

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.

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

Check the hall web site www.southhillparishhall.org/whats-on

and Connection web site www.south-hill.co.uk for updates

Regular Activities

Mon. 8:30 - 12:30 – **Baby & toddler playgroup.**

Tues. 6:15 – 7:15pm **Yoga**

Wed. 9:15am - **Zumba**

10:20am - **Pilates**

Thur. 7 – 8pm **Pilates**

Fri. 18:00 – 20:30 – **TT Taekwondo**

4th Saturday 19:30 - **Charity Quiz Night**

Sunday. **Summer cricket starts at 2pm**

Kids play area adjacent to the parish hall in Golberdon.

Allotments are rented via the parish council

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

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

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

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

DEFIBRILLATOR in the porch outside the parish hall at Golberdon crossroads

Take a **MOBILE PHONE / TORCH**

Also at Bray Shop by the Notice Board on the main road

FREE INTERNET
at the parish hall.

Hire the hall via

hallbookings@south-hill.co.uk

St. Sampsons' Church

Rev. Dr. Joe Lannon.



One of five churches in the Callington Cluster of

Parishes. A schedule of services is available at

www.callingtoncluster.org.uk/calendar

Contact stsampsonssouthhill@gmail.com

The South Hill Connection, south-hill.co.uk, is our parish's FREE newsletter and web site.

For local tradesmen [/south-hill.co.uk/local-advertisers](http://south-hill.co.uk/local-advertisers) & lots of information. The newsletter is available by email or print format from the parish hall or editor@south-hill.co.uk. We're always happy to help with any questions.

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 [/oaktreesurgeryandpensilvahc.co.uk](http://oaktreesurgeryandpensilvahc.co.uk)

Hospital.

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

Tel. 01579 373500 www.cornwallft.nhs.uk/liskeard-community

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

Tel. 01566 761000 www.cornwallft.nhs.uk/launceston-community

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

Dentists. Please visit westcountrydentalcare.co.uk

Facebook pages



[/groups/southhillparish](https://groups/southhillparish)

[Bray Shop Group](https://groups/BrayShopGroup)

[/groups/OneCallington](https://groups/OneCallington)

Some veterinary services.

Calwetton Vets. Tel. 01579 383231 www.calwettonvets.com

Castle Vets. Tel. 01566 772211 www.castleveterinarygroup.co.uk

Glebe Vets. Tel. 01579 371295 www.glebevets.co.uk

Important: Remember to update your pets micro-chip details.

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>

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

Some of the Callington Takeaways.

[Balti King Curry House](#). PL17 7BE Tel. 01579 383818
[Ming Kitchens](#). PL17 7AA Tel. 01579 388853
[Castle Chicken](#). PL17 7AQ Tel. 01579 384200
[Blue Chip Fish & Chips](#). PL17 7AD Tel. 01579 384999
[Calli Pizza Café](#) PL17 7AD 07861 312661

Some Local pubs

The Manor, Rilla Mill Rifle Volunteer, St. Ann's Chapel
 The Royal, Horsebridge Wheal Tor, Pensilva
 Archers Arms, Lewannick Weary Friar, Pillaton & many more

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, Fore Street, Callington.
 PL17 7AD. Tel. 01579 388757

Stoke Climsland shop
 PL17 8NY Tel. 01579 370201

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

Golberdon Free Corner

Small items to give away, Golberdon village square.

Golberdon Little Library at the hall, outside under the awning

Council Library – Coronation Road. Callington. PL17 7DR
 (Attached to the Community College).

<https://www.cornwall.gov.uk/libraries-museums-and-archives/libraries/your-local-library/callington-library>

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 plastics 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

Charity Shop

Oxfam - 10/15/16, Pannier Market,
 Callington PL17 7AD
www.oxfam.org.uk/shops/oxfam-shop-callington

Secondhand Items (to buy or sell).

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

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 and kindling. Tel. 07305 044049
share@south-hill.co.uk

Useful retailers

Trewartha Gregory & Doidge, Hardware Store, 6-7 Church St., Callington PL17 7AP. (Sell almost everything).

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

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

Newspaper shop and delivery. Paper Phil. 1 New Rd., Callington. PL17 7AE. Tel. 07980 296003.
<https://www.facebook.com/PaperPhils>