

# The South Hill Connection Newsletter

**FEBRUARY 2024**

**Issue 121**

After introducing his physical and mental conditioning to soldiers overseas during World War I, Joseph Pilates brought the exercise program to the United States. Pilates is now a popular form of simple exercises that focus on balance, posture, strength and flexibility and is suitable for people for all ages and fitness levels.

**I'm a qualified and insured Pilates instructor teaching the following hour-long classes:**

Tuesday 6.30pm Coads Green Village Hall,  
Wednesday 10.20am South Hill Parish Hall,  
Golberdon,  
Friday 9.15am Quethiock Village Hall,

I am expanding my class base during 2024, starting with a taster session for just **£5** at North Hill Village Hall - please drop me a note on [smjlodge@hotmail.co.uk](mailto:smjlodge@hotmail.co.uk) or text on [07546 080176](tel:07546080176) if you would like to join us.

**Beginners are very welcome as we will be starting from scratch.**

Sarah Lodge



## **The CONNECTION TEAM**

look forward to hearing from you at  
[editor@south-hill.co.uk](mailto:editor@south-hill.co.uk)

For the March newsletter please send your events, pictures, items of interest, concerns, letters of the editor, by February 15<sup>th</sup>  
THANK YOU.

This is our web site.

<https://south-hill.co.uk>  
[our advertisers](#)

[Recycling for Charity project](#)  
[Welcome new residents](#)  
[our Facebook group](#)

[Parish hall web site](#)  
[Parish council web site](#)

**Smithys Waste Management** collected over 200 Christmas trees in January raising money for Derriford Neonatal Intensive Care Unit. Now it's time to get back to regular work. Fully licensed and insured waste carrier. Please call for a free no obligation quote. .  
**NO JOB TO SMALL**

**07754 097 968**

House clearances  
Garage clearances  
Business closures  
Waste removals

Free scrap metal removal (We charge for fridges and freezers)



## **SOUTH HILL HORTICULTURAL SOCIETY**

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

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 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".

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## **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/](http://www.southhillparishhall.org.uk/whats-on/)



The committee meeting held on January 23<sup>rd</sup> 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.

**THERE's NO QUIZ booked in this month**

But we're back to normal in March with quizmaster Norman. Sat. 23<sup>rd</sup> 7:30pm start.

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## **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!

Notebooks for only £1!

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



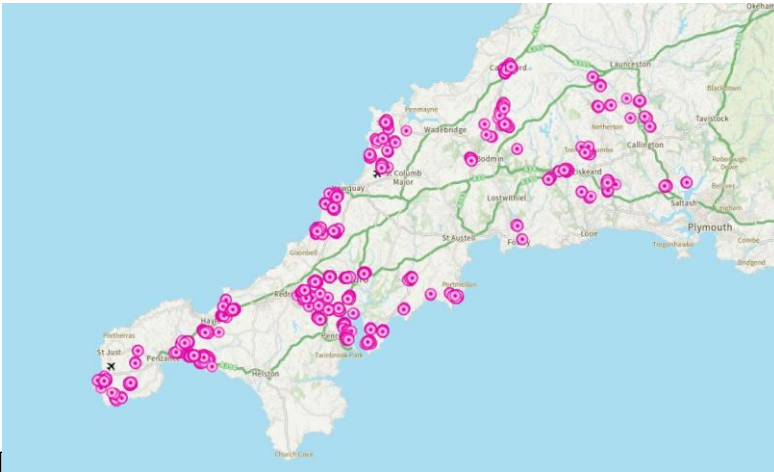
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[philveal@live.co.uk](mailto:philveal@live.co.uk)

DARK SKIES Helps our wildlife.  
Lights should be directed down and can be on sensors so not on all the time.  
Cornwall Council are now turning off some street lights.... See below.



### We're switching off streetlights to encourage nature recovery.

Between the hours of midnight and 5am we'll be turning off some streetlights when most residents are asleep. For safety reasons streetlights in town centres where there is a strong night-time economy, areas where there is CCTV, and along main roads, will remain on or will be dimmed.

The switch off will cut carbon emissions and light pollution, encourage nature recovery, benefit nocturnal wildlife and protect our designated Dark Skies areas, as well as save money on energy costs.

You can see exactly where and when streetlights will be turned off or dimmed with our [interactive map](#).

**THE BIG  
PLASTIC  
COUNT**  
**11-17 MARCH**



Count all your plastic waste  
from 11-17 March

Submit your data.  
Discover your plastic footprint  
and use the results to make a  
difference! Register NOW.

<https://thebigplasticcount.com>

## Callington Town MARKET

There are lots of stalls including Fresh Vegetables, Locally Produced Meat, Cakes, Homeware, Artwork, Organic Alcohol and Gifts. With an amazing array of old and new traders joining us, it's not to be missed! You won't be disappointed!



Come and support your local traders.  
**Town Hall, Callington.**

Toilets, including disabled and baby changing facilities, in the Town Hall  
and on New Road opposite the Town Hall.

**1<sup>st</sup> Sunday of every Month**

For more information, or if you are a trader wanting to book a pitch,  
please call 01579 384039

Or email [market@callington-tc.gov.uk](mailto:market@callington-tc.gov.uk)

Showing at PrimRaf Theatre, Biscumbes Lane, Callington.

Doors open: 7pm

## SNOWENNA AND THE SEVEN PISKIES

February 2024

15th, 16th, 17th & 22nd, 23rd, 24th

Matinees 17th & 24th Doors Open  
2pm



Tickets: Adults £12.00 Children £6.00  
[www.primraf.co.uk](http://www.primraf.co.uk)

Box Office: Noakes, Habermehl & Kerr Opticians  
Fore Street, Callington

**primraf**

Callington Amateur Drama Society Charity No: 1054831 Registered in England & Wales 2024





theWI



### Smoked Mackerel Pâté

2 smoked mackerel fillets  
2 tbsp crème fraîche  
1 tsp horseradish sauce  
1 tsp lemon juice  
Salt and ground black pepper.

Flake and mash mackerel with a fork. Whip crème fraîche and horseradish. Add mackerel to cream, stir in the lemon juice and season. Chill in the fridge, and serve with toast or crusty bread.



### And one for the dog! Liver Treats

Make sure everyone is out before you start - this makes the kitchen a bit whiffy until you reach the drying off stage. The dog will be at your feet during the whole process....

225g flour (any sort, including wholemeal)  
225g liver (any sort, or alternatively pilchards)  
2 eggs  
2 cloves garlic  
3 tsps baking powder

Place the liver, garlic and eggs in a liquidiser and blitz. Add to a bowl containing the flour and baking powder, and mix to a Swiss roll consistency (may need to add a little milk). Spread into a lined baking tray, and cook at 180°C, Gas Mark 4, for approx 20 minutes, or until a skewer comes out clean. Turn out and cut into small pieces. Turn the oven down very low and dry off to a hard biscuit consistency. They freeze well, and are especially good as training treats....

**From small beginnings.....** A big Thank You to Forest for Cornwall who kindly supplied a free tree to South Hill WI to plant as part of the recent National Tree Week (last week in November 2023). The WI, after consultation with South Hill Parish Council, chose a sapling whitebeam tree to plant in the Recreation Ground to mark 2023, the year of the Coronation of King Charles III.

Whitebeam (*sorbus aria*) is a deciduous broadleaf tree that is compact and domed. Mature trees can grow to a height of 15m, as hopefully this one will in time! The bark and twigs are smooth and grey and the shoots are brick red in sunlight but greyish-green in shade. The leaves are oval and toothed, with the underneath covered in white, felt-like hair. They fade to a rich russet colour in Autumn. The flowers appear in clusters in May, and develop into scarlet berries in late summer or autumn. Whitebeam is native to southern England, and is common in parks and gardens, but is quite rare in the wild. Thanks also go to

Andrew Price, who came to give advice and guidance with the planting and ended up doing the work himself. The photo in last month's SHC erroneously claimed that Harriet did the planting - she was merely admiring an expert's handiwork!!



The next meeting of **South Hill WI will be on Wednesday, 7th February 2024** in the Parish Hall, Golberdon at 7.15pm. This is the Annual Business Meeting, so there will be no speaker this month. The final competition for the year will be an item beginning with the letter 'N'.

For more information please contact Jane at [southhillwi@gmail.com](mailto:southhillwi@gmail.com)

## St Sampson's Unlocked Update

Hoorah, our new heating is installed. The first time we used it, on Christmas day, an unusual phenomena occurred. A number of people took their coats off during the service! This will make a big difference to all our services and events. Many thanks to Dave Young & David Skelton, working hard to install the heaters.

Our Carol's by candlelight was as awesome as ever with a packed church singing carols and hearing the Christmas story, followed by mulled wine and mince pies.

### Services for February are:

**Sunday 4<sup>th</sup> 11.15 Holy Communion**

**Sunday 11<sup>th</sup> 11.15 Morning Worship** (bring something for Callington Foodbank)

**Sunday 18<sup>th</sup> 11.15 Morning Worship**

**Sunday 25<sup>nd</sup> 10am Wassail in the community orchard**

Work continues with pointing on specific places on the external walls and whilst the scaffolding was up, 2 swift bird boxes were put on the wall, facing North as advised. We expectantly wait for spring to see if we have new residents along with residents in the other 8 bird boxes put in trees in the churchyard. New benches made from recycled plastic will be soon making an appearance for you to sit and reflect and watch all the nature in the churchyard.

The new year brings us renewed efforts to raise the funds needed for the many works needed to make our wonderful grade 1 church cherished and restored for many more years to come and able to host many community events and services. The church is there for everyone.

One of the things we want to prioritise is to get our bells restored and back in the tower and we need your help. Could you help fund raise for this by holding an event or help with grant applications? Click here for more details or make a donation. [St Sampson's Historic bells - JustGiving](#) It was an exciting time in Dec 2021 when they were lowered from the tower and taken to Taylors foundry in Loughborough to await restoration, they are still there waiting!

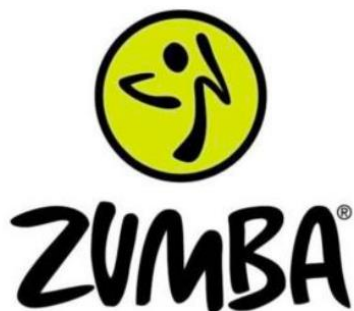


Wassail. We are planning to hold a wassail at the community orchard, as we did last year, on February 25th at 10am. Join in the fun as we bless the apple trees for a bountiful harvest. Yes, I know the trees are young, but we have great expectations for future years crops. And this year there are more trees planted! There will be singing and merry making, and the crowning of a wassail King and Queen as we anoint each tree with cider soaked bread (the birds will be very happy). Followed by apple based refreshments! Bring your children and grandchildren, your neighbours and your dogs.

Judith Ayers  
Local lay Leader



## Some of our local advertisers.



### LOWER INTENSITY CLASS!

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

[www.facebook.com/groups/recycling.for.charity](http://www.facebook.com/groups/recycling.for.charity)

Or visit our web page [www.south-hill.co.uk/charity-recycling](http://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.**

**Cornwall Council food waste service is coming.  
Your wheelie bins for general waste and food waste and  
indoor food waste caddy will be delivered soon.  
There will be local roadshows explaining it all.**

**If you already have a bin, you will no longer be able to use  
these for collection. The council will offer to collect them to  
be recycled ie. broken down and shredded.**



**Our RECYCLING for CHARITY project would love your unwanted wheelie bins  
so we can upgrade our current bins and improve our other collection points.**

**Either drop off to Green Meadows or contact us and we will pick up.**

**THANK YOU Ali 07305 044049**



Ali Humphreys Recycling for Charity project lead.

Cornwall Council are introducing weekly food waste collections and switching to fortnightly general waste collections across Cornwall..  
area by area.

**Our area starts from the 8<sup>th</sup> APRIL 2024**

Look out for the **Get Ready** leaflet, which will be delivered to your door and contains information about the new bins you'll be receiving and how to recycle your food waste.

**There will also be local roadshows explaining the new service:**

Feb. 13<sup>th</sup> Callington Library 2 – 4pm

Feb. 20<sup>th</sup> Upton Cross hall 10 – 2pm

Feb. 21<sup>st</sup> Pensilva hall 4 – 7pm

April 5<sup>th</sup> Callington Library 9am – 1pm

April 16<sup>th</sup> Stoke Climsland 3 – 6pm

Full list here > [Talk to us face-to-face at a community roadshow - Cornwall Council](#)

Recycling collections will stay fortnightly using the same coloured bags and box we do now.

If you want more bags order them [here](#)



By eliminating food waste from our black waste bags, we will be eliminating a lot of smelly items that attract birds and animals who split the bags open spilling our waste.

Also handling these smelly bags isn't much fun for the council bin collection team that pick up from our properties. The new food waste bins will be tipped into the lorries without handling the bags so better for our bin collectors.

This is why you will have new wheelie bins so they are uniform and can easily be tipped into the collection lorries.



Food waste is a valuable resource, which can be recycled and produce methane gas and fertiliser and the process produces energy, excess electricity is exported to the national grid.

[Read more info here](#) ...

SHARE members are planning a tour to see the Holsworthy plant.

Our food waste will be transported to Holsworthy..... Cornwall council aren't the only County to send food waste here, Devon (obviously) and in November 2021 Gloucestershire. Plus businesses like Ginsters send their food waste here.



**From 22 January 2024, Launceston HWRC will be running a reduced service due to adjacent construction works. Paper, cans and plastic will not be accepted during this time, please use the kerbside recycling service.**



## South Hill Parish Council meeting

Details of the meeting held on 16 January 2024 include the following topics:

**PARISH COUNCILLOR VACANCY:** At the start of the meeting Mr Richard Squires was co-opted on to the Parish Council.

**FLOODING AT MADERS:** Mr Ian Shakespeare (Maders resident) attended the meeting and outlined the recent flooding problems at Maders and the consequential increases in insurance cover. Details were discussed at the meeting with suspected problems with drainage from the road highlighted. The Council decided to contact the Highways Department in order to arrange a site meeting in order to discuss the problem.



**PARKING AT GOLBERDON:** The football season continues and with the upcoming cricket at the field the council will remind teams to use the parking at the top end of the field to alleviate congestion on the road.

**AFFORDABLE HOUSING:** In the light of the recent Housing Needs Survey and having no contact recently, the council will contact Mr Johnathan Pollard, Cornwall Council to enquire as to whether he feels further progress can be made.



**CLIMATE CHANGE ACTION PLAN:** Need to decide what we are going to do. Arrangements were made to produce additional action items on: Managing public areas and Agriculture (Duchy College will be contacted), in the parish. The plan will soon be displayed on the council website here <https://www.south-hill-pc.gov.uk/climate-action.php>

**FOOTPATHS:** Details have been agreed for the siting of a footpath sign at the road entrance to path 638/20/1. A working party will position the sign soon. Cornwall Council will be contacted to see if any decision has been made regarding the stile or gate at the Woodlands.

UPDATE FROM: Cllr Pete Tunncliffe (for fully accurate information as to council meetings readers should consult the minutes of council meetings at [www.south-hill-pc.gov.uk](http://www.south-hill-pc.gov.uk) <https://www.south-hill-pc.gov.uk/meetings.php> )

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

The next meeting of the Parish Council will be on **20<sup>th</sup> February**, starting at 7:30pm at the Parish Hall. All are welcome.

**Callington Colts U14's are playing at home (Golberdon recreation field) on Feb. 10<sup>th</sup> and 24<sup>th</sup> starting at 10am** [Fixtures here](#)

## Cornwall & Devon sending love to Ukraine

Our next trip leaves on the 10th of February

**Most urgent need is.**

Nappies of all sizes, Incontinence pads  
Baby, food for all ages  
Premature baby clothes, Newborn baby clothes  
Sleeping bags, Airbeds  
Defibrillators, Survival bag, Dry bags  
First aid equipment, Trauma kits, Burns kits  
First Responder bags, Foil blankets  
All over-the-counter medication  
Personal hygiene, Toiletries, Sanitary products  
Power banks, Generators  
Thermal socks, Thermal underwear  
Handwarmers, Feet warmers  
Any and all medical equipment  
Wheelchairs, Walking frames, Mobility aids  
Easter eggs for the children of Ukraine  
Shoeboxes of love for frontline workers  
If you would like to post anything to us, our address is  
Darrens cars  
Unit one  
Rylands garage  
St Anns Chapel  
Callington  
PL189HW

Or Drop to The Emporium, Tavistock Rd, Callington,  
when the volunteers are present.



**QUIZ NIGHT**

**CORNWALL & DEVON**  
sending love to  
**UKRAINE**

**FRIDAY 2<sup>ND</sup> FEBRUARY**  
**6:30PM**  
**AT THE RIFLE VOLUNTEER**

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TO UKRAINE

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**24TH FEBRUARY 2024**



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**DELIVERING DUNG TO:**

## Wyld Thyngz Forest Kindergarten Open Day!

Considering an outdoors early years setting?  
Looking for an alternative to mainstream nursery?  
Intrigued by the Forest School ethos?

Come and see our small and friendly,  
OFSTED rated Good (Nov 2021)  
forest Kindergarten

**Monday 12th February  
10am—12noon**





To book your free space  
call Sarah: 07581845455  
Or e-mail:  
wyldthyngz.cornwall@gmail.com

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South Hill Parish and local  
surrounding villages.  
**CONTACT Beth Alford 0796 895 2987  
OR email [yfcallington@gmail.com](mailto:yfcallington@gmail.com)**

The Primrose Breast Care Centre, Derriford Hospital  
[www.facebook.com/ThePrimroseFoundation](https://www.facebook.com/ThePrimroseFoundation)

**Alternatively if you want rotted manure  
delivered by tractor bucket load  
in the parish,  
contact David Skelton, 07776 386828  
who will pass on your donations.**

## Group Travel

Day Trips & Coach Holidays

### Coach Excursions & Tours 2024

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

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email: [grouptravelcornwall@btconnect.com](mailto:grouptravelcornwall@btconnect.com)

## Adventure of a Lifetime

Some years ago we bought a kitten for our Son and she was named Fudge. She's a feisty tortoiseshell who loves affection but is full of energy and mischief. She started to experience the great outdoors; exploring the garden and surrounds more and more. **The first hurdle was getting her to go through the clunky cat flap!** Eventually, after a few gentle nudges, she overcame this hurdle. Her life indoors was safe and warm and she knew it well. Now, she is putting those cat senses to good use and starting to grow comfortable with her enlarging world.

I feel in many ways that I was pushed through a cat flap some years ago when I began training as a Church of England minister. I remember it was a vulnerable time facing unknown territory. Sometimes I have, like Fudge, beaten a frenzied retreat back into the cat basket.

We have watched Fudge through the kitchen window when she first ventured outside, in order to make sure she didn't come unstuck. I believe God watches us in a similar way when we follow him and begin a journey of faith. January, and the early part of February, are a time of 'Epiphany', which means 'manifestation or a 'showing'. This is the time we celebrate the visit of the Magi or, as some believe, three kings. These wise men from the east journeyed a huge distance, following a star which for them indicated a special ruler had been born.

Nearly 2000 years before the Magi existed, a family made a similar journey but stopped halfway in a town called Harran. This was the family young Abram was born into. He was later called 'Abraham' (meaning father of many) and he is considered a great father figure when it comes to faith. Perhaps this is because he, the age of 75, was called by God to pack up and leave the comfortable, settled life? He left the thriving town of Harran and journeyed many miles south to a place called Zoan in the eastern Nile delta. His life, despite a good few setbacks, became such an adventure. It all originates back to that time when he took a leap of faith and what he did has had astronomical effects upon the world today. His was an adventure of a lifetime and everyone who has faith can know the buzz you get from following God.

Chris Martin of Coldplay wrote in his song 'Adventure of a lifetime':

***I feel my heart beating***

***Oh, you make me feel***

***Like I'm alive again***

....and goes onto say

***if we've only got this life***

***You'll get me through, oh***



This, for me, expresses the immense sense of thrill and blessing a person gets when they take a leap of faith. So, if you hear God nudging you to take a journey of faith, think of Fudge, leaping through the cat flap.

Rev. Joe Lannon (Rector)



## 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

3<sup>rd</sup> Tues. 7:30pm **Parish Council meeting**

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

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

1<sup>st</sup> Wed. **Women's Institute** 7:15pm

Thur. 7 – 8pm **Pilates** with Judy

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

4<sup>th</sup> Sat. Monthly Charity **Quiz** starts 7:30pm  
to book [bookings@southhillparishhall.org.uk](mailto:bookings@southhillparishhall.org.uk)

### South Hill Piecemakers

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

[Callington Colts Football](#). Fixtures

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### The Connection Newsletter

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## Parish contacts list:

Church. St. Sampson's Judith Ayers  
[stsampsonssouthhill@gmail.com](mailto:stsampsonssouthhill@gmail.com) Baptisms,  
weddings or funerals - cluster administrator  
[info.callingtoncluster@gmail.com](mailto:info.callingtoncluster@gmail.com)  
07907081163 Mon/Tues/Weds/ 9am- 1pm  
Connection Ali Humphreys 07305 044049  
[editor@south-hill.co.uk](mailto:editor@south-hill.co.uk)  
Cornwall Cllr. Sharon Daw 07837 379305  
[cldr.sharon.daw@cornwall.gov.uk](mailto:cldr.sharon.daw@cornwall.gov.uk)  
Climate Change Group via our Parish Council  
Freddies F. Friends Julia 07921 366426  
Hall Bookings [bookings@southhillparishhall.org.uk](mailto:bookings@southhillparishhall.org.uk)  
Hall Chair Chris [hallchair@south-hill.co.uk](mailto:hallchair@south-hill.co.uk)  
Horticultural Show Cat [catede@hotmail.co.uk](mailto:catede@hotmail.co.uk)  
Quiz [bookings@southhillparishhall.org.uk](mailto:bookings@southhillparishhall.org.uk)  
Newsletter [editor@south-hill.co.uk](mailto:editor@south-hill.co.uk)  
Orchard [orchard@south-hill.co.uk](mailto:orchard@south-hill.co.uk)  
Our Parish Councillors [contact list](#)  
Parish Council Clerk Jenny Hoskin  
01208 72789 [southhillpcclerk@gmail.com](mailto:southhillpcclerk@gmail.com)  
Piecemakers Elaine 07360 616627  
[elaineruthbrewer@hotmail.co.uk](mailto:elaineruthbrewer@hotmail.co.uk)  
Pilates on Wednesday Sarah 01579 532606  
[smjlodge@hotmail.co.uk](mailto:smjlodge@hotmail.co.uk)  
Pilates Judy [jbuntrocklowe15@gmail.com](mailto:jbuntrocklowe15@gmail.com)  
Recycling for Charity project Ali  
SHARE [SHARE@south-hill.co.uk](mailto:SHARE@south-hill.co.uk)  
Super Tots Toddler group Elaine Young  
07811 283384 [elaineyoung004@gmail.com](mailto:elaineyoung004@gmail.com)  
TT Taekwondo Dale 07790 763547  
Walks Ali [iamalihumphreys@yahoo.com](mailto:iamalihumphreys@yahoo.com)  
Women's Institute [southhillwi@gmail.com](mailto:southhillwi@gmail.com)  
Yoga & Pilates Judy 07870 315 718  
Zumba Liz 07484 157706  
[LizLazenbury@gmail.com](mailto:LizLazenbury@gmail.com)

[www.southhillparishhall.org/whats-on](http://www.southhillparishhall.org/whats-on)

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  
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