

## A Very Warm Welcome to South Hill Parish.

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

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

Check the hall web site [www.southhillparishhall.org.uk/whats-on](http://www.southhillparishhall.org.uk/whats-on)

and Connection web site [www.south-hill.co.uk](http://www.south-hill.co.uk) for updates

### Regular Activities

Mon. 9:30 - 11:30 – **Baby & toddler playgroup.**

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

10:20am - **Pilates**

Thur. 7 – 8pm **Pilates**

Fri. 18:00 – 20:30 – **TT Taekwondo**

Sundays **Summer cricket.**

Winter Saturday am Colts **Football**

Childrens play area adjacent to the parish hall in Golberdon. No Dogs.

**Allotments** are rented via the parish council

**DEFIBRILLATOR** in the porch outside  
the parish hall at Golberdon crossroads  
**UNLOCKED** but Take a **MOBILE PHONE**  
**Also at Bray Shop by the Notice Board**  
**on the main road**  
**///pushover.eating.underline**

**FREE INTERNET**  
**at the parish hall.**

Hire the hall via

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

### Groups

**South Hill Piece-makers** – Sewing and Quilting. 1<sup>st</sup> & 3<sup>rd</sup> Mon and 2<sup>nd</sup> & 4<sup>th</sup> Tue 07360 616627

**Women's Institute** – Everyone is welcome to join this friendly group. 1<sup>st</sup> Wed 7:15pm. [southhillwi@gmail.com](mailto:southhillwi@gmail.com)

**Parish Council** – 3<sup>rd</sup> Tuesday. 19:30 [southhillpcclerk@gmail.com](mailto:southhillpcclerk@gmail.com) [www.south-hill-pc.gov.uk](http://www.south-hill-pc.gov.uk)

**Horticultural Show** 3<sup>rd</sup> Sat in August. **Horticultural Society** – [w.howat1@btinternet.com](mailto:w.howat1@btinternet.com)

**SHARE** – Community Renewable Energy Group. Tel. 01579 383620 [share@south-hill.co.uk](mailto:share@south-hill.co.uk)

Monthly walking group <https://south-hill.co.uk/footpath-walks/>

### St. Sampsons' Church



One of five churches in the Callington Cluster of Parishes. A schedule of services is available at [www.callingtoncluster.org.uk/calendar](http://www.callingtoncluster.org.uk/calendar)

Contact [stsampsonssouthhill@gmail.com](mailto:stsampsonssouthhill@gmail.com)

### The South Hill Connection,

[south-hill.co.uk](http://south-hill.co.uk) is our parish's web site.

For local tradesmen [/south-hill.co.uk/local-advertisers](http://south-hill.co.uk/local-advertisers) & lots of information.

FB [www.facebook.com/groups/southhillparish](https://www.facebook.com/groups/southhillparish)

[nextdoor.co.uk/g/pef1v5i3q/](https://nextdoor.co.uk/g/pef1v5i3q/) South Hill & friends



### Doctors.

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

Tel. 01579 382666 [www.tamarvalleyhealth.co.uk/new-patients](http://www.tamarvalleyhealth.co.uk/new-patients)

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

Tel. 01579 362249 [/oaktreesurgeryandpensilvahc.co.uk](http://oaktreesurgeryandpensilvahc.co.uk)

### Hospital.

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

Tel. 01579 373500 [www.cornwallft.nhs.uk/liskeard-community](http://www.cornwallft.nhs.uk/liskeard-community)

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

Tel. 01566 761000 [www.cornwallft.nhs.uk/launceston-community](http://www.cornwallft.nhs.uk/launceston-community)

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

**Dentists.** .... Please visit [westcountrydentalcare.co.uk](http://westcountrydentalcare.co.uk)

### Other local Facebook pages



[Bray Shop Group](https://www.facebook.com/BrayShopGroup) and  
[/groups/OneCallington](https://www.facebook.com/groups/OneCallington)

### Some veterinary services.

Calweton Vets. Tel. 01579 383231  
[www.calwetonvets.com](http://www.calwetonvets.com)

Castle Vets. Tel. 01566 772211  
[www.castleveterinarygroup.co.uk](http://www.castleveterinarygroup.co.uk)

Glebe Vets. Tel. 01579 371295  
[www.glebevets.co.uk](http://www.glebevets.co.uk)

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

**Callington Town Hall** – Wednesday a.m. Country Market. Plus, many other activities and information.

New Road, Callington. PL17 7BD Tel:01579 384039 <https://callington-tc.gov.uk>

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

**Some of the Callington Takeaways.**

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

**Some Local pubs**

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

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

**Post Offices.**

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

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

Stoke Climsland shop  
 PL17 8NY Tel. 01579 370201

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

**Golberdon Free Corner**

Small items to give away, Golberdon village square.

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

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

**Waste Disposal****Household Recycling & Waste Collection**

Foodwaste is collected weekly. Recycling/Rubbish is fortnightly on alternate weeks.

Please see [www.cornwall.gov.uk](http://www.cornwall.gov.uk) for dates.

Order recycling boxes and coloured recycling bags from  
[https://secure.cornwall.gov.uk/selfservice/citizenportal/form.aspx?form=Request\\_Recycling\\_Equipment&tmpl=Request\\_Recycling\\_Containment](https://secure.cornwall.gov.uk/selfservice/citizenportal/form.aspx?form=Request_Recycling_Equipment&tmpl=Request_Recycling_Containment)

**Recycling centres**

Tamar View Industrial Estate, Saltash. PL12 6UA.  
 Pennygillam Industrial Estate, Launceston. PL15 7PH.

Our **Recycling for Charity Project** is for some plastics not taken by the Council. [www.south-hill.co.uk/charity-recycling](http://www.south-hill.co.uk/charity-recycling)

**Clothing & Textile** yellow bin at The Fire Station, South Hill Rd. Callington. PL17 7LG.

**Septic Tank Emptying**

R & A Cleansing Services PL17 8QR Tel. 01566 782852

**Charity Shop**

Callington Pre Loved, Pannier Market,  
 Callington PL17 7AD

**Secondhand Items (to buy or sell).**

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

Community Treasure Chest CIC  
 2 Barras Street, Liskeard  
<https://communitytreasurechestcic.com/>

**Fuel.**

**OIL** – A FREE to join, community oil buying group is run by Kim Howat.  
 Tel. 01579 384054  
[w.howat1@btinternet.com](mailto:w.howat1@btinternet.com)

**Useful retailers**

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

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

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

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

Updated 11/08/25