Over and Out

by Henry Blofeld

Published by Hodder Paperback £10.99 Available from Wadebridge Books

Introduction

Drafting this in mid-April it seems appropriate to write a short Introduction before commencing a brief review of the book chosen for this edition of Link. There is virtually a complete absence of live coverage of sport anywhere in the world. The main discussion here at the time of writing concerns the extent to which highly paid sports stars, especially footballers, should consider significant wage reductions to help those less fortunate than themselves. In the

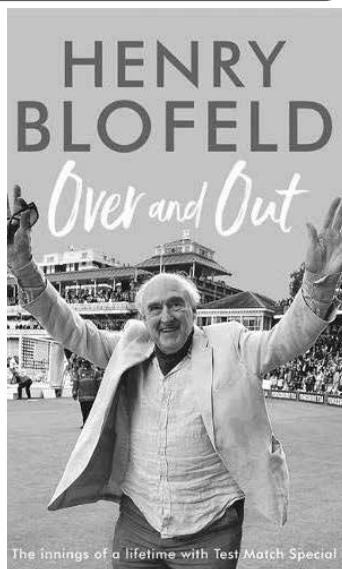
For over half a century Henry Blofeld, "Blowers", brought a distinctive colour to the art of cricket commentary. For that reason this is a book that will appeal to all who have followed "Test Match Special" over the years. His fan-club, however, was much broader than cricket-lovers, and countless listeners to TMS could hardly wait for the references to passing pigeons, red buses and Old Trafford trains. He was not universally popular, however, and his patrician manner cultivated at Eton, Cambridge and the City

Times newspaper of April 7th cricket correspondent Michael Atherton, drew attention to a story that exemplifies the generosity of sport during these difficult times. Few cricket lovers will forget the very last gasp victory secured by England over New Zealand in the One Day World Cup Final at Lord's. The England wicket-keeper, Jos Buttler, ran out the desperately diving Martin Guptill to ensure that England won by the narrowest of margins. Buttler wore his match shirt throughout the lengthy celebrations before

irritated those brought up on the unmistakeably measured tones of John Arlott. Blofeld was enormously helped by the presence Brian Johnston, whose unique branch of "prep-school" humour had already prepared an audience for Blofeld.

There is very little coherent chronological pattern in this book. Blofeld retired in 2017 and much of the opening is spent discussing the reasons for his retirement and in describing the subsequent outbursts of popular acclaim. His own cricket achievements

persuading all his teammates to sign it clearly. In addition to all the other contributions cricketers have made during this time of need, Buttler put up his shirt for auction. The target was an Extra-Corporeal Membrane Oxygenation Machine which will provide cardiac and respiratory life-support at the Royal Brompton Hospital in West London, where Buttler's wife's aunt works. At 7.30pm on 7th. April, 2020, the shirt was sold for £65,100, a joyful tale with which to introduce a happy book.



intercede, including a century at Lord's in 1959 for Cambridge University against MCC, but the whole chapter is focussed on the warmth of public reaction to his departure from TMS. The title of the Chapter, "Ringing the Bell", refers to the honour bestowed on well-known figures to ring the bell outside the pavilion at Lord's to indicate the 5 minute warning before the start of a Test Match. A suitable photograph is placed on the back cover of the paperback edition. Another honour, totally without precedent, was the naming of a double-decker bus, "Henry Blofeld OBE", by Nottingham City Council in recognition of his hilarious references to this form of transport at Trent Bridge.

Henry Blofeld is a consummate raconteur. Listeners to his after-dinner speeches have literally wept at the unsurpassable style and content of his delivery. He was able to transfer this to the medium of radio, and unforgettable are most of the exchanges to which he refers in the book. It is not surprising, therefore, that transferring this wit to the written word is quite a different matter. This is not to say that the book lacks humour; far from it. The description of the prematurely grey David Steele making his way from the players dressing room to the wicket at Lord's via the

members toilet is fully described, but lacks the commentary-box spontaneity, enlivened by the presence of Australian commentators. This book is a gem, and this review fails to do justice to the breadth of his coverage of cricket around the world. His deep love of the game, and the sheer delight he expresses at the warmth of companionship in the commentary box reveal a great deal about his own personality. At the time of writing weeks of **lockdown** have passed: it is fervently hoped that when Link is published Wadebridge Books will be accessible for purchase. In the meantime a brief note on the companionship in Link's catchment area, to complement the Introduction to this review.

Epilogue:

Superstars make generous donations: humble citizens give of their time, energy, imagination and practical skill to help in this time of acute distress, St. Minver Community provides a remarkable example of this, and a review might easily be written on 'Issue 224a' of Link. It illustrates the huge range of help that can be provided and enormous gratitude has been expressed anecdotally about the benefit of this. It would be good to see this warm companionship unbroken when "normality" returns.

Did you know that St
Minver Link is produced by
volunteers?

If you have knowledge of
Adobe InDesign, we'd love to
hear from you!

Brain Teaser Answers from page 21

1. Tredrizzick Bridge
2. Gribben Head to the east and Black Head to the west.
3. 1984
4. Guinevere
5. Surrey County Cricket Ground

Looking Positively To The Future

by Amy Grand BSc. Psych; HPD; DSfH

Clinical Hypnotherapist and Psychotherapist - Bridge Hypnotherapy



As human beings we are primed to look to the future in a way that will tell us that things will go wrong. This is a built-in survival mechanism that comes from the primitive part of our brain. If you think about it, our ancestors had to think like this because they never knew what was round the corner. It could have been a wild animal or another tribesman who was a real threat to their life.

Things are different now. The pandemic that we are experiencing has proved this to us. Although COVID 19 is a real threat, our response to it has proved that we do not have to be concerned in the same way.

We have come together as a civilised society and worked together for the greater good. We are all sensible logical beings that can think rationally about making changes that will protect ourselves, our family and our wider community. I am sure very few people would say it is easy and there are certainly those that have had significant struggles. However, the good sense of the nation will prevail, and the majority of people have done as they should.

We Do Not Need To Fear The Future

What this demonstrates to us is that we do not need to fear the future. We cannot control or predict it and if something bad were to happen, our brains have developed in such a way that we can manage even the most unprecedented and unpredictable things. The fact that we have no insight into what our future holds is key here. If we allow our primitive mind to continue to respond in its non-rational, highly reactive manner we will always be worried about the future.

However, if we know and understand that our intellectual rational mind is the part that should be in control, we can use this to overcome and suppress the negative thinking and train our brains to only think positively about what is round the next corner.

Focus On Positive Things

There are always positive things that we can focus on. If we are experiencing something big, such as the pandemic, then the key is to focus on the moment. Think about the good things that are around you right now. More time with your family perhaps or spending more time in nature. Slowing down, having time to do some of those things you always wanted to do.

It is important to wake up in the morning and think 'what's next?' To be excited about what the day holds and what your future holds. If you have a tough day ahead, be sure to add a little something that you know you will feel excited about. Or even just feel proud that you are going to achieve something, however tough that might be.

Rational Thought

Reflect at the end of each day on what has been good; things you have enjoyed as well as things you feel proud of. By doing this every day, we are training our brains to function from the intellectual, rational part and eventually this will become our default way of operating. When this happens, it prevents the negative part of our brain stepping in to help unnecessarily, and overall, our lives will improve for the better.

Parliamentary Update from Scott Mann MP



It is hard to believe as I write this that we are almost in the first week of May, the year is flying by and I know that all of you want things to go back to normal. I share your frustrations and I am keen to get back to normality too. We have all played our part in keeping the numbers of cases in the South West low, and Cornwall has some of the lowest cases in the South West. This is because we have all played our part in helping the NHS and it is our front-line public services who I want to pay tribute to in my column.

NHS

Our NHS staff are fighting a public health crisis against an unseen enemy, at great risk to themselves and their families. I am very proud of all of our health care workers and the job they are doing, many people have contacted me to highlight the great job they are doing on our behalf, and I hope people will continue to take part in the eight o'clock claps to show appreciation.

Police Force

Our Police force has also been on the front line dealing with the crisis, and, although there are fewer people around, we must still be vigilant about crime. I would also like to take this opportunity to thank them for their effort protecting Cornwall during this pandemic.

Visitors to Cornwall

It was disappointing to read that people are still ignoring the lockdown protocols and visiting Cornwall. I have previously joined my MP colleagues, and friends on the Council,

in asking people to 'come back later', when Cornwall will once again welcome all our visitors. The case of one couple visiting all the way from Kent which was highlighted in the national media was particularly unimpressive, and to anybody thinking of visiting us at this time I say again, please, stay at home and protect lives.

My team has been working flat out dealing with constituent casework over the past few weeks and arranging support, directing help for NHS workers, liaising with the highest levels of government on behalf of North Cornwall. They have told me that despite the circumstances, North Cornwall is resilient, and they are taking great pride in supporting this great constituency. Our priority at the moment is to ensure that our businesses and local communities are supported, so that when this storm passes we can reopen for business and go back to our lives with as little disruption as possible.

We can and will get through this by working together. Please continue to visit my website and social media for daily updates and information. I have now published ten in-depth business updates with the latest guidance for employers and employees, and I will continue to ensure you are all given the latest info from Westminster. If there is anything my team or I can do to help you, do not hesitate to email via scott@scottmann.org.uk or call on 01208 74337.

Local Telephone Numbers

Churches

Catholic

(Bodmin & Wadebridge) ----- 01208 72833

(Tintagel) ----- 01840 770663

Methodist

(Rock, Steward Mr F L Cope) ----- 01208 863481

(Wadebridge) ----- 01208 812887

Multi-denominational

(Tubestation Polzeath) ----- 01208 869200

St Minver (Warden Mrs Ruth Varcoe)-----

01208 862954

(Warden Mick Sumra)----- 01208 862550

Wadebridge Parish Administrator -----

info.wadebridgeparish@gmail.com

Doctor / Medical

Bridge Medical Centre Wadebridge 01208 812342

Bodmin Hospital ----- 01208 251300

Frank About Drugs ----- 0800 776600

Drinkline ----- 0800 9178282

Port Isaac Surgery ----- 01208 880222

Rock Surgery ----- 01208 862545

Royal Cornwall Hospital

(Treliske)----- 01872 250000

Wadebridge Health Centre ----- 01208 812222

Libraries

Cornwall Library Renewals ----- 0845 6076119

All Libraries ----- 0300 1234111

Reference Library ----- 0800 0322345

Police

Devon & Cornwall Police (non-urgent) ----- 101

Crimestoppers ----- 0800 555111

Emergency / Helplines

Age UK ----- 0800 1696565

Concern (Wadebridge) ----- 01208 812392

Electricity

(Western Power Distribution) ----- 08006783105

EDF Energy ----- 0800 365000

National Domestic Violence

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National Gas Emergency Service -- 0800 111999

NHS Direct Helpline ----- 111

Parentline Plus (24 hour) ----- 0808 8002222

Samaritans ----- 08457 909090

Women's rape/abuse centre

----- 01208 77099/0808 8029999

Water Helpline ----- 0800 1691144

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Bodmin (Penmellyn)----- 01208 76789

RSPCA Animal Centre ----- 01637 881455

RSPCA Animal Centre 24 hour----- 0300 1234999

Strandings Hotline ----- 0345 201 2626

General Numbers

Bridge Club (Robert Mabley) ----- 01208 814564

British Legion-St Minver

(Fred Prior) ----- 01208 862543

Cancer Research

(Gina Snelling) ----- 01208 862820

Citizens Advice Bureau

(Advice Line) ----- 08444 99 4188

Cornwall Council----- 0300 1234100

CRUSE Bereavement Care

Cornwall ----- 01726 76100

Animal Welfare & Veterinary

Laboratory ----- 01872 265500

John Betjeman Centre ----- 01208 812392

North Cornwall Cluster of Churches (Rev'd Dr

Elizabeth Wild)----- 07758407661

Old Cornwall Society

(Margaret Bartlett) ----- 01208 816307

Padstow Harbour Master ----- 01841 532239

Parish Council: Highlands Clerk

Amanda Lash -----

clerk@stminverhighlands-pc.gov.uk

Parish Council Lowlands Clerk

(Gillian Thompson) ----- 01726 884024

Perceval Institute

(Maureen Rickard)----- 01208 869426

Polzeath Area Residents Association

(David Short) ----- 01208 623526

Polzeath Marine Conservation Group -----

07779896650

Polzeath Post office----- 01208 863430

Polzeath Surf Life-Saving Club --- 07971447584

Rock Institute (Allan Caswell) ---- 01208 869420

Rock Lifeboat Station ----- 01208 863033

Rock Sailing & Water Ski Club

(John Wade) ----- 01208 862709

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----- seagirlswi@gmail.com

St Minver Brownies

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St Minver Cemetery Committee

(Gillian Thompson)----- 01726 884024

St Minver Cricket Club ----- 07950 862506

St Minver Cubs (Nigel) ----- 01208 815102

St Minver Football Club

(Roy Birchwood)----- 01208 880459

St Minver Post Office ----- 01208 869426

St Minver Pre-School ----- 01208 869511

St Minver School ----- 01208 862496

St Minver Scouts

(Robert Watson)----- 01637 889 190

St Minver Senior Circle

(Alec Chambers)----- 01208 592956

St Minver Short Mat Bowls

(Pat Crank) ----- 01208 869120

St Minver Silver Band

(Gary Gauss)----- 01208 814170

Tubestation Polzeath ----- 01208 869200

University of Third Age ----- (Joan Proctor) 01208

814416

Wadebridge & District Angling Association

(Dave Churcher) ----- 01208 812748

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(Stewart Privett)----- 01208 869435

Wadebridge Bowls Club ----- 07531 175044

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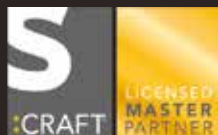
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