

A Very Warm Welcome to South Hill Parish.

This pack is intended to help you feel at home, settle in quickly, make new friends and find your way around.

FREE INTERNET HERE

South Hill Parish Hall, PL17 7ND (at Golberdon crossroads).

DEFIBRILLATOR HERE

www.southhillparishhall.org/whats-on

Activities

Check the hall web site and Connection newsletter for updates

Mon. 8:30 – 12:30 - JAMM. Baby & toddler playgroup. Tel. 07984 199930 amywheelerfamlead@icloud.com

Tues.

Wed. AM - Zumba Fitness. Tel. Liz 07484 157706. LizLazenbury@gmail.com

- Pilates with Sarah

Thur. - Belly Dancing and Barre with Jill

Fri. 18:00 - 20:30 - TT Taekwondo (all ages). Tel. Dale 07790 763547 Dale

4th Saturday 19:30 Charity Quiz Night hallbookings@south-hill.co.uk

Sunday - Summer Cricket club coming soon

Groups

South Hill Piece-makers – Sewing and Quilting. 1st & 3rd Mon and 2nd & 4th Tue piecemakers@south-hill.co.uk

Women's Institute – Everyone is welcome to join this friendly group. 1st Wed 7:15pm. southhillwi@gmail.com

Parish Council – 3rd Tuesday. 19:30 southhillpcclerk@gmail.com www.south-hill-pc.gov.uk

SHARE – Community Renewable Energy Group. Tel. 01579 383620 share@south-hill.co.uk

Horticultural Show 3rd Sat in August. **Horticultural Society** – w.howat1@btinternet.com

Enjoy walking the lanes and footpaths here are some suggestions <https://south-hill.co.uk/footpath-walks>

Adjacent to the parish hall in Golberdon is a great kids play area

Allotments are rented via the parish council

St. Sampsons' Church, Rev. Dr. Joe Lannon

One of five churches in the Callington Cluster of Parishes. A schedule of services is available at <https://www.callingtoncluster.org.uk/calendar/>

Or contact warden judithayers@yahoo.co.uk



Doctors.

Tamar Valley Health Centre. Haye Road, Callington. PL17 7AW (they also own the practice in Gunnislake).

Tel. 01579 382666 www.tamarvalleyhealth.co.uk/new-patients

Pensilva Health Centre. School Road, Pensilva, Liskeard. PL14 5RP

Tel. 01579 362249 <http://oaktreesurgeryandpensilvahc.co.uk>

Hospital.

Liskeard Community Hospital (with Minor Injury Unit) at Clemo Rd. Liskeard. PL14 3XD (6 miles).

Tel. 01579 373500 <https://www.cornwallft.nhs.uk/liskeard-community>

Launceston Hospital (with Minor Injury Unit), Link Rd. Launceston. PL15 9JD (7 ½ miles)

Tel. 01566 761000 <https://www.cornwallft.nhs.uk/launceston-community>

Derriford Main Hospital (with Emergency Dept.), Plymouth. PL6 8DH (13 mi). Tel 01752 202082 <http://www.plymouthhospitals.nhs.co.uk>

Dentists.

Please visit <https://westcountrydentalcare.co.uk>

Some veterinary services.

Calweton Vets. Tel. 01579 383231

www.calwetonvets.com

Castle Vets. Tel. 01566 772211

www.castleveterinarygroup.co.uk

Glebe Vets. Tel. 01579 371295

www.glebevets.co.uk

Remember to update your pets micro-chip details.

Bus. The 235 bus from Callington stops at Maders, Golberdon, South Hill, Bray Shop and goes to Launceston and back

www.gocornwallbus.co.uk/services/TFCN/235

Education. <https://www.compare-school-performance.service.gov.uk/schools-by-type?step=default&table=schools®ion=908&la-name=cornwall&geographic=la&for=secondary>

A school bus service serves South Hill parish and runs to Callington primary and secondary schools.

Fuel.
OIL – A FREE to join, community oil buying group is run by Kim Howat. Tel. 01579 384054 w.howat1@btinternet.com
LOGS – SHARE community group supply firewood, kindling & woodchips. Tel. 07305 044049 share@south-hill.co.uk

Takeaways.
[Balti King Curry House](#). PL17 7BE Tel. 01579 383818
[Ming Kitchens](#). PL17 7AA Tel. 01579 388853
[Castle Pizza](#). PL17 7AQ Tel. 01579 384200
[Blue Chip Fish & Chips](#). PL17 7AD Tel. 01579 384999

Supermarkets / fuel. [Tesco PL17 7RD](#) [Morrisons PL14 3PR](#) [Sainsburys PL3 6RL](#) (all including fuel).
[Waitrose PL12 6LD](#) [Marks & Spencer PL15 9DJ](#) (fuel nearby).

Post Offices.
133 Launceston Rd., Kelly Bray. PL17 8DU
Tel. 01579 382212
(N.B. Park at top of Redmoor Road, then it's just around the left-hand corner).

Spar (inside), Fore Street, Callington.
PL17 7AD. Tel. 01579 388757

Stoke Climsland shop (inside; also takes Dry Cleaning). PL17 8NY. Tel. 01579 370201

Millennium House (inside), Princess Rd., Pensilva, Liskeard PL14 5NF. Tel. 01579 363096

Library – Coronation Road. Callington. PL17 7DR (Attached to the Community College).
www.cornwall.gov.uk/libraries-museums-and-archives/libraries/your-local-library/callington-library
Callington Town Hall – Wednesday a.m. Country Market. Plus, many other activities and information.
New Road, Callington. PL17 7BD Tel:01579 384039 <https://callington-tc.gov.uk>
Newspaper shop & delivery 1 New Rd. Callington PL17 7AE Tel. 07980 296003 www.facebook.com/PaperPhils
Callington WhatsOn web site <https://whatsoncallington.com>

Waste Disposal
Household Recycling & Waste Collection
Refuse is collected weekly. Recycling is fortnightly.
Please see www.cornwall.gov.uk for dates.
Order recycling boxes and coloured recycling bags from
https://secure.cornwall.gov.uk/selfservice/citizenportal/form.aspx?form=Request_Recycling_Equipment&tmpl=Request_Recycling_Containment
Recycling centres
Tamar View Industrial Estate, Saltash. PL12 6UA.
Pennygillam Industrial Estate, Launceston. PL15 7PH.

South Hill has a **Recycling for Charity Project** for packaging NOT taken by the Council. www.south-hill.co.uk/charity-recycling
Clothing & Textile recycling bin at The Fire Station, South Hill Rd. Callington. PL17 7LG.
Septic Tank Emptying
R & A Cleansing Services PL17 8QR Tel. 01566 782852

Secondhand Items
Auction House – Beech Park, South Hill Rd.
Callington PL17 7LG
admin@beechauctions.co.uk
Tel. 01579 383129
<https://beechauctions.co.uk>

Oxfam - The Pannier Market, Callington
PL17 7AD
www.oxfam.org.uk/shops/oxfam-shop-callington

Trewartha Gregory & Doidge, Hardware Store, 6-7 Church St., Callington PL17 7AP

Tamar Valley Stores. Groceries, Animal Feed & Farm Store. Beeching Park, Kelly Bray, PL17 8QS. Tel. 01579 382250

Callington Fresh Produce (roadside stall).
Fruit & vegetables etc. South Hill Rd., PL17 7LH. Tel. 07813 157961.

The South Hill Connection, <http://south-hill.co.uk>, is our parish's FREE newsletter, with news, events and info of LOCAL TRADESMEN <https://south-hill.co.uk/local-advertisers>

Available monthly by email or in printed format from editor@south-hill.co.uk. Pick up a copy from The Parish hall or church. The friendly editors Ali and Areina are always happy to help if you have any questions or would like to volunteer.

South Hill Parish Facebook page www.facebook.com/SouthHillParish