

The South Hill Connection Newsletter

January 2024

Issue 120

January 3rd 7:15pm

Nikki and her dog Teg will be at the WI meeting in the Parish hall to talk about their work with East Cornwall Search and Rescue Team.

You are invited to join them.

Charity Quiz January 27th 7:30pm start. Arrive at 7:15. Bring your pens, drinks and nibbles.... Bring a team of 4, max 6, or you can make up teams on the night.

The CONNECTION TEAM

look forward to hearing from you at
editor@south-hill.co.uk

For the February newsletter edition please
send your items by January 15th

THANK YOU.

Our web site has LOTS of information,
use the search function as well.

<https://south-hill.co.uk>

The South Hill Connection

wish you all a

HAPPY NEW YEAR



ADVERTISERS contact

TreasurerSouthHillConnection@gmail.com

Thank you Peter
for Many years of FREE web hosting
and support.
Prices have increased and these will be
passed onto our advertisers.
Those living in the parish will now pay
a small charge of £6:50 a year
or £10 for 2 years.
All advertisers have been contacted.

south-hill.co.uk/local-advertisers

Smithy's Waste Collection are collecting your **real Christmas trees** to raise money for the Neonatal Intensive Care unit at Derriford hospital. A minimum donation of **£5** per tree and 100% raised will go to the unit. We are very grateful for the support the last 2 years. We will be collecting in South Hill parish and Callington area on

Wednesday 10th January

Just give a call with your address and we will add you to the list for collections.

Many thanks

Nigel Smith

07754 097968

You can drop your real Christmas trees, take off all decorations, to the parish hall car park from **Saturday 6th till Tuesday 9th January**. Leave inside the entrance gate on the left. You must still call Nigel so he knows how many to collect.



SOUTH HILL HORTICULTURAL SOCIETY

After long and brilliant service the society's job sharing secretaries have stepped down, but are staying on the committee. The Society's role is to organise and run South Hill's annual Horticultural Show. This involves two meetings annually and participation in the setting up and running of the show, which takes place on the third Saturday in August.

The Society is seeking someone to take on the Secretarial role.

The Secretary plays a key and much valued part in the running of the Society, no horticultural expertise is needed. If you are interested or If you know of anybody who might be please contact the Society's Chairman, Kim Howat on 01579 384054".



New for 2024! Group circuit training classes.

A 1 hour mixture of strength and cardio training for all abilities.

- Location: South Hill Parish Hall, Golberdon
- First class date: 6/1/24
- Time: 8:15am
- Price: £7

Please message if interested, thank you

sarahlambertpersonaltraining@outlook.com



South Hill Parish Hall Golberdon

The parish hall is available to hire for all your events.

Check availability on the hall event calendar, www.southhillparishhall.org.uk/whats-on/



The committee meeting held on 5th December discussed future plans for the hall.

We want to hear your views on how the hall can be improved.

A survey will be dropping through your letter box.

Please take the time to complete and return.

THANK YOU.

PAPERPHIL SHOP

On the corner by the chemist and bus stop in Callington.

Now much more than papers and magazines.

A fridge with milk and other soft drinks.

We now have in a whole range of different arts and crafts! from stickers to children's colouring books! we have listened to many of you and dived into your ideas!

We have notebooks for only £1!

Come down and have a look at all the new stock we have added to our collection!

Keep the ideas coming!!

We look forward to seeing you



Phil will be updating his opening times in the New Year.

Open new year's eve and new year's day in the morning.

Contact Phil for your newspaper delivery

07980 296003

philveal@live.co.uk



QUICK AND EASY SUPPER FOR TIRED POST-CHRISTMAS COOKS!

SWEET CHILLI CHICKEN Serves 4

Ingredients

4 garlic cloves, crushed
110ml soy sauce
2 tbsps sweet chilli sauce
2 tbsps harissa powder
12 boneless & skinless chicken thighs.
Salt and pepper
Handful fresh chopped coriander

Method

Preheat oven to 200°C, (180° Fan), Gas Mark 6.
Place all ingredients except the chicken and coriander into a small mixing bowl and mix well together.
Pour the mixture over the chicken and toss to coat well.
Place chicken on baking tray, season with salt and pepper, and cook in oven for 25 - 30 minutes, or until cooked. Sprinkle over the chopped coriander before serving. Goes well with either new potatoes or rice, and a green vegetable or salad.



At the beginning of December South Hill WI had a wreath making workshop followed the next day with a sale.

On the 6th December our Christmas meeting was a murder mystery evening which was enjoyed by all. Complete with dressing the part and a meal!

It's me wot dunnit
Puzzling over the answer. Thanks to all the participants and organisers for an unusual and fun event!

The next meeting of South Hill WI will be on Wednesday, 3rd January 2024 in the Parish Hall, Golberdon at 7.15 pm.

The speaker will be our own local **Dr Nicki Lyons** who will be talking about

The work of SE Cornwall Search and Rescue, and training Teg, her own search and rescue dog 🐕

This should be a really interesting talk,
and the WI are pleased to welcome everyone who would like to attend.
There is no entry charge, but a small donation to the funds of
SE Cornwall Search and Rescue would be appreciated.

For more information please contact Jane at southhillwi@gmail.com

The WI tree, a
whitebeam,
planted in the
recreation field
by
Harriet.



Happy New year from St Sampson's Church and a round up of all that we have been doing in 2023.



A big personal thank you from me for your continued support to St Sampson's.

The church is daily open for visitors and there is a weekly service on Sunday, including forest café church every other month. This year we have had weddings, funerals, a baptism and a confirmation. A wassail in the community orchard and an outdoor thanksgiving service for our animals at Pennywort Mill and we run a weekly toddler group in the parish hall.

This year we are proud to have received our silver eco award. We may be small, but we are definitely thriving! St Sampson's Church is here for all the community and our restoration project progresses making it a more comfortable place for community events.

Lots has happened this year, so here is a brief roundup of our St Sampson's Unlocked project for 2023 and a reminder of previous SSU completed works.

- All thirteen of our windows including stonework have been restored and this project is now completed. Cost excl. VAT £46,432.00.
- The Michael Hill monument restoration is complete, and it is back in situ on the East wall in the Manaton Chapel. Cost excl. VAT £10,450.00
- External masonry repairs have been completed on the Manaton Chapel and around the West (tower door). Cost excl. VAT £8,796.00
- The porch stonework repairs are completed – some new stone and pointing work. Cost £5,142.00
- West door and tower stair door restoration started in December. Cost excl VAT £6,500
- New overhead heaters installed December. Cost £7,000
- Full faculty approval final authorisation should be received any day now for roof, ceiling, toilet, kitchenette. The permission has taken us far longer than anticipated with much consultation between various parties. Tenders to be sought and then funding. The work will be done in phases.
- East wall external masonry repairs to be started in the new year.

Previous works

- Compost toilet installed in churchyard (2022)
- Roof valley gutter repair (2021)
- Removal and storage of bells and work to make bell frame safe (2021)
- Relocation of Font (2020)
- Installation of mains water supply (2020)
- External path lighting (2020)

Living Churchyard

- All bat boxes from the workshop in 2022 have been put up in the churchyard or surrounding properties.
- Nine Bird boxes put up in the churchyard for various species.
- Wild Flower list compiled / wild flower talk and churchyard mini ramble.
- Lichen survey
- Small mammals survey done with Cornwall small mammals group.
- Moth survey.
- End of year long grass cut and rake.
- Churchyard discovery packs created and there was a wonderful nature detective day with 48 children in August.
- 3 new benches to be purchased soon.

2023 Funding by: National Churches Trust, Cornish Historic Churches Trust, Listed Places of worship, Sabrina Sutherland Trust, Jill Franklin Trust, Local giving grants, National Grid Electricity Distribution, Ian M Foulerton Charitable Trust, Church Care, Rural Churches, Repair Fund, Lady Neville Charity, Trefinnick Solar Fund, Viscount Boyd Fund. Also individual donors and fund raising.

Our own fundraising has included: an inspirations evening, a baroque concert and a sea shanty gig, our medieval fair and barrow push, plant sales, and a stall at Callington Mayfest. We are hoping to have a big celebration and open day in the spring to celebrate our achievements.

Many thanks to all our funders big and small. This is an incredible achievement for a small rural parish and a very real way of serving South Hill community.

I wish you a joyful and peaceful new year.

Judith Ayers

Local lay Leader



Group Travel

Day Trips & Coach Holidays

Enterprise Park, Midway Road, Bodmin, Cornwall PL31 2FQ Tel: 01208 77989

Coach Excursions & Tours 2024

22nd - 26th April	Derbyshire & The Peak District
21st May	S. Devon Railway & Rare Breeds Farm
25th June	Bicton Park Botanical Gardens
TBC July	Tamar Valley Railway & River Cruise
17th - 21st July	Visit Eastbourne
13th Aug	Pecorama & picturesque Beer Village
10th Sept	Widcombe Fair
TBC September	Autumn Tour
9th October	Goosey Fair, Tavistock
2nd November	Longleat Safari & Festival of Light

Visit our website for all our excursions & tours.

Call: Dawn or Robin on 01208 77989 for bookings and brochure
website: www.grouptravelcoachhire.co.uk
email: grouptravelcornwall@btconnect.com

Bodmin MOT Centre

01208 77989

Garage Services
MOT Testing Station
Classes 4, 5 & 7
Servicing & Repairs
High Vehicles & Motorhomes
Brake Test & Headlight Alignment
Pre MOT Inspections
Annual & Interim Vehicle Servicing
~
Commercial interim inspections available
including brakes and lights
~
Helping you stay compliant

Bodmin MOT Centre
Enterprise Park, Midway Road,
Bodmin, Cornwall PL31 2FQ

A New Year's Resolution

For many of us life is busy, even frantic at times, with jobs to be done, deadlines to meet and responsibilities we may have. It seems that the pace of life is faster than it has ever been – and in spite of all the labour saving devices we benefit from! It's all too easy to be so involved in what we are doing that there is no opportunity to pause and reflect. To set time aside to slow down and ask ourselves why we are doing whatever it is that we are so busy with. A New Year is a good time to review and perhaps hit the reset button.



Increasingly we live in a 24/7 world. When I was growing up in the 50's and 60's I remember usually busy high streets being quiet and empty on a Sunday with everything except the occasional small shop closed. By contrast, today the high street on Sunday is as busy, if not busier, than any other day. This change is viewed as a change for the worse by some. It was certainly hotly debated when changes to Sunday trading laws were proposed, Many groups, both religious and non-religious, vociferously defended keeping the special status of the British Sunday. Setting aside the debate about Sunday trading law, the need for a sensible work/rest balance is generally accepted. Setting time aside for rest and regeneration is a necessary precaution to prevent burnout and maintain physical and mental wellbeing.

For many centuries the Jews have kept the Sabbath (our Saturday) as a special day when no work is carried out and families gather for a shared meal, worship and reflection. A principle laid down for ancient Israel about three thousand years ago in what we now call 'The Ten Commandments'. Millennia later there is an understanding of the rationale behind the instruction. Although it makes sound common sense now we may ponder how it was arrived at several thousand years ago.

Many Christians reserve Sunday for similar purposes and value the weekly opportunity this offers to take a break and recharge physical, mental and spiritual batteries. An opportunity to spend quality time with family or friends. An opportunity to pause and reflect on the past week and perhaps ponder some of the questions that business often denies us the time to consider: What are my priorities? What is really important to me? Why am I here?

It is not, however, always possible to reserve the same set day of the week for rest and reflection, especially if there are children in the family or work is an essential service like nursing or the Police.

Sometimes it is really difficult to carve out time to slow down for rest and reflection, However, not doing so carries a health warning, making us more vulnerable to stress and stress related disorders.

If it is not already part of your lifestyle, why not consider a New Year's resolution to make it so?

Brian Norris



Keep up to date on our project by joining our Facebook group

www.facebook.com/groups/recycling.for.charity

Or visit our web page www.south-hill.co.uk/charity-recycling

Plastic sweet and cracker tubs and Milk Bottle Tops.



Drop off at

Green Meadows,
Golberdon.

The Parish hall Blue
bins **Upton Cross.**

The old phone box

Coads Green.

Inside in the foyer at
Callington Library.

Inside Beeching Park
store **Kelly Bray.**

Our 3rd load of drinks cans puts the total at **£74.60**

Please squash the cans to save space. Soft drinks, beer, cider all count.



Recycling for Charity can not accept:

Pet food pouches can be taken to Pets at Home in Launceston and Liskeard

NO ONE wants **Medicine Blister packets**, put in your black bag for the council to incinerate

Vinyl's, VHS & cassette tapes ORIGINALS & **books** call Declutter 07540 239151 for collection

Tetra packs, drinks cartons, special skips at Recycling Centres at Liskeard & Launceston

Working Laptops contact Launceston Lions club. 0845 833 9528

Black plastic clothes hangers, in store at TESCO

Asthma inhalers TESCO Launceston have a collection bin by their pharmacy

Disposable Razors order an envelope from [Gillette Recycle Razor Blades](#) | [Gillette UK](#)

Eye glasses take to the opticians in Callington Fore street, container outside the shop door

Our project can no longer accept empty Crisps packets, the sponsor KP is encouraging people to take these back to your supermarket recycling point.

Do not leave these in our collection bins.

Colgate are changing their packaging, from **Feb. 3rd** we will no longer be able to accept toothpaste tubes and boxes. We can still take your old toothbrushes, el. heads, floss packaging...

Thank you for the amazing support... To date **£13,000** raised

Happy New Year.

Ali Humphreys Recycling for Charity project lead.

South Hill Parish Council meeting

Details of the meeting held on 19th December 2023 included the following topics:

PLANNING

The application from National Grid Electricity Distribution was supported. Adding another wire to the existing poles will have very little visual impact and the increase in the capacity of the line will benefit all the consumers it serves.

FOOTPATHS

A new location for the signpost in Maders for footpath 638/20/1 has been agreed with a landowner and it will be installed soon.



A388.

Following an safety assessment, a Vehicle activated sign is to be installed at the Camelot junction.

GRANTS AVAILABLE.

The funds directly available from the Community Capacity Fund and the Community Levelling Up Programme have been fully allocated but there is a strategic reserve so prospective applicants are encouraged to continue with their bids.

JODIE.

As reported in the last newsletter Jodie been evicted from the Phone box by Openreach so that they can fix the phone! This was an administrative error by them. Jodie is in safe hands and will be back in her rightful abode soon.

PARISH COUNCILLOR VACANCY:

The council will fill the vacancy by co-option at its meeting on 16th January or the next meeting following this date. Interested parties should apply in writing or by email. For further information about the role of Parish Councillor, and the co-option process please contact the Parish Clerk. Notices have been distributed for notice boards. Closing date for applications is **Friday 12th January 2024.**

UPDATE FROM: Cllr David Skelton (for fully accurate information as to council meetings readers should consult the minutes of council meetings at www.south-hill-pc.gov.uk)

All communication should be directed to Jenny Hoskin (Parish Clerk) Telephone 07810 234417, email southhillpcclerk@gmail.com or write to Branston Farm, Bodmin Road, Bodmin PL30 4BB

The next meeting of the Parish Council will be on **16th January**, starting at 7:30pm at the Parish Hall. All are welcome.

Regular Hall Events

Mon. 9:30 – 11:30am **Super Tots** group

Last Mon. month 6:30 -8pm **Freddies Fibre Friends club** with Julia

Tues. 6:15 – 7:15pm **Yoga** with Judy

3rd Tues. 7:30pm **Parish Council meeting**

Wed. 9:15am **Zumba** Fitness with Liz

Wed. 10:20am **Pilates** with Sarah

1st Wed. **Women's Institute** 7:15pm

Thur. 7 – 8pm **Pilates** with Judy

Fri. 6 – 8:30pm **TT Taekwondo** with Dale

4th Sat. Monthly Charity **Quiz** starts 7:30pm to book hallbookings@south-hill.co.uk

South Hill Piecemakers

1st & 3rd Mondays 19:30 – 22:00 and
2nd & 4th Tuesdays 13:30 – 16:30 and one
Saturday a month.

[Callington Colts Football](#). Fixtures

[What's On – South Hill Parish Hall](#)

The Connection Newsletter

Is available online and from the hall porch

[The Connection website](#)

Parish Welcome pack > [HERE](#)

Our Advertisers are listed here

<https://south-hill.co.uk/local-advertisers/>

FB GROUP page

www.facebook.com/SouthHillParish



Parish contacts list:

Church. St. Sampson's Judith Ayers
stsampsonssouthhill@gmail.com Baptisms,
weddings or funerals - cluster administrator
info.callingtoncluster@gmail.com

07907081163 Mon/Tues/Weds/ 9am- 1pm
Connection Ali Humphreys 07305 044049
editor@south-hill.co.uk

Cornwall Cllr. Sharon Daw 07837 379305
cllr.sharon.daw@cornwall.gov.uk

Climate Change Group via our Parish Council
Freddies F. Friends Julia 07921 366426

Hall Bookings hallbookings@south-hill.co.uk

Hall Chair Chris hallchair@south-hill.co.uk

Horticultural Show Cat catede@hotmail.co.uk

Quiz hallbookings@south-hill.co.uk

Newsletter editor@south-hill.co.uk

Orchard orchard@south-hill.co.uk

Our Parish Councillors [contact list](#)

Parish Council Clerk Jenny Hoskin

01208 72789 southhillpcclerk@gmail.com

Piecemakers Elaine 07360 616627

elaineruthbrewer@hotmail.co.uk

Pilates on Wednesday Sarah 01579 532606
smjlodge@hotmail.co.uk

Pilates Judy jbuntrocklowe15@gmail.com

Recycling for Charity project Ali
SHARE SHARE@south-hill.co.uk

Super Tots Toddler group Elaine Young
07811 283384 elaineyoung004@gmail.com

TT Taekwondo Dale 07790 763547

Walks Ali iamalihumphreys@yahoo.com

Women's Institute southhillwi@gmail.com

Yoga & Pilates Judy 07870 315 718

Zumba Liz 07484 157706

LizLazenbury@gmail.com

www.southhillparishhall.org/whats-on



THE CONNECTION TEAM
had so much fun helping Santa hand out
gifts around the parish in his sleigh.
So many good children here.
He'll be back next year.

Josh Gosling, Carpentry
Tel. 07954 181042

Billy the Boiler
Plumber & heating engineer
service@billytheboiler.co.uk

Blue Chip Fish & Chip Shop
30A Fore St., Callington.
Tel. 01579 384999

David Skelton, Electrician
Tel. 01579 382397
Mob. 07776 386828

Phil Coles, Butcher & sales
Tel. 01579 362215
Mob. 07796607913

Tregaver Fibre, Wool Fibre
Tel. 07904 647328

Taw Valley Upholstery
Coads Green
Tel. 01566 786766

Radford Plumbing
Kitchen & Bathroom Fitting
Tel. 01566 782070

Honicombe Manor
Leisure and Restaurant
Tel. 01822 258090

Folklore Hiking Sticks
Mob. 07500 158514

Calli Pizza Café
Callington Pannier Mkt
Tel. 07861 312 661

Yogurt Hair Design.
Callington Fore St.
Tel. 01579 383830

Cameron Landscape Design/Build
07383 455 091

Pumpkin Pie Learning
Call 07966 614 174

Computing for Beginners
Maria 0788 277 2216

Bawdens The Old Bakery
Kelly Bray. 01579 384195

**Our advertisers are all local
many live in the parish.**

South Hill Handyman
Tel. 07376 057352

Meaders Cabinet Works
& Kitchen Manufacturers.
Tel. 01579 383160 / 384114

Ash Lamb, Builder & Stonework
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Mob. 07946 235678

SHARE Community Energy Group
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southhaylandsfarm@hotmail.com

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Paint N Print New Rd. Callington
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Rob Williams. Window cleaning
Tel. 01579 384435

Callington Fresh Produce stall
South Hill & Redmoor Road junction
Mob. 07813 157961

PPP Electrical
Mob. 07969 765176

Anita Hutt
Personal Will Writing
Tel. 01579 344 433

Zumba with Liz Wednesday am
07484 157706

Nick the Handyman
Tel. 01579 384770
Mob. 07715 606252

House of Colour
Natasha Glasgow
Tel. 07835 781060

Eversfield Organic,
Grocery Delivery.
Tel. 01837 871400

AB Pest Solutions
Tel. 07895 512874

Sarah's Photography
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& Parkyn Place Campsite
Tel. 01579 384197

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Mob. 07735 362700

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Tel. 01579 383129

Tamar Valley Country Store,
Kelly Bray Tel. 01579 382250
Mob. 07918 854258

Darren's Cars, Taxi
Tel. 01579 556141

Bingo Blooms, Florist
Tel. 07814 459515

Dan Hunt, TV and Tech
Installation, Repair & Support.
01822 834638
07779 253 719

Group Travel Trips & Hire
Tel. 01208 77989

I fix Kernow. iPhone
Repairs Callington.
01579 382687
Mob. 07484 858305

Gist Insurance Brokers
Tel. 01579 383456

Sharon Gowans Celebrant
Tel. 07766 800575