

# The South Hill Connection Newsletter

AUGUST 2024

Issue 127

**Evening Parish Walk. 5miles  
Tuesday 20<sup>th</sup> August 7:20pm start from  
Golberdon crossroads.  
Controlled dogs and children welcome.  
Quiet lanes and fields. Two stiles.  
Just turn up or text Ali 07305 044049**



## The CONNECTION Team

look forward to hearing from you at

[editor@south-hill.co.uk](mailto:editor@south-hill.co.uk)

For the September newsletter please  
send your articles by August 15<sup>th</sup>

Thank You.

This is our web site.

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

[Our advertisers](#)

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

[Parish hall web site](#)

[Parish council web site](#)

## SOUTH HILL HORTICULTURAL SHOW Saturday August 17<sup>th</sup> SHOW SCHEDULE [Here](#)

### COOKERY CLASSES

62. Victoria sandwich (jam filling)
63. 3 sausage rolls
64. An individual desert
65. 3 Plain scones
66. 3 slices tray bake
67. Pizza 9" max
68. A traditional pasty
69. 3 chocolate brownies
70. 3 Cornish fairings
71. Boiled Fruit Cake



### Recipe & Method

1. Into a large saucepan add 4oz margarine or butter, 6oz caster sugar, 6oz currants, 6oz sultanas, 2oz mixed peel, 8 fl oz water, 1 level teaspoon bicarbonate of soda, 1 heaped teaspoon mixed spice; bring to a rolling boil and cook for 1 minute.
2. Cool the mixture for 15 minutes, stirring often, before gradually adding 2 large beaten eggs followed by 4oz plain flour, 4oz self-raising flour & a pinch of salt.
3. Stir well then turn into a greased & lined 2lb loaf-tin.
4. Bake in the oven for 1 hr 15 minutes at 140°C.

**Anyone can enter the show classes.**

**Why not give it a go....**

Match your pasty against others.

Just follow the given recipe and method to  
make a Boiled Fruit Cake.

See all the classes on line or pick up a copy  
from the hall porch.

Entry forms and fees should be sent to the  
secretary or can be dropped to the hall on  
Monday 12<sup>th</sup> from 6:30pm – 7:30pm  
Entries themselves can be staged on show  
day from 8 – 10am or the previous evening  
Friday 16<sup>th</sup> 7 – 8pm

Only one entry in any class.

**Show opens at 2pm**

**Presentation of prizes at 4pm**



The Beast of Bodmin, but not as you know it! [Sterts Theatre Company](https://www.sterts.co.uk) Aug. 21<sup>st</sup> - Sept 7<sup>th</sup>

Cornwall's newest musical is for ages 2-102 where you can laugh along together - perfect for fans of Horrible Histories, Ghosts and 39 Steps the play.

The Beast was created for Sterts and is **Sterts' launch production opening the newly rebuilt theatre.**

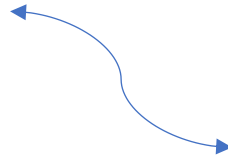
It transports you to Cornwall at the turn of the century, where Victorian science rules the waves, and jam goes before cream on scones. Join Mary, motor-mouth go-getter, and Edward, terrified hypochondriac, as they venture deep, deep into the wilds of Bodmin Moor.

Why? To hunt the mythical Beast and make all Mary's dreams come true. But when you hunt for dreams, sometimes you find nightmares are all too real...

**Tickets:** Adult £15 , Under 18 £9 , 2 Adults + 2 Children £39



SEE ALL EVENTS HERE> <https://tickets.sterts.co.uk/sales/events>



## South Hill Parish Hall Updates

South Hill Parish Hall Committee

# HARVEST SUPPER

September 14<sup>th</sup> 2024

Cold meat buffet with salads, vegan options, dessert, tea & coffee

Entertainment

Bring Your Own Drinks

Please donate items for the Auction & Raffle  
Tickets available at The Horticultural Show

Items can be dropped off ahead of time  
Thank You in advance for your generosity.

Please let the hall committee know if you'd like to help with this event or others.  
[richard.squires@cornwall.ac.uk](mailto:richard.squires@cornwall.ac.uk)  
Richard, Paula, Graham, Ali, Dennis, Kim, Chris, Hilary

Looking to hire the hall for a party, or any event, Book Early to avoid disappointment. Christmas will be here before we know it !!

You can check the availability calendar before contacting Paula

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

[bookings@southhillparishhall.org.uk](mailto:bookings@southhillparishhall.org.uk)

The BOOK SWAP Library is being well used  
Thank you to those that keep it tidy.  
There are books for ALL AGES.  
Just help yourselves.





**Sat 31st August | Nos Lowen**  
**7:30pm | Town Hall | £10/£5 u18**

Cornish dance night with Kelliwik Golowi, The Rubber Band and Ilow Splann, and dance leader Carmen Hunt

**Sun 1st Sep | The Silver Ball**  
**3pm/5pm | PrimRaf Theatre | £5**

An adaptation of the audio drama by Anna Chorlton, celebrating 75 years of PrimRaf

**Mon 2nd Sep | Music Session**  
**8pm | The Cornish Ancestor | FREE**

Open music session and beer festival

**Tue 3rd Sep | Cornish Folk Tales**  
**3:30pm | Library | FREE**

Join Mike O'Connor, Barbara Griggs and Kathy Wallis for folk tales from Cornwall

**Tue 3rd Sep | Kernow Kino**  
**7:30pm | Town Hall | PAYF (pay as you feel)**

A collection of 10 short films by local filmmakers, representing the rich diversity of Cornwall's language, culture, heritage and communities

**Wed 4th Sep | The Piskey Path**  
**4pm | PrimRaf Theatre | FREE**

A Mazed Tales puppet show: a case of Cornish stories with Hunt and Bottrell, tale collectors

**Wed 4th Sep | Shout**  
**8pm | The Bull's Head | FREE**

An open night of singing in Cornish and English

**Thu 5th Sep | Meet the Authors**  
**13:30pm | Library | FREE**

Meet authors Jane Nancarrow and Ruth Saberton, hosted by Kathy Wallis

**Thu 5th Sep | The Prophecy of Merlin**  
**7:30pm | Town Hall | £10**

An epic adventure story with achingly beautiful music by Mike O'Connor and Barbara Griggs

**Fri 6th Sep | Gorsedh Seminar**  
**10am | Town Hall | FREE**

All the latest Cornish cultural developments from across the Duchy

**Fri 6th Sep | Gorsedh Awards & Social**  
**7pm | Town Hall | FREE**

Gorsedh Awards, plus a performance by story singer, Kaner Drollys, Richard Trethewey with films of his songs

**Sat 7th Sep | Stalls & Entertainment**  
**11am - 5pm | Community College | FREE**

Cornish and Callington stalls and refreshments, with Callington Town Band, Cornwall Youth Choirs, Kelliwik Golowi and Cornish Wrestling

**Sat 7th Sep | Gorsedh Bardic Ceremony**  
**2pm | Community College | FREE**

Annual gathering of the Bards of Gorsedh Kernow, led by the Grand Bard of Cornwall, Pol Hodge, Mab Stenak Veur with Elly Valdebouze as the Lady of Cornwall. In the main hall if wet. All welcome.

**Sat 7th Sep | Gorsedh Concert**  
**7:30pm | Community College Hall | £15**

Featuring renowned 9-piece singing sensation, Barrett's Privateers, Cornish traditional music trailblazers, Dalla Duo, and pioneering electro folk artist, Martha Woods with additional sounds & stunning visuals by Stone Club

**Sun 8th Sep | Food Fair & Music**  
**10am | Pannier Market | FREE**

Music including Karenza Lily-May, Callington Town Band, Steve Hunt and Kelliwik Golowi

**Sun 8th Sep | Mural Trail**  
**10:30am | Meet at New Road Car Park | FREE**

With Kathy Wallis, Dave Naylor & Rosie Fierek

**Sun 8th Sep | Gorsedh Service in Cornish**  
**3pm | St Mary's Church | FREE**

With Gorsedh Chaplain, Jane Kneebone & Rt. Rev'd. Hugh Nelson, Bishop of St Germans

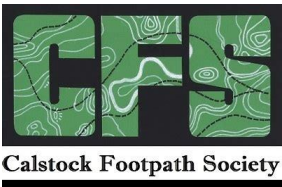
**Sat 31st Aug - Fri 6th Sep | Exhibition**  
**Callington Heritage Centre | FREE**

Collection of images and recordings of the last Gorsedh in Callington.

**Mon 2nd - Thu 5th Sep | Cornish Language School**  
**School | Methodist Hall | £100**

Intensive 12 hour Cornish language courses for beginners and improvers





Calstock Footpath Society

## A Walk & Talk 1<sup>st</sup> September 2024 Harrowbarrow Coombe and Prince of Wales Mine circular Estimated time 70 minutes (approx. 2.4 miles)

A scenic walk along public footpaths, quiet roads and through Mining Heritage land. This is a short circular walk with a couple of steady uphill and downhill descents. Three kissing gates. Can be muddy at times so good walking footwear recommended. Dogs welcome on static leads. Meeting in Harrowbarrow & Metherell Village Hall Car Park at 2 p.m. for the Walk. PL17 8BQ (What3words – computer.texts.serenade). Then in The Games Room for the Talk (please leave your dog to sleep in your car). Refreshments will be served by Jean. The meeting short. Look forward to seeing you there.

**CALLINGTON**

COME & JOIN US FOR OUR

# SUMMER FAIR

SUNDAY 25TH AUGUST     SALTASH ROAD RECREATION GROUND

12PM UNTIL LATE

**FREE ENTRY**

**Bouncy Castle, Pop-up Play Village, Vintage Funfair Games, Food Truck, Arts & Craft Stalls, Table Top Sale and much more.....**

Interested in Pickleball ?  
[enquiry@callingtonrotary.org](mailto:enquiry@callingtonrotary.org)  
 or 'phone Roy 07484 613198



**20 people attended the PICKLEBALL TASTER EVENING**

Callington Rotary

## Callington Sports Dome

What is 'Pickleball'? Why is it becoming so popular? Join us in the Sports Dome at the rear of Callington Community College to find out. Admission FREE - please book a place via our website.

<http://callingtonrotary.org>

Donation on the night gratefully accepted.

Our What3Words address: //holds.aviators.settled

## Paper Bead Jewellery

'Taster Course'

Learn how to make amazing paper jewellery

**Thursday 12th September 10am - 1pm**

Millenium House  
Princess Road  
Pensilva PL14 5NF

**£10 per person**  
to include a bead rolling tool for you to take home, plus materials to make a bracelet and more ...

Contact Linda Scott 07973 440101  
or email [lindascott100@yahoo.co.uk](mailto:lindascott100@yahoo.co.uk)

This has proved very popular, Linda is taking names for a waiting list and MAY arrange another date.

Kelly,  
Cormac's  
Urban  
Ranger  
[volunteers@cormactd.co.uk](mailto:volunteers@cormactd.co.uk)  
[cormactd.co.uk](http://cormactd.co.uk)

**07736 624543**

## Urban Green Shoots in Cornish towns

Join us for an 'Introduction to Botany' with 'Budding Nature'! Perfect for anyone that would like to learn about plant identification and what is growing around us. Please get in contact with any questions and to reserve your spot.

**Thursday 22nd August, Oaklands Community Centre, Saltash**  
10am – 3pm

Please bring a packed lunch. Free hot drinks provided. Please dress in suitable clothing for the weather! Get in contact below to book your space

Contact: Kelly, Cormac's Urban Ranger  
 Email: [volunteers@cormactd.co.uk](mailto:volunteers@cormactd.co.uk)  
 Mobile: 07736 624543



**BRING ON THE BIKERS**  
ANNUAL RIDE OUT

**Sunday**  
**25th**  
**August**  
**2024**  
**11am**

**All bikes welcome**    **£5 per bike**

Raising money and awareness for

Pie Stop  
Launceston  
Holsworthy  
Bude  
Widemouth Bay  
Davidstow  
Bolventor  
Dobwalls  
Looe  
Chequered Flag Café  
Liskeard

Stroke Association    BEYOND THE CHARITY GIVING CHILDREN AND YOUNG PEOPLE REWARDS THAT LAST A LIFETIME    Supporting children's hospice SOUTH WEST Little Harbour

Poster Maker

Join us for an incredible charity motorcycle ride out on the 25<sup>th</sup> August 2024!

Time: 11am Start

B&M RETAIL PARK, Hurdon Way, Launceston

Finish Chequered Flag café Liskeard

Route: Coast to coast through Cornwall

All bikes welcome!

Entrance fee: just £5

Charities: The Stroke Association, Children's Hospice South West, and Go Beyond

Hot food provided halfway

Get your engines revving for a day of breathtaking scenery, camaraderie, and making a difference in the lives of others. Join us as we ride across Cornwall, supporting fantastic causes along the way.

Don't miss out on this unforgettable experience! Mark your calendars, gather your fellow riders, and let's make a positive impact together.

[Bring On The Bikers Annual Ride Out | Facebook](#)

**Esedhvos**  
Kernow  
Festival of Cornish Culture

**Gorsedh**  
Kernow



**Gorsedh Concert**  
Callington Community College

We are thrilled to announce the artists for the **Gorsedh Concert** on **Saturday 7<sup>th</sup> September 2024** at Callington Community College.

Featuring the renowned, nine-piece singing sensation **Barrett's Privateers**,

Cornish traditional music trailblazers **Dalla Duo** and pioneering electro-folk artist **Martha Woods Music**.

Additional sounds and stunning visuals provided by **Stone Club**.

Tickets on sale now. Don't delay...  
[Keskerdh Kernow Limited event tickets from TicketSource.](#)

[www.facebook.com/esedhvoskernow](http://www.facebook.com/esedhvoskernow)

Saturday 7th September 2024  
Doors 6:30pm; Concert 7:30pm

Featuring the renowned, nine-piece singing sensation Barrett's Privateers, Cornish traditional music trailblazers Dalla Duo and pioneering electro-folk artist Martha Woods. Additional sounds and stunning visuals provided by Stone Club.

Tickets on general sale from July 1st.

[www.gorsedhkernow.org.uk](http://www.gorsedhkernow.org.uk)

# MARVELLOUS HISTORIES

SUMMER AT THE MUSEUM 27TH JULY - 31ST AUGUST

CHILDREN'S BOOK  
CORNER

1ST AUGUST, 11:00 - STORYTIME FOR ALL AGES, FREE

DISPLAY ON THE OLD  
PASSMORE EDWARDS  
LIBRARY

9TH AUGUST, 10:30 (PUBLIC HALL) - 'WHAT JOHN  
PASSMORE EDWARDS DID FOR LISKEARD', TALK, £5

CELEBRATING THE  
WRITING LEGACY  
OF JOHN ALLEN AND  
EMILY HOBHOUSE

12TH AUGUST - 'AWESOME OBJECTS' CURATORIAL  
WORKSHOPS; 10:30 - 12:00 (AGES 11-16)  
& 13:30 - 15:00 (AGES 16+), FREE

CRAFTS AND ACTIVITIES  
FOR ALL AGES

14TH AUGUST - 'CORNISH MYTHS AND LEGENDS'  
CREATIVE WRITING WORKSHOPS  
10:30-12:00 (AGES 11-16) & 13:00-15:00 (AGES 16+), FREE

23RD AUGUST, 10:30 (PUBLIC HALL)- LISKEARD'S  
FORGOTTEN ANGEL. THE CONTROVERSIAL LIFE  
OF EMILY HOBHOUSE, TALK, £5

30TH AUGUST, 10:30 (PUBLIC HALL) - 'BEHIND ENEMY  
LINES: EMILY HOBHOUSE AND WWI', TALK, £5

FREE ENTRY MON - FRI 10 - 16 SAT 10 - 13

BOOKING FOR TALKS AND WORKSHOPS ESSENTIAL VIA LISKEARD TIC  
01579349148, OR TOURISM@LISKEARD.GOV.UK



## Train4Tomorrow

Skills Training for anyone aged 19+

[www.train4tomorrow.org.uk/](http://www.train4tomorrow.org.uk/)

**Skills Bootcamps** are available to those who are unemployed, employed (looking to change career), and self-employed and can be co-funded by **employers** to enable upskilling of employees. The programme is funded by the Department for Education and includes training in:

- Catering ... Hospitality, Chef, Manager
- Construction ... Multi-skills and trades, Scaffolding, Domestic retrofit
- Digital ... Marketing, Live event production, Data Analytics, Web site design/development
- Green ... Ecology and Conservation, Natural Resources, Food and Farming
- Health and Social Care ... Primary care, Pharmacy, Health care
- Professional Services ... Bookkeeping, Coaching, Mentoring, Leadership, Management
- Technical ... Aircraft Engineering, Marine Industries, Electric Vehicles, Renewables, Welding





## Our Westcountry CSI aims are:

- To educate and engage people with the water environment.
- To produce data that can be used to target work and identify degrading water bodies.
- To spot pollution events which can be dealt with as quickly as possible.
- To create a network of catchment communities that are invested in their local environment

## Be a Citizen Scientist with us

Support our independent, flagship Westcountry Citizen Science Investigations project and you will contribute to the resilience of your region's rivers, their habitats and wildlife, now and for the future.



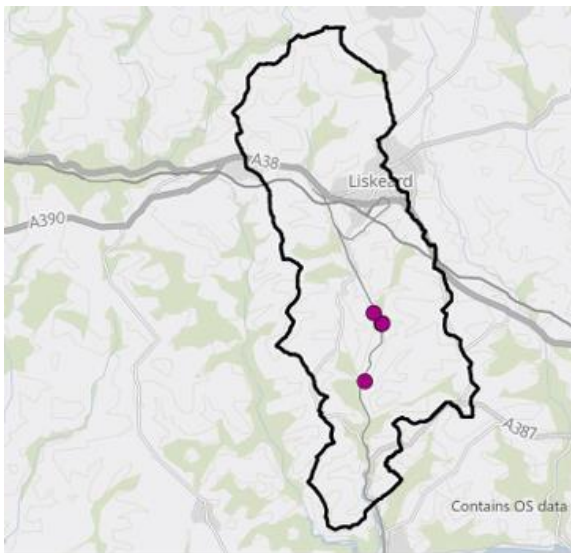
Hi, I'm Anna.

I'm part of the team looking after our fabulous community of #WestcountryCSI citizen science volunteers. They make a valuable contribution to our work to protect and restore the region's freshwater environments.

We hope you'll want to take part too. Email us via [csi@wrt.org.uk](mailto:csi@wrt.org.uk) if you have any questions.



1	9	2	18	9
Obstacles to fish spotted	Sampling locations	Active samplers	Surveys completed	Months sampled



East Looe River is sampled by Astrid who lives in our parish.

You can see information on other rivers on the web site here.  
<https://wrt.org.uk/>

### Invasive Species

Invasive plants: None observed (7), Himalayan Balsam (11).

### Wildlife

Wildlife spotted: Heron (1), Other (9), None (8).

### Pollution

Pollution sources: None (17), Outfall causing odour (1).  
 Pollution evidence: None (17), Unpleasant odour (1).

## Marlam Construction Ltd.

We have built a team of 12, opened our own office and managed to build a great reputation among clients and professionals.

With our varied team, We cover most aspects of the construction industry from garden walls and leaky roofs to extensions and new build homes.

We are proud members of the federation of master builders and all of our work is guaranteed, we have carried out many projects in the local area and wish to continue to do so by looking after the people who live there.

Ash Lamb, Trevigro.



DELIVERING PROFESSIONAL CONSTRUCTION CONTRACTS



### MOBILE APPOINTMENTS IN THE COMFORT OF YOUR OWN HOME

## Launceston Mobile Foot Health Clinic



#### TREATMENTS INCLUDE

- Nail Cutting
- Hard Skin
- Callus & Corns
- Cracked Heels
- Ingrown Toenails

I am a qualified and insured Foot Health Practitioner providing a mobile service in South Hill parish and local area. All common foot problems treated in the comfort of your own home. Prices and services on my website - [/50clinic.wixsite.com/launcestonclinic](http://50clinic.wixsite.com/launcestonclinic)

Call Clare Burton BSY DIP FHP  
**07963 995830**

**Appointments**

**Tues, Wed, Thurs - 11am to 6.30pm**

## Group Travel

Day Trips & Coach Holidays

#### Coach Excursions & Tours 2024

13th Aug	Pecorama & picturesque Beer Village
<b>6th - 8th Sept</b>	<b>Burghley Horse Trials</b>
10th Sept	Widcombe Fair
<b>16th - 20th Sept</b>	<b>Carmarthen &amp; South Wales</b>
9th October	Goosey Fair, Tavistock
2nd November	Bridgwater Carnival
16th November	Longleat Festival of Light
<b>22nd - 25th Nov</b>	<b>Turkey &amp; Tinsel - Bournemouth</b>
30th November	Bath Christmas Market
7th December	Exeter Shopper & Christmas Market
15th December	Cornish Christmas Lights

Visit our website for all our excursions & tours.

Call: Dawn or Robin on 01208 77989 for bookings and brochure  
website: [www.grouptravelcoachhire.co.uk](http://www.grouptravelcoachhire.co.uk)  
email: [grouptravelcornwall@btconnect.com](mailto:grouptravelcornwall@btconnect.com)

### Need Help in Your Garden?

Thomas Robbins from Golberdon is offering weekend help in your garden or allotment.

I will be happy to weed, cut grass, dig any area over, trim hedges etc.

I can provide some tools, but not a lawnmower. Because I'm 17 and just helping others for small remuneration, I have not looked into insurance. My area is within a five mile radius of Golberdon.

Phone **07934 749 210** Thank you. Thomas.



### H & H Osteopath -

Your local clinic for musculoskeletal pain, providing Osteopathic treatment and Red light laser therapy.

**The Arcade. New Rd. Callington**

Osteopathy is a method of diagnosis and treatment for a wide range of medical conditions.

An Osteopath works with the structure and relative function of the body using manual therapy techniques including manipulation, joint mobilisation, stretching and massage to enhance blood flow, nerve supply, relieve muscle tension and increase mobility to promote recovery and healing. It is a combined therapy which can treat acute and chronic pain.

Some of the conditions we see, including new injury or pre-existing injury.

Back pain - neck pain - foot/ ankle pain - nerve pain - arthritis - pelvic girdle pain - headaches - soft tissue injury - occupational repetitive injury - tendinopathy - achilles tendinitis - shoulder pain - carpel tunnel - muscle spasm **and more.**

Management of your symptoms, will help manage your pain, and improve quality of life.

Combined Osteopathy complimented with laser therapy, can help speed up recovery time

H and H Clinic is based in Callington with easy access and accessible parking. **Phone 07794 472252**

**H and H Osteopath** really helped with my back and hip pain! I cannot recommend this lady highly enough. I've been in pain for years, struggling with sleep, feeling like I was dragging a toddler around on my leg etc. I've had no relief from my visits to the Dr's, so as a last resort thought I'd try an Osteopath. I wish it had been my first place to try! It is absolutely amazing how much better I feel. Claire .



**H & H Osteopath**  
 Sadie Pearce M.Ost  
 07794 472252  
 handhsteopath@gmail.com

Unit 4, The Arcade, New Rd, Callington, PL17 7BE



### AB pest Solutions

When you get a swarm or even scout bees time is of the essence. The longer you leave it the more difficult the removal is. Not sure if it's bees, wasps or hornets, call Andrew **07895 512874**

Ants, moles, something going bump in the walls or attic give him a call. Lives in Golberdon.



### Williams Window Cleaners

Est.1990

*All windows cleaned to highest standards.*

*Also conservatories including roofs.*

Telephone:

**01579 384435**

or

**07990 996886**



We're looking for photos that showcase the best of the British countryside and farmed landscape.

Back British Farming and Farm Stay UK are offering you the chance to win £1,000 towards a holiday in the beautiful British countryside.

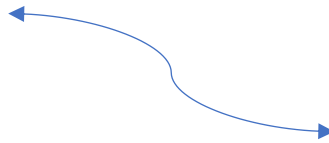
The Best of British summer photo competition aims to showcase the best of our British landscapes and how farmers care for our countryside while producing the nation's food.

Farming has shaped our iconic landscapes across the generations. Without farmers and growers looking after the countryside, it wouldn't look like or be the wonderful place that we all cherish so much.

All you have to do is share a picture of your favourite farmed landscape, capturing the best of British farming along with what it means to you and why.

The competition opens on **15 July** and will close on **16 August**. Keep scrolling for more details about the competition, or [use this quick link to enter now](#).

[Back British Farming – Best of British summer photo competition \(nfonline.com\)](#)



### St Sampson's Unlocked update

We had a wonderful Medieval Summer Fayre on June 29<sup>th</sup>, the weather was kind and enjoyed by lots of visitors. Thank you to all our supporters who made the day a great success.

The Falcons were amazing, the donkeys cute, the beer cold and the tea hot!

We made approximately **£2,500** towards the restoration project.



View more photos on the web page here > <https://south-hill.co.uk/medieval-summer-fayre/>



St Sampson's continued:

Our next event is a **Cream Tea and Callington Town Band on Saturday September 21<sup>st</sup>**  
Put the date on your calendar, time to be confirmed.

### **July 28<sup>th</sup> is St Sampson's Day**

Celebrations start 10am with coffee and a service, followed by a bring and share lunch, finger foods please. Come for the morning or just for lunch, and find out who St Sampson was.

Of all the 'Cornish' saints, Sampson is the only one for whom there appears to be documentary evidence written both at the time he was alive and less than two hundred years after his death. Most saints' lives weren't written until over five hundred years after they died. So the little information we have about Sampson is probably more reliable than that for most saints, including St Piran or St Petroc!

**Sampson was the son of a noble family from South Wales, born in the early 500s.** He was educated in a monastery at Llantwit Major where he eventually became ordained.

Sampson was regarded as a very holy and special person from an early age and is said to have performed various miracles. He travelled for a while as a missionary in Ireland and on his return to Wales lived as a hermit before becoming Abbot of the monastery at Llantwit Major.

After some years as Abbot, Sampson experienced a vision in which God called him to travel as a missionary to Europe. At that time, the normal way to get to Europe from Wales was to travel by sea to north Cornwall, cross Cornwall and then sail to Brittany from somewhere like the Fowey estuary. Sampson therefore set out by boat with his father and others and is believed to have landed somewhere along the Camel estuary.

He visited a monastery called Dooco, which existed at the time at St Kew, but the local monks refused to let him stay with them, because his standards were too high for their Cornish way of life! Sampson and his party then travelled east. They came across a group of people involved in games around a stone pillar or image of an idol.

During the games, a young man fell from his horse and appeared to have been killed but Sampson healed him. As a result, the leader of the people, named Vedianus asked Sampson to baptise them all.

The story goes that Vedianus asked Sampson's help with a huge serpent which was living in a nearby cave and terrorising the neighbourhood. Sampson of course managed to kill the serpent and subsequently went to live in the cave where a spring of water gushed out in response to his prayers. He founded a monastery nearby, to be run by his father, Amon, and his cousin Henoc.

Sampson himself moved on through Cornwall and sailed to Brittany where he founded another monastery at Dol and remained there until his death in the late 570s or early 580s, allegedly on 28<sup>th</sup> July, which is why we celebrate him on that date.

Whatever the truth of the stories about Sampson, he appears to have existed and to have spent a short time in Cornwall, almost certainly founding at least one monastery here.

Archaeological evidence has shown that the site of St Sampson's church has been a place of Christian worship since before the 1100s and probably earlier. The presence of the very rare sixth century Christian memorial stone (which now stands at the entrance to the churchyard) means that there must have been Christians here at around the time of St Sampson and gives weight to the argument that South Hill may have been the place where he converted local people to Christianity and founded a monastery.

Judith Ayers Church warden and Local Lay Leader [stsampsonssouthhill@gmail.com](mailto:stsampsonssouthhill@gmail.com)  
01579 384617 [www.callingtoncluster.org](http://www.callingtoncluster.org) [Facebook](#) St Sampson's Unlocked

# South Hill W.I

## RUNNER BEAN BRUNCH

Serves 4

2 eggs  
 500g runner beans, sliced  
 85g good white breadcrumbs  
 1 clove garlic, whole  
 Small bunch chives, snipped  
 4 rashers bacon, cooked



### Dressing

4 tblsp olive or sunflower oil  
 1 tblsp extra virgin olive oil  
 1 tsp English mustard (or half tsp mustard powder)

Cook the runner beans in water, and hard boil the eggs.  
 Whisk the dressing ingredients together and add seasoning.

Heat frying pan (use the one that the bacon was cooked in), add a little extra oil and add breadcrumbs and garlic clove.  
 Stir for about 3 minutes until toasty and golden and just infused with garlic.  
 Remove the garlic clove.

Chop the eggs, chives and bacon and mix together.  
 Toss the beans with the dressing while still warm, then put in a serving dish. Top with the egg, bacon and breadcrumbs.



The next meeting of South Hill WI  
 will be in the Parish Hall, Golberdon on Wednesday **7th August** 2024 at 7.00 pm.

The speaker will be Dale Wood  
 who will be making a welcome return to tell us more about bees and beekeeping.  
 Fingers crossed, he may also have some honey for sale!





*We have toys to give away.*

# Free Toy Swap

**Fri. August 9<sup>th</sup>**

10am till 12noon

Callington Library

Bring good toys & games  
to swap with others



**Recycling for Charity** project collectors visited the newly refurbished Bodmin Materials Recycling Facility run by Suez on July 16<sup>th</sup> .

53 lorries a day drop off recycling here. See photos and where your kerbside recycling goes after it leaves the MRF <https://south-hill.co.uk/visit-to-bodmin-materials-recovery-centre/>

Since the new waste collection service has been introduced, Cornwall council tell me...

*We have collected over 3,000 tonnes of food waste so far and kerbside recycling in South East Cornwall has gone from 36% to 58%.*

### Top Tip

Paper or Cardboard

Paper is white, if you tear it and it's white it's paper and goes in the blue recycling bag. Envelopes with plastic windows are OK to put in whole.

If it's brown or coloured it should go in with cardboard in the orange recycling bag. Brown paper bags & packaging and brown envelopes should go in cardboard. Remove excessive plastic tape from boxes and flatten them.

Bring any old Tupperware containers,  
Baby bottles, lunch boxes, ink cartridges,  
Empty makeup, pots/tubes from lotions, gels,  
creams, lotions, ointments ...  
... and take home free toys.



### Cornwall Council kerbside collection

If you want to check which week you're on  
Go to <https://www.cornwall.gov.uk/my-area/>  
put in your post code, find your property and see all details.

Collections... week of July

6<sup>th</sup> Rubbish & Food waste      20<sup>th</sup> Rubbish & Food waste  
13<sup>th</sup> Recycling & Food waste      27<sup>th</sup> Recycling & Food waste



The [Launceston HWRC](#) recycling centre at Pennygillam still runs a reduced service due to construction. Paper, cans and plastic are not accepted, please use the kerbside recycling service.

# What is housing decarbonisation? – WATCH THE VIDEO

[Helping to make homes warmer, healthier and more energy efficient](#)

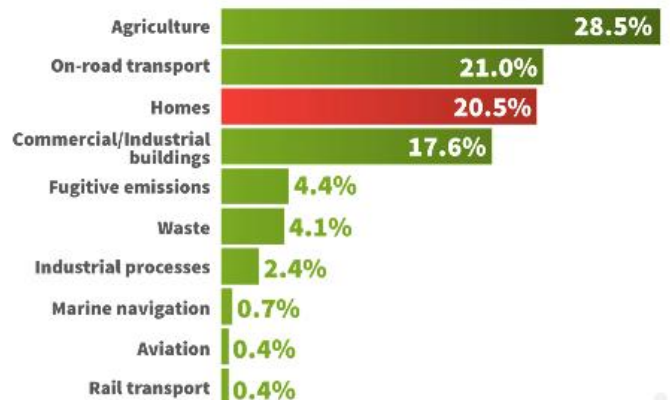


## Decarbonising Cornish Homes



[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

## Why Decarbonise? - Cornwall Emissions Inventory



## Cornish Housing – the problems

**Energy efficiency worse**  
than the rest of the South West and England

**Construction: 30%**  
have solid walls

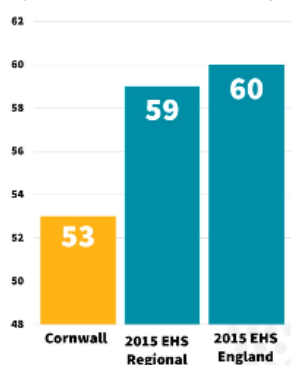
**Old buildings: most common:** pre 1900 and between 1950-1966

**Fuel types: 47%**  
of properties are off gas

**Rich heritage of buildings** and high % listed

**Excess cold: 11%**  
of private rent sector most identified hazard

Average SAP (Standard Assessment Procedure)



## Responding to the Climate Emergency

We aim to:

Develop and implement a **housing decarbonisation strategy**

Attract investment to Cornwall

Establish a programme of practical work to **accelerate housing decarbonisation, reduce emissions and reduce fuel poverty**

Support green home improvement training to grow a skilled workforce to retrofit existing homes

Maximise the advice and signpost all the funding routes available to residents to make green home improvements

## Strategy aim

- Our homes don't negatively impact our environment
- Well insulated and low carbon
- Affordable to heat
- Healthy
- No one is left behind

Helping to make homes warmer, healthier and more energy efficient

[More Info here](#)

## Take a look at how these Cornish home's have become more energy efficient!

- [Case study - 1930s family home.pdf \(335 KB\) \(pdf\)](#)
- [Case study - 1950 Semi-detached bungalow.pdf \(261 KB\) \(pdf\)](#)
- [Case study - 1990s Bungalow.pdf \(627 KB\) \(pdf\)](#)
- [Case study - Victorian cottage.pdf \(490 KB\) \(pdf\)](#)
- [Case study 1970s House.pdf \(387 KB\) \(pdf\)](#)



## The Housing Decarbonisation programme and what it means for you. [Complete the survey](#)

If you are a homeowner, tenant or landlord, having the best advice and support on the most effective ways to make green home improvements and ways to fund them is vital.

There are lots of benefits to be enjoyed from living in a more energy efficient home:

- It's easier to keep it warm or cool when necessary.
- It needs less energy and so will be cheaper to run.
- It will be kinder to the planet using less energy = lower emissions!
- It's a healthier place to live.



The council works with housing providers to offer [grants and initiatives\(External link\)](#) to improve homes to make them more energy efficient and help them become cheaper to run. Grant funding is not always available to everyone and with limited budgets the council can't pay for improvements to everyone's home. So, are looking at the best ways to support homeowners to help themselves to make improvements. A main theme of the strategy is that no one is left behind, so we are looking at practical ways to support all of our residents.

A "Thriving and Sustainable Cornwall" is a Council priority and the [Housing Strategy 2030\(External link\)](#), aims for every resident have access to a safe, warm, and secure home.

**We would now like to invite feedback on our [draft Housing Decarbonisation Strategy](#). You can provide your feedback by completing the survey [HERE](#)**

### **Before you start:**

*By [registering](#) yourself on Let's Talk Cornwall (or [signing in](#) if you are already registered) before starting this survey, you will be able to save this survey part way through and return to it later without losing data you have already submitted. You will also receive a copy of your responses for your records.*

[The Housing Decarbonisation Team](#)

## [Decarbonising Homes - A Draft Strategy for Cornwall](#)

The draft strategy looks at how to improve energy efficiency and cut emissions in our homes. We have a legal duty to decarbonise as set out in the Climate Change Act 2008 ([legislation.gov.uk\(External link\)](#)). [The Climate Change Action Plan 2019\(External link\)](#), included a Carbon Neutral Homes Programme setting out the Council's aim to move faster and [A Climate Emergency DPD\(External link\)](#), was adopted in February 2023 introducing new, supportive planning policies. This draft strategy will be key to delivering on these aims.

Homes in Cornwall contribute over 20% of total emissions. We know that over 90% of them will need some form of retrofitting to meet our carbon neutral ambitions.

As the draft strategy has developed it confirmed the need to find a solution for all. We must ensure that no one is left behind and that positive health and long-term financial benefits are for everyone. To do this we must be able to offer the right advice and guidance to build trust in retrofit suppliers and technology. Helping residents to help themselves, will support growth in the green economy by and improving skills, training and employment we can help close supply chain gaps and attract new suppliers to Cornwall.

We invite you to review the draft Housing Decarbonisation strategy. It suggests short, medium and long-term actions and sets out our key principles, targets and a 'road map'. This will help us plan and progress housing decarbonisation measures in Cornwall.

[https://letstalk.cornwall.gov.uk/housing-decarbonisation/surveys/strategy\\_survey](https://letstalk.cornwall.gov.uk/housing-decarbonisation/surveys/strategy_survey)

**The South Hill Parish Council has posted the SOUTH HILL CLIMATE CHANGE ACTION PLAN on their web site ... here <https://www.south-hill-pc.gov.uk/climate-action.php>**

This document which sets out the goals, actions and policies that South Hill Parish Council is committed to, in order to reduce its own carbon footprint and to support initiatives in the wider community to help mitigate and adapt to the impact of Climate Change in our parish.

## **Policies and Plans**

The seven Policies, are all supported by a set of individual activities, each of which should have measurable targets, owners and delivery date forecasts.

- 1: SHOWING LEADERSHIP IN PROMOTING ACTION
2. ENGAGING AND ENABLING THE COMMUNITY
3. REDUCING CONSUMPTION AND WASTE
4. REDUCING ENERGY DEMAND AND PRODUCING CLEAN ENERGY
5. TRANSFORMING GREEN SPACES
6. CHANGING HOW WE MOVE AROUND
7. SUPPORT LOCAL BUSINESSES

There's lots of information here.... And lots more to come.

The PC Minutes from MAY 2024 shows [792\\_2039859674.pdf \(south-hill-pc.gov.uk\)](#)

Policy 1 – Cllr Squires had drafted a report and circulated to Councillors that included prohibiting the use of chemical waste on parish council land.

Policy 2 – Cllr J Gale had looked at communications, social media, websites, notice boards...

Policy 3 – Cllr Smith had made enquiries about the latest recycling and general waste consumption.

Policy 4 – Cllr Skelton will address this subject, circulate information to Councillors and report back.

Policy 5 – Cllr Curtis including the management of the grass cutting in the recreation field.

Policy 6 – This policy was work in progress being led by Cllr Hardman.

Policy 7 – A report had been produced by Cllrs Hicks and Tunnicliffe.



**SHARE (South Hill Association for Renewable Energy)  
need your input to move the Action Plan along.**

**SHARE is asking for people to come forward and be a part of THE ACTION.**

If you have an interest in and would like to be involved with REDUCING ENERGY DEMAND AND PRODUCING CLEAN ENERGY or other SHARE projects, David Skelton would love to hear from you.

**Don't leave it up to everyone else, be active, in whatever way you can.**

Be it leadership skills, part of a team, a researcher, problem solver, ideas person, PR, spreadsheets, financial advisor, project manager, energy expert, building/construction knowledge or enthusiastic novice looking to learn. Get involved in something that will make a difference in South Hill parish and beyond.

SHARE currently have monthly meetings, most on ZOOM to cut down traveling and condensing the agendas so meetings don't overrun. If you are a doer rather than a meetings person, we need you... but we also need committee people to steer the group and projects . Phone me or email [Dave@pencashna.com](mailto:Dave@pencashna.com) 07776 386 828



## South Hill Parish Council meeting

**Details of the council meeting held on 16 July 2024 include the following topics:**

### **ALLOTMENTS:**

A correction to last month's item, it is only the new allotments in the orchard area that need attention. These Renters will be contacted by the council.

### **TRANSPORT TO SCHOOL IN CALLINGTON:**

It has been noticed recently that children are being offered transportation to Callington. The Council will contact Cornwall Council to ascertain as to whether the policy or policy interpretation regarding the safety of children required to walk through Maders to school has changed.

### **ENTRANCE TO NEW ORCHARD:**

The council will submit a planning application for a new entrance to the orchard to allow access for hedge trimming machinery.

### **FOOTPATHS:**

A contractor has been found to cut footpaths during the month of July. Whilst the instructions include cutting near stiles and entrances and details of likely difficult areas, if walkers come upon areas that obviously need attention over the next week or so please contact Cllr Pete Tunnicliffe 07554 990984 and cutting can be completed.

### **OVERGROWN HEDGES:**

A letter has been received pointing out the overgrown hedges and the difficulty in navigation some of our lanes. The council reminds everyone that to protect wildlife hedges cannot be cut until 1 September.

### **FACEBOOK ENTRIES:**

Parishioners are reminded that South Hill Parish Council has no connection with the South Hill Parish or South Hill Parish Cornwall pages on Facebook.

<https://www.facebook.com/groups/southhillparish>

### **UPDATE FROM:**

Cllr Pete Tunnicliffe (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) )

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

The SOUTH HILL CONNECTION is independent of the Parish Council. Our Constitution is posted on our Web site : [www.south-hill.co.uk](http://www.south-hill.co.uk)

Facebook page group : [www.facebook.com/groups/southhillparish](https://www.facebook.com/groups/southhillparish)

Our committee : Ali (Chair), Astrid (Secretary), Mike (Treasurer), Sue (Web site), Shaun, Paula, Paul.

Taken from MAY PC Minutes. **Affordable Housing** – does the parish council wish to pursue this matter? Following a discussion and the lack of contact from parishioners (only three attending the Annual Parish meeting) the council looked at the work required and agreed that owing to lack of interest, their insufficient resources and funding it was not viable for the parish council to be involved, and no further action was to be taken on this matter. Proposed by Cllr Smith, seconded by Cllr Tunnicliffe and agreed by everyone except Cllr Skelton who supported the concept of building affordable housing with the parish council being involved.

## Gardens of Mercy . UPDATE.

On July 2<sup>nd</sup> members of the **Gardens of Mercy** charity came to the hall at Golberdon to present an outline for a Muslim burial ground in fields at Maders. Many had come to ask questions and the hall was full with many standing. Cllr. Phil Seeva chaired the meeting. You can download the presentation and see other literature that has been distributed by the GoM charity.

<https://south-hill.co.uk/garden-of-mercy/>

GoM members said they would keep us updated and sent this message for The Connection newsletter.

The only relevant report we have at present is the **ecological survey** and **biodiversity net gain report**.

Another important report which we have requested is a '**Tier 1 risk assessment report for new cemeteries**'. They will also be reporting on mining on the site, I will forward a copy of their report as soon as we get it.

We will contact the **Highways Agency shortly for their assessment**, which is a mandatory requirement for planning approval.

The **groundwater report** will be downloaded from the DEFRA interactive map and information on sites of **archaeological importance** will be downloaded from Cornwall Council's interactive map.

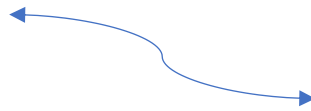
No issues of concern have been highlighted on either of the interactive maps and both are accessible online to the public.

Other reports will be acquired if requested by the council following submission of the planning application.



### Need for this project

- To conform to our Islamic traditions and adhere to all government/local authority requirements
- GoM's objective: To provide this service locally to the Muslims and those who adhere to our principles
- Nearest Islamic cemetery is North of Bristol (Near Itchington)
- To reduce cost for the Muslim community to under £2000 (Pentiddy – under £1000)
- Current cost of burial – Just under £6000



## Dance World Cup in Prague WON by Team GB, Callington Moondancers.

The Team of 12 MOONDANCERS spent a week in the Czech Republic and qualified in 4 categories **Dance World Cup** and brought home a 4th in the small ballet group category, 8th in the small Acro-dance group, 9th in the children's large ballet group, 10th in musical theatre and 14th with their ballet trio. AND Nyana won second place in the WORLD.... **MAKING THEM OVERALL WINNERS OF THE DANCE WORLD CUP.** Moondance started 5 years ago practicing in the hall at Golberdon, before moving to their own premises on Callington Fore Street. WHAT AN AMAZING ACHIEVEMENT. Beating off competition from 64 countries... WOW



GREAT VIDEO





## Church Matters

As I write, the news is still focussed on the general election outcome. In the coming weeks and months the promise is for change. A change in policies that the new government believes will begin to address the many issues that face our nation and ultimately affect each one of us. There is also a stated commitment to restore confidence in politicians and to put service to the nation before party politics. It is sad that the latter needs saying.

**At the core of an appointment to any public office is service, service to the community, service to the constituency, service to the nation.**



**Service**, however, is not limited to those in public office. It is an attitude of mind that is of value in all walks of life. I worked for many years in the biotech and pharmaceuticals industries, mainly supporting research and production with computer and instrumentation systems. I was fortunate (as a Christian I would say blessed) to work for organisations with a strong service mentality. They understood that good service contributes significantly to success and prosperity.

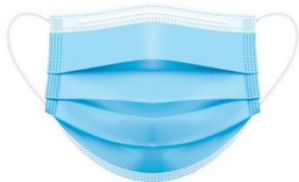
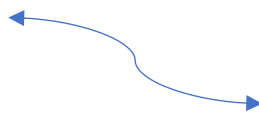
There are many in our local communities who are employed in sectors that offer a service locally or further afield. In fact, I suggest that most employment is ultimately to serve others – from farmers to doctors and nurses, computer repairs to builders, car maintenance to shops and pubs. I'm sure we have all come across those who just do the job and others who provide a service, sometimes beyond what has been contracted. I know who I would prefer to deal with!

In addition to paid work, either as an employee or self-employed, there are many in our communities who carry out voluntary service, often the retired. It may be collecting for Ukraine, supporting Foodbanks, serving our local schools as governors or members of the PTFA or simply keeping an eye on an elderly or unwell neighbour

**Service** is a core value of the Christian church although, sadly, it is not always lived out as well as it should be. At supper one evening Jesus washed his disciple's feet – at the time traditionally the task of a menial servant. He used the occasion to illustrate to them that serving others was a fundamental aspect of their calling as his disciples. Throughout history and right up to the present time this principle of serving others has been understood and practiced by those of faith and no faith alike but so often pioneered by followers of Jesus. Many of the benefits we now take for granted have their roots in this principle of serving others. Among them are the provision of education and medical treatment for all and more recently Foodbanks and Christians against Poverty (CAP)

There are many pressing issues facing our nation that politicians alone cannot address. Each of us can play a part in beginning to deal with some of them. So often that process starts by resolving to serve others whenever we are able.

Brian Norris



A warning has been issued by the **World Health Organisation** to those planning summer holidays, urging them to take Covid precautions - including getting vaccinated, wearing masks and testing.

The WHO reminded everyone that the pandemic is far from over, with the virus still claiming **1,700 lives globally every week, and significant outbreaks ongoing in popular holiday destinations.**

The WHO director-general, expressed concern over the declining vaccine coverage among the over-60s and health workers, two groups most vulnerable to severe Covid outcomes. In response to the ongoing threat, some UK hospitals have reinstated mandatory mask-wearing, while others are requesting individuals with Covid symptoms, who don't require medical attention, to stay home. Over in France, the Tour de France has enforced mask-wearing for anyone interacting with competitors or teams following several Covid cases.

Josh Gosling, Maders  
Carpentry  
Tel. 07954 181042

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

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

Taw Valley Upholstery  
Coads Green  
Tel. 01566 786766

Radford Plumbing  
Kitchen & Bathroom Fitting  
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Honicombe Manor  
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Tel. 01822 258090

Folklore Hiking Sticks  
Andy Mounce Bray Shop  
Mob. 07500 158514

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comes to your home  
Call Clare 07963 995830

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South Hill & Redmoor Road junction  
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Local electrician  
Call. Paul 07969 765176

Zumba with Liz Wednesday  
9:15am till 10am in the parish hall  
07484 157706

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Sadie Pearce 07794 472252

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